



## IN THIS ISSUE

- Dual Diagnosis .....1-2
- Executive Director's Column .....2
- Dual Diagnosis and Family Members.....3
- Dual Diagnosis – Signs & Symptoms.....3
- Advocacy Matters.....4
- 2005 Gala Highlights & Awardees .....5
- Consumer News.....6
- Research Opportunities.....6
- Volunteer News .....7
- 2nd Thursday Upcoming Programs .....8
- Support Groups.....9
- NAMI St. Louis Signature Programs.....10
- Memorials & Tributes.....11

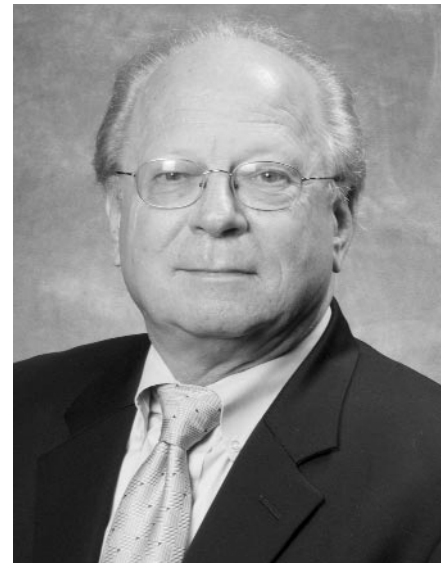
## COMING IN YOUR APRIL–JUNE 2006 ISSUE

**Childhood Onset Disorders**  
Is It “Growing Pains” or Something More Serious?

## DUAL DIAGNOSIS

by David Ohlms, M.D.

Dual Diagnosis is a term used when a person has substance abuse and mental illness as co-occurring disorders. A person with dual diagnosis abuses one or more substances and is simultaneously diagnosed with one or more mental illnesses. The National Institute of Mental Health (NIMH) reports that 37% of alcohol abusers and 35% of drug abusers also have at least one serious mental illness. Similarly, 29% of mentally ill patients abuse either alcohol or other drugs. The Substance Abuse and Mental Health Services Administration (SAMHSA) estimates that 4 million people in the United States have a dual diagnosis.



Dr. David Ohlms, Medical Director of Chemical Dependency Services at CenterPoint Hospital in St. Charles

Substance abuse can precipitate an underlying psychiatric disorder, and chronic intoxication can lead to psychiatric symptoms. Individuals in recovery from substance abuse can be very confused and frustrated by complications from an undiagnosed underlying mental illness. This, in turn, can contribute to relapse and other problems in recovery. Conversely, treatment for mental illness can be complicated by on-going abuse of alcohol or drugs. Research has not identified a single underlying personality variable to account for substance abuse disorders, nor has addiction research found the remission of psychiatric disorders with abstinence. Both theories highlight the need for research and treatment specifically aimed at the complexities of dual diagnosis. (Cartwright et.al. 2004)

According to Dual Recovery Anonymous, both illnesses may affect an individual physically, psychologically, socially and spiritually. The illnesses may exacerbate each other and may even cause relapse in the other disease.

As the dual diagnosis population has increased, problems impact both mental health and substance abuse providers. Twelve Step programs that consider

*Continued on page 2*



## Substance Abuse and Mental Illness



Are we treating individuals effectively when an individual has both of these disorders?

Using common logic one would think that an individual who suffers from two illnesses – like diabetes and mental illness – needs to be treated for both disorders at the same time. So then, why aren't state services set up so that an individual suffering from both a mental illness and a substance abuse disorder can receive treatment for both disorders at the same time?

According to the National Institute for Mental Health, diagnosing and then treating both disorders more than doubles the success rate of recovery.

For the most part, our public mental health care system is set up to offer substance abuse services first, and then, mental health services. Admittedly, in some situations, sequential treatment is needed; however, given the increased rate for recovery, this should be the exception, not the norm.

The Substance Abuse and Mental Health Services Administration (SAMHSA), the agency primarily responsible for federal mental health services funding, supports the implementation of evidence-based practices including integrated treatment for co-occurring mental health and substance abuse disorders. Yet, few community mental health centers around the state offer such services.

