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**COMING IN YOUR
JANUARY-MARCH 2007
NAMI ST. LOUIS NEWSLETTER**

**Research – Hope for Better
Understanding & Treatment of
Mental Illness**

I HATE YOU, DON'T LEAVE ME I'M HUNGRY, DON'T FEED ME I'M HOPEFUL, DON'T TREAT ME: *The Good News about BPD (They get better!)*

by Jerold J. Kreisman, M.D.

Borderline Personality Disorder (BPD) is one of the most intimidating and dreaded diagnoses encountered by mental health professionals. BPD patients are often considered the most demanding and difficult to treat. They can be extremely clingy and dependent, yet can also be violently angry when disappointed, and are the group of patients most likely to sue their doctors. Wild mood swings, impulsive, destructive behavior, rageful outbursts, self-mutilation, and substance abuse constitute many of the struggles the BPD patient and his therapist encounter. Because many BPD patients dropped out of therapy, changed doctors, continued dramatic, destructive behaviors, and, tragically, at a rate of about 10%, committed suicide, clinicians believed for a long time that BPD – like some other personality disorders, such as antisocial personality – was almost untreatable, that BPD patients just didn't get better. Longer-term studies and the development of new treatment techniques have demonstrated that the prognosis for BPD is much better than previously thought.



Dr. Jerold J. Kreisman, M.D.

Outcome studies conducted in the 1990's usually examined patient progress over a 1-2 year period and found continuation of self-defeating symptoms. In 2001, the American Psychiatric Association published "Practice Guidelines" for the treatment of BPD, and, around the same time, longer-term studies were published. The Guidelines noted successful psychotherapeutic approaches to treatment – including Dialectical Behavioral Therapy and intensive psychodynamic partial hospital treatment – as well as psychopharmacological interventions. Long-term investigations discovered that patients improved over time more than was previously speculated. Here is what we have learned

After several years of active treatment, 75% of BPD patients achieve remission of symptoms. Although committed treatment increases recovery rates seven-fold, improvement occurs even in *untreated* patients, although at a slower pace – 66% of

Continued on page 2



THE GOOD NEWS ABOUT BPD - THEY GET BETTER!

BPD - A Family - Friend - Co-Worker - and Everyone - Affair



Borderline Personality Disorder (BPD) is relatively new in the field of diagnosable psychiatric illnesses but has quickly earned a reputation as a complex and confusing illness among those who have BPD, their families, friends, co-workers, and the mental health professionals who treat them, or try to.

According to the Borderline Personality Disorder Resource Center at New York-Presbyterian Hospital (www.bpdresourcecenter.org), 6-10 million Americans suffer from BPD, comprising 2% of the general population. This BPD group accounts for 10% of mental health outpatients, 20% of psychiatric inpatients – and 75-90% of this group are women!

As if BPD weren't enough to deal with, it usually occurs with at least some, and often several other disorders. Depression, substance abuse, eating disorders, anxiety disorder, bipolar disorder, antisocial personality disorder, and narcissistic personality disorder are the most common co-occurring disorders.

Yet even from this challenging picture HOPE is emerging, as Dr. Jerold Kriesman discusses in his article on page 1 of this newsletter. HOPE is the heart and soul of NAMI St. Louis! We are committed to work towards improving the quality of life for every person and every family member affected by mental illness. We believe treatment works – and we are here to share and support your journey every step of the way!

Jacqueline A. Lukitsch
Executive Director

I Hate You, Don't Leave Me (cont' from page 1)

patients initially hospitalized with a diagnosis of BPD achieve an acceptable level of functioning after ten years, regardless of further treatment interventions. About 40% of these patients are considered “cured” (defined as no longer meeting defining criteria for the BPD diagnosis).

Despite the perception that borderline patients are disagreeable, uncooperative, and impossible to treat, the truth is that most of these patients will improve. The successful patient-therapist partnership requires a commitment to work together, to persevere through disappointments and set-backs, and, ultimately, to trust each other.

Jerold J. Kreisman, M.D.

Dr. Kreisman graduated from Cornell University Medical College, completed a rotating internship at Denver General Hospital, and concluded residency in psychiatry at The National Institute of Mental Health (Washington, D.C.) and Saint Louis University. He is board certified in Psychiatry and a Distinguished Fellow of the American Psychiatric Association.

Dr. Kreisman is past president of the Missouri Psychiatric Association and the Missouri Group Psychotherapy Society, and has been an officer of other organized medical societies. He is an Associate Clinical Professor in the Department of Psychiatry at Saint Louis University.

Dr. Kreisman pursues independent research interests, and has published over twenty articles and book chapters. His book, *I Hate You, Don't Leave Me: Understanding The Borderline Personality*, is the best-selling book on borderline personality disorder. His most recent book, *Sometimes I Act Crazy: Living With Borderline Personality Disorder*, has been translated into several languages around the world.

