Exploring the Four Dimensions of Recovery

By Executive Director Joe Yancey

Every day I have the privilege of stepping into Places for People and being greeted by individuals we serve who share with me their inspiring stories of success.

As a recovery-focused community mental health center, Places for People is dedicated to using evidence-based practices and excellent clinical care to help individuals along in their recovery journeys.

You may wonder, what does it mean for an individual living with mental illness to be “in recovery?”

Recently, leaders in the behavioral health world, consumers considered in recovery from mental health and substance abuse issues, and the Substance Abuse and Mental Health Services Association (SAMHSA), met to explore the development of a working definition for recovery from mental disorders and substance abuse disorders.

With a standard, unified working definition of recovery, Places for People can help advance recovery opportunities for all, as well as provide clarity, for peers, families, funders, providers and others.

I would like to share the four components of recovery that SAMHSA created. These are the four pillars that guide our work at Places for People each and every day.

Recovery is defined as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Through the Recovery Support Strategic Initiative, four major dimensions that support a life in recovery include:

- **Health**
  - Overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional well-being.

- **Home**
  - A stable and safe place to live.

- **Purpose**
  - Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.

- **Community**
  - Relationships and social networks that provide support, friendship, love, and hope.

Living examples of these pillars are found in the pages of this edition of Perspectives—from the primary care site opened at Places for People in partnership with Family Care Health Centers thanks to funding from Missouri Foundation for Health, to a grant from SAMHSA that will help Places for People treat and house 210 people in the next three years.

You will also read about Tony, Sean and Alaina, who are all wonderful examples of how Places for People clients have now become benefactors as well as contributors to society. They are now reaping and sowing the benefits of support, friendship, love and, most importantly, hope. We are all excited to see where their recovery journeys will take them next.

Please enjoy this issue of Perspectives, and thank you for your support of Places for People and the individuals with whom we are privileged to work.

Sincerely,

Joe Yancey
3,216
The number of people who made contact with the Welcome Center in 2014. These new contacts were made through the Places for People Outreach Team, walk-ins, phone calls or third-party referrals.

2,139
Workout minutes by clients in the PIP Wellness Center (our exercise room) in December 2014.

40
Number of years the Places for People Club has been open as of July 1, 2015.

75
Number of people expected to be served by the Family Care Health Centers satellite site at Places for People in its first year.

416
Number of people served by our Health Care Home team in 2014.
Family Care Health Centers satellite site offers primary health care at Places for People to those who do not have a doctor

The Family Care Health Centers site opened at Places for People’s primary location at 4130 Lindell Boulevard on February 2, 2015. A doctor and medical assistant from Family Care Health Centers work on-site at the Places for People / Family Care Health Centers’ satellite office two days a week for a total of eight hours each week.

Funding for the satellite site was provided by a two-year grant from Missouri Foundation for Health, which allows Places for People and Family Care Health Centers to serve as a community model for a successful partnership between community health centers and community mental health centers.

Through the sharing of health resources and the collaboration between the two agencies, people living with severe mental illness who are seeking primary health treatment in addition to psychiatric care will experience a larger scope of potential service options.

“Facilitated access to primary health care services has been an enduring barrier for too many individuals with serious mental health disorders and has significantly contributed to staggering early mortality from very preventable disease,” said Places for People Executive Director Joe Yancey. “We are thrilled that our longtime partnership with Family Care Health Centers and Missouri Foundation for Health has been further enhanced with the opening of this co-located primary care health clinic at Places for People.”

“Improved access to this vital service will help to improve health, prolong life and promote recovery from chronic illnesses,” said Yancey.

FCHC already provides care to 150 PfP clients at its locations in Holly Hills and Forest Park Southeast. The new location at PfP is expected to serve 75 people in its first year. Most of these people have not seen a primary care physician in more than a year.

FCHC Chief Executive Officer Dr. Robert Massie recognizes the potential for improved health outcomes for Places for People clients and the greater St. Louis community. “Our partnership with Places for People has truly been beneficial to the patients served by both organizations in an effort to increase access to truly integrated primary and behavioral health care to our city’s most vulnerable citizens,” Massie said.

The grant by Missouri Foundation for Health that made the satellite site possible also funded a program that places a PfP social worker at FCHC (read about this on Page 16). “MFH recognizes that mental health is an important issue in our society,” said Dr. Robert Hughes, president and CEO of Missouri Foundation for Health.
The administrators of the three partners in the Family Care Health Centers at Places for People project are pictured in one of the satellite site's exam rooms. From left: Places for People Executive Director Joe Yancey, Family Care Health Centers CEO Dr. Bob Massie, and Missouri Foundation for Health President and CEO Dr. Bob Hughes.

"Providing patients with more services in this area is a step toward raising awareness about how common mental health problems really are and why helping individuals cope should be a priority within our health care system."

The satellite site is just the latest addition to the medical services available at Places for People. The main building at 4130 Lindell Boulevard is home to a satellite site of West Pine Pharmacy, as well as PfP’s Healthcare Home team.

Primary care goes hand-in-hand with the need for mental health services. “It’s such a huge need,” said Places for People Healthcare Home Director Diane Maguire.

She pointed out that barriers such as transportation and trust would sometimes prevent a person from going to see a primary care physician in the community. Having the site at Places for People provides a greater comfort level for someone who is already used to visiting a treatment team.

The site includes two exam rooms that are equipped for a full-range of services—from testing lab samples to performing women’s well visits.

As the site got up and running, four appointments a day were scheduled. Eventually, Dr. Amy Hilmer will see 12 people a day.

The majority of persons served by PfP have at least one chronic physical health condition in addition to a major mental health disorder, many have co-occurring substance use disorders and most also have significant histories of trauma that has been unidentified and, therefore, untreated. The site represents a significant step in addressing the health disparities that contribute to an average age of death for people living with severe mental illness being 25 years younger than the national average.

A lack of insurance or Medicaid can be another major barrier to accessing primary care in the community for PfP clients.

At the satellite site, clients pay through a sliding scale. Those who have Medicaid benefits pay $2 for an office visit, while those without Medicaid benefits have an out-of-pocket expense of $20 to see the physician. Donations provided by West Pine Pharmacy and St. Anthony Charitable Foundation underwrite the co-pay cost for those individuals with no financial resources so individuals have no financial barriers to seeing a physician.

The opening of the site in 2015 represented the culmination of many years of preparation by FCHC and PfP. “It was a lot of work, but it was also a lot of time. Not time working, but time waiting,” said Dr. Jaron Asher, Chief Behavioral Health Officer at FCHC and former Medical Director at PfP.
About the Satellite Site

75
Places for People clients expected to be served in first year of site.

Who will use the satellite site?
• Clients currently enrolled in PFP services
• Clients without primary care elsewhere
• Clients who have complex cases and who will be better served with the care coordination and collaboration allowed by having the site at PFP
• Clients who have symptoms that make it unlikely they will access care outside of PFP

150
Places for People clients currently served at other Family Care Health Centers locations

“This was so wise, I thought, of the two agencies to do the grueling waiting in order to make that happen,” Asher said. He praised the foresight of Massie and Yancey. “They had this vision that this would be a good way to bring these two agencies to work together even more deeply – and it has. I saw the potential of this partnership when the leadership from both agencies that I love were together at a table working on this project. It was very satisfying.”

It was worth the wait.

“That first week I was sort of in disbelief that we had actually done it. It had been such a long haul.” Asher said. “Seeing those rooms with the equipment in them was really exciting. That’s when it became real. Wow, people are actually going to get medical care in this site.”
Goal: Improve access to primary care for clients who have not seen a physician in the past year.