As many as 29% of the population of persons with mental illness also suffer from a substance abuse disorder. In Missouri, 3% or 150,000 of the population have a mental illness and 29% of this number is 43,500. With numbers like these, one has to wonder why we do not have integrated treatment programs widely available in Missouri.

Jacqueline A. Lukitsch  
Executive Director

## DUAL DIAGNOSIS *(con't from page 1)*

discussions of alcohol and drugs as the only appropriate subjects for meetings are affected as well. As a result, conflicts arising about the direction for treatment and support groups have left patients confused. This conflict is slowly changing as treatment providers introduce a Twelve Step philosophy as a part of recovery.

In my clinical experience, I have found concurrent treatment, flexibility, and a collegial relationship among various providers to be the essential elements of a dual diagnosis approach. Treatment goals are abstinence, stability, involvement in long term support, lifestyle change and relapse prevention. I advocate an integrated treatment model that provides either sequential or parallel treatment for both mental health and addiction. The entire treatment team must have knowledge of both psychiatric and alcohol and drug illnesses and the relationship between the two. According to the NIMH, diagnosing and then treating both disorders more than doubles the success rate of recovery.

Mental health advocates are continuously combating the mythology that people with mental illnesses should "be strong and pull themselves together." Advocates for people with substance abuse battle the same stigma. Mental illnesses, substance abuse and dual diagnosis disorders are real but treatable when people have access to appropriate integrated services.

*Dr. David Ohlms is Medical Director of Chemical Dependency Services at CenterPointe Hospital in St. Charles. Dr. Ohlms has been a practicing physician in the field of General Psychiatry and addiction disease for over 30 years and is one of the world's most respected authorities on addiction.*



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. © 2006 by NAMI St. Louis

134 W. Madison Avenue, St. Louis, MO 63122 • Phone: 314-966-4670 • Fax: 314-966-4672 • www: namistl.org



## *Dual Diagnosis and the Family* by Theresa Eschmann, MA, PLPC

Those of us who have a loved one who suffers with a dual diagnosis (mental illness and alcohol or substance abuse addiction) understand all too well the fear of a call in the middle of the night, or the frantic feeling of extreme anxiety when the phone rings. We don't sleep at night; our heart begins to be submerged in a world of fear and doubt.

We can become frustrated and angry. We may rationalize or minimize our loved one's behavior. We may blame their friends for their drinking or drug abuse or begin to blame ourselves. Tension and isolation set in as we avoid our friends and families. We may constantly ruminate over how to get our loved one to stop this behavior. We may make up excuses for their behavior in an attempt to disguise our world of despair. Our emotions begin to color our perception of the world around us.

Then suddenly our fear shifts as we attempt to take control and shoulder all the responsibility. We may control the money, or get a second job to pay off debts caused by their drinking or drug abuse. We feel we are in control of the situation, at least for a time. The feeling of control is only temporary. Eventually, our heroic efforts only leave us feeling overwhelmed, full of self pity, frustration, and resentment. Our pain becomes so great we start to find ways to avoid the situation altogether. We may start drinking ourselves or turn to sleeping pills, anxiety medication or food – anything to help us cope and dull the pain. We may begin to suffer from depression or other physical symptoms such as headaches, or high blood pressure. Our loved one becomes the center of our universe as we attempt to “fix” him or her. Conflict in the family erupts further as our world continues to feel like it is spinning out of control. In desperation, we may just end relationships totally – sometimes with our loved one who suffers from the addiction or with other family members and friends as we continue our efforts of rescue.

### **Now let me ask you ... who needs recovery here?**

#### **Answer: the Family**

Yes, the family needs to recover their sanity, whether our loved one is in treatment or not. Remember, we, too, have been having a relationship with whatever drug or illness our loved one suffers from.

