

Alliance on Mental Illness



nami St. Louis

St. Louis' Voice on Mental Illness since 1978

July-September 2006

IN THIS ISSUE

- A Mother's Story.....1-2
- Executive Director's Column2
- Suicide – Warning Signs and Resources 3
- Help after a Suicide 4
- Children & Antidepressants5
- New Option for Chronic Depression5
- Consumer News.....6
- Volunteer News7
- Research Opportunities.....6-7
- 2nd Thursday & 2nd Saturday Programs.....8
- Support Groups Listing.....9
- NAMI St. Louis Signature Programs.....10
- Memorials & Tributes.....11

COMING IN YOUR OCTOBER-DECEMBER 2006 NAMI ST. LOUIS NEWSLETTER

Borderline Personality Disorder – No One Seems to Understand, All Feel the Frustration

A MOTHER'S STORY – *from a Loving Son, to Tragedy, to Hope for Others*

by Marian McCord, founder of CHADS

You spend years being a good parent – loving, protecting, and guiding your young child. Finally, your son or daughter passes from childhood to puberty.

You're not completely comfortable because you know the teen years can be a challenge. But then you think, what's the worst that can happen? Bad grades in school? ... Spiked green hair? Illness? Ah! Yes! Illness!

"Your child is ill" – just the words to break a parent's heart. What could be worse? Try, "Your child suffers from mental illness." Your heartbreak becomes terror, and your terror becomes unbelievable horror. This is our story.

Our son, Chad, was 18 years old and a senior in high school when he finally found the courage to tell us his dark secret – he wanted to end his life. We sought psychiatric help immediately, and Chad began the journey of peaks and valleys, severe depression, medications that failed to help him, suicide attempts, hospitalizations, and despair. Fear, hope, and anguish filled our days and nights. In spite of all the precautions, all the love, all the help, and all the hope we did our best to give, Chad succumbed to his demons and tragically gave up his life to suicide on April 15, 2004, just a month or so away from what would have been his class graduation.

His death left a rippling effect on our family and on those his life had touched. Our lives forever changed.

Throughout his illness, Chad's one hope was to be able to acknowledge his mental illness before his peers and be accepted as readily as one stricken by cancer or another serious illness. He was unable to fulfill his personal dream.

In his memory, we formed CHADS Coalition, a 501(c)(3) not-for-profit organization. CHADS is the acronym for Communities Healing Adolescent Depression and Suicide. Our mission is to advance the prevention of adolescent suicide and expand knowledge of adolescent suicide through research, advocacy, and education. Our website, www.chadscoalition.org, provides support for parents, friends, and persons working with adolescents at risk of suicide. We are funded by private donations, foundations, and grants. Annual events such as CHADS Track Meet and a Memorial Walk/Run are among our fund-raising endeavors. Our goal is to raise \$100,000 by

Continued on page 2



Chad McCord



FROM A LOVING SON. TO TRAGEDY. TO HOPE FOR OTHERS

A Discussion Long Overdue



This issue of our newsletter addresses the tragedy of suicide, a discussion long overdue, even for NAMI St. Louis. Given the nature of our cause and efforts, many of our families live with the threat of suicide of a loved one daily. Others struggle with years of disabling depression, and no answers. Still others struggle to rebuild a life after suicide.

Though it's tempting not to want to think about it, hiding our heads in the sand does not change the situations we face or lessen their impact. Thanks to a generous grant from the Missouri Department of Mental Health, we bring you this extended issue of our newsletter, plus the funds to make it available to teachers, counselors, and other professionals. If you have a connection among these groups – call our office to arrange for newsletter delivery, or tell them to download from our website: www.namistl.org.

We thank the dedicated professionals who assisted us in providing articles and materials for our newsletter – **Bart Andrews**, Call Center Manager, Behavioral Health Response; **Sergeant Barry Armfield**, Coordinator, Crisis Intervention Team (CIT) Program of Greater St. Louis; **Steve Estopare**, Associate Program Director for Suicide Prevention Education, Mental Health Association of Greater St. Louis; **Lesley Levin**, President & CEO, Behavioral Health Response (BHR); **Elizabeth Makulec**, Executive Director, Kids Under Twenty One (KUTO); **Marian McCord**, co-founder of CHADS Coalition, and **Sue Self**, Director, Life Crisis Services (a division of Provident, Inc.). Through their expertise in working with individuals and families affected by suicide, we have been able to provide you with extensive resources that we hope will help you.

