Advocates and Legislators Fight to Keep Protections for Antipsychotic Medications

So far this year, over 16,000 emails through NAMI St. Louis’ legislative alert system were sent to elected officials to protect access to mental health treatment, most of which were for maintaining Missouri Statute RSMo 208.227 which protects antipsychotic medication prescriptions written through Medicaid from restrictive policies such as Preferred Drug Lists, Prior Authorization, and Step Therapy (Fail First Policy). This is an all-time high and speaks to the high importance that advocates place on having access to antipsychotic medications. Many legislators felt the same way and fought to keep this statute in place. Seventeen state legislators on the House Budget Committee – where the fight was ultimately won – voted to restore the protective statute.

There were two bills – SB 433 and HB 986 – that included restrictive policies for antipsychotic medications, as well as a repeal of Statute RSMo 208.227. Ultimately, HB 986 was added to SB 139, but only after the statute was restored.

Statements made by advocates during this process appear below. Names have been deleted for confidentiality.

“If HB 986 repeals the protective language in Missouri Statute for anti-psychotic medications, the ability to get the right medication at the right time will be greatly limited. This is particularly important for children and young adults who may be able to change their trajectory towards disability if they had the right medication that helped them become more functional sooner in life. One example is the long-acting Invega Sustenna for Schizophrenia. In my practice setting, if we can get patients on the right medication at the right time, we can reduce the chance of further relapses in Schizophrenia. Prospectively, we can reduce overall cost of the illness over a lifetime.” Quote from Child & Adolescent Psychiatrist, Farmington, MO.

“The prior authorization (PA) process takes time away from my already tight schedule to see children and adolescents who need treatment for their behavioral health issues. In Missouri there are less than 150 child and adolescent psychiatrists to serve all in need, which means that sometimes children go without care or receive care from a doctor who may not be well informed about behavioral health issues. If HB 986 is passed, it will further delay initiation of appropriate care or interrupt next steps of care of those who need it the most.”—Quote from Child & Adolescent Psychiatrist, St. Charles, MO.

Although there is still a chance that some restrictions may be placed on newly-prescribed antipsychotic medications through Medicaid, advocates are still hopeful that we have maintained protections against restrictions that get in the way of the doctor-patient relationship and ability to access the “right antipsychotic medication” that can offer the highest level of functionality and recovery.

Continue on page 7
Message from Al Schopp, President of the NAMI St. Louis Board of Directors

As you know, Dar Walker is retiring after having served over 17 years, starting as an educator for Family-to-Family with his wife Mary Louise, as NAMI St. Louis President and Board Member, and ultimately as NAMI St. Louis Executive Director. Included on the adjacent page is a tribute to Dar for his long-standing service.

We will always be indebted to Dar for his leadership, service, and financial expertise. His influence will live on. We also want to thank Mary Louise Walker, Dar’s wife, who supported Dar throughout his tenure as Executive Director. The adage “Behind every successful man is a good woman” rings true.

After an extensive search for a new Executive Director, the Board of Directors selected Christine Patterson, Ph.D., as the next Executive Director of NAMI St. Louis effective May 22, 2017. Please welcome Christine in her new role as the Executive Director.

Dear NAMI St. Louis Family, Friends, and Supporters:

I am so excited to be chosen as NAMI St. Louis’ next Executive Director! My personal experience with family members who live with mental health and substance use disorders has fueled my passion for mental health and improving the education, understanding, services, and advocacy for all people living with a mental health condition as well as their families. I believe the future of NAMI St. Louis is bright, and I am looking forward to working with all of you. Together, we can build upon the work of my predecessors and accomplish even more.

I was introduced to you in the last newsletter as the new Director of Development. I have a M.A. and Ph.D. from the University of Missouri in Sociology. Previously, I worked at the Missouri Coalition for Community Behavioral Healthcare where I managed the Community Mental Health Liaison Initiative (CMHLs), Crisis Intervention Teams (CIT) and the Zero Suicide Project. I have conducted research in the areas of mental health, juvenile justice, child welfare, preschool education, and teacher education as well as having 17 years of teaching experience. The first event I coordinated and fundraised for NAMI St. Louis was the 2017 NAMIWalks St. Louis. I am thrilled to share that, as of June 5, 2017, together we have raised almost $170,000 — the most money ever raised for NAMIWalks St. Louis! Thank you everyone who helped us exceed our goal! We couldn’t have done it without your help, support and passion.

