Change of the Guard – For NAMI St. Louis CIT Support Management

There’s been a change to our NAMI St. Louis staff. We are pleased to welcome Kyle Dooley as CIT program manager, and at the same time say goodbye to Richard Stevenson who is retiring from that position.

Kyle Dooley has accepted our offer that he join our staff as NAMI St. Louis Director of CIT Community Policing Programs. Kyle comes to us with 18 years of experience in law enforcement, dating back to 1999. Lake St. Louis Police Department in St. Charles County hired him as a police officer in 2004 where, for the last ten years, he served as night shift patrol Sergeant. In 2010 the Lake Saint Louis Police Department assigned Sgt. Dooley to be its CIT Liaison to the Coordinating Council for the Great Rivers Region CIT Program – the program that serves communities in St. Charles, Lincoln, Warren and Pike Counties. In 2012 that council elected Sgt. Dooley to be its Training Coordinator, chairing its Training Committee, in which position he assisted in planning, implementing, facilitating and participating in nine 40-hour CIT Training Courses and other CIT Officer Advanced In-service training programs.

Kyle has had various direct first-hand experience with our NAMI mission. He tells us he looks forward to pursuing his passion for the Crisis Intervention Team Program and is excited to work with so many others in and out of law enforcement throughout the St. Louis area who feel that same appreciation for CIT. We proudly welcome Kyle as our colleague on the staff of NAMI St. Louis.

But at the same time we regretfully say “goodbye” to Richard Stevenson. Following a twenty-three year NAMI career, effective January 1, 2017, Richard has retired from his full-time position on the staff of NAMI St. Louis. During that time, Richard served seven years as NAMI St. Louis executive director, was hired by the NAMI national office as a multi-state regional director, and since 2004 has managed the NAMI St. Louis participation in our seven-county St. Louis area CIT Program. In that latter capacity, Richard helped grow CIT from a program that served a single agency – St. Louis County Police Department – in 2004, to one that has now delivered 116 forty-hour CIT Training Courses to a total audience of more than 4,500 police officers and others participating in our St. Louis area CIT programs. With his pending retirement known, Richard was awarded recognition by the Missouri CIT Council and each of our four St. Louis area CIT Coordinating Councils. At our 2016 Annual Gala, on November 19, Richard was awarded our NAMI St. Louis “CIT Lifetime Achievement Award”. We wish him a long and enjoyable “retirement” from his full-time staff position with us, but we also are thankful Richard intends continue on for a while serving our NAMI mission in a part-time consulting capacity and through various other volunteer activities.
Why NAMI St. Louis?
Experienced-based, peer led instruction sets us apart.
> We are family (and friends) who have been “in the trenches” – the ones who never quit, never leave, never give in.
> We are family – the safe place to unburden your struggles and find the resources you need. You are not alone.
> We are family – the shoulder to lean on for encouragement to try again and to keep trying – we know you can do this and not just survive, but thrive.
> We are family – helping you see possibilities, potential and hope for a positive future.
> We get it – we “Walk the Walk” every day and we are here for you.

volunteers give from the heart!

Valuable is the work you do.
 Outstanding is how you always come through.
 Loyal, sincere and full of good cheer.
Uniting in your efforts throughout the year.
 Notable are the contributions you make.
 Trustworthy in every project you take.
 Eager to reach your every goal.
 Ready with a smile like a shining star.
 Special and wonderful that’s what you are.
Source: NAMI SW Illinois

Studies Show...
Recovery Works!

• Empirical evidence shows that recovery support services (peer support, peer-led education, WRAP, etc.) result in improved client clinical and community outcomes.
• Recovery outcomes result in clinical & community outcomes.
• Hope and empowerment lead to improved ability to manage one’s health and wellness.

Change

By Dar Walker

The word that describes 2016 and 2017 is CHANGE.
NAMI St. Louis’ 2016 has been a year of change and preparation for change. We transitioned our Director of Advocacy Jackie Hudson from full time to part time with Kyle Dooley picking up some advocacy work in the St. Charles area. We have said thank you to Richard Stevenson as he retired at the end of the year. At the same time we have said welcome to Kyle Dooley as he joined the agency in December to take responsibilities for the CIT Community Policing programs from Richard. We had wished Deanna Orf our Director of Development best wishes for success in the financial management industry as she left in December.

