

OUR MISSION

Our mission is to provide all the services and resources a person with a serious and persistent mental illness needs, to manage their symptoms, find belonging and purpose, and gain the independence to live a healthy, quality life.



Donate Online Now at
IndependenceCenter.org

4245 Forest Park Avenue
St. Louis, MO 63108
314.533.4245

For General Information,
call our Clubhouse
314.533.4245

For Donation information,
call our Development Office
314.880.5402

If you or a family member need services,
call our Welcome Center
314.533.4163

FORWARD THINKING CARE FOR PEOPLE WITH MENTAL ILLNESS



WHO WE ARE

Independence Center is an active, forward-thinking nonprofit organization that helps people with chronic mental illness live healthy, happy, quality lives. We provide a strong network of support to help our members, wherever they are on their journey to independence.

We give them a place to belong, where they know they are wanted and needed. We provide psychiatric care and counseling, community support, coordination of care between medical providers, an opportunity to gain work skills with a path to meaningful employment, and housing.

With our support, members come to realize their value. They see that they can manage their illness, they are more than their diagnosis, and they are not limited in what they can accomplish.

OUR MISSION

To provide all the services and resources a person with a chronic mental illness needs, to manage their symptoms, find belonging and purpose, and gain the independence to live a healthy, quality life.



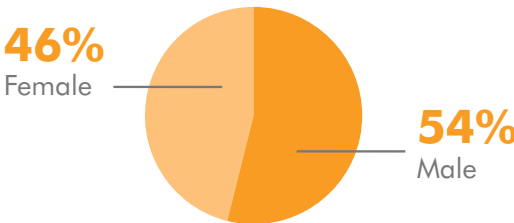
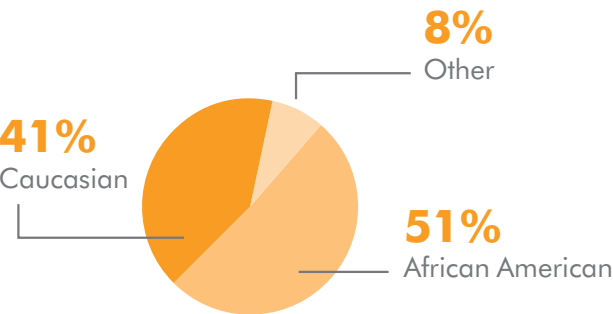
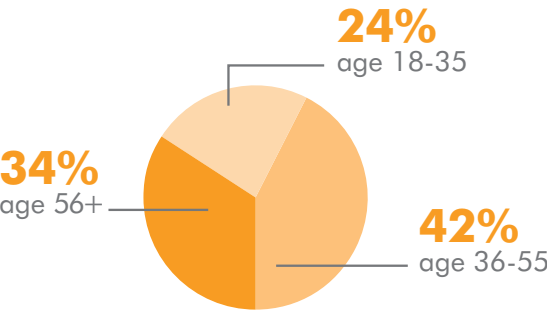
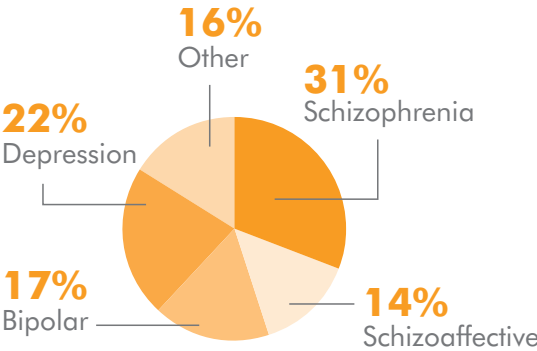
OUR PROMISE