Goal: Improve health outcomes.

Assist clients with care coordination and promote healthy lifestyles.

Goal: Fully-operational pharmacy provides ability for Places for People staff to consult daily with pharmacy, and allows opportunity for timely pharmacological interventions.

Goal: In addition to offering smoking cessation options, Places for People became a smoke-free campus to promote healthier lifestyle choices.

Goal: Improve access to primary care for clients who have not seen a physician in the past year.

January 2012

Healthcare Home starts at PfP

Goal: Improve health outcomes.

Assist clients with care coordination and promote healthy lifestyles.

July 2013

Pharmacy opens at PfP

Goal: Fully-operational pharmacy provides ability for Places for People staff to consult daily with pharmacy, and allows opportunity for timely pharmacological interventions.

February 2014

PfP becomes smoke-free campus

Goal: In addition to offering smoking cessation options, Places for People became a smoke-free campus to promote healthier lifestyle choices.

February 2015

Satellite site opens at PfP

Goal: Improve access to primary care for clients who have not seen a physician in the past year.

800%  8  3

Increase in registered nurses on staff from 2003 (1.5) to 2015 (12).

Psychiatry residents from Saint Louis University

Number of licensed occupational therapists on staff.

MEDICAL SERVICES AT PLACES FOR PEOPLE
Grant from SAMHSA Offers Hope, Health and Homes

Three-year project will enroll 210 people in services

Places for People received a three-year grant totaling more than $1.1 million from the U.S. Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA) to facilitate permanent housing and improve the overall health for people who are chronically homeless and living with mental health, substance abuse and other co-occurring disorders.

Places for People was one of 26 organizations in the country—and the only recipient from Missouri—to receive a “Grant for the Benefit of Homeless Individuals-Services in Supportive Housing” from SAMHSA. The “Hope, Health & Housing” project’s goal is to enroll 210 people, with a focus on veterans, in services during the lifespan of the three-year grant, which began in January 2015 and will end in September 2017.

“We’re off to a really good start,” said Places for People Clinical Director of Special Projects Barb Zawier.

Through this project, Places for People connects participants to mental health services and permanent housing resources, and provides the follow-up services necessary for recovery and maintaining stable housing. The lone condition for participation is that participants must have experienced chronic homelessness.

Of the 23 people enrolled in the program at the end of March, eight have already been moved into stable housing, and five more have been approved for housing and are looking for a suitable apartment.

The grant allows Places for People to serve a population that has more intense problems with substance use, and a less serious mental illness diagnosis. “Our outreach team comes across this vulnerable population a lot,” Welcome Center Director Tony Hilkin said.

“A large percentage of our clients have co-occurring mental health and substance use disorders,” Hilkin said. However, prior to this grant, individuals with only substance use disorders were not eligible for services at PfP, because they did not present with a severe mental illness diagnosis or because of PfP’s capacity limitations.

The project will not only help people directly participating, but all people served by PfP by expanding and further developing the array of evidence-based practices used by PfP to provide comprehensive and recovery-oriented services to participants. One of the treatment methods used is Community Reinforcement Approach (CRA). CRA has been in PfP’s toolbox for years, but, Zawier said, by practicing it more often “we’re learning how to do it better.”

Hilkin and his team members have seen CRA’s potential in harm reduction and increasing happiness and wellness. “It’s nice to be able to refer to a program that we have seen past successes.”

For someone who has experienced chronic homelessness, Zawier said, enrolling in services at Places for People, with access to psychiatrists, primary care, housing, therapy, and more, “opens up this whole new opportunity.”
Out of the Woods

Places for People offers Sean Hope, Health and Housing through SAMHSA Grant

After two years of being homeless, including a year living in the woods, Sean knew something had to change.

“I had to do something different,” he said. “I couldn’t live in the woods the rest of my life. I had to get a job. I had to be able to take a shower every day.”

While filing for disability, the clerk helping him with paperwork suggested he visit Places for People. When he showed up at 4130 Lindell, he found the opportunity for change he had been seeking.

Sean walked in off the street on January 12 and immediately met with Intake Specialist Linda Alexander. He then met with Welcome Center Director Tony Hilkin.

As someone who has experienced chronic homelessness, Sean qualified to participate in a new program at Places for People through a grant from U.S. Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration. The Hope, Health and Housing program allows people who have experienced chronic homelessness and are living with substance abuse disorders and mental health disorders to enroll in services at Places for People.

“All of the sudden they were making appointments for me. Things just started going,” he said. “I just kept showing up and good things kept happening.”

Within 10 days of his first visit with Linda, Sean had his first appointment with a psychiatrist at Places for People. He said he hadn’t seen a psychiatrist regularly for years. At times in the past two years, he had checked himself into the hospital, but could not afford to stay on the medications he was prescribed. He now visits with a psychiatrist from Saint Louis University every three weeks.

“Being able to get the medication that I need and stay on it consistently has kept me stable. (It has) kept me from completely freaking out and wanting to go get ridiculously drunk.”

Through Places for People’s Hope, Health and Housing grant from U.S. Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration, Sean enrolled in services at PfP and now has an apartment.

Places for People’s Outreach Team was responsible for connecting Sean to the psychiatrist, and also scheduled an appointment for him at the new Family Care Health Centers site at Places for People.
“It had been years,” he said of seeing a primary care physician. He has already had a follow-up appointment.

A little more than two weeks after his walk-in visit to Places for People, Sean was transferred to his current treatment team, the Reach Team, which was created after the SAMHSA grant was awarded.

“That was a lot of hard work on Sean’s part. That required a lot of initiative,” Hilkin said of Sean’s willingness to go to all of the appointments that were scheduled in the first two weeks.

The Reach Team worked with PfP Housing Director Daniel Gray to get Sean into housing. Sean was placed on a rental assistance program through PfP for chronically homeless individuals, funded by St. Louis County’s Housing Resource Commission/ Homeless Services Division. Through this program, Sean is able to lease an apartment, paying 30 percent of his income toward the rent.

The team helped him find stable housing in Maplewood, and he moved into the apartment in March.

The first night in his apartment, Sean was finally able to relax. He called it a sign of better things to come. “It was a relief,” he said “It was like you could finally exhale.”

Sean has self-medicated his mental illness with drugs and alcohol since he was a teenager. After his parents divorced when he was young, he lived with his mother most of the time. “Mom was cool. We never got along, but she did the best she could. She had issues of her own to deal with.”

He got along with his father, but said he was more of a drinking buddy than a father figure at that time.
After his sophomore year at DeSmet Jesuit High School in Creve Coeur, Sean dropped out. After working at Norwood Hills Country Club, his mother took him to rehab when he was 17 years old. This was the first time he was diagnosed with bi-polar disorder.

He completed 28 days of rehab. “A few months after that, I joined the Royal Lichtenstein Circus,” he said. He stayed with the circus for six months as a juggler and escape artist.

When he came back home, he was convinced by a friend to get his GED and go to college. Sean enrolled at Northeast Missouri State (now Truman State University) in Kirksville. He attended the school for two years.

“I didn’t get a degree of any sort. I partied like a rock star is what I did. Came back and have been working in the restaurant industry, more or less, ever since.”

At 41 years old, Sean looks back on the past 20 years with a new perspective.

“I was self-medicating most of my life. I completely ignored the fact that I was bi-polar. I never took meds or anything like that. I was using drugs and alcohol to try to balance myself out, and it didn’t work at all. It just made life even worse.”

After stops in Edwardsville and West Palm Beach, Florida, he returned to St. Louis about 10 years ago. Back in his hometown, he never got back on track. His parents both passed away, which threw him into a tailspin.

