

The WAY Begins with...Healthy People

Both physical and mental health are essential for a person's overall well-being.

Staying physically healthy includes eating well, staying active and getting regular preventive health checks. However, food insecurity, lack of organized fitness programs and limited access to healthcare can be barriers to maintaining good health.

In Andrew, Buchanan, and Doniphan counties:

- Over 13% of the population live with food insecurity.
- When surveyed, more than 30% of local respondents said they have delayed healthcare due to cost and/or lack of health insurance.

Daily stress, unexpected life events, emotional distress and chronic mental health conditions can impact an individual's quality of life. Mental and behavioral health services for both children and adults are not always easily accessible, even for individuals and families with health insurance. United Way Partner Agencies are working to ensure that care can be accessed. In 2022, over 5,000 adults and children received mental health services provided by United Way Partner Agencies.

Through the United Way network, donors invest in agencies that provide access to healthcare services, regardless of ability to pay. Services include healthy living programs, specialized pediatric care, prescription assistance, adult and children health services and so much more.

United Way Partner Agencies & Programs Creating The WAY to support...Healthy People.

United Way Agencies & Programs:

Children's Mercy St. Joseph

- Provides holistic care, translational research and breakthrough innovation to support the health and wellbeing of children.
- Clinic at Mosaic Life Care that includes:
 - Cardiology
 - Endocrinology
 - Diabetes
 - Telemedicine
- Provides NICU support at Mosaic Life Care.

Family Guidance Center for Behavioral Healthcare

- Adult Mental Health Services – Mental health services for adults with persistent mental illness who are experiencing disruption in functioning as a result of disabling symptoms of the illness.
- Children and Youth Services – Individualized services based on the need of the child, youth and family to assist with emotional disturbances, mental illness or substance use disorders.
- Substance Use Disorder Services – An array of substance abuse treatment services for adults including medication assisted treatment, individualized outpatient services, group education/therapy, individual education/therapy, family therapy, co-occurring counseling services, co-dependency counseling, case offender services, drug court services, trauma focused therapy, transportation services and gambling addiction treatment.
- Behavioral Health Urgent Care Clinic serving children ages 5+.

InterServ

- Youth program – Programs that support youth in the areas of academics, relationships and health through building healthy relationships with adults, receiving a nutritious meal, tutoring and homework assistance, weightlifting and being part of a community.
- In-Home and Professional Medical Services – Provides caregiver services to seniors and persons with disabilities who want to remain living in their own home.
- Senior Nutrition – Daily meals for seniors delivered to the home through Mobile Meals or served in a congregate setting.

Samaritan Counseling Center, Inc.

- Outpatient mental health services to anyone in the community including mental health assessments, diagnosis and treatment, professional counseling, medication management, faith-based collaborative care, substance abuse treatment and autism testing.

SingleCare Prescription Assistance

- A prescription discount card that is free to anyone and can be used as often as needed.

United Cerebral Palsy of Northwest Missouri

- Provides early intervention services, employment and life skills training to individuals with disabilities to enhance their independence and quality of life.
- Provides pediatric physical, occupational and speech therapy.

YMCA

- Youth Development Programs that include:
 - Youth sports including t-ball, basketball and flag football
- Multiple healthy living programs that include:
 - Group exercise classes
 - Personal training
 - LIVESTRONG program for cancer survivors

Sources: 2022 MLC Community Health Needs Assessment; Centers for Disease Control and Prevention

THE WAY
BEGINS WITH



Healthy People



Some of the ways
donors improved lives
through the United Way
network last year...



- 455 senior adults received nutritious meals to help maintain health.
- 5,011 adults and children received needed mental health services.
- 4,320 children received specialized pediatric care.

United Way Partner Agencies & Initiatives Supporting Healthy People



InterServ
Faithfully Serving People



FAMILY GUIDANCE CENTER
for behavioral healthcare



Children's Mercy



UCP
United Cerebral Palsy
of Northwest Missouri
Life without limits for people with disabilities

SingleCare Prescription Assistance



When you give, you invest in supporting

Healthy People

#TheWAYBeginsWithYou

United Way
of Greater St. Joseph



#JoinUnitedWayAndGiveToday



United Way & Imagine St. Joseph 2040

United Way of Greater St. Joseph and the St. Joseph Chamber of Commerce engaged more than 1,000 residents in 2018 to draft a plan for the future of St. Joseph which is known today as Imagine St. Joseph 2040. The outcome of this effort has led us to a plan with the focus of Invest in People, Create a Better Place and Grow Prosperity. The plan itself is action oriented, builds on our community's strong history of working together and aligns us around ambitious, yet achievable goals that will make St. Joseph a place that people want to be a part of. To work together and start achieving ambitious goals the residents of the region need to feel good- mentally and physically. Healthy people are key to being able to work the plan and improve our community.

Funds raised during the 2023 Campaign will support United Way Partner Agencies and Initiatives that provide resources and services to people in Northwest Missouri and Northeast Kansas in 2024.

United Way of Greater St. Joseph is a non-profit agency that improves lives in the areas of education, health and financial stability by harnessing the caring power of community. United Way supports 17 local Partner Agencies and operates seven Initiatives. You can LIVE UNITED by giving, advocating and volunteering. To learn more, visit stjosephunitedway.org and follow @UnitedWayStJoe on Facebook, Instagram, Twitter, LinkedIn, and YouTube.