



# ANNUAL REPORT

2022

**MHIA**  
Mental Health America  
of Eastern Missouri

# MENTAL HEALTH AMERICA OF EASTERN MISSOURI

## A LETTER FROM OUR CEO



Thanks to you, 2022 was full of opportunities to have meaningful conversations about ending the stigma around mental health! Throughout the year, we continued to bring together partners, volunteers, and clients to provide a stable source of hope. Navigating a mental health condition can be unpredictable and challenging. Through your generosity, we embrace clients when they need it most and create an empowering path forward. It is because of you that we can live out our dream to build a thriving community and empower people by revitalizing our approach to mental health support ... one life at a time.

We don't take our commitment lightly. Whether the goal is to play a leading role in our community to change the approach to mental health support or provide a safe and empowering environment for clients to receive services, we rely on our community to make this possible. You keep stepping up sharing gifts and unique talents so we can live our values and support our community at every stage of their mental health journey. As you will see in this report, 2022 showed us the deep meaning of our mission.

In 2023 we look forward to furthering our work as a leader in the mental health community and showing what our new mission statement looks like in action. There will be brand new opportunities for our community to get involved with our work and connect deeper to our mission. As we celebrate our new mission statement and embark on a strategic planning process, we are filled with gratitude for how far we have come. Thank you. We hope you will join us as we continue to serve more members of our community with critical resources, together!

With sincere appreciation,

A handwritten signature in blue ink, appearing to be 'Sue King', written over a light blue grid background.

Sue King  
President/CEO

# MISSION STATEMENT REFRESH

MHA-EM embarked on a six-month process to establish a new mission statement that fully embraces the work we are doing in our community. With the help of key community volunteers, Pat McGauley and Gregg Billmeyer, board members, Zack Kavanaugh and Mike McCartney, and the executive leadership team, a new mission statement was created. A statement that is deeply rooted in acknowledging the work being and the work we still stive to achieve, to support those with mental health conditions. We are proud to say that our dream is to build a thriving community and empower people by revitalizing our approach to mental health support ... one life at a time. A dream that with your help, we can achieve.

Our dream is to build a thriving community and empower people by revitalizing our approach to mental health support ... one life at a time.

# SHINE A LIGHT ON MENTAL HEALTH

May is Mental Health Awareness Month. A month dedicated to raising critical awareness to end the stigma that surrounds mental health conditions. One easy way to start ending the stigma is by simply talking about it openly and letting others know that it is a safe place to do so.

A call to action went out to our community partners and they responded in big ways. One community partner, Ameren, committed to supporting mental health awareness by lighting up their headquarters green for the entire month. A month of awareness that consisted of talking about mental health and ending the stigma.



# NEW HOME FOR MHA-EM!

After over 25 years at our beloved office at 1905 S. Grand, we welcomed the opportunity to move offices and be a part of Delmar Divine. Our new office is the first collaborative space dedicated to maximizing the human and financial capital of St. Louis' social initiatives and institutions. The Delmar Divine tenants will consist of national and local not for profits, capacity building and social innovation organizations that improve the lives of children and families in the metropolitan St. Louis area.

This new location offers us the opportunity to further support our programing by providing ample office space for in-office therapy sessions, hosting community wellness seminars, and much more! We are eager to share our new space with everyone. All are welcome to take a tour. Give our office a call at 314.970.1739 to set up yours today!

OUT WITH THE OLD...



IN WITH THE NEW!



# PROGRESS IN THE PROGRAMS

MHA-EM's B4Stage4 philosophy guides each of our programs with the hope that we will empower our clients ... one life at a time.

## MORE THAN A PAYEE

The Representative Payee program continues to make a significant difference in the lives of those living with severe mental health conditions. We are proud to say that in 2022, 184 clients received critical financial management support. This support, deemed necessary by Social Security, allows for clients to worry less about bills being paid on time and focus on other aspects that are important to managing their mental health. We empower our clients by helping them better understand their financial situation and build a trusting relationship that often turns into an extension of their family. So much so, that of the 184 clients served, 16% of clients have been with MHA-EM for over 10+ years!

## GOT TIME?

Take the Time provides wellness seminars across our community to businesses and organizations to help make prioritizing mental health a little easier. Whether it is a lunch and learn style, professional development day, or simply opening the doors to the community for all to join, these seminars are uniquely designed to give practical tools and education about mental health in a more comfortable setting. These tools can be supportive in their work environment or at home in their personal lives. Seminars are a great way to offer support to staff in fields of high stress or emotionally demanding. Thanks to funding from the St. Louis County Children's Services Fund, we were able to build strong relationships with 16 school districts that provided seminars to over 650 teachers and administrators during their professional development trainings.

## PARENTS NEED PEACE

Preventing the Effects of Adverse Childhood Experiences, or PEACE for short, is focused on reducing the likelihood of developing toxic stress related to early adversity, which often leads to adult mental health conditions later in life. This new program launched in March 2022 and aims to provide preventative approaches to mental health. Through this program families can receive ABC Parent Coaching, Child Parent Psychotherapy, and Occupational Therapy for mental health. Each of these services are offered in-office, in-home, or via telehealth and focused on creating nurturing relationships for the child and caregiver. We focus on this because we know that the BEST protective factor for children's mental health is having at least ONE supportive adult in their life.