We completed our last Gala at the Hilton Frontenac moving to the Ritz for 2017. We also completed our 2016 NAMIWalks at Forest Park and will be moving the walk to Central Park in Chesterfield, Missouri in 2017. This is a beautiful venue with an amphitheater and a walk route around a lake. It also has a children’s playground, sculpture garden and a lot of open space for our families and loved ones.

2016 was a very full year for serving the community with educational and advocacy programs. Just look at the number of classes provided, serving more than 11,000 individuals in the St Louis Region:

<table>
<thead>
<tr>
<th>Family to Family classes</th>
<th>9</th>
<th>In Our Own Voice Presentations</th>
<th>25</th>
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<tbody>
<tr>
<td>Basics classes</td>
<td>2</td>
<td>Peer to Peer classes</td>
<td>1</td>
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<tr>
<td>Family Support Group Meetings</td>
<td>30</td>
<td>Speaker Bureau presentations</td>
<td>7</td>
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<tr>
<td>Sharing Hope classes</td>
<td>3</td>
<td>Health Fairs</td>
<td>6</td>
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<tr>
<td>NAMI Smarts classes</td>
<td>1</td>
<td>CIT - 40 hour Classes</td>
<td>8</td>
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<tr>
<td>Mental Health First Aid classes</td>
<td>4</td>
<td>CIT - Advanced In-service Classes</td>
<td>8</td>
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<td>2nd Thursday Seminars</td>
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NAMI St. Louis’ office lease in up in 2017 and after seven year in the Brentwood location, evaluations of new or existing office space has been well underway since third quarter 2016. A decision on ongoing office space are targeted to be completed mid first quarter of 2017. If relocation is chosen it will occur in June 2017.

In 2016 NAMI St. Louis completed our part of the NAMI re-affiliation process. The rest of the work is up to NAMI Missouri and NAMI. There were new and changes in several policies, changes in the NAMI St. Louis Bylaws and changes in the organization’s name that were all completed in 2016. We are officially “NAMI St. Louis” eliminating “The Alliance on Mental Illness – NAMI St. Louis” from our state charter. This name change was mandated by NAMI Missouri Bylaws. You will see the changes in correspondence and publications which should be completed by end of first quarter 2017.

Towards the end of 2016 NAMI St. Louis launched a new website with many new functions to include blogging capabilities, advanced calendars, page layout consistent to the NAMI national website, class registrations, making financial donations, connection with advanced advocacy management and others.

Since 2011 we have replaced our old webpage based on a less than optimal NAMI micro sites with a custom designed multifunctional website. The optimal frequency for website update is every two to three years. We retired the last website after three years. I trust you are enjoying the new website.

We updated our newsletter layout and trust you are enjoying the newsletters. Send us your feedback and suggestions at info@namistl.org subject “Newsletter”.

2 Gateway to Mental Health Recovery
Thanks for Celebrating Beautiful Minds with NAMI St. Louis!

Guests enjoyed a Red Carpet Event on Saturday, November 19 at the Hilton St. Louis Frontenac to celebrate mental health recovery and community partnerships with NAMI St. Louis.

Thank you to our Presenting Sponsors, Emerson and Express Scripts, our families and regional health providers who made this evening possible. Because of your generous support, families in the region find connection, guidance and support from their peers to regain confidence and take control over their future. We are not alone in this fight. And together, we can do so much more to foster mental health recovery for our families.

Gala Award Recipients

2016 Mortimer Goodman Award
Jennifer Higginbotham, MSW
For more than thirty years Jennifer has managed many programs at the center including the Independent Placement Support, Supported Employment program. She has tirelessly supported many club members in their activities, helping them to learn to manage their own support services. She is an Associate Director of the Independence Center and on the Faculty for Clubhouse Development for Club.

2016 Exemplary Psychiatrist Award
Ujjwal Ramtekkar, MD
Ramttekkar practices at Compass Health as their physician director for specialty clinic and family health outreach. He sees patients using telemedicine, where oftentimes a family from the rural area receives his services through video conferencing. He also sees patients in person in his office.

