

# Behavioral health matters

More than 50 million adults in the U.S. experienced a mental illness in 2020, and more than half of U.S. adults with a mental illness do not receive treatment. Reasons for not receiving treatment can vary, but the top reasons cited most often are access to care, cost, and lack of health care insurance.

At SSM Health Foundation – St. Louis, **we believe every person in our community deserves access to compassionate, holistic care – for both their physical health and their mental well-being.**

Supporting our community's health means many things: building state-of-the-art medical facilities, funding patient-centered programs, offering innovative training and education, supporting our behavioral health patients with specialized clinics, and more.

**Support from our benefactors allows us to continue to expand our services to serve the unmet behavioral health needs of the greater St. Louis region.**



## Our History and Mission

**The Mission of the SSM Health Foundation – St. Louis is rooted in a rich legacy of courage.** For over 150 years, SSM Health has been helping those in need gain access to the highest quality of care — using the Franciscan Sisters of Mary as a guiding light to caring for the most vulnerable.

Today, the SSM Health Mission continues to guide us: ***Through our exceptional health care services, we reveal the healing presence of God.*** With shared courage for a common good, our health care providers, staff, donors, and volunteers are committed to providing highly advanced, compassionate care to patients and their families — in and outside of the walls of SSM Health.

The support we receive comes to life in many ways, from ensuring that SSM Health caregivers have access to and training in cutting-edge, lifesaving technologies to funding state-of-the-art facilities, patient-centered impact programs, and resources throughout the greater St. Louis region.

[givetossmhealth.org](https://givetossmhealth.org)



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## The why: Unmet needs create instability

Unmet behavioral health needs often result in a toll on more than just the well-being of the patient. Someone with an untreated mental health issue might miss work, resulting in missed paychecks and job instability, which then leads to missed rent and their housing not being guaranteed. These social determinants of health (SDoH) can put significant strains on the health care and social services resources in a community.

Patients need greater access to behavioral health programs — virtually and in-person. When providers connect with more patients, health care systems can better diagnose, treat, and help patients stabilize their mental health and avoid losing stability in other areas of their life.

## The need: Reduce readmittance rates

For many, the most effective behavioral health approach involves a combination of counseling and medication. The **long-acting injectables clinics at SSM Health DePaul Hospital – St. Louis and SSM Health St. Joseph’s Hospital – Wentzville** have become a mainstay treatment for patients living with mental illnesses including schizophrenia, bipolar disorder, and substance use disorders. The behavioral health care providers work closely to assess and address each patient’s individual need for therapy, food, transportation, and access to psychiatry services.

Through this collaboration, **we are able to help more people like Sally**, who was admitted several times to the hospital for suicidal thoughts and auditory hallucinations before she connected with an SSM Health long-acting injectables clinic. Since starting monthly injections at the clinic, her inpatient admissions have reduced to zero, her moods have stabilized, and she has a stable job she enjoys.



*\*Lowest prevalence (1) to highest (51) for mental health illnesses in the U.S.*

**1 in 5** people in the U.S. live with a mental or behavioral health condition.

**88%** of SSM Health Behavioral Health patients enter our care system through the emergency room.

*\*Statistics from: The State of Mental Health in America, National Institute of Mental Health*

## The how: Programs that focus on holistic healing

Your gift will stand against the stigma of mental health and could support SSM Health Behavioral Health programs, including:



### Telehealth services:

- Reduce the influx of patients to emergency rooms.
- Allow us to efficiently screen, assess, and direct patients to the appropriate level of care.



### Long-acting injectables clinics:

- Serve behavioral health patients who struggle with access to care, barriers to daily living, insurance coverage, transportation, and other SDoH.
- Allow patients to experience consistent treatment to stabilize their mental health.



### Clinics and resources focused solely on behavioral health:

- Provide stabilization and support to our patients with exam and psychological testing rooms, comfortable waiting areas, and more.

Give today at [givetossmhealth.org](https://givetossmhealth.org).

Generous support needed

Help us bring hope to our communities. Together, we can increase health care outreach and access for all.