- We must first take our first step which is to admit and ACCEPT that we are powerless over this disease. We did not cause the disease and we cannot cure the disease, and we must face our own denial, fears and doubts. Reaching out can help us connect to other people's viewpoints and gain a new perspective on addiction.
- We must learn what we do have power over which is ourselves and the individual choices we make. It is important that we release ourselves from an unrealistic sense of responsibility for our loved one's problems. We may need to redefine our relationships and take a look at our own co-dependent relationship style.

- We must learn to think ahead and decide what are the appropriate actions to take, which are simply attempts to control, and which only assist or deepen our loved one's addiction. We stop reacting in extreme ways and build a solid foundation in recovery, rather than flounder in quicksand.
- We must connect with our spirituality and live our own lives while our loved ones are learning their lessons in life.
- We must believe that there is hope and that everyone can recover to some degree.
- We must realize that we will have good days and bad days, times when we are strong and times when we feel weak. It is critical that we understand that this is normal and OK as long as we are working our own recovery.

An Al-Anon speaker once said, “We can't make someone else want what we want for their life, and we don't have the right to take away someone else's life lessons.”

Research has shown that there is less relapse in those whose family members are in recovery. We often hear from our patients that their life and recovery process ultimately improved once their family members were in recovery.

*For more information, please contact Theresa Eschmann at St. John's Mercy Outpatient Edgewood Program (314) 628-6500.*

## **Signs and Symptoms that May Be Present with a Dual Diagnosis**

- Multiple admissions for substance abuse treatment
- Multiple admissions for psychiatric illness treatment
- Multiple Emergency Department admissions
- Increased utilization of health care services
- Financial problems
- Family/Relationship problems
- Legal problems
- Employment/School problems
- Homelessness
- Social withdrawal, isolation

### **Provided by CenterPointe Hospital**

*CenterPointe Hospital, located on Highway 94 in St. Charles, provides a continuum of care for patients with a dual diagnosis, including acute care, partial hospitalizations and intensive outpatient programs.*

*CenterPointe is committed to the personalized evaluation and treatment of mental illness, substance abuse and dual diagnosis disorders for children, adolescents and adults.*



Dear Friends of NAMI,

Now, more than ever, we need to increase our advocacy efforts. As I write this, our federal legislators are deliberating a ten billion dollar budget cut to programs such as Medicaid and food stamps.

Missouri has already cut 90,000 people off Medicaid, and 300,000 more lost coverage for dental care, podiatry, and medical equipment such as wheel chair batteries and catheters. The “exceptions” process for getting these supplies is lengthy and unclear. We have only begun to see the effects of the cuts.

Thank you to those who sent in the Medicaid survey. I will keep you updated on the findings from across the state. It was disturbing to read the surveys, which painted a clear picture of the devastation of the cuts: people missing medication; getting admitted to the psychiatric hospital because of the stress; quitting their jobs; letting their gas and electric bills go unpaid so they could get healthcare; enduring severe dental pain, going to the emergency room.

People with mental illness are particularly vulnerable after losing Medicaid coverage because some individuals are unable to realize they have an illness and may resist getting mental healthcare. Losing health insurance is one more barrier to getting effective treatment.

As we head into the legislative session, please join me in advocating for improvements in our health care system. Upcoming issues will include the proposed

changes to Missouri Medicaid put forward by the Medicaid Reform Commission (due January 1, 2006), the Department of Mental Health budget, as well as the tobacco tax ballot initiative. A grassroots organization is also collecting signatures for a ballot initiative to restore the Medicaid cuts.

## Power in Numbers!

Our new statewide coalition, *Partners in Crisis*, is growing! *Partners in Crisis* brings together mental health advocates – consumers, families, and mental health providers – with “non-traditional” mental health advocates such as police officers, probation and parole professionals, prosecutors, judges, and other civic leaders.

Missouri’s PIC is up and running, and we had our first statewide meeting at the end of October. We have great participation across the state from Jefferson City, Springfield, and Kansas City. This year we will successfully build our coalition and advocate for improvements in mental health and substance abuse treatment and funding. As this newsletter goes to press we are finalizing our public policy agenda. Please join us in our fight!

