Mission:
Through our education, advocacy, support, leadership and customer-centered services, we will improve the quality of life of persons experiencing mental illness and that of their families, caregivers and friends.

Proud Member Of:

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A Message from the Executive Director

We are excited to release the first online edition of this newsletter! This newsletter will be released quarterly. There are exciting changes with NAMI programs.

First, NAMI St. Louis has a new Director of Programs, Angela Berra. She will be featured in the next edition of the staff spotlight.

Second, NAMI National has updated the Family-to-Family course. Instead of being 12 weeks, it has been shortened to 8 weeks. This will enable us to offer the course more often. The course will have new materials and videos.

Third, NAMI Basics is available online. In the first month, the Basics course has had over 1,000 participants, which is half of the number of participants who took the course across the country last year. Although the online edition is available, NAMI St. Louis will continue to offer the in person version of NAMI Basics, because we believe that the relationships participants develop is so beneficial.

Fourth, the Ending the Silence (ETS) program has been a huge success. In the first year of offering the program, we have reached almost seven thousand students. We intend to expand ETS in 2020.

Fifth, we continue to expand the number of CIT classes we offer. In 2020, we will provide 13 CIT Basics courses and a number of advanced classes.

Sixth, we will be introducing a new program called Family & Friends. We will offer this ninety minute presentation monthly.

Seventh, and finally, in 2020 we will expand services in the St. Louis area!

Christine Patterson, PhD
Executive Director
How did you first get involved with NAMI St. Louis?
A patient of mine told me about NAMI St. Louis because his daughter was dealing with a mental health concern. Not long after, a friend called to tell me that NAMI St. Louis was hiring. I applied and here I am!

What is the most rewarding part of your job?
The most rewarding part of my job is seeing events come together and knowing that the funds raised go directly to helping NAMI St. Louis programs.

What does your typical day look like?
My typical day includes working with volunteers, talking to donors, event planning, fundraising, and answering help line calls.

What do you do for fun when you are not working?
I enjoy spending time with family and friends. I volunteer with other organizations. I’m kind of a “girly girl” too. I enjoy getting my nails done, other self-care activities, sitting on a patio relaxing, and spending time with my husband, 9 month old niece & 2 year old nephew.

What is something that most people wouldn’t know about you?
Most people here wouldn’t know that I came from a nursing background. While in the nursing field, I became involved with a prostate cancer organization and brought a prostate cancer run/walk to town. This started my interest in becoming involved with a non-profit.

The nursing field seems very different from working for a non-profit. How was your transition?
There are some similarities between these two positions. My experience working in the trauma ER helped me in my current position as we are trained to stay level-headed, be organized, and to work collaboratively towards a goal.

Heather can be reached by phone at: 314-833-7930 or email at: hrichardson@namistl.org
Nothing is more important to our success than dedicated volunteers. Volunteers are needed to lead support groups and classes - both for individuals with a diagnosis and for those who are caregivers.

Volunteer opportunities for caregivers include:
- Childcare Providers for NAMI Basics courses
- Crisis Intervention Team Panel Speaker
- Ending the Silence Presenters
- Family-to-Family Course Teachers
- Family Support Group Facilitators
- Family & Friends Presenters
- NAMI Basics Course Teachers

Volunteer opportunities for individuals with a diagnosis of mental illness include:
- Crisis Intervention Team Panel Speaker
- Ending the Silence Young Adult Presenter
- In Our Own Voice Presenters
- NAMI Connection Support Group Facilitators
- Peer-to-Peer Facilitators

Other volunteer opportunities include
- Ambassadors (represent NAMI St. Louis in the community)
- Board Members
- Committee Members
- Data Entry
- Events
- Grant Writing
- HELPLine Phone Associate
- Social Media

VOLUNTEER TODAY - info@namistl.org

Upcoming Events

November 16, 2019
“Unmasking Beautiful Minds” Annual Gala from 6 pm to 10:30 pm at the Chase Park Plaza

December 3, 2019
NAMI St. Louis Volunteer Holiday Party at 6 pm at NAMI-St. Louis

Ways to Volunteer

Additional Event Listings Can Be found Online at: https://www.namistl.org/events-2/calendar/
Thank you to all that attended the annual meeting!

