

# Mental Health

Nearly one million adults in Missouri suffer from a mental illness. Individuals struggling with serious mental illness are at higher risk of being victims of homicide, suicide, and accidents as well as chronic conditions including cardiovascular and respiratory diseases and substance use disorders. While vital, mental health services are not always easily accessible – even for individuals and families with health insurance. When you give to United Way of Greater St. Joseph, you support agencies that provided needed mental health services to more than 4,000 people in our community.

## #UnitedInCaring for #MentalHealth

More than 1/3 of adults in Buchanan County reported feelings of anxiety and/or depression last year



Adults with large employer health plans paid an average of **\$1,235** out-of-pocket for mental health services

### When You Give to United Way...

Adults and children receive needed mental health services



FAMILY GUIDANCE CENTER  
for behavioral healthcare

eliminating racism  
empowering women  
**ywca**

United Way Partner Agencies are able to care for individuals and families regardless of their ability to pay



## United Way Partner Agencies Providing Mental Health Services:



- Adult Mental Health
- Children & Youth Mental Health
- Substance Use Disorder Treatment
- Health Care Home
- Crisis Intervention



- Mental Health Counseling
- Psychological Testing
- Medication Management
- Employee Assistance Program
- Financial Assistance
- Substance Abuse Treatment



- Counseling for victims of domestic and/or sexual violence

### Because you gave to United Way, last year:

- More than 4,000 adults and children received needed mental health services
- More than 1,100 individuals participated in treatment for substance use disorders
- 631 people who were in crisis were able to access a mental health clinician for a crisis screening

[See what else your gift made possible last year!](#)

# Early Education

Children start learning the moment they are born. According to the Missouri Office of Childhood, “Nearly 90% of brain development occurs by the age of five.” Children who enter kindergarten ready to learn are more likely to succeed and reach their full potential.

United Way of Greater St. Joseph donors invest in early education and the success of families with young children in our community. One gift to United Way supports agencies and programs that provide child care, case management, learning opportunities for parents, grandparents, primary caregivers and child care providers.

## #UnitedInCaring for #EarlyEducation



Nearly 90%  
of brain  
development  
occurs by the  
age of five.

Every dollar invested in quality early education  
delivers a 13% annual return on investment.

In Andrew & Buchanan County, 89% of  
children under the age of six need to be cared  
for while their primary caregiver(s) work.

## When you give to United Way...

children receive  
early care &  
education to help  
them begin their  
school years ready  
to learn.



child care providers  
are able to  
participate in  
trainings that help  
them provide quality  
care.



# United Way Partner Agencies & Programs Providing Early Education & Support Families with Young Children:



**Bartlett Center:**

- Daycare for children ages four weeks - preschool

**Catholic Charities:**

- Mom's Empowerment Program
  - Case management & assistance for pregnant families through the child's first year
- Social Butterflies Program
  - Child development support for families with children ages 1 - 5 years.
- Adoption Services
  - Support for birth and adoptive families

**InterServ:**

- Early care & education at Mitchell Woods

**United Cerebral Palsy of Northwest Missouri:**

- Integrated preschool for children ages 2 - 5 years including children with and without special needs

**YMCA**

- Y Kids World preschool

**YWCA St. Joseph:**

- Discovery Child Care Center for children ages 6 weeks - 6 years
- Healthy Teen Parents Healthy Babies serves pregnant and parenting teens ages 12 - 19

## United Way Success By 6:

- Works with parents, grandparents, primary caregivers, child care providers and business leaders
- Education opportunities and resources for [parents & primary caregivers](#)
- Resources & professional development for [child care providers](#)
- Information and advocacy on the importance of early education for community/business leaders

## Child Care Aware of Missouri:

- Works with families & child care providers
- [Find child care](#) for your family
- Resources, professional development and trainings for child care providers
- Advocacy work

## Missouri Office of Childhood:

- Resources for families and child care providers
- [Tips](#) for safety health and learning
- [Tips](#) for improving care, supporting families and teaching young children

# Early Education & Imagine St. Joseph 2040

One of the St. Joseph 2040 goals is to ensure all children have access to early learning activities as this builds a strong foundation for a successful educational system. United Way is currently working with business, educators and social service agencies to create a community that offers all children an opportunity for early learning and discovery.



## Because you gave to United Way, last year:

- More than 330 children received early care and education to help them begin their school years ready to learn
- 118 pregnant and parenting teens and adults were engaged in programs and services to help them and their young children with supports and stability
- Seven scholarships were awarded to early care educators pursuing higher education

[See what else your gift made possible last year!](#)

# Basic Needs

When an individual or family is struggling to meet their basic needs, working toward a better future seems impossible. Moving forward isn't an option when one is worrying about paying for rent, utilities, food and clothing.

According to the latest Mosaic Life Care Community Health Needs Assessment, more than 16,000 people living in the Greater St. Joseph community (Buchanan, Andrew & Doniphan counties) are living in poverty. Many of their community survey respondents indicated that financial stability is one of the biggest sources of stress in their daily life. More than 34,000 people have limited access to food.

Trying to balance all of these struggles is not easy which is why United Way and our network of Partner Agencies are here to help.

## #UnitedInCaring for #BasicNeeds

### In the Greater St. Joseph community...

financial stability is one of the biggest sources of stress in people's daily lives

more than 34,000 people have limited access to food

more than 16,000 people are living in poverty



### When you give to United Way...

families and individuals have access to necessities such as clothing, rent, hygiene products, cleaning supplies and baby items

**InterServ**  
Faithfully Serving People



food orders are provided to families and individuals in need of assistance



United Way Partner Agencies & Programs Providing Early Education & Support  
Families with Young Children:





### **Catholic Charities:**

- Welcome Center
  - Emergency food
  - Hygiene Items
  - Rent & Utility Assistance
  - Diapers, formula & baby supplies
  - Transportation assistance

### **InterServ:**

- Food pantry
- Rent & Utility Assistance

### **Northwest Missouri Community Services:**

- Help Me Hotline
  - Information and referral for services
- Clothing Assistance
  - Fab-U- Less Finds thrift store
  - Soles For Christ shoe program
- Emergency Assistance

### **The Salvation Army**

- Food Pantry
- Rent & Utility Assistance
- Clothing Vouchers
  - Coats & Jackets in the Winter
- School Supplies Distribution
- Emergency Response



## **Basic Needs & Imagine St. Joseph 2040**

Public, private and nonprofit sectors collaboratively address poverty. Focus includes both generational poverty and situational poverty. Agencies work together on shared goals, shared metrics and shared accountability, resulting in our poverty rate being cut in half.

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[See what else your gift made possible last year!](#)

[\*\*Click here to see other areas of work your gift to United Way supports!\*\*](#)