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SHINING BRIGHT THROUGH ADVERSITY

St. Louis Woman Set to Take Stage to Benefit Mental Health Services

ST. LOUIS, MO – (January 16, 2019) ... For the millions of Americans living with a persistent mental illness, even the smallest tasks can be overwhelming and debilitating. But Lisa Rodgers – a local woman diagnosed with depression, anxiety and bi-polar disorder – is ready to dance in front of a crowd of more than 500 people. Rodgers will compete in this year’s Dancing with the St. Louis stars, a dance competition benefitting Independence Center, a nonprofit committed to restoring the lives of adults with severe and persistent mental illness.

“I’m extremely honored to have been chosen by Independence Center to dance in this year’s event,” Rodgers said. “It’s very important for me to show others that you can overcome anything, even severe anxiety and depression, with the right support. I don’t know where I would be without Independence Center. They have helped me grow into the confident person I am today.”

Rodgers has been an Independence Center member since March of 2017 and volunteers in the clubhouse flower shop, kitchen, snack bar and assists with cleaning and sanitation work. Rogers said that the center has helped her gain leadership skills while building positive and supportive relationships. The clubhouse, support from family and friends, medication, and working to maintain a positive attitude have all helped her feel capable in managing her illness.

Independence Center helps more than 1,500 people seek mental health recovery each year through its clubhouse model of psychosocial rehabilitation. The clubhouse is based on a philosophy that promotes community, expectations, presence, and feeling wanted. The community-based rehabilitation program emphasizes preparing members to find meaningful employment while finding dignity and purpose in their lives.

The eleventh annual Dancing with the St. Louis Stars will take place on January 26 at the Ritz-Carlton. The gala will feature prominent St. Louis business leaders and dance instructors. All funds raised benefit Independence Center’s community-based rehabilitation programs. Dancers will campaign for votes (1 vote = \$10) via the www.dancingwiththestlouisstars.org website and the couple that raises the most votes will be crowned Dance Champions. Independence Center will award Dance Champions (couple that raises the most votes), MVPs (couple that raises the most support combining votes, sponsorships, and tables), Judges’ Favorite and Crowd Favorite.

About Independence Center

Proceeds from *Dancing with the St. Louis Stars* allows Independence Center to continue the mission of restoring lives by providing a comprehensive system of high-quality programs and services that assists adults in the St. Louis metropolitan area with serious and persistent mental illnesses to live and work in the community, independently and with dignity. Go to www.independencecenter.org or call Abby Berger at 314-880-5404 for more information about Independence Center or this year’s Dancing with the St. Louis Stars.

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Cutline: St. Louis Woman Set to Take Stage to Benefit Mental Health Services