



2022
Annual
Fund



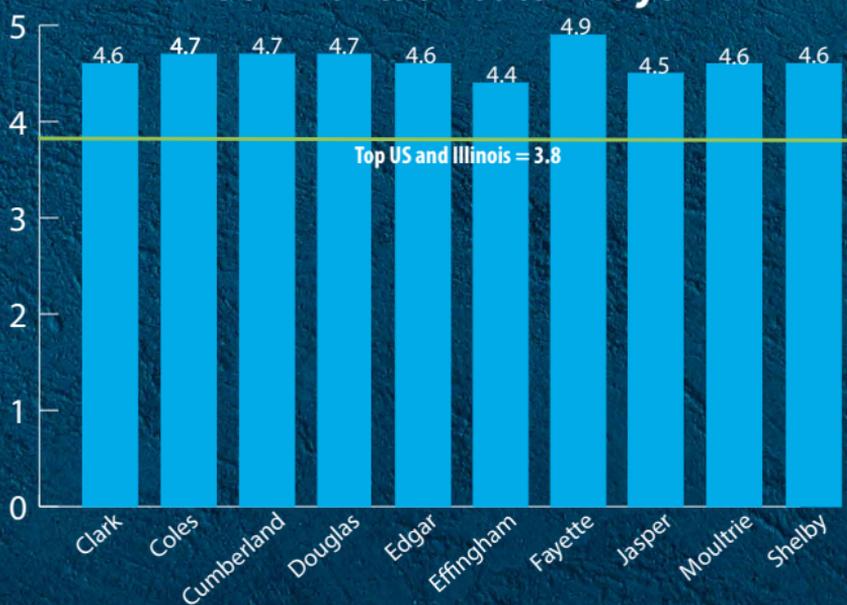
Sarah Bush
Lincoln
Health Foundation

Here for You

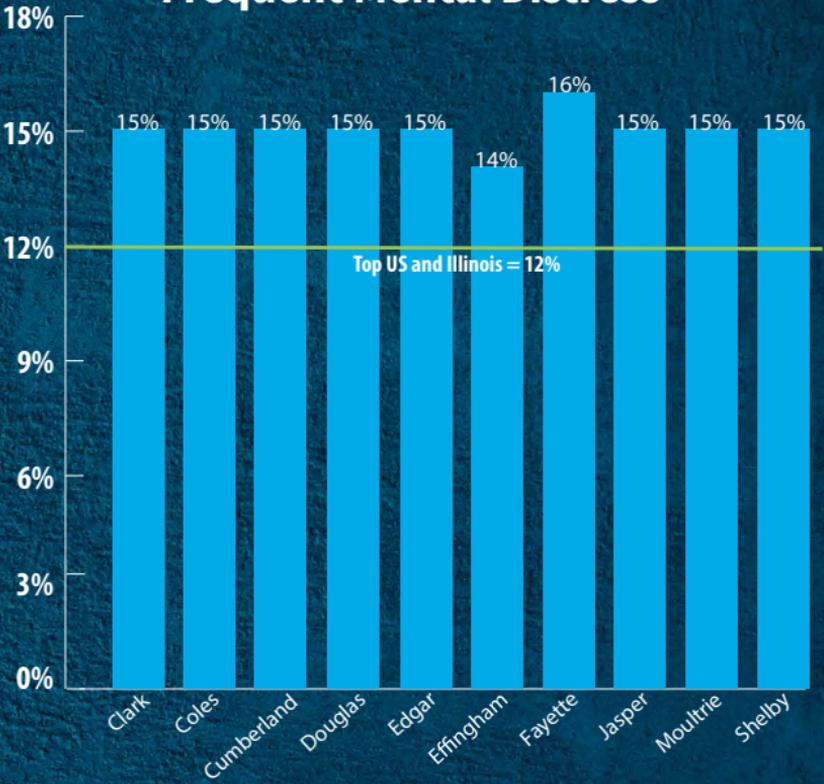
In recent years, Sarah Bush Lincoln had an unprecedented rise in demand for mental health services. Last fiscal year alone, there were 13,371 visits to the SBL outpatient Behavioral Health Clinic. That's why SBL is committed to improving access to patients and expanding education in schools.