He has lectured widely in both this country and abroad and has appeared on many media programs, including the Oprah Winfrey and Sally Jesse Raphael television shows. He has been listed in Who's Who in America and “Top Doctors.” Dr. Kreisman maintains a private practice in St. Louis. His books are available locally at most book stores or on-line at:

www.amazon.com



NAMI St. Louis was founded in 1978. Our mission is to improve the lives of persons with mental illness and their families through education, support, advocacy and research to achieve the highest possible quality of life. Please consider remembering us in your will or estate plan. Our legal title is: Alliance on Mental Illness/NAMI St. Louis. © 2006 by NAMI St. Louis

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A Counselor Talks about BPD – Tips for Family Members

by Ursula Fichtelberg, Med. LPS, CASAC

I began my career as a mental health professional 20 years ago at a local “Club House” for persons with mental illness and have very fond memories of that time. Eventually I became community support director providing Assertive Community Treatment (ACT) to mentally ill individuals with a history of homelessness. I have worked as a psychotherapist, substance abuse counselor, and community support worker at Community Alternatives in Saint Louis since its very beginning in 1996. Community Alternatives is an agency committed to a mission to provide services to the underserved and most difficult to reach of those with mental illness.

In all those years, I never served a client who did not regret broken family ties and who was not filled with remorse when looking at past behavior patterns that caused them. The majority of these clients blame themselves and have little insight into what happened to break these ties. Recently I have been approached for consultation by parents whose adult sons or daughters are diagnosed with a mental illness. I have been asked specifically for suggestions and recommendations for dealing with their children who have the diagnosis of Borderline Personality Disorder (BPD).

It is important to face the severe limitations that the symptoms of this disorder will cause and to accept the challenge that with hope and faith, life can get better. This is all the more important with BPD since individuals can sometimes function very well in certain aspects of their lives or over certain periods of time. Those with BPD are often intelligent and their emotional “intensity” perceived socially as charming or interesting.

BPD symptoms include an unstable sense of self, impulsivity, affective instability, a pattern of unstable relationships, and a noticeable impairment in containing or regulating emotions, which can lead to self-mutilation, suicidal gestures, and suicide. This is just a sketch of the full diagnostic picture, but I hope it will help remind you that your skill to set consistent, reasonable, personal boundaries and to communicate limits, expectations, and consequences clearly, rationally, repeatedly, and predictably are of the utmost importance. And keep in mind: You are done parenting, you are just not done caring.

I recommend calling 911 for suicidal threats or other violent behavior, or if you must protect your adult son or

daughter from abusive friends or partners. The Mental Health Courts in St. Louis city and county are helpful in supporting adherence to treatment and recovery. Allowing your loved one to face legal consequences for acting out behavior might be an effective way to get them into treatment. Many court cases can be transferred to Mental Health Court if the defendant has a history of mental illness.

The incidence of substance abuse disorders is high among persons with BPD. Treatment is difficult because of boundary and self-issues which can make life all the more frustrating and chaotic for your family – the proverbial emotional roller coaster.

I cannot emphasize enough the importance of developing your own support system. Aside from individual counseling and marriage therapy, groups like Al-Anon or Procovery Circles like the one NAMI St. Louis sponsors for family members with relatives with dual diagnosis can be a source of strength and hope. Al-Anon is a 12 step self-help program for family members, friends, and partners of individuals with substance abuse disorders. With meetings throughout the community, these groups provide much needed support in reclaiming your life and avoiding enabling and codependent behavior. By reclaiming your own life, you make opportunity, day by day, for your child to assume adult responsibilities and ultimately find separateness and autonomy and the self-esteem they bring.

Your child also needs assistance in this journey, and the mental health system is not always as accessible as it could or should be. However, I know that all my colleagues here at Community Alternatives, as well as many other professionals at other agencies in our community go to work every morning ready “to tackle” another day and do what it takes to assist individuals with mental illness to live independently in their communities.

I know it must be painful for parents when the high hopes they had for their children are not realized. But there is freedom and relief in accepting the limitations and losses of today and begin thinking, “What can I do today to move in the right direction? What opportunity can I make today to help my child make a wiser choice or experience some success?”



The following vignettes were written by NAMI family members whose relatives have a diagnosis of Borderline Personality Disorder, along with other co-occurring psychiatric diagnoses. The material is subjective, that is, written from the viewpoint of the family member only, none of whom are mental health professionals. Any identifying details of the person discussed have been fictionalized to preserve the anonymity of the person and the family.

A NAMI Family Deals with BPD **– My brother Tim**

As far back as I can remember, my brother Tim was unusually sensitive and anxious. Everything seemed to stress him out – teasing by other kids, forgetting his homework, all things greater, all things less – anything that singled him out in any way. When young, he responded with a strange dance of clumsy movements and silly sounds, which of course made him stand out all the more, yet he never seemed to understand that he was only making things worse.

Our parents quickly realized that Tim “couldn’t fit in” like the rest of us. But instead of letting him try to work things out on his own, they often tried to protect him by stepping in or calling him home to “avoid more problems.”

