

CEO'S MESSAGE



"There is nothing permanent except change."
- Heraclitus

That is exactly what has been happening here at Mental Health America of Eastern Missouri (MHA-EM), so many exciting changes and I can already see the positive impact these changes are creating. Over the past year, we have witnessed tremendous growth and expansion within our agency. New office space, new team members, new programs, new website, new monthly newsletter and even a new mission statement. None of this would have been possible without the unwavering dedication and support of our committed team, volunteers, donors, community partners and your passion for mental health.

One of our significant achievements has been the expansion of our programs offered through the PEACE (Preventing the Effects of Adverse Childhood Experiences) Clinical Program. We started PEACE with just one modality offered to children ages 6 months – 48 months and have been able to expand our offerings to five trauma focused modalities for children birth through 18 years. With the expansion, we can better meet the needs of children from different backgrounds and age groups. Our new clinical program has been able to educate children and caregivers on the importance of mental health, equipping them with essential coping mechanisms and promoting emotional resilience that will have long-lasting impact for their emotional development.

Looking ahead, we are committed to continuing our trajectory of growth and impact within the mental health sector. We are actively exploring opportunities to collaborate with other organizations, to exchange knowledge, share best practices and collectively tackle the global mental health crisis. By fostering partnerships and leveraging resources, we can amplify our efforts and bring about meaningful change on a larger scale.

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

With hope,

Suzanne King, *President & CEO*

NEW HOME FOR MHA-EM!

After over 25 years at 1905 S. Grand, we made the move 10 minutes Northwest to the Delmar Divine. The Delmar Divine is located just east of the Delmar Loop at the site of the former St. Luke's Hospital. This historic site has been transformed into a collaborate space where nonprofits in the St. Louis region can come together to collaborate and work towards a shared mission of improving our beloved city.

Our new office space is bright, light and brings a fun energy to the work environment. Even more exciting is our new PEACE Therapy room that is in the final stages of completion. This new room will allow us to increase our in-office clients and give the children we serve a fun and safe environment that feels welcoming. Be on the lookout for an invitation or reach out to any of us to schedule a private tour.



MORE THAN A REPRESENTATIVE PAYEE

In a heartwarming tale of resilience, compassion and working together for the greater good, our client of 13 years found herself in a challenging situation last September. Despite her struggles, we stood by her side, providing support, temporary housing and resources as needed. Living unhoused in a psychotic state, she had not been taking her medication, but we were determined to help. Utilizing our resources, we secured temporary accommodations for her in hotels and were able to connect her with a Community Behavioral Health Liaison with the help of **Places for People**.

As a safe space, our building soon became her refuge where we were able to recognize the urgency of her medical needs. With the collaborative efforts of other Delmar Divine tenants, **Behavioral Health Response** and **Greater Health Pharmacy & Wellness**, we convinced her to seek treatment at a hospital. It was a significant step and after 3 weeks of attentive care, thanks to the help from her Community Liaison, she emerged stable both physically and mentally.

But the story doesn't end there. After being released from the hospital and returning to the Delmar Divine she was recognized by a security guard that was able to put her in touch with her sister. The joyful reunion that followed brought tears of happiness as they had been searching for her for over a year. With the help of her sister, we were able to place her into a residential facility that will bring stability and permanent housing. The journey towards stability culminated in a heartwarming reunion with her mother. This tale serves as a reminder of the impact we can make when we stand together, and it reaffirms our commitment to providing compassionate care for our clients, no matter the challenges we face.

If you know someone who could benefit from a representative payee, please reach out at reppayee@mha-em.org or call us at 314.773.6752.



CELEBRATING ONE YEAR WITH PEACE

We are thrilled to celebrate a year with our newest clinical program, PEACE (Preventing the Effects of Adverse Childhood Experiences), and are proud of all the success we have achieved. With 45 families enrolled and an impressive 80% retention rate, we have no doubt we are making an impact on the youth in our community. We are proud to still be the **only agency in the state to offer the ABC Program** and thanks to the support of our funders, we can now say we are the **only agency to offer FREE mental health occupational therapy**. Cheers to a fantastic year of growth and impact, we look forward to being able to continue our dedication to making a difference in the mental well-being of children in the greater St. Louis area.