Jacqueline A. Lukitsch
Executive Director

P.S. You may have noticed a difference in our name on this newsletter. Following NAMI national's direction earlier this year, our Board of Directors voted at their May meeting to change our legal name from the "Alliance for the Mentally Ill – NAMI St. Louis" to the **Alliance on Mental Illness – NAMI St. Louis**.

A MOTHER'S STORY *(con't from page 1)*

2007 to fund research and educational programs to address adolescent depression and suicide.

We are currently writing a proposal for a suicide research grant to Washington University in St. Louis. Additionally, CHADS is working with six area high schools to implement the SOS (Signs of Suicide) Program, a mental health awareness module in the required health class curriculum, website, www.mentalhealthscreening.org.

In the 15-19 year old age group, more children die from suicide each year than from the top six medical causes of death combined! An estimated 100 to 200 youths attempt suicide annually – a staggering statistic. The fact that our beloved son Chad is one of those is something we never dreamed would happen. We must help these children at risk. We must work to allow our youth to ask for help without fear of social stigma and to allow parents to no longer feel alone, afraid, or ashamed. Finally, we must work to increase government funding and urge private insurance companies to expand medical coverage for our children who suffer from mental illness. They are all our children, tied to us by the bonds of parenthood and humanity.

With the support of our caring family, our friends, and our faith, we have survived our living Hell – the unimaginable pain of losing a child to suicide. With God's grace, we will meet the goal of CHADS Coalition to save even one life. Through CHADS, our son lives on in the many lives he touched. Like an eagle, his spirit soars high and free.

Marian and her husband Larry McCord are Founders and Directors of CHADS Coalition for Mental Health, 3775 Gumtree, St. Louis, MO 63129. Phone: 314-952-2046; e-mail: info@chadscoalition.org; website: www.chadscoalition.org. Marian McCord will tell her story and discuss the warning signs of suicide and suicidal behavior at our NAMI St. Louis' 2nd Thursday program on August 10, 2006. See page 8 for more information.



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

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



Suicide Awareness: What You Need to Know, Where to Go for Help

Predicting and preventing suicide is an error-prone, frustrating task – even more challenging when the person is an adolescent. After a suicide, it is tempting to “second guess” the reasons why or use hindsight for signs “you should have seen.”

Suicide is the result of a complex set of behaviors difficult to assess and prevent. This article is neither comprehensive nor exhaustive, but provides a starting point for those affected by an adolescent’s suicide or concerned about this risk. An adolescent who completes suicide views taking his or her life as the only solution to a problem they have been unable to resolve. Reasons and environmental contributions are often specific to that person and can defy explanation.

Common Contributing Factors:

- Mental illness (*Depression (up to 80% suicide risk), anxiety, conduct disorders (up to 50% suicide risk), eating disorders, bipolar disorders.*)
- Drug or alcohol use
- Victim of physical, sexual, and/or emotional abuse (*The more severe the abuse, the greater the risk of suicidal behavior.*)
- Poor self concept characterized by self doubt and pessimistic about the future
- Sexual preference (*Some research shows gay or lesbian teens at higher risk.*)
- Major relationship loss or conflict (*Loss of or conflict in parental or romantic relationships may be a factor in up to 70% of suicides in teens.*)
- Stress
- History of impulsive or aggressive behavior
- Access to lethal means – firearms, pills, automobiles

(Please note that any one of these factors, a combination of several, or none of them may be present in someone at risk of suicide.)