According to the CDC's Behavioral Risk Factor survey, adults in all 10 counties of Sarah Bush Lincoln's service area scored less favorably than the average for Illinois residents in both poor mental health days (the average number of mentally unhealthy days reported in the past 30 days) and frequent mental distress.

Adults in SBL Service Area Poor Mental Health Days



Adults in SBL Service Area with Frequent Mental Distress



Many adults don't seek care from mental health providers, due to no or minimal insurance while others who have sought help, are often unable to pay for medications. In addition, emergency medications or injections are occasionally needed and many patients often don't have resources to pay for them.





Amanda was a victim of domestic abuse and had to leave her home one night out of fear, without her belongings. Unfortunately, medications she took for severe depression were left behind. With two weeks remaining before Medicaid would cover a refill, she was unsure how she would pay for prescriptions that she so desperately needed. Thanks to donations to SBL Behavioral Health Services, she was able to get temporary refills, helping her through this tough time.

Your donation to Behavioral Health Services will help patients like Amanda receive the care she needs, carefully monitored by her provider.



A Place to Go

We've outgrown our existing space.

Behavioral Health Services are so important to people in the communities served by Sarah Bush Lincoln, both young and old. That's why we're renovating a new SBL location at 700 W. Lincoln Avenue in Charleston to better serve the needs of children and adults, bringing together all outpatient services under one, larger roof, including assistance for those seeking help with drug or alcohol addiction.

Renovation costs are expected to be just under \$1 million and will include larger counseling rooms, safe rooms for at-risk patients, expanded common areas and more. Construction should be complete within a year.

Your donation to this construction project will help provide a larger, more accommodating space for the thousands of patients served by our team of 10 mental health providers.



Reaching our Youth

Depression among area students continues to climb, according to a recent Illinois Youth Survey (IYS) administered to area students. The results of the survey show an alarming percentage of teens in East Central Illinois with depression or suicidal thoughts.