Ramttekkar serves as a member of the Board of Directors at NAMI St. Louis, on the NAMI St. Louis Advocacy Committee and is currently working with colleagues from different agencies on a task force to improve access to child psychiatry services in Missouri. The task force, which he co-chairs, is sponsored by NAMI St. Louis and Mental Health America.

2016 Lifetime Service Award
Richard Stevenson, NAMI St. Louis
Serving is the word that best exemplifies Richard’s work and heart. He is a great example of servant leadership to our community. He has tirelessly worked with an ever increasing team of law enforcement officers, community social and mental health service providers and state mental health agency personnel to launch, grow and nourish the Crisis Intervention Team Training community programs in the Eastern half of Missouri, specifically the seven county St. Louis region. He has mentored many young officers that have volunteered as CIT Council Training Coordinators and experienced command staff to manage the four CIT Councils in the St. Louis Region.

VOLUNTEER TODAY FOR 2017 NAMIWALKS ST. LOUIS - SHARON@NAMISTL.ORG
2017 Legislative Summit

Please join us!
Thursday, January 12, 2017
6:00 – 8:00 pm
Richmond Heights Community Center, 8001 Dale Ave.,
Richmond Heights, MO 63117

RSVP to Jackie Hudson at jhudson@namistl.org or call 314-775-1600.

Featured Speakers:

Tim Clement, ParityTrack Policy Director, ParityTrack.Org
Parity Track is a collaborative forum that works to aggregate and elevate the (mental health) parity implementation work taking place across the Country.

Misty Snodgrass, Director of Public Policy, Missouri Coalition for Community Behavioral Healthcare
The Missouri Coalition for Community Behavioral Healthcare, founded in 1978, represents Missouri’s not-for-profit community mental health centers, as well as alcohol and addiction community psychiatric rehabilitation service providers, and a clinical call center. Thirty-two agencies staffed with more than 9,500 caring and qualified staff annually provide treatment and support to approximately 250,000 clients.

What will you learn?

- Overview of mental health parity laws and issues related to compliance.
- What Missouri needs to do to enforce mental health parity.
- What we should expect to be debated in Missouri Legislature in 2017 Session, including, but not limited to the following:
  > Access to mental health medications.
  > Medicaid transformation.
  > Department of Mental Health budget.

Who Should Attend?

- Mental health and substance use treatment advocates, especially those who feel that mental health parity laws are not being enforced
- Behavioral health providers
- All interested parties

What is Mental Health Parity?

Mental health parity means that insurance benefits for mental health and substance use conditions are equal to coverage for other types of health care. So, if your plan offers unlimited doctor visits for a chronic condition like diabetes, then it must also offer unlimited doctor visits for a mental health condition such as depression and schizophrenia.

Create your Lifetime Legacy. Remember NAMI St. Louis in your will or estate plans.
Our New Website Blog Submissions

We are getting close to going live with the new website, which means we are ready to start receiving blog submissions.

Mike Eisenbath, NAMI St. Louis Board Member, volunteered to take the lead on this project. Please let him know if you are interested in writing for NAMI St. Louis. We also seek a name for this new blog and Mike will also take those suggestions.

If you would like to tackle this, here are a few thoughts from Mike:

Please try to stay within 250 to 500 words. If you have something to say that would exceed 500 words, consider breaking that up into a “two-parter” or a series of three or more blogs.

Please write about something involving mental illness/mental health. The subject can be the relating of a personal experience, either as someone with a mental illness or in a caregiver/family/mental health career capacity. It can offer advice, caution, hope, education or observation, anything that might be beneficial to the type of readers seeking information or assistance regarding mental illness.

If you want to check with Mike about whether a topic you are considering is a good one, please feel free to ask.

One subject that would be particularly pertinent is any experience with NAMI classes or programs.

Please submit your piece well in advance, at least two weeks, if you are writing about something that should be posted at a specific time (around Christmas, in May for National Mental Health Awareness Month, etc.).

Send all blog submissions and names for the blog to Mike Eisenbath at his email address: meisenbath@gmail.com.