Tim found solace in books and became an expert in baseball statistics, which earned him some prestige among his peers. Though he earned good grades in school, he remained socially immature and had few friends. He didn’t stay with any interest very long. In high school, his rather shy demeanor became irritable and confrontational, creating problems with authority and causing his grades to slip. He fell in with a troublesome group of boys (glad I guess to have “friends” at last). He spent most of his time with them, drinking alcohol, smoking pot, driving recklessly, and generally going along with whatever the group did, but usually stopping just short of getting in trouble with the law.

After barely making it through high school, college was an on-again, off-again adventure. At the end of a few years with no promise of a degree in sight, Tim quit school and began working at our uncle’s landscaping firm. He lasted only a few months because he was “bored” and felt the job was “beneath him.” He maintained some employment of sorts in his 20’s and 30’s. In the past few years, his periods of unemployment have grown longer, and most have been of a temporary nature. Tim has never married, and his infrequent relationships with women have been short-lived and intense. He is now in his 40’s and lives with our parents.

In short, Tim is a person of great potential who never seems to get off first base. Every productive step forward is followed by three steps backward. Every mistake or failure remains an open wound and never learned from. His drinking and subsequent bar fights have become problematic, as has his gambling when he has any money. He resists mental health treatment,

cooperating only sporadically, and insists “we are the crazy ones.” Our family still loves Tim, appreciates his wry sense of humor, and wants a better life for him. We simply have run out of ideas, options, and patience. We worry about what will happen when our parents are gone or too ill to help anymore.

A NAMI Family Deals with BPD **– My daughter Kelly**

My daughter Kelly has a diagnosis of Bipolar Disorder and Borderline Personality Disorder. As a young child, she was very demanding and hard to satisfy. Her first symptoms were school phobia, depression, and extreme shyness. We sought help for her, but after a few weeks of therapy, several mental health counselors told us – “Don’t worry. She’ll outgrow this.”

In high school, at age 16, Kelly’s depression worsened and she became suicidal. She was treated for depression with several medications, but either they didn’t help or the side effects were too severe to continue taking them. In that year, she gained 100 pounds, which worsened her already fragile self-esteem and led to her experimenting with crash diets, bulimia, fasting, and over-the-counter diet products. By the age of 18, she had spent six months in and out of hospitals. She finally left treatment against medical advice with “Charley,” a man she met in her last hospital stay.

In a short time, she managed to get and lose several jobs, wreck her credit, and develop an intense, abusive, and violent relationship with Charley. When things were at their worst, she came home. This was a trial of enormous emotional and financial drain for all, eventually ending in her meeting another man whom she immediately moved in with. This revolving door arrangement in my home stopped only after several tries at it, when I finally said, “No more!” I was close to the brink of collapse myself.

In the years that have followed, things have chugged along on two of four cylinders, with little productive result. Kelly’s intelligence, skills, and charm get her jobs, but her “not being challenged enough” attitude causes her to lose them or quit them. Currently, at age 29, she has a temporary job earning just above the minimum wage, no health insurance or benefits. She has defaulted on car payments, maxed out her credit cards (helped along by her last boyfriend) – and is still going to bars and searching the Internet for “Mr. Right!” At this point, seeing her just two steps from being homeless with no end to the chaos in sight, I am struggling to keep my own life going.



Diagnostic Criteria for 301.83 Borderline Personality Disorder

A pervasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

- (1) frantic efforts to avoid real or imagined abandonment. Note: Do not include suicide or self-mutilating behavior covered in Criterion 5.
- (2) a pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
- (3) identity disturbance: markedly and persistently unstable self-image or sense of self
- (4) impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating). Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5.
- (5) recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
- (6) affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
- (7) chronic feelings of emptiness
- (8) inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)
- (9) transient, stress-related paranoid ideation or severe dissociative symptoms

Reprinted from Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition TEXT REVISION DSM-IV-TR™. ©2000. Used with permission from American Psychiatric Publishing, Inc.

NAMI Walk Wrap Up



Our 4th Annual NAMI St. Louis Walk on Saturday, June 3, 2006, was our most successful ever! 850 walkers joined us, and we were once again blessed with perfect weather. Gross receipts were \$102,000, which included the amounts brought in by our Walk Partners – the Independence Center, BJC Behavioral Health, and the Crider Center.

NAMI St. Louis offers agencies serving those with mental illness the opportunity to participate in our Annual Walk as a Partner, enabling them to keep 50% or more of the funds they raised, after deducting their proportionate share of Walk expenses.

Once again, the Independence Center was our top Walk Partner, bringing in a total of over \$15,000. Their efforts earned them an extra 15% – for a total of over \$10,000 – that they can keep they can use for their own programs – including their Wellness Center, employment programs, and educational programs!

BJC Behavioral Health was our runner-up for 2006 Walk Partner, earning almost \$1,800 for their Client Assistance Fund. This fund is used for consumers' needs that often "fall through the cracks" – like repairing an air conditioner or providing food, shelter, or clothing in an emergency.