29.3% & **35.4%**

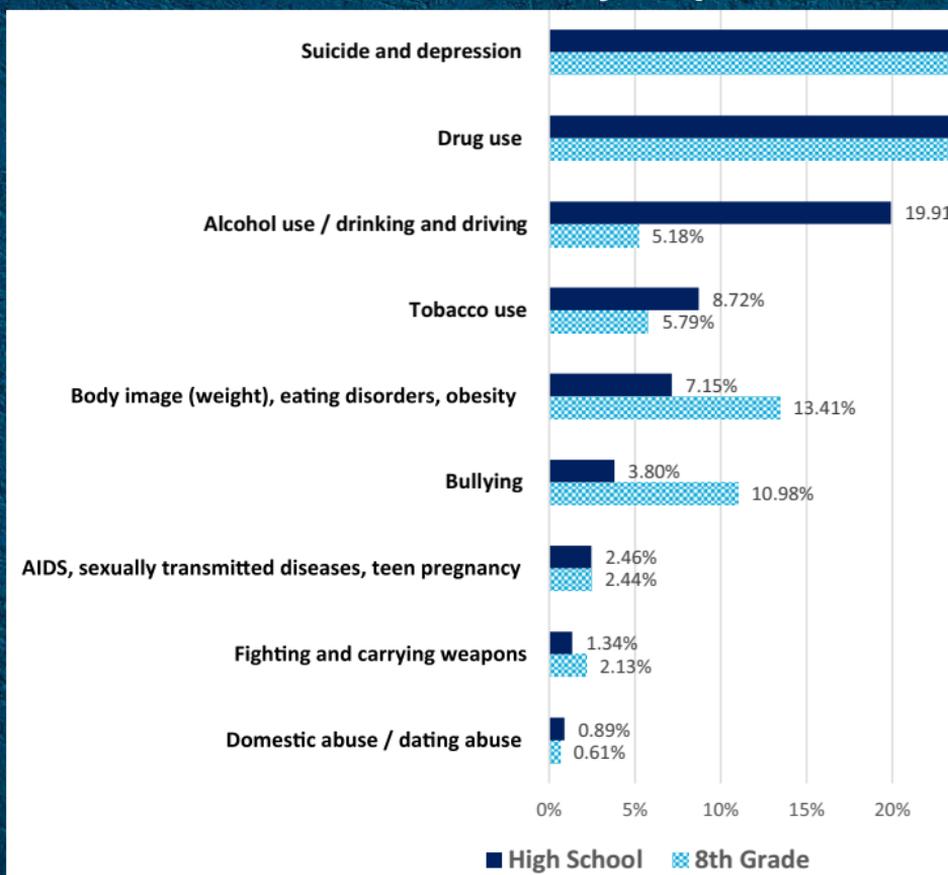
High School Students

8th Grade Students

in the SBL service area say they are depressed or have considered suicide.

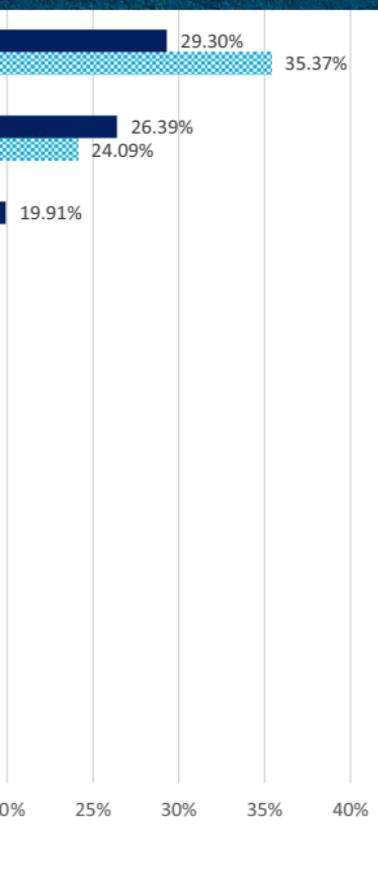
This was the NUMBER ONE health concern of teens in our area, ranking above drug, alcohol and tobacco use, body image, bullying, STDs and teen pregnancy, fighting and domestic abuse.

East Central Illinois Youth Survey Responses



This is one reason Sarah Bush Lincoln Healthy Kids educators make it a priority to reach thousands of children each year by collaborating with area schools.

Following recent school assemblies, 170 students shared that they had attempted or are considering suicide, using illegal drugs or alcohol, are homeless, or suffer from depression or anxiety, SBL Healthy Communities Director Laura Bollan explained. She said some students indicated they've been sexually abused. Those students were immediately contacted by counselors. "I truly believe that these assemblies resulted in many students receiving the help they otherwise would have gone without," Bollan said. All students received a card with a QR code to connect with presenters and a 24/7 text line if they need to speak with someone. On average, 1 in 5 students who use the line have already made plans for suicide. Some students were also connected to local mental health providers.



SBL Healthy Communities hopes to continue educating and bringing trained speakers to schools across the region, helping children understand tools and resources available to help them cope.

Your donation to Healthy Communities will help fund more assemblies like this in schools across East Central Illinois, as well as additional education aimed at helping students better cope with mental distress and avoid risky behaviors including substance abuse.

Other areas of need:

SBL Hospice House

Construction is underway on the Sarah Bush Lincoln Hospice House. As prices of building materials have increased in recent months, the hospice house will now cost \$11.4 million. That's why the SBL Health Foundation continues to raise funds for this important project.

As construction progresses, the Foundation continues raising funds to build the hospice house endowment as well. Earnings will be used to help families with no or limited means pay for their loved ones' stay in this beautiful home.