If you are interested in joining *Partners in Crisis*, our advocacy network e-list, or participating in advocacy efforts, please e-mail me at [lholt@namistl.org](mailto:lholt@namistl.org). If you do not have e-mail, please call me at 314-775-1600.

Leslie Holt  
Director of Advocacy

## Legislator Lookup

To find out the names and contact information of all your legislators, click onto the **Legislator Lookup link**: <http://www.senate.mo.gov/> and click on Legislative Lookup. It will ask for your nine digit (ZIP + 4) zip code. Enter the link and click the “Lookup Legislators” bar, and the names of all your elected officials will be listed. For your nine-digit zip code, the Legislator Lookup web page has a link, “Go to the USPS ZIP Lookup.” Click onto your legislator’s name, and you will access their contact information.



## NAMI St. Louis GALA 2005 – Cultivating Beautiful Minds

November 13, 2005, was an evening to remember for 250 friends of NAMI St. Louis. Our 2005 Gala honored 8 persons and 1 corporation for their work and support on behalf of those with mental illness and their families. The Gala also generated much needed funds for our programs.

We thank all those who played a part in this beautiful and successful event – the businesses and individuals who donated auction items, the Gala Committee and volunteers who planned and worked so hard, and the generous corporate and individual donors who supported our Gala with financial gifts.

Gala Co-Chairs (left to right): Maria Gianino, ►  
Karen Heath, and Laura Cooper Fox



### 2005 NAMI St. Louis Gala Award Winners

#### 2005 Mortimer Goodman Award

*Mirela Marcu, M.D.*  
Assistant Professor of Psychiatry, Saint Louis University

#### 2005 Outstanding Civic Leader Award

*The Honorable Charlie A. Dooley*  
St. Louis County Executive

#### 2005 Outstanding Legislator Award

*Jodi Stefanick*  
Former Missouri State Representative

#### 2005 Outstanding Corporate Award

*Pfizer Neuroscience*

#### 2005 Outstanding Law Enforcement Professional Award

*Captain Mary Warnecke*  
Metropolitan St. Louis Police Department  
South Patrol Division

#### 2005 Outstanding Media Award

*Bill Smith*  
Reporter, St. Louis Post-Dispatch

#### 2005 Outstanding Educator Award

*Alice Adcock*  
Family Member – Teacher, Family to Family Program

#### 2005 Volunteer of the Year

*June Kreyling*  
Family Member – NAMI St. Louis Volunteer

#### 2005 Lifetime Volunteer

*Eva Bradin*  
Family Member – NAMI St. Louis Volunteer



Karen Heath with Eva Bradin, Lifetime Volunteer Awardee; and June Kreyling, Outstanding Volunteer Awardee



## Dealing with Fear and Anxiety

by Stan Popovich

Everybody deals with fear and anxiety. To help manage them, here's a list of techniques I've gleaned from talking to psychologists.

- Picture a red stop sign in your mind when negative thoughts pop up. Then think of something positive.
- If there's time, take your mind off the problem – don't dwell on it – and find something else to do for a few minutes, such as listening to music. This can give you a fresh perspective. If there isn't time, take deep breaths for a moment to relax.
- Have a notebook containing positive statements about yourself. Read it when bad times come. This notebook can also contain things you're thankful for.
- Talk to God. God is stronger than your fears, and you don't have to be religious to utilize God. Talk to God about problems as though talking to a friend.

Dealing with fear takes practice. Be patient. Review what does and doesn't work with your provider. In time, you'll find the resources that help.

Stan Popovich is author of *A Layman's Guide to Managing Fear Using Psychology, Christianity and Non-Resistant Methods*. Used with permission.

ADD YOUR OWN VOICE – Consumer News Editor Doug Rensch invites you to make this page your page by submitting poems, inspirational thoughts, and articles for review and publication.

Send submissions c/o NAMI St. Louis' Development Director, Jackie Corn – e-mail: [jjcorn@namistl.org](mailto:jjcorn@namistl.org)

## Clinical Research Inc.

*Establishing Treatment...Searching For The Cure*  
**Schizophrenia ... can tear families apart.**

**Dear Family Members: 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 have 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.

