

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.

Sources: Child Care Aware of Missouri; Missouri Office of Childhood

United Way
of Greater St. Joseph



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



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.

Because you gave to United Way, last year:

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- 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!](#)

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

Our Youth

Being a kid isn't always easy. Adolescents are often quietly fighting their own battles, but they don't always have the right tools to do so. Adolescents are often quietly fighting their own battles, but they do not always have the right tools to do so. According to the 2020 Status Report on Missouri's Substance Use and Mental Health, 9% of Missouri kids ages 12-17 admitted to drinking alcohol in the last month and 15,000 adolescents in Missouri had an illicit drug use disorder within the last year. And unfortunately, 10% of middle school students, 12% of high school students and 25% of college students had serious thoughts of suicide in 2020 and/or 2021.

When you give to United Way, you invest in our youth by ensuring there are out-of-school programs that provide safe, fun and educational environments full of enrichment opportunities. Through programs like this, students can connect with positive, caring adult mentors.

Research has shown that participation in out-of-school programs can:

- Lead to lower dropout rates
- Help close achievement gaps for low-income students
- Reduce risky behaviors
- Help students gain college and career skills

#UnitedInCaring for #OurYouth



When you give to United Way...

students participate in out-of-school activities that provide safe, fun and educational environments

at-risk youth connect with and are impacted by positive adult mentors

Logos include: P.I.E. Education, Big Brothers Big Sisters, Family Guidance Center, BC (Boys' Club), SHC (St. Joseph's Hospital & Health Center), Boy Scouts of America, InterServ, YWCA, and United Way.

Sources: All Things Missouri; Missouri Department of Mental Health Division of Behavioral Health; National Conference of State Legislatures

United Way
of Greater St. Joseph



United Way Partner Agencies & Programs That Serve Our Youth:



Bartlett Center

- Youth Program that provides out-of-school care for ages 5-12
- Virtual Academy

Big Brothers Big Sisters St. Joseph

- Serves kids starting at age 7 (kids can be matched until age 14) who want/need a positive mentor and help form life-changing friendships

Family Guidance Center

- Individualized services based on the need of the child and family
- Assist with emotional disturbances, mental illness and substance use disorders

InterServ

- Southside Youth Program that supports youth in the areas of academics, relationships and health through healthy relationships with adults, providing nutritious meals, tutoring and homework assistance, weightlifting and fostering a positive community.

Pony Express Council, BSA

- Traditional scouting that helps prepare youth for a successful future by developing academic skills, self-confidence, ethics, leadership and citizenship skills.
- Camping

St. Joseph Safety & Health Council

- Driver's Education and Permit Academy to teach teens how to drive safely

The Salvation Army

- Youth Program that provides a safe environment to develop life skills, positive social and communication habits and the opportunity to learn new things.

United Way Profit In Education

- United Way Reading Adventure helps school-age kids improve and maintain their reading skills by sending volunteers to read with students on a weekly basis
- Speakers' Bureau connects business and industry professionals with students to share about their education and career paths. They also assist classes with project-based learning opportunities.
- Breakfast With The Experts provides a panel of professionals to speak with students about potential career paths.
- Take A Book Tuesday is a partnership with Second Harvest's No Hunger Summer program and several local school-age child care providers to help kids build their home libraries.

YMCA

- Youth Development programs that provide a safe, fun and educational environment before and after school.
- Summer Day Camps for ages 5-12
- Free summer membership for 9th graders

YWCA St. Joseph

- GRIT Center provides a safe space for teens ages 12-19 with a drop-in resource center, mentoring and outreach services.
- Choices & Decisions - mentoring program for 7th graders in SJSD middle schools



Our Youth & Imagine St. Joseph 2040

An important part of the Imagine St. Joseph 2040 involved investing in people. We want to create a community where our children and our grandchildren find value and opportunity in St. Joseph and want to stay and be part of in the future.

Because you gave to United Way, last year:

- 571 students participated in after-school youth activities and programs.
- More than 1,500 school-age children attended summer programs and camps for enrichment and learning.
- 320 at-risk youth were impacted by a positive adult mentor.
- More than 500 students learned about local employers and education required to work in particular jobs from area businesses.
- More than 700 youth participated in organized sports and activities.

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

Senior Citizens

Many think age 65 is when one starts to slow down and retire. While this may be true for some, today's seniors are aging more effectively, living longer and maintaining active lifestyles. Some individuals even continue working. According to the 2021 Missouri Senior Report, more than 17% of adults age 65+ are working for pay. This could also be due to their financial situation.

