

Provident Behavioral Health commits to providing accessible, exceptional behavioral health to all individuals, with an emphasis on two priority populations: youth and older adults.

## YOUTH

More than 2 in 5 high school students reported feeling sad or hopeless in 2023.

In Missouri, 1 in 6 youth experienced a mental health concern each year, with 11% of Missouri children experiencing anxiety or depression disorders in 2022.

Social issues among students, including peer relationships and self-esteem issues, ranked highly among middle school students in local behavioral health community needs assessments. Youth in St. Louis face toxic stress from many sources, including poverty and racial stress.

Provident's team of therapists provide services to youth in schools, our offices, and via telehealth. Clinicians specialize in youth concerns, such as grief, trauma, anxiety, and depression.

Five psychiatric mental health nurse practitioners collaborate with our therapists to provide medication management when needed. Youth aged 5+ may receive these services.

Behavioral health intervention specialists co-locate in school settings, providing real-time support and care coordination. Individual and group services are available.

## OLDER ADULTS

Mental health concerns often correlate with the risk of suicide in older adults. In 2023, people age 65 and older made up only 16.8% of the total population, but accounted for 22% of the identified suicide deaths.

51% of older adults in St. Louis reported in 2019 that mental health counseling and treatment are unaffordable and therefore inaccessible.

Isolation, loneliness, and grief rank among the top concerns of older adults.

Provident is a 988 Crisis Center, providing telephonic crisis support at no cost, 24 hours a day. Provident is the sole backup center for state of Missouri 988 callers.

Provident co-locates in older adult residential communities to provide accessible on-site therapy and support to deliver no-cost individual counseling and group support to older adults and their caregivers.

TeleHope offers ongoing compassionate phone calls to individuals age 55+ to address loneliness, isolation, depression, anxiety and suicidal ideation.

### 2024–2028 Strategic Plan: Access to Services

Provident Behavioral Health aims to create universal access to high-quality behavioral health services, especially for those most in need. We will do this by making inclusive care accessible for even more youth, adults, and older adults seeking behavioral health supports.

#### Expand Access to Behavioral Health for Older Adults 55+ and for Youth ≤19

- Actively recruit, retain and expand our clinician base
- Continually evaluate and execute innovative service delivery models
- Promote our accessible services to the community
- Engage community partners and ambassadors

#### Serving the Underserved

- Youth, adults, and older adults at risk of or experiencing mental illness or risk of suicide
- Individuals with geographical, stigma, transportation, and other barriers to care
- Individuals with financial barriers or insufficient insurance

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## 2024 Profile



*"I want to give a shout-out to one of your crisis counselors. He really got me through some stuff tonight...saved my life."*

*"I wish to thank my counselor for the time we have spent together. Through our sessions, I have gained a better understanding of who I am as an individual as well as a better-minded understanding of my surroundings. Also, the amount of grace and understanding she provides has allowed me to express myself without fear of being judged."*

*"Your thoughtfulness will not be forgotten by those of us you help daily."*

*"I am so grateful to have a psychiatric nurse practitioner who understands me and respects me and makes me feel heard instead of like my problems are nothing and I don't matter...I am grateful beyond grateful to have someone who can help me who actually intends on helping me and wants to help me."*

*"Provident is impacting me in a positive way mentally."*

*"Not only did my therapist provide mindfulness practice and good insight, I was challenged to think differently and I feel as though I will be able to learn and grow."*

*"I was and still am grieving the loss of my grandmother and my clinician has helped me discover ways of settling myself when I become overwhelmed."*

## Who We Serve, and How



**Children 2-12**  
Counseling<sup>1</sup>  
Psychiatric Services  
Behavioral Health Intervention  
Social Skills Groups  
Community Education  
Access Center  
Office | Schools | Telehealth



**Adolescents 13-19**  
Counseling<sup>1</sup>  
Psychiatric Services  
Behavioral Health Intervention  
988 Crisis Services  
Community Education  
Access Center  
Office | Schools | Telehealth | Telephone



**Adults 20-54**  
Counseling<sup>1,2</sup>  
Psychiatric Services  
Survivors of Suicide Support Groups  
Clergy Support Groups  
988 Crisis Services  
Community Education  
Access Center  
Office | Community Telehealth | Telephone



**Older Adults 55+**  
Counseling<sup>1,2</sup>  
Psychiatric Services  
Survivors of Suicide Groups  
Clergy Support Groups  
988 Crisis Services  
Community Education  
Access Center  
Grief Support Groups  
TeleHope | Telephone

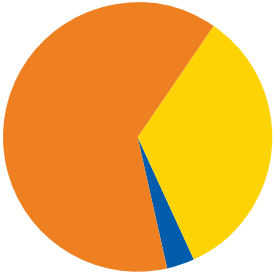
<sup>1</sup>Individual and Family  
<sup>2</sup>Couples

### Clients Served by Annual Household Income when disclosed



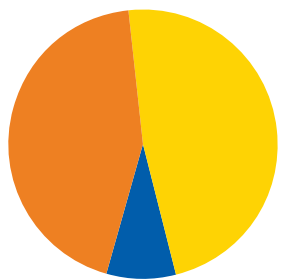
34% <\$30,000  
20% \$30,000-\$49,000  
46% >\$50,000

### Clients Served by Gender Identity



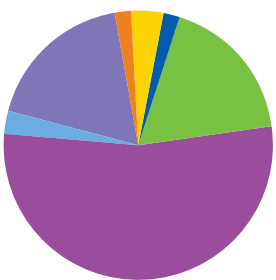
63% Female  
34% Male  
3% Other

### Clients Served by Age



44% Youth 2-19  
48% Adults 20-54  
8% Older Adults 55+

### Clients Served by Race



2% Asian  
4% Bi-Racial  
2% Hispanic/Latinx  
18% Black/African American  
53% White/Caucasian  
3% Other/Decline  
18% Unknown



At Provident Behavioral Health, we believe in exceptional care for everyone, following our mission of *Building brighter futures through exceptional behavioral health care, especially for those who need it most.* In June 2023, Care and Counseling, an agency with a mission of providing equitable, inclusive behavioral health care, joined Provident. We are pleased to continue the legacy of this critical community resource.



