Tributes and Contributions

OCTOBER 2021 – JANUARY 2022

Individuals

Jaidan Adams
Anonymous
Jenny Armbruster
Terry and Marilyn Bader
Betty Bell
Kristin Bengtson
Lauren Breig
Libby Brim
Dr. Emily Brown and Mr. Scott Brown
Donnie Burns
Clay Butler
Joy Carter
Deb Cavitt
Angel Coleman
Cindy Connelly
Heather Craig
Nichole Dawsey
Grace DeClue
Max Dieter
Doug and Chelle Dohrmann
Mary T. and Pat Dolan
Tom and Jane Fettig
Bobette Figler
Winnetka Fitch
Adrienne Forbes
Thomas Fox
Prue and Jeff Gershman
Lauren Giljum
Shannon Grass
Teri Grigg
Robert Gulino
Sandy Herrmann
Tom and Anne Herrmann
Jaime Hoff
Jessi Hogan
Andreal Holton
Julie Hook
Pam Hughes
Marissun Johnson
Brenda Kosark
Paul and Joan Kutz
Dawn Lammert
Leah Maniaci
Ken Manwarring
Brad Marquardt
Arlene Miller
Elisa Mondschein
Robyn Morris
Jenny Mullen
Becky and Dave Nelson
Annie O'Donoghue
Art Oppenheim
Peter and Meredith Perkins
Georgia Pettus
Leah and Jeremy Picker
Wendy Poepsel
Beth Riegert
Jon and Cynthia Rill
Landon Robert
Donna Roberts
Phil and Kay Roush
Maria Schafly and David Aholt
Tina Scruggs-Poston
Elizabeth Sergel
Bruce Shapiro and Liz Guthrie
Deb Shasserre
Poonam Sheevam
Becky Shimony
Jill Sloan
Alicia Smith
Danna Squires
Ali Stambaugh
Rick Stein
Breanna Steinmann
NJ Sterneck
Colby Stinebaugh
Alex Toppmeyer
Debra Townsend
David Weber and Val Tripi
Kelly Wieser
Erica Wiley
Cindy Wyatt
Jane Young
Stacie Zellin

Corporations, Foundations, and Organizations

AmazonSmile Foundation
American Direct Marketing
Ariana Kinlen Foundation
AstraZeneca
Armanino Foundation
Docs Who Care
Facebook
Foundations for Franklin County Inc.
John S. Swift Family Charitable Trust
Judith F. Anthon Charitable Fund
Kendra Scott Jewelry
Paypal Giving Fund
Matthews Book Company
Recovery House of St. Louis
Tom and Trish Goldberg Fund
Trans-Siberian Orchestra

Tributes In Memory Of

Brian Fitter
Harriet and Jeff Kopolow

Michael Fitzwalter
H.E.A.L. Stop Heroin, Inc.
Ellis and Patti Fitzwalter

Allen Helldoerfer
Elizabeth Beach
Kevin Detmer
Jeri Drummond
Kathy Gierer
Christy Hellmann
Roger and Shirley Hendrix
Victor and Ruth "Babe" Jansen
James and Kim Kueper
James and Colleen Kuhl
Julie, Joy, Brad and Brent Sexton
The Wetzel Family
Vickie Wilde
Susan Wurm

Shirley and Rawlins Horlacher
Paul Horlacher

Sue Lord
Geri Peters

Ben Moran
Lynda Moran

Louis A. Straub, Jr.
The John and Mary Straub Family Fund

Courtney Tegethoff
Audrey Blodgett Tegethoff

Nicky Vigna
Vance and Gee Vigna

Sarah Ann Weiss
Dr. and Mrs. Anthony Weiss

Ruth Lynn Widmer
Arlene Miller

Warren Work
Becky Shimony

Nick and Gina Yocco
Malva Yocco

Tributes In Honor Of

Nicole Browning
Shirley Kent

Nichole Dawsey
Jason and Janet Popelka
Barry Rosenberg

Mary T. Dolan
Nick Maxey

Wes Haubein
Anne Hale

Wally and Mary Jo Horlacher
Paul Horlacher

PreventEd Staff
Harriet and Jeff Kopolow

Kay Roush
Mary Ellen Schukai

Henry Watkins
John and Diane Hefele

Dr. Sonja Williams
Dawn Prentice

Stacie Zellin
Shirley Kent

Grants

Lifeline Adult Assessment and Counseling Program
ARCHway Institute for Mental Health

Prevention First
The Saigh Foundation

Unrestricted
Clifford Willard Gaylord Foundation

GuidEd
Herman T. and Phenie R. Pott Foundation

GuidEd and Prevention First – Jefferson County
Jefferson Foundation

Franklin County MAT-PDOA
Substance Abuse and Mental Health Services Administration

Thank You to Our Sustaining Donors

Franklin County Children and Families 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

