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Mission

NAMI St. Louis’ mission is to improve the quality of life of persons with severe and persistent mental illnesses and their families, and promote and provide community support, education, advocacy, and understanding.

Proud member of

United Way
United Way of Greater St. Louis

CCRB

YOU MAKE ALL THE DIFFERENCE
To donate your time to NAMI St. Louis, please visit www.namistl.org or call 314-962-4670.

Exciting News and Changes to Share!

On July 12, 1978, the organization now known as NAMI St. Louis was started by family members of people with mental illness. In July, we will be celebrating our 40th Anniversary of serving family members, caregivers, friends, and individuals with mental health concerns in St. Louis. It is very clear to me how vital NAMI St. Louis has been to the region. We are planning two anniversary celebrations in July and hope that you can join us. We would love your help with planning the events, providing pictures, helping with guest lists, etc. Please contact Jackie Hudson or Richard Stevenson for more information.

Another exciting opportunity is that NAMI St. Louis has been selected by the Maplewood Richmond Heights school district for the Seafoam Marketing challenge! Students are creating a digital marketing plan for NAMI St. Louis, and the winner of the challenge will earn a summer internship with Seafoam Marketing. The goal is that, by increasing our social media footprint and expanding our corporate sponsorships, more people will learn about the services NAMI St. Louis provides so that, ultimately, we will be able to expand our services.

Due to the expense, this will be the LAST printed newsletter. Sign up on our website to continue to receive our quarterly e-newsletter. If you would like to continue to receive our newsletter in the mail, call us at 314-962-4670.

NAMI St. Louis will be offering the NAMI Ending the Silence program in 2018 to teens ages 13-18 thanks to the generosity of Tony and Lisa Vogel. This is a 50-minute interactive prevention and early intervention program that engages youth in a discussion of mental health. If you are 30 years of age or younger and are interested in volunteering, please contact us. If you have connections to school districts, we would love your help in setting up meetings with school district staff.

We are always looking for new teachers (see page 6 for more information) and committee members. We have openings on the following committees: walk, gala, development, advocacy, peer, and program committees. Contact Christine for more information.

We need your help!
Since we moved in July 2017, we have not received all of our mail. Please make sure to send mail to the new address: 1810 Craig Road, Ste. 124, St. Louis, MO 63146. If you mailed us a check and we did not cash it we did not receive it. We cash checks immediately.

Thank you!
People have been incredibly creative in helping us to fundraise so we can provide our programs free of charge to participants. Cody and his brother, Nick Bernat, organized a trivia night in memory of their dad, David Bernat.

Continued on page 2.
Thank you to everyone who created birthday fundraisers for NAMI St. Louis. We are very appreciative! If you want to set up a fundraiser on Facebook, please contact Christine.

Upcoming Events:
- 2018 NAMIWalks St. Louis on May 5, 2018. Registration for team captains is at 9am. The walk starts at 10 am (one hour later). It is not too late to set up a team.
- May 21, 2018 at 7:30 pm. Suicide: The Ripple Effect.
- NAMI 40th Birthday Celebration. Date and location to be determined.
- Iris Society Celebration for people who have donated $500 or more to NAMI St. Louis on July 26, 2018.
- NAMI Night at the Ballpark on August 18, 2018. Same seats as last year, which is great!
- The 2018 NAMI St. Louis Gala will be on November 10, 2018 (new date) and at the Chase Park Plaza (new location). Award nominations will be posted online soon.

Please go to our website (www.namistl.org) for more information about any of the topics discussed above, or contact Christine at cpatterson@namistl.org or at 314-962-4670.