If an individual qualifies for SSI (monthly payments to help pay for their basic needs) they can receive up to \$841 per month. Many of our seniors live on a fixed income that does not always cover expenses. In Buchanan County, 10% of our senior citizens live in poverty and in Missouri, 1 in 8 seniors will experience food insecurity.

Many activities of daily living can become more difficult as one ages. Many individuals prefer to stay in their homes rather than move to a residential setting. Older people may choose to live independently in their homes, but need some extra support. While Medicare covers some in-home services, it will not pay for everything one may need such as long-term care, most dental care and hearing aids.

Not all adults over the age of 65 need supportive services because they are financially stable and are able to maintain an active lifestyle. The main question for some is "What am I going to do with all of my free time?" United Way and our Partner Agencies believe in the importance of staying connected and involved in the community through volunteering. Research has shown that volunteering offers many health benefits, especially for older adults, including:

- Improves physical and mental health
- Provides a sense of purpose
- Teaches valuable skills
- Nurtures new and existing relationships

United Way donors invest in our senior citizens by ensuring our community has programs and services that provide in-home care and nutrition assistance; help them maintain an active lifestyle and connect them with volunteer opportunities.

#UnitedInCaring for #SeniorCitizens

There are more than
17,400 individuals
age 65+ living in
Andrew and
Buchanan counties



In Missouri, 1 in 8 senior citizens
will experience food insecurity

Research has shown that volunteering
offers many health benefits for older
adults, including:

- Improves physical and mental health
- Provides a sense of purpose
- Teaches valuable skills
- Nurtures new and existing relationships

When you give to United Way...

senior adults
receive
nutritious meals
to help maintain
their health



United Way
Volunteer Center



senior adults are able
to remain safely living
in their home with the
help and support of
in-home services

Sources: Census Reporter; Missouri Senior Report; Missouri Department
of Health & Senior Services; Mayo Clinic

United Way
of Greater St. Joseph



United Way Partner Agencies & Programs That Serve Senior Citizens:



United Way
Volunteer Center



InterServ:

- Senior Nutrition program provides daily meals for seniors delivered to the home through Mobile Meals or served in a congregate setting
- Provides caregiver services to seniors and persons with disabilities who want to remain living in their own home, including housekeeping, personal care, shopping and respite. Professional Medical Services includes medication setup and periodic health evaluations
- RSVP is a volunteer program aimed at utilizing skilled senior volunteers to address specific community issues and create community impact.

Legal Aid

- Provides legal representation for low-income elderly individuals in civil cases

Northwest Missouri Community Services

- Provides free incontinence briefs, inserts for briefs and bed pads for adults
- Fab-U-Less Finds Thrift store offers a 50% senior discount on Wednesdays

The Salvation Army

- Nursing home visits at Easter and Christmas to visit residents and present the home with a gift all the residents can enjoy

United Way Volunteer Center

- Connects individuals to meaningful volunteer work

YMCA

- Moving for Better Balance exercise program for seniors to prevent falls



Our Youth & Imagine St. Joseph 2040

In the St. Joseph 2040 vision, local health care providers, the faith-based community and the private sector engage the elderly population to understand challenges and needs and establish programs that allow this growing population to access services and assistance. We want to allow the elderly to maintain an independent lifestyle in a supportive community environment.

Because you gave to United Way, last year:

- 494 senior adults received 83,185 nutritious meals to help maintain health
- 192 seniors and individuals with disabilities were able to remain safely in their home throughout 2021 with our support services in place
- 153 low-income or elderly people were represented at no cost for non-criminal court cases

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

Individuals with Developmental Disabilities

Very few parents feel totally prepared to raise a child, but when the child is diagnosed with a developmental disability, the shock can be overwhelming. Often, families don't know where to begin in finding support for their loved one.

According to the CDC, one in 6 children in the US have one or more developmental disabilities. These disabilities begin during a child's developmental period and impact their day-to-day functioning. The affects can be mild to severe and may last a lifetime.

Developmental disabilities, even within the same diagnosis, look different for each person. This is why specialized interventions are so important.

The earlier a child receives supportive services the better because they can help a child reach their potential at home, in school and in life.

Because every child is different, this could look like anything from physical, speech or occupational therapy to providing equipment and/or technology that allows them to thrive in their own environment. Interventions like these allow kids to be kids and families to be families.

Sometimes, support is needed as the individual ages. Entering a new stage of life can be especially challenging for someone with a developmental disability. Some individuals might need support as they get their first job and enter the workforce while others might benefit from a day program where they practice life skills and find community.

