



UN WAV ER ING

2025
ANNUAL
REPORT

D, Beautiful!

*the force
for good*



Miller-Dwan Foundation

*Creating a healthy and vibrant community,
free from mental health crisis.*

THE MILLER-DWAN FOUNDATION IS PROUD TO SUPPORT THE FOLLOWING AREAS:

**Amberwing - Center for
Youth & Family Well-Being ***
Animal-Assisted Therapy
Burn Care
Cancer Care
Innovations/Greatest Need

Mental Health
Northland Adaptive Recreation *
Physical Rehabilitation/Polinsky
Solvay Hospice House *
Surgical Services

** The Miller-Dwan Foundation owns these facilities and is responsible for ongoing fundraising and charitable support.*

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STAFF

Traci Marciniak
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Deb Carl
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Lori Thrun
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SENIOR MENTAL HEALTH
ADVISOR

Chelsea Forsman
ARCAMIND PROGRAM
COORDINATOR

Vanessa Lebens
DEVELOPMENT OFFICER

Annie LaTour Schwartz
ARCAMIND PROGRAM MANAGER

Mark Hanna
PROGRAM MANAGER,
NORTHLAND ADAPTIVE
RECREATION

Emma Bursinger
PROGRAM SPECIALIST,
NORTHLAND ADAPTIVE
RECREATION

Alec Kadlec
PROGRAM SPECIALIST,
NORTHLAND ADAPTIVE
RECREATION

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**MILLER-DWAN
FOUNDATION**

225 West Superior Street
Suite 110
Duluth, MN 55802
mdfoundation.org



In a world where uncertainty
can take hold, we choose
to be **unwavering.**

*Unwavering in our belief that healing is possible.
Unwavering in our commitment to innovation.
Unwavering in our support for individuals,
families and our region.*

*Because the challenges facing our community are real.
And so is our resolve.*

*Every program we advance.
Every story we uplift.
Every life we touch.*

*Guided by the conviction
that when our community
needs us most, we do
not remain idle.*

**We stand committed.
We move forward.**



“Amberwing gave me hope. Hope for the future. To be able to feel that hope—it’s indescribable.”

– Nissa Johnson

Resilient HOPE

READ MORE

Read and watch
Nissa’s full story at
mdfoundation.org



How Amberwing provided safety, support & a path forward

At first glance, 17-year-old Nissa Johnson is a high-achieving senior at Denfeld High School. Nissa is active in speech, drama and student leadership, with plans to study sociology and biology in college. But during the summer before sophomore year, Nissa began experiencing sudden, involuntary physical symptoms and was later diagnosed with Functional Neurological Disorder. As new physical challenges emerged, so did mental health struggles, including depression, anxiety and obsessive-compulsive disorder (OCD). When Nissa's therapist recommended Amberwing, Nissa's parents did not hesitate.

Through Amberwing's partial hospitalization program and ongoing

group therapy, Nissa learned practical coping skills, received coordinated care and, most importantly, found a place where they felt completely safe. "Amberwing gave me a really awesome space where I felt truly one hundred percent safe, all the time," Nissa says. "It was so comforting."

Surrounded by a team approach that included individual and group therapy, art therapy, occupational therapy and psychiatric care, Nissa began to rebuild confidence and envision what was possible again. For their family, Amberwing was more than treatment; it was unwavering support and belief during a season when hope mattered most.



LEARN MORE about Amberwing at mdfoundation.org/mental-health/amberwing





**Lasting
BELONGING**

How Northland Adaptive Recreation helped Johnny find his place

For years, Alina Galligan was told by doctors what her son Johnny might never be able to do. Nonverbal and using a wheelchair after a brain injury as an infant, Johnny faced challenges few could imagine. So when his physical therapist suggested Northland Adaptive Recreation (NAR), Alina wasn't sure what to expect. But when Johnny walked into adaptive archery in the fall of 2024, everything changed. "He immediately lit up," Alina said. At NAR, Johnny wasn't defined by limitations. He was included, encouraged and free to simply be a 12-year-old boy.

With the help of volunteers, Johnny now aims and releases his bow on his own—so well, his family jokes he outshoots his dad. He proudly displays

"It's given him a sense of worth. He's been given an opportunity that was once taken away from him, and it's amazing to see it on his face."