Continued on the back panel

Prevent+Ed

9355 Olive Boulevard
St. Louis, MO 63132

Return service requested

Non-profit Org.
U.S. POSTAGE
PAID
ST. LOUIS, MO
Permit No. 1524

the key

Coming to Terms with Codependency • Teen Institute 2022 • Volunteer Spotlight • 2022 Board Updates
Community Advisory Board's Inaugural Meeting • MLK Holiday Observance – "A Day On, Not a Day Off"

Thank You to Our Sustaining Donors *cont.*

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

Volunteers

Hannah Bailey
Stephanie Behlman
Jacqueline Donaldson
Rachel Federman
Danielle Gilbert
Laura Greiner
DJ Holmes
Ann Joseph
Matt Kiefer
Tod and Terri O'Donoghue
Brad Zulick

In-kind Donors

Grüvi
Gus' Pretzels
Heirloom Bottling Co.
Hello Juice
Kingside Diner
Stacy's Confectionery Stations

If you have donated and your name does not appear in this list, please contact Jane Young at jyoung@prevented.org

SAVE THE DATE

2022 Topgolf Tournament

Wednesday, August 3, 2022
at Topgolf in Chesterfield

More information to come!

WINTER 2022

The newsletter of PreventEd

the key

Coming to Terms with Codependency

By Nichole Dawsey

Nichole Dawsey
Executive Director

Hi, my name is Nichole and I am a co-dependent.

What does that mean? Essentially, it's a way of behaving in which I tend to put other people's needs above my own. Sounds great, right? Not so much. Over time, this prioritizing of others drives me to try to "manage" their behaviors so I can protect them from facing the consequences of their actions. And although this can cause me to grow resentful over time and lose my sense of purpose, it's also where I derive my self-worth. It's a real struggle.

My codependency is rooted in being the oldest child – a latchkey kid who was responsible for taking care of myself and my younger sister while my parents worked (and worked and worked). I strove for perfection and the thought of disappointing either of my parents stoked the flames of my neuroses. When my parents divorced, I took it upon myself to try to control everything: their feelings, my sister's feelings, the world around me. Meanwhile, I pushed my emotional wellbeing aside and hyper-focused on my career.

My need to control and almost martyr-like compulsion to serve others led to some real doozies of relationships. A failed marriage paved the way for several boyfriends in active addiction. I enabled some really scary behaviors and often made up excuses to hide the unhealthy patterns from my family, my friends, and from myself. Because I erroneously thought that was the way to show my love.

Oddly enough, my codependency is not the reason I began working at PreventEd. But working here has certainly given me a greater understanding of it. I sought our counselors' guidance more times than I care to admit and have taken full advantage of the books in our library (shout out to Melody Beattie and Claudia Black!!). I have been a hungry student during our "Family Impact" trainings and have mustered up the courage to engage in an intervention and several "carefrontations."

I'd like to think my struggle with codependency makes me a more empathic leader. Most days, that's true. But some days, it makes my job more difficult. I have a natural tendency to get a bit enmeshed. And I give a lot of chances. Some might say too many. Fortunately, I have an amazing leadership team that "gets" me and is not afraid to provide a wake-up call when these behaviors start to surface.

It took me several years (and a lot of therapy) to realize that I'm a codependent. It took even more time to not feel embarrassed about it. It is a daily (sometimes hourly) struggle for me to set healthy boundaries...and stick to them. And I know, I know...the word "codependency" has fallen out of favor. But this is how I, Nichole, identify.

My story is just one of many. Every single PreventEd team member has experienced the consequences of substance use disorders in some way. That is critical for us — so critical that it is a question we ask every prospective staff member on their final interview. We need to know that any potential team member truly understands what it is that we are trying to prevent: the disastrous, heart-wrenching consequences that accompany substance use disorders.

PreventEd's school- and community-based services empower people to express feelings and address the root causes mental health and substance use challenges. We do this work so that people like me don't have to feel alone in their feelings, and to have access to support when they need it. Our staff meet people where they are, without judgment or expectation, and work to provide information and education to guide them in their journey.

We're as dedicated and passionate about our work as ever, and we couldn't provide these critical services without our community partners, volunteers, and donors. "It takes a village," as they say, and we're truly grateful for your support.

VOLUNTEER SPOTLIGHT

Garrett Boyer & Joel Hanewinkel

By Jaime Hoff

Every year when Teen Institute (TI) begins, bright-eyed and fresh face teens get off the bus or out of their car, walk up to the check-in table, with a look on their face that can only be described as, "What in the world did I say yes to?" Garrett and Joel were perfect examples of this phenomenon. Buddies since childhood, they arrived together at TI in 2017. Joel's dad had heard of TI and simply told Joel he was going. Joel recruited Garrett, and the rest, is history.

Fast forward to today and these young men have completed not only that first TI, but returned as interns - twice!

