celebrating beautiful minds

Guests enjoyed trying their luck on Saturday, November 18th at the Ritz-Carlton St. Louis to celebrate mental health recovery and community partnerships with NAMI St. Louis.

Thank you to our Presenting Sponsors, Emerson and Express Scripts, Honorary Chairwoman Patricia Morrow from Mercy Behavioral Health and our families and regional health providers who made this evening a success. Over $150,000 was raised!

Because of your generous support, families in our community are able to find connection, guidance and support from their peers to regain confidence and take control over their future.

Gala Award Recipients

2017 Mortimer Goodman Award
Jeffrey I. Schulman, MD, MA
For the past twenty years, Dr. Schulman has been dedicated to improving the lives of children, adolescents, and young adults with developmental, behavioral, emotional, and learning problems. He also serves on the Board at NAMI St. Louis.

2017 Legislative Advocacy Award
State Representative Kathryn Swan
Representative Swan worked in the past Legislative Session to preserve access to psychotropic medications through Missouri Statute §208.277 for people living with serious mental illness who receive treatment through MO HealthNet (Medicaid).

2017 Community Spirit Award
Jennifer Gettman, Harvester Residential
For over ten years Harvester Residential has been providing assisted living for individuals with a mental illness. The programs offered include, peer-led support groups, AA programs, social gatherings, clubhouse activities and groups developed especially for them.
Happy New Year!

As I reflect on 2017, it is clear that this was a great year for NAMI St. Louis. We increased the number of people we directly served by over 500 and indirectly by over 3,500. We also had a banner year for fundraising through both the walk and the gala. This is due to a lot of hard work by NAMI St. Louis staff, volunteers, teachers, and board members. We couldn’t do it without all of you! We also received an anonymous gift of $20,000, which will support additional programming in 2018.

I also want to inform you about new programs we hope to provide in 2018. We are working toward being able to provide NAMI Ending the Silence (ETS) to teens ages 13-18. This is a 50-minute interactive prevention and early intervention program that engages youth in a discussion about mental health. We are expanding the Mercy Finding Hope and Help: supporting Loved Ones Fighting Suicide Program. Each month, this program includes an educational component (Question, Persuade, Refer (QPR) or Supporting Those at Risk of Suicide (STARS) and a support group designed for loved ones of someone who is having suicidal thoughts each month. For more information, please see our website: www.namistl.org.

Finally, I am excited to let you now that, in November 2017, the Missouri Foundation for Health awarded The University of Missouri Department of Child Psychiatry $2.9 million to pilot the Missouri Child Psychiatry Access Project in 2 regions in Missouri, including the St. Louis Metropolitan Area. This project is the result of the Pediatric Health Task Force created and facilitated by NAMI Louis. The project will improve access to behavioral healthcare for children and adolescents by providing psychiatric consultations to primary care providers serving children and adolescents with mild to moderate behavioral health issues.

We appreciate everyone who made a donation to NAMI St. Louis. We couldn’t do it without the support of individuals like you. For those of you who work for corporations that provide matching funds, this is a great opportunity to double your donation. If you come across a charitable giving program where NAMI St. Louis is not listed, please contact me. For example, John Priesmeyer brought it to my attention that NAMI St. Louis wasn’t signed up to receive Thrivent Choice dollars. Now we are, so, if you are a member, please consider going to www.thrivent.com/making-a-difference/living-generously/thrivent-choice/ to donate to NAMI St. Louis. Finally, there are little things that you can do to support NAMI St. Louis that won’t cost you any money. You can select NAMI St. Louis through the Amazon Smile program. Every time you make a purchase through https://smile.amazon.com/, NAMI St. Louis receives a donation. Another option is to sign up for escrips at www.escrip.com/howitworks. When you use your card at grocery stores or specific restaurants, NAMI St. Louis receives a donation.

Thank you again for everything you do to support NAMI St. Louis. If I can be of assistance, please do not hesitate to contact me at 314.962.4670.