Plans for next year's Walk are already underway! We invite you, your family and friends to save the date – Saturday, May 26, 2007, 9 a.m., our 5th Annual NAMI Walk at the Upper Muny Parking Lot in Forest Park. For more information on our 2007 Walk – including business and Walk Partner opportunities, contact the NAMI St. Louis office at 314-966-4670.



Multicultural Strategic Summit

by Sharon Lyons

This year NAMI National held its first national gathering of families, consumers, researchers, and health care providers to address mental healthcare equality. The strategic summit, organized by NAMI's Multicultural Action Center, was held conjunction with the National Convention in Washington D.C. from June 28 through July 2, 2006.

The Multicultural Action Center defines culture this way: "A person's beliefs, norms, values, and language play a key role in how people perceive and experience mental illness, whether or not they seek help, what type of help they seek, what coping styles and supports they have, what treatments might work and more."

Individuals may dismiss cultural competency as "political correctness" but doing so fails to realize that Latinos and African Americans will soon make up the majority of the United States population. Their needs and perspectives can't be ignored.

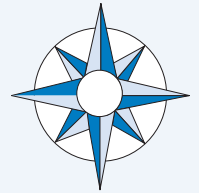
In Missouri and in many states there are large rural areas. As in urban areas, people living in rural areas often face problems accessing mental health services and are challenged by multiple family obligations that cause time pressure, lack of transportation, and lower income. These families also often have little or no health insurance.

NAMI's National office, working with 25 multicultural partners, developed the following priorities:

- Fostering a culturally competent workforce
- Promoting publicly available information on community education and research
- Further empowering families and consumers
- Enhancing the quality of care and access for traditionally underserved populations

NAMI St. Louis has an Urban Families Advisory Committee to guide our outreach efforts. Our church outreach programs, working with partners (Hopewell Center, Metropolitan St. Louis Psychiatric Center (MPC), and Grace Hill) have helped us increase the numbers of African Americans, consumers, and individuals with low incomes served this year.

The North Club News



NAMI St. Louis and a group of family members co-sponsor The North Club for mental health consumers who are at least 18 years old and their friends and family. We invite you to join us for the following activities. For more information, please contact Sherri Stewart, 314-428-7842.

Saturday, November 11, 2006, 1:30-4:00 p.m.
BINGO Party at Independence Center's Midland House, 8675 Olive Boulevard (east of I-170), Saint Louis, MO 63132 Plenty of prizes given in this non-competitive style bingo (no money needed!). Light snacks provided.

Saturday, December 2, 2006, 1:00-4:00 p.m.
Holiday Party at Independence Center's Midland House, 8675 Olive Boulevard (east of I-170), Saint Louis, MO 63132 Gifts for all consumers. Christmas carol singing. North Club volunteers provide main dish and sodas. If you can bring a side dish or dessert, please do.

Procovery Circles for Consumers - Open to the Public

South Circle – 2nd Monday of the month from 7:00-8:00 p.m. at CenterPointe Hospital Outpatient Services, 5000 Cedar Plaza Pkwy, Suite 380, St. Louis, MO 63128 (office building just past Tesson Ferry McDonald's on left). Phone: 314-416-9612.

Self Help Center Circles – every Tuesday from 10:30-11:30 a.m. and every Friday from 1:00-2:00 p.m. at Self Help Center, 7604-A Big Bend Boulevard in Maplewood. Phone: 314-781-0199.

BJC South Circle – every Friday from 10:30-11:30 a.m., at BJC Behavioral Health Services office, 343 S. Kirkwood Road in Kirkwood. Phone: 314-206-3400.

And don't forget our **NAMI St. Louis Procovery Circle for Family Members with Dual Diagnosis Relatives** meets the 3rd Tuesday of the month from 7:00-8:00 p.m. at the NAMI St. Louis office, 134 West Madison in Kirkwood. Phone: 314-966-4670.



OFFERING HOPE FOR A BRIGHT FUTURE THROUGH RESEARCH STUDY OPPORTUNITIES

CenterPointe Hospital & Psych Care Consultants

Bipolar Disorder • Major Depressive Disorder
Schizophrenia • Schizoaffective Disorder
Alzheimer's Disease • Substance Abuse

CenterPointe Hospital and Psych Care Consultants-Research clinicians are seeking participants for research studies for a variety of psychiatric disorders. Qualified participants diagnosed with bipolar, major depressive and schizoaffective disorders; schizophrenia; Alzheimer's disease or alcohol/other drug abuse caused by depression may be eligible for free behavioral health evaluation, treatment, medication and follow-up care.

Eligible individuals will receive the following study-related treatment/services at no charge:

- medical evaluation
- medication
- physician office visits
- study-visit travel compensation
- complete eye examination
- (for schizophrenia study only).

For more information and to determine eligibility, call 314-849-1853 or 636-579-9077.