Warning Signs of Suicide:

- Symptoms of mental illness, particularly depression (*Withdrawing/isolating irritability/anger, sadness, hopelessness/helplessness/pessimistic view of the future, communication reflecting suicidal, death, escapist, or apathetic content, loss of interest in previously enjoyed activities*)
- Sudden changes in behavior
- Reduction in self-care (*Poor hygiene, unkempt appearance – particularly a sudden change*)
- Self-harming behaviors (*Cutting, burning, overeating, binging/purging, not eating*)

- Recent relationship loss or conflict
- Chronic relationship problems
- Victim of physical, sexual or emotional abuse, including bullying
- Substance abuse
- Acute or chronic stressors with perceived or expected failure
- Recent suicides in the community

What to Do if You Are Concerned about a Loved One

- Ask the person directly about thoughts of suicide.
- Talk about your concerns – be concrete and specific.
- Don’t judge responses or attempt to “correct” perceptions.
- Listen, listen, listen to what is being said.
- Be more inquisitive about everything: ask, ask, ask.
- Reduce or eliminate unsupervised time.
- Express your concerns to school staff, close family, friends, mentors, etc.
- Restrict or eliminate access to lethal means.
- **SEEK PROFESSIONAL HELP Contact police/hospital for immediate and urgent concerns. Call Crisis Lines and/or Counseling and Mental Health Services (see list).**

NAMI St. Louis thanks Bart Andrews, Ph.D., Call Center Manager at Behavioral Health Response (BHR) for providing information for this article. Bart will speak on “Adolescent Crisis and Suicide” at our NAMI St. Louis’ 2nd Saturday Program on September 9, 2006. See page 8 for more information.

Crises Lines & Resources - 24/7 Service unless noted otherwise

Behavioral Health Response 314-469-6644 or 800-811-4760

BJC Behavioral Health (weekdays, 8 a.m.-4p.m.)
314-729-4004 or 877-729-4004

Hope Line 800-SUICIDE (800-784-2433)

Kids Under Twenty One (KUTO)
314-644-5886 or 888-644-5886

Life Crisis 314-647-4357 888-SUICIDE (888-784-2433)

Suicide Life Line 800-273-TALK (800-273-8255)
www.suicidepreventionlifeline.org

Youth in Need 636-946-3771

Youth Resources Bibliography
www.sprc.org/library/YRBibliography.pdf



After a Suicide – Can Things Ever Be the Same? Resources for Survivors

Tragically for some of us – despite best efforts, treatment, and the expertise of mental health professionals – a relative or friend takes his or her own life. As with any death, the emotional impact from such a loss is immense. But a suicide brings the additional pain of the still-present stigma for taking one’s own life, and also of increased guilt and regret for not having prevented the person from doing so.

Can things ever be the same? In a word, no, not exactly. No one can replace a loved one, and no survivor can fully understand the desperation the person must have felt before resorting to suicide. Yet, life does need to go on. Often there are young children to be raised, or siblings to see through college, or other family problems to contend with. Healing for those who remain behind is as individual as the person they have lost. One size never fits all – in terms of coping techniques, the time it takes, or outcome.

Yet despite differences, as the list of Common Reactions of Suicide Survivors below illustrates, the surviving family members and friends most likely have much in common with others who have experienced a loved one’s suicide.

Common Reactions of Suicide include:

- Typical grief reactions (*Shock, anger, depression, confusion – often more complicated and prolonged with suicide*)
- Guilt and/or shame
- Need to understand reasons for the suicide
- Loss of trust
- Survivors’ possible consideration of their own suicide as an option.

It helps to know you are not alone! Each year in the Metro area, about 200 suicides are completed. For each completed suicide, an estimated six people – family members and friends – are intimately affected, making them “survivors” of suicide.

Survivors often struggle for years with the guilt and grief that death by suicide leaves in its wake. Many survivors say that a “peer-postvention” service would have been helpful, by offering immediate comfort, preparedness information, and hope that they too can survive their loss. In the Metro

area, we are fortunate to have the St. Louis Area Survivors of Suicide Response Team (SSRT) to meet these needs.

SSRT strives to identify, engage, support, and educate survivors as soon as possible following their loss. Team members are trained peer survivors, counselors, social workers, and community service providers who arrange a mutually agreeable visit with newly bereaved individuals and families.

At the visit, the SSRT shares the message that surviving the tragedy of suicide is possible. They promote resiliency through caring, availability, and understanding; explain the grief process, stages of mourning, and emotional reactions; and help survivors cope with the difficulties and unique challenges that follow suicide.