“I relied on them so much that when they did pass I had nowhere to turn to anymore and eventually wound up homeless. For awhile I stayed at my mom’s abandoned house until the bank came and threw me out because they wanted to do something with it.”

After that, he couch surfed for a little while, then stayed in shelters. “I wound up moving over to East St. Louis and living in a camp in the woods. I had been doing that for a year before all of this happened.”

The experience was weird and unsafe, he said.

“You’re camping full time.” He had a little Coleman stove to make coffee and ramen noodles. He said batteries were a necessity to listen to the radio and power a flashlight.

He attempted to work while living in the camp, but said it was difficult.

“When you’re homeless, it’s almost impossible to really hold down a job and do it the way you should do it. You can’t shower, and you can’t really sleep because you’re out in the woods and don’t know who is going to show up.

“It makes everything incredibly hard to focus.”

Alcohol Use Scale

Of the first 20 participants in the program, 19 used alcohol in some way, with half indicating they were dependent. 13 of the 20 also indicated they used drugs, with six indicating dependence.

Through it all, Sean was able to endure. “What kept me going was my best friend, one of my fraternity brothers from Kirksville. Man, if it wasn’t for him and the support of my fraternity brothers, there’s no way I would have made it. I would have completely lost it.”

During regular visits, his friend helped with laundry, made him healthy meals and provided intelligent conversation. “He’s still there for me.”

While still living in the homeless encampment, Sean found a job at a cafe in downtown St. Louis. The business owners have been very supportive of Sean, and didn’t bat an eye when he told them he was homeless. In fact, they helped him move his belongings from the woods to his apartment when he moved in March.

Sean would like to eventually find a job in the white-collar world. “I don’t want to be on the restaurant employee retirement program the rest of my life,” he said.

Places for People will continue to work with Sean during his recovery journey. “It feels good to offer a service that is so life-altering,” Hilkin said.

For now, Sean is taking his new life day by day, enjoying little things like buying milk and having errands to run.

“I can’t thank Places for People enough. I didn’t think anything like this would ever happen. I didn’t expect any of this to happen at all when I showed up.”
Three years after being stranded in St. Louis, Michael finally made it to his intended destination, with help from Places for People.

In 2011, Michael was traveling to his sister’s home in Arizona by bus. During a stop in St. Louis, he missed his transfer, could not afford a replacement bus ticket and became stranded without an ID, a Social Security card or money.

With no family, friends or sources of income in St. Louis, Michael lived homeless for almost three years.

He connected with Places for People in the winter of 2013-2014 through the Places for People Outreach Team. Once enrolled in services at PfP, he transferred to the Forensic Assertive Community Treatment Team (FACT).

The FACT Team provides intensified services with frequent interventions and comprehensive services, featuring a team of community support staff, specialists in substance-abuse treatment and vocational assistance, and nursing staff. What makes FACT unique from other ACT Teams is that a forensic support staff member is on the team to help clients navigate the legal system.

The FACT Team helped Michael start on the proper medications to treat schizophrenia, secured a copy of his birth certificate and helped him establish his Social Security benefits.

With a source of income in place, the FACT Team helped Michael move into an apartment in April 2014.

On the day he moved in, Michael said his goal was to find “a better way from the position I was in.”

Michael’s move from homelessness to his apartment received more attention than most moves -- it was covered by two TV stations, two local newspapers and a radio station.

The spotlight shined on Michael because he had just been featured in a viral video created by two Saint Louis University students. The video, “Never Take Life for Granted,” documented a day when SLU basketball player Austin McBroom and his friend, Blake Carell, picked Michael up off the street, took him to lunch, got a haircut and went shopping. The YouTube video has garnered 99,752 views to date.

Michael’s story did not end the day he moved into his apartment. The FACT Team continued to work with him, keeping him on the correct medications, and continuing to work toward his recovery goals.

One of his primary recovery goals was to re-establish contact with his family. “Oftentimes it’s the lynchpin to somebody’s success,” FACT Team Leader Katie Thumann said of re-establishing relationships with family.

Because Michael didn’t have addresses or phone numbers of family members, and online searches were not yielding results. Thumann had a new idea. “I figured why not try Facebook?”

In October 2014, Thumann helped Michael set up a Facebook account. Within 24 hours, he was contacted on Facebook by family members.

A month later, with his family connection restored, he boarded a bus once again, moving home to Mississippi. “It was something he wanted to do for so long,” Thumann said.

The team heard this winter that he successfully made the trek from Mississippi to Arizona to live with his sister. He has enrolled in services there to continue his recovery from mental illness.

Thumann said the team is so happy for Michael. She said, “He has a special spot in everybody’s hearts.”
A Sense of Purpose

Employment helps Tony take steps toward greater independence

On the coldest morning of 2015, Tony did not let the snow, ice or sub-zero wind chills stop him from getting to work. Just like he does every work day, he left his apartment at 5:45 a.m., walked to the nearest bus stop, and rode the bus for 80 minutes to his destination - Plaza Frontenac - where he cleaned one of the first-floor stores.

Dedicated employees like Tony are not easy to find.

Tony has received support in his job and all aspects of his life from Places for People, where he receives treatment. Tony is served by Team D, which is one of Places for People's teams providing Community Psychiatric Rehabilitation Services (CPRP) – a medium intensity level of support for people needing long-term treatment. CPRP programs provide comprehensive services that are available 24/7, 365 days a year. These services are based on individualized treatment plans, which are designed through a partnership between staff and client.

Clare Lassiter has been Tony's primary community support specialist since spring 2014. Once a week, Clare and Tony meet at his apartment in South St. Louis City to coordinate his upcoming doctor's appointments and medication schedules, and to improve his daily living skills, such as handling his budget and cooking for himself.

Improving his nutrition has been one area of focus of Clare's visit.

Previously, Tony was frying everything he prepared, and he rarely ate vegetables.

"Now he bakes everything, which is a huge deal for him, and he's starting to include more vegetables when he's planning his meals with us," Clare said.

They finish many home visits by preparing a well-balanced, healthy meal. During and after meal preparation, Clare quizzes Tony about the ingredients and steps necessary to make sure Tony can make the meal again on his own.
“My goal for Tony is to have a cookbook and it’s going to be ‘Chef Tony.’ So hopefully a year from now he can take his cookbook, and he’ll know 10-15 recipes that he can just turn to and cook on his own.”

At times, preparing healthy food can be more expensive, which can present a barrier for individuals like Tony who do not have disposable income. However, as Clare explained, there are cost-effective alternatives to fresh vegetables such as using frozen or canned vegetables.

Learning more about money management has been another important area of focus for Tony in his goal to have greater independence. He has not had much experience paying bills on his own, but Clare is working with him on this.

“He’s just used to handing bills into us, because PfP is his payee, and we manage everything,” Clare said. “So I’ve taken a slightly different approach and having him learn more about his bills so he can explain it to me because eventually he wants to be more independent. That’s one of his goals.”

He works with Clare to be aware of how much he is making from his job, how much income he is receiving from Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI), and how much money is going toward expenses.

“He’s really open to talking about it with you and really likes it when you can break down all of what a budget is.”

Tony now receives and pays his Ameren bill on his own. “It feels good to do it on your own—to be independent,” he said.

Tony recently celebrated his employment anniversary. He started working in April 2014. He had not worked for more than 10 years before he sought the assistance of PfP’s employment specialists in finding a job.

He had become tired of sitting around his apartment and wanted to do something productive. “It gave me something to do in the morning,” he said.

He works for Citiwide Cleaning Company, cleaning a store at Plaza Frontenac two mornings a week. After a few months on the job, his supervisor asked if he would be interested in expanding his work schedule to include an office in Westport once a week.