– Alina Galligan

his bullseye at home, a symbol of confidence and accomplishment. "It's given him a sense of worth," Alina says.

NAR has become more than a program for the Galligan family; it's a lifeline. After more than 1,000 nights in hospitals throughout Johnny's life, they've found a place where he can connect, participate and thrive. "NAR is like a safety net," Alina says. "You can go your whole life not needing it, until something changes in a moment. And when it does, this program is here."



**NORTHLAND
ADAPTIVE
RECREATION**

LEARN MORE about NAR at mdfoundation.org/support-areas/northland-adaptive-recreation.

READ MORE

Read and watch
Johnny's full story at
mdfoundation.org



Financial Summary

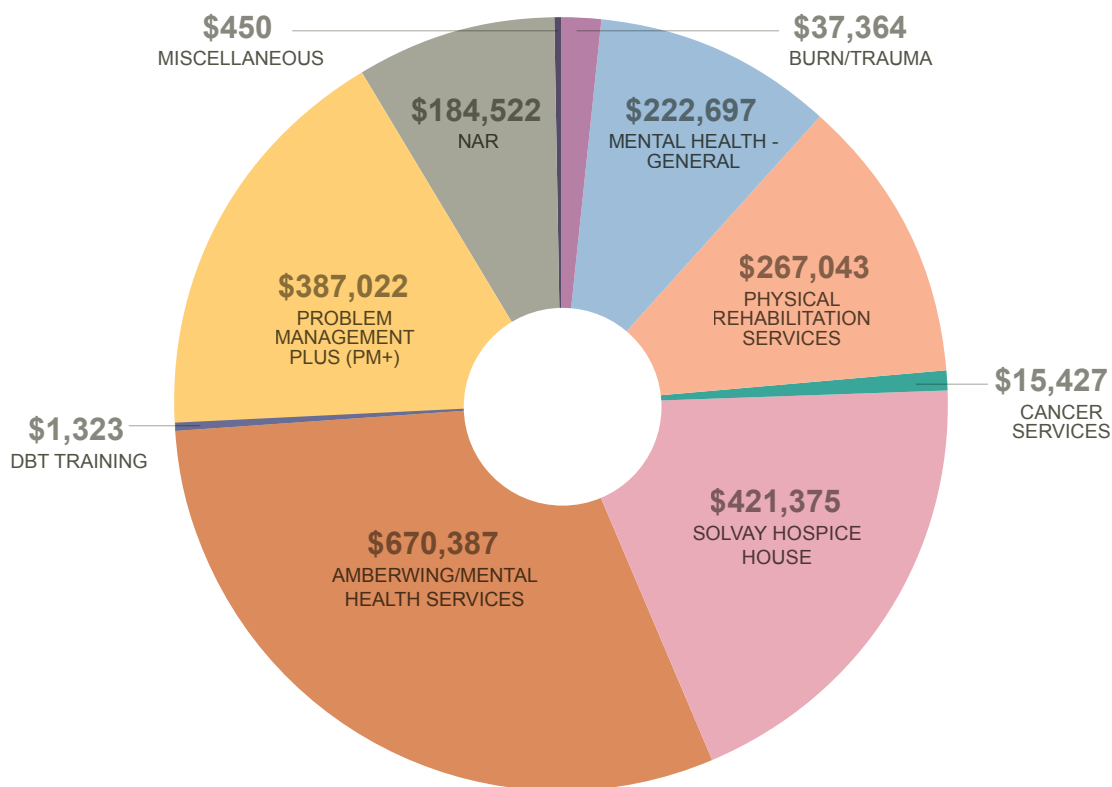
ASSETS











2024.....	\$34,746,715
2025.....	\$36,593,946
	(pending audit)

CONTRIBUTIONS

2024.....	\$2,491,927
2025.....	\$1,274,416
	(pending audit)

2025 Grants



	Burn/Trauma.....	\$37,364		DBT Training.....	\$1,323
	Mental Health - General	\$222,697		Problem Management Plus (PM+)	\$387,022
	Physical Rehabilitation Services.....	\$267,043		Northland Adaptive Recreation (NAR)....	\$184,522
	Cancer Services	\$15,427		Miscellaneous.....	\$450
	Solvay Hospice House	\$421,375			
	Amberwing/Mental Health Services.....	\$670,387			
				TOTAL	\$2,207,610

IMPACT TOGETHER, WE ARE MEETING IMMEDIATE HEALTH NEEDS WHILE DRIVING BOLD, LASTING IMPROVEMENTS—SO OUR REGION CAN THRIVE TODAY AND FOR GENERATIONS TO COME.

