

2023



ASPEN NETWORK INC.

Annual Report

Connecting Individuals and Families to the
Right Resource at the Right Time



ABOUT ASPEN

ASPEN Network Inc. (ASPEN) is a recently established non-profit organization that uniquely began under the Jefferson County Health Department. As of 2023 ASPEN programs include a comprehensive virtual resource directory that encompasses the Jefferson County, St. Louis and surrounding regions housing over 1,400 resources that are regularly validated and updated. ASPEN currently provides education, training, resources, and screening tools to 14 school districts, Jefferson College and 11 first responder agencies.

These innovative tools have been meticulously developed to raise awareness about available resources and provide essential information to those seeking mental health support in the community.



info@ASPENnetworkinc.org



EXECUTIVE DIRECTOR MESSAGE

ASPEN Network Inc. began in 2018 as a vision to address access to care, rising mental health and substance use needs in our communities. Over 40 providers came together between 2018 and 2021 to identify concerns and form a bridge to solutions. After initial pilot phases in 2022 ASPEN began to receive interest from schools, first responders, health care and social service entities throughout the St. Louis Region and Missouri. This drove the decision to become an independent non-profit in 2023 and the expansion of programs.

As we move forward into 2024 ASPEN's focus will continue to strive towards meeting the growing mental health needs among youth and adult populations.

It has been an honor to work with our communities, staff, partners and Board of Directors.

Sincerely,
Jaclyn Brown

Executive Director



Jaclyn Brown “

By breaking down silos and promoting collaboration, we aim to improve the overall mental health landscape.

PROGRAM FOCUS

- Schools

ASPEN Network Inc. provides schools and families access to student related resources, including a student self-driven questionnaire and school counselor led screenings.

These tools quickly help connect your child to a school or professional counselor for support.

School staff such as, school counselors, school social workers or administrators can help students and families identify possible areas of concern and help connect the family to resources.

- First Responders

First Responders and their families face unique challenges and often higher rates of mental health issues due to their line of work. ASPEN Network Inc. works with responders to help provide validated resources and unique mental health screening tools. The Resource Directory provides information about mental health professionals trained to work with responders. Additional education is provided on the ASPEN website and easily accessible.



“Individuals and families often run into obstacles when they try to get help for their child. The Resource directory is particularly helpful to parents when a child is in a high-stress crisis situation”

- Steve Horn; Jefferson R-VII School District Principal

INTRODUCING OUR TEAM

PROGRAM COORDINATORS



HEATHER PARMLEY



KAREN MURPHY

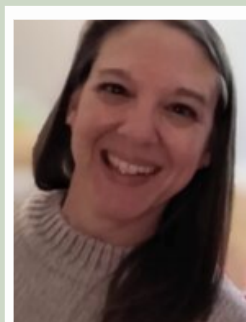
CONSULTANTS



BILLIE HARTGROVE



JIM WALLIS



LORI EPLEY



STEVE HORN

ASPEN NETWORK INC. 2023 BOARD OF DIRECTORS

Dr. Brett Ellis – Chairman

Melissa Hildebrand – Vice Chairman

Dr. Ashley Krause – Treasurer

Valarie Beason, LPC – Director

Dr. Amy Clark – Director

“ASPEN Network Inc. exists for people and was created by passionate people to support all individuals before, during or after a traumatic event in life. ASPEN provides accessibility, approachability, and actionable opportunities for holistic health, recognizing that behavioral health needs are the engine of being whole.

ASPEN has been busy building a root structure of support for regeneration and rejuvenation while fostering relationships before, during and after a traumatic event.”

*–Dr. Brett Ellis, ASPEN Network Inc. Chairman and
Webster Groves Fire Department Chief*



FIRST RESPONDERS



Total Responders With Completed Screenings: 78

Total Identified at Low/Moderate/High Risk for Suicide: 18



[FIRST RESPONDER LOGIN](#)

Click here to log into the ASPEN First Responder Portal. This portal has an anonymous option.