45
FAMILIES ENROLLED

80%
RETENTION RATE

5
THERAPY PROGRAMS

0-18
CLIENTS BIRTH - 18 YEARS

WELCOME A-BOARD



We are pleased to welcome Liz Vestal to MHA-EM's Board of Directors.

Liz serves as the Evaluation and Client Services Manager at the Brown School at Washington University St. Louis. They currently manage the RADxSSD, AmeriCorps and UNICEF projects and they also support the Safe Return to Schools project. They are passionate about using data for the public good while engaging the public and nonprofit sectors. They have experience with survey design, data analysis, facilitation and strategic planning while working alongside partners in Michigan, California and Missouri. With a curiosity for quality improvement and a deep commitment to equitable collaboration, Liz is emboldened to work alongside organizations to maximize their impact.

“*Having lived in St. Louis for several years, it is clear to me that there is no shortage of mission-driven nonprofits. This is a city where people care for and about one another in deep ways, and are committed to solving large, systemic issues like racism, homelessness, and mental illness. What strikes me is how only a few of those organizations are looking at the root causes to correct historic wrongs and prevent future disparities. Mental Health America of Eastern Missouri is not afraid to tackle the challenge of mental health in our region, and I am so impressed by their commitment to doing the hard, real work of changing individuals' lives in order to heal our city.*”

MEET OUR NEW TEAM MEMBERS



Zoey Dlott, LMSW, MPH, CPH
Therapist

Zoey received her Bachelor of Social Work from the University of Wisconsin-Madison in 2020 and her Masters of Social Work as well as Masters of Public Health from Washington University in St. Louis in 2022. Due to Zoey's studies being completed during the height of the COVID-19 pandemic, she had the opportunity to study and research the adverse effects and overall impact of the pandemic on global mental health. Zoey believes that mental health is essential and worth working towards and advocating for. Zoey's passion includes bringing healing to people who have been through traumatic/stressful experiences. Zoey has experience working with individuals and families of various cultural backgrounds, especially Spanish speaking clients. In her free time Zoey enjoys fostering dogs, playing and watching soccer, baking and traveling.



Angela Rickard
Annual Fund Manager

A self-proclaimed “data nerd” Angela comes to us with over 17 years' experience in nonprofit fundraising. She is knowledgeable of the full range of charitable giving opportunities and well versed in donor cultivation, solicitation and stewardship of individual and corporate donors. Angela has worked in the St. Louis community working with organizations like: The ALS Association, St. Louis and Boys and Girls Clubs of Greater St. Louis. She also spent over five years fundraising in Seattle with the Northwest Parkinson's Foundation and the King County Sexual Assault Resource Center. Angela combines strategic thinking, project management and fundraising best practices with her energy and enthusiasm for helping those who help others. She currently serves as the programming co-chair of Association of Fundraising Professionals St. Louis.



Thea Trynock
Marketing Manager

Thea joins us with over 10 years' experience in corporate marketing. After spending the past five and a half years living overseas with her family in South Korea, spending much of her time volunteering, she was ready to transition into a nonprofit marketing career driven by her passion for mental health and helping others. In her free time Thea enjoys traveling, hiking, golfing and cheering for the Chiefs with her husband and 5-year-old son. With her unique blend of corporate marketing expertise, international experience and unwavering passion for mental health advocacy, Thea is poised to make a lasting impact at MHA-EM and drive positive change.

MHA-EM IN THE COMMUNITY



Programs Team in Columbia, MO at the Missouri Children's Trauma Network Training Summit



Development Team at Ballpark Village for Mental Health Night



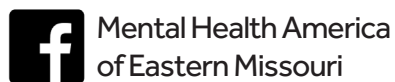
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2023**

Friday, December 1st
Four Seasons Hotel St. Louis



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