LETTER FROM OUR
President

In times of great stress and uncertainty, what matters most are proven solutions and enduring values.

This year's Miller-Dwan Foundation annual report carries a theme that defines our work and our character: UNWAVERING.

It speaks to who we are at our core and who we've always been—grounded in purpose and steadfast in our belief that better health outcomes are always possible.

Our supporters firmly believe that healing and innovation work together successfully, even as the circumstances around us constantly shift. It is that belief and commitment that intentionally guides every Miller-Dwan Foundation program and initiative. We have not chased trends or reacted impulsively to the moment. Instead, we have stayed anchored to our mission, guided

by evidence, informed by community voices, and driven by long-term impact.

This report reflects a year of thoughtful and determined action—of launching and expanding programs, strengthening relationships, building on trust and achieving meaningful results. None of this would be possible without you—our greatest champions. Your belief in our ability to create meaningful change allows us to do the work we do. With you, we positively impact lives.



Traci Marciniak

PRESIDENT / MILLER-DWAN FOUNDATION
CEO / ARCAMIND





Steadfast SUPPORT



How Solvay Hospice House gave Helen and Russ the gift of presence

Russ Whitehouse was a man defined by dedication and love. A Navy veteran and journeyman ironworker for more than 50 years, he helped build both steel structures and lasting community landmarks, including the iconic 120-foot Christmas tree at Bentleyville.

Above all, Russ was devoted to his family. Married to Helen for 45 years, he called her “his bride” to the very end. When Russ came to Solvay Hospice House in September 2025, Helen and their family were understandably afraid. What they found was comfort, dignity and care that felt like home.

“The care at Solvay was absolutely wonderful. They treated us like family from the moment we walked in, and they cared for me as much as they did for Russ.”

– Helen Whitehouse

“The care at Solvay was absolutely wonderful,” Helen says. “They treated us like family from the moment we walked in.” Helen stayed with Russ nearly every night of his six-week stay, able to simply be present because she knew he was fully cared for.

When Russ passed, staff remained by her side, guiding her through the hardest moments. “I couldn’t have done it alone,” Helen says. “They kept me from falling apart.” For Helen and Russ, Solvay gave them the most meaningful gift of all: time together, fully and peacefully, until the very end.



LEARN MORE about Solvay Hospice House at mdfoundation.org/support-areas/solvay-hospice.

READ MORE

Read and watch Russ and Helen’s full story at mdfoundation.org



Enduring COMMITMENT

*“Giving is about
showing up, again
and again, for
work that matters.”*

– Pam Zehowski



How one donor's steady support continues to strengthen care, connection & community

Pam Zehowski believes that when something matters, you keep showing up. An Essentia Health employee, she has been a dedicated donor and volunteer with the Miller-Dwan Foundation for the last 15 years. What began as volunteering at events grew into ongoing support for initiatives that met real community needs, from helping create an activities room in the inpatient behavioral health unit to supporting the relocation of the Polinsky Medical Rehabilitation Center.

Her commitment has continued to evolve alongside the foundation's work. Most recently, Pam became the first donor to support Problem Management Plus (PM+), a World Health Organization-backed initiative expanding access to mental health support in the community. Drawing on both professional insight and personal experience, she proposed training, and personally funding, local college students as certified PM+ helpers.



"If more people have access to a trained helper," she says, "it can make a big difference." For Pam, giving is about partnership and purpose—showing up, again and again, to strengthen care across the region.

Donate



Miller-Dwan Foundation

READ MORE

Read and watch
Pam's full story at
mdfoundation.org



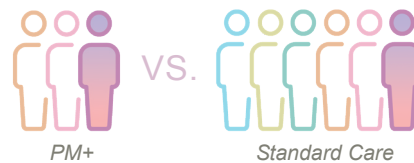
Expanding the REACH of MENTAL HEALTH CARE

The future of healthcare will depend not only on new medicines or technologies, but on our ability to care for people—the strength of our communities, our relationships, and our shared humanity. Today, communities everywhere are facing a growing mental health crisis. Too many people are struggling, too many families are searching for help, and too few resources exist to meet the need.