Please try to spend some time re-reading your submission at least twice before emailing it. When you have finished writing, step away from it until at least the next day before going over it again. Then, read it out loud. If it doesn’t sound right when you speak the words, then it likely won’t sound right inside the head of your readers. Consider having a trusted friend or family member read it. And try to pay at least some attention to grammar and spelling.

Mike will give your piece an initial edit not only for grammar and spelling, but also for quality of content and clarity. Please don’t be offended if some changes are made or he asks questions about your submission. He might request for you to rewrite something or expand on a thought that doesn’t seem clear or complete. Never assume that your readers know the full background about something. If you use a source, please disclose that source.

We want to hear from you!

Share ideas for future issues of your Newsletter at info@namistl.org.

NAMI St. Louis is a proud member of:

Sponsored by:

NAMIWalks St. Louis has a new home for 2017!

Central Park–Chesterfield Amphitheatre
16365 Lydia Hill Drive
Chesterfield, MO 63017
Save the Date: Saturday May 6th
Every Second Thursday
January 12, February 9, March 9 and April 13, 2016
Noon - 1:00 pm

At the Heights
8001 Dale Avenue, Richmond Heights, MO 63117
The Heights is located at Dale Avenue and Hanley Road. From Hwy. 40/64 take Hanley Road South, go east at first light on to Dale. Bus line located nearby.

RSVP, Please!
Bring your own lunch and we will provide beverages and cookies with RSVP (314) 962-4670.

NAMI ST. LOUIS FACT:
In 2016, 137 people attended Brown Bag lectures. Bring your lunch and join us. These lectures are a great way to get lots of information during a short time. Speakers are chosen based on their experience in a particular area.

January 12, 2017
Defining Quicker Access to Care for Women and Children
Speaker: Angela Wulff, Bridgeway Behavioral Health and Preferred Family Healthcare
Ms. Wulff will discuss access to treatment for Adults and Adolescents with substance abuse issues and mental illnesses and provide contacts at Preferred Family Healthcare and Bridgeway Behavioral Health for quick access. She will give an update on changes since the Merger of the two organizations.

February 9, 2017
Surviving the Suicide of Someone We Love and Preventing Suicide
Speaker: Jeanne Reilley
Jeanne shares what she went through when two of her family members completed suicide. Attempted and completed suicides are increasing every year. Talking about suicide is very important. Educating ourselves about what leads up to suicide can be life-saving. Come and hear more about the topic of suicide.

March 9, 2017
Dual Diagnosis (Mental Illness and Addiction)
Speaker: Lauren Zehnle, MA, LPC, RASAC II, St. Director of St. Louis Addiction Counseling LLC
Dual diagnosis, most notably the co-occurrence of a psychiatric disorder and substance abuse disorder, is a common condition that can result in extreme suffering. Much evidence suggests that when both disorders are treated, the patient’s prognosis is significantly better. The mental health field has made huge strides over the last few decades in treating dual diagnosis and training clinicians to accurately screen and treat patients with co-morbidity. Please join us in a discussion of dual diagnosis and discover how comprehensive treatment may ensure greater success on the road to recovery.

April 13, 2017
Worry Less with St. Andrew’s Senior Solutions
Speakers: Melissa Robinson, MA Executive Director and Jill Walsh, MSW Director of Client Services for St. Andrews Senior Solutions
Ms. Robinson and Ms. Walsh will be speaking about accessing resources to assist in enhancing your living situation. We will cover the Continuum of In-Home support services and community resources available to make this possible. We assist in coordinating these services so you can “Worry Less”.

VOLUNTEER TODAY FOR 2017 NAMIWALKS ST. LOUIS - SHARON@NAMISTL.ORG
Federal Government Passes Landmark Mental Health Reforms

The National Alliance on Mental Illness (NAMI) applauds a significant victory for the mental health community with the passage of HR 34, the 21st Century Cures Act, by the federal government.

This legislation represents a new level of commitment to improve mental health care in our nation. This bipartisan effort will reduce unnecessary incarceration of people with mental illness and advance solutions to mental health and substance abuse crises in the United States.

A recent press release by NAMI quotes Mary Giliberti, Chief Executive Officer: “One out of five Americans experience a mental health condition each year and at least half of them do not get the care they need. Mental illness affects everyone – individuals, family members, veterans, first responders. We applaud the passage of HR 34 as a solid start to advancing mental health care for all Americans.”