The annual meeting took place on September 16, 2019 at the Maryland Heights Community Center.

2019 Annual Meeting Honorees

Teacher of the Year
Dean Stewart

Volunteer of the Year
Jeff Eilerman

Outstanding Lifetime Volunteer
Christopher Lee

Presenter of the Year
Kendall Glennon

Gold Level Hall of Fame Awardee
Amy Coffelt

Silver Level Hall of Fame Awardees
Kendall Glennon
Heather McDonnell

NAMI St. Louis Impact Update

2018 data

1,150 Presentations & Trainings
659 Educational Class Attendees
314 Support Group Meeting Participants

26,918 Volunteer Hours
724 CIT Officers Trained
1,300+ NAMIWalks Participants
As many as one in five children experiences a mental health issue in a given year. In addition, Missouri faces a critical shortage of child psychiatrists. That means that when a child or adolescent needs behavioral health care (as far too many do), they may receive that care not from a psychiatrist or other behavioral health specialist, but from a Primary Care Provider (such as a pediatrician, family medicine physician, physician assistant, or nurse practitioner). Unfortunately, many primary care providers do not feel prepared to help their patients and families deal with these concerns, or they feel frustrated with the lack of resources available in their community. According to the nonprofit group Mental Health America, 62% of children with major depression in the U.S. do not receive any treatment at all. Small towns and rural areas are the most in need, but there is growing worry for youth in urban and suburban areas as well, according to the American Academy of Child and Adolescent Psychiatry.

The Missouri Child Psychiatry Access Project, or MO-CPAP, addresses these issues. Through MO-CPAP, primary care providers gain support, knowledge, and information to care for their patients with mild to moderate behavioral health challenges. MO-CPAP helps enrolled Primary Care Providers by:

- Hosting a “warm line” where providers can consult via phone with child and adolescent psychiatrists about treatment plans, medicines, and other options;
- Connecting patients and families with community based behavioral health services and follow up support;
- Offering ongoing behavioral health education to providers and their staff.

The Advocacy Committee of NAMI St. Louis helped bring this service to Missouri, and now supports activity to make it better known to primary care providers. Currently, MO-CPAP is being piloted in the Eastern Region in St. Louis City, and the counties of St. Louis, St. Charles, Jefferson, Franklin, Lincoln and Warren, as well as the Central Region, in Boone, Cole, Moniteau, Cooper, Howard, Randolph, Audrain and Callaway counties. The project will be available across the state in October 2020.

Primary care providers who have used MO-CPAP say they are better able to care for their patients after talking with a MO-CPAP psychiatrist, and they will seek assistance in future cases. They received “excellent guidance and reassurance that my plan was on track”, and “feel I have backup when prescribing [medicine]”.

Advocacy Update
WHAT YOU CAN DO TO ADVANCE THIS VALUABLE SERVICE:

We ask NAMI St. Louis families to tell your Primary Care Providers (i.e., providers of pediatric medical care), this is a service designed for him/her that could be valuable to their practice, and encourage them to enroll. They can get more information about this service at the MO-CPAP website: https://medicine.missouri.edu/mo-cpap.

Funding for this project was provided in part by Missouri Foundation for Health. This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS).

Enrollment and utilization
Data Collected through 9.30.2019

<table>
<thead>
<tr>
<th>Counties Served</th>
<th>Central Region (Total = 41)</th>
<th>Eastern Region (Total = 158)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Enrollment began April 2019</td>
<td>Enrollment began July 2018</td>
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<tr>
<td>County</td>
<td># Enrolled</td>
<td>Utilization %</td>
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<tr>
<td>Audrain</td>
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<tr>
<td>Boone</td>
<td>29</td>
<td>21%</td>
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<tr>
<td>Callaway</td>
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<td>Cole</td>
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<tr>
<td>Moniteau</td>
<td>0</td>
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<tr>
<td>Randolph</td>
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Upcoming Advocacy Committee Meeting:
Thursday December 12, 2019—5:30p-7:00p
Diversified Health & Wellness Center
11042 Manchester Rd. St. Louis, MO 63122

Brown Bag Lunch Series

The NAMI St. Louis Brown Bag Lecture Series is held the 2nd Thursday of each month.

