

The Alliance for the Mentally Ill



NAMI St. Louis

NEWSLETTER

May—June 2003

HIGHLIGHTS IN MENTAL HEALTH

For more information
contact **HELPLINE:**
(314) 966-4670

- Abilify offers a new treatment for Schizophrenia. Fact sheet available.
- Post Traumatic Stress Disorder (PTSD) is more prevalent among women and inner-city youths, emigrants and war veterans
- Prior Authorization initiatives are under consideration in states all over the country; posing a threat to Medicaid recipients' access to effective medications as determined by consumers with their physicians. NAMI responds with advocacy on both the federal and state levels.

From the Interim Executive Director

While change can be challenging and stressful, it can also provide new opportunities for renewed hope and growth. As a long-time volunteer and recently appointed interim executive director of NAMI St. Louis, it is my hope the transition we are experiencing will bring new opportunities for growth and a renewed energy in continuing and strengthening our mission of serving family members of persons with severe mental illness.

The 1990's brought new hope to decrease myths and stigma attached to mental illness. Through the use of MRI's, scientists were able to illustrate the difference between a healthy brain and a brain affected by mental illness. As a result, NAMI began referring to mental illness as a brain disorder, and "an illness like any other," which could be treated. In 1996, the passage of a federal mental health parity bill required, for the first time, that private insurance companies provide equal coverage for mental health care.

As we enter the 21st century, NAMI St. Louis has positioned itself to facilitate real improvement in the lives of people with mental illnesses and their families. We partici-

pated in the creation of mental health courts in the city and county which provides real hope for diverting people with mental illness from incarceration into treatment. We have worked with local police to create crisis intervention training for police officers dealing with individuals who suffer with severe mental illness in the hope of protecting them and their families. We have outreached to the adjacent counties of St. Louis and brought important educational and support services to family members and individuals in these areas.

As interim executive director, I am committed to continuing a steady progression of growth to reach out to more individuals and families than ever before and to continue to implement and strengthen services and public policies which improve the lives of people with mental illness and their families. I ask you to please join me, the staff, and the board in addressing the needs of consumers and their families by seizing every opportunity for hope and wellness.

Sincerely,

Jacqueline A. Lukitsch

NAMI St. Louis

134 W. Madison Ave
St. Louis, MO 63122

President—Darwyn Walker

Treasurer—Jeffrey Pass

Interim
Executive Director—Jackie Lukitsch

Editor—Elizabeth Westhoff

NAMIWalks May 10th



There is still time to participate in the first ever NAMIWalks For The Mind of America on May 10th. Check in is at 9:00 a.m. at the upper Muny parking lot in Forest Park. The Walk will begin

at 10:00 a.m. with a ribbon cutting ceremony lead by NAMI-Walk honorary chair woman and KSDK-Channel 5 anchor, Jennifer Blome.

The goal of the walk is

to raise both money and awareness regarding the need for St. Louis to build a world-class treatment and recovery system for people with mental

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Project SPEAK: Outreach Training in Suicide Prevention

NAMI St. Louis, in collaboration with Life Crisis, KUTO (Kids Under Twenty-One), and



NACOP (National Organization for People of Color Against Suicide), is implementing a grant to bring an effective training tool to those who work with and may encounter elderly and teens at-risk of committing suicide. QPR is a method that trained staff members can use to

effectively identify those at risk, outreach and refer to help. This one

hour training will be provided to all of those organizations who wish their staff to receive this skill.

In addition, a professional trainer workshop will take place on June 6th. This workshop will allow for the training of any staff members, including those who provide services for seniors. Both programs are available upon request. The trainer workshop will be all day and free of charge. There will be a small charge for the lunch provided. **If interested please contact Christina Dougherty at (314) 966-4670.**



Family-to-Family Education Courses : Sign Up NOW



Spring Classes for 12 week Family-to-Family Education courses are forming NOW. All over the greater metropolitan area, teachers are gathering names and addresses so that courses to be taught in the upcoming months can be filled. The 12 week course covers all aspects

of the nature and needs surrounding the affliction of mental illness. All family members over the age of 16 are welcome. A commitment to attending all 12 of the 2.5 hour classes, held weekly, is requested. This course is taught by trained volunteers and is offered free of charge. If you are not already on our wait list, call Christina Dougherty at (314) 966-4670 today.

