

SSM Health stabilizes, supports, and strengthens our communities through improved

Community Health



Healthy communities aren't built simply by meeting a patient's immediate health care needs. They're built by treating the underlying issues that contribute to health — access to healthy food, connections to stable housing and job opportunities, transportation to doctor's appointments, and a network of innovative behavioral health programs.

Health care needs extend outside the four walls of SSM Health hospitals. They are in the neighborhoods where we live, work, and play. They are in the schools where we receive an education. When these needs are met, individuals are happier and healthier, contributing to stronger communities.

Your support can help us:

- **Stabilize** the worry and anxiety in our homes with innovative behavioral health care programs.
- **Support** the daily experience of individuals through community health initiatives.
- **Strengthen** our community and caregivers through education connections and programs.

Taking care of our community as a whole is what the community health program at SSM Health is all about.



SSMHealth®

Foundation
ST. LOUIS

Our History and Mission

The Mission of the SSM Health Foundation - St. Louis is rooted in a rich legacy of courage. For nearly 150 years, SSM Health has been helping those in need get 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 St. Louis, St. Charles, Metro East, and Jefferson County regions.

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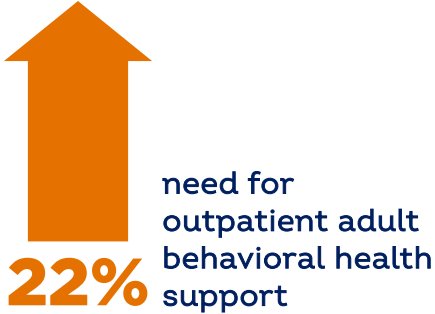
Stabilize: behavioral health

The why:

A recent St. Louis County Department of Health mental health report shows that **visits to emergency rooms for mental health issues have increased by more than 40% in the St. Louis area** in the past decade. This increased need combined with a lack of viable treatment options has caused emergency rooms to be erroneously used for behavioral health care needs. Now, emergency room staff's time is divided between behavioral health concerns and incoming physical trauma, and the division taxes our nurses, physicians, and support staff.

The need:

Over half of adults in the U.S. with a mental illness do not receive treatment. We're committed to the build out of the SSM Health Behavioral Health Urgent Care and long-acting injectibles clinics to serve vulnerable populations in the greater St. Louis community.



Support: community health

The why:

The care delivered by doctors and nurses accounts for only 20% of a person's overall wellness, which is why SSM Health strives to treat the whole patient. If you aren't addressing social determinants of health, a domino effect begins that topples the physical well-being of individuals and communities.

If a mother of three doesn't have access to reliable transportation, she's unable to get to her job on time and will miss out on a paycheck, which leads to her being unable to pay for healthy groceries for her young kids, and over time, poor nutrition can lead to health problems, like diabetes or malnutrition.

The need:

Confronting and overcoming the underlying causes of health issues for the underserved in our communities extends outside the four walls of our hospitals. It's in the homes and neighborhoods of our patients.

We support the day-to-day health of our community through our internal medicine clinic for low-income patients at SSM Health St. Mary's Hospital - St. Louis. We provide access to healthy food through an on-site food pantry at SSM Health DePaul Hospital - St. Louis. We connect pregnant and postpartum women with comprehensive, high-risk maternity care; screenings for behavioral health conditions; regular peer support groups; and case management through the St. Mary's Hospital WISH Center.

Through these programs and more, SSM Health is seeking to make a lasting difference in the lives of the people in our region by growing resources, systems, and processes that our communities can rely on.



Our patient-centered, high-impact community health programs address the underlying causes that contribute to health in our communities. These programs stabilize, support, and strengthen individuals, the social determinants of health care, and our region's ecosystem. Your support means we can help improve holistic health and wellness in our region.

Our community needs us to do more outside of the traditional health care settings. Our loved ones, friends, and neighbors need our help to improve the other forces that affect holistic wellness. Be the light that illuminates a path toward healthier communities.

Give today at
givetossmhealth.org



Strengthen: continuing education and training

The why:

Making sure our community members — whether it's our neighbors or our health care workers — have what they need to be successful in their lives and their careers is a priority for SSM Health. When a person has access to the training and resources they need to prosper, they also have a clear path to meeting their health care needs.

The need:

Like many cities during the peak of COVID-19, St. Louis experienced high unemployment rates, including long-term nursing shortages and staffing challenges within our own SSM Health hospitals. The demands for professionals in care services, customer service industries, and more are still not being met.

By creating resources to help our neighbors grow in their professions and access additional skillsets, we help them get connected with certifications and advanced training they may not have had access to previously. For our health care workers, we help them pursue degree programs, certifications, and simulation training, like the obstetrical emergency hemorrhage simulation which helped save a patient's life in a dire moment, to broaden our care teams' skillset and provide the highest quality care for our patients.

Resources:

Mental Health in America, Sg2 Behavioral Health Snapshot 2021, Missouri Hospital Association March 2021, Feeding America, Federal Reserve Bank of St. Louis