HR 34 incorporates advances that have the potential to shift mental health care in the right direction. It does this by breaking down barriers for individuals and families to access mental health services, expanding the availability of evidence-based practices and focusing on outcomes. HR 34 will also improve integration and program coordination across multiple federal agencies that serve people with mental illness and remove discriminatory impediments to mental health care. Finally, HR 34 addresses the needs of people with mental illness who become entangled in the criminal justice system.

Hundreds of thousands of messages from NAMI advocates and members of the mental health community were received by U.S. Representatives and Senators. They called for improving mental health programs and removing federal barriers to mental health care. Their advocacy is the result of thousands of calls to our HelpLine and other communications, from people who are struggling with their mental health and accessing care they need and deserve. HR 34 is an important step to address this mental health crisis which includes workforce shortages, lack of community-based services and hospital beds, and the highest suicide rate in 30 years.

Below is a summary of key Medicaid and criminal justice provisions in H.R. 34:

**Medicaid**
- Clarifies that the federal Medicaid statute permits same-day billing for the provision of mental health and primary care services.
- Directs the Center for Medicare and Medicaid Services (CMS) to provide guidance to states on opportunities for designing innovative service delivery systems to improve care for individuals with serious mental illness or serious emotional disturbance.
- Specifies that, effective January 1, 2019, children receiving Medicaid-covered inpatient psychiatric hospital services are eligible for the full range of early and periodic screening, diagnostic and treatment (EPSDT) services.
- Directs CMS to report on the impact of the new federal rule permitting federal reimbursement for inpatient care in Institutions for Mental Diseases (IMDs) for individuals in Medicaid Managed Care plans.

**Criminal Justice/Mental Health Programs**
- Authorizes grants for CIT programs and MH/SUD de-escalation training for law enforcement and other first responders.
- Creates a pilot federal mental health court program.
- Reauthorizes the Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA) and expands eligibility for MIOTCRA funded programs to include individuals charged or convicted of non-violent felonies (was previously limited to misdemeanors).
- Allows MIOTCRA funds to be used for Forensic Assertive Community Treatment (F-ACT) programs.
- Creates a National Criminal Justice and Mental Health Training and Technical Assistance Center.
- Permits reentry demonstration project funds under the Second Chance Act to be used for mental health treatment and transitional services (including housing) for individuals with SMI/SUD reentering communities.
- Amends the federal Drug Court program to allow state and local governments to use grant funds for individuals with co-occurring mental illness and substance use disorders.
- Requires mental health and crisis de-escalation training for federal uniformed services officers.
- Allows federal Mental Health Courts grant funds to be used for AOT programs to prevent escalation of mental health issues and criminal justice involvement.

For an additional list of key mental health provisions in HR 34, contact Jackie Hudson at 314.775.1600 or jhudson@namistl.org.

Volunteer TODAY for 2017 NAMIWalks St. Louis - sharon@namistl.org
SAVE THE DATE!

NAMIWalks St. Louis
Gateway to Mental Health Recovery
1750 S. Brentwood Blvd., Suite 511
St. Louis, Missouri 63144

Saturday, May 6, 2017

NEW HOME
Central Park
Chesterfield Amphitheatre
Check-in begins at 8:00am

Coming Soon!
NAMIWalks St. Louis Website and Team Captain Kick-Off
Subscribe now at info@namistl.org (subject: Walk) to receive updates about this community mental wellness event!

SAVE THE DATE

Mental Health Outreach Program Annual Art Show
Art, both visual and written, is a therapeutic and beautiful way to reflect on your experience with mental illness. Coming together to share that art creates a community of support and understanding. Please join us for this year’s Art Show.

**ART ON DISPLAY**
March 6th - March 27th, 2017

**RECEPTION**
Monday, March 6th, 2017, from 5-7pm

**LOCATION**
Farrell Learning and Teaching Center at Washington University School of Medicine
520 S. Euclid Ave., St. Louis, MO 63110

Submissions due by February 24th, 2017, by mail or drop-off.
Please email lyndseycole@wustl.edu for submission forms and with questions.

“Art is not what you see, but what you make others see”. - Edgar Degas