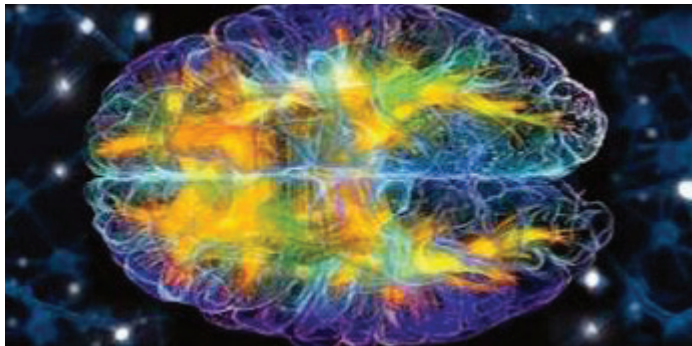


The Bell

News from Mental Health America of Eastern Missouri

SPRING 2018



The Latest in Neuroscience Research with Henry Nasrallah, MD

Join us Friday morning, May 4, to learn about the cutting-edge research being done on schizophrenia and related disorders from **Dr. Henry Nasrallah**, Chair of Psychiatry and Behavioral Neuroscience at Saint Louis University School of Medicine. He is a renowned neuropsychiatrist, educator and researcher, and has published 11 books and hundreds of scientific articles and abstracts. He is editor-in-chief of the journals *Current Psychiatry* and *Schizophrenia Research*, and co-founder of the Schizophrenia International Research Society. Currently, he serves as the President of the Board of Directors for the Missouri Psychiatric Physicians Association.



Henry Nasrallah, MD

EVENT LOCATION

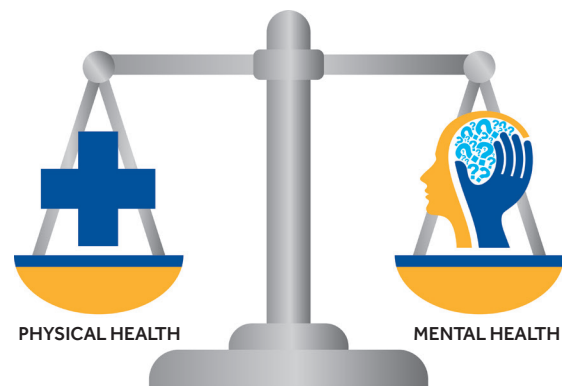
Metropolitan St. Louis Psychiatric Center (MPC)
5351 Delmar Blvd.

Parking in MPC Lot and Church Lot
(access church lot via gate through the MPC lot)

Advocacy in Action

Parity is making progress in Missouri with thanks to Rep. Jay Barnes, our advocacy partners and committee. HB2384 holds insurance companies accountable for covering mental health services at the same coverage level as medical and surgical health treatments. This coverage would also include substance use disorders. Once it moves through the House, there's a mirror bill ready in the Senate. This is unexpected and rapid progress for this newly introduced bill. We ask that you take action when requested as we near the end of this legislative session.

A heartfelt thank you to Board member and former State Representative Jeanne Kirkton for her diligent work in helping keep \$1 million earmarked for mental health services in the Eastern Region.



PHYSICAL HEALTH

MENTAL HEALTH

8:00 AM – 8:30 AM Check-in and light breakfast

8:30 AM – 9:30 AM Presentation

9:30 AM – 10:00 AM Q&A

REGISTRATION REQUIRED / \$25/ ATTENDEE

Space is limited. Register Today!

REGISTER ONLINE OR CALL 314-773-1399

McAtee Police RECOGNITION AWARDS LUNCH

Please join us as we honor the 2018 class of recipients for the John J. McAtee Police Recognition Award.

Whether encountering a total stranger or someone well-known to the police, these officers made a difference in the life of a person in crisis. We recently received the following nomination from the Ballwin Police Department:

Three officers responded to a call for a suicidal man. One month later this same man visited the department to let the officers know how grateful he was for their help, compassion and commitment to their job, and that he was still engaged in treatment thanks to their intervention.

We are pleased to have James M. Dowd as Event Chair. The Honorable Gary M. Gaertner, Jr. of the Missouri Court of Appeals will give the keynote address.

Special thanks to our generous sponsors BHR, Edward Jones, Hautly Cheese and Schuchat Cook & Werner.



Friday, May 18

Missouri Athletic Club
405 Washington Avenue

11:30 Check-in
Noon – Lunch and Awards

RSVP required.
\$40 for general public; \$25 for police officers,
departments and family members.



Stephen E. McMillin

Pilot Program in the Works

A pilot project is in the works through a partnership with **Stephen E. McMillin, PhD, Assistant Professor of Social Work and Epidemiology, at Saint Louis University**. The goal is to develop a measure for behavior change for our popular series of mental wellness seminars. This project will focus on groups of 12 to 15 employees and include the presentation of four wellness seminars, one Recognizing Mental Illness workshop, and check-ins from our staff. To learn how your organization can benefit from this exciting, no cost opportunity, **please contact Jennifer.Howard@mha-em.org**.