## Message From Our Leadership



When I think about the remarkable challenges we have all faced over the past decade, it is no wonder many people in our community feel overwhelmed, isolated, and fearful.

Many of us have heard Mr. Rogers' famous line "Look for the helpers". This wonderfully simple message resonates still, and I'm proud to lead one of the premier helpers in our community. Provident helps people of all ages and walks of life, and we do so in ways that ensure accessibility to anyone. Our counseling, crisis services, psychiatric services, community, school, and residential-based behavioral health care options are available for anyone in need, and especially for those who may otherwise have barriers. Guiding people to helpful and hopeful paths is a specialty at Provident.

Eight years of working with exemplary staff, Board, and Advisory Council members only strengthens my resolve to play an important part in not only the health and well-being of the individuals we serve but in the health and well-being of the St. Louis community.

*Kevin Drollinger*

**Kevin Drollinger**  
President and Executive Director



Provident Behavioral Health is a special place.

This community-based organization that has served St. Louis for 164 years has certainly evolved to meet the most contemporary needs of the community. A newly crafted strategic plan created by our Board, Advisory Council, and staff outlines how we sharpened the pencil once again, underscoring the significant need for high-quality, accessible behavioral health services. As we continue to serve people of all ages, we will prioritize our youth and our older adults. Both demographics come with their own set of challenges, but Provident has the will to do what we do best: offer a comprehensive menu of behavioral health services; place our clinicians in accessible settings; listen to and care for those in crisis; and welcome all people in need. The specialized care we offer can make a profound impact on the lives of the people we serve. What a wonderful and important resource Provident is for the community. We boast a smart, strong, and engaged Board of Directors and Advisory Council. Collectively with our exceptional staff, we are thrilled to be part of the solution.

*Marianne Fournie*

**Marianne Fournie, RN**  
Board Chair

### OUR MISSION

Building brighter futures through exceptional behavioral health services, especially for those with the greatest need.

### OUR VALUES

#### Accessibility:

We aim to provide access to quality behavioral health care to all, including underserved populations.

#### Integrity:

We are ethical, respectful, and accountable to all that we serve, including internal and external customers.

#### Inclusivity:

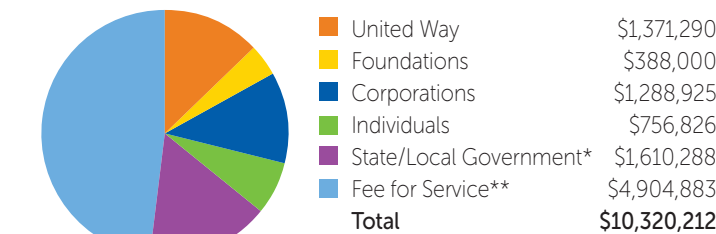
We commit to creating a sense of belonging as we welcome, recognize, and honor all people at all times.

## 2023 Financial Statement

Provident Behavioral Health and Mary Ryder Home joined in 2019 with shared governance and leadership. Each entity retained their original 501c3 and have separate financial data.

### Provident Unaudited financials

#### 2023 Revenues



\*Children's Service Fund \$1,335,183  
ARCHS \$495,230  
St. Louis Mental Health Board \$25,000  
\*\*MO-DMH and Vibrant

#### 2023 Expenses



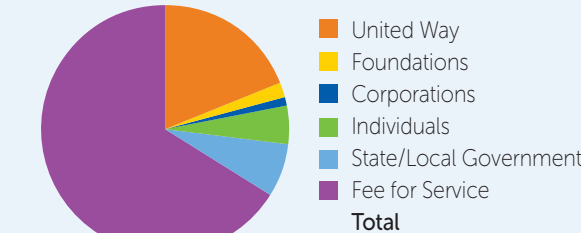
Operating Surplus \$1,470,967  
Investment Gain (Loss) in Excess of Amounts Designated for Operations \$196,956  
Loss on Disposal of Fixed Assets \$0  
Total Beginning Net Assets \$3,540,570  
Total Ending Net Assets \$5,208,493  
Change in Net Assets \$1,667,923

Financial information is based on unrestricted net assets without donor restrictions.

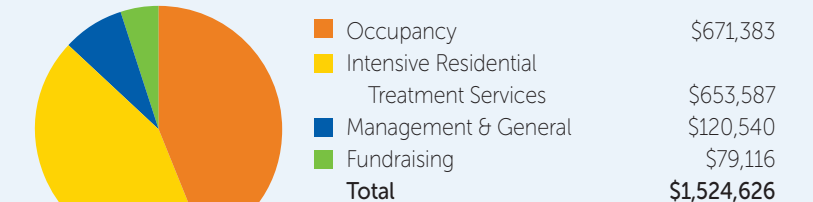


### Mary Ryder Home Unaudited financials

#### 2023 Revenues



#### 2023 Expenses



Operating Surplus \$156,141  
Investment Gain (Loss) in Excess of Amounts Designated for Operations \$0  
Loss on Disposal of Fixed Assets \$0  
Total Beginning Net Assets \$1,601,661  
Total Ending Net Assets \$1,757,802  
Change in Net Assets \$156,141

Financial information is based on unrestricted net assets without donor restrictions.