“If the Hospice House had existed when my parents passed, it would have alleviated so much stress. To be able to have a place where the family can go and visit and have the peace of mind that they are being well taken care of is unbelievable.” —Patty H.



Peace Meal Program

Nutrition to senior residents is essential, and so is peace of mind. Sarah Bush Lincoln's Peace Meal program provides 180,000 quality, fresh meals per year to senior residents in East Central Illinois. The person delivering those meals is often the only contact the senior may have all day so the delivery also serves as a wellness check.

Peace Meal receives some funding from grants and requests donations from seniors receiving meals. But many are unable to pay. Cost of meals far outweigh grant funds and client donations. That's why your help is needed.



“My mother is 81-years-old and lives alone. I live in Iowa and because of the Peace Meal program, I sleep easier not only knowing Mom receives a healthy meal each day, but that someone checks on her when delivering it. It gives me so much peace of mind and I’m forever grateful for your program.” —Brian H.



Children's Dental Program

Sarah Bush Lincoln Dental Services sees first-hand the poverty, lack of transportation and sometimes even the lack of a home that children right here in East Central Illinois must deal with. While most of us may have a cavity every few years, children served through SBL Dental Services often have 10 or more at their first visit.



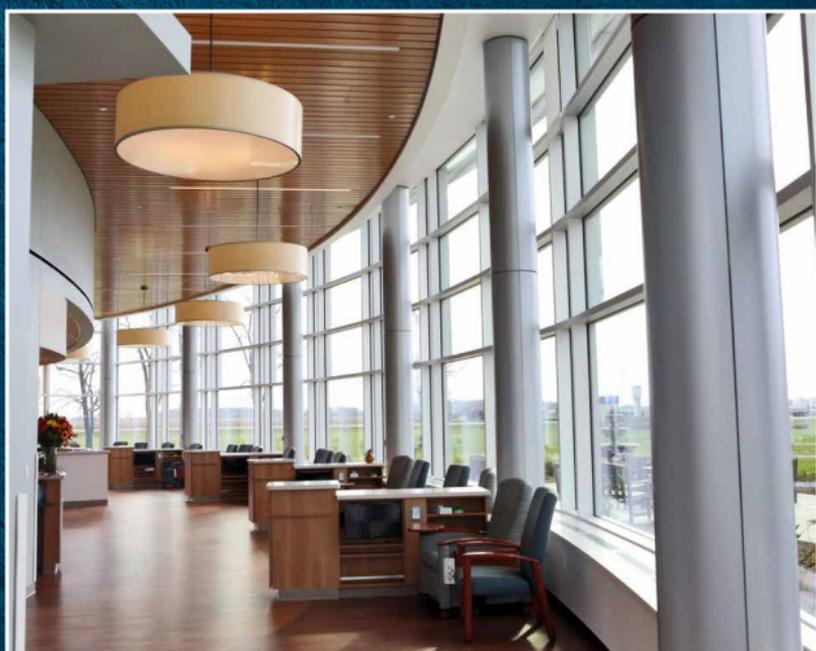
Our team provides not only preventive and restorative care to area children at no cost to them, they also receive toothbrush kits. It's not uncommon to find a high school student who has never owned a simple toothbrush... *until now*. Your donation helps to provide dental care – and toothbrush kits - to kids in your own community.

Regional Cancer Center

When diagnosed with cancer, it's sometimes difficult to continue to work through treatment. Others may be able to work, but have no insurance. Cancer is costly. Please know that 100 percent of your gift to the SBL Regional Cancer Center, no matter the size, will help a cancer patient – perhaps right in your own community. Donations to the Regional Cancer Center provide medications and other medical necessities to those with no or limited insurance.

“We see patients everyday who worry more about how they will pay their bills and put food on the table for their family than they do fighting their cancer. Donations to the Regional Cancer Center alleviate some of that worry and help patients better focus on battling their disease.”

—Dr. Kuppuswamy Jagarlamudi





 Sarah Bush
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