 **Washington University in St. Louis**

**George Warren Brown School of Social Work  
Pilot Research Project Focus Group**

Dr. Kraig Knudsen of the Center for Mental Health Services Research at Washington University in St. Louis is looking for family members of persons with a mental illness to participate in a Focus Group. The purpose of the study is to better understand the methods families use to help their loved ones maintain their mental health treatment. The focus group will last about 90 minutes. Refreshments will be provided. Please be assured that anything you say during the focus group will be kept strictly confidential and that no identifying information will be used.

If you have any questions about the study, please feel free to contact **Dr. Knudsen** at **(314) 935-8140** or via e-mail at [kknudsen@gwbmail.wustl.edu](mailto:kknudsen@gwbmail.wustl.edu). Thank you for considering participating in this important study.



## Mary Arnold: New on the Job but with a Wealth of Experience



Mary Arnold

When Mary Arnold was hired as NAMI St. Louis' new Volunteer Coordinator last August, she came knowing the job from the bottom up. Mary has over 29 years experience as a volunteer, having been a volunteer herself for the Alzheimer's Association, The Gatesworth, Covenant House, church groups, schools, as well as NAMI St. Louis.

One of Mary's primary goals is to have NAMI St. Louis' HELP Line fully staffed.

"We get so many HELP Line calls every day," Mary explains. "So many of them are from persons in crisis. I think it's important that every caller can talk to a real person, not a recording, and get the information they need. That means I need people on the HELP Line every day, from 9 a.m. to 5 p.m., Monday through Friday."

Mary's genuine interest in others and her innate compassion are crucial qualities needed for her job, qualities that helped greatly during the one and a half years that she herself was a HELP Line volunteer.

"Every HELP Line call is different," she says. "I had a call from someone in a Metro East town whose relative has bipolar illness and was in crisis – cutting electrical wires and setting fires. The person's relative wanted to know who he could contact. Using NAMI St. Louis' resource files, I was able to give the relative phone numbers for emergencies in Madison County."

Mary first got acquainted with NAMI St. Louis through friends who took part in the Family to Family program.

"NAMI is a person-to-person organization, and there are lots of different ways to help out. I'm counting on my volunteers and other NAMI members to help me find new volunteers. No one gets by without at least being asked," she adds with a laugh.

For more information on NAMI St. Louis' many volunteer opportunities, call Mary Arnold at 314-966-4670.

## Volunteer Orientation

Our 1 1/2-hour Volunteer Orientation is held on the third Wednesday of each month from Noon - 1:30 p.m at the NAMI St. Louis office in Kirkwood. A light lunch will be served with RSVP, by calling 314-966-4670. Dates for our next Volunteer Orientations are: Wednesday, January 18, 2006; Wednesday, February 15, 2006; and Wednesday, March 15, 2006.

## Congratulations

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

Thomas Meyer	Pam Conley
Russell Hartley	Nick Varsans
Jo Ann Hartley	Vicky Bicknell
Meta Kurrus	Denise Ker
Bill Cradock	Adam Jaschek
Laura Hellebusch	



## 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, Mary Arnold, at the NAMI St. Louis office, 314-966-4670.
- Register to attend one of our Volunteer Orientations.
- Talk to Mary to find a "good fit" task you are interested in and will enjoy.
- Receive additional training, if needed, for this particular task.



## 2ND THURSDAY UPCOMING PROGRAMS

# NAMI ST. LOUIS 2nd Thursday Lunch Series

**DATES:** 2nd Thursday of Each Month

January 12, February 9, and March 9, 2006

**TIME:** Noon – 1 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](mailto:info@namistl.org).

JANUARY 12, 2006 • Noon - 1:00 p.m.

**Do You Have Questions About Mental Illness? “Ask the Doctor”**

*Presented by: John Csernansky, M.D., Gregory B. Couch Professor of Psychiatry;  
Director, Conte Center for the Neuroscience of Mental Disorders,  
Washington University School of Medicine*

Dr. John Csernansky will give us the opportunity to “Ask the Doctor.” This presentation will allow family members, consumers and others to ask questions and get answers about mental illness.