SCHIZOPHRENIA OR BIPOLAR DISORDER?

Do you or a loved one have schizophrenia or bipolar disorder (manic-depression)? Have they tried Haldol®, Prolixin®, Zyprexa® or Risperidal®? Do they still feel hopeless, have side effects or continue to suffer from troubling thoughts or voices?

Does this sound like you or someone you know?

We are caring, experienced professionals funded by well-known pharmaceutical companies to conduct both inpatient and outpatient research studies for qualified people with schizophrenia or bipolar disorder.

THERE IS NO COST TO YOU... instead

- You may receive up to \$2000 for your participation
- You receive NO-COST research study-related medication and medical care

Call anytime for your free evaluation (314) 771-6387 Clinical Research, Inc.

Congratulations

Welcome to our new NAMI St. Louis volunteers who have successfully completed their Volunteer Orientation and Training in the past three months. Welcome new volunteers:

- Julie Bernstein
- Sharon Powell
- Katie White
- Randy Keyser
- Joanna Ray
- Dyana White

Want to Make a Lifetime Difference?

Become a NAMI St. Louis Family-to-Family Teacher. Training from 11 a.m., Friday, November 17, through 3 p.m., Sunday, November 19, 2006, in Jefferson City. NAMI MO pays for motel and travel expenses, meals, and teaching materials.

- You must be a current NAMI MO member and willing to teach two Family-to-Family courses.
- You'll teach as a team with a trained teacher from your area.
- Request application and submit by October 15, 2006 to:

NAMI Missouri, 1001 Southwest Boulevard, Suite E, Jefferson City, Missouri 65109 Phone: 573-634-7727 or toll-free: 800-374-2138 Fax: 573-761-5636 E-mail: mocamijaw@aol.com

SAVE THE DATE! FRIDAY, DECEMBER 8, 2006

NAMI St. Louis Volunteer Holiday Party

Call for details at 314-966-4670



Your Opportunity Looking for a fun thing to do that helps others? Consider becoming one of our NAMI St. Louis Volunteers. The Volunteer Process is easy:

- Express your interest by contacting our Volunteer Coordinator, Sharon Lyons, at the NAMI St. Louis office, 314-966-4670.
- Attend a Volunteer Orientation held on the 2nd Wednesday of the month, from 6:00-7:30 p.m. at the NAMI St. Louis office. **Next Orientations will be held on September 13, October 11, and November 8, 2006.**
- Talk to Sharon to find a volunteer task that fits your interests and schedule.
- Receive additional training, if needed, for your particular task.



2ND THURSDAY & 2ND SATURDAY UPCOMING PROGRAMS

DATES: 2nd Thursday of Each Month • October 12, November 9, and December 14, 2006

TIME: Noon – 1:00 p.m. (Lunch provided with RSVP – see below.)

PLACE: The Heights (Richmond Heights Community Center) 8001 Dale Avenue, Richmond Heights, MO 63117 (Hwy. I-40/64. Exit Hanley Road South. Turn East at 1st Light. Bus line located nearby.)

TO RSVP: Complimentary Lunch with RSVP, call NAMI St. Louis Office at 314-966-4670.
Or e-mail: info@namistl.org.

October 12, 2006 • Noon - 1:00 p.m.

How to Overcome Adversity and Challenges to Be Successful in Both Work and Personal Life

Speaker John O'Leary, Inspirational Speaker and Survivor, will speak to each individual, enabling them to use their experiences and observations to enhance positive and productive actions in their own lives.

November 9, 2006 • Noon - 1:00 p.m.

Treatment of Early Age Mania (TEAM) at Washington Univ. in St. Louis School of Medicine

Speaker Samantha Blankenship, MSW, TEAM Study Monitor, will present the Treatment of Early Age Mania (TEAM) Study. Washington University is one of five national sites taking part in this first large-scale, multi-side treatment study for childhood bipolar disorder. Researchers are studying how well different medications and medication combinations work in making children with bipolar disorder feel better. Ms. Blankenship will discuss the study design, inclusion/exclusion criteria, and pros and cons of participation.

December 14, 2006 • Noon - 1:30 p.m. • Key Advocacy Issues for the 2007 Legislative Session

Speaker Jacqueline Lukitsch, Executive Director of NAMI St. Louis, will identify key mental health policy issues for upcoming Missouri legislative session and key contacts and discuss our Legislative Network activities planned. Please join us for an important, interactive discussion about the future of mental health care in Missouri.

DATES: 2nd Saturday of Each Month • October 14, November 11, and December 9, 2006

TIME: Noon – 1:30 p.m. (Lunch provided with RSVP – see below.)

PLACE: MPC (Metropolitan St. Louis Psychiatric Center) 5351 Delmar Boulevard (west of Union Blvd.), Saint Louis, MO 63112 (Park on back lot and enter at back entrance. Bus line located nearby.)

TO RSVP: Complimentary Lunch with RSVP, call NAMI St. Louis Office at 314-966-4670.
Or e-mail: info@namistl.org.