Below are several key event dates in the coming months. I would love to meet you, so please join us!

• **The NAMI St. Louis office is moving:** Effective July 3, 2017, our new address will be 1810 Craig Road, Ste 124, Maryland Heights, MO 63146. Please make note of this change in your records. Our phone number, email address, website, Facebook page will remain the same.

• **Retirement Celebration/Open House:** Monday, July 17, 2017, 5:00-7:00 pm. Please join us in a celebration of Dar Walker’s service to NAMI St. Louis and take an opportunity to tour the new office.

• **NAMI St. Louis Night at the Ball Park:** Saturday, August 12, 2017, 6:15 pm, the St. Louis Cardinals face the Atlanta Braves. Tickets are $35 per person and all proceeds benefit NAMI St. Louis programs. You can buy tickets at www.namistl.org or call Steve Powell at 314-686-4501.

• **NAMI St. Louis Annual Meeting:** Monday, September 18, 2017, we will hold our annual meeting. Please check our website for details.

• **NAMI St. Louis Annual Gala:** Saturday, November 18, 2017 we will celebrate Beautiful Minds at our annual Gala. Please note the new location at the Ritz Carlton, St. Louis.

As I look forward to NAMI St. Louis’ next chapter and working with all of you, I welcome your feedback. I am eager to get your perspective on how we can expand and improve our service delivery, engage more community partners and sponsors, engage more volunteers, expand our social media presence, and work to reduce stigma surrounding mental health and substance use disorders. Watch for a survey in the coming months.

Please feel free to call me at 314-562-4670 or email me at cpatterson@namistl.org.

Christine Patterson, Ph.D.
Executive Director, NAMI St. Louis

share your experience

You can share your experiences with us by writing for the NAMI St. Louis blog and “I Am NAMI: In Our Own Words” newsletter. “I Am NAMI” is a newsletter by people with mental illness for people with mental illness is available quarterly on our website, www.namistl.org. Submissions for this newsletter may be sent to Sharon Lyons (sharon@namistl.org)

Blog submissions will be posted periodically and may be sent to Mike Eisenbath. (meisenbath@gmail.com) Submissions of 250 to 500 words may be from friends, family, or people with mental illness.
Hats off to Dar Walker!

What can you say about someone who has spent the last 20 years, give or take a few, serving NAMI St. Louis, first as a volunteer Family-to-Family teacher, then a Board Member and President, and then as the Executive Director? The answer is...a lot!

**Dar is a stigma buster, an educator, an advocate, a businessman and a forever friend dedicated to the NAMI St. Louis mission.** Yes, Dar has been all of these things and more to NAMI St. Louis and its mission!

Dar started his association with NAMI St. Louis as a stigma buster and educator. Dar and his wife, Mary Louise, have spent countless hours teaching the NAMI St. Louis Family-to-Family Course to caregivers; giving presentations that he and his wife produced for NAMI St. Louis to members of numerous faith communities; and teaching the Mental Health First Aid Program to members of the general public. During his tenure as Executive Director, Dar implemented the Mental Health First Aid Program which reached a broader audience than caregivers and served as a major stigma buster for those who still thought mental illness was a weakness in character or could be overcome by pulling up one’s bootstraps.

**As an advocate, Dar has participated in NAMI St. Louis Advocacy Committee meetings and events.** He has given public testimony about mental health issues at the State Capitol; written letters to the editor and Op Ed articles about mental health for local newspapers; and visited with local elected officials regarding mental health budgets and public policies. During his tenure as Executive Director, NAMI St. Louis was instrumental in fending off large cuts to public mental health services; creating a special-needs set aside for low income housing tax credits in Missouri; supporting the development of a non-profit that focused solely on creating affordable housing for the most vulnerable in the St. Louis Region; and facilitating a task force that focuses on increasing access to child and adolescent psychiatry.