The SSRT is peer-facilitated and intended to supplement, not replace, clinical therapy or counseling. SSRT’s mission is to reduce the risk of suicide in survivors of suicide, aid them in coping with their grief, and assist them in their ability to resume their lives with minimal negative impact by reaching out and instilling hope through listening, providing encouragement, sharing experiences, and linking them with available resources to best survive their loss.

If you or someone you know could benefit from the SSRT, contact Kids Under Twenty One (KUTO) at 314-963-7571 to learn more or to arrange a team visit.

NAMI St. Louis thanks the St. Louis Area Survivors of Suicide Responses Team (SSRT) and Elizabeth Makulec at Kids Under Twenty One (KUTO) for providing information for this article.

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.



Children & Antidepressants: Sorting through the Warnings of Suicide Risk

Antidepressant medications now have strong warnings about their link to suicidal behavior in children. The warnings do not prohibit the use of antidepressants in children but caution that doctors and parents must carefully weigh the benefits and risks of using these medications.

You may be wondering how medications meant to help children could possibly harm them. Your first reaction may be to have your child immediately stop taking his or her medication. But suddenly stopping treatment could leave youngsters with his or her depression even worse off.

Before you panic, get the facts about the new warnings. Find out why the warnings were issued, who is at risk, what signs of trouble to watch out for, and what other treatment options are available so you can make an informed decision about your child's health.

If your child is now taking an antidepressant, should he or she stop?

This decision should be made on a case-by-case basis with guidance from your child's doctor. For children whose depression is improving with medication and who do not experience suicidal thinking, the benefits of taking the medication may outweigh the risk of staying on a medication linked to suicide in a small percentage of children.

Suddenly stopping medication can leave depressed youngsters without appropriate treatment for their depression or other psychiatric illness. Untreated, depression can have a devastating impact on children. It can erode their family life, affect their social skills, and disrupt their academic performance. Children with depression are more likely to have other health problems and to engage in risky behavior, such as promiscuity, smoking, and drug and alcohol abuse. They are also more likely to attempt suicide. In fact, suicide is the third leading cause of death among children ages 10 to 19.

In any case, neither children nor adults should stop taking antidepressants suddenly because of the risk of withdrawal-like symptoms, such as nausea, headache, dizziness, lethargy, and flu-like symptoms. Your child's doctor can help your child taper off medication to minimize withdrawal.

(This is a reprint of portions of an article made available by the Mayo Clinic in Rochester, MN. You can download the complete article from their website: <http://www.mayoclinic.com/health/antidepressants/MH00059>, or call the NAMI St. Louis office at 314-966-4670 to have a copy mailed to you. Used with permission.)

VAGUS NERVE STIMULATION New Option for Treating Chronic and Recurrent Depression

Major depressive disorder affects nearly 19 million Americans every year. Of those, approximately 4 million persons experience depression that does not respond to multiple antidepressant treatments. For these people, treatments including psychotherapy, antidepressant medications, and even electroconvulsive therapy do not work, or they work for a short while, then are less effective over time.

The US Food and Drug Administration (FDA) recently approved Vagus Nerve Stimulation (VNS) Therapy, the first implantable device for depression and the first therapy specifically designed, studied, and labeled as a long term treatment option for patients with treatment resistant depression. VNS Therapy is intended for patients 18 years of age and older who are experiencing a major depressive episode and have not had an adequate response to four or more adequate antidepressant treatments.

VNS Therapy can be an important breakthrough for this group. Side effects associated with VNS Therapy are typically mild, happen most frequently during stimulation, and usually decrease over time. The most commonly reported side effects include hoarseness and shortness of breath. Cyberonics, the manufacturer of VNS Therapy, is currently working with insurance companies and other third party payers to gain full coverage for VNS Therapy.

Jaime Clancy from Cyberonics will discuss VNS Treatment at NAMI St. Louis' 2nd Thursday Program on July 13, 2006, and speakers Steve Quevreaux and Susan Waugh will discuss their personal experience with VNS Therapy at our 2nd Saturday Program on August 12, 2006. Programs are free and open to the public. Please RSVP for our complimentary lunch. See page 8 for more information.