Save the Date!
NAMI St. Louis Annual Gala
“Beautiful Minds Inspire”
New date, time, and location!
Same great Casino theme.
Saturday, November 10, 2018
5:30 pm
In Memory of David Bernat
Brian and Ann Bekebrede
Cody Bernat
Nick Bernat
Tracy and Delores Bernat
Zachary and Elizabeth Bernat
Alex and Jordan Bruns
Danielle Carr
Joe and Paula Eberhard
Brenda Ebert
Matthew and Deborah Finley
Erica Freeman
Laura Freeman
Paul Frauen
Sydney and Tracie Frauen
Zachary Gorla
Joseph and Donna Hake
Joseph Hallemeyer
Erika Holmes
Larry and Kay Lynn Holmes
Rachel Horne
Tyler and Barbara Hutchison
Robert and Barbara Hutchison, III
Michael and Kelly Lada
Benjamin and Laura Mahnken
Samuel Morgan
Ian Powers
Timothy Roberts and Donna McIroy
Lisa Staberg
Kenneth and Carol Stadler
Michael and Jessica Sweeten
Louis and Jessica Tocco
Alex Whiteside
Donald and Tracy Whiteside
Malory and Linda Willis

In Memory of Eleanor A. Bielik
Glenn and Kathy Baldwin
Thomas and Karen Bicknell
Doug Lueken
Gail Ullrich
Lois Williams

In Memory of Laurence Goldberg
Irl 'Spike' and Carol Don

In Memory of Judy Grubbs
You are always in our hearts,
Janet and Thi Tran

In Memory of Luke DaLay
Alice Adcock
Diane and Linda Beaty-Basich
Michael Behle and Laura Grady
Joe and Sue Bias
Frank and Valerie Breitenstein
Debra Bryer
Patrick Callanan
Margaret Clancy
Duane and Judy Conrad
Francis and Melanie Friel
Anne Grossman
Kenneth Haller
Edwin and Rosemary Hiss
Linda Lacy
Nicole Leighton
Raymond and Julianne McIntyre, Jr.
Paul and Cathy Mertens
Kathleen Pimmel
Elizabeth Pund
Michael and Karen Scheve
Rose Schmidt
Patrick and Kelly Slattery
David Solomon

In Memory of Sandra Hartge and Jen Gibson
Stewart Shilcrat and Paula Lemerman

In Memory of Jackie Hudson
Linda Baker

In Honor of Officer Mike Joyce
Margaret Holyfield

In Memory of Albert Morris Kleiman
Evelyn Kleiman

In Honor of Ann Mandelstamm
Cynthia Allen
Gail Bunce
Katherine Drescher
Margretta Forrester
Bettie Johnson
Ann Lieberman
Jean Quenon
Mary Rassieur
Helen Streett
Carol Walker

In Memory of Clifford and John Niewald
Sandy Niewald

In Memory of Adina Talve-Goodman
Leslie, Jeff and Evan Raynsford

In Honor of Barbara Smoyer and Elizabeth Storm
Karen Smoyer

In Memory of Matthew, Mary Jo, and Taylor Rose Trokey
Joseph and Lynda Castellano

In Memory of Stacie Wait
Duane and Judy Conrad

In Memory of Terry Weisacosky
Kim Cohen

In Memory of Michael Winter
Duane and Judy Conrad

In Memory of Mary Zvorak
Duane and Judy Conrad
William Cummings
Christy Twin and Family

Remembering Loved Ones

A memorial donation is a generous and thoughtful way to honor loved ones. Memorials may be made by mail or online. Check the box to indicate whether your donation is in memory of someone who has passed away or in honor of someone living. Memorials will be listed in our newsletter.
The Teen Brain: 6 Things to Know

1. Your brain does not keep getting bigger as you get older. For girls, the brain reaches its largest physical size around 11 years old and for boys, the brain reaches its largest physical size around age 14. Of course, this difference in age does not mean either boys or girls are smarter than one another!

2. But that doesn’t mean your brain is done maturing. Both boys and girls, although your brain may be as large as it will ever be, your brain doesn’t finish developing and maturing until your mid-to late-20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. It is the area responsible for planning, prioritizing and controlling impulses.

3. The teen brain is ready to learn and adapt. In a digital world that is constantly changing, the adolescent brain is well prepared to adapt to new technology – and is shaped in return by experience.

4. Many mental disorders appear during adolescence. All the big changes the brain is experiencing may explain why adolescence is the time many mental disorders – such as schizophrenia, anxiety, depression, bipolar disorder, and eating disorders – emerge.

5. The teen brain is resilient. Although adolescence is a vulnerable time for the brain and for teenagers in general, most teens go on to become healthy adults. Some changes in the brain during this important phase of development actually may help protect against long-term disorders.