Date: November 14, 2019
Time: 12:00 – 1:00 PM
Location: Maryland Heights Community Center
2300 McKelvey Road
Maryland Heights, MO 63043

Presenter & Topic: St. Louis Social Security Disability Attorney – Dennis Fox represents individuals seeking Social Security Disability (SSD) and SSI (Social Security Income.) He will discuss how to go through the difficult process of qualifying for them and will be happy to answer all of your questions.

Bring your lunch and we will provide the drinks and cookies when you RSVP online or by calling our HelpLine at 314-962-4670.
10 Ways To Promote Positive Mental Health In Your Children

1.) Sunlight: Find outdoor activities to participate in with your children. Being inside all day, deprives our body of nature’s illumination. Serotonin is released in response to sunlight, which helps raise your energy level and mood. Sunlight deprivation can make a person feel sad and depressed.

2.) Role Model: It is very important that you model positive mental health for your children. This includes helping them to observe you when you use positive coping skills to de-stress, relax, and calm down.

3.) Run, Skip, Hop & Move Your Body: Exercise helps your physical and mental health in so many ways. Exercise alleviates anxiety. When exercising, the body releases endorphins – which creates feelings of happiness and euphoria. An additional benefit of exercise is that it boosts self-confidence.

4.) Breathe: There are so many benefits to deep breathing! Breathing increases neurochemicals in the brain to elevate moods and combat physical pain. Breathing reducing excessive anxiety levels. As you relax your body, you will find that the breathing brings clarity and insights to you as well.

5.) Learn Something New Every Day: Having an “a-ha” moment and stimulating your brain has been shown to improve one’s outlook. It also feels good to have new knowledge or skills. This can be something as simple as learning something new on Khan Academy.
6.) **Unplug:** There are many resources and tools that one can access online. As valuable and important as this can be, encourage your children to reduce “screen time” and to unplug. This is something that as a parent you can model for them as well. Find time at home to talk, eat meals, exercise, explore, and other activities that are technology free.

7.) **Sleep:** Getting an adequate amount of sleep is critical for physical and mental health. People who are chronically sleep deprived can feel irritable, sad, angry, and lack motivation to do anything.

8.) **Communicate:** Keep an open line of communication with your child. Help reinforce that you are there for them – even in the tough times.

9.) **Happy Place:** Make sure that your child has a place to go to when they need to decompress, calm down, or reflect. This will give them time and a quiet place to work through a thought, situation, or conflict. They can then return when they are ready.

10.) **Balance:** Help your child to have enough activities that keep them active and interested. Work hard to find balance between school, activities, family time, and time to relax. Over-programming your child can cause stress and an increase in anxious feelings. Perhaps create a list of activities that your child is interested in. Have your child rank their top few choices. You can then work with them to focus on a few of the high interest ones.
# Memorials & Tributes

A memorial or tribute donation is a generous and thoughtful way to honor loved ones. Memorials and tributes may be made by mail or online. Indicate whether your donation is in memory of someone who has passed away or in honor of someone living. All memorials and tributes are listed in the NAMI St. Louis newsletter.