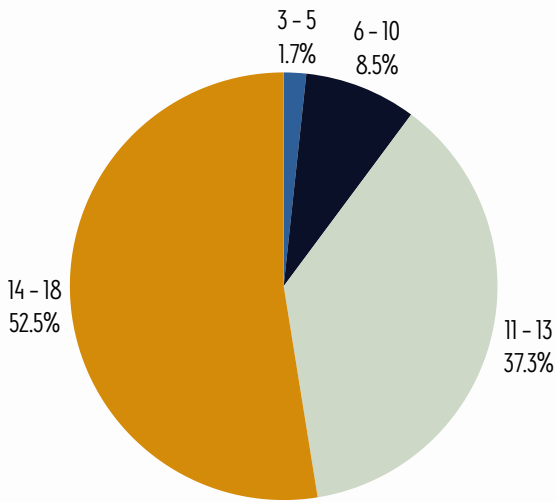


- In 2023 ASPEN worked with 6 first responder agencies and saw over 50% of staff utilize screening tools and resources, of this over 20% showed a possible risk of suicide. This deidentified data provided a springboard for ASPEN staff to work with department leaders and provide additional training and resources.

"We are starting to see a cultural shift toward being more accepting of mental health concerns. It's O.K. not to be O.K. It's a perfect time for ASPEN to come in as a resource for responders."

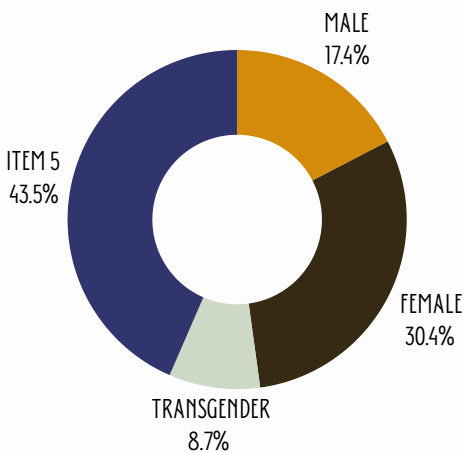
-Stephanie Jackson
Mapaville and Rock Community Fire Districts
Bachelors degree is Psychology

SCHOOL AND YOUTH



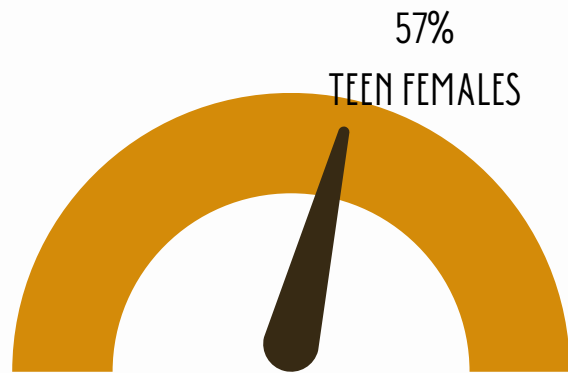
ASPEN Youth Data by Age

Utilization data showed that higher rates of 14 - 18 year old youth were completing self-questionnaires and counselor led screenings



ASPEN Youth Data by Gender

Students utilizing ASPEN screening tools who showed high risk concerns noted a higher rate of female.



Did you know?

According to the 2023 Youth Risk Behavior Survey Nearly 3 in 5 teen girls (57%) said they felt "persistently sad or hopeless."



SCHOOL METRICS

Total Completed: 65

Suicide Risk Screening Completed: 34

General Counselor Led Screening Completed: 21

Self-Screenings Completed: 10

SCHOOL ASPEN TOOLS

? WHAT IS ASPEN?

ASPEN provides schools and families access to student resources, including a student self-driven questionnaire and school counselor led screenings.

HOW CAN ASPEN HELP

These tools can quickly help connect your child to a school professional or counselor for support. A family also has 24/7 access to education and resource information.