6. Teens need more sleep than children and adults. Although it may seem like teens are lazy, science shows that melatonin levels (or the “sleep hormone” levels) in the blood naturally rise later at night and fall later in the morning than in most children and adults. This may explain why many teens stay up late and struggle with getting up in the morning. Teens should get about 9-10 hours of sleep a night, but most teens don’t get enough sleep. A lack of sleep makes paying attention hard, increases impulsivity and may also increase irritability and depression.

For more information on conditions that affect mental health, resources and research, go to MentalHealth.gov at www.mentalhealth.gov, or the NIMH website at www.nimh.nih.gov. In addition, the National Library of Medicine’s MedlinePlus service (www.nim.nih.gov/medlineplus/) has information on a wide variety of health topics, including conditions that affect mental illness.
NAMIWalks St. Louis

Join the Movement Because
We Cannot Do It Without YOU!

The 2018 NAMIWALKS St. Louis goal this year is to raise $200,000 for the St. Louis Region and have over 1,200 people attend on Saturday, May 5, 2018 at Chesterfield Amphitheatre.

Registration starts at 9 am and the walk starts at 10 am (an hour later). The funds raised through the campaign helps us to continue to provide NAMI education, support, advocacy, and Crisis Intervention Team (CIT) programs in the seven counties throughout our region: St. Louis City, St. Louis, Lincoln, St. Charles, Franklin, Warren and Jefferson Counties.

NAMIWALKS St. Louis brings together families, individuals, co-workers and businesses to help raise funds, combat stigma and promote awareness and recovery. Join others to celebrate mental health recovery, to honor those who have lost their lives to mental illness and be a part of the movement that is changing minds in our community and all over the country. #StigmaFree

How you can HELP!
• Invite everyone in your network to participate in the walk and/or form a team! Go to www.namiwalks.org/stlouis to register.
• Distribute brochures to local business
• Promote the event on your social media pages.
• Event Day Volunteers. Contact Sharon at 314-962-4670 to help with registration, table/tent set up, taking photos, route marshals, etc.
• Cannot attend on May 5? You can be a virtual walker and walk with us in spirit.

What to expect on Walkday:
• Family Fun Event
• Yogo with Yoga Buzz
• Food Trucks
• Face Painting
• Rock Painting
• First Responders
• Super heroes and more.

For more information, contact Christine Patterson at 314-962-4670 or cpatterson@namistl.org.
Volunteer Opportunities - Upcoming State Trainings

NAMI Missouri

NAMI Basics Teacher Training
June 1-3, 2018
Application Deadline May 4

Family-to-Family Teacher Training
July 13-15, 2018
Application Deadline June 15

Family Support Group Training
August 25-16, 2018
Application Deadline July 27

Family-to-Family Teacher Training
July 13-15, 2018
Application Deadline June 15

In Our Own Voice Presenter Training
May 4-5, 2018
Application Deadline April 2

NAMI Connection Recovery Support Group Training
August 10-12, 2018
Application Deadline July 6

Family-to-Family Teacher Training
July 13-15, 2018
Application Deadline June 15

In Our Own Voice Presenter Training
September 28-29, 2018
Application Deadline August 27

Family-to-Family Teacher Training
July 13-15, 2018
Application Deadline June 15

For more information on training and other volunteer opportunities contact Sharon Lyons at sharon@namistl.org.

All trainings will be held in Jefferson City.

NAMI ST LOUIS MEMBERSHIP AND DONATION FORM

Enclosed is my membership/donation payment for NAMI St. Louis. Securely make your payment online at www.namistl.org/general-donations.

0 $5* 0 $40* 0 $60** 0 $25*** 0 $50*** 0 $100*** 0 $250*** 0 $500*** 0 $1,000***

*Please enroll me as a member of NAMI St. Louis.  **Please enroll my household as a member of NAMI St. Louis.

***Please except my donation to NAMI St. Louis

(New membership rates are effective July 2017. Membership automatically renews/enrolls your membership with NAMI National and NAMI Missouri.)

Please note that your membership dues defray the expense of membership publications. As a member of NAMI, you may receive requests to support NAMI initiatives and/or state initiatives which are separately funded from our local NAMI St. Louis programs.

