

The Bell

News from Mental Health America of Eastern Missouri

WINTER 2022



CEO's Message

The urge to help others is one of the most encouraging parts of being human. For those inclined toward generosity, opportunities to lift up those most urgently in need are plentiful.

While satisfying in the short term, making a difference with a "one-rescue-at-a-time" approach challenges our resources and limits our impact. Those of us in helping professions are likely familiar with an analogy credited to the late Archbishop Desmond Tutu: **"There comes a point where we need to stop pulling people out of the river. We need to go upstream and find out why they are falling in."**

When it comes to understanding mental health and meeting the needs of those living with serious mental health conditions, the archbishop's nudge to head upstream could not be more relevant. By being curious about how and why so many people among us struggle with mental illness, we can leverage what we discover to change factors that are within our grasp.

Research shows that 1 in 3 adult mental health conditions are tied directly to unaddressed early childhood adversity and toxic stress. Imagine the impact we can have by shifting our focus to prevention, dramatically reducing the demand for mental health rescues!

Mental Health America of Eastern Missouri (MHA-EM) is heading upstream. I am thrilled to announce the launch of our **PEACE (Preventing the Effects of Adverse Childhood Experiences) Clinical Initiative**, a new program that has the potential to change mental health outcomes for our young children, families, and our community. To find out more, be sure read the feature on page 4, and thank you for joining us at this exciting time.

With hope,

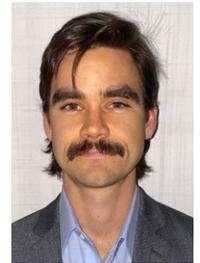
Suzanne King, *President & CEO*

Welcome A-Board

We are pleased to welcome **Zack Kavanaugh** to MHA-EM's Board of Directors.

Zack serves as an Account Supervisor at FleishmanHillard. With expertise in communications, strategy development, and branding, and passion for volunteerism, he looks forward to helping tell a new story around mental health in St. Louis.

"The pandemic helped spotlight the importance of mental health and open conversations around the topic. I want to help MHA-EM harness this momentum by telling and amplifying a compelling story about mental health and continue to drive significant change in the communities we serve."



That's right! Plans are underway for our traditional gala, so save the date for our 2022 Snow Ball Gala!



Snow Ball Gala 2021 Returns With In-Person Fun!

We did it! With careful planning and generous support from our sponsors, donors and volunteers, the MHA-EM's popular Snow Ball Gala was back in business for 2021. What a night!

Held at the Four Seasons Hotel St. Louis on Friday, December 3, the event featured many of the elements that traditionally make this gala such a special occasion: raffles, live auction, elegant dinner and prestigious awards, followed by cocktails and dancing to the Fabulous Motown Revue!



MHA-EM Board member **Clint Shocklee** (center) joined family members at table sponsored by Tri-Rinse. From left: Tim and Pam Shocklee, Clint and Mallory Shocklee, Robby and Lauren Shocklee.



Patsy Klein, Mary Kelley, Jen Nickles, and Jessica McCarthy



Snow Ball Gala Committee member **Bobby Lowrey** (right) and guest Caleb Smith.



MHA-EM Board member **Jeff Wiktorski** (left) hosted guests Jules Ronshausen, and Erin and Mark Manning at the table sponsored by Fifth Third Bank.



Chido Zvirawa and Maureen Bampo-Aaye

"It was wonderful to celebrate with our strongest supporters and friends, after needing to cancel in 2020," says MHA-EM President and CEO Sue King. "Due to another Covid-19 surge, it was important to take a number of precautions to keep everyone safe. By limiting seating to allow for social distancing and requiring proof of vaccination for all participants, we were able to renew excitement about the agency's critical work and share important news about our programs. We are so thankful to everyone who made this event possible."



Mark Stringer



Bart Andrews



Wendy Orson for BHN

Three Mental Health Heroes Honored with MHA-EM's Silver Key and Silver Bell Awards

A highlight of the annual Snow Ball Gala is the opportunity to honor distinguished professionals and members of the community who have made significant contributions in mental health advocacy and service. Congratulations to 2021's three honorees!

THE SILVER KEY AWARD was established to recognize individuals or organizations whose contributions to the mental health field demonstrate a devotion to the eradication of stigma that often prevents people from seeking treatment. The 2021 recipients were **Mark Stringer, (retired) Director of the Missouri Department of Mental Health (DMH)** and **Bart Andrews, PhD, Chief Clinical Officer of Behavioral Health Response (BHR)**.

THE SILVER BELL AWARD recognizes individuals or organizations that provide outstanding community service, leadership, vision, and values, was presented to **Behavioral Health Network**.

A Fond Farewell

We wish a fond farewell to a valued member of the MHA-EM team who made a significant contribution to our mission and work.



ANNE HEINRICH joined the team in 2019 as Vice President of Development. During her tenure, she led efforts to enhance the agency's communications tools and fundraising efforts, including the developing a hybrid-style 75th Anniversary Celebration. She leaves MHA-EM to take on a leadership communications role with Washington University's Institute for School Partnership.

"Being part of this incredible team has been such a privilege," says Anne. "Mental health advocacy is a personal passion of mine and having the opportunity to move MHA-EM's mission forward has been the experience of lifetime for me. MHA-EM's renewed focus on taking steps to prevent serious mental health conditions is not only inspiring, but essential. I can't wait to see the agency broaden its impact in the community."

Strengthening Relationships for Wellbeing

Monday, March 7, 7:00 p.m.

Discover ideas to improve connection and communication in your relationships and explore how this can enhance your sense of well-being.

Adults. Registration required. <https://slcl.evanced.info/signup/EventDetails?EventId=290967>



Participants will receive Zoom information via email immediately after registering. A recording of this virtual program will be posted to YouTube within three business days.



Program sites are accessible. With at least two weeks' notice, accommodations will be made for persons with disabilities. Call 314-994-3300 or visit www.slcl.org.



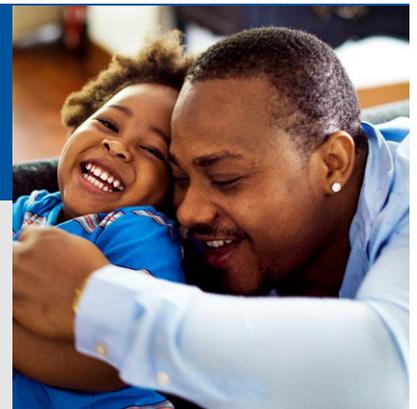


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We are your resource
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New Clinical Program Launches To Tackle Early Childhood Adversity



Mental Health America of Eastern Missouri (MHA-EM) launched the **PEACE (Preventing the Effects of Adverse Childhood Experiences) Clinical Program** in February.

“Unaddressed early childhood adversity hurts children, families, and entire communities,” says Brittany Graham, LCSW, MHA-EM’s Chief Program Officer. “A family’s ability to provide stable, nurturing relationships and environments that children need to thrive can often be disrupted by household and community factors, including trauma, poverty, violence, racism, abuse, neglect, and substance use. But when children have the benefit of at least one buffering adult, those mental health outcomes can improve dramatically.”

The PEACE Clinical Program will launch with ABC (Attachment Biobehavioral Catch-up), a proven intervention that is a unique service in our area. ABC equips parents/primary caregivers of children (ages 6 months to 24 months) with skills to combat the impacts of toxic stress and to build resilience in their children. ABC will expand to age 48 months in 2023.

To learn more, visit www.mha-em.org/how-we-help/peace-clinical-services



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