At the Miller-Dwan Foundation, we believe this moment calls for **bold thinking** and **meaningful action**. That is why we launched ArcaMind – Global Institute for Mental Health Solutions—an initiative dedicated to expanding access to practical, evidence-based mental health care around the world.

One of the most promising tools ArcaMind is helping expand is Problem Management Plus (PM+), a short, structured program designed to help people manage stress, depression, anxiety, and the everyday

challenges of life. Research from more than 40 studies around the world shows that PM+ leads to **meaningful improvements in depression, anxiety, psychological distress, and daily functioning**.



In randomized trials, the results are striking. In one study, about one in three people who participated in PM+ experienced a 50% reduction in depression symptoms, compared with only one in six who received standard care.

Even a year later, participants continued to show significantly lower levels of psychological distress and anxiety.

Perhaps most importantly, PM+ can be delivered by trained community members—not just specialists—making it possible to reach far more people who need support.

ArcaMind’s growing suite of programs also includes Dialectical Behavior Therapy (DBT) skills training, the same evidence-based skills taught at Amberwing – Center for Youth & Family Well-Being; along with Self Help Plus (SH+); Psychological First Aid (PFA); and EASE – Early Adolescent

Skills for Emotions—practical tools that strengthen resilience and emotional well-being for adolescents.

At its heart, ArcaMind represents the spirit of the Miller-Dwan Foundation: compassionate, innovative, and committed to transforming how mental health care reaches the world. With vision, partnership, and determination, we believe in a future where effective mental health support is truly accessible to everyone.

ArcaMind offers both direct facilitation and a training of trainers model for the following evidence-based interventions:

	INTERVENTION	PURPOSE	FORMAT
Level 1	Psychological First Aid (PFA)	<i>Broad application training to help anyone in the community identify individuals experiencing distress, as well as steps to take to assist them.</i>	<i>2-3 hour training done by a facilitator virtually or in person.</i>
	Self Help Plus (SH+)	<i>Five-step stress management course. It teaches skills to deal with life stresses and is a first step in a stepped care program.</i>	<i>2-3 hour self-guided training online.</i>
Level 2	Early Adolescent Skills for Emotions (EASE)	<i>An evidence-based group psychological intervention to help 10–15-year-olds, and their caregivers, affected by internalizing problems (e.g., stress and symptoms of anxiety, depression).</i>	<i>7 group sessions for adolescents and 3 additional group sessions for caregivers.</i>
	Problem Management Plus (PM+) Group	<i>A group intervention to help adults experiencing distress or anxiety. This is effective for groups experiencing similar stresses (migrant communities, seniors, community affected by a natural disaster).</i>	<i>5 group sessions for adults, ideally in-person, but can be done virtually.</i>
	Problem Management Plus (PM+) Individual	<i>An evidence-based intervention to help individuals better manage their practical problems. It can help people with depression, anxiety and life stress.</i>	<i>5 individual sessions for adults which can be done virtually or in-person.</i>
Level 3	Dialectical Behavior Therapy (DBT) Skills	<i>DBT skills are designed to manage intense emotions, reduce impulsivity, and improve relationships through four core modules. These evidence-based tools, rooted in cognitive-behavioral techniques, foster emotional stability.</i>	<i>Flexible model depending on organizational needs.</i>

225 West Superior Street, Suite 110 | Duluth, MN 55802
arcamind.com | info@arcamind.com | 218.786.5829





Miller-Dwan Foundation

225 West Superior Street, Suite 110
Duluth, MN 55802
218.786.5829
mdfoundation.org

SUPPORT FOR A HEALTHIER REGION

Miller-Dwan Foundation improves the health of the people of our region through the creation of impactful community solutions that overcome barriers. We support the future and the legacy of **Miller-Dwan Medical Center, Polinsky Medical Rehabilitation Center, Solvay Hospice House, Northland Adaptive Recreation, Amberwing – Center for Youth & Family Well-Being** and other initiatives for our region's health. By coming together with others who share our vision and passion, we make a difference in the lives of people every day.

If you wish to have your name removed from the list to receive future Miller-Dwan Foundation materials, please call or write to us at our address.



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