



ASPEN NETWORK INC.

**Annual
Report
2024**



Prepared By
Jaclyn Brown

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ASPEN Profile

ASPEN Network Inc. is a dedicated provider of preventive mental health services focused on promoting the well-being of children, families, and frontline heroes, including first responders and healthcare professionals. Our core mission is to empower individuals and communities through early intervention, education, and accessible resources, helping them overcome challenges and build pathways to self-sufficiency.

Target Population:

- Children and families navigating mental health challenges.
- First responders and healthcare professionals, who often face unique stressors and emotional burdens.

Services Provided:

- Comprehensive mental health screenings to identify early signs of distress.
- Educational programs designed to increase awareness and provide coping strategies.
- Referral and linkage to appropriate care, ensuring access to the right resources.
- A helpful, easy-to-use resource directory that links clients with the community support and services they need, when they need them.



Vision & Mission

Vision

Our vision is to create a world where mental health is prioritized, early intervention is the norm, and communities are strengthened through accessible support, education, and collaboration.



Values



- Increasing access to critical mental health services for underserved populations.
- Fostering collaboration with local partners to strengthen community support systems.
- Championing community well-being through innovative and compassionate solutions.
- Advocating for accessible resources to improve the mental health landscape.

Our Team

2024



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01. Jaclyn Brown, Executive Director

02. Kelley Vollmar, Coordinator

03. Heather Parmley, Coordinator

04. Karen Morgan, Resource Navigator

2024 Board Of Directors

1



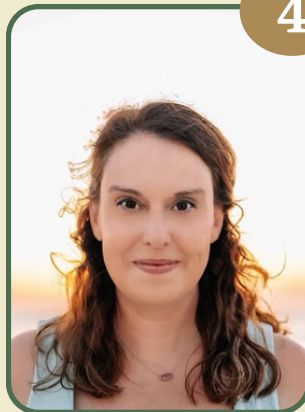
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01. Dr. Brett Ellis

02. Melissa Hildebrand

03. Dr. Ashley Krause

04. Dr. Amy Clark

05. Valerie Beason, LPC

Highlights In 2024



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Education Summit July 2024

ASPEN and other community stakeholders hosted the 3rd annual Jefferson County Mental Health Summit. Over 130 school administrators, counselors, staff and community providers attended! Topics focused on the impact of mental health and substance use on youth in the school environment.

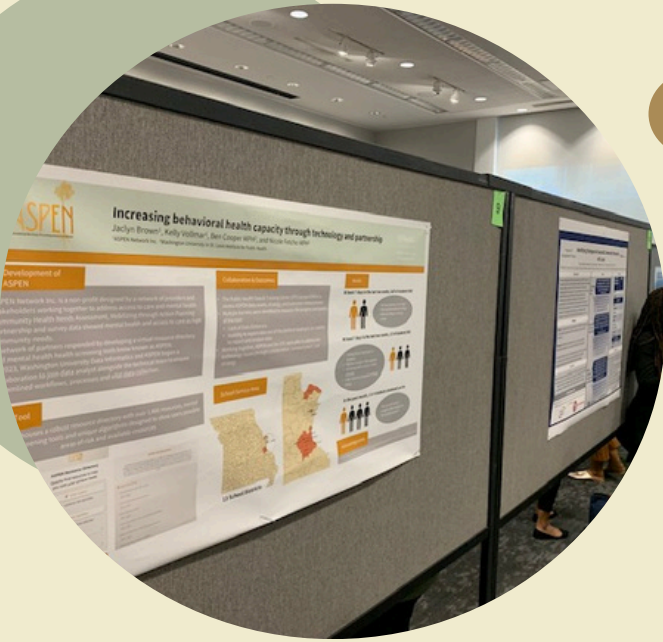
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St. Charles Youth Education

ASPEN provided mental health education and access to resources to over 1,600 students in the Orchard Farm and St. Charles City School Districts. This was part of a youth led mental health initiative and work group that included ASPEN and other community partners.