# IMPACT IN OUR COMMUNITY



## HELPLINE

129 Callers



## BRIDGES

324 Participants



## REPRESENTATIVE PAYEE

184 Clients



## PEACE

34 Referrals  
16 Enrolled



## TAKE THE TIME™ WELLNESS

1,263 Participants  
73 Wellness Seminars with  
26 Different Organizations  
146 People in 1:1 Wellbeing Coaching

# RING OUT HOPE!

Gathering to create change for those with mental health conditions, Ring Out Hope serves as the largest fundraising event of the year at MHA-EM. Thanks to the generosity of our friends at Evntiv, we went through an incredible rebranding process for our annual gala formally known as Snow Ball. Through this process, we focused on the story behind why Mental Health America started, the day Clifford Beers and supporters came together to melt down the shackles that once held those in asylums with mental health conditions. These chains melted together to form a 300 lbs. bell to ring hope for those living with mental health conditions.

Though we have come a long way in reforming how mental health conditions are treated, talked about, and supported, we still have work to do. On Friday, December 2nd, we gathered as a community emphasizing raising awareness, funds, and hope for the mental health community. We were honored to have Tedd Trabert as our emcee for the evening with the help of his husband, Justin Trabert, during our live auction! It was a program full of fun, laughter, and education.

With the support of corporate sponsors like Fifth Third Bank, Edward Jones, Places for People, Mercy, Compass Health Network, McCartney Wealth Management LLC and many more, we raised funds that will directly impact how we will revitalize our approach to mental health support. We look forward to sharing another night together on Friday, December 1st, 2023.



# BOARD OF DIRECTORS 2022

**CHAIRMAN**  
Nat Walsh

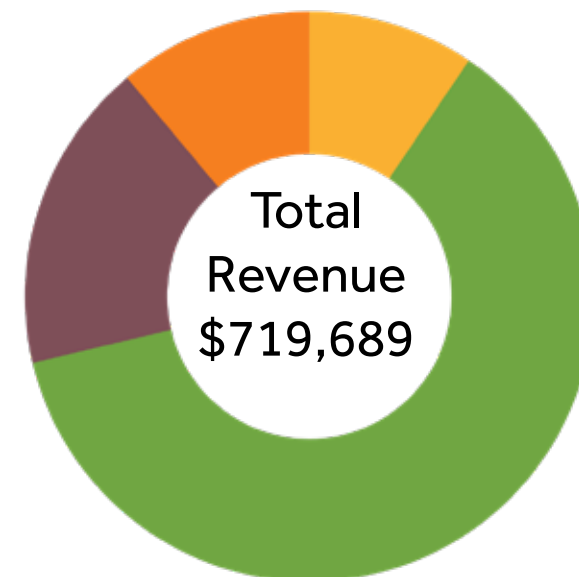
**TREASURER**  
Tracy Bequette

**BOARD MEMBERS**

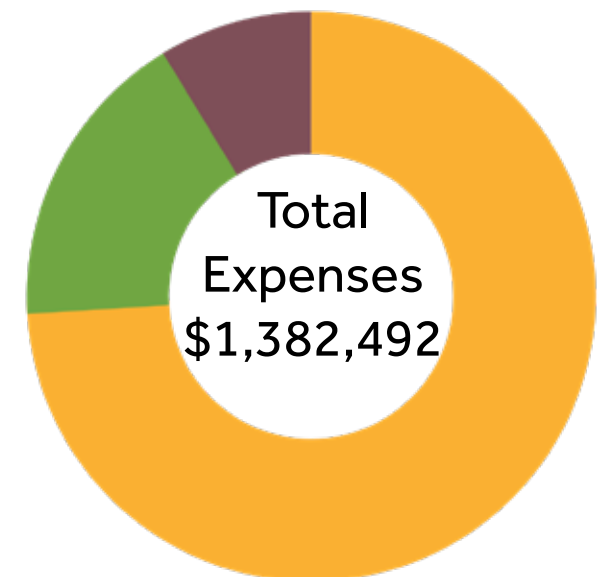
Sally Barker	Michael McCartney	Mark Stansberry
Angelia Bills	Katrina McDonald Fuller	Adam Tenzer
Lori Dowd	Patty Morrow	Jeff Wiktorski
Jason Henderson	Jasmin Patel	Karl E. Wilson, PhD
Zack Kavanaugh	Clint Shocklee	Joe Yancey

*In June 2022 we lost Mark Stansberry, a dear friend and member of our board for 10 years. With his death, we lose a passionate advocate for people living with behavioral health conditions, his remarkable intellect and his wonderful sense of humor. He helped and mentored so many of us.*

## 2022 FINANCIALS



- **\$84,316**  
Total Contributions
- **\$550,075**  
Total Government Funding, Private Grants & Trusts
- **\$157,351**  
Total Program Fees
- **\$98,561**  
Special Events - Net
- **\$-170,614**  
Other Revenue



- **\$1,023,545**  
Program
- **\$238,420**  
Management
- **\$120,527**  
Fundraising

Decrease in Net Assets \$662,803  
Net Assets, End of Year \$2,463,473



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