

# The Bell

News from Mental Health America of Eastern Missouri

WINTER 2021

## Celebrating 75 Years with an Innovative Gala Alternative



Despite unprecedented challenges brought on by Covid-19, Mental Health America of Eastern Missouri (MHA-EM) celebrated a significant milestone — our **75th Anniversary** — with a unique alternative to our traditional Snow Ball Gala. Supporters and friends celebrated by attending 15+ smaller gatherings throughout the day on October 3, 2020. These coffees, brunches, cocktail parties, dinners and Zoom gatherings were made possible with support from our generous hosts and sponsors. **Thank you!**

**CELEBRATING 75 YEARS**

**WHO IS YOUR WHY?**



Lara Pennington, MSW



Julie Geeting, LPC

## Continuing Our Commitment To Wellness

We are proud to welcome **Lara Pennington** and **Julie Geeting**, our new Community Mental Health Educators. Both seasoned professionals with ties to Palm Health and Anthropedia Foundation, Pennington and Geeting are leading **MHA-EM's Wellness Seminars**, a great resource for employers and leaders of organizations looking for high-quality ways to prioritize mental health. Find out more about this valuable program and a new seminar called Managing Grief and Loss at [www.mha-em.org/how-we-help/wellness-seminars](http://www.mha-em.org/how-we-help/wellness-seminars).

## ARE YOU READY FOR SOME FUN?

Please mark your calendars for this extra-festive, fun evening of inspiration as we gather to celebrate and support the vital programs of Mental Health America of Eastern Missouri. Let's pack the house!

FRIDAY, DECEMBER 3, 2021 | FOUR SEASONS HOTEL ST. LOUIS





## Collegiate Mental Health Council Launched!

After a successful Zoom Kick-Off Event featuring nationally-recognized mental health advocates Cecilia McGough and Nathan Shuherk, MHA-EM's Collegiate Council is building momentum! New Council members representing area colleges and universities meet monthly to organize and prioritize advocacy priorities on all area campuses. To find out more, visit: [www.mha-em.org/get-involved/collegiate-mental-health-council](http://www.mha-em.org/get-involved/collegiate-mental-health-council).



## Solutions for a Growing Mental Health Crisis

*Suicide is the second leading cause of death for children (10 to 14) and youth (15 to 24), and more than 65% of pediatricians report that they lack mental health training and behavioral health knowledge.* MHA-EM President and CEO Sue King has joined the legislative committee for the Missouri **Child Psychiatry Access Project (MO-CPAP)**, a state-wide initiative aimed at addressing the lack of access to mental health care services for children. Thus far, MO-CPAP has enrolled 400+ Missouri primary care providers, offering education and resources on mental health screening, diagnosis, management and treatment. For more information visit [www.medicine.missouri.edu/mo-cpap](http://www.medicine.missouri.edu/mo-cpap).



## Lights, Camera, Action!

We have a new video! Take a few minutes to learn more about our incredible programs, our history and mission by watching our new video at [www.vimeo.com/mentalhealthamerica](http://www.vimeo.com/mentalhealthamerica). Share with someone!



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MHA-EM is a proud partner in **Show-Me Hope**, Missouri's mental health response to the COVID-19 pandemic. Federal, state, and local funding supports a network of organizations to deliver **Show-Me Hope's Crisis Counseling Program** to ease the mental health impact of the pandemic.



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