Tony has not had an unexcused absence in the year he has been at work. He has logged more than 300 hours on the bus to get to and from his job in the past year. A bit of an early bird, he doesn’t mind the early hours required to catch the bus to make it to work on time. “I don’t even need an alarm clock,” he said.

Clare said working has had a profound effect on Tony.

“‘He’s just happier. He finds he has a purpose in life now—he has somewhere to go, people are expecting him to be at work. I think at the end of the day that’s what a lot of people want—not just people living with mental illness, but everyone in the community—they want to be loved, they want to be needed, they want to know that somebody is expecting them.’

And for Tony, that sense of purpose makes an 80 minute bus ride worthwhile.

“He’s willing to travel 80 minutes to work two hours because he knows that somebody at the store wants and needs it to be clean so that customers can come in, and he’ll do that because he just loves that job.”

Tony, 51, is a St. Louis native who attended Vashon High School. He is one of five children. He sees his two brothers and two sisters at family gatherings for holidays.

He was at Malcolm Bliss Mental Health Center until it closed in 1991, and was introduced to Places for People.
As his life and goals have changed in that time, PfP’s services for him have changed. “Right now he just wants to know how to be independent. For such a long time services were focused on his housing, focused on his substance use in his past, focused on doctor’s appointments. Now he’s been clean for at least 10 years. He’s in stable housing and has been for quite a while. He now goes to doctor’s appointments on his own. As his goals in life have changed, so have our services.”

“He’s ready to try more things on his own. There’s risk involved with that, but sometimes the benefits outweigh the risks. You just have to let him try. If he fails, he fails, no problem, that’s why we’re here so we can scoop him back up and review with him what happened that caused that to go wrong. So then he can try it again with a different approach,” Clare said.

Clare sees Tony as a wonderful example.

“He finds he has a purpose in life now.”

Clare Lassiter
Community Support Specialist at Places for People
on how employment has changed Tony’s life.

“Twice a week Tony travels to Plaza Frontenac from his South St. Louis apartment to clean a first-floor tenant. Tony works three mornings a week for Citiwide Cleaning Company.

“It’s been an amazing experience working with him just to see how work really has helped him and helped him to be who he is right now, and been able to manage to do more things on his own.”
Recovery in Action

Critical Time Intervention Provides Another Way to Help People in Times of Transition

Even though she is a St. Louis native, Alaina has been interested in Japan and Japanese culture for as long as she can remember.

“I’ve always had this need to learn about Japan,” she explained, unable to pinpoint exactly at what age that interest started.

That interest continued to blossom as a student at American University in Washington, D.C., when the Spanish course that she needed was not being offered. As a result, she signed up for a Japanese language class. During the course, her professors encouraged her to travel to Japan, which she accomplished by becoming one of two students accepted into an exchange program.

After graduating with a bachelor’s degree in International Studies, with a minor in Japanese, she returned to Japan through the Japan Exchange & Teaching (JET) Program, teaching English at schools.

Through these unique experiences, she experienced firsthand the country and culture she had read about as a child. “I learned that the Japanese people are very genuine and they’re hard workers. I learned how to relate with people in a positive manner and be respectful and polite.”
Six Areas of Treatment

1. Mental Health
2. Housing
3. Substance Abuse
4. Life Skills
5. Money Management
6. Family/Relationships

What is Critical Time Intervention?

Critical Time Intervention is an evidenced-based practice that helps people living with mental illness during times of transition in their lives by strengthening their network of support in the community.

Phase I
Transition
(Months 1-3)

Staff assess the individual’s needs and resources, and provide intensive support, connecting the client with potential supports in the community.

Phase II
Try-Out
(Months 4-6)

The goal is to move the person served toward using these natural, community-based supports.

Phase III
Transfer of Care
(Months 7-9)

The person is encouraged to manage his or her own needs and to pursue personal goals.

Alaina returned to St. Louis in 2005 and entered the working world. While working, she earned an MBA, then a master’s degree in teaching, with certifications in Spanish K-12 and Early Childhood Education.

In 2014, while working as an early childhood teacher, she began to feel stress from a hostile work place. The experience was affecting her entire life, and her health began to suffer.

During a doctor’s visit at Family Care Health Centers, Alaina asked her primary care physician if he had any ideas where she could seek help.

“He said that he’s going to look into this new program and see if I was a good candidate,” she recalled.

The program he was referring to was at Places for People, specifically the Action Team.

As part of a grant from Missouri Foundation for Health, Places for People provides services at Family Care Health Centers (FCHC) one day a week. Action Team supervisor Donnie Winget performs outreach at FCHC each Wednesday, and performs home outreach on Tuesdays and Thursdays. The Action Team is also supported by a grant from the St. Louis Mental Health Board.

One of the primary goals of this partnership between PfP and FCHC is to prevent mental illness from progressing to more severe stages. When FCHC applied for the “Healthcare in Place” grant, there was a long waiting list for their patients to use the behavioral health services available at FCHC. Of the 250 patients who received recovery support services from FCHC, approximately 50 (20 percent) needed more intensive mental health case management and psychiatric services than could be provided at FCHC. That’s where Places for People and the Action Team comes in to help.

Family Care Health Centers Chief Behavioral Officer Dr. Jaron Asher said that it’s been exciting for primary care providers and behavioral health providers at FCHC to have this new resource available.

“It’s dawning on them what a valuable resource we have in Donnie,” he said.

In the first year of the program, there have been many instances when a referral made to Places for People has delivered dramatic results.

“It’s like something becomes unstuck,” Asher explained. “We struggle and struggle because we don’t have those resources—we struggle and struggle to try to make some progress. Then, Donnie comes in and the patient becomes an enrolled Places for People client and all of the sudden things start really moving. People get housing, people get approved for Medicaid or disability or get working. It’s been an excellent education for our people to see recovery in action.”

“It’s recovery happening in front of our very eyes.”

Dr. Jaron Asher
Chief Behavioral Officer at Family Care Health Centers (FCHC) on the impact of having Places for People’s Action Team as a resource available for FCHC patients.
“It’s recovery happening in front of our very eyes,” Asher said.

The Action Team practices a treatment approach called Critical Time Intervention (CTI), which is a short-term program that helps people living with mental illness during times of transition in their lives by strengthening their coping skills and network of support in the community.

CTI is listed on the SAMHSA National Registry of Evidence-Based Programs and Practices. A 1997 study demonstrated that CTI services result in better housing outcomes than normal interventions for men with severe mental illness. In a 2009 study of 150 men and women following discharge from New York City state psychiatric hospitals, those receiving CTI were five times less likely to be homeless after 18 months than individuals who received more typical community support services.

Winget noted just a few of the many benefits of the CTI approach, including decreasing the number of hospitalizations, cutting down on medications needed and improved communication between a primary care physician and the mental health team.

“I think it’s helping a lot of people,” Winget said. It’s also exposing a new population to the services available at Places for People. “Most of them didn’t know a place like this existed,” he said.

Winget works closely with a former Places for People team leader, Debbie Moormann, who is the Recovery Specialist at FCHC. Winget can refer FCHC patients to any team at PfP depending on what the best fit would be, including the Action Team. Since performing outreach at FCHC, Winget has had contact with 48 FCHC patients. Of that amount, 26 have enrolled in services at Places for People.

After scheduling appointments, Winget meets with potential clients on Tuesdays and Thursdays, either at Family Care or at their homes. During this initial visit, he explains Places for People’s services, the CTI program, and especially the time element that make the program unique.

CTI consists of three phases, beginning with an assessment of needs, goals and resources. In each phase, the participant moves closer to independence. The CTI program is designed to last nine months, but can be extended if necessary.

