

Tributes and Contributions

JUNE 1 - AUGUST 31, 2022

Individuals

Anonymous
Colton Baker
Larisa Bokota
Dion Buffalow
Doug and Chelle Dohrmann
Mike Foley
Adrienne Forbes
Chad Gellner
(Charles L. Crane Agency)
Danielle Gilbert
Lauren Giljum
Robert Gulino
Paul Horlacher
Brad Jones
Dawn and Tony Lammert
Peter and Meredith Perkins
Leah and Jeremy Picker
Celeste and Steve Player
Connie Schnuck
Tina Scruggs-Poston
Jacob Shepard
Paul and Karen Sinak
David Weber and Val Tripi

Corporations, Foundations, and Organizations

Alpine Private Capital LLC
Assisted Recovery Centers of America
The Aviary Recovery Center
Fifth Third Bank
First Bank
Frederick Pitzman Fund
Herman T. and Phenie R. Pott Foundation
Jefferson Foundation
Midwest BankCentre
Mutual of America
USA Mortgage
US Bancorp Foundation

Tributes In Memory Of

Jeff Wisely
Henrietta ‘Hank’ Chesnek
Jeffrey Dupree
Cynthia Feldhaus
Kara Lynn Wrice
Rob and Suzie Welch

Tributes In Honor Of Anonymous Friends of PreventEd

Nichole Dawsey
Barb Krafve

Jim Murphy and

Howard Portratz
Elizabeth George

Russell Sabor Foundation
Bobette Figler

Third-Party Fundraisers

Stomp Out Addiction Walk
Faith Oakville
Troy Bixler

Facebook Fundraisers

Jill Sloan
Ashley Brook Giancola Smith

Volunteers

Easter Seals Team
Rachel Federman
Laura Greiner
Ann Joseph
Barb Krafve
Lisa Lorenz
Violet Olson

Thank You to Our Sustaining Donors

Franklin County Children and Family Community Resource Board
Lincoln County Resource Board
Missouri Department of Health & Senior Services
Missouri Department of Mental Health, Division of Behavioral Health
Missouri Foundation for Health
Saint Louis Mental Health Board
SAMHSA
St. Louis County Children's Service Fund
St. Louis County Department of Public Health
U.S. Department of Health and Human Services
United Way of Greater St. Louis

In-kind Donors

Dr. Dale and Susie Anderson
Arch Apparel
Lauren Breig
Brick City Yoga
Barb Krafve
Ken Liberton
Mobil on the Run
Pappy's Smokehouse
The Repertory Theatre St. Louis
Rootberry
Schnuck Markets
Alicia Smith
T and P Incentives
Waterway Carwash
Kelly Wieser and Angie Kohout

If you have donated and your name does not appear on this list, please contact Mary Kaminski at mkaminski@prevented.org.



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conversation starters

FALL 2022

The newsletter of PreventEd

Comfy Pants

By Nichole Dawsey



Nichole Dawsey
Executive Director

The “Great Reshuffle.” “The Great Resignation.” “Languishing.” “Quiet Quitting.” Our workforce is tired, y’all. If we’ve learned anything these last two and a half years, it’s that we can’t take anything for granted. And that includes the commitment of our workforce.

This past January, our Board of Directors approved our 2022-2024 Strategic Plan. Our first goal, and arguably our top priority in these next

three years, is to maintain our 85% retention rate. This is undoubtedly an audacious goal, especially given the state of the world and all of the buzzwords and phrases that kicked off this article.

Now the question remains: How do we meet this goal?

I’ll start with the “easy” stuff first. We have always been known for our flexibility and now, more than ever, that flexibility is more than just a value-add. It’s become essential. We have decided not to impose a certain number of days per week that a staff person must be in the office. We want them to *want* to come into the office.

On that note, we have recently introduced a “dress for your day” policy. We have simplified the dress code and empowered employees to consider their audience and setting when getting dressed. This has been an unexpected morale boost because staff can now wear their comfy pants when not working in the field. Thankfully, it has resulted in more people coming in to the building. But, more than that, it encourages our staff to express themselves in all the ways that reflect who they are.