Besides TI, Joel and Garrett wanted to stay connected to the agency in any way they could. Throughout the years, they have participated in our youth coalition, ElevatEd, where they not only used their leadership skills from TI but also modeled inclusion and acceptance of our new members. They volunteered at several PreventEd events, like our annual golf fundraiser running water to our golfers. They've represented PreventEd at Tower Grove Pride, talking to members of the LGBTQIA+ community about the risks of substance misuse. Joel spearheaded an effort to educate his peers about the risks of vaping and cannabis and Garrett was part of the very first group of peer educators to bring It's Complicated, our cannabis peer education program, to Hillsboro High School. Together these two even landscaped our office grounds by weeding and planting!

In short, they are both up for anything when it comes to PreventEd. Now as men in their early twenties, they continue to be role models for their peers. We are very proud to say that Garrett and Joel have literally grown up with us.

MLK Holiday Observance – "A Day On, Not a Day Off"

Observed annually on the third Monday in January, the Dr. Martin Luther King, Jr. Day of Service is the only federal holiday that is also designated as a national day of service. The Racial Equity Committee organized a donation drive for a family of an educator that suffered losses due to COVID and a residential fire. The goal of strengthening communities and bridging barriers moves us closer to Dr. King's vision of a "Beloved Community."

PrevenTable Season 2

SCAN TO LISTEN

We're continuing with another season! Pull up a seat at the PrevenTable and listen to candid conversations about the intersection of alcohol, drugs, and mental health on everyday lives. Available wherever you get your podcasts.

Now Recruiting for Teen Institute 2022

Since 1980, PreventEd has led Teen Institute (TI). It's a powerful seminar that equips high school students to prevent substance misuse among their peers. Teen Institute 2022 is June 6th-9th at Pallottine Renewal Center. The cost to attend is $50.00, and scholarships are available.

Over the years, TI graduates have created ongoing and very powerful change for themselves, their friends, their schools and communities. If you are in high school and want to be a part of this experience, apply today!

For more information, please visit prevented.org/teeninstitute, or contact Joy Carter (jcarter@prevented.org) or Kristin Bengtson (kbengtson@prevented.org).

UPCOMING EVENTS

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

2022 Board Updates

PreventEd would like to give a huge thank you to outgoing Board members F. Stafford H. Manion and Paul Sinak. Stafford will transition to the Emeritus Board. He served on the Board for 8 years with terms on several committees and as a Board Liaison to the Young Professionals of PreventEd. His contributions have been invaluable. Paul served on the Board for 2 years, and was an integral member of the Finance Committee.

The Board has also welcomed four new Board members:

- **Latina Berryhill** - Dynasty Logistics, Inc.
- **Tom Etling** - Paradigm
- **Paul Horlacher** - Retired, Missouri Department of Social Services
- **Patti Price** - Hubbard Radio

We welcome this new group of volunteers and look forward to our work together in the upcoming year.

Community Advisory Board's Inaugural Meeting

By Courtney Hinton

The last quarter of 2021 was a very busy one for the Community Engagement Team. Beginning in September, efforts were stepped up to recruit members for the organization's Community Advisory Board. The Board's purpose is to form partnerships between members' organizations and PreventEd; while collaborating on specific projects which will support the Greater St. Louis Community.

"Last year's sharp increase in overdose rates, coupled with racial reckoning, greatly accelerated the equity work PreventEd has been doing in earnest since 2018. We knew we needed to do more and the first step is hearing directly from community members," says Nichole Dawsey, Executive Director at PreventEd.

The collaborative group's first meeting was held on November 18, and has twelve members:

Yvonne Berry – Retired Volunteer and Engagement Manager, American Red Cross
Angela Broadnax – Crisis Intervention Coordinator, YWCA Metro St. Louis
Rebecca Haley – Community Initiatives Coordinator, St. Louis Family Courts
Marsha Hawkins- Hourd – Executive Director, GUIDES Family Life Center
Eric Mason – Health Associate, Williams & Associates
Fiach Redden – Leadership Volunteer, St. Louis Queer Support Helpline (SQSH)
Keith Robinson – Dir. of Re-Entry Programming, Community Action Agency of STL County
Autumn Shepherd – Development Specialist, WeStories
Shuntae Shields-Ryan – VP Marketing, Public Relations & Communications, Boys & Girls Club
Cleo Starpattern – Staff Member, SQSH
Gerald Watson – Director, Fresh Start Coalition
Audrey Wittenauer – Federal Programs Specialist, Hazelwood School District

> "We knew we needed to do more and the first step is hearing directly from community members.

With this diverse group of individuals who represent diverse world views, experiences, and lived realities, PreventEd hopes to harness energy expanding the organization's reach.

"That is precisely why we developed a Community Advisory Board: To advise us on the work we *should* be doing in the communities that we should be focusing on, in the way welcomed by each community. And just as importantly, to advise us on the work we *should not* be doing," Dawsey states.