HOW TO REGISTER?

Parents and guardians who have a child enrolled in a school that utilizes ASPEN can complete the parent/guardian agreement!



Parent/Guardian Agreement

2023 HIGHLIGHTS



MENTAL HEALTH SUMMIT

July 17th, 2023 ASPEN and community partners hosted the 2nd annual Mental Health Summit at Festus High School. Over 100 school administrators, counselors, providers, first responders and partners attended to learn about how to address behavioral health needs. Missouri Children's Division Director Darrell Missey was the keynote speaker and Senator Elaine Gannon presented a special award.

Presentations

ASPEN Network Inc. staff and consultants provided presentations throughout the state of Missouri, including the Missouri Juvenile Justice Conference hosted in St. Louis.



Education and Expansion

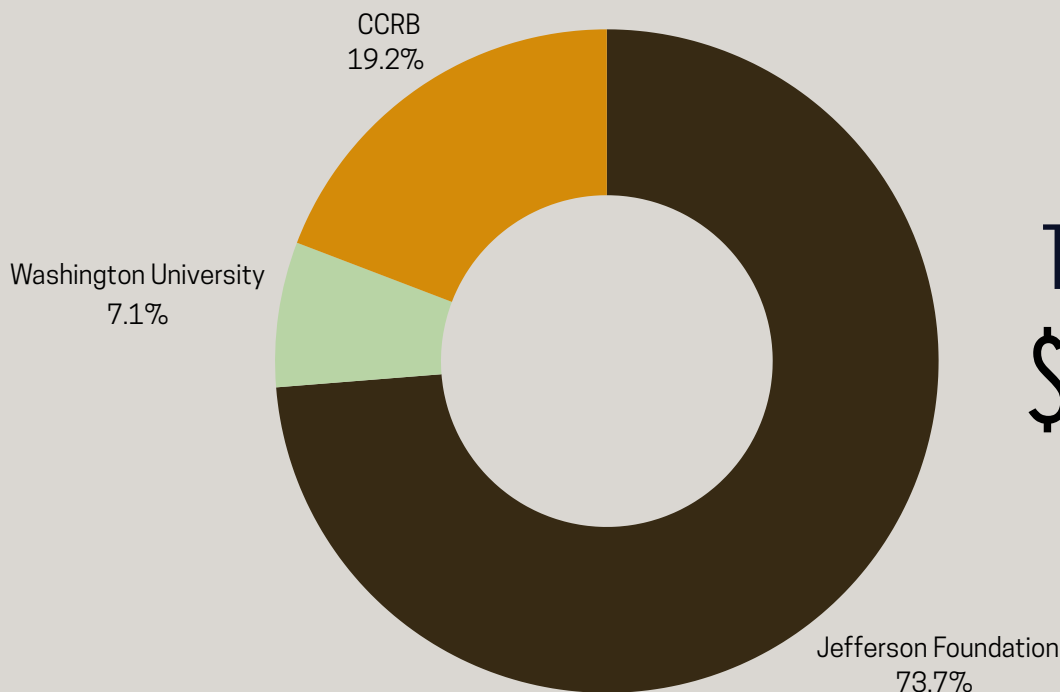
ASPEN staff provided education and in-person trainings to over 14 school districts and 11 first responder agencies. Social media education videos and content reached over 12,000 individuals.



2023 FINANCIAL PROFILE

- Jefferson Foundation
- The Community and Children's Resource Board of St. Charles
- Washington University

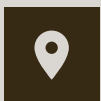
FUNDERS



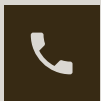
TOTAL INCOME
\$131,960.53



ASPEN Network Inc. is thankful for our communities and partners ongoing support.



10478 MO-21 Business, Hillsboro MO



636-215-0011



[ASPENnetworkinc.org](https://www.ASPENnetworkinc.org)



Resource Directory