

DONATIONS MAKE A DIFFERENCE

Your generous contributions are an invaluable investment in the future of the adults and children that we serve at Vera French. Less than 50% of our funding comes from government sources. Support from the community allows us to provide quality mental health services that build a foundation for success for those suffering from mental illness.

Your donations assist in supporting many of the programs at Vera French like the School Based Services Program, summer camp for kids programs, the Client Needs Emergency Fund, Ricks' House of Hope and Vera French Housing which provides a decent, affordable, safe place to call home for our clients.

Donations are always welcome and tax-deductible. Visit www.verafrenchmhc.org to make a donation and a difference in the lives of those we serve.

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VERA FRENCH

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VF VERA FRENCH **Forward**

School-Based Therapy heads to junior and senior high schools

One of the biggest success stories at Vera French is the number of children who have been helped through the School-Based Therapy Program. This program was developed for children to provide better access to mental health services by placing licensed therapists in the schools.

The results have been positive with over 90% of children in the program showing a decline in symptoms.

Presently the program has been in the elementary schools in all four Scott County school districts and the alternative high school in Davenport. Children in the program have only been able to continue therapy after elementary school by seeing a therapist at a clinic for an appointment. Statistically these children do not receive treatment and have a high no-show rate for appointments in a clinical setting.



It is our goal and the request of the school districts to grow this program along with the children by following them throughout their educational careers in accordance with their needs. This will require additional therapists and program expansion into the Junior and Senior High Schools. By providing therapists in these schools on a daily basis these children are assured access to needed treatment, intervention and a chance for a positive future.

We could not expand the Program without the support of the community. Grants from the Hubbell-Waterman Foundation, the Riverboat Development Authority, The Amy Helpenstell Foundation and private donations help make this program possible. To learn more or to support the program with a donation, visit the Vera French website at verafrenchmhc.org.



Rick's House of Hope is now another vital program offered by the Vera French Community Mental Health Center.

Rick's House of Hope has been the regional center for grieving and traumatized youth for the past 16 years offering hope and guidance to children experiencing grief, loss or trauma issues. As a program of the Vera French Community Mental Health Center, Rick's House of Hope will enhance our mission to provide quality, accessible and comprehensive care to the children we serve in our community.

The Director of Rick's House of Hope, Emily Gordon, has joined the Vera French team and now leads the children's group therapy programs along with continuing Camp Good Grief, the summer day camp for youth who have suffered a loss, Rollercoaster Camp for youth coping with family change, support groups for children of all ages and developmental levels, special holiday events for coping with that time of year, and crisis debriefing for traumatic situations involving children.

Donations to support the Rick's House of Hope program can now be made to the Vera French Foundation and will continue to support the grieving and traumatized children served by the program.

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Find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the Vera French Foundation!

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VERA FRENCH FOUNDATION!

SHOP TODAY!



BE BRAVE!

You can now support Vera French fashionably! Help us fight the stigma associated with mental illness with a bravelet! \$10 of your purchase will go to Vera French! **Come on "Be Brave"!!**

Search for Vera French on the bravelets website www.bravelets.com.

Vera French is thrilled to announce the addition of Henry F. Emerle, MD, as part of the Vera French Community Mental Health Center team. Dr. Emerle moved to the Quad Cities from Ann Arbor, Michigan and began practicing at Vera French in July. Dr. Emerle specializes in geriatric psychiatry and will work along with Dr. Pisipati on psychiatric and mental health disorders affecting the elderly, promoting healthy aging strategies, and assisting Vera French to increase access to quality mental health care for the elderly.

MARK YOUR CALENDAR! FEBRUARY 15 - 20, 2016



THROUGH
MY EYES
A NEW WAY TO LOOK AT
MENTAL ILLNESS

With the rash of negative national headlines on mental illness and suicides, the Vera French Foundation continues its work to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center.

In February, the Foundation will once again hold the annual week of activities called "Through My Eyes" to promote awareness, help to remove the stigma associated with mental illness, fundraise for the extremely important programs offered by Vera French, and offer a new way of *looking* at mental illness.

The week will be held February 15 - 20, 2016 and will include motivational speakers, educational workshops and entertaining activities. Motivational speakers will include the author of *Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery*, Bethany Yeiser and her mom, Karen Yeiser, author of *Flight from Reason A Mother's Story of Schizophrenia, Recovery and Hope* on February 17th at 7:00 p.m. in the Bettendorf High School Performing Arts Center.

The keynote speech, held on February 20, 2016 at 7:00 p.m. in the Bettendorf High School Performing Arts Center, will be presented by motivational speaker J.R. Martinez. Mr. Martinez is an actor, bestselling author, motivational speaker, advocate, and wounded U.S. Army veteran. But perhaps most significantly, he is an inspiration. He travels the world spreading his message of resilience and optimism. He devotes himself to showing others the true value of making the most of every situation. His story is unique, but his message is universal: your path in life is decided by your own ability to adapt and overcome.



All My Children cast member and winner of Season 13 Dancing with the Stars.

Other activities will round out the week so watch for more details on our website www.verafrenchmhc.org or LIKE the Vera French Foundation on Facebook. See you in February!