

# The Bell

News from Mental Health America of Eastern Missouri

Summer 2019



## 56 Officers Honored with the McAtee Award

It was with deep and continued appreciation that we recognized 56 area law enforcement officers in May at the Missouri Athletic Club. Family members and colleagues of the awardees joined us for the 33rd Annual McAtee Police Recognition Awards to honor the dedication, compassion and empathy these officers exhibited when responding to someone in psychiatric crisis. From our CEO's impassioned welcome, to our event Chair's heart-felt expression that these awards are his favorite day of the year, to each of the 32 inspiring scenarios, the luncheon provided the perfect setting to simply say, "Thank you."

In each scenario, it was the individual human connection, insight, resourcefulness and skills of the officer(s) that built the trust and environment necessary for successful outcomes in harrowing situations. In almost half of the 32 scenarios, suicide was threatened or attempted. In one case, we learned that over a two-year period, probation officers worked with a man with schizophrenia and severe depression who would – at times – call them 15 to 30 times an hour. Now, after years of uncertainty and through their support and interventions, he has secured permanent housing, successfully lives in the community and completed his supervised release. In another,

four officers kept a woman from jumping from a highway overpass with only the grasps they had on her clothing through a chain link fence. Yet another officer fielded a call from a distraught woman in Virginia and kept her on the line while simultaneously dispatching officers and then convincing her to answer the door.

Several Departments reported they were later contacted by the individual they assisted, to provide an update and often offer the following, "you saved my life."



**A SPECIAL THANKS**  
to our Event Chair,  
Judge James M. Dowd,  
and sponsors that made  
this event possible:

**Champion**  
**Edward Jones**  
MAKING SENSE OF INVESTING

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Dowd Bennett, Alan & Lisa Hautly, Holland Law Firm, Husch  
Blackwell, Jim & Pat McAtee and Tri-Rinse

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Steve & Ellen McAtee

**Supporting**  
Holloran Schwartz & Gaertner, Law Enforcement Officials  
of Greater St. Louis, Padberg Corrigan & Appelbaum and  
Schuchat Cook & Werner

## CEO Column



Since joining MHA in November, nothing has been clearer to me than the need to speak openly, listen carefully and address how broad an issue mental health is in the daily life of each of us. As our McAtee Award keynote speaker, Jeff Jensen, US Attorney, said, "If you don't know a family member or friend with a mental illness, you aren't having the right kind of conversations." This is spot-on, and

it immediately brought to mind how important real and honest conversations are to our well-being.

The officers we honored with the McAtee Awards are a shining example for each of us. They took the time to slow down, assess the individual situation and listen. While hearing each scenario read aloud and reflecting upon my time as CEO, I was reminded of the Help Line calls I can hear from my office. They are never hurried. They are thoughtful, thorough and attentive to the individual needs of each caller. I was reminded of the individual interactions staff has with Rep Payee clients who just need someone to listen, understand and help. I was reminded of a wellness seminar participant who had just learned how to correctly take a series of deep calming breaths exclaim, "Why hasn't anyone taught us this before!"

The topic of mental health can feel overwhelming if you're trying to access treatment, encourage someone to get help or trying to work up the strength and courage to ask for help. What I've experienced in my family while trying to access appropriate care, advocate for someone unable to do so, or in my fight to get my son what he needs, are what led me to MHA. I'm so proud to lead an organization that encourages individuals to care for their mental health each day. As we work to unmask the stigma of mental illness and break the isolation experienced by too many, we are here to offer help, hope and health.

I encourage you to call us if you or someone you know is struggling, to recommend us as a go-to resource to others, to support our work, and to truly take the time to listen when someone confides in you. Lastly, if your body is telling you it's time to slow down, please listen, take a break, and take care of yourself.

Sincerely,

Sue King, President and CEO



## New Board Member Spotlight

We're pleased to introduce our new Board members. Their varied fields of expertise will help advance our work as will their passion for the promotion of mental health.



"I'm excited to serve on MHA's Board to uplift the community and raise mental health awareness."

**Angelia Bills**

Vice President Communications,  
Urban League of St Louis



"Mental health hits deep in so many ways. I'm looking forward to helping reduce the stigma and increase awareness of MHA's role in our community."