October 14, 2006 • Noon - 1:30 p.m. • Forensic Mental Health System in Missouri

Speaker Dr. Rick Scott, Ph.D., licensed psychologist, Certified Forensic Examiner for Department of Mental Health in St. Louis, will review primary steps in the Criminal Commitment Process for mental health patients and discuss the process of evaluating criminal defendants regarding mental health problems and the process of commitment and release for persons found incompetent to stand trial or found Not Guilty by Reason of Insanity.

November 11, 2006 • Noon - 1:30 p.m. • Movies and Mental Illness

Speaker Dr. Danny Wedding, Ph.D., MPH, will present brief film clips to illustrate both accurate and inaccurate presentations of mental illness in movies and will highlight the ways in which films perpetuate the stigma associated with mental illness and addictions.

December 9, 2006 • Noon - 1:30 p.m. • Estate Planning for Your Child with Special Needs

Speaker James T. Gentry, CFP, CLTC from Metlife, will discuss estate planning for those with special needs children or dependents. Please join us in this vital discussion that will inform you of the issues to be considered, the right questions to ask, and the ways to protect and ensure the future of your loved one.

SUPPORT GROUP CALENDAR / OCTOBER-DECEMBER 2006



GROUP	OCT	NOV	DEC	TIME	LOCATION
Every Tuesday Consumer	Tuesdays in Oct., Nov. and Dec.			2:00 - 3:30 p.m.	NEW! NAMI C.A.R.E., Consumer Support Groups at Self Help Center, 7604-A Big Bend, Maplewood, MO 63143 Contact Self Help Center at 314-781-1099
2nd Tues. Consumer	10	14	12	6:00 - 7:30 p.m.	NAMI C.A.R.E., Consumer Support Group at NAMI St. Louis, 134 W. Madison, Kirkwood, MO 63122 Contact Sharon Lyons at 314-814-8579
3rd Tues. Consumer	17	21	19	7:00 - 8:30 p.m.	NAMI C.A.R.E., Consumer Support Group at Grace UCC, 8326 Mexico, St. Peter's, MO 63376 Contact Joyce Johnston at 314-775-1631
3rd Wed. Consumer	18	15	20	12:00 - 1:30 p.m.	NAMI C.A.R.E., Consumer Support Group at Hopewell Center, 1504 S. Grand Blvd., St. Louis, MO 63104 Contact Sharon Lyons at 314-814-8579
1st Tues. C/F	3	7	5	7:00 - 8:30 p.m.	Family & Consumers Support Group at Chestnut Clubhouse Annex, 1310 21st Street, Granite City, IL 62040 Contact NAMI Madison County at 618-798-9788
1st Tues. C/F	3	7	5	7:00 - 8:30 p.m.	Family & Consumers Support Group at Impact, 2735 Broadway, Alton, IL 62002 Contact NAMI Madison County at 618-798-9788
2nd Wed. Family	11	8	13	10:00 - 11:30 a.m.	Family Support Group at Grace Hill Health Center, 1717 Biddle, St. Louis, MO 63106 Contact Sharon Lyons at 314-814-8579
1st Thurs. Family	5	2	7	7:00 - 8:30 p.m.	Family Support Group at Crider Center, 322 McDonough, St. Charles, MO 63301 Contact Bonnie Crandall at 636-474-1648
1st Thurs. Family	5	2	7	7:00 - 8:30 p.m.	Family Support Group at St. John's Lutheran Church - Arnold, 3517 Jeffco Blvd., Arnold, MO 63010, Room 106 (Enter on St. John's Church Road side.) Contact Russell & JoAnn at 314-293-1512
1st Thurs. Family	5	2	7	7:00 - 8:30 p.m.	NEW DAY! Family Support Group at Pacific Presbyterian Church, 410 W. St. Louis, Pacific, MO 63069 Contact NAMI St. Louis Office at 314-966-4670
2nd Thurs. Family	12	9	14	7:00 - 8:30 p.m.	Family Support Group with relatives with Bipolar/Unipolar Illness, sponsored by DBSA, at St. Paul Lutheran Hall, 12345 Manchester (at Ballas), Des Peres, MO 63131 Contact Dolores Segal at 314-822-0183
3rd Tues. Family	17	21	19	7:00 - 8:30 p.m.	Family Support Group at Grace UCC, 8326 Mexico Road, St. Peter's, MO 63376 Contact Liz Birchen at 636-240-2244
3rd Tues. Family	17	21	19	7:00 - 8:00 p.m.	Procovery Circle for Family Members with relatives having mental illness and alcohol/substance abuse problems at NAMI St. Louis, 134 W. Madison, Kirkwood, MO 63122 Contact Jackie Corn at 314-966-4670
3rd Sat. Family	21	18	16	1:30 - 3:00 p.m.	NEW TIME! Family Support Group at Metropolitan St. Louis Psychiatric Center, 5351 Delmar Blvd. (just west of Union Blvd.), Room 2218, St. Louis, MO 63112 Contact Sharon Lyons at 314-814-8579
4th Mon. C/F	23	27	no mtg.	7:00 - 8:30 p.m.	Adolescents with Bipolar/Unipolar Illness Support Group for Parents and Teens (14-19) Parents and teens meet separately, co-sponsored by DBSA & NAMI St. Louis at Kirkwood United Methodist Church, 201 W. Adams, Kirkwood, MO 63122 Contact Dolores Segal at 314-822-0183
4th Wed. Family	25	22	27	7:00 - 8:30 p.m.	Family Support Group at NAMI St. Louis, 134 W. Madison, Kirkwood, MO 63122 Contact NAMI St. Louis Office at 314-966-4670
4th Sat. C/F	28	25	23	2:00 - 3:30 p.m.	Family and Consumer Support Group CUPFUL NAMI at Church of God, 1505 Market Street, East St. Louis, IL 62205 Contact Pamela Perry at 618-482-7364 or 314-868-8031