Winget has noticed that having a deadline helps both his staff and the people they serve focus. “It motivates a lot of people to move more quickly,” he said.

Alaina was one of the first beneficiaries of the partnership in this program between PfP and FCHC. “She was one of the first people I met at Family Care,” Winget said.

After Alaina’s doctor made a referral, she met with Donnie in January 2014. “I was just taking it all in,” Alaina said of her first visit to Places for People. “I was just seeing if this could be something for me to become healthier.”

She worked with Donnie and the Action Team to develop her treatment plan, and determine the goals she wanted to work toward.

“I think at that time, I didn’t have any direction for myself that I wanted to go in. I’m capable of doing a lot of things because of my background and my skills. Now, I’m more able to make decisions on my own.”

Through the entire process, the team has been a trusted sounding board for Alaina.

“I can tell them what I am thinking. I feel comfortable talking to them about it. I want someone who is going to be honest and give me an objective answer.”

The entire team has worked with Alaina in the past year. Community Support Specialist Lauren Milner currently serves as Alaina’s primary case manager.

“Our main focus with her is just to prioritize those goals and figure out a good timeline for when those goals should be met and worked on,” Lauren said of the work the team performs with Alaina.

For instance, one of Alaina’s current goals is to move away from St. Louis. But, Lauren explained, “Moving isn’t going to be an option until we get her finances stable, and we get stable...
employment and more of an income. You have to have that foundation to complete some of the other goals.”

The team has not had to work with Alaina much on daily living skills. Instead, they have helped her develop coping skills and strategies, decision-making skills, and assertiveness.

“Mental illness affects everyone differently,” Lauren said. “There are some clients who don’t know how to do laundry. They don’t know how to cook. They really need help with so many basic skills. [Alaina] is comfortable with doing a lot on her own.”

The Action Team has helped Alaina successfully navigate a move, and has also helped her improve family relationships.

“My issues were more life struggles and pressures that just threw me off balance,” Alaina said. “Figuring out what the problem is and working on being more assertive, I figured out what my issues were.”

The skills Alaina has developed in the past year were recently tested when she encountered another challenging working environment. Lauren said that Alaina used her new assertiveness and coping skills to deal with the stress of the job and to let her supervisors know how she was feeling.

“She actually tried several times, with our support, to talk with her supervisor, and they weren’t giving her what she needed, so she made the decision that she wanted to leave before it got any worse. That’s just a good display of some of the skills that she’s gained and how they’re helping her succeed.”

Alaina appreciates the person-centered approach taken by her team and Places for People. “I think it’s good because all the people I’ve met who work here, they look at people as individuals.”

Alaina has also received help from many of the other services offered at Places for People, including weekly individual therapy sessions and a monthly psychiatrist visit. She said she has never had to worry about feeling judged when she comes to Places for People. “I feel comfortable coming here.”

A key element to the CTI program is Phase III – Transfer of Care. This is a time when the client becomes more self-reliant, and is encouraged to manage his or her own needs before ending the CTI program. At Places for People, clients can take one of three routes at the end of CTI: discharge from services; move to a low-intensity team, which would decrease visits from once a week to once a month; or move to a longer-term program.

“Although I want to stay forever, I can’t do that because I have to do things on my own,” Alaina said. “I feel right good right now because I’m getting better at recognizing things that I want in my life and what I need to maintain that.”

The possibilities for Alaina and her future are endless.

“This girl’s going places,” Lauren said. “I know that whatever she does, I am 100 percent confident that she will be able to accomplish it.”

Lauren Milner
Community Support Specialist at Places for People
on Alaina’s future

Community is a large part of the culture in Japan. Alaina said she feels that when she visits with her team at Places for People. She said even the way the team’s desks are arranged, around the perimeter of the room facing in, without walls, reminds her of a Japanese open-desk concept. It reminds her that “you’re not there alone. Someone else is helping you and everyone is working for your best interests.”
During Dr. Jaron Asher’s time as Medical Director at Places for People, integrated care has gone from a very small role to something that has emerged in every facet of services provided by the organization.

In Asher’s 12 years as PfP Medical Director, he was an integral part of the emergence of medical care at the organization. During his time at PfP, medical services grew from one nurse and limited psychiatry services, to having on-site primary care, a pharmacy, a Healthcare Home team, psychiatry residents, an exercise room, wellness education, and much more. This timespan also included the organization’s monumental merger with Community Alternatives in 2011, which brought his valued colleague Dr. Mirela Marcu on as Co-Medical Director.

“Having Dr. Marcu as a partner at the new merged organization was critical,” said PfP Vice President of Clinical Services Virginia Selleck. Marcu is the supervisor of the SLU Psychiatry Resident program, which brings 6 to 8 residents a year to Places for People for their training. “Dr. Asher and Dr. Marcu have collaborated beautifully in this effort,” Selleck said.

Asher, who has balanced his part-time role at PfP with his full-time job as Chief Behavioral Health Officer at Family Care Health Centers, stepped away from his duties at Places for People at the end of March.

“I will miss the straddling both worlds aspect to it. I will miss the fact that being the medical director at a medical health center takes a different set of skills and it’s a different environment and a different set of challenges. It was hard to give it up.”
Because medical services at Places for People have grown so much, the organization now needs a full-time Medical Director.

Asher will be missed by the people served by PfP and his co-workers.

“Dr. Asher is one of the most approachable and kind psychiatrists with whom I have worked in my career. He is patient centered, as all good doctors are, but he also has a special gift for collegiality with staff. Community psychiatry brings with it a certain measure of unpredictability, and Dr. Asher is flexible, good humored, and always rolls with the punches,” said Selleck.

Being on the cutting edge of integrated care is a long way from where Asher was heading during his college days.

A University City native and graduate of Clayton High School, Asher attended Wesleyan University in Middletown, CT. He received his degree in religious studies. He didn’t go to college with a future career in mind. “I wasn’t the kind who knew exactly what I was going to do.”

Even as a senior, he did not have a direction defined for his future. “It was second semester senior year and I had no idea what I was going to do.”

When one of his housemates said she was going to Boston over the summer to finish up pre-requisites for medical school, Asher decided that sounded like a good idea, too. “I needed something to do next, so I tagged along with her.”

He completed chemistry and organic chemistry that summer and suddenly had a new direction. After a year of working in Washington, D.C., he started medical school at the University of Missouri.

In his third year of medical school, he decided to focus on psychiatry. “Other than family practice, it was the only branch of medicine that I could even picture myself in,” he said, explaining that he is more of a talker than a surgeon.

He chose to perform his residency at Saint Louis University, so he would be closer to his family. “I knew that residency would be challenging and that it would be better if I was here among my family.”

Asher’s family includes two older sisters and his mother. His father, Rabbi Arnold Asher, died when Jaron was 9 years old.

Asher’s first contact with Places for People came as a SLU resident. “While I was a resident at SLU Department of Psychiatry, we were one of the providers for Places for People.”

Asher calls the early portion of his career a winding route that included two years as an attending physician at SLU’s Inpatient Unit, private practice, and part-time jobs at the Veterans Administration and the Metropolitan St. Louis Psychiatric Center.

He became PfP’s medical director in July 2003, working just three hours per week to start. At that time, Places for People did not have much of an on-site medical presence, employing one full-time nurse. In 2007, Asher picked up more hours at PfP as the psychiatrist for one of PfP’s Assertive Community Treatment teams.

It was also in 2007 that a high school friend, Dr. Melissa Marshall, who was also his wife’s best friend, told him about the need for a dedicated behavioral health department at Family Care Health Centers. At the time, Marshall was Associate Medical Director at FCHC.