**Dar spent most of his early career with the Monsanto Company as a businessman and engineer.** As a Board Member and Executive Director, Dar brought his business acumen to certain aspects of NAMI St. Louis’ work. He was always looking for ways to make NAMI St. Louis’ work more efficient and effective and to raise more money. Under his leadership, NAMI St. Louis’ budget increased and more people were served, particularly by educational programs. The Family-to-Family Course went from 10 offerings per year to 14 offering per year; over 300 local corrections personnel participated in the Mental Health First Aid Program; and NAMI St. Louis partnered with the Behavioral Health Network of Greater St. Louis to outreach and better inform African-American communities of faith about mental illness.

**Now, Dar is retiring.** His last day of work at NAMI St. Louis is Monday, June 19. We know that Dar will remain a forever friend who is dedicated to the NAMI St. Louis’ mission; but his presence will be greatly missed by all!

Thank you, Dar, for your outstanding contributions to the NAMI St. Louis Mission!

If you would like to send Dar a note and wish him a happy retirement, please send letters and notes to the NAMI St. Louis Office: 1810 Craig Road, Maryland Heights, Missouri 63146. Staff will make sure that he gets them!

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**NAMI ST LOUIS MEMBERSHIP AND DONATION REQUEST FORM**

Enclosed is my donation to assist the work of NAMI St. Louis. Donate securely online at [www.namistl.org/general-donations](http://www.namistl.org/general-donations).

☐ $5*  ☐ $10  ☐ $20  ☐ $40*  ☐ $60**  ☐ $100

*Please enroll me as a member of NAMI St. Louis.  **Please enroll my family as a member of 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. Any additional donation to NAMI St. Louis provide direct funding for family mental health education and support programs provided in our region. 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 donation of $___________ to:  ☐ Mastercard  ☐ Visa  ☐ Discover  ☐ One Time  ☐ Monthly

Credit Card No. _______ _______ _______ _______ Exp. Date _______ Signature _______

Name_________________________ Address_________________________ City_________________________ State____ Zip_____

NAMI ST. LOUIS, 1810 Craig Road, Suite 124, Maryland Heights, MO 63146. Phone: 314-982-4670. Website: www.namistl.org

*Gateway to Mental Health Recovery*  3
THANK YOU 2017 NAMIWALKS ST. LOUIS SPONSORS!

SPECIAL THANKS

Alyson Kendall, NAMI Walks Committee Chair  Sandy Miller and FOX 2/KPLR 11  West Magazine
Dr. Bronner’s  Monarch Fire District  St. Louis Metro Air Support  Schnucks  Costeo

Gateway to Mental Health Recovery
We Raised Almost $170,000!

We couldn’t have done it without you!

More than 80 walk teams and about a thousand friends and family participated in the 15th Annual NAMIWalks St. Louis on May 6, 2017 at Chesterfield Central Park. It was a gorgeous day, and people loved the new location. We have included some pictures here, but go to our website for additional pictures: www.namisl.org.

So far, you have raised almost $170,000, and donations are still coming in. NAMIWalks fights the stigma of mental illness through a fundraising outreach effort that funds family education, support and advocacy programs. Because of your amazing efforts, more individuals will be able to connect with others who understand what they are going through, and NAMI St. Louis can bring hope and recovery to more families in our community. We are making progress, but we know there are so many more in our community who continue to struggle with not knowing what to do now. It begins with one step. Together, we can end stigma and create a supportive and understanding community. Your support is changing lives.

Thank You to Our 2017 Walk Volunteers:
Kelly Ballard
Alyssa Barry
Beth Buchel
Kristy Cyganowicz
Kirk Dooley
Madison Dooley
Seth Dunman
Donna Eisenbath
Mike Eisenbath
Tom Grisham
Suzette Hudson
Sabrina Konjac
Christopher Lee
Karon Matteuzzi
Debbie Meyer
Tom Meyer
Josh Moyers
Taylor Moyers
Bridget Nations
Steve Powell
Lisa Rademacher
Mark Rocheburg
Theresa San Luis
Al Schopp
Lunsil Stevenson
Richard Stevenson
Matt Suckle
Bradley Wing
Kristen Wheatley

Thank You to the CIT Departments that Participated:
Bridgeton PD
Chesterfield PD
Cotleville PD
Eastern Missouri Police Academy
Frontenac PD
Hazelwood PD
Lincoln County Sheriff’s Department
Maplewood PD
Maryland Heights PD
O’Fallon Police Explorers
O’Fallon PD
Overland PD
St. Charles PD
St. Louis City Police Explorers
St. Louis Community College PD
St. Louis County PD
St. Louis Metropolitan Police Explorers
St. Louis University PD
Wentzville PD
In Memory of Aaron A. Becker  
Michael Michenfelder

