

2023 Impact of Giving Melrose Center

Our mission is to improve the health and well-being of patients, families, and communities through partnerships and philanthropy.

Melrose Center serves adults and children of all ages and genders struggling with all types of eating disorders. We strive to care for patients in their own communities through our main location in St. Louis Park and satellite locations in Burnsville, Maple Grove, St. Paul, and Woodbury.

In addition, we provide specialty programs focused on addressing diabetes with eating disorders. Through an individualized, holistic, and multidisciplinary treatment model, patients and their families recover at a pace that is right for them.

Donor and volunteer generosity at Melrose Center sustains a variety of programs that enhance the support provided to patients, families, and our professionals as they work to treat and heal eating disorders together.

4,031

Patients cared for (ages 9-69)

80,245

Patient visits (47% virtual)

2,410

Initial patient assessments

590

Men and boys cared for

Community partnership

- Provided **45 presentations** both virtually and in person to **over 1,750** health care, mental health, and school professionals, as well as to students.
- Provided practical guides plus staff and student educational handouts in a toolkit reaching **75 schools**, impacting **200 school nurses and counselors**.

Volunteer services

- Desk volunteers and Caring Canines teams provided support and welcomed patients and families to Melrose Center.
- Volunteer crafters donated handmade quilts to Melrose patients in the residential treatment program.

MELROSE HEALS Information, insight & hope

Thanks to generous donors, Melrose Center uses this podcast to share information, insight, and hope about eating disorders and recovery.

On a recent episode, one of our donors, Diane Dunning, shared the story of losing her daughter, Brooke, to an eating disorder.

Diane is passionate about creating awareness about eating disorders, but also helping family and friends realize they need significant support during the treatment process.

The podcast also talked about the Parent and Supportive Others group which supports the loved ones of patients. This group, guided by a therapist from Melrose, is also made possible by the generous donations to Melrose through the foundation.

For more information visit www.melroseheals.com

25,000

downloads since launch

48

episodes

11

recovery stories

10

different countries downloading

What listeners are saying:

"I can't wait to share this with my family and friends. I feel like they will really understand me now."

"I listened to some podcasts and realized I was struggling with an eating disorder. I knew I needed to get help."



Diane Dunning

Melrose Center

Thanks to the generosity of our donors and volunteers in 2023, Melrose Center patients and families had the comfort and care needed to assist them on their path to recovery from an eating disorder.

Patient and family experience

- Supported **70 patients and family members** with special needs support including: gift cards for personal care items and clothing, transportation vouchers and gas cards to attend medical and programmatic appointments, on-site program meals and food vouchers, and books and journals.
- Held **28 (17-week) binge eating virtual support groups** and **6 (16-week) virtual relapse prevention groups** providing support, education, and skill building to participants.
- Provided **100 Parent and Supportive Others groups** for outpatient and residential families to help them navigate care progression and behaviors, and give support to each other.
- **Translated 110 pages** (24,000+ words) of patient-facing materials into Spanish.

2,153

meals/snacks for families eating with their child during their stay

80

families reached during the Family Learning Series: 8 cohorts (9 weeks each)

Maple Grove site expands to meet the need

Our Maple Grove site has expanded to include 4 additional consult rooms, an updated larger lobby, and space to accommodate our growing family population. Our initial assessments are up 14% from 2022.

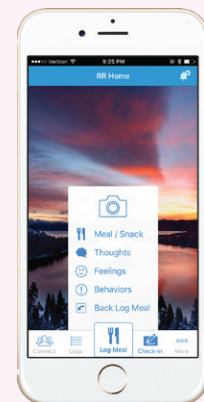


Innovation and research

- Continued to provide evidenced-based treatment trainings led by our own experts to our staff in 2023 including CBT-AR (cognitive behavioral therapy for avoidant/restrictive food intake disorder), CBT-E (enhanced cognitive behavioral therapy) and family-based treatment (FBT).
- We provided **3 trainings** in 2023 (1 CBT-E, 1 CBT-AR, 1 FBT) for **40 clinicians** across our **5 sites**.
- Completed data analysis for our continuous glucose monitoring (CGM) study in partnership with the International Diabetes Center. The study involved using the CGM to detect hypoglycemia during accelerated refeeding of patients with eating disorders. Our team is preparing a manuscript of the findings to submit for publication in 2024.
- Furthered our Eating Disorder Outcomes project by adding an electronic version to mobile check-in for ease of completion.



Over **1,400 active patients** and **75 clinicians** now communicate and exchange valuable information using our **Melrose Recovery Record app**, allowing us to partner with our patients in a unique way.



"It is the only tool that I have found is as effective as the handwritten monitoring records. The prompts and area for free text really allow patients to go back and look at their day or week and identify problematic behaviors and thinking. It's quick and easy for clients to use."

- Melrose psychotherapist



To learn more about the impact of your support, visit: parknicollet.com/impact

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the foundation is tax deductible as allowable by law.