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Visions for Tomorrow: Young Family Education Teachers Sought

NAMI MO will train volunteer teachers to teach an education course with a focus on families with a child diagnosed with mental illness. Volunteers will participate in an intensive week-end training that provides the tools necessary to teach this education course. As is the Family-to-Family course, the education program is



science based and informs families of the nature and needs surrounding living with a child diagnosed with a mental illness. The course will focus on coping techniques that families need to maintain a healthy environment, how to access services, what the stigma and ignorance in the larger community means to a child and a family—and how to meet those concerns with advocacy and knowledge. While the training is free, volunteers are asked for a commitment that they will teach at least one course per year, a minimum of twice - and hopefully for years to come. We need two teachers per class and in every geographic area. Training will take place sometime in July. Please consider filling this vital role, the need is so great and the benefits of knowledge even greater. **Please contact Christina Dougherty at (314) 966-4670 for more information.**

Bereaved Parents of the USA: NATIONAL GATHERING 2003 A Weekend Dedicated to our Children June 26th-29th

The Power of Parents, The Power of Siblings, The Power of Family

An upcoming conference on the issues surrounding the loss of a beloved child will be held at the Crowne Plaza Hotel in St. Louis. As part of this weekend long conference, NAMI St. Louis will present a panel discussion that centers on the loss of a loved one af-

flicted with mental illness. Presenters for the panel are being sought. If you experienced the loss of a diagnosed child, because of events related or unrelated to the illness, and are willing to share your story, please contact Christina Dougherty. Panelists may be any family member relationship. The conference work-

shops will cover every aspect of loss. It is open to the public and all interested are encouraged to attend. Please contact Christina Dougherty at (314) 966-4670 to volunteer as a panelist or to find out more information on attending the conference.



MULTI-CULTURAL OUTREACH NEWS

Help Me Understand My Child! The Mental Health of Our Children: Answers, Information, Resources

WHEN: Saturday, May 17, 2003-10 am-12 pm

WHERE: Walnut Park Branch Library
5760 West Florissant Ave.

(1/2 mile from Corner of Kingshighway & W. Florissant)

This Free Program Will Include:

Special discussion on childhood mental health disorders

- * What are the common disorders children cope with?
- * Treatment options and resources for parents of young children.
- * Taking care of the "caregiver/parent" and coping strategies.

Open floor session for audience questions and comments.
Information on current issues vital to mental health care.

**For More Information or to RSVP, call NAMI St. Louis:
314-966-4670**

You're invited to an OPEN HOUSE!

FOR: The NAMI St. Louis Multi Cultural Outreach Project

WHERE: Prince Hall Family Support Center
(4411 N. Newstead Ave.)

WHEN: Friday, May 23rd

TIME: 10:00 am—2:00 pm

It's been a year and a half and we have finally settled in to our new home at the Prince Hall Family Support Center. Come by to visit our location, see the City Lending library, and learn more about our efforts to outreach to city residents and minority families.

We have many project successes we would like to share with you!

NAMI Addresses Issue of Medicaid Access to Effective Medications

NAMI has the following position on the state role in allowing Medicaid patients access to new and effective medications:

1. One Size Does NOT Fit All—individual reactions differ both in efficacy and potentially dangerous side effects. NAMI opposes the use of Medicaid prior authorization programs to control prescription drug costs and utilization. These are high-risk cost containment strategies. The most cost effective and humane solution is to respect the roles of the practitioner and consumer to seek the treatment that works best.
2. If prior authorization programs are being considered, there should be exemptions for anti-psychotic, anti-depressant, anti-anxiety and anti-convulsant medication to ensure that people with mental illness have access

to medications that maintain recovery.

3. NAMI supports pharmaceutical company research to develop new



New & Effective Medications must be made available, accessible and affordable to all

the development of notification, grievance and appeals procedures to protect Medicaid recipients.

5. NAMI will participate in, as appropriate, in legal actions in opposition to s on Medicaid clients' access to prescription drugs through prior authorization programs.

medications and opposes pricing practices that make these medications unaffordable.

4. NAMI supports

6. NAMI supports "Polypharmacy Education Programs" that are aimed at reducing the over-prescribing of medications as an alternative to restrictive cost containment programs and the development of explicit treatment protocols with rigorous follow-up assessments.

7. NAMI opposes state policy changes that put costs ahead of consumer health care and looks for opportunities to work with legislators to ensure that limited dollars are used most effectively. NAMI encourages consideration of a comprehensive and coordinated effort to address the needs of people with serious mental illness to prevent long-term damage to an already inadequate system of care.

PLEASE contact Jackie Lukitsch to participate in legislative advocacy on this and other vital mental health issues: jackie@namistl.org

DEVELOPMENT NEWS

Well, what do you know!

On April 5th nearly 300 people came to the first-ever NAMI Trivia Night to show off what they know.

The Richmond Heights center was packed to the gills as trivia master, Kevin Carberry, quizzed the crowd on topics ranging from cartoons to Khartoum!

The winning table was awarded gift certificates to local restaurants as well as tickets to a musical concert performed by the St. Louis Brass Band.

Start brushing up on your tid-bits and facts now for the next NAMI Trivia Night!

NAMI's on the WEB!