Christine Patterson, PhD.
Executive Director
2-Day Peer Mentor and Partners in Policy Training

March 12-13, 2018
Training to become mental health advocates and individuals with lived experience leaders.
Openings for 40
Registration deadline is February 9, 2018

In Our Own Voice Presenter Training

May 4-5, 2018
Training for teams of 2 persons living with mental illness to give interactive presentations about mental illness, including video, personal testimony and discussion.
Openings for 16 individuals with lived experience
Registration deadline is April 2, 2018

NAMI Connection Recovery Support Group Facilitator Training

August 10-11-12, 2018
Training for teams of 2 consumers to facilitate support groups for persons living with mental illness.
Openings for 18 individuals with lived experience
Registration deadline is July 6, 2018

In Our Own Voice Presenter Training

September 28-29, 2018
Training for teams of 2 persons living with mental illness to give interactive presentations about mental illness, including video, personal testimony and discussion.
Openings for 16 individuals with lived experience
Registration deadline is August 27, 2018

NAMI St. Louis
is looking for volunteers with mental illness to participate in trainings offered by NAMI Missouri this year. We are looking for volunteers who live with mental illness and are in recovery and have good leadership and communication skills.

To apply, please contact Sharon Lyons at (314) 962-4670 x 304 or email sharon@namistl.org.

NAMI St. Louis
has a great need for teachers for our Basics and Family-to-Family classes. If you have taken either class, please consider helping us out by becoming a teacher.

If you haven’t taken the class, we would still love to have you. The wait-list for these programs continues to grow everyday.

If you have an interest in volunteering for these programs please contact: Sharon Lyons at (314) 962-4670 x 304 or email sharon@namistl.org.
NIH Research Study

Do you have a teenager with depression?

This research study seeks to understand the causes of depression in teenagers.

It is part of a larger study looking at irritability and mood dysregulation. This part of the study’s goals are to improve our knowledge and which treatments work best in depression to those with severe irritability. The research will also study teenagers with depression as they grow up.

Teens are compensated for participation. Schooling is provided during inpatient care. The studies are at the NIH in Bethesda, MD and enroll participants from the local area and from across the United States. Travel and lodging expenses are paid for by NIMH.

This study is currently recruiting participants who:
• are ages 12-17, and medically healthy
• meet the criteria for major depressive disorder
• are currently in treatment with a physician and not currently hospitalized, psychotic, or suicidal
• are able to perform research tasks that include brain imaging, computer tasks and behavioral & psychological testing

Study participation may include:

Participation begins with an initial 1-day outpatient evaluation that includes clinical assessments, interviews, and questionnaires.

For further information:

Contact Argyris Stringaris, M.D. or Kenneth Towbin, M.D.
(301) 496-8381
Email: depressedkids@mail.nih.gov
www.nimh.gov/JoinAStudy

Protocol #02-N-0021

NAMI Basics Teacher Training

June 1-3, 2018
Jefferson City, MO

Who would make a good teacher?

• Parents/primary caregivers of children or adolescents who developed symptoms of mental health issues prior to age 13.
• Those who feel comfortable with the emotional issues families face and can self-disclose about their own feelings of guilt, anger, shame, etc.
• Those willing to make a commitment of teaching 2.5 hours a weeks for 6 consecutive weeks with a co-teacher. No teaching experience necessary.

Family-to-Family Teacher Training

July 13-15, 2018
Jefferson City, MO

Family-to-Family meets for twelve 2.5 hour sessions. Information and resources are provided at no cost to the participants. This program is designed for loved ones (over age 18) of individuals living with mental illness.

Family-to-Family provides:
• Up-to-date information about a range of mental illnesses, including co-occurring mental illness and substance use disorders.
• Skills related to crises management, solving problems and communicating effectively.
• Guidance on locating appropriate local support and services.