With the right support, children and adults with developmental disabilities can live a life without limits. They can go to school, get married, work, have families, volunteer and much more.

United Way donors ensure that supportive services for individuals with developmental disabilities are readily available in our community. Your gift not only allows children and adults (and their families) to thrive, but it provides something even more valuable: hope.

#UnitedInCaring for #DevelopmentalDisabilities

1 in 6 children in the United States
have one or more developmental
disabilities



Examples of early intervention:

- Physical therapy
- Occupational therapy
- Speech therapy
- Adaptive equipment/technology
- Nutrition services
- Psychological assessment & services

When you give to United Way...

children with
developmental disabilities
are connected with a
speech, occupational or
physical therapist to help
them work toward
important milestones



Children's Mercy



adults with
disabilities find
meaningful work
through sheltered
and supported
employment

United Way Partner Agencies & Programs That Support Individuals with Developmental Disabilities:



Providing Meaningful Employment

Children's Mercy

- Developmental & Behavioral Health Clinic – cares for children and teens who need extra support with developmental, psychiatric or psychological concerns.
 - Assessment services – evaluate the child's development skills and behaviors and provide information and resources about any diagnosis made.
 - Medication management – experts work with families and primary healthcare providers to find the medications for the child.
 - Specialty centers – nationally-recognized care centers for children and teens with eating disorders and Tourette Syndrome.
 - Parent coaching programs – provides training and coaching for parents of children with ADHD or autism.

Specialty Industries

- A sheltered workshop providing meaningful employment, job training, financial betterment, recreation, socialization, personal development, advocacy, case management and support for emergency needs.

United Cerebral Palsy of Northwest Missouri

- Children's Programs
 - Integrated preschool for children ages 2-5 including children with and without special needs.
 - Therapeutic lending program offering therapeutic equipment that can be loaned to families and child care providers.
 - Community education regarding disability related topics and issues.

Pediatric, physical, occupational and speech therapy.
- Adult Programs – life skills for adults with disabilities such as cooking, sports and using technology as well as community involvement that includes hands-on service projects.
- Employment Programs
 - Employment services match the best possible work environment or training options with each individual's interests and abilities, utilizing a discovery process and job coaches.
 - Summer Work Experience gives area high school students with disabilities entering their senior year an opportunity to experience their first job.
 - All Students Achieve (ASA) is a collaborative program held at Mosaic Life Care designed to improve employment outcomes for high school seniors through classroom activities and an unpaid internship for students.



Developmental Disabilities & Imagine St. Joseph 2040

One of the three focus areas in the Imagine St. Joseph 2040 plan is "Invest in People." Ideally, our community will invest in all people by making sure resources are available and systems are in place that allow each community member to reach their full potential. We will be a community that accommodates residents with special needs and allows them to feel a sense of belonging.

Because you gave to United Way, last year:

- 113 children with a disability or special need and their families received services that helped the children work toward important developmental milestones.
- 61 adults with disabilities participated in life skills training.
- 118 therapeutic items were borrowed by 61 families for children with disabilities.
- 96 children with developmental disabilities were connected with a speech, occupational or physical therapist to help them work toward important developmental milestones.
- 153 adults with disabilities found meaningful employment through sheltered and supported employment.
- 48 high school students with disabilities gained summer work experience.

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

Preventing & Addressing Homelessness

Homelessness can affect our friends, neighbors, coworkers and family members. There's no one cause of homelessness in our community which means there isn't a single solution.

During the annual Point-In-Time Count held on one day and night in February of 2022, there were 21 unsheltered individuals identified and 87 others were living in shelter in our community.

Every person or family experiencing homelessness has a different path to stability. While one person might need a supportive housing program with intensive case management, another might need help paying a month of rent because they fell behind due to an unexpected obstacle.

An individual or family are considered homeless when their primary nighttime residence is a shelter or public or private place not meant for human habitation, such as a car, abandoned building or street.

For some, this may be situational, and others may experience "chronic homelessness."

Chronically homeless individuals have one or more disabilities and have also been continuously homeless for at least a year. Someone may also be considered chronically homeless if they've experienced homelessness at least four times in the last three years for a combined length of at least a year.

Many individuals and children experience homelessness because they are fleeing or attempting to flee from domestic and/or sexual violence.

For those at imminent risk of homelessness, United Way donors play a role in preventing and addressing homelessness by supporting services and programs that help individuals and families find stability.

Last year, through United Way Partner Agencies, 381 men, women, and children received emergency shelter and 112 previously homeless households (176 people total) lived in transitional, permanent or supportive housing.