MEMORIAL OR TRIBUTE DONATION LINK: https://www.namistl.org/donate_now/

<table>
<thead>
<tr>
<th>NAMI St. Louis Tributes</th>
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<tbody>
<tr>
<td><strong>In Honor of Arlen Chaleff</strong></td>
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<tr>
<td>Renee Michelson</td>
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<td><strong>In Honor of Myra Crook</strong></td>
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<tr>
<td>Lisa Tedder</td>
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<td><strong>In Honor of Celia DeFrancesco</strong></td>
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<td>Mary Ebert</td>
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<td><strong>In Honor of Susan Fadem</strong></td>
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<td>Rochelle Popkin</td>
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<td><strong>In Honor of Sheila Gardon’s Birthday</strong></td>
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<tr>
<td>Donna Shatz</td>
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<tr>
<td>Linda Yatkeman</td>
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<tr>
<td><strong>In Honor of Ginny Gilbertson</strong></td>
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<tr>
<td>Lisa Gilbertson</td>
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<tr>
<td><strong>In Honor of Dana Graf</strong></td>
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<tr>
<td>Julie Adams</td>
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<td><strong>In Honor of Gerry Grothe</strong></td>
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<td>Elizabeth St. Cin</td>
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<td><strong>In Honor of Dorothy Holtmann</strong></td>
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<td>Margo McNeil</td>
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<td><strong>In Honor of Jack &amp; Jill Chapter</strong></td>
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<td>Angela Rhone</td>
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<td><strong>In Honor of Virgina Lynn Klesa</strong></td>
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<td>Byland &amp; Heimos Family</td>
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<td><strong>In Honor of Ann Mandelstamm</strong></td>
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<td>Cynthia Allen</td>
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<td><strong>In Honor of Douglas Edward Puls</strong></td>
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<td>Erica Flanagan</td>
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<td><strong>In Honor of Becky’s Quest for Reason</strong></td>
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<td>Becky Franzel</td>
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<td><strong>In Honor of Nancy Schwartz</strong></td>
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<td>Tracy Klebe</td>
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<td><strong>In Honor of Amber Silver</strong></td>
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<td>Vicente Estrada</td>
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<td><strong>In Honor of Ann Stackle</strong></td>
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<tr>
<td>Julie Adams</td>
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<tr>
<td><strong>In Honor of Sherry Webster’s Birthday</strong></td>
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<tr>
<td>Linda &amp; Dominic Dussault</td>
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<td><strong>In Honor of Eleanor Weiss</strong></td>
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<tr>
<td>Marsha Graeber</td>
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</tbody>
</table>
NAMI St. Louis Memorials

**In Memory of Chris Albrecht**
Christian & Margaret Albrecht

**In Memory of Donald Andrasko**
Beth Shewski
Don & Chris Strom
Henry Webber
Robert Wild
BJ Dageford
Enterprise Fleet Management

**In Memory of Loretta & Angelina Patric**
Patricia Rudloff

**In Memory of Lillian Baker**
Jen Gesch
Janet Kottman
George Makras
Peggy Milner
Dara Taylor

**In Memory of Rusty Bateman**
Steve Gund

**In Memory of Eva Bradin**
Gudula Behm
Louise McAliney

**In Memory of Todd Allen Brand**
Charles H. Harrison, Jr.
Don R. Dillenberger

**In Memory of Nicholas Branson**
Nicholas Hughett
Joyce Smith
Lisa Vaughan

**In Memory of Raymond Brodzinski**
Elizabeth Bruce
Jeanne Fischer
Kathryn Tierman

**In Memory of Steve Brown**
Deborah Knoblock
Mona & Sandy Parsley

**In Memory of Rosemary Chiney**
Sheri Frost

**In Memory of Phillip Cobb**
Betty Ganter
Erin Gray
John & Terri Herman
Susan Lesher
Lynn Maupin
Doug Rain
Tom & Denise Reid

**In Memory of Steve Colter**
Julie Stuckmeyer

**In Memory of Robert Donnell III**
Evelyn Donnell

**In Memory of Elias Engel**
Stacy Deleste
David French

**In Memory of Thomas Evola**
Barbara Dumoulin

**In Memory of Gina Farrar**
Mike & Cathy Sardo

**In Memory of Matthew Fedora**
Jeannine Lamb

**In Memory of Rochelle Gordon**
Mark Gordon

**In Memory of Robert Hiatt**
Steven Magaha

**In Memory of William Heinbecker**
Judith Anthon

**In Memory of Janet & Jane**
Joan Carlson

**In Memory of Ryan Kendall**
FVCC Debra Circle

**In Memory of Jason Kiefisch**
Kasey Anderson
AVL STL

**In Memory of Judy Madden**
Susan Lang
NAMI St. Louis Memorials

In Memory of Daniel Martin
Cathy & Andy Bauer
Carol Coffman
Jill Dickey
Linda & Fritz Dickmann
Karen Eichhorn
Craig & Ginger Frindley
Laura Heuchele
Lucia & Nasser Maleki
Katie Mann
Robn Manns
Linda Martin
Kevin & Joshua McGregor-Dehnke
Robert Meyer
Jessica & Scott Oppelt
Roeslein & Associates
Milicent Schnoring
Toni Steffenauer
Megan Vogt

