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:

- United Way of Greater St. Louis
- St. Louis County Children’s Service Fund
- Franklin County Children and Families Community Resource Board
- NAMI National Alliance on Mental Illness
- NAMI St. Louis

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NAMI NEWS
Winter 2020 | January-March 2020

NAMI National Alliance on Mental Illness
St. Louis
Memorials and 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: https://www.namistl.org/donate_now/

In Memory Of...

Chris Albrecht
    Mr. Christian Albrecht
Tarah Barden
    Ms. Debra Absonlon
    Mr. Richard Brinker
    Citizen's Police Academy Alumni Assoc - Sounty County Chapter (Norma Fogelbach)
    Cosper Household
    Jim and Mindy Danner
    Ms. Maureen Donnelly Jean Fehr
    Ms. Tina Gegg
    Hamrick Elementary (Amy Raster) Ms.
    Trish Illinger
    Mr. Omer Lieger
    Ms. Mary Waite
Robert Bellon
    Ms. Rebecca Kennedy
Tina Marie Cloedy
    Ms. Rosemary Allison
    Ms. Ruth Bauer
    Ms. Kathleen Belskie
    Ms. Bonnie Sue Crandall
    Ms. Antonia Kinser
    Ms. Marianne McVey
    Ms. Susan Nigh
Luke DaLay
    Ms. Linda Lacy
Robert Donnell
    Ms. Evelyn Donnell
Elias Engel
    Donald and Mary Boland
    Ms. Aggie Ceriotti
    Ms. Stacy Deleste
    Mr. Richard Engel
    David French and Mary Kay Beck-French
    Mr. Robert Horas
    John and Donna Hummel
    Joseph and Helen Kenny
    Donald and Catherine Niemeyer Ms.
    Michelle Oldani
    Mr. Joseph Porter
    Ms. Gail Ramsoppot
    Schafale Family Fund (Tamara Kenny)
    Ms. Gayle Shank
    Ms. Elizabeth Thomas
    William and Mary Walsh
    Ms. Cheryl Wobbe
Gerald Ethington
    Ms. Debbie Raymer
James Michael Farace
    Mr. James Marquart
Jim Hartman
    Ms. Luette Cross
    Mr. Dan Friehs
    Mr. Kristofer Knapstein
    Ms. Heather LeBlanc
    Ms. Melissa Pomerantz
    Ms. Kathie Ryan
    Ms. Marcia Schwieder
    Ms. Stephanie Stokes
    Ms. Jennifer Tieber
    Ms. Suzanne Williams
Mike Joyce
    Ms. Margaret Holyfield
Ben Lurk
    Ms. Betty Arnold
    Ms. Brenda Basler
    Ms. Linda Basler
    Mr. Scott Basler
    Mr. Bradley Bauman
    Ms. Debra Brace
    Ms. Connie Drury
    Wayne and Cindy Drury
    Ms. Cynthia Govreau
Luis Giuffra (Clayton Behavioral)
Ms. Mary Fetters
David French and Mary Kay Beck-French
Ms. Margaret Renaud
Mr. Kyle Rhodes
Mr. Thomas Routson
Ms. Bettye Siebels
Ms. Diane Stephens
Ms. Phyllis Westin
Mr. Craig Strohbeck
Dick Wrausmann
Ms. Elizabeth Bumbacher
Ms. Alice Fritsch
Ms. Vickie Gray
Mr. Greg Hollenberg
Ms. Janet Morse
Ms. Linda Robbins
Richard and Karen Sharp
Arlon and Ellen Smith

In Honor Of...

The Spector Household
    The Miller Household
Peggy Adams
    Matter Family Office
Jane & Virgil Gerner
    Mr. Gregg Gerner
Jim Pace
    Mr. Stephen Dukkony
Rose Schulte
    Ms. Karen Evans
Elle Lee Wood
    Ms. Phyllis Fredericksen

Ms. Barbara Grass
Mr. George Hartnett
Ms. Judy Horrell
Ms. Patricia Horrell
Bill and Delle Jackson
Ms. Anna Mae Kertz
Terry and Justine Liefer
Mr. Bill Lurk
Lurk Household
Ms. Linda Lurk
Mike and Mary Lurk
Ms. Shirley Lurk
Vince and Jan Misuraca
Ms. Evelyn
Mr. Bradley Bauman
Ms. Debra Brace
Ms. Connie Drury
Wayne and Cindy Drury
Ms. Cynthia Govreau
Mr. Norman Roy
Ms. Brenda Salger
Ms. Gale Stellhorn
Jerry and Pam Townsend
Mr. Raymond Trautman
Mr. Thomas Voss
Larry and Victoria Wibbenmeyer
Ms. Alouise Wiegard
Ms. Amy Wigger
Elliot Mattingly
    Ms. Ann Mattingly
Timothy Murphy
    Ms. Christina Tihen
Joe Ritter
    Mr. Mark Aistrope
    Mr. Teddy Hicks
McCourt Household
John and Elizabeth Pace
Robert and Peggy Ross
Mr. Thomas Sax
Lucas Schmidt
    Mr. James McMillen
Andrea Secor
    Ms. Maxine Stone
Micah Shilcrat
    Shilