

Tributes and Contributions

FEBRUARY 1, 2022 – MAY 31, 2022

Individuals

Anonymous
Jaidan Adams
Dr. Dale and Suzie Anderson
Jenny Armbruster
Dick and Nancy Arnoldy
Kenajo Bell
Kristin Bengtson
Nancy Bengtson
Libby Brim
Cindy Connelly
Ryan Daugherty
Nichole Dawsey
Mary T. and Pat Dolan
Doug and Chelle Dohrmann
Tom Etling
Winnelka Fitch
Adrienne Forbes
Terisha Friedmann
Lauren Giljum
Robert Gulino
Courtney Hinton
Ben Holtmeyer
Julie Hook
Paul Horlacher
Dr. Russell Hyken
Linda Knobbe
Brenda Kosark
Alan and Lynda Kraus
Dawn Lammert
Patricia Mainer
Ken Manwarring
Maggie McCoy
Lisa Meng
Elisa Mondschein
Karen Monroe
Ron Moser and Janet Eto
Jenny Mullen
Roseanne Mullen
Peter and Meredith Perkins
Leah and Jeremy Picker
Landon Robert
Kim Rodriguez
Tina Scruggs-Poston
Elizabeth Sergel
Becky and Josh Shimony
Jill Sloan
Alicia Smith
Ali Stambaugh
NJ Sterneck
Ellen Svenson
Alex Toppmeyer
David Weber and Val Tripi
Gwendolyn White-Wallace
Kelly Wieser and Angie Kohout
Cindy and Gary Wyatt
Stacie Zellin

Corporations, Foundations, and Organizations

Advertisers Printing Company
AmazonSmile Foundation
AT&T
First Congregational Church of Webster Groves
Hartford Financial Services Group
Laborers Local No 110
Moondance Foundation
PennState University
Plancorp LLC

Tributes In Memory Of

LaVada Devon McCart
Cheryl Schorr

Allen Helldoerfer

Brittany Jansen

Joseph M. Schwizer

Robert and Mary
Frenzel-Berra

Ryan J. Moylan

Pat Wolfe

Edwards Scruggs

Michelle Williams

Tributes In Honor Of

Anonymous Friends of
PreventEd

Nichole Dawsey

Barb Krafve

Jim Murphy and

Howard Portraff

Elizabeth George

Grants

Boeing Employees

Community Fund of St. Louis
Prevention Programs

Cuivre River Electric

Community Trust

Prevention Programs in
Warren and St. Charles
Counties

Kirkwood Optimist Club

Teen Institute Scholarships

Third-Party Fundraisers

Stomp Out Addiction Walk

Faith Oakville
Troy Bixler

Facebook Fundraisers

Jill Sloan
Ashley Brook Giancola Smith

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
U.S. Department of Health and Human Services
United Way of Greater St. Louis

Volunteers

Haley Barnes
Jacqueline Donaldson
Rachel Federman
Laura Greiner
Ann Joseph
Lisa Lorenz
Riley Walton
Carmen Heard

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Gus' Pretzel Shop
Hubbard Broadcasting
The Improv Shop
Kennelwood Pet Resorts
Kreis' Restaurant
Little Gym of Fenton
Magic House Children's Museum
Malinche Mexican Culinary Experience
Malt Shop of Fenton
Missouri Botanical Garden
St. Louis Symphony Orchestra
Stacy's Tasty Stations
Sunshine Drapery and Interior Design
United Way of Greater Atlanta
World Wide Technology
Raceway
Yellowstone Cafe

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

SUMMER 2022

The newsletter of PreventEd

Turning the Tide

By Nichole Dawsey



Nichole Dawsey
Executive Director

In the last issue of the newsletter, I unburied some skeletons in my closet and came forward as a co-dependent. I described how my oldest child, type A personality shows up in unhealthy ways, both personally and professionally, and highlighted some of the ways that PreventEd supports people like me.

I felt this disclosure was critical for a few reasons. First and foremost, the concept of co-dependency has been

under scrutiny for some time now, most recently in a New York Times op-ed that has gained a lot of traction. The idea of setting boundaries and practicing “tough love” instead of radical compassion can feel a bit cold in the times we are currently living in. And that’s just it: Empathy and compassion are needed now more than ever, as it seems just about everyone is barely hanging on and navigating major stressors brought on by the collective trauma of the last two and a half years. My self-work has taught me how to prioritize my needs and wants and how to identify what I can control and what, quite frankly, I have no damn control over. My identification as a codependent is actually the first step in my own journey of radical self-love.

But this isn’t about me.