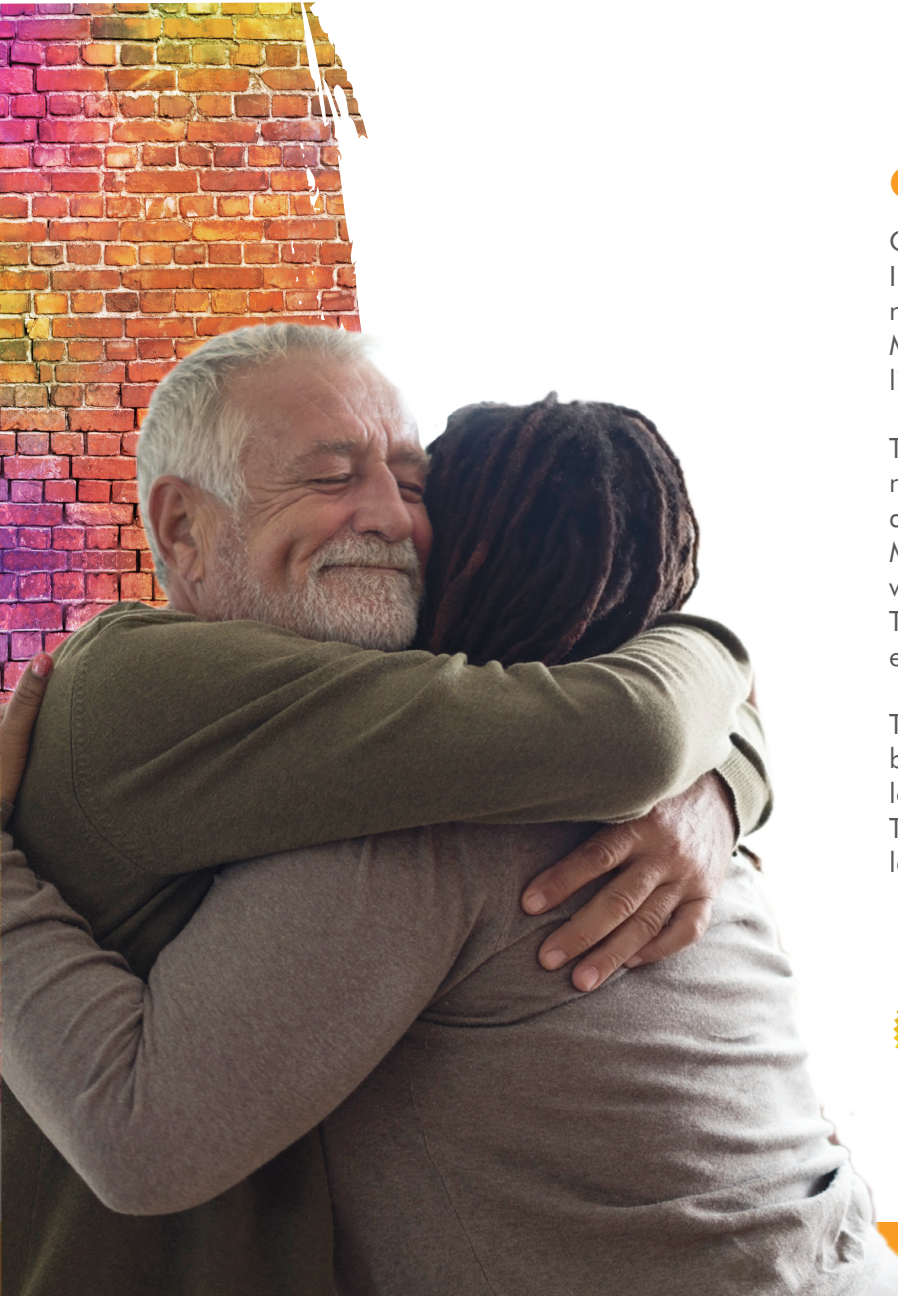
We will provide exceptional care for anyone with a chronic mental illness, rich or poor, insured or uninsured, with a home or homeless. We never turn anyone away for inability to pay.