Your gift allows United Way to respond to our community's emerging needs. In partnership with other agencies, the United Way Community Investment Fund was utilized to support emergency shelter needs in our community during Winter 2022.

#UnitedInCaring for Preventing & Addressing #Homelessness



SHELTER

Someone may experience homelessness when:

- they're fleeing domestic and/or sexual violence
- they lose their primary residence & don't have resources or support to find a new one

**The 2022 Point-in-Time Count took place over one morning and evening in February*



During the 2022 Point-in-Time Count, 21 unsheltered individuals were identified & 87 others were living in a shelter in our community*

When you give to United Way...

previously homeless individuals and families live in transitional, permanent or supportive housing

eliminating racism
empowering women
ywca

Community
Missions
Corporation

InterServ
Faithfully Serving People

United Way
United Way
of Greater St. Joseph

The Salvation Army

Catholic Charities
Kansas City St. Joseph

LEGAL AID
OF WESTERN MISSOURI

women and children who are survivors of domestic and/or sexual violence receive emergency shelter

Sources: 2022 Point-in-Time Count

United Way
of Greater St. Joseph

United Way

United Way Partner Agencies & Programs That Help Households Experiencing Homelessness:

eliminating racism
empowering women
ywca

United Way
United Way
of Greater St. Joseph

COMMUNITY SERVICES
AFL-CIO
LIVE UNITED
KANSAS CITY

Community Missions
Corporation

THE SALVATION ARMY

CATHOLIC CHARITIES
KANSAS CITY ST. JOSEPH
TO SERVE & TO LIVE

InterServ
Faithfully Serving People

LEGAL AID
OF WESTERN MISSOURI

Catholic Charities of Kansas City-St. Joseph

- Permanent, scattered-site housing and case management for households experiencing chronic homelessness.
- Supportive services for veteran households.
- Permanent community housing and supportive services for low-income seniors experiencing a disability or special need.

Community Missions Corporation

- Permanent Supportive Housing - Provides housing for men experiencing chronic homelessness. In addition, case managers help residents break barriers to stability and coordinate services.
- Outreach Services - Outreach services are provided to individuals (both men and women) experiencing homelessness, providing resources in the community and help with items such as birth certificates, ID's, hygiene items and bus passes. In addition, outreach workers look for encampments throughout the area to ensure individuals are aware of resources available to them.

InterServ

- Individual and Family Services - Provides immediate assistance for those seeking basic needs of food and shelter.

Legal Aid of Western Missouri

- Legal Aid attorneys represent clients in civil (non-criminal) housing cases.

Northwest Missouri Community Services

- Help Me Hotline - A 24-hr service directing people needing information or assistance to the appropriate resource. The Help Me Hotline is often the first call for anyone seeking services.

The Salvation Army

- The Booth Center - Shelter serving families with minor children who are experiencing homelessness. Low to zero income families, lacking access to financial/housing resources, who would remain homeless but for the shelter are prioritized. The on-site case manager assists the families in developing a housing stability plan to address housing barriers, increase income and increase access to community/mainstream resources.
- Emergency Assistance - Emergency assistance provided including rental assistance.

United Way Housing Stability Program

- Created in 2018, the United Way Housing Stability Program is a fund used to assist individuals and families with prevention of homelessness and barrier removal so they can maintain or attain stable housing.
- This fund is designed to fill gaps and complement other resources after all other methods of support have been exhausted.
- Common requests include assistance with rent, deposit and utilities, as well as transportation for an individual to be connected to a place with stability.

YWCA St. Joseph

- Bliss Manor - Housing programs which provide subsidized housing and supportive services for survivors of domestic and/or sexual violence and their children.
- Emergency shelter for women experiencing homelessness and for survivors fleeing domestic and/or sexual violence.



Homelessness & Imagine St. Joseph 2040

A key pillar in the Imagine St. Joseph 2040 plan is to “Invest In People.” We want our community to be a place where every person thrives and feels as though they belong. One goal for our community is to develop worker training and housing programs aimed at those experiencing homelessness. Nonprofit, government and corporate organizations will work together to address both the short- and long-term causes of instability. We want to be a community that offers individuals and families support that leads to self-sufficiency and stability.

Because you gave to United Way, last year:

- 247 women and their children who were survivors of domestic and/or sexual violence received emergency shelter
- 381 men, women and children received 17,305 nights of emergency shelter
- 112 previously homeless households (176 people) lived in transitional, permanent or supportive housing.
- 12 low-income or elderly people were represented at no cost for noncriminal housing court cases

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