The second (and perhaps more important) reason that I penned the article was to spur conversation.

I’m proud to report that our strategy worked!

Immediately after we released the Winter edition of the newsletter, I began receiving messages from long-time supporters and new collaborators. Emails, notes, and phone calls poured in saying things like:

“How brave of you!”

“Thank you for being vulnerable. We need more leaders to do this.”

“Your article so resonates with me.”

“More of this!!!”

But again, this isn’t about me.

Sometimes it feels like we spend hours upon hours on a newsletter that no one reads. We don’t often ask for feedback so, not surprisingly, we don’t often receive it. Our newsletter has, for several years, been a bit didactic. We have taken the strategy of “teacher” or “teller” rather than “facilitator.” We take pride in our history of being the “place to turn” and “The Key” was a nod to that.

That changes now.

In keeping with new our tagline of “Leading the conversation about alcohol and other drugs,” we are going to start using our newsletter platform (like our social media platforms) to spur and stimulate conversations.

platform (like our social media platforms) to spur and stimulate conversations. Conversations about the tough stuff: Parenting a middle schooler; Honoring a loved one that has passed due to substance use disorder; Living a “normal” life sans alcohol. The list goes on and on. Starting today, this newsletter will be known as “Conversation Starters.” We know this effort requires many great hearts, minds and stories to turn the tide. And we want to hear from you.

Want to start a conversation? Let us elevate your story. Our readers are hungry for the vulnerability and connection. Email me at ndawsey@prevented.org and let’s get to work.

I promise...it’s not as painful as it seems.

conversation starters

Turning the Tide • PreventEd’s First Annual Racial Equity Day Away • Much Deserved Recognition Out and About in the Community • Red Ribbon Training • Board Updates • The Heritage Society



RED RIBBON TRAINING 2022

Red Ribbon Training is back!

Red Ribbon Training is a free substance use awareness training for 6th-8th grade students who have demonstrated leadership potential. These engaging, interactive sessions teach students how to create their own Red Ribbon school activities. Sessions are led by local prevention professionals who are committed to promoting healthy lifestyles for youth. This is an opportunity for school sponsors to receive Red Ribbon planning resources to help schools coordinate and promote anti-drug events in their community.

This event is free for sponsors and students to attend, but registration is required. If you would like to attend, please visit prevented.org/events to register.

RED RIBBON TRAINING DATES

St. Louis County • September 8
8:45am - 1:15pm
United Hebrew Congregation
13788 Conway Road • St. Louis, MO

Jefferson County • September 13
8:45am - 1:15pm
Faith Community Christ Church
4824 Scottsdale Road • House Springs, MO

St. Louis City • September 16
8:45am - 1:15pm
STL Boys & Girls Club
2901 North Grand Blvd • St. Louis, MO

PreventEd's First Annual Racial Equity Day Away

By Alicia Smith

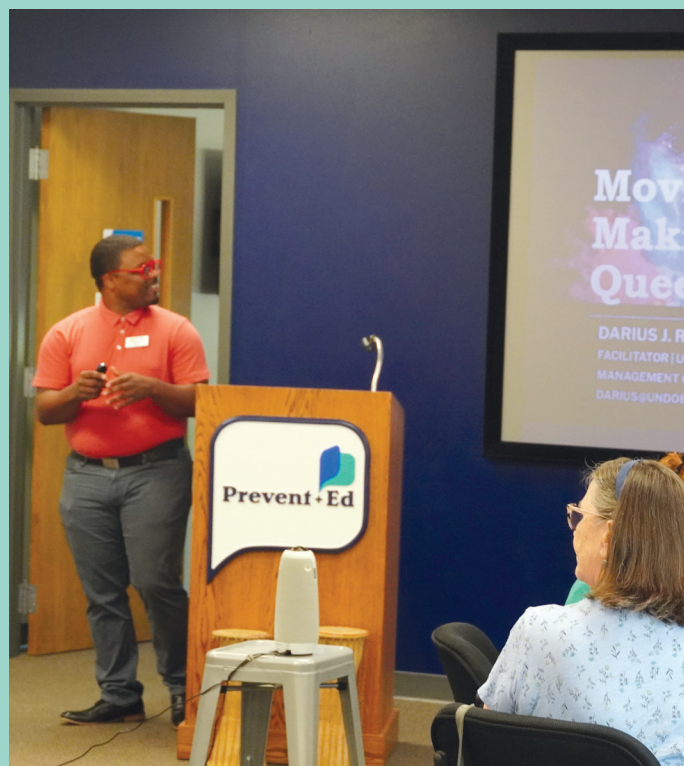
As a next step on our racial equity journey, PreventEd hosted our first staff-wide Racial Equity Day Away on May 13th. This was an opportunity as an organization to come together and deepen our collective and individual understandings of racial inequities.