Procovery Circles by Douglas Rensch

Procovery is a strange word that may sound like “recovery,” but the focus is quite different. A person can recover from a broken leg, for example, and return to a normal state of health. For someone with mental illness, however, returning to “normal” is not the same and usually has a meandering path to progress. He or she must look forward, or “procover,” to build a new and different life.

The word “procover” was coined by Kathleen Crowley who suffers both physical and mental illness. Her book, *The Power of Procovery in Healing Mental Illness*, and its concepts were introduced into Missouri in 2005 by the Missouri Department of Mental Health.

Her book discusses uncovering hope, dissolving stigma, and using feelings as emotional fuel for action, and other relevant topics and is intended as the focus of Procovery Circles. A Procovery Circle consists of 6-12 persons (consumers, family members, or mental health professionals), one of whom is the trained facilitator.

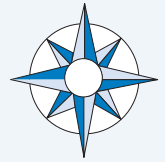
During the hour a Procovery Circle meets, the group reads from the book, discusses the reading, uses and discusses cards that accompany the book, and have a social time with refreshments. Participants take inventory of their lives and their values. Discussions often get personal, and confidentiality is stressed at the outset. Participants can agree or disagree, participate or pass, or simply “just start anywhere” to improve the quality of their life.

Procovery Circles are now meeting in St. Louis, Farmington, Fulton, Poplar Bluff, Kennett, Sikeston, Cape Girardeau, Rolla, Springfield, and Kansas City. Procovery Circles for consumers that are open to the public in St. Louis are:

- **South Circle**
meets 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) on 2nd Monday of the month from 7:00-8:00 p.m., phone 314-416-9612.
- **Self Help Center Circles**
meet at 7604-A Big Bend Boulevard in Maplewood on Tuesdays from 10:30-11:30 a.m. and Fridays from 1:00-2:00 p.m., phone 314-781-0199.
- **BJC South Circle**
meets at 343 S. Kirkwood Road in Kirkwood, on Fridays from 10:30-11:30 a.m., phone 314-206-3400.

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.



Upcoming Activities:

Saturday, July 22, 11:00 a.m. - 2:00 p.m. Picnic at St. Ferdinand Park, Pavilion # 4, Florissant, MO (Park entrance is next to Landmark Jeep, 955 N. Lindbergh) The club will provide hot dogs, chips, and sodas. If you can bring a dessert or side dish, please do.

A Bingo Party and a Christmas Party, as well as other activities are being planned for later this year. For more information contact Sherri Stewart, 314-428-7842 or Sharon Lyons, 314-814-8579.



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.



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.

- Cassie Divine
- Judy Saunders
- Louise Wilson

Want to Make a Lifetime Difference?

Consider becoming 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, MO.

NAMI Missouri pays for your motel and travel expenses, meals, and teaching materials.

- You must be a current NAMI Missouri member and be willing to teach two Family-to-Family courses in the next two years.
- 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

This class fills up fast, so be sure to get your application in quickly!



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.
- Attend a Volunteer Orientation at a mutually agreeable time.
- Talk to Mary to find a "good fit" task you will enjoy.
- Receive additional training, if needed, for your particular task.