“When I joined FCHC in 2004, it was clear that our organization and patients would benefit from an integrated behavioral health approach,” Dr. Marshall said.

At that point at FCHC, there was one social worker and 15 hours of a psychologist.

Marshall said she approached Asher to lead the department, because “Jaron is an incredibly compassionate human being who is fascinated by the mind. Because I knew him personally, I knew his value system and his commitment to underserved populations. I also knew him to be eager to take on new challenges. This made him a perfect candidate for our program.”

The new position had to be approved by the FCHC board. Asher’s wife, Jennifer, who has an MBA, wrote the business plan that he presented to the board. Asher was hired, and has served as Chief Behavioral Health Officer ever since. He works 32-38 hours a week, and leads a department that now numbers 15, including 10 full-time equivalent employees.

Marshall said Asher was a wonderful co-worker. “What made Jaron so wonderful as a colleague was his openness and willingness to consult on a case or discuss a concern at any time,” she said.

While juggling his dual-role, Asher has been a bridge between PfP and FCHC.

“It’s been challenging, but rewarding,” he said of balancing both jobs.

“I learned the value of the recovery outlook. When you approach someone with hope, you’re more likely to get the results that we are all looking for.”

Dr. Jaron Asher on one of the things he learned during his time at Places for People
“When I started here, I really didn’t know anything about how to do integrated care.” He learned by attending conferences and through first-hand experience at each organization.

Working in both worlds gave Asher a unique insight. “One of the things I learned was that I was in a unique position to be working at both a community mental health center and a Federally Qualified Health Center,” he said.

The two organizations have a natural fit, he said. “They really were perfectly suited to complement each other. It was exciting also to be at the beginning stages of that growing collaboration and partnership.”

The partnership has developed over the years, with PfP bringing Dr. Caroline Day to be primary care physician consultant in 2012. “Dr. Day is just the right person to be doing this role. She has a population health focus, and she has an attitude that yes, we can do it—we can do anything. But she’s also very measured about what she tries to do and she’s like ‘one step after the other and gets it done.’”

The two organizations are also partners in a satellite primary care site at Places for People, which opened in February 2015, and PfP provides extra help with social work at FCHC. “It’s impossible to talk about one without the other. I see PfP really helping out with FCHC’s need for intensive case management, the more specialized behavioral health.”

Places for People Healthcare Home Director Diane Maguire said Asher had a calming presence, and always had the best interest of the clients and the organization’s mission in mind. “I don’t know that the Healthcare Home could have made the inroads it has, nor that we would yet have a primary care site without Dr. Asher’s work,” Maguire said.

With the little bit of extra time Asher will gain from stepping down at PfP, he will work on some overdue household items. He will also help his family prepare for another transition, when his 18-year old stepdaughter goes to college in the fall. He also has two daughters, ages 7 and 4, and two dogs.

From his time at Places for People working with people living with severe mental illness, Asher has “learned the value of the recovery outlook. When you approach someone with hope, you’re more likely to get the results that we are all looking for.” One of the most important lessons Asher has learned is not to dichotomize. “It’s not me and them; we’re all broken in some ways.”

As Medical Director at PfP, Asher has helped countless people over the years, and by helping to build the organization’s medical services, he has ensured that so many others will be helped in the future. Some of his biggest successes still come in one-on-one sessions. “I’m realistic about what I can do. I try not to be too ambitious about what I’m going to achieve with someone. I do not go into an encounter with someone believing that I’m going to fundamentally change them, because I don’t believe that is possible. I go into an encounter with someone trying to figure out what we can learn from each other.”

Immersed in the world of integrated care, Asher feels like he has found his direction. “It really feels like I found what I need to be doing when I got to this integrated care world.”
Places for People has partnered with Emerson, a diversified global manufacturing and technology company, and Express Scripts, the largest pharmacy benefit management organization in the United States, to provide free parenting education programming in North St. Louis County.

A $10,000 grant provided by Express Scripts funded an Incredible Years parenting program offered by Places for People at the YWCA – North County Center that started in February.

A $10,000 grant provided by Emerson funded an Incredible Years parenting program offered by Places for People at the Our Lady of Guadalupe School in Ferguson, starting in March.

“We believe that the Incredible Years program can make a positive difference for children and families, and we are thrilled that Emerson and Express Scripts will be corporate partners with Places for People in providing this valuable service. Without this support, we would not be able to provide this important opportunity for parents in North St. Louis County,” said Places for People Executive Director Joe Yancey.

The Incredible Years program is an evidence-based parenting program designed to assist the parents of young children who are at-risk for developing behavioral problems, or who have children who are already exhibiting signs of behavioral problems. The classes are designed to help parents build the skills and develop the resources necessary to provide positive parenting for their children. Studies indicate that developing more effective parenting skills helps reduce delinquency, substance abuse, and violence in adolescents and children.

Through the support of Express Scripts and Emerson, the Incredible Years courses are provided to parents at no cost and include dinner for the parents and their children, as well as no cost daycare.
Bill Gates once said that computers have become the most empowering tool humans have ever created. This statement is certainly debatable, but some recent donations provided to Places for People have allowed Places for People staff to become far more efficient in their work, resulting in better client care and a rise in staff morale.

**ARCO Construction**

ARCO Construction’s gift of $50,000 allowed 43 Places for People staff members to have access to a new computer. This gift had an immediate and significant impact on the organization, providing computers for more than half of the community support specialists employed by Places for People.

**UMB Bank**

UMB Bank provided a gift of $5,000, which allowed Places for People to purchase new desktop computer workstations for the organization’s medical services area. Saint Louis University residents, who provide psychiatric care to PfP clients, use these new computers to access the agency’s electronic medical record (EMR), which tracks client medical information, including appointments, medication compliance and prescriptions, and progress toward a client’s treatment plan and goals.

**John Allan Love Charitable Foundation**

A gift of more than $5,000 from the John Allan Love Charitable Foundation allowed Places for People to purchase five laptop computers for community support specialists (CSS), individuals who spend a majority of their day in the community attending to client needs. A computer is a necessity for CSS, allowing them to communicate with co-workers, update each client’s record in the EMR, research addresses and contact information for physician offices, food pantries, and other potential client resources without having to return to the office.

“**I love the new work station. I live in Illinois and always had problems connecting to the Internet with my old laptop. I love that the computer is equipped with Microsoft Word. Awesome!**”

Tracey Campbell
RN / Case Manager
Places for People FACT Team

Members of Places for People’s Multisystemic Therapy team, which does the majority of its work in the community helping young adults, show off their new laptops, which were purchased through a donation by ARCO Construction.
Gentry’s Landing and Elegant Child Day Care Center Help Places for People Change Lives

Over the years, Places for People has been fortunate to have partners in the community to call upon when needs arise for the people we serve. Gentry’s Landing and Elegant Child Day Care Center are two of those partners. They continually go above and beyond with collection drives to provide the necessities to people who might otherwise go without.

Gentry’s Landing

The residents of Gentry’s Landing Apartment building, located in downtown St. Louis at 400 North 4th Street, continue to assist the clients of Places for People by providing tangible donations to assist clients in their journey to recovery.

For the last several years, Gentry’s Landing Property Manager Julie McCann has worked with the residents of Gentry’s Landing to encourage the collection of school supplies, microwaves, food, and personal hygiene products to benefit the clients of Places for People and their children.

“I would like to extend a huge thank you to The Gentry’s Landing residents for their ongoing generosity and willingness to contribute to a great cause and a great organization,” McCann said.

Elegant Child Day Care Center

Parents who send their children to Elegant Child Day Care Center, located at 513 Strecker Road in Ballwin, have also been generous to Places for People over the years.