Educational Programs

Family-to-Family This free, 12-week course is for family members and caregivers of persons who have a mental illness. Each class meets once weekly for 2 1/2 hours. Topics include education about mental illness, medications, tips for handling crises, family skill building, and support.

Peer-to-Peer This free, 9-week course is for persons with a severe mental illness who are in recovery. Topics include education about mental illness and life skills to enhance recovery in an experiential format.

Visions for Tomorrow This free course is for parents and caregivers of children who have a brain disorder. Topics include education about mental illness and brain disorders as they affect children, family skill building, and support.

Support Groups

Family Support Groups Our free support groups for family members are led by trained facilitators and meet monthly at various times and locations throughout the Metro St. Louis area. The 1 1/2 hour monthly sessions include problem solving and coping skills. Our Procovery Circle for family members meets for 1 hour monthly.

NAMI C.A.R.E. Support Groups (Consumers Advocating Recovery through Empowerment) Our free support groups for persons with a mental illness are led by trained peer facilitators and meet monthly at various times and locations throughout the Metro St. Louis area. The 1 1/2 hour monthly sessions include problem solving and coping skills. (See page 9 for list of support groups.)

To register or for more information on our courses or support groups, call NAMI St. Louis at 314-966-4670.

Other FREE Educational Programs

Family Education Meetings are held each month at Metropolitan St. Louis Psychiatric Center (MPC), 5351 Delmar, St. Louis, MO 63112 on the first 3 Tuesdays of each month from 6:00-8:00 p.m. The program is sponsored by MPC's Department of Social Work. For more information call the department at 314-877-0546.

Family & Consumers with OCD Support Group, sponsored by St. Louis OCD, is held on the third Saturday of each month at St. John's Mercy Medical Center, 615 S. New Ballas Road, Creve Coeur, MO 63131. For information call 314-842-7228.

SAVE THE DATE! SATURDAY, OCTOBER 7, 2006

8:30 a.m. - 3:30 p.m.

Holiday Inn Select – St. Peters, Missouri

A One-Day Family Skills Workshop

Dual Diagnosis – Mental Illness & Drug/Alcohol Abuse
Continental Breakfast and Lunch

Workshop is free, but there is a \$10 fee to cover cost of breakfast and lunch. To register, or for more information, call the NAMI St. Louis office at 314-966-4670.

NEEDED! Gala Auction Items

Jewelry, items for children, sports, garden, spa.

Gift certificates to restaurants, businesses.

Tickets for sports events, theatre. Donate a gift you've never used! Drop off items/arrange for pick up at NAMI St. Louis office, phone: 314-966-4670. Donor/tax forms available.



 **Washington University in St. Louis**

School of Medicine Conte Center

Principal Investigator: John G. Csernansky, M.D.

Sponsored by: National Institute of Mental Health

The major goal of the Conte Center is to improve understanding of the underlying causes and mechanisms of schizophrenia, especially during its earliest phases. Volunteers of many kinds are needed. If you have schizophrenia or are the brother or sister of someone with schizophrenia, you can participate in research studies. Participation will involve a no-cost MRI (Magnetic Resonance) scan, plus 8-10 hours for interviews and cognitive testing. Every participant in the study will receive compensation for his/her time.

Inclusion Criteria

- Voluntary and competent to give informed consent
- DSM IV diagnosis of Schizophrenia 12-26 years old
- Have a biological sibling age 12-26 years old, willing to participate
- Substance abuse/dependence free for past 3 months

Exclusion Criteria

- DSM IV Mental Retardation
- Head Injury with loss of consciousness more than 15 minutes
- Confounding medical problems

For further information, please call the Conte Center at 314-747-2162.

