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for mental health information,
education and advocacy.



www.mha-em.org

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A NEW ILLUMINATED SIGN FOR MHA

In case you don't often find yourself on S. Grand, we're proud to share our new sign with you.

Up Next...

SELF-CARE SERIES

October, November & December

NEW CEU:

How to Engage Overwhelmed Moms When Working with Their Child

November 2nd

2018 SNOW BALL

December 7th



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Mark Utterback's Farewell

When I joined MHA nine years ago, I was keenly aware of three things – my own life experiences made our mission urgent and personal, my learning curve would be incredibly steep, and I had a tremendous responsibility to the staff and Board of Directors. While I had been in nonprofit work since 1993, all my work had been in another field.

It was daunting and overwhelming. MHA's programs address the entire spectrum of mental health/mental illness – from providing information, tools and strategies to help everyone know they can take action to improve their emotional health, to delivering services that support the recovery of individuals with serious and persistent mental illness. Our region's mental health system was more complicated and fragmented than I could have possibly imagined. We needed to provide paths for individuals to get help long before they reach a crisis. And there was advocacy work in Jefferson City, especially for people who have little or no insurance.

But I was also incredibly lucky. My new colleagues were truly experts on mental health and mental illness, with deep knowledge of the resources in our community. They patiently guided me to understand MHA's various roles, the issues and our opportunities to make positive changes in this region.

Board members connected me with leaders and professionals that enabled us to build partnerships and coalitions. And those individuals educated and worked with me in ways that exponentially expanded our scope and impact.

But most of all, I cannot say enough about my colleagues – and how their passion, expertise and willingness to change transformed MHA and me. Together we created and expanded impactful programs, pursued emerging advocacy issues and built partnerships that have been essential to our success.

It has not always been easy. Change can be painful. But these colleagues are in it for the long haul, with many years of dedication to MHA and its mission. They believe in each other and support each other. They see need everywhere – then redouble their commitment.

I'm tremendously grateful to have had the privilege of leading MHA. I'm so proud of all the work that's been done. But I will miss my colleagues and the other passionate individuals in our community that made this work so inspiring for me.

The good news is MHA's next leader will be a great one. Our 22-member Board of Directors is outstanding – diverse in expertise and perspectives, smart, thoughtful and strategic. I am confident they will select an excellent leader for MHA's next chapter. And that leader will have the staff and Board support they need to make MHA stronger and better. I'm excited to see what is next for MHA. You can be too.



Mark with Board Chair, Nat Walsh



Laura Heebner



Laurent Javois

2018 Silver Key and Silver Bell Awards

LAURA HEEBNER, Executive Vice President, Compass Health and President, Crider Health Center, is MHA's 2018 Silver Key Award recipient. She is an exceptional leader in efforts to improve and expand systems of comprehensive care for adults and children challenged with behavioral health disorders in our region and throughout Missouri. Laura began working with Crider in 1995 as a management student intern, after an early career in banking, and progressed to being named President and CEO in 2012.

Throughout her career she has been a staunch supporter and advocate for a System of Care focused on improving the lives of children with serious emotional disorders and their families. It was with Laura's leadership that St. Charles County was the first to pass the children's services tax, which many other counties have now implemented to meet ever-growing needs.

In 2006, Crider adopted a fully integrated continuum of health care service model that includes primary, behavioral and dental care to focus on treating the whole person. Crider became a Federally Qualified Health Center in 2017 and has grown from a \$5 million annual budget to nearly \$50 million.

Laura serves on the boards of the Behavioral Health Network, Behavioral Health Response and the Missouri Coalition for Community Behavioral Healthcare. She exudes confidence, is rich in heart, fiery in spirit and it shows in her work with peers, employees, community leaders and the people served by Crider.