Family Support Group Facilitator Training

August 25-26, 2018
Jefferson City, MO

NAMI Family Support Groups are monthly 90 minute meetings led by teams of two volunteers facilitators. We value the lived experience of families and facilitators must also have a family member with a mental illness. Facilitators need to be emphatic good listeners with leadership skills and the ability to follow the NAMI Support Group Model. NAMI St. Louis particularly needs trained facilitators to start groups in St. Louis City, Franklin County and Warren County.

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On November 14th, NAMI St. Louis had the honor of attending the Twelfth Annual St. Louis Area Crisis Intervention Team (CIT) Banquet held at the Doubletree Hotel and Conference Center, located in Chesterfield, Missouri. What a pleasure it was to see 12 CIT Officer from various Police Departments in St. Louis County to receive the coveted Outstanding Service Award for going “Above and Beyond” in helping those experiencing a mental health crisis. CIT Awards were also given to several non-law enforcement, CIT volunteers to include the late Joyce Kelley from the St. Louis County Counselors Office, whom was posthumously awarded the CIT Leadership Award for her 14 years of service to the St. Louis Area CIT program and the amazing impact her work had on so many.

Community Mental Health Liaison, Britney Haymer from BJC Behavioral Health, received the CIT Mental Health Professional of the Year Award for her continued support of the St. Louis Area CIT program and her passion for helping those in crisis.

Finally, what an honor it was to see NAMI St. Louis’ very own volunteer, Michael Bernthal receive the CIT Volunteer of the Year Award for his continued support of all the St. Louis Area CIT Programs. Mr. Bernthal has been a part of CIT since it began in 2003. Michael has shared his personal story with more than 4,500 Police Officers and has done a fabulous job of helping the CIT Program and NAMI St. Louis reduce the stigma of living with a mental illness.

Congratulations again to all of the award recipients and thank you, our NAMI St. Louis family, for helping us touch so many lives with your continued support!

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**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.

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*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:  O MasterCard  O Visa  O 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

Gateway to Mental Health Recovery  5
memorials & tributes

In Memory of  Chris Albrecht
Christian & Margaret Albrecht

In Honor of All Those Who Struggle with Their Mental Illness Condition
Mark Ferris

In Memory of Ronnie Eddy
Faith Community Church

In Memory of Martha Costen Fortenberry
Bill Fortenberry
Rebecca Fortenberry
Caroline James

In Memory of John Gaal Jr.
Rae Ann Kobylinski

In Memory of  Gina Giorgi
Jerry & Carol Hofer
Michael & Ann Lause
Martin & Dana Munsch
Jim & Christa Smith
Kirk & Barbara Swearingen
Robert & Patricia Tobler

In Memory of Joyce Kelley
Brian Garcia
Dave & Cheri Garcia
David & Tammy Garcia
Marc & Carmen Garcia
Dennis & Lisa Hooker

In Memory of Paul J. Koenig
Linda Cosper

In Memory of Kirk McDonald
Guth Foundation Charitable Trust

In Memory of Faye Michelson
Jerri Livingston

In Memory of James ‘J.T.’ Olsen
Kay Cammarata
Andy & Cindy DiCarlo
Patrice Grace
Fran Hamilton
James & Gail Hyde
Phyllis Jacobson
Robert McMillion
Bonnie Roberson
Joanne Roberson
Patty Roosevelt
Marvin & Jill Schweiger
Eric Siggers
Betty Trover
Dar & Mary Louise Walker
Abby Whorton

In Memory of  Betsy A. Watkins
Martha C. Brown

Saturday, May 5th

It's time to build your team! Team building is an important aspect of NAMIWalks. Teams are a great way to bring people together toward a common goal or enjoy a little friendly competition among each other. The more people that form teams and recruit walkers, the more awareness will be raised about the need for quality mental healthcare.

Since that first walk here in St. Louis fifteen years ago, the annual NAMIWalk has grown to over 1,200 participants, raising over $125,000 annually to help continue our St. Louis programs.