Owner Debbie Rowland and Director Kathy Wolfe have worked with the parents of the day care center to help collect holiday gifts for clients’ children for the past three years. Parents and staff of Elegant Child Day Care are kind enough to buy, wrap, tag, and deliver the gifts. Last year, the parents participated in such a big way that Elegant Child used a moving truck donated by one of the program’s parents to help deliver the gifts.

“It is an honor and a privilege to help Places for People,” Rowland said.

Parents of Elegant Child have also assisted over the years by collecting and donating blankets, hygiene items, school supplies, and items needed for move-in boxes for individuals moving from homelessness into a stable place to call home.
Grant from St. Anthony’s Charitable Foundation Provides Funding for Co-Pays

St. Anthony’s Charitable Foundation is helping to remove a barrier to healthcare for people served by Places for People.

Through a generous grant of $3,500 through the St. Anthony’s Charitable Foundation, 175 individuals will be able to receive a comprehensive physical examination at the new Family Care Health Centers site at Places for People with no out of pocket cost.

All of the individuals accessing the site for primary care services are either living well below any measure of poverty and are receiving Medicaid services or they are homeless and have no financial resources at all.

This is only the most recent example of St. Anthony’s commitment to improving the health of persons served at Places for People.

Previous support by the St. Anthony’s Heart Fund allowed Places for People to purchase much-needed exercise equipment, including a treadmill, which allows clients to increase and/or maintain their physical health.

Places for People Hosts Visit from Sidney R. Baer, Jr. Foundation Trustees

Recently, trustees from the Sidney R. Baer, Jr. Foundation and a descendent of the Fuller Family, Lee Bearman, visited Places for People. Lee Bearman is the grandson of Aaron Fuller, who was a co-founder of Stix, Baer and Fuller, a premier St. Louis department store for more than 80 years. Pictured from left: Bearman, Trustee Scott Schmid, Places for People Executive Director Joe Yancey and Trustee Justin Meyer.

Places for People is proud to receive funding from these organizations:
In 1989 The REALTORS® Housing Assistance Fund (RHAF) was established as the 501 (c) (3) charitable arm of the St. Louis Association of REALTORS®. RHAF provides charitable gifts to nonprofit organizations in the St. Louis area dedicated to ending the plight of the homeless by providing funding to organizations that provide transitional housing, housing maintenance and/or emergency shelter.

Places for People received a grant from RHAF to provide housing assistance to individuals served by our Faith Team. The Faith Team provides services and assistance to refugees who are survivors of torture. This includes coordinating all mental health needs, including therapy and psychiatric visits, assistance obtaining appropriate benefits, assistance with housing and other resources, and legal assistance. Last year, the Faith team provided services to 304 people from 33 different countries.

Since its inception, members of the St. Louis Association of REALTORS® and St. Charles County Association of REALTORS® have provided gifts in excess of $750,000 to local nonprofit organizations dedicated to combatting homelessness.

How can $4,000 help the people served by Places for People?

**STLERC Makes Holiday Donation to PfP**

The St. Louis Regional Employee Relocation Council (STLERC) recently presented a check for $4,000 to Places for People during the STLERC’s annual holiday party.

STLERC was formed in 1988 and is the only St. Louis area organization available to meet the informational and professional needs of individuals and companies concerned with the transfer of corporate employees.

STLERC President Mike Adkins, a long-time supporter and friend of Places for People, advocated for the annual funds collected to be provided to Places for People. Mike is Relocation Director at Janet McAfee Real Estate in St. Louis.

“How St. Louis ERC recognizes the important work that Places for People accomplishes and we’re happy that we can help support their mission. Our Board and membership feels strongly that this donation will provide funds to, in some small way, continue this work.”

Mike Adkins
President of St. Louis Regional Employee Relocation Council
In the fall of 2014, Places for People began the “Five-a-Week” campaign, with the goal of raising additional funds in 2015 to serve five more people per week. We currently have to turn away five people a week with severe mental illness who qualify for services due to lack of organizational capacity and funding. Some of the individuals who have benefitted from the “Five-a-Week” funding are individuals who have walked into our Welcome Center seeking assistance or individuals who have interacted with our Outreach Team, a team of individuals employed by Places for People who seek to find people who are homeless, living with untreated illnesses, and may be very distrustful of others—people who would be extremely unlikely to seek services on their own.

Another group likely to obtain care with Five-a-Week funds is the newly diagnosed young person. Typically symptoms of a severe mental illness begins appearing in the already challenging time of young adulthood (18-25). Often, the initial symptoms are not properly diagnosed, if they are addressed at all, and the result can be significant stress for the individual and his/her support system. That can mean difficulty completing an education or keeping a job, losing connections with friends and family, losing housing, and in some cases, turning to drugs or alcohol to try to manage symptoms.

Five-a-Week donations allow Places for People to provide the comprehensive assessments necessary to begin treating the whole individual form the initial assessment, to a comprehensive psychiatric assessment, to a medical assessment, and ultimately, case management.

Each step is a vital part of the recovery process, but also comes with its set of expenses that are not always reimbursed by our funders.

Your donation to the five-a-week campaign will help Places for People serve more people who would otherwise slip through the cracks. To donate, return the envelope enclosed in this newsletter.

Five-a-Week Campaign Helps PfP Reach More

Campaign has raised $56,000 to help in effort to increase organizational capacity

In the fall of 2014, Places for People began the “Five-a-Week” campaign, with the goal of raising additional funds in 2015 to serve five more people per week. We currently have to turn away five people a week with severe mental illness who qualify for services due to lack of organizational capacity and funding. Some of the individuals who have benefitted from the “Five-a-Week” funding are individuals who have walked into our Welcome Center seeking assistance or individuals who have interacted with our Outreach Team, a team of individuals employed by Places for People who seek to find people who are homeless, living with untreated illnesses, and may be very distrustful of others—people who would be extremely unlikely to seek services on their own.

Another group likely to obtain care with Five-a-Week funds is the newly diagnosed young person. Typically symptoms of a severe mental illness begins appearing in the already challenging time of young adulthood (18-25). Often, the initial symptoms are not properly diagnosed, if they are addressed at all, and the result can be significant stress for the individual and his/her support system. That can mean difficulty completing an education or keeping a job, losing connections with friends and family, losing housing, and in some cases, turning to drugs or alcohol to try to manage symptoms.

Five-a-Week donations allow Places for People to provide the comprehensive assessments necessary to begin treating the whole individual form the initial assessment, to a comprehensive psychiatric assessment, to a medical assessment, and ultimately, case management.

Each step is a vital part of the recovery process, but also comes with its set of expenses that are not always reimbursed by our funders.

Your donation to the five-a-week campaign will help Places for People serve more people who would otherwise slip through the cracks. To donate, return the envelope enclosed in this newsletter.

How Funds Are Allocated to Begin the Recovery Process

- Initial needs assessment: 21%
- Basic needs: 4%
- Short-term housing: 2%
- Health assessment: 1%
- Initial psychiatric assessment: 10%
- Transition to community support services: 62%

The Value of Proper Services

There are many benefits when an individual receives services in a timely fashion. Stability of mental health promotes the possibility of pursuing additional recovery goals, including independent living, education, and employment. It enhances the quality of life of the recipient, and it makes the community stronger by giving people the opportunity to move from dependency on public services to independence and productivity. The proper services are also far more cost-effective than alternatives:

- Cost for a week-long psychiatric hospitalization: $6,000.
- Annual cost per prisoner: $22,350.
- Average emergency room visit for people using Medicaid: $1,305.
- Emergency shelter for one person can cost $8,000 more annually than a federal housing subsidy.

