

## Virtual Programming Outcomes

Pathways past research conducted in 2011, then again in 2018, revealed significant shifts in improving our participants' quality of life as they defined it.

In March 2020, the COVID-19 pandemic closed Pathways building to in-person services, and Pathways quickly shifted to offering services via virtual programming in June, 2020. Pathways recently conducted a third study to determine whether virtual sessions would have the same impactful outcomes as previously shown for in-person sessions, surveying those who had used virtual services between June, 2020 and March, 2021.

Similar to the in-person outcomes, significant shifts towards perceived well-being and quality of life were found in the virtual programming survey, with "Stuck to Letting Go, and Overwhelmed to Empowered" reflecting the highest impact. Positive shifts in these kinds of perceptions are associated with patient satisfaction, compliance to treatment regimens, participation in healthy life-style changes for disease management, and fewer hospitalizations - critical outcomes during this pandemic.

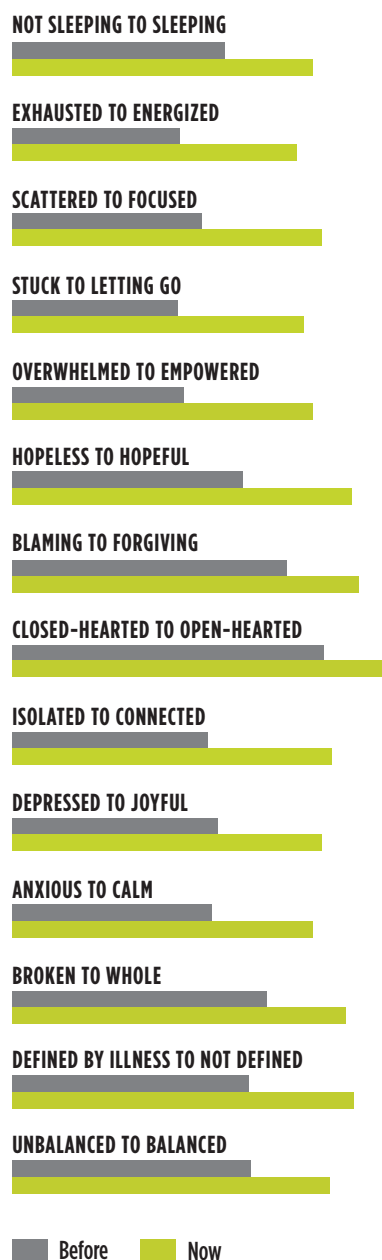
Gratitude from the Pathways participant community for the continuing support and connection with Pathways virtually was palpable. Going forward, it is likely that Pathways will adopt a blended model, offering programming both in-person and virtual.

"I think Pathways does an excellent job overall. I'm very appreciative that they continue to offer virtual programming. Winter in Minnesota is hard to navigate when one is older, weather issues, the never ending pandemic. These virtual offerings have been a real bonus in my life."

-PARTICIPANT

## Pathways Participants Self-Assessment of Change

*Participants engaged in virtual programming between June 2020-Mar 2021*





# 2021 Financial Summary

In our 33 years of history, Pathways has consistently been at the forefront of healing and hope.

Today, we strive to welcome a more diverse group of new providers, board members, and speakers and dream of new programming that responds to the emerging needs of our community.

Our financials in 2021 remained strong, in spite of the challenges the 2-year pandemic has presented. Our virtual practices and services, soon to be accompanied by our springtime re-reopening, are propelled by the wave of momentum and support you as donors have invested in our work to support people in need of deep healing.

Thank you for being a part of Pathways. We do not do this work alone and we are grateful for your presence, especially now.

With gratitude,

**Tim Thorpe** Executive Director

“I feel more relaxed, more hopeful and courageous about the possibility of healing.”

-PARTICIPANT

## ASSETS

Cash and Cash Equivalents	\$70,603
Investments	\$874,169
Contributions Receivable	\$61,041
Prepaid Expenses	\$6,782
Property and Equipment (net)	\$274,487
<b>Total Assets</b>	<b>\$1,287,083</b>

## LIABILITIES

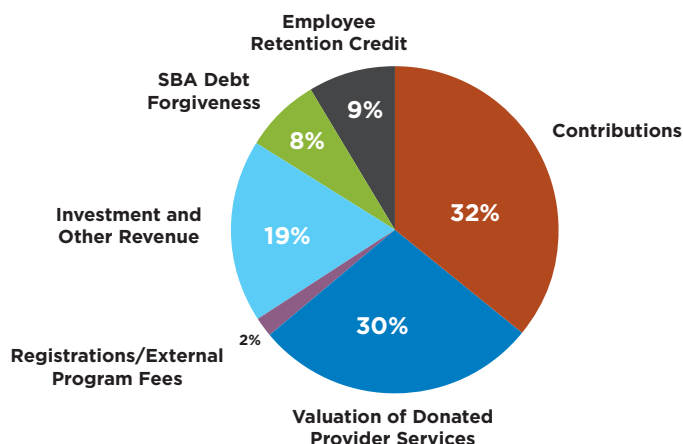
Accounts Payable	\$1,833
Other Accrued Liabilities	\$281
<b>Total Liabilities</b>	<b>\$2,114</b>

## NET ASSETS

Unrestricted Net Assets	\$935,298
Temporarily Restricted Net Assets	\$349,671
<b>Total Net Assets</b>	<b>\$1,284,969</b>

**Total Liabilities & Net Assets**                      **\$1,287,083**

## Total Revenue 2021



## Total Expenses 2021