Please charge my membership fee of $___________ to: 0 MasterCard 0 Visa 0 Discover

Credit Card No. ____________ ____________ ____________ ____________ Exp. Date__________ CVV Code ______________

Signature_______________________________________________________________

Name______________________________________________________________

Address____________________________________________________________

City_________________ State_____ Zip_______

Email Address________________________________________________________

Phone Number_______________________________________________________

NAMI ST. LOUIS, 1810 Craig Road, Suite 124, St. Louis, MO 63146. Phone: 314-962-4670. Website: www.namistl.org

Create your Lifetime Legacy. Remember NAMI St. Louis in your will or estate plans.

Gateway to Mental Health Recovery
Second Thursday Brown Bag Lunch Series

April 12, 2018
Lions & Tigers & Bears: Addressing Obstacles on the Road to a New Tomorrow
Speaker: Dr. Vivian Sierra, LMFT Life Coach & Counselor
We all wish we had a magic wand to make our troubles go away for ourselves, our loved ones and the people that we help as professionals. Navigating through the various obstacles on the way to wellness can be so very challenging. Let’s talk about these potential roadblocks in the behavioral healthcare system, and some solid strategies to maneuver through them on our journey to health.

May 10, 2018
Dr. Z Explains How to Get Your Zzzs
Speaker: Dr. Zinia Thomas, M.D.
A new report from the CDC sites 35% of Americans do not get enough sleep. The rates in children are also rising. Additionally, about 15% of those suffering from insomnia are on chronic pharmaceutical sleep aids that are unlikely to address the underlying issues - breeding a chronic dependency on medications. In this session, we’ll discuss the effect of screens, stress and food on the body’s sleep cycle, and the serious consequences of sleep deprivation. Learn about safe, natural, effective treatments that can improve sleep and overall health in both children and adults, including float therapy, the infrared sauna, cryotherapy, IV nutrient therapy, and aromatherapy.

June 14, 2018
Your Dependent with Special Needs: Making Their Future More Secure
Speaker: Michael Chiodini, Investment Advisor Representative of SII, Chiodini Financial Group, LLC
Families with children and other dependents with special needs, no matter what the age or disability, face serious questions about how to best prepare for their future well-being. This workshop addresses such critical issues as protecting government benefit eligibility for Supplemental Security Income (SSI), creating Special Needs Trusts and the importance of a Will. Taking steps now can help arrange for a loved one’s well-being today and tomorrow.

July 12, 2018
Financial Planning Basics, from surviving to thriving!
Speaker: John A. Priesmeyer
John Priesmeyer, a Financial Planner with Thrivent Financial. John is a fee-based planner who has been with Thrivent for over 12 years focused on providing investment management and financial planning services in the areas of retirement and estate planning. We will cover budgeting and credit; protecting what you care about; investing in your goals; and estate planning ideas everyone needs.

**NEW LOCATION**

Maryland Heights Community Center
2300 McKelvey Road,
Maryland Heights, MO 63043
The Community Center is located at Dorsett Road and McKelvey Hill Drive. From Hwy. 270 take Exit 17 onto Dorsett Road, go west and take a right at McKelvey Hill Road.

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

Anxiety Disorders: When Worrying Gets Out of Control
Presented by Laurie Evans-Schoenecker LCSW
- Anxiety Presentation by Age
- Types of Anxiety Disorders
- Conditions that may Mimic or Increase Anxiety symptoms
- Screening Tools
- Anxiety Management

Tuesday, April 24th
7:00 - 8:30 PM
Grace United Church of Christ
8326 Mexico Road
St. Peters, MO 63376

Register online at www.namistl.org/programs-2/nami-speakers-bureau/
Our quarterly newsletter is becoming an e-newsletter!

This will be the LAST paper issue.

Let us know if you would like to continue receiving our newsletter at www.namistl.org/sign-up-for-our-newsletter/

You can also view our newsletter online at, www.namistl.org/newsletter/nami-st-louis-newsletter/.

Join us Saturday, May 5, 2018
at Chesterfield Central Park

Yoga with Yoga Buzz 8:30 am
Team captain check in time is 9:00 am
Walk starts at 10:00 am

2018 Master of Ceremonies
Kim Hudson FOX2/News 11

Register online at www.namiwalks.org/stlouis