Highlights In 2024



3

Academic Partnership: Poster Presentation

ASPEN and Washington University's Public Health and Training Center collaborated to present ASPEN utilization data in a poster titled, "Increasing behavioral health capacity through technology and partnership" at the Washington University Annual Conference on October 22nd, 2024.

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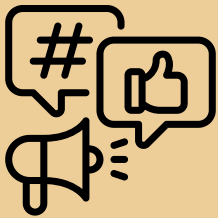
Community Awareness

In 2024 ASPEN expanded education and training opportunities to community agencies such as CASA and Ashton Village Apartments. These presentations include general mental health awareness, resource navigation and self-care activities.





2024 By the Numbers



**Social Media
Views**

24,691



**ASPEN Platform
Mental Health
Screenings**

311

**76% increase
from 2023**



**First Responder
and Health Care
Workers Trained**

495



2,313

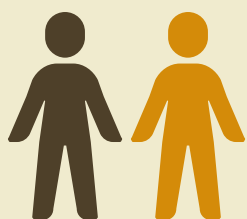
Number of students who received mental health training about how to navigate stressors in life, suicide warning signs, self-care, available resources and how to help a friend in need.

Data Outcomes

Washington University, Institute of Public Health,
Public Health and Training Center data analysis
collaboration with ASPEN.

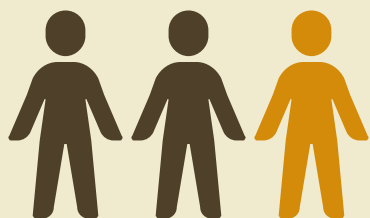
*Data provided by deidentified ASPEN screening results.

At least 7 days in the last two weeks, half of the students reported:

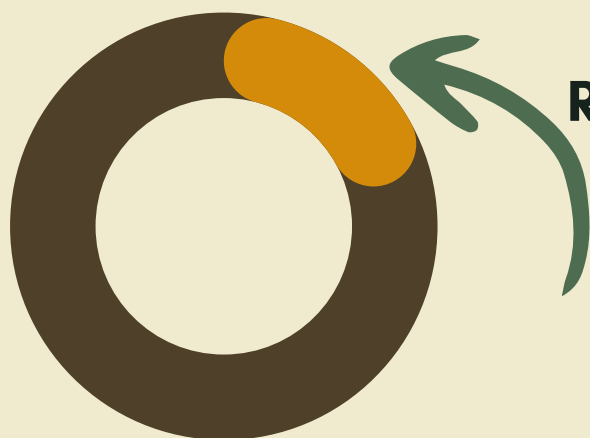


- They were nervous, anxious or on edge
- They blamed themselves
- They had difficulty falling or staying asleep

At least 7 days in the last two weeks, 1/3 of students reported:



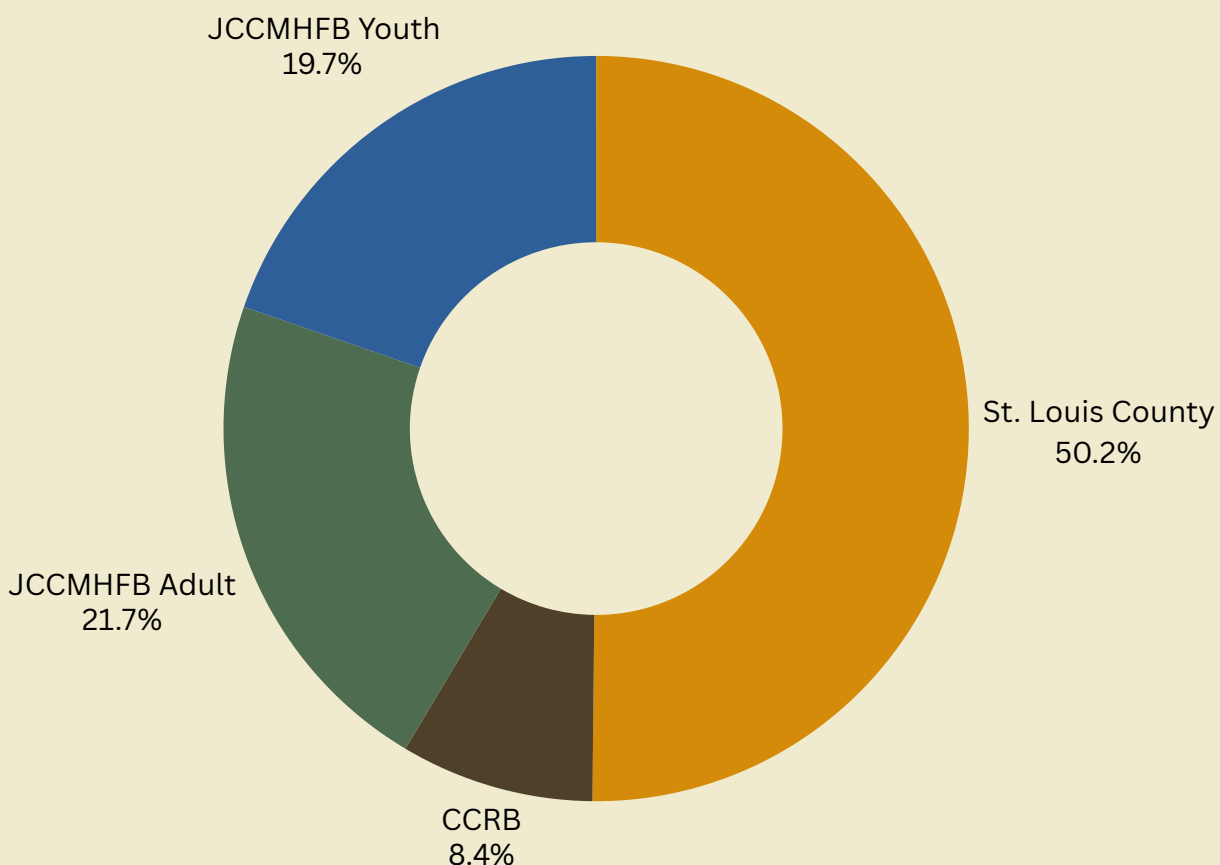
- They had low energy or little appetite
- They were not able to stop or control worrying
- They had little interest or pleasure in doing things



An average of 21% of First Responders that completed an ASPEN screening reported a possible suicide risk.