In Honor of Lonna Beers  
Jarie Burse

In Memory of Irene J. Bishop  
Duane and Judy Conrad  
Jerry & Debbie Fagin  
Mike & Mary Kierath  
Jane May  
Pat Peterson  
David & Marianne  
Shingleton  
Carol Williamson

In Memory of  
Celia Friedman Brody  
Jeff & Harriet Kopelow  
Ashley & Ann Loiterstein  
Susan Pellegrino  
Philip & Janice Shaine  
David & Elaine Young

In Memory of Irvin J. Buxall, III  
David & Judith Evans

In Memory of Jane Dolan  
Isermann Family

In Memory of Megan Dooley  
George & Becky Walsh

In Memory of Timothy Frey  
McLinda Brock  
Cynthia Freismeyer  
John & Cynthia Priesmeyer

In Memory of John S. Gaal, Jr.  
Ambassador Floor Company  
James & Susan Arnott  
Robert & Debra Augustine  
Ladonna Barnes  
Steven & Cynthia Berry  
Anthony Blackstock  
Musial Dale Braungardt  
Christine Bunch  
Jack Callender  
Anthony & Sheila Caputa  
Carpenters' Benefit Plans  
Employees  
Julie Cavenaile  
Janice Chester  
Joseph & Michele Clemens  
William & Peggy Clemens  
Duane & Judy Conrad  
Corrigan Company  
J & S Covey  
James & Barbara Flowers  
Kevin & Lynne Fogarty  
Frank & Barbara Gaal  
Peggy Gibela, Carpenters  
Regional Council  
Lyle & Peggy Gilbertson  
Richard & Laurie Ann  
Grojean  
Alex Gromada  
Chris & Pat Hagerty  
Kevin Hamilton  
Charles & Patricia Hannon  
Jeffrey Hartnett  
Diane Healey  
Greg Hefele  
The Havatay Family  
Jeffrey Jones  
Rick & Susan Jones  
Kent & Kathryn Kiefer  
Debra Kiestelney  
Keith Krebeck  
Laborers International  
Union of North America,  
Laborers Local No. 110  
Stephen & Donna Long  
Wes & Vickie McCullough  
Vincent & Julie McDonough  
Joseph & Terra McMahon  
Lawrence & Therese Miller  
Barb Montanye  
Jim & Marcia Morelan  
Terry & Nancy Nelson  
Northwest Regional Council of Carpenters  
John & Mary Jo O'Connell  
Guy & Marie Parasch  
Mary Jane Parise  
Greg & Carolyn Perry  
Rumi Price  
Timothy & Debra Rekosh  
Brad & Janice Renfro  
Melissa Fey  
Susan Rhoads  
Thomas & Suzanne  
Rhodenbaugh  
St. Louis – Kansas City  
Carpenters Regional Council  
St. Louis Plaster Bureaus  
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Virginia Schroeder  
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Barry & Linda Stelzer  
Greg Tigger  
Roger & Susan Toben  
Salvador & Rebecca  
Valadez  
Sarah Victor  
Roslyn S. Voellinger  
Washington University  
OSHR Team  
Dr. Ann Dale  
Dr. Brad Evanoff  
Dr. Vicki Kaskutas  
Mrs. Annie Strickland  
Daniel Wenstroer  
Timothy & Barbara Wies  
Michael Wilson  
Janet Winchester  
John & Donna Winkelman

In Memory of Cynthia Gates  
Christopher Lee  
Leslie Limbaugh  
Sharon Lyons  
Sight & Sound Impaired of  
St. Louis

In Memory of Greg Goldman  
Morin & Debra Gardner  
Roslyn Goldman  
George & Bryna Spector

In Memory of Charles E. Irwin, Jr.  
Debra Sue Irwin

In Memory of Karen Lukitsch  
Jacqueline Hudson

In Honor of Stephen Matteuzzi  
Karen Matteuzzi

In Memory of Mary McKeman  
Edward Lawlor

In Memory of Steven Mottin  
Barbara Mottin

In Memory of  
Charles & Josephine Nocifora  
Pauline Nocifora

In Memory of Gene Redington  
Agnes Murphy

In Memory of William Ross  
Loretta Ross

In Memory of Ruthie Sabir  
R. Dean & Gail Stewart

In Memory of Andrew Schreiber  
John & Sheryl Schreiber

In Memory of Micah Shilcrat  
Mary Linda Biggs

In Honor of Students at SCC  
Who Struggle With Mental  
Health Issues  
Barbara Peterson

