

# FOUNDATION BOARD OF DIRECTORS

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## MESSAGING FOR MENTAL HEALTH

The Foundation Board would like to share key messaging about Vera French and mental health. We love being able to educate the community on an issue that is the core of our organization.

1. Mental illness impacts nearly **EVERYONE** you know.
2. In the U.S., **1 in 5** individuals will personally experience a mental illness.
3. At Vera French, we serve **over 10,000 clients** each year through a variety of services to make an impact on the quality of people's lives.
4. Mental health reflects the **overall wellness of a community**.
5. Mental health makes a community **LIVABLE**.

## DON'T FORGET TO SUPPORT VERA FRENCH FOUNDATION

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# FOUNDATION FORWARD

## FALL 2018

### FOUNDATION MISSION

The Vera French Foundation supports the mental health of our community by inspiring compassionate awareness and generous giving.



## Client Success: Intensive Psychiatric Rehabilitation

We recently sent a survey to our Vera French community, and an overwhelming majority of you said you wanted to hear more client success stories. Because of your response, we didn't think there was a better way we could start this fall issue than with this story.

Each year, Vera French serves over 10,000 individuals through a number of different programs and services. One of those programs is Intensive Psychiatric Rehabilitation (IPR). IPR serves adults with chronic mental illness to assist in "Choosing, Getting, and Keeping" a life changing goal in their "Living, Learning, Working, or Social" environments.

The program can last up to 12-24 months and includes weekly group skill building and one-on-one sessions. Chad Hergert, IPR Program Director, explains, "IPR gives clients the dignity of trying out new things or choices in their life that might initially end in failure, but it gives the chance to explore this for themselves."

Peggy is a Vera French client that recently completed the IPR program. When we asked about her success in the program, here is what she shared with us:

### Can you tell us a bit about yourself and your journey with mental health?

I was diagnosed in 2000 with Bipolar Mixed Disorder. This is after being depressed all my life (deep, dark depression) mixed with manic episodes (excessive shopping) causing despair. I was put on many bipolar medications, but none of them controlled my mood successfully. By 2012, I was hospitalized again for being manic, paranoid, hallucinations, voices. You name it, I was having it. There was talk of electroconvulsive therapy since meds were not working. Through a thorough history and current symptoms, I was diagnosed as paranoid schizophrenic. Put on anti-psychotic medications, I responded at once. 2012 was my last hospitalization. From then, I have been homeless, in a nursing home, and in Pine Knoll (Vera French's former residential care facility) for six months.

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# VF STRATEGIC PLAN

Recently, Vera French completed its five-year strategic vision for the next three years. The overall strategic vision was the following:

**Vera French (CMHC, Housing, and Foundation) stands independent as a unified Center of Excellence. Our established cornerstones of excellence are as follows:**

1. VF services are evidence-based and consistent with our mission
2. VF infrastructure solidly supports our priorities
3. VF attracts, develops and retains excellent staff
4. VF leads the Region in behavioral healthcare
5. VF achieves and maintains financial stability and long-term sustainability

Another main tenet of this strategic vision is that Vera French will lead as a standalone Community Mental Health Center in Scott County while partnering with community and regional providers who are also committed to excellence in care.

In 2018, we have already implemented several measures to draw us closer to the objectives stated above. In order to develop, attract, and retain excellent staff, Vera French began a loan reimbursement and tuition repayment program for staff members.

Rich Whitaker, Vera French CEO, is committed to seeking out community partnerships that benefit the mental health of our community. Last year, we partnered with Mike Mickle and Mickle Communications to promote the "We All Have Stuff" campaign to area youth in local schools. The message was simple but powerful. The more we openly discuss mental health, the more we realize that "We All Have Stuff."

We have worked tirelessly on our infrastructure in the last year for both staff and clients. Additionally, we are currently in process on improving our electronic health record system to better track outcomes on programs that are truly making a difference for the individuals we serve.

## Client Success

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**What were one of the first goals you set for yourself? How did you stay motivated to complete that goal?**

My first goal was to live independently. On September 1, 2016, I left Pine Knoll and went to an apartment. I started going to the Carol Center for socialization. I felt better and kept on my medications and was able to see a bright future.

**How did Vera French help you achieve your goals?**

In June of 2017 I found IPR, feeling ready for the next step, something different. IPR was just the thing I needed. I learned about my values, preferences and interest. The more I learned and worked the IPR process, the more I knew what I wanted. I wanted to go back to work part-time. I went from readiness assessment to goal choosing with a desire to work.

**What is the thing you are most excited about for your future?**

I'm most excited with the thought of working within my grasp. Being a former nurse, I need to be back with patients, to nurture them. In June of 2018, I completed a 60 CEU contact hours on dialysis and passed. I received my nursing license back in August of this year. My resume has been updated. I'm close to my goal of being a nurse again.



**VF** VERA FRENCH

SATURDAY, OCTOBER 27TH  
6:00 - 9:00 PM  
THE OUTING CLUB  
DAVENPORT, IA

The 2018 Vera French Foundation No Speaker Gala will showcase music, activities, an auction, and inspiring stories for those who attend the event on October 27 at The Outing Club in Davenport, IA.

A cocktail hour kicks off at 6:00 p.m., followed by dinner and dessert. You will also have the opportunity to hear Vera French client success stories, followed by learning about opportunities to support the many services offered at Vera French. We will also honor our 2018 Friend of Vera French award recipients.

Once dinner concludes, mix, mingle, and play various fundraising activities set up around the room. This is an evening you will not want to miss as you participate in the Foundation's mission of supporting the mental health of this community by inspiring compassionate awareness and generous giving.

Dress is Black Tie Optional.

We are excited to honor our 2018 Friend of Vera French Recipients:



Dr. Richard and Judy Kreiter

WE HOPE TO SEE  
**YOU THERE!**

THANK YOU  
to our Title Sponsor



Get your tickets today at: [verafrenchmhc.org/gala](http://verafrenchmhc.org/gala)

## Mark Your Calendars

- October 10th - World Mental Health Day
- October 27th - Vera French Foundation Gala
- November 27th - Giving Tuesday