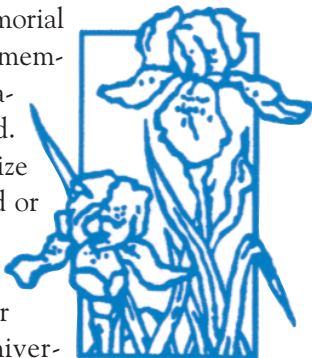


MEMORIALS & TRIBUTES

- 
In Memory of Teresa Rittenhouse
 - Kathleen McCann
- 
In Memory of Rosemary Maher
 - Ann Hughes
 - Janis A. Bathe (daughter)
 - The New North Club
- 
In Memory of Robert L. Tillman
 - June Kreyling
- 
In Memory of Jack Lynch
 - Claude and Mildred Whitledge
- 
In Memory of Vernon Doering
 - Gary & Velda Friscko
- 
In Memory of Henrietta Alpert
 - Greg and Joan Carlson
- 
In Memory of Jennifer Sayre
 - Mary and Jeff Sayre

GIVE A GIFT THAT LASTS – NAMI St. Louis Memorials and Tributes

A NAMI St. Louis' Memorial or Tribute is a perfect remembrance on a special occasion or in time of need. MEMORIALS memorialize a person recently deceased or on the anniversary of their death. TRIBUTES honor a living person or family – birthdays, anniversaries, graduations, get well, or thinking of you. To request a MEMORIAL or TRIBUTE, send your donation in any amount to the NAMI St. Louis office. We send the person or family that you name a card acknowledging your gift without mention of the amount. You receive a thank you card from us to assure you that the Memorial or Tribute has been sent. The names of those memorialized or honored are listed in the next edition of our newsletter.



NARSAD Facts

NARSAD is the leading donor-supported organization for psychiatric brain and behavior disorder research that funds scientists around the world, in an effort to find the causes, better treatments, and eventual cures for these disorders.

Since 1987, NARSAD has awarded \$199.3 million in 2,948 research grants to 2,284 scientists at 347 leading universities, institutes and teaching hospitals worldwide.

Every dollar donated to NARSAD goes directly to research. ALL operating expenses are supported by separate grants from two family foundations. The American Institute of Philanthropy has awarded NARSAD an A+ for financial efficiency.

You can help by purchasing NARSAD Note Cards, Holiday Cards and Gifts featuring artworks by talented artists who have shared the common bond of mental illness. (See the enclosed brochure.)

For more information on NARSAD, brain and behavior disorders, visit www.narsad.org or call 800-829-8289.

NAMI ST. LOUIS REQUEST FORM

ADDRESS CHANGE

If your mailing address is incorrect, or if you'd like to be added to our mailing list, please complete the information below. Your information will not be shared with anyone.

Name _____

Address _____

City _____

State _____ ZIP _____

Please send FREE information on:

- | | |
|--|--|
| <input type="checkbox"/> Peer to Peer Program | <input type="checkbox"/> Family Support Groups |
| <input type="checkbox"/> Consumer Support Groups | <input type="checkbox"/> Iris Society |
| <input type="checkbox"/> Family to Family Program | <input type="checkbox"/> NAMI Walk |
| <input type="checkbox"/> Visions for Tomorrow Program | <input type="checkbox"/> NAMI St. Louis Gala |
| <input type="checkbox"/> Children/Teen Support Groups | <input type="checkbox"/> NAMI St Louis |
| <input type="checkbox"/> NAMI St. Louis Membership | <input type="checkbox"/> Procovery Circles |
| <input type="checkbox"/> NAMI St. Louis Legacy Society | |

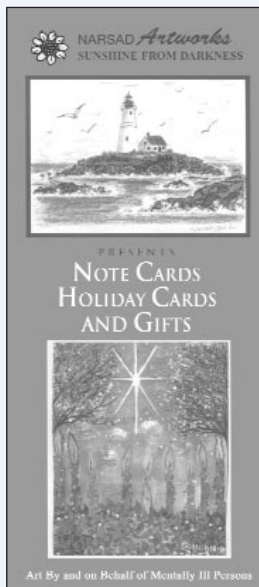
NAMI St. Louis

134 W. Madison Avenue, St. Louis, MO 63122
Phone: 314-966-4670 • Website: www.namistl.org

Code: NSLR06D

INSIDE...

Your NARSAD 2006 Holiday Brochure



Holiday Cards & Gifts designed with beautiful artwork created by persons with mental illness.

Every dollar donated to NARSAD goes directly to support research on mental illness and brain disorders.

For orders, see form inside or call NAMI St. Louis at 314-966-4670.

DON'T FORGET!!!

NAMI St. Louis 2006 Awards Ceremony and Gala *"Unmasking Mental Illness"*

SUNDAY,
November 12, 2006
5:30 - 10:00 p.m.



HILTON ST. LOUIS FRONTENAC
Lindbergh Boulevard at Clayton Road

Bid on Trip to Martha's Vineyard, a Ride in St. Louis County Police Helicopter, Dazzling Jewelry, & More. PLUS Entertainment, Dinner & Cocktails

For an invitation or more information, call NAMI St. Louis at 314-966-4670