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## DID YOU KNOW?

**Are you 70 ½ or older with an Individual Retirement Account (IRA)?**

Did you know you can donate your annual Required Minimum Distribution (RMD) to the Vera French Foundation to assist in creating a mentally well Quad Cities?

Talk to your accountant and financial advisor for additional information. And, feel free to call Nathan Sondgeroth at (563) 888-6257 for details on the Vera French programs and services you could support with this unique type of gift!

## It's almost that time again... BIRDIES FOR CHARITY 2019!

Support the Vera French Foundation (**Bird #187**) by making a donation or downloading a pledge form at [birdiesforcharity.com](http://birdiesforcharity.com).



**The John Deere Classic is July 8-14, 2019.  
Pledges are due July 12, 2019.**

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[www.verafrenchmhc.org](http://www.verafrenchmhc.org)



VERA FRENCH



# FOUNDATION FORWARD SPRING 2019

## FOUNDATION MISSION

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



# THURSDAY, MAY 9TH

## River Bandits vs. Great Lakes Loons

Doors open 5:30 p.m. Game starts at 6:35 p.m.

The Vera French Foundation is excited to invite you to the first ever Mental Health Awareness Night at the River Bandits game on **Thursday, May 9th** at Modern Woodmen Park.

May is Mental Health Month, and we are excited to add this event to our month of awareness. At the game, players will be wearing special jerseys that will be auctioned during the

game with the proceeds going to Vera French. Come out to the ballpark on May 9th to show your support for mental health!

To ensure Vera French receives 50% of ticket sales, buy tickets on the River Bandits website and use

**SPECIAL OFFER CODE: VFF**

Read more about May 9th on page 3...

## A NOTE FROM THE FOUNDATION EXECUTIVE DIRECTOR

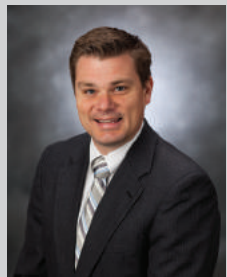
Dear Friends of Vera French,

Happy Spring! After a long, long winter, I am so happy to be writing to you in this spring issue. I am proud to be at the Vera French Foundation because of the vital mental health services Vera French provides. It is an honor to help continue the Foundation's legacy of fostering compassionate awareness of mental illness in our community and inspiring generous giving to support those walking the path of recovery.

In 2019 and beyond, I am grateful for any opportunity to meet in person with a Vera French supporter to hear **YOUR** story. It is my goal to understand your passion for this organization, your dedication to the services it offers, and the ways mental health may have impacted you and those you love. If you would be willing to get together for coffee and conversation, please do not hesitate to email me at [sondgerothn@verafrenchmhc.org](mailto:sondgerothn@verafrenchmhc.org) or call me at (563) 888-6257.

With spring also comes the talk of Birdies for Charity. **Please consider a gift to the Vera French Foundation Bird Number which is #187.** Our staff is happy to assist you in setting up that donation or answering any questions you may have regarding this Quad Cities tradition.

**Nathan Sondgeroth, JD started as Foundation Executive Director on November 19, 2018**



**Nathan Sondgeroth, JD**  
Foundation Executive Director

Nathan has long standing ties to the Quad Cities community. Originally from a farm in Mendota, IL, he graduated from Augustana College where he earned degrees in economics and geography. Following his time at Augustana, Nathan received his law degree from the University of Iowa College of Law and became a member of both the Iowa and Illinois Bar Associations.

After practicing law in Davenport, Nathan began a career in nonprofit management which began with his work in economic development at DavenportOne and culminated in his successful leadership of the Clinton Area Chamber of Commerce as the organization's President and CEO. For the last two years, Nathan served as the Vice President of Gift Planning Services at the Trinity Health Foundation located in Rock Island, IL. He is married to Jennifer, a speech pathologist, and the couple has two children.

## New Solution for At-Risk Juvenile Offenders and Their Families

Vera French Community Mental Health Center is bringing highly acclaimed Multisystemic Therapy (MST) to the Quad Cities.

MST operates in 34 states; however, Vera French's MST team will be the first in the state of Iowa. With start-up funding from Hubbell Waterman Foundation, Scott County Regional Authority, Regional

Development Authority, and Genesis Philanthropy, this team will deliver world-class outcomes through MST for up to 60 high-risk youth and their families per year in the Quad Cities.

The program's goal is to achieve long-term reductions in youth criminal activity, substance abuse, and anti-social behavior through home-based treatment.



At a Community Stakeholder Presentation on March 19th, guest presenter Dr. Melanie Duncan, Ph.D., Director of Development, MST Services answered questions and provided an overview of MST as an evidence-based treatment solution.



## Are you looking for a Continuing Education opportunity?

Join us for the fifth annual Through My Eyes - A New Way to Look at Mental Illness. Vera French is hosting a professional conference on Thursday, May 9th at Modern Woodmen Park starting at 9:00 a.m.

The conference will feature Derek Ball, Ph.D., Senior Therapist at Marriage and Family Counseling, who will speak to "The Breakdown of a Family System Resulting in a Child in Crisis." After lunch, internationally recognized expert on school crisis, bullying prevention, youth violence, suicide intervention, self-injury, school safety and threat assessment, Scott Poland, Ed.D. will educate attendees on "Schools and Youth Suicide: Contemporary Issues in Prevention, Intervention, and Postvention." We hope you will join us for the conference and stay for Mental Health Awareness Night.

## Schedule of Events:

Registration  
9:00 - 9:30 a.m.

Derek Ball, Ph.D.  
9:30 a.m. - 12:00 p.m.

Lunch Provided  
12:00 - 1:15 p.m.

Scott Poland, Ed.D.  
1:15 - 3:30 p.m.

To claim your Continuing Education (CEs), attendees should register through Genesis Health System at [www.genesishealth.com/cme](http://www.genesishealth.com/cme)

The cost of the conference is \$40.00, and payment can be made on the Vera French website at [verafrenchmhc.org/TME](http://verafrenchmhc.org/TME)

## THANK YOU to our Early Bird Sponsors!



Dr. Richard and Judy Kreiter