Don't forget! You can now access the NAMI St. Louis newsletter on the web.

If you are interested in switching your newsletter subscription from paper to electronic, e-mail Jackie Lukitsch at:



Jackie@namistl.org

IT'S NOT TOO LATE!

There's still time for you to help support NAMI Walks For The Mind of America.

If you're interested in walking, volunteering the day of the

walk, or financially supporting NAMI through a donation to the walk, call the NAMI St. Louis office at 314-966-4670.

Interested in owning your very own Silver Ribbon pin to support Mental Health?



Call 314-966-4670

MEMORIALS & TRIBUTES

MEMORIALS

In memory of Ralph Blake

David & Lavada Finke

Jean & Pay Guerra

Nancy & Alois Koller

Lorene R. Shockley

Cy & Frieda Mueth

Bernard Dissler

Thomas & Willa Dean Milan

Joseph & Peggie Enloe

Henry & Edna Smith

Darren & Theresa Daly

Carroll & Kenneth Shockley

Paul & Betty Cude

June Davenport

Mr. & Mrs. John Gibiser

Blair G. & Selma L. Balk

Mr. & Mrs. R. Sternberg

Rickie Sewell

Edward & Lucy Kebbel

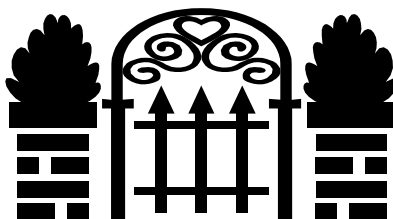
Ron, Lodi, & David Greenwalt

Anthony & Zita Caflazza

Thomas Bushery

Mr. & Mrs. Joseph Singni

Elijah & Evelyn Enloe



In memory of Rachel Goodman

Jessica & Michael Friedlander

Mr. & Mrs. Mario Lavazzi

Barbara Rosenthal Schult

In memory of Mary Jo Collins

Judy Mc Carty

In memory of Hartley Mayr

Eva Bradin
Richard Wrausmann

In memory of Collette Bringel

Mrs. Ronald Robertson

In memory of Rosemary Vas

Pat Rudloff

In memory of Leonard Siebels

Johanna Sinks

In memory of Edward Vickar

Linda & Tom Bergjams
Janis A. Roe
Staff at CHNE

In memory of Mary F. Hook

Mr. & Mrs. James W. Dick

In memory of Florence Russell

Kelly Callahan
Charles & Joan Schorfheide
The Russell Family

TRIBUTES

In honor of Jeffrey Pass

Patti & J.B. Cohn
Sheila & Richard Flom
Beth & Barry Jasper
Marcia & Robert Pass
Jan & Ron Pass
The Pass Family
Darwyn Walker

In gratitude to Marge Parrish, for her 20 years working with the mentally ill and their families

Ann Sheehan
Janet Long
Martha L. Clark
Jim Scott
Eva Bradin
Mary Beth Reynolds
Annie Erker