We will assess each person who is referred to us, or comes into our Welcome Center. If we determine our services are not a good fit for a person's diagnosis or situation, we will provide a connection to other organizations we trust to provide the most appropriate care.

WHO WE SERVE

Mental illness affects a broad range of people. These graphics depict the percentages of who we serve by diagnosis, age, sex and race.





OUR CLUBHOUSE

Our Clubhouse is the heart and soul of Independence Center. It fulfills the basic human need of being wanted, needed, and expected. Members come voluntarily to work, set goals, learn life skills, improve their health, and much more.

This is an accepting, supportive community where members build close relationships with each other and staff, and experience a purpose-filled day. Members take an active role in their own progress, working side-by-side with staff and other members. Those who are able, get on a path to meaningful employment.

The Independence Center Clubhouse is accredited by Clubhouse International, a globally recognized leader in changing the world of mental health. There are 390 Clubhouses, and ours is the second largest in the world.



MEANINGFUL EMPLOYMENT

We believe strongly in the dignity of work. Work is more than a paycheck – it's an affirmation of self-worth. Many of our members have never had a job, or even the hope of having one, until they came to our program. Others come to return to the workforce.

Our Clubhouse provides an opportunity to gain work skills. Members volunteer to fill positions here each day, in our cafe, resale shop, flower shop, bank, and in areas necessary to run our Clubhouse.

When members are ready and able, they can enter our Transitional Employment program. They get jobs with our contracted area businesses, and work under our staff's supervision. They earn a real paycheck and learn to manage their money.

Members who already have job experience and are ready to return to work have the help of our Supported Employment program. We provide guidance in the application and interview process, and will help the employer understand the member's capabilities and limitations. Once hired, the member performs the job independently, with our support available when needed.



65%

of members who expressed interest in finding employment were employed within six months or less.



PSYCHIATRIC CARE AND COUNSELING

The Independence Center Health Group provides psychiatric care from Washington University psychiatrists. The care here is as individualized as the people who come to seek treatment. We prioritize coordination of care to allow access to all of our services, including medications to manage symptoms, individual or group counseling with our Licensed Clinical Social Workers (LCSW), or a combination of treatment.

People come to our clinic from a wide range of backgrounds, experiences, traumas, and often with other medical conditions. We look at the whole person, and provide treatment with full awareness of that person's life situation, and in collaboration with their medical care.

A HEALTHCARE HOME

Independence Center is a Missouri Healthcare Home. We inspire health and balance in all dimensions of wellness, and believe a healthy lifestyle can greatly reduce the impact of a serious mental illness or medical condition. Our Healthcare Home team brings together social work, nursing, medical and behavioral health providers to assure an integrated health and holistic wellness plan based on each member's needs. We provide annual health assessments, coordinate care between doctors, help with medications, and promote wellness through exercise, nutrition and health education.

WELLNESS PROGRAM

People experiencing a mental illness often have serious physical health conditions. Most often it's high blood pressure, obesity, diabetes or heart disease. We put a high emphasis on living a healthy lifestyle, and provide the tools and training to achieve it.

Our Clubhouse has a fully-equipped fitness center and we encourage our members to take classes or exercise independently. We serve healthy, well-balanced meals in our café, teach healthy eating habits, and provide smoking cessation classes.

COMMUNITY SUPPORT PROGRAM

We have an extraordinary community support program with truly caring case managers who work in partnership with our members. We provide holistic, person-centered care that promotes resilience and independence. We help members identify their own barriers and find ways to overcome them.

We help our members with life skills, such as self-care, cooking, and money management. We help them manage medications and keep doctor appointments. We are there to help them handle a crisis. Our members know they can count on personal support and guidance, from a caring person, for whatever they need to navigate life.

A big part of our community support program is helping our members and the community to better understand the nature of mental illness. By fostering personal strengths and promoting self-advocacy, our members are able to build up their confidence to live in the community with dignity and purpose.