In Memory of Taylor Maxwell
Kari Richardson
Stephen Uihlein

In Memory of Andrea Mills
Katie Philbrick

In Memory of Ruth Moughan
Michael Moughan

In Memory of Timothy Murphy
Tihen Family Fund

In Memory of Christine Nieman
Mary Ebert

In Memory of Angelina Nocifora
Gene Bestgen
Monica Costanzo
Mary Emke
Anthony Evans
Eileen Foley
Eugene Hanneke
William Houseman
Jacqueline Hudson
Nancy Meyers
Amy Muscarella
Matthew Nocifora
Maureen Richter
Benet Verhagen
Kimberly Woolf

In Memory of Nuncia & Caroline
Janice Farace

In Memory of Dennis O’Leary
Kathleen & David O’Leary
Edith & Roy Quick
Robert & Anne Stephens

In Memory of Steve Pazur
Rory & Karen Bergman
Evy Bickel
Chrissy Broughton
Finerty Retirement Team
Kathleen Flynn
Henry & Sally Gentsch
Carol Guttmann
David & Mary Haase
Michael & Mary Hollo
Alison Kindle
Carolyn Kindle
Jo Ann Taylor Kindle
Karen Matteuzzi
Sandra Michael
Megan & Bruce Riley
Jeannette Simino
Julie Sward
Andrew & Barbara Taylor
Patricia Ann Taylor
Steve & Barb Walsh
Joseph & Donna Westermayer III
Jeffrey Wist

In Memory of Mike Pekar
Bernard & Carol Eder

In Memory of Janel Pohl
Lynda Castellano
Michelle Hof
Elmyra Van Pelt

In Memory of John Ratcliff
Lori McGhee

In Memory of Joel Ritter
Teddy Hicks
Bob & Peggy Ross
Thomas Sax

In Memory of Ryan’s Team
Judith Linville

In Memory of Andrew & Howard Senn
Stephen & Darlene Kuhlman

In Memory of Micah Lemerman Shilcrat
Benjamin Greenfield
Stewart Shilcrat

In Memory of Jane Silvosky
Colleen Brown

In Memory of Johanna Sinks
Barbara Buck
Thomas Routsong

In Memory of Jeffrey Soto
Kevin & Jennifer Ross
Lauren Ruhle
Cathy Westrope
Jason Wiggins
Bill Wright

In Memory of Steve Strawhun
Jeannine Sinak

In Memory of Taylor Sullivan
Kenneth & Erica Mylenbusch
NAMI St. Louis Memorials

**In Memory of Tim Thomas**
Jeremy & Amanda Bowlin
Diane Hollander
Pat Thole
Linda Thomas

**In Memory of Trokey Family**
George Fink

**In Memory of Rosalie Voisey**
SSOE Group

**In Memory of Lauren Weissman**
Ellen Berger
Susan Beck
Linda Dahl

Abbie Frank
Barbara Green
David Jacobs
Susan Kutner
Lori & Gary Leidner
Lynn Levin
Harry Liz
Lindsay Melnick
Ruth Milstein
Steven Nehmen
Erin Patterson
Judy Pearlstone
Eileen & Fred Rosenthal
RSF Law Firm

Barbara & Tom Schwartz
Richard Sokolik
Kaylee Spangler
Andy Ulrich
Susan Wieser

**In Memory of Michael Wright**
Elizabeth Cree
NAMI St. Louis Event Reminder!

Unmasking Beautiful Minds

November 16, 2019 6:00-10:30 PM
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NAMI St. Louis Volunteer Holiday Party

Wednesday, December 3, 2019—4:00-7:00p
NAMI St. Louis Office, 1810 Craig Rd. Maryland Heights, MO 63146

RSVP to NAMI St. Louis at 314-962-4670

For more info contact us at: info@namistl.org or 314-962-4670