**Coleman Sheehan**

Partner, Moneta Group



"I'm looking forward to using my work and lived experience to strategically advance the mission of MHA."

**Adam Tenzer**

SVP Employee Digital Experience,  
Mastercard

# Mental Health in the Workplace: Brown and Crouppen

Recently, the World Health Organization included **workplace burnout** in its International Classification of Diseases, resulting from chronic workplace stress that has not been successfully managed. The three costly criteria for this syndrome are: feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy.

Combine the above with our national organization's recently released report, **Mind the Workplace**, which explores the relationships between supervisor communication styles, company culture of open and safe communication, and employee engagement and well-being, and we trust you'll gain a deeper understanding of the importance of - and why we place such a heavy emphasis upon - mental health promotion and prevention education.

To highlight our work in this area, we're proud of our partnership with Brown and Crouppen. In early 2015, they recognized the necessity to foster engaged employees who will want to work hard, treat clients and co-workers respectfully, promote the firm and give back to the community. (St Louis Lawyer 2015). In 2019, the firm contacted us to help them attend to the mental health and well-being of their employees and clients. Our presentations to date include Compassion Fatigue, Understanding and Recognizing Mental Illness, and a Q&A on mental illness with a team of managers. Address Stress and Mindfulness are on the calendar for the summer, with more to come. Our presentations and expertise have been well-received as noted in the following:



FAAS FOUNDATION

MHA  
Mental Health America

*"As a new employee, I'm pleased that B&C would head-on address mental health. Oftentimes folks most in need of help are embarrassed to speak up, do not know how to get help, and simply live with the elephant in the room. I applaud B&C for recognizing mental illness as something to be discussed and feel very proud they would care so much and take the time to bring in MHA. I'm sure they helped ease some minds and I'm looking forward to more presentations."*

- Staff participant

*"We often have clients call us while in distress or even suicidal. MHA offered suggestions and guided our management team in discussion*

*of best practices for these situations. We now know what resources are available and how we can more effectively handle the calls." - Management team member*

*"I'm so excited we started this relationship with MHA, as I think these seminars add a much-needed focus on improving our employees' access to all levels of mental, emotional, and physical well-being. My hope is that everyone continues to open their minds to the information provided, and little by little, create improvements in their lives."*

- Cheryl Sept, Director of Co-Counsel Relations



## FOR MORE INFORMATION

on how to bring this program to your company or organization, email Connie Fisher at [connie.fisher@mha-em.org](mailto:connie.fisher@mha-em.org).

## Mind the Workplace FINDINGS



58%

of employees reported they were unmotivated at work and 24% were strongly unmotivated



66%

reported workplace issues negatively affect their sleep



50%

of the respondents engage in unhealthy behaviors to cope with workplace stress



OVER 50%

of respondents would not recommend their workplace to others



55%

reported they were afraid to take a day off to attend to their mental health



45%

look for a new job at least several times per week

TO READ THE FULL  
**MIND THE WORKPLACE**  
REPORT VISIT:

<https://www.mentalhealthamerica.net/workplace-mental-health>



**We are your resource**  
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## PROFESSIONAL DEVELOPMENT CALENDAR

Our CEU presentations are interactive, engaging, and as participants have reported, “offer a different way of thinking and encourage participant examples and discussion throughout the presentation.”

### JULY 19

#### ENGAGING MEN IN CHANGE

includes clinical examples and will help you understand male conflict in seeking therapy, concepts of masculine gender role stress and normative male alexithymia

Each presentation held at NCADA,  
9355 Olive Blvd., St. Louis, MO 63132.  
Online registration available at:  
[www.mha-em.org](http://www.mha-em.org)

### AUGUST 16

#### MANAGING DIFFICULT BEHAVIORS

training on productive confrontation and interventions to help you better engage with and treat clients

\$50 Non-CEU  
\$60 Social Work CEU  
Non-CEU Certificate available at each event's conclusion

### OCTOBER 25

#### HELPING CLIENTS NAVIGATE TRANSITION

learn to help clients constructively address significant events or decisions that create a 'life before' and 'life after'

8:30 – 9:00 a.m.  
**Check in and light breakfast**  
9:00 a.m. – 12:00 p.m.  
**Presentation**



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