2ND THURSDAY & 2ND SATURDAY UPCOMING PROGRAMS

NAMI ST. LOUIS

2nd Thursday & 2nd Saturday Lunch Series

<p>DATES: 2nd Thursday of Each Month July 13, August 10, and September 14, 2006</p> <p>TIME: Noon – 1:00 p.m. (Lunch provided with RSVP – see below.)</p> <p>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.)</p> <p>TO RSVP: Complimentary Lunch with RSVP, call NAMI St. Louis Office at 314-966-4670. Or e-mail: info@namistl.org.</p>
<p>July 13, 2006 • Noon - 1:00 p.m. Vagus Nerve Stimulation (VNS) for Treatment Resistant Depression (TRD) Speaker Jaime Clancy from Cyberonics will discuss the physical solution (implant procedure) for chronic depression and answer questions from the audience.</p>
<p>August 10, 2006 • Noon - 1:00 p.m. Suicide Prevention Strategies Speaker Marian McCord, a mother whose son took his own life and founder of CHADS Coalition, will tell her story and talk about what warning signs to look for, what questions to ask, and how to recognize suicidal behavior.</p>
<p>September 14, 2006 • Noon - 1:00 p.m. Depression and the Family Speaker Theresa Eschman, counselor at CenterPointe Hospital, will discuss what can be done to break the pattern of depression and what the family can do.</p>
<p>DATES: 2nd Saturday of Each Month July 8, August 12, and September 9, 2006</p> <p>TIME: Noon – 1:30 p.m. (Lunch provided with RSVP – see below.)</p> <p>PLACE: MPC (Metropolitan St. Louis Psychiatric Center) 5351 Delmar Boulevard (west of Union Boulevard), Saint Louis, MO 63112 (Park on back lot and enter at back entrance. Bus line located nearby.)</p> <p>TO RSVP: Complimentary Lunch with RSVP, call NAMI St. Louis Office at 314-966-4670. Or e-mail: info@namistl.org.</p>
<p>July 8, 2006 • Noon - 1:30 p.m. Neuroscience Research Presentation Speakers Juanita Bishop and Meghann Flatley will give an overview of the National Institute of Mental Health (NIMH) research being done at the Conte Center at BJC.</p>
<p>August 12, 2006 • Noon - 1:30 p.m. Vagus Nerve Stimulation (VNS) for Treatment Resistant Depression (TRD) Speakers Steve Quevreaux and Susan Waugh will tell their stories and discuss their experience with this procedure.</p>
<p>September 9, 2006 • Noon - 1:30 p.m. Discussion on Adolescent Crisis and Suicide Speaker Bart Andrews, Ph. D., Call Center Manager, Behavioral Health Response (BHR), will discuss the history of adolescent suicide, warning signs of adolescent crisis and suicide, steps to take when concerned about a youth at risk of suicide, and community resources.</p>

SUPPORT GROUP CALENDAR / JULY-SEPTEMBER 2006



GROUP	JULY	AUG	SEPT	TIME	LOCATION
2nd Tues. Consumer	11	8	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	18	15	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	19	16	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	no mtg.	1	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	no mtg.	1	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	12	9	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	6	3	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	6	3	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	6	3	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	13	10	14	7:00 - 8:30 p.m.	Family Support Group with relatives having Bipolar/Unipolar Illness, sponsored by DBSA, at St. Paul Lutheran Fellowship Hall, 12345 Manchester (at Ballas), Des Peres, MO 63131 Contact Dolores Segal at 314-822-0183
3rd Tues. Family	18	15	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	18	15	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. C/F	15	19	16	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, Creve Coeur, MO 63131 Contact 314-842-7228
3rd Sat. Family	15	19	16	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 314-814-8579
4th Mon. C/F	24	28	25	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	26	23	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	22	26	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

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. 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.

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

To register, or for more information, call the NAMI St. Louis office at 314-966-4670. No charge for the workshop, but there may be a small charge for breakfast and lunch. We are looking for a sponsor to underwrite the cost of meals. If you know of someone, contact us!

CHECK IT OUT – FREE!!

The NAMI St. Louis Library has a number of books and materials on the topic of Suicide. The Library is located at our office, 134 W. Madison, in Kirkwood.

Open to all, 9:00 a.m. to 5:00 p.m. weekdays.

HERE TO HELP ...

Janet Jimenez, Family Support Specialist



Janet Jimenez joined our NAMI St. Louis staff in August, 2005. She works as a Family Support Specialist at BJC Behavioral Health. Her job is to serve as a resource to BJC case managers and to family members whose relatives are in treatment for mental illness.

The primary goals of her work are to make consumers and family members aware of NAMI Signature Programs, like Family-to-Family and Peer-to-Peer, and to connect them with resources in the community that they might need.

As you might expect, Janet's work brings her close to families and to the difficulties they are experiencing. Her work can be challenging at times, especially when resources are scarce for what is needed or when a situation has escalated to a crisis.

"Sometimes the family is so distraught, there are no easy answers," Janet explains, "I want them to know I am here to listen and to help in any way I can."

To contact Janet, phone her at BJC Behavioral Health at 314-206-3737, or e-mail her at: jjimenez@namist.org.