Calendar of Support & Education Meetings
NAMI St. Louis
May 2003 & June 2003

1st Monday	MAY 5	JUNE 2	7:00 p.m.	Franklin County: Pacific Presbyterian Church, 410 W. St. Louis, Pacific Contact NAMI St. Louis Office 314-966-4670
1st Tuesday	6	3	6:30 p.m.	Madison County, Illinois: Chestnut Club House, 2054 Edison Avenue, Granite City Contact Tom Giger 618-644-5705
1st Thursday	1	5	7:00 p.m.	St. Charles, Lincoln & Warren Counties: Crider Center for Mental Health, 322 McDonough, St. Charles Contact Bonnie Crandall 636-947-4618
2nd Monday	12	9	Noon	Midtown: Siblings & Offspring Group: Grace United Methodist Church, 6199 Waterman @ Skinker Contact Lisa Schwarz-Beyer 314-773-5272 or 314-657-3220
2nd Thursday	8	12	7:00 p.m.	Des Peres: St. Paul Lutheran Church, Ballas & Manchester Rd., Upstairs Lounge Contact Linda Preus 314-849-6125
2nd Thursday	8	12	6:30 p. m.	Bridgeton: Gateway Central Church of the Nazarene 11703 Old St. Charles Road Contact Sally Black 314-739-4598
2nd Thursday	8	12	7:30 p.m.	Missouri Baptist Medical Center: Family support for Bi-Polar & Severe Depression individuals, Sponsored by D/MDA, Auditorium, Room 1
3rd Saturday	17	21	10:00 a.m.	St. John's Mercy Medical Center: Family & Consumers with OCD; Sponsored by St. Louis OCD Support Group Contact 314-842-7228
3rd Saturday	17	21	1:00 p.m.	St. Louis City & Midtown: Metropolitan St. Louis Psychiatric Center, 5351 Delmar Blvd. (West of Union blvd.), Room 2218 Contact Wilma Claseman 314-832-6294
3rd Tuesday	20	NO	6:00 p.m.	Frontenac: Fishbowl: Family Members and Children/Siblings Litzsinger School, 10094 Litzsinger Rd. Contact NAMI St. Louis 314-966-4670
3rd Tuesday	20	17	7:00 p.m.	O'Fallon: Grace United Church of Christ, 8326 Mexico Road. Contact Liz Birchen 636-240-2244
Last Wednesday	28	25	6:30 p.m.	South City: Adapt of Missouri Office, 2301 Hampton Avenue Contact Lisa Schwarz-Beyer 314-657-3220
3rd Thursday	16	19	6:00 p.m.	North City: Multi-Cultural Outreach Project, Prince Hall, 4411 N. Newstead Suite 125 (1st floor) Contact Rhoda Stuart 314-389-8100
4th Wednesday	28	25	7:00 p.m.	Southwest County/Kirkwood: NAMI St. Louis, 134 West. Madison Avenue Contact 314-966-4670
4th Wednesday	28	25	7:30 p.m.	North County: Christian Hospital N. E., Room 2100, 11133 Dunn Rd. Contact Larry Daniels 314-830-4642
4th Monday	26	23	6:00 p.m.	Union, MO: Young Families Parent Support, Diversified Counseling Services Clinic, 202 East Locust, Room 104 (near courthouse, next to "Little Dipper") Contact Joyce Johnston at 1-888-397-5492 (numeric pager)
4th Monday	26	23	7:00 p.m.	Kirkwood: Adolescent Bipolar/Unipolar; teens (14-19) and parents <i>meet separately</i> , Co-sponsored by D/MDA Meet at NAMI St. Louis Office at 134 W. Madison Ave. Contact NAMI St. Louis office 314-966-4670
4th Saturday	24	28	2:00 to 4:00 p.m.	East St. Louis, IL: CUPFUL NAMI, Church of God, 1505 Market St. Contact Pamela Perry 618-482-7364 or 314-868-8031
Every Tuesday	6,13, 20,27	3,10, 17,24	7:30-8:30 p. m.	LECTURE: Midtown: Mental Illness Education @ Metropolitan Psychiatric Hospital, 5351 Delmar Blvd. (west of Union Blvd.)
1st Wednesday	7	4	10:00-11:00 a.m.	LECTURE: North City Mental Health Ed. Series Multi-Cultural Outreach Project, Prince Hall, 4411N. Newstead, Suite 125 Contact Rhoda Stuart 314-389-8100
every 4 weeks Saturday	24	21	10:30-Noon	LECTURE: Mental Illness/Substance Abuse (Dual Diagnosis) Edgewood Program St. John's Mercy Medical Center, 970 Executive Parkway, Creve Coeur Contact Theresa Eschman 314-628-6500 ext. 6431

Upcoming Events: May & June 2003

Clinical Research Inc.
Establishing Treatment...Searching For The Cure

Dear Family Members:

Schizophrenia ... can tear families apart.

Do you or a loved one have Schizophrenia?

Clinical Research Inc., one of st. Louis' highly skilled Schizophrenic Research Companies is now seeking qualified people with Schizophrenia to participate in research studies.

Clinical Research Inc. is a group of caring experienced professionals, funded by well-known pharmaceutical companies.

We are currently conducting several research studies that include a hospital stay and outpatient visits. We are also conducting studies that include long term medications through a two-week shot.

If you or a loved one has tried various medications and still feel hopeless, have unwanted side effects or continue to suffer from troubling thoughts or voices, please contact Dr. Rick Mofsen, or one of his associates, Bertina Wilson or Evelyn Hollins at (314) 771-6387 and we will be happy to discuss our projects with you.

The Alliance For The Mentally Ill-NAMI St. Louis
134 West Madison Avenue
St. Louis, MO 63122

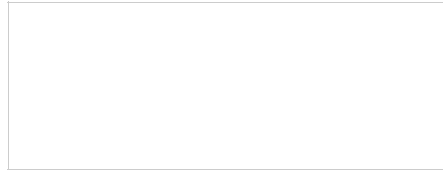
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Fax: 314-966-4672
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the Revolution
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families helping families

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www.namistl.org



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illness. There are several ways you can help. If you would like to be a Team Captain call Elizabeth at 314-966-4670. If you can volunteer on the day of the walk, call Christina at 966-4670. If you decide to support the walk by giving a donation, please send your check to the NAMI office, 134 West Madison Ave., St. Louis, MO 63122.

This walk becomes increasingly important as the state gears up for even more budget cuts. It is vital that members of the mental health community come together to fill in some of the pending service gaps.

Again, for more information, call Elizabeth at NAMI at 314-966-4670