We are working on overhauling our existing performance review tool. Our current tool is more of a box-checking situation; we are moving towards something more discussion-based that focuses on growth and coaching. Many of our staff have been with us for 8+ years. That’s a long time – how do we present them with advancement opportunities that match their skillset? Hopefully, our new tool will do just that.

And now for the hard part.

We need to pay our staff more. We have always known this to be true and, now more than ever, we are acutely aware that our staff need more money in their pockets. Our standard 2% cost of living increase just ain’t cutting it anymore. We tell our staff that we could never pay them what they are worth. That is true. But my staff are tired of hearing that. We need to do a better job at compensating them for their talents.

This, sadly, is not an easy fix. There is no money tree outside of the Billy Building. Our grants, which comprise about 90% of our annual budget, are restricted dollars and only allow us so much wiggle room. Our contracts are stable. While that’s generally good news, the flip side is that the contract amounts are not increasing to reflect inflation. And so, we know we need to be less reliant on grants and contracts. To that end, we hired Mike Foley as Director of Development in August and he is hard at work on increasing individual contributions (aka unrestricted dollars). Those dollars keep the lights on, yes, but also allow us to adjust compensation rates.

What are you doing at your work to retain and reward your staff? Do you have innovative strategies that you could share? I am all ears. This is difficult stuff, and I know every other business leader is dealing with this right now. So let’s share some ideas.

(Oh, and don’t hang up on Mike if he calls you.)



We tell our staff that we could never pay them what they are worth. That is true. But my staff are tired of hearing that.



She’s Simply The Best!

Jane Young celebrated 25 years at PreventEd in September! Jane is loved by everyone, and many of us aren’t lying when we say we couldn’t do what we do without her. Congratulations, Jane!

In Honor of Teachers

By Alicia Smith



instruct children first-hand and wanted to volunteer to assist educators.

On the days she volunteers, you can find Rachel at the Prevention island, diligently cutting fish scales and friendship links, making posters, or updating materials. She is a calming presence, and is always eager to lend a hand.

For the past three years, Rachel Federman has been a faithful PreventEd volunteer. She is motivated to come in weekly and assist the prevention educators as a way to honor her mother, Susan Gruber, a retired reading teacher with an emphasis in Special Education. Rachel observed the love and dedication needed to

Rachel graduated from the University of Missouri – St. Louis with a degree in Chemistry. After working as a chemist for many years in the private sector, Rachel decided to take time to reevaluate how she will utilize her degree. As she decides on future plans, Rachel is also volunteering at the Harvey Kornblum Jewish Food Pantry.

The next chapter in her life will definitely keep Rachel busy: Motherhood! She and husband Stuart are expecting their first child, a boy, in January. Rachel will take a pause on volunteer work at the end of December until “she figures out this mommy job.” Rachel has enjoyed her time at PreventEd and will miss the warm and friendly environment. Congratulations Rachel and Stuart!

Interested in becoming a volunteer for PreventEd? Contact Alicia Smith at asmith@prevented.org

NaloxBox Spurs Community Partnerships

By Alicia Smith and Max Dieter

While substance use disorder doesn’t discriminate against race, gender, sexual orientation, or income, the opioid epidemic has and continues to disproportionately affect the Black community – especially in St. Louis City and County. In 2021, the St. Louis Metro Region accounted for 48% of all drug overdose deaths in Missouri and 79% of all drug overdose deaths among Black individuals in Missouri. St. Louis City has one of the highest overdose rates in the country, especially for Black men. Opioid overdose deaths among Black St. Louisans have increased more than 500% in the last 5 years.

To help community members combat opioid overdose deaths, PreventEd and People’s Health Center have partnered to install 85 NaloxBoxes in two of the areas hit hardest--St. Louis City and North St. Louis County. NaloxBox locations were decided by a seven-member community selection panel in accordance with recent overdose location data.

The boxes will be installed on walls, similar to defibrillator boxes, and each contain two doses of intra-nasal Narcan (naloxone), which can reverse the effects of an opioid overdose. The nasal spray can be administered by minimally trained bystanders, and comes with easy-to-understand instructions in multiple languages.