NAMIWalks for the Minds of America accomplishes two very critical parts of our mission.

- By promoting the Walk and inviting others to support your walk efforts, the Walk becomes an educational tool to increase awareness in our communities and helps to remove stigma about mental illnesses.
- The funds raised through the campaign help us to continue providing NAMI educational support and advocacy programs in seven counties throughout our region: St. Louis City, St. Louis, Lincoln, St. Charles, Franklin, Warren and Jefferson Counties.

NAMIWalks brings together thousands of individuals an supporters to celebrate mental illness recovery, to honor those who have lost their lives to mental illness and to help raise funds, combat stigma and promote awareness.

For more information contact Cassandra Cooke at ccooke@namistl.org
second thursday brown bag lunch series

January 11, 2018
Journey To Recovery Through Al-Anon and the Twelve Steps
Speaker: Diane R., 2-year Member of Al-Anon Public Outreach Co-Chairperson
Al-Anon is a free Twelve Step Recovery Program for families and friends of alcoholics. Diane will share how she benefits from the program in her own recovery from the effects of growing up in a family with mental illness.
Points addressed: Life Then and Now, Use of Twelve Steps and other “tools” of this Twelve Step Program.

February 8, 2018
The Relationship Between Addiction and Mental Illness
Speaker: Shelia Hunt, MA, LPC, Regional Director of Business Development, CenterPoint Behavioral Health System
It’s not uncommon to find that people suffering with substance addictions also have other mental health problems. It’s not always clear which came first, both need to be treated in order to provide the best scenario for recovery. Untreated symptoms of mental illness may trigger relapse to substance abuse use. Continued verbal counseling (psychotherapy) is necessary to help individuals learn coping skills to deal with underlying depression, anxiety, trauma and other mental health issues, instead of turning to drugs and alcohol to numb their psychological pain.

March 8, 2018
ABLE Accounts, What are They? How do They Work?
Speaker: Martha C. Brown, CELA (Certified Elder Law Attorney)
This program will explain ABLE Accounts, which are being instituted by many states, including Illinois and Missouri. ABLE Accounts are similar to 529 Plans. ABLE Accounts allow people with disabilities to have an ABLE Account and not be disqualified for SSI, Medicaid and other government programs.

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

Every Second Thursday
January 11, February 8, March 8, April 12
Noon - 1:00 pm

**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.

Sharing Hope
NAMI St. Louis and University United Methodist Church will sponsor a free presentation of Sharing Hope. Sharing Hope speaks to African-American experience with mental illness with speakers who have personally experienced illnesses such as depression.

Tuesday, January 30, 2018
6:00 PM
University United Methodist Church
6901 Washington Avenue
University City, MO 63130
Dear NAMI Friends and Family,

Through the course of 2017, we dedicated ourselves to our jobs, our families, and to our various volunteer activities through gifts of time, talent, and/or treasure. Our reasons for supporting NAMI St. Louis and its many services for area families are deeply personal and are important to each of us for our own special reasons. For me, my volunteer service is a way to honor my late, eldest brother, Stephen Miller, who battled schizophrenia and who passed away 24 years ago this Christmas.

We should be very proud of NAMI St. Louis’ achievements and successes this past year, and the Holiday Season is the perfect time to reflect upon those in the company of our families, colleagues and friends. It is a time to share some laughter and good times with those who matter most to us. It’s a good time to recognize the challenges and opportunities that lie ahead for NAMI St. Louis, especially as we work together to develop a long-term strategic plan in the coming months. And it’s time to recognize and applaud the stellar efforts of our staff, our volunteer Board of Directors, our many other wonderful volunteers, and the gracious support of our valuable members, sponsors and donors.

My thanks to everyone who contributed to NAMI St. Louis in their own special way during 2017. If I can ever assist any of you, please reach out to me at woodie21620@yahoo.com or call me at (314) 546-0949.

Thank you again and Happy Holidays to all!

Kevin Miller
2017/18 Board President