

RESOURCE GUIDE

LOCAL INITIATIVES

Active Minds – An organization that empowers students on college campuses to speak openly about mental health in order to educate others and encourage help seeking. Lindenwood University, Saint Louis University, and Washington University in St. Louis all have local student chapters.
<http://www.activeminds.org/>

Alive and Well STL – A community-wide effort focused on reducing the impact of toxic stress and trauma on health and wellbeing. Site provides information on stress and on how to become a trauma-informed organization or individual.
<http://www.aliveandwellstl.com/>, 314-446-6454

CHADS Coalition – Communities Healing Adolescent Depression and Suicide offers school outreach programs, community awareness presentations and classes as well as family support programs to advance the awareness and prevention of depression and suicide.
<http://www.chadscoalition.org/>, 314-952-2046

CRUSH Initiative – Community Resources United to Stop Heroin of St. Charles partners with schools, law enforcement, treatment providers, community leaders, and health care organizations to address the growing heroin epidemic. Initiatives include awareness events and programs targeting prevention and positive decision-making.
<http://www.sccmo.org/1541/crush>, 636-949-7900

For the Sake of All Mental Health – An initiative focused on reversing racial disparities in health outcomes. Their online resources and toolkits educate users on how to invest in mental health and substance use awareness, screening, treatment, and surveillance in St. Louis.
<http://forthesakeofall.org/mental-health/>

Get Smart St. Louis – An online resource to address the spike in demand for and use of controlled prescription drugs and heroin. Provides the latest regional news, publications, events, coalitions, and a list of service organizations.
<http://www.getsmartstlouis.com/>

Hear Our Voices – Hosted by Places for People, Inc., this public podcast campaign strives to change perceptions of individuals living with severe and persistent mental illness, specifically schizophrenia spectrum disorders.
<https://www.placesforpeople.org/hear-our-voices/>

Mental Health America of Eastern Missouri – A local organization offering screening tools and free evidence-informed resources for parents and caregivers, educators, law enforcement, the media, and health professionals.
<http://www.mha-em.org/resources.html>, 800-359-5695

Missouri Department of Mental Health – A government body whose mission is prevention, treatment, and promotion of public understanding for Missourians with mental illness, developmental disabilities, and addiction.
<https://dmh.mo.gov/>, 800-364-9687

Missouri Institute of Mental Health – Hosted by University of Missouri-St. Louis, MIMH strives to improve and transform mental and behavioral health outcomes through innovative research and program development, program evaluation, community outreach, and professional training.
<https://www.mimh.edu/>, 314-516-8400

National Alliance on Mental Illness St. Louis – NAMI offers a variety of free programs and information to promote and provide community support, education, advocacy and understanding for improving the quality of life of persons with severe and persistent mental illnesses and their families.
<http://www.namistl.org/>, 314-962-4670

National Council on Alcoholism and Drug Abuse St. Louis – Offers community-based programs typically free of charge such as town halls and coalitions. Provides professional training related to alcohol, tobacco, or drug abuse.
<http://ncada-stl.org/>, 314-962-3456

NATIONAL INITIATIVES

CDC-Kaiser ACE Study – This web resource explains the link between adverse childhood experiences and negative outcomes including impact on mental and behavioral health.
<http://www.cdc.gov/violenceprevention/acestudy/index.html>

CDC Mental Health Work – A compendium of all the CDC's recent work on mental health.
<http://www.cdc.gov/mentalhealth/mental-health-inf.htm>

Mental Health Channel – A web television channel showcasing short videos on a variety of mental and behavioral health topics at no charge.
<http://mentalhealthchannel.tv/>

Mental Health First Aid – A voluntary course that teaches how to identify, understand, and respond to signs of mental illnesses and substance use disorders.
<http://www.mentalhealthfirstaid.org/cs>, 202-684-7457

MentalHealth.gov – Offers tools for people to learn how to talk about mental health. Find tools for youth, parents and caregivers, faith leaders, friends, educators, and more.
<http://www.mentalhealth.gov/talk/>

PBS Documentary – *A New State of Mind: Ending the Stigma of Mental Illness*, exams the story of everyday people through their struggles, recovery, and resilience in the face of mental health challenges. Narrated by actress/ advocate Glenn Close.
<http://www.pbs.org/video/2365021031/>

SAMHSA – Substance Abuse and Mental Health Services Administration leads public health efforts to advance the behavioral health of the nation making substance use and mental illness information, services, and research more accessible to improve the quality and delivery of services.
<http://www.samhsa.gov/>, 877-726-4727

POLICY

Enforcing Mental Health Parity – This brief describes why, even five years after the *Mental Health Parity and Addiction Equity Act* took effect, access to equal benefits and qualified providers remains elusive for many insured.
<http://www.rwjf.org/en/library/research/2015/11/enforcing-mental-health-parity.html>

KEY RESEARCH

Blanch, A. K., Shern, D. L., & Steverman, S. M. (2014). *Toxic stress, behavioral health, and the next major era in public health*. Retrieved from Mental Health America Website:
<http://www.mentalhealthamerica.net/issues/toxic-stress-behavioral-health-and-next-major-era-public-health>

Chisholm, D., Sweeny, K., Sheehan, P., Rasmussen, B., Smit, F., Cuijpers, P., & Saxena, S. (2016). Scaling-up treatment of depression and anxiety: A global return. *The Lancet Psychiatry*, 3(5), 415-424. doi:
[http://dx.doi.org/10.1016/S2215-0366\(16\)30024-4](http://dx.doi.org/10.1016/S2215-0366(16)30024-4)

Kwan, B. M. & Nease Jr., D. E. (2013). The state of the evidence for integrated behavioral health in primary care. In M. R. Talen & A. Burke Valeras (Eds.), *Integrated behavioral health in primary care: Evaluating the evidence, identifying the essentials* (pp. 65-97). New York, NY: Springer.

McGough, P. M., Bauer, A. M., Collins, L., & Dugdale, D. C. (2016). Integrating behavioral health into primary care. *Population Health Management*, 19(2), 81-87. doi:
10.1089/pop.2015.0039

FUNDER'S RESOURCE

Feuer-Edwards, A., O'Brien, C., & O'Connor, S. (2016). *Trauma-informed philanthropy: A funder's resource guide for supporting trauma-informed practice in the Delaware Valley*. Retrieved from Philanthropy Network of Greater Philadelphia Website: <http://www.philanthropynetwork.org/news/313511/Generocity-Be-a-more-empathetic-funder-with-this-guide-to-trauma-informed-philanthropy.htm>

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