Fiscal Management Review-Funders

2024 Total Expenses-\$325,183



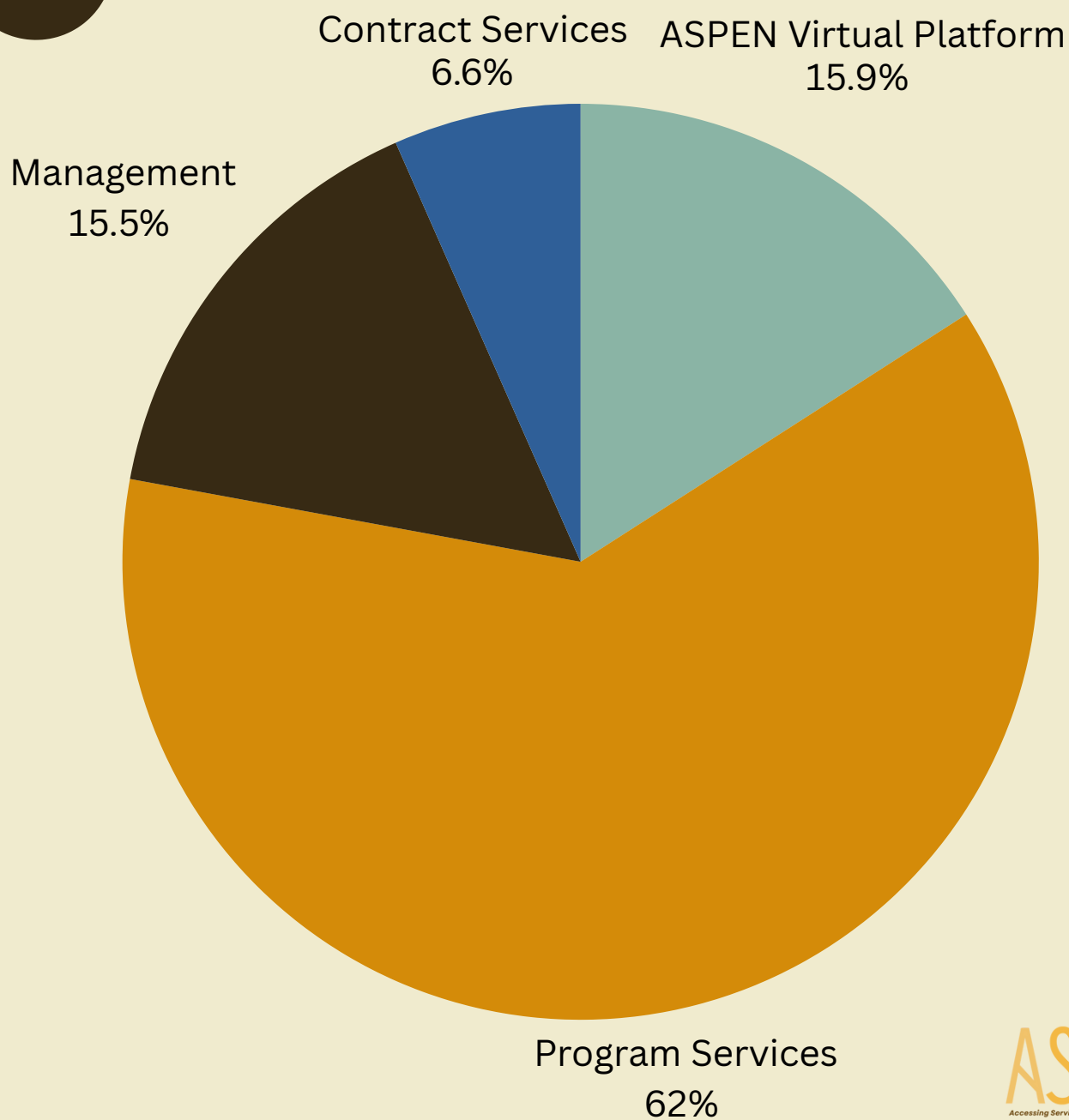
01. St. Louis County Children's Service Fund

02. Community and Children's Resource Board of St. Charles County

03. Jefferson County Community Mental Health Fund Board : Adult

04. Jefferson County Community Mental Health Fund Board: Youth

Operating Expenses



Client Review



Chief Bob Dunn

Saline Valley Fire Protection District

"ASPEN has been instrumental in providing tremendous resources, support, and assistance with mental health initiatives for first responders not only for my department but also in Jefferson County. Through their efforts, first responders have access to critical specialized mental health training and confidential counseling services tailored to the unique challenges of emergency response. ASPEN's initiatives have ensured that firefighters, 911 dispatchers, police officers, and EMS personnel receive the help they need while maintaining their professional integrity. By prioritizing mental wellness, ASPEN has strengthened the resilience of first responders, empowering them to serve their communities with confidence and stability."



Jim Wallis

Director of Business Development
Chestnut Health Systems

"Chestnut Health Systems has been proud to be a collaborative partner in the community with ASPEN. Effective early identification, and proper screening of individuals in need of service is critical with ensuring that person receives the assistance that they require. ASPEN has strengthened the safety net and continuum of care of the communities they serve."



Contact Us



636-215-0011



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ASPENnetworkinc.org



Resource Directory

ASPEN Network Inc. has had a transformative year in 2024,
expanding its reach,
strengthening community partnerships, and enhancing
mental health services for schools,
first responders, and healthcare workers.