New Board Member Spotlight

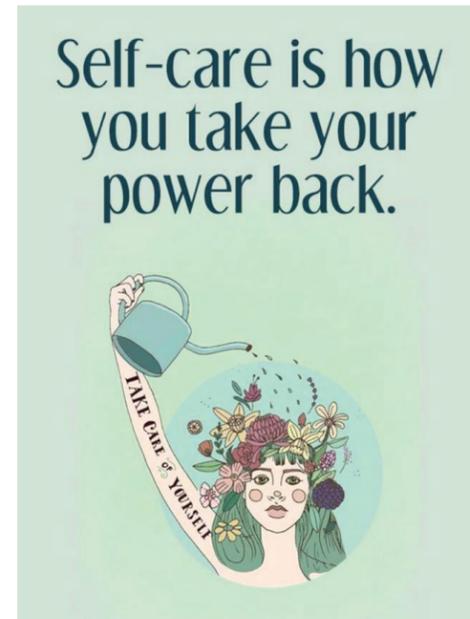
Please join us in welcoming Patty Morrow to our Board of Directors. Patty is the Regional Director of Behavioral Health Services for Mercy Hospital. She is also the newly elected Chair for the St. Louis Behavioral Health Network. BHN is a collaborative organization dedicated to developing an accessible and coordinated system of behavioral healthcare throughout our region. MHA is an active member of BHN with Mark Utterback just completing a two-year term as Chair.

LAURENT JAVOIS, Regional Executive Officer for the Missouri Department of Mental Health (DMH), is this year's Silver Bell Award recipient. Having held leadership positions in the field and central office of DMH, Laurent always brings a broader community perspective focused on integrated treatment to his role in the St. Louis region. Colleagues and friends describe Laurent as thoughtful, strategic, prudent, with a quiet nature and able to engage with everyone.

In the aftermath of Ferguson, his ability to handle crisis and work calmly under pressure was on full display. He carefully considered and thought through the numerous processes needed to scale transformative ideas so that all stakeholders felt heard, engaged and empowered. This ability brought him to a volunteer leadership role in St. Louis ReCast which is working to improve communities by funding micro-grants in the St. Louis Promise Zone.

With an ability to be a behind-the-scenes force for change, Laurent inserts himself where he is most needed including the creation of the Behavioral Health Network, the Psychiatric Stabilization Center, Bridges to Care and Recovery and Forward through Ferguson.

We are honored to present the Silver Key and Silver Bell awards to Laura and Laurent on Friday, December 7 at our annual Snow Ball Gala.



Self-Care Series

We're excited to offer the following three presentations as a series to help you kick start a self-care practice that empowers and builds self-esteem. Sign up, put each session on your calendar, make it a priority to attend, and be ready to learn from pros and your peers. This series is sure to help you at home and at work.

EACH SESSION WILL BE FROM 4:00 – 5:30

The Power of Self Talk
Tuesday, October 23
with Connie Fisher, LCSW

Mindfulness & Eating
Tuesday, November 13
guest presenter Mariella Funk from Island Life Yoga & Nutrition

Managing Every Day Anxieties and Worry
Tuesday, December 11
with Chris Frey, LCSW

\$50 for the series. Class limited to 20. | Register online at www.mha-em.org

Women's Happier Hour

Karla D. Scott, PhD, wowed the crowd with insight and humor while imploring guests to take self-care seriously.

Thank you to **Presenting Sponsor Express Scripts** for your leadership support of our first annual Women's Happier Hour. It won't be our last!



Karla Scott (center) with staff from Ferguson-Florissant Schools



A full team from Brown, Smith Wallace LLC. Thank you!

New CEU

How to Engage Overwhelmed Moms When Working with Their Child



Deborah Woods, LPC, NCC, will share her personal and professional experience in working with parents who are overwhelmed by life circumstances and their children's behavior. Deborah is a child-centered play therapist with 30 years' experience including

10,000 hours of play therapy. Even though the child is your client, you cannot overlook the need to quickly connect with mom for improved child outcomes. Deborah will utilize lecture and small group exercises to improve your ability to engage with parents.

FRIDAY, NOVEMBER 2

8:00 – 8:30 a.m. – Check-in

8:30 – 11:45 a.m. – Presentation

3.0 CEUs

Non-CEU Certificate of Attendance available at end of program

\$50 CEU | \$40 Non-CEU

Location: Sts. Joachim & Ann Care Service

Watch your email for full details.