Gratitude for Rep Payee Program from Gateway Housing First



"... I must tell you, we have a handful of tenants who have avoided eviction thanks to MHA's payee program. These sweet and vulnerable tenants just couldn't say no to folks preying on them and were left without money for rent month after month. They understood their lease obligations and feared eviction (to the detriment of their recovery) but weren't able to stand up to the pressures of others and protect their housing. When it comes down to it they were slow to believe they really deserved it.

Now enrolled in MHA's Rep Payee Program, **THEY FEEL SAFE AND EMPOWERED**. They see clearly that giving up control (so to speak) has actually given them control.

We are so grateful to MHA for providing this rare service!"

Cynthia Duffe, Executive Director

Welcome New Board Members

It's an honor to introduce five new Board members:

LEOPOLDO (LEO) CABASSA, PHD

Associate Professor at the Brown School at Washington University

"I'm honored and thrilled to join the Board. As a social worker and mental health researcher, I have dedicated my work to reduce racial and ethnic disparities in mental health care by helping reduce stigma, and improving access and the quality of care for all. I look forward to promoting and contributing to MHA's mission and services and through this work improving the lives of people and families living with mental illness."

ANGELA TATE

Vice President of Operations for Behavioral Health Response (BHR)

"Just over 10 years ago when I joined BHR, I had little to no experience helping those struggling with mental health challenges. That quickly changed and I couldn't be prouder of the crisis, mental health and suicide prevention work we do at BHR. Being a part of MHA's Board allows me the opportunity to do more of what I'm passionate about and help to advance and support the mission."

JASMIN PATEL

Assistant Vice President for Research Strategy at Saint Louis University

"Mental health is fundamental to our wellbeing. With so many individuals struggling with sub-optimal mental health, and a challenging funding environment for mental health programs, I feel compelled to advocate for change. From reducing stigma, to advocating for early intervention, to improving access for mental health services, many opportunities exist for positive and meaningful impact. Joining the board gives me an opportunity to make a contribution to these vitally important topics."



2017 Silver Key Awardees
Pat Holterman-Hommes accepting the Silver Bell Award for James A. Braun and Ronald B. Margolis, PhD, Silver Key Award

JEFF WIKTORSKI

Senior Vice President, Fifth Third Bank

"While the momentum around mental health awareness continues to build, there is still a lot of work to be done. Like so many families, I was personally impacted by the loss of a close family member who remains my driving force behind this mission. Joining the board presents the opportunity for me to be a voice for our community, create awareness and to inspire others to do the same."

KATHERINE (KATIE) ZAHNER

Principal, Audit Services at Brown Smith Wallace

"The stigma surrounding mental health is disturbing and mistaken. I was motivated to join the Board to work to change perspectives on mental health and advocate for those that may not have a voice. It can be scary and challenging to discuss, but it is a very real need that has significant impact on millions of lives. We cannot move the dial without discussion."

CALL FOR NOMINATIONS 2018 SILVER KEY AWARD

The Silver Key Award is presented annually at the Snow Ball. It is awarded to an individual whose contributions to the mental health field demonstrate a devotion to the eradication of stigma. This award acknowledges the effort, values and ethics that comprise the character of those who support improved treatment and care of people with mental illness.

Criteria for MHA's Silver Key

Award Nominations:

- No self-nominations
- Nominee must be a mental health professional
- Minimum of five (5) years mental health research or service
- Significant contribution to: Direct service/treatment, Research (epidemiology, treatment, etc.), Advocacy (systems/legislative, individual, etc.), or Mental health care delivery system

Please submit the following documentation for your nominee:

- Nomination letter – double spaced, two page maximum
- Two (2) letters of support – double spaced, one page maximum
- Nominee's abbreviated resume/CV

Please submit your nomination to Mark.Utterback@mha-em.org by June 15.

We are your resource
for mental health information,
education and advocacy.

Mental Health America
of Eastern Missouri
1905 S. Grand Blvd.
St. Louis, MO 63104

NONPROFIT ORG
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT #2981



Save the Date - August 9th

**Women's Happier Hour with
Karla D. Scott, PhD**
4:30 – 6:30 pm | location TBD

Karla will share her personal journey of making self-care a daily pursuit. It is sure to be fun, enlightening and thought-provoking.

THE POWER OF SELF TALK

New Mental Wellness Seminar



CALL US TO SCHEDULE

Have you heard the saying, be careful how you talk to yourself because you are listening? It's the internal dialogue we have with ourselves throughout the day, whether we are aware of it or not. This dialogue impacts our perception, and perception impacts our emotions, self-esteem and stress levels. Our newest seminar will help you diminish negative self-talk, build self-esteem and begin to treat yourself as you would your closest friend.