FEBRUARY 9, 2006 • Noon - 1:00 p.m.

**What Can We Learn about Mental Illness through Research?**

*Presented by: Jan Greenberg, MSW, Ph.D., Professor, School of Social Work,  
University of Wisconsin in Madison*

Dr. Jan Greenberg is currently a visiting professor with the Center for Mental Health Research, George Warren Brown School of Social Work, at Washington University in Saint Louis. Dr. Greenberg has conducted several studies funded by the National Institute of Mental Health and the National Institute on Aging that investigate how the lives of families are affected when a relative develops a serious mental illness such as schizophrenia or bipolar disorder. He will report major findings from his current research on Aging Families of Adults with Schizophrenia. He is looking at how families plan for the future and the role of siblings as supports to persons with schizophrenia. He will discuss the obstacles families face in planning for the future, the role of adults with schizophrenia as supports to their aging parents, and the important role siblings play in the life of their brother or sister with mental illness. He will conclude by describing a workshop that he has developed to help families plan for the future.

MARCH 9, 2006 • Noon - 1:00 p.m.

**In Our Own Voice: Living With Mental Illness**

*Presented by: Jay Marquitz and Joanie Milligan*

Jay and Joanie will present In Our Voice: Living with Mental Illness, a recovery education presentation about mental illness including a video, personal testimony and discussion. The presentation covers issues frequently faced by those dealing with severe mental illnesses. This program is ideal for consumers, family members, health providers, law enforcement officials, faith communities and anyone else interested in learning the true nature of brain disorders commonly known as mental illnesses.

# SUPPORT GROUP CALENDAR / JANUARY - MARCH 2006



	Jan	Feb	Mar	Time	
1st Monday Consumer	N/A	N/A	N/A	N/A	NAMI C.A.R.E., Consumer Support Group at Courtney Center, 1717 Biddle St., St. Louis, MO 63106. Plans for new time and location in progress. Contact Sharon Lyons at 314-241-5065
2nd Tuesday Consumer	10	14	14	6:00 - 7:30 p.m.	NAMI C.A.R.E., Consumer Support Group at NAMI St. Louis Office, 134 West Madison Avenue, Kirkwood, MO 63122 Contact 314-241-5065
3rd Tuesday Consumer	17	21	21	7:00 - 8:30 p.m.	NAMI C.A.R.E., Consumer Support Group at Grace United Church of Christ, 8326 Mexico Road, St. Peter's, MO 63376 in St. Charles County Contact Joyce Johnston at 314-775-1631
1st Monday Family	2	6	6	7:00 - 8:30 p.m.	Family Support Group at Pacific Presbyterian Church, 410 W. St. Louis, Pacific, MO 63069 in Franklin County Contact NAMI St. Louis Office at 314-966-4670
1st Tuesday C/F	3	7	7	7:00 - 8:30 p.m.	Family & Consumers Support Group at Chestnut Club House, 2054 Edison Avenue, Granite City, IL 62040 in Madison County Contact Pat Rudloff at 618-656-6781
2nd Wednesday Family	11	8	8	10:00 - 11:30 a.m.	Family Support Group at Grace Hill Murphy O'Fallon Health Center, 1717 Biddle Street, St. Louis, MO 63106 Contact Sharon Lyons at 314-241-5065
1st Thursday Family	5	2	2	7:00 - 8:30 p.m.	Family Support Group at Crider Center for Mental Health, 322 McDonough, St. Charles, MO 63301 in St. Charles County Contact Bonnie Crandall at 636-474-1648
2nd Thursday Family	12	9	9	7:00 - 8:30 p.m.	Family Support Group for Those Who Have Relatives with Bipolar/Unipolar Illness, sponsored by DBSA, at St. Paul Lutheran Church Fellowship Hall, 12345 Manchester Road (at Ballas Road), Des Peres, MO 63131 Contact Dolores Segal at 314-822-0183
3rd Tuesday	N/A	N/A	N/A	N/A	"Fishbowl" Family Members and Children/Siblings Support Group, is not meeting at present. Watch for updates in this newsletter.
3rd Tuesday Family	17	21	21	7:00 - 8:30 p.m.	Family Support Group at Grace United Church of Christ, 8326 Mexico Road, St. Peter's, MO 63376 in St. Charles County Contact Liz Birchen at 636-240-2244
3rd Saturday C/F	21	18	18	10:00 - 11:30 a.m.	Family & Consumers with OCD Support Group, sponsored by St. Louis OCD, St. John's Mercy Medical Center, 615 S. New Ballas Road, Creve Coeur, MO 63131 Contact 314-842-7228
3rd Saturday Family	21	18	18	1:00 - 2:30 p.m.	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 314-241-5065
4th Monday C/F	23	27	27	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 West Adams, Kirkwood, MO 63122 Contact Dolores Segal at 314-822-0183
4th Wednesday Family	25	22	22	7:00 - 8:30 p.m.	Family Support Group at NAMI St. Louis Office, 134 West Madison Avenue, Kirkwood, MO 63122 Contact Alice Adcock at 636-394-1131
4th Saturday C/F	28	25	25	2:00 - 4:00 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.