In Memory of Barbara Sullivan  
Peggy Ross

In Memory of  
Joshua Michael Thomas  
Aleina Borra  
Duane & Judy Conrad  
Julie Cune  
Thomas & Stacey Goddard  
The Heitman Family  
Mary Hembrook  
Jeff & Brenda Kimberlin  
Robert & M Carol Klahr  
Vincent & Linda Kiekeler  
Peggy Manus  
Jerome & Patricia McNeary  
Rachael Mengenmeier  
Jackie Rolwes  
Stevie & Theresa Rolwes  
Becky Sawyer  
Angela Wilson

In Honor of Dar Walker, Jr.  
Darwyn Walker

In Memory of Charles D. Weils  
Christine Baue

Memorials and Tributes - A Lasting Gift
A NAMI St. Louis Memorial or Tribute is a perfect remembrance for a loved one. Memorials honor a recently deceased person on the anniversary of death. Tributes honor an individual or family on birthdays, anniversaries or special occasion.

Request a Memorial or Tribute by sending a donation, in any amount, to NAMI St. Louis. We send the person or family you name a card acknowledging your gift without mention of the donation amount. You receive a thank you from us. Names of those memorialized or honored are listed in the next newsletter.
July 13, 2017

**Anxiety and Depression: Taking Charge of Your Health & Well-being**
Speaker: Sheila Hunt, MA, LPC, Regional Director of Business Development/Assessment & Referral at CenterPointe Behavioral Health System

Anxiety and depression are two of the most common mental health concerns in our society. Anxiety and depression are not the same, but they often occur together. In this presentation you will learn how to identify the hidden triggers of anxiety and depression by taking care of your health, managing your stress, your relationships and environment.

August 10, 2017

**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 many 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.

September 14, 2017

**Mindfulness & Yoga for the Caregiver: Get Out of Your Mind and Into Your Life**
Speaker: Tami Meyer-Stahl, RN, 500hr RYT from Jane’s House of Yoga

Ms. Meyer-Stahl had the opportunity to attend a conference with Jon Kabat-Zinn (author of Full Catastrophe Living and founder of the Mindfulness Based Stress Reduction program at U Mass) and Thich Nhat Hanh and his monastics. The conference was a blending of western science and eastern modalities aimed at health care providers.

This interactive session will explore several mindfulness and yoga practices as ways to care for yourself so that you may continue to care for others. Mindfulness is about being fully present to life as it is in the moment without getting carried away by thoughts. It’s a practice of learning to live life fully in each and every moment and cultivating the ability to respond rather than react to life...and to embrace it all as it all belongs.

October 12, 2017

**NOT what you THINK - An Introduction to the Healing Power of Hypnosis and Meditation**
Speaker: Kevin Herbert, LPC, CH

Like prayer, hypnosis and meditation are controversial topics for the general public. However, research in medicine, neuroscience and psychology have demonstrated the unique effects of these activities upon the brain and behavior. Understanding how the body and brain process information is key to understanding the power of these ancient approaches to treatment.
we are moving!

As of July 3, 2017, our new address is:
1810 Craig Rd., Suite 124
Maryland Heights, MO 63146
314-962-4670

save the date

NAMI St. Louis Annual Gala

Celebrating Beautiful Minds

Saturday, November 18, 2017
6pm to 10pm
Ritz Carlton St. Louis

For sponsor information, contact
Christine Patterson 314-962-4670
or cpatterson@namistl.org

NAMI St. Louis Night at the Ballpark

St. Louis Cardinals vs. Atlanta Braves
Saturday, August 12, 2017 at 6:15pm
$35.00 per ticket

If you would like more information please contact
Steve Powell or Jennifer Redman at 314-686-4500
or srpowell@amgcorporateoffices.com

To purchase tickets online go to:
https://www.namistl.org/events-2/night-at-the-ballpark/

All proceeds benefit NAMI St. Louis.