HOUSING FOR INDEPENDENT LIVING

Independence Center has two apartment buildings and two residential care facilities throughout the Metro St. Louis area. All housing facilities provide fully furnished individual units to give our members a nice, affordable place to live, receive our services, and enjoy community. We have designed and manage our residential care facilities to suit the level of care members need. We provide 24-hour oversight, including medication management, meals, and transportation. The other two apartment buildings are for those ready for more independent living.

Each resident has their own apartment. Having a place to call your own, to decorate and care for it, and make it home, is an important part of living a quality life. Our staff ensures that each resident, regardless of the level of care needed, lives with dignity and respect.

Our successful housing programs have a consistent 100% occupancy rate.

100%



Jane Howell Stupp Apartments



Laclede Apartments



Lohmeyer Apartments



Newstead Place

IMPROVING MENTAL HEALTHCARE IS MORE THAN A MISSION. *IT'S A MOVEMENT.*

In everything we do, we look to not only provide everything a person with a serious and persistent mental illness needs to live a healthy quality life — we also work to eradicate the stigma. The stigma is a barrier to getting care. The stigma exists because mental illness is misunderstood.

Our members go out into the world each day and demonstrate their humanity and value to society. Our members and staff work together to educate the public on what mental illness is and is not.

We train police officers to recognize when a situation is due to a mental disability, so they can diffuse it properly, rather than act with unnecessary fear or force.

We work with employers to hire people who have learned to manage their illness. We work with our elected officials to ensure that care is accessible to all who need it.

We work every day to eradicate the stigma of mental illness, out in the community, in families, and within each person in our care.

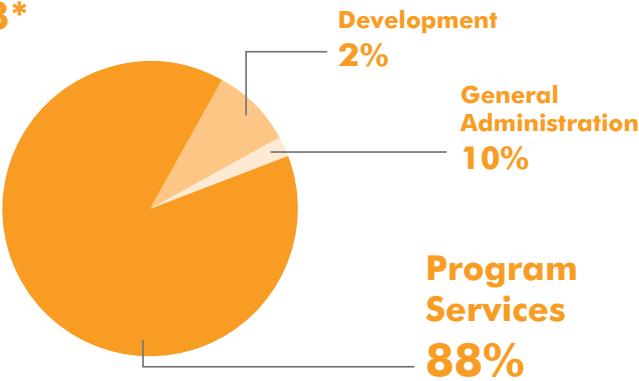


FINANCIAL PROFILE

Revenues	2018*	2017
Public Support/Charity	\$986,474	\$1,368,973
Program Fees	\$7,667,385	\$8,196,260
Other	\$472,082	\$598,593
Total:	\$9,125,941	\$10,163,826

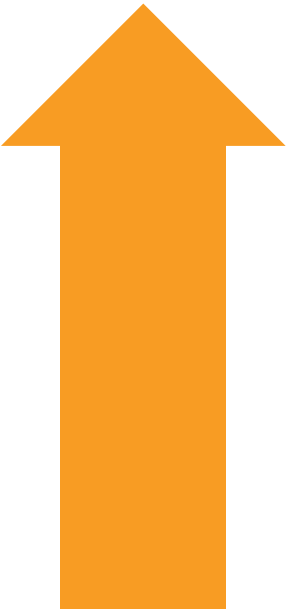
Expenses	2018*	2017
Program Services	\$7,822,335	\$7,496,638
General Administration	\$889,176	\$844,279
Development	\$168,893	\$169,092
Total:	\$8,880,404	\$8,510,009

EXPENSES
2017/2018*



1445
TOTAL
MEMBERS
SERVED

*Subject to final FY 18 audit



Every donation is an investment in someone’s future, and in the strength of our community. When a person with a mental illness can come out of isolation, avoid homelessness or incarceration, and contribute to the community, we are all safer, happier, and stronger.

**Go to IndependenceCenter.org
to see all the ways you can give.**