We received presentations from PreventEd Board member, Dr. Kanika Cunningham, and Darius Rucker from Undo Bias. Their respective presentations, "Opioid Crisis: Understanding Racial Inequities and Overdoses" and "Moving Mountains and Making Room for Black Queer Communities" provided insights into the criminal justice system, disproportionate impact of substances on people of color, racial trauma, and the intersection of race and sexual identity.

Following a delicious lunch catered by House of Jollof, an authentic West African restaurant, we were entertained by The St. Louis Black Repertory Company's production of Stamping, Shouting, and Singing Home. Coco's Desserts closed the day out with scrumptious baked goods.

The Racial Equity Committee has already begun planning for next year! 🌱

Top left: Dr. Kanika Cunningham presenting; Top right: The St. Louis Black Repertory Company's production of Stamping, Shouting, and Singing Home. Bottom left: The Racial Equity Committee; Bottom right: Darius Rucker from Undo Bias presenting



Out and About in the Community

By Courtney Hinton

With the relaxation of social distancing and mask mandates, the Community Engagement Team has had a very active summer. After a very long interval, we are so excited to be able to engage and listen to community members IN PERSON!

In May, the Community Engagement Team supported the National Alliance for Mental Illness by participating in the annual NAMI Walk as a vendor. This nationwide event was established in support of those living with mental illness in hopes for a brighter future.

The Community Engagement Team was very excited to support the Annie Malone May Day Parade. Established in 1910, it is the oldest and second largest African-American parade in the country and PreventEd was very happy to make an appearance after a 10-year hiatus.

In conjunction with PreventEd's newest observed holiday, we were pleased to participate in the second annual Juneteenth Celebration event held in the Old North Neighborhood sponsored by Community Wellness Project of St. Louis.

We aren't resting on our laurels and our plate is full of Back to School Fairs in August and September. You'll also find us at Tower Grove PRIDE!

Want us at your outreach event? Email me at chinton@prevented.org so we can partner on education and empowerment. And possibly save a life. 🌱



UPCOMING EVENTS

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

PrevenTable Podcast

Want to learn more about the work we're doing in the community and why it matters? Listen to our podcast episodes on the Community Engagement Department - Episode 23: Family Recipes and Episode 24: Getting In Sync.

SCAN QR CODE TO LISTEN

S2 Ep #23 & #24 featuring PreventEd's Alicia Smith and Courtney Hinton



THE Heritage Society



A Promise to the Future

Our vision is a world that is a community free of alcohol and other drug addiction, misuse, and related problems. Commitment to upstream prevention education, early intervention, and comprehensive community support is a promise to our community's young people and future generations that we will not stop fighting for a better world for them.

A planned gift to PreventEd ensures that a cause you believe in always has your support. Join the Heritage Society with a planned gift to pave the way for a better tomorrow. Contact Nichole Dawsey at (314) 962-3456 ext 309 or heritagesociety@prevented.org.

Much Deserved Recognition

By Jenny Armbruster

Julie Hook became a member of our team in 2008. From the day she interviewed, she has consistently shown up with passion and energy to better the community and lives of others. Over the years, Julie has demonstrated this for her home town in Franklin County. Not long after starting at PreventEd, Julie was instrumental in the agency receiving funding through the Franklin County Community Resource Board, opening an office in Franklin County, and expanding prevention services throughout the area. Julie currently shares her time with PreventEd and as the Director of the HOPE for Franklin County Coalition. On June 7, 2022 her leadership and enthusiasm were recognized by the Franklin County Resource Providers with the Armin and Norma Klemme Member of the Year Award. This is a much deserved honor. Congratulations, Julie! 🌱



2022 Board Updates

PreventEd would like to give a huge thank you to outgoing Board member David Weber. David served on the Board since 2016 with terms on several committees and as Treasurer for several years. His contributions have been invaluable. The Board has also welcomed one new Board member, Tom Goldberg. Tom is a long-time supporter of PreventEd and although now happily enjoying retirement, was previously a principal at Plancorp.

Welcome, Tom!



RecoveryFest STL

Get ready to rock out at the inaugural RecoveryFest on September 25! Head to Kirkwood Park from noon-6 for a day of fun, music, food, and connection. This will be a free event. Volunteers are needed, and sponsorships are available.

Visit stlrecoveryfun.com for more details.