MEMORIALS & TRIBUTES

- In Honor of Mary Will***
• Greg Nicholson
- In Honor of Baby George Arnold***
• Aaron and Liz Landau
- In Memory of Christy Johnson Hawes***
• Aaron and Liz Landau
- In Honor of Harold Marglous***
• Aaron and Liz Landau
- In Memory of Joe Hermes***
• Gary and Donna Horstmann
• Charles and Susan Kutterer
• David and Jane Briesacher
- In Memory of Allen Moore***
• Mr. and Mrs. Geroge A. Bogacki
- In Memory of Billy Eaker***
• Kirk and Pat Davenport
• Nelson and Grace Devenport
• Dr. Richard and Terry Bernstein
- In Memory of Vernon Doering***
• Mary Ann Schroeder
• Gerald and Susan Eddens
• Kenneth and Lois Floro
• Marlene and John Schroeder
• Bruce H. Boehme
- In Memory of Fred Rosenberger***
• Al and Barbara Jaeger

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.

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 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 Procovery Circles |
| <input type="checkbox"/> NAMI St. Louis Membership | |
| <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: NSLR06C

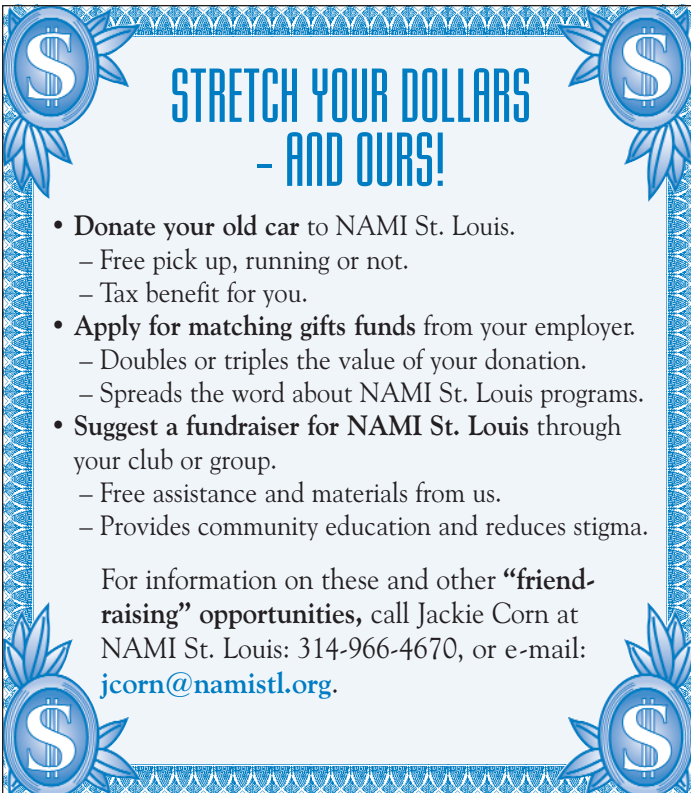
SAVE THE DATE!

Commemorate National Suicide Awareness Day
and benefit the CHADS Coalition

CHADS 5K Walk/Run

Early Morning – Sunday, September 10, 2006
at Jefferson Barracks Park in South County

More details to come – check CHADS website:
www.chadscoalition.org



**STRETCH YOUR DOLLARS
- AND OURS!**


- **Donate your old car** to NAMI St. Louis.
 - Free pick up, running or not.
 - Tax benefit for you.
- **Apply for matching gifts funds** from your employer.
 - Doubles or triples the value of your donation.
 - Spreads the word about NAMI St. Louis programs.
- **Suggest a fundraiser** for NAMI St. Louis through your club or group.
 - Free assistance and materials from us.
 - Provides community education and reduces stigma.

For information on these and other “**friend-raising**” opportunities, call Jackie Corn at NAMI St. Louis: 314-966-4670, or e-mail: jcorn@namistl.org.

SAVE THE DATE!!!

A Gala Night Out with a Purpose
“Unmasking Mental Illness”
NAMI St. Louis 2006 Awards Ceremony and Gala

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



HILTON ST. LOUIS FRONTENAC
Lindbergh Boulevard at Clayton Road

- Oral and Silent Auctions
- Entertainment
- Dinner and Cocktails

*For more information, call
NAMI St. Louis at 314-966-4670*