### Family-to-Family Education Courses

January 19 - April 6 at Grace United Church of Christ in O'Fallon, MO

March 1-May 17 at Barnes Hospital in St. Louis

**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.

### Peer-to-Peer Education Course

February 9 - April 6 at Jewish Family & Children's Services, in St. Louis County

**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.

**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.)*

**NAMI Provider Education Course** NAMI St. Louis is looking for professionals, family members and consumers interested in training to become a Provider Education Course Facilitator. You will receive four days of training in Jefferson City and become part of a team to present the Provider Course to mental health workers and professionals. You will be expected to facilitate several Provider Education Courses. For more information call the NAMI St. Louis office.

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

## Other FREE Educational Programs

**Tuesday Night Educational Meetings** are held every Tuesday, 6:00 - 8:00 p.m., at Metropolitan St. Louis Psychiatric Center (MPC), 5531 Delmar, St. Louis, MO 63112. Classes begin promptly at 6:00 p.m. No classes the 5th week of the month and no classes in December. Series of four classes repeats each month: 1st Week, a psychiatrist talks about what mental illnesses are and what they are not; 2nd Week, a pharmacist explains psychiatric medications; 3rd Week, a social worker talks about community resources; 4th Week, a NAMI St. Louis representative talks about the services and programs NAMI provides. For more information, call MPC Social Work Department at 314-877-0546.

## "You Are Not Alone" Seminar on Chronic Mental Illness

*Sponsored by Concordia Theological Seminary  
and NAMI St. Louis*

**Saturday, January 7, 2006 • 8:30 a.m. - 2:00 p.m.**

The Seminar will:

- Educate people on the symptoms of chronic mental illness.
- Explain what effect these illnesses can have on the family.
- Allow you to hear from people who live with chronic mental illnesses.
- Help you understand how to better serve this population.
- Provide resources for meaningful help.

The Seminar is open to members of all religious congregations, NAMI members, pastors, church workers, seminary students, deacons, and family members. Registration fee: \$10, includes lunch. Scholarships are available. To register, call NAMI St. Louis at 314-966-4670.

## CHECK IT OUT – FREE!!

The NAMI St. Louis Library has a number of books and CD's on Dual Diagnosis and Substance Abuse. The Library is located at our office, 134 W. Madison, in Kirkwood. Open 9:00 a.m. to 5:00 p.m. weekdays.



