



## Adequate mental health care is the greatest unmet need of our time

The nationwide crisis in mental and behavioral health is complicated both by a severe shortage of care providers, and by the explosive growth of substance abuse that is affecting communities in every corner of the United States.

Our communities face social stressors, rapid cultural changes, and dangerous substances that did not even exist when our healing ministry was founded nearly 200 years ago by the Sisters of Mercy.

### Mental Health By the Numbers

44 million people in the United States live with a diagnosable mental health disorder. **Less than half received treatment services** in the last year.

Suicide has become the **tenth leading cause of death** in the United States, and the **third leading cause of death for children** between the ages of 10 and 14.

Among American teens, **20% currently have a debilitating mental health condition.**

## What if we could improve the ways we care for people with mental illness?

*With your support, we can.*

Existing programs within Mercy's ministry include both traditional and innovative models of care. But we need to do more.

### Current Programs

**Hospital Acute Care:** When a person experiences a psychiatric emergency, inpatient psychiatric care may be required.


**Mercy Clinic Psychiatry:** For a patient whose concerns are less severe, outpatient counseling, support services, medication evaluation and navigation services may be most appropriate.


**Intensive Outpatient Programs (Adult):** Offers an intermediate level of care between inpatient hospitalization and routine outpatient appointments. The program provides a "step down" in services for patients who have been discharged from a hospital, or a "step up" if routine counseling is insufficient to meet their needs.


**Dual-Diagnosis Treatment:** For individuals who suffer with both a psychiatric illness and chemical dependency, we offer specialized services. Treatment includes individual and group counseling, relapse-prevention techniques and the ongoing support of the 12-step program.


## Can one person make a difference? Yes!


Your gift will directly help hurting people struggling with mental, behavioral, or substance-abuse problems.

 A gift of \$100 will provide transportation for a patient.


 A gift of \$1,000 will provide educational materials for 36 adolescent patients.


 A gift of \$5,000 will provide transportation and therapy services for 1 patient for 1 month.

 A gift of \$10,000 will provide audiovisual equipment and educational materials for a new group therapy room.

 A gift of \$15,000 will provide Intensive Outpatient "Full Scholarships" for 5 adolescents in need.

### Contact us today

 Please call Andrew Held, Executive Director, Mercy Health Foundation, at **636-933-1603**

 or reach out by email: **Andrew.Held@mercy.net**



## Our new behavioral health program for *teens* emphasizes family relationships

**Intensive Outpatient Program (Adolescent):** The Adolescent Therapy program is designed for teens and young adults struggling with mental, emotional or behavioral health issues, including anxiety, depression and substance abuse. Adolescent therapy emphasizes building and strengthening the relationships of the family unit to leverage these natural supports. Also, the structure of the program is intended to minimize disruption to the patient's educational progress by working collaboratively with families and educators.

### The needs are great...

- A single day of Intensive Outpatient treatment can cost up to \$275 for families who are underinsured or uninsured.
- Transportation is an additional barrier for many families, with an average cost of \$37 per one-way trip.
- The high cost of medications presents a further difficulty for many patients and families.
- Many patients with behavioral health concerns are also affected by numerous social determinants of health, such as poverty resulting in poor nutrition.