The NaloxBox initiative is a community-based solution to a nationwide crisis and was brought to St. Louis by The Opioid Project, a Missouri nonprofit dedicated to raising public awareness about the opioid crisis to make our community a better place now and for future generations. Pooja Reddy, The Opioid Project founder and former PreventEd Board member, was inspired by NaloxBoxes she saw in other communities, and saw the opportunity to make saving a life a little bit easier.



Left to right: Jenny Armbruster, Deputy Executive Director at PreventEd; 2nd Ward Alderperson - Honorable Lisa Middlebrook; Alicia Smith, Director of Strategic Engagement at PreventEd; Dr. Mafi, Director of St. Louis City Health Department; Mark Sanford, Executive VP Peoples Health Center



Jenny Armbruster, Deputy Executive Director at PreventEd

Stomp Out Addiction Walk 2023

Looking for a way for you or your church to get involved? We have lots of opportunities! Faith Oakville sponsors an annual “Stomp Out Addiction Walk” on behalf of PreventEd – **Save the Date for October 1, 2023**. PreventEd welcomes the opportunity to work with more churches and community organizations to bring walks to other areas of Eastern Missouri! For more information on organizing a walk or other volunteering opportunities, please reach out to Alicia Smith at asmith@prevented.org.



New Funding Awarded to Serve Lincoln County

By Jenny Armbruster



Jenny Armbruster
Deputy Executive Director

PreventEd has been awarded a 3-year grant through the Health Resources and Services Administration (HRSA) for a Rural Communities Opioid Response Program (RCORP) initiative. These initiatives are focused on the prevention, treatment and recovery of opioid use disorders. We are looking forward to this opportunity to expand community-based work and Certified Peer Specialist Services to Lincoln County.

In 2021, PreventEd began partnering with the Lincoln County Resource Board to provide school based prevention and adolescent early intervention programming. This HRSA grant will allow us to build community collaboration and through the work of Certified Peer Specialists, we will be able to strengthen outreach, Narcan availability and connection to recovery resources for people throughout Lincoln County.

The major goal of the project is to reduce the number of overdose events in Lincoln County.

- Objectives include:
1. Increasing Recovery Support Services through Certified Peer Specialists (CPS) in Lincoln County.



2. Reducing stigma attached to substance use by increasing public awareness.
3. Increasing training and education on substance use prevention, treatment and recovery efforts to local providers, educational staff, general community, and first responders.

If you are interested in learning more or being a part of these efforts, please contact Jenny Armbruster at jarmbruster@prevented.org



Breathe In, Breathe Out

By Annie O'Donoghue

PreventEd’s Speaker Series returned to an in-person format... kind of. Participants could either attend physically or via Zoom. Amber Campbell, PreventEd team member, presented “Yoga of 12-Step Recovery: The Issues Live In Our Tissues.” She guided everyone in a breathing exercise, discussed the foundations of yoga, went over the 12 steps, and explained how they are incorporated into Yoga of 12-Step Recovery. For more information, visit y12sr.com.

Interested in attending PreventEd’s Speaker Series? Visit our website for up-to-date event information and registration: prevented.org/events



Tower Grove Pride

By Courtney Hinton

PreventEd works to ensure that we are visible in all communities. September found us at Tower Grove Pride, where in addition to talking about the organization and our services, we distributed 8 of the 24 recognized flags to attendees. We also gave out Narcan and a brief training on recognizing an overdose and how to administer it. It was amazing to see so many people of different races, creeds, political leanings, and ethnic origins all together in one space with their families (natural, adopted, and chosen) enjoying the weekend.

“It was incredible to see people from all over St. Louis celebrate LGBTQIA with pride at Pride. We met someone who was 13 months in recovery from fentanyl and was so excited we were passing out Narcan. I remember high-fiving someone who had 60 days of recovery who was stoked to hear about Sans Bar,” said Annie O’Donoghue, our External Affairs Strategist.

A parent told us about her son, whom she lost to an overdose. That same parent thanked us for passing out Narcan and expressed how she wished she had it to save her son. For Annie, “Pride was more of a feeling and I wish I could pass it on to all of you...”



UPCOMING EVENTS

Please visit our website for the most up-to-date event information and registration: prevented.org/events

“We met someone who was 13 months in recovery from fentanyl and was so excited we were passing out Narcan.”