## MEMORIALS & TRIBUTES

### *In Memory of Cheryl Kodama*

- John Ellison
- Don Sullentrup
- Terry Phillips
- R.V. Stanley
- Gwen Daniel
- Penny Pitman
- Billy N.H. Rose
- Dr. Nancy Brown
- Karen Byington
- Jim Farmer
- Gordon Strunk
- Jim Sullentrup
- Susan Cassimatis

### *In Memory of Carl Meyer*

- Grace Devenport
- M. A. MacGavin

### *In Memory of D. Kreyling*

- June Kreyling

### *In Memory of Dr. Robert Vanderpearl*

- Carol Fikes

### *In Memory of Mary Eleanor Collins Zeni*

- Jim Fellows
- L. R. Radlinski
- Elizabeth Felte
- Elizabeth Klemeck
- David Roberts
- Kent Peterson
- Jean Stodgill
- Elizabeth Hartmann
- Betty Brown
- Mesirow Financial
- Clare Harding
- Alliere Allen
- Juanita Simpson
- Carol Shirley
- Don Fuhrman
- Rajan Ahmed
- J. J. Collins
- Helen Zarn
- June Phillips

### *Tribute to NAMI St. Louis Staff*

- June Kreyling

### *Tribute to Karen Heath*

- June Kreyling

### **NAMI St. Louis Memorials and Tributes**

Our MEMORIALS recognize a person recently deceased or on the anniversary of their death. Our TRIBUTES can be used for any occasion – birthdays, anniversaries, graduations, get well, or thinking of you. To request a MEMORIAL or TRIBUTE, send your donation in any amount to our NAMI St. Louis office. We send the person or family you name a card acknowledging your donation without mention of the amount. You receive a thank you letter from NAMI St. Louis to assure you that your remembrance has been sent. The names of those memorialized or honored are published in our newsletter.

## NAMI ST. LOUIS REQUEST FORM

Enclosed is my donation to assist the work of NAMI St. Louis.

\$5  10  \$20  \$25  \$45\*  \$100  \$\_\_\_\_\_

\*  Please enroll me/my family as a member of NAMI St. Louis for 2006.

Please charge my donation of \$\_\_\_\_\_ to:

Mastercard  Visa  American Express

Credit Card No.

Signature \_\_\_\_\_

Exp. Date \_\_\_\_\_

If your address is NOT correct on the reverse side, please complete the information below. Your name and address will not be shared with anyone.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP \_\_\_\_\_

### **Please send FREE information on:**

- Peer to Peer Program
- Consumer Support Groups
- Family to Family Program
- Visions for Tomorrow Program
- Family Support Groups
- Children/Teen Support Groups
- NAMI St. Louis Membership
- Iris Society
- NAMI St. Louis Legacy Society

**NAMI St. Louis**

**134 W. Madison Avenue, St. Louis, MO 63122**  
**Phone: 314-966-4670 • Website: [www.namistl.org](http://www.namistl.org)**

Code: NSLR06A



NAMI of St. Louis  
134 West Madison Avenue  
St. Louis, Missouri 63122

NON-PROFIT  
ORG.  
U.S. POSTAGE  
**PAID**  
ST. LOUIS, MO  
PERMIT NO. 1463

## SHOW YOUR SUPPORT! For The Minds Of America



Wear our popular NAMI St. Louis Bracelet to help reduce stigma and show your concern for persons with mental illness. The bracelets are metallic silver – the color of support for brain disorders – and embossed with the words, SUPPORTING THE MINDS OF AMERICA. Bracelets are only \$2 each! For mail orders of 5 or more, use return form on page 11. For information on using our bracelets to raise funds for your club or organization, call Jackie Corn at NAMI St. Louis: 314-966-4670, or e-mail: [jcorn@namistl.org](mailto:jcorn@namistl.org).

## SAVE THE DATE ... WE NEED YOU!!!

### NAMI St. Louis 4th Annual Walk

**Saturday, June 3, 2006**  
**Upper Muny Forest Park**

#### Volunteer Opportunities

- Team Captains
- Entertainment
- Team Coaches
- Hospitality
- Walkers
- Kids' Activities

*For more information, call 314-966-4670*

**NAMI WALKS**

★ ★ ★ ★ ★ FOR THE MINDS OF AMERICA



**HELPLINE 314-966-4670 FAX 314-966-4672 • VISIT OUR WEBSITE [www.namistl.org](http://www.namistl.org)**