56% Raised $56,050 Goal $100,000
Annual Charity Golf Tournament
Friday, September 11, 2015 • The Missouri Bluffs Golf Club

Please join us for Places for People's 13th Annual Charity Golf Tournament on Friday, September 11, at The Missouri Bluffs Golf Club. We are proud to continue our longstanding partnership with The Missouri Bluffs Golf Club, which is widely considered to be one of the best championship courses in Missouri with its challenging layout and stunning vistas.

The event will include lunch, 18 holes of golf, a silent auction and dinner.

All proceeds from the Places for People Charity Golf Tournament support programs for people living with severe mental illness.

Sponsorships from $250 to $10,000 are available. NAP Tax Credits are available (see page 30 for more details).

Contact Vice President of Development and Technology Lynn Huelsmann at lhuelsmann@placesforpeople.org or 314-535-2310 for more details about participating in this year’s tournament.

SCHEDULE
11:00 a.m. Registration opens and lunch is served
12:00 p.m. Shotgun scramble begins
5:00 p.m. Silent auction, cocktails, and buffet dinner
5:30 p.m. Award ceremony and raffle drawing
6:30 p.m. Event concludes

Good Times Roll at Trivia Gras

Q: What was tons of fun and raised more than $10,000 to support programs at Places for People?
A: Places for People Trivia Gras, presented by West Pine Pharmacy.

Trivia Gras was held February 21, 2015, at St. Vincent DePaul Church in Soulard. Twenty-two teams participated in the night of general knowledge trivia.

Thank you to our Presenting Sponsor, West Pine Pharmacy, and the Event Sponsor, Rich Footwear Group.

We are also grateful to all of the volunteers who helped make the evening a success, including students from the Saint Louis University Occupational Therapy program.
NAP Credits Help PfP and Reduce Your Tax Liability

Places for People has been approved for $197,510 in tax credits through the Missouri Department of Economic Development Neighborhood Assistance Program (NAP). The purpose of the NAP program is to provide assistance to community-based organizations that enables them to implement community or neighborhood projects in the areas of community service, education, crime prevention, job training, and physical revitalization of property.

Businesses and individuals with business income providing donations of $1,000 or more to Places for People may qualify for a 50% tax credit through the NAP program, allowing the donor to receive half of their contribution back as a Missouri state tax credit. Donors with approved NAP credits may use their credits in the year the gift was given or carry the credits forward for up to five years. To be eligible, the donor must have one of the following business tax eligibilities: corporations, farm operation, financial institution, including banks, credit institutions, savings and loans associations, building and loan associations, individual partner in a partnership or shareholder in an S-Corp, individual reporting income from rental property or royalties, insurance company, limited liability corporation or partnership, partnership, sole proprietorship, small business corporation (S-Corp) or charitable organizations.

Individuals interested in maximizing their giving to Places for People while taking advantage of the NAP tax credit program should contact Lynn Huelsmann, Vice President of Development and Technology, at 314-615-9105, ext. 207, or lhuelsmann@placesforpeople.org.

HOW TO HELP

The following examples are calculated based on a donor in the 28% tax bracket:

<table>
<thead>
<tr>
<th>Donation Amount ($)</th>
<th>LESS 50% NAP Tax Credit ($)</th>
<th>LESS 28% Federal Itemized Deduction ($)</th>
<th>LESS 6% Missouri Itemized Deduction ($)</th>
<th>Final Out of Pocket Expense ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,000</td>
<td>$2,500</td>
<td>$1,400</td>
<td>$300</td>
<td>$800</td>
</tr>
<tr>
<td>10,000</td>
<td>$5,000</td>
<td>$2,800</td>
<td>$600</td>
<td>$1,600</td>
</tr>
<tr>
<td>25,000</td>
<td>$12,500</td>
<td>$7,000</td>
<td>$1,500</td>
<td>$4,000</td>
</tr>
<tr>
<td>50,000</td>
<td>$25,000</td>
<td>$14,000</td>
<td>$3,000</td>
<td>$8,000</td>
</tr>
<tr>
<td>100,000</td>
<td>$50,000</td>
<td>$28,000</td>
<td>$6,000</td>
<td>$16,000</td>
</tr>
</tbody>
</table>

*ACTUAL COST OF CONTRIBUTION

*This calculation is an example only. For specific tax advice, please consult your accountant or personal tax advisor.

Missouri NAP tax credits can be taken in the tax year the donation is made or carried over the next five succeeding tax years.
Please Welcome Our New Board Members

Debbie Johnson • Michael Johnson • Henry Rzonca

Places for People is proud to introduce the three newest members of the Board of Directors. We are grateful to all 14 of our Directors who volunteer their time to lead Places for People and support our mission.

Debbie Johnson
Debbie Johnson brings several years of public affairs, media relations, social media management, and crisis management experience to the Places for People Board of Directors. She plans to use that experience to help educate the public about the services provided by Places for People.

“It is an honor to join the Places for People Board of Directors,” Johnson said. “It is an organization full of talented, hardworking people who selflessly serve the St. Louis community. I look forward to working with them to fulfill their mission of providing caring, effective services to help those with the greatest challenges recover from mental illness and associated chronic illnesses.”

Johnson is a manager at Standing Partnership, a reputation management consulting firm, where she works with industrial clients.

Prior to joining Standing Partnership, Johnson served as Director of Communications for the City of St. Louis Treasurer’s Office, where she established a communications department for Tishaura O. Jones, the first female to hold the office.

Johnson started her career at KMOX Radio, as a news producer on the award winning, highly rated morning show, Total Information-AM.

She has a Bachelor of Science degree in mass communications from Southern Illinois University-Edwardsville.

Michael Johnson
Michael Johnson, Partner Sales Executive at Microsoft, joined Microsoft in June 2014. He previously worked as National Sales Director at Oakwood Systems Group, and JMT Consulting Group. Johnson is a member of the Young Leadership Society of United Way of St. Louis.

Johnson wants to help make a difference at Places for People, and hopes to apply his technology experience to maximize efficiency.

“I believe in the cause and want the opportunity to help give back to my community,” Johnson said.

Henry Rzonca
Henry Rzonca is a Partner in RubinBrown’s Federal Tax Services Group and the Manufacturing and Distribution Services Group. Rzonca is also a Partner Liaison for the RubinBrown Advisory Board. Before joining RubinBrown in 2012, he served for more than 20 years in the role of Tax Director for Edward Jones and Watlow Electric Manufacturing Company, overseeing federal and state income, property, sales and use taxes. Prior to gaining this industry experience, Rzonca was in the tax practice of KPMG for seven years.

Rzonca also sees his election to the board as an opportunity to give back to the community, and help people living with mental illness.

“I want to use my experience in accounting and finance to help add value where I can, and serve as an ambassador for Places for People in the community.”
From Desiderata to Today
Celebrating 40 Years of the Places for People Club

Please join us for an open house

10-2 on June 26 at 4120 Lindell Blvd

Who: Everyone is Invited! No RSVP required.
When: Friday, June 26, from 10 a.m. until 2 p.m.
Where: Places for People Club, 4120 Lindell, 63108 Neighborhood parking available.
What: Help us celebrate the 40th Anniversary of the Places for People Club! Join us for an open house, with hot dogs, refreshments, music, and memories.

Questions: Contact Vice President of Development and Technology Lynn Huelsmann at 314-535-2310 or lhuelsmann@placesforpeople.org

Former PfP employee Clareta West is pictured in front of the original location of the Places for People Club at Broadway and Chippewa, which was called Desiderata. Please join Places for People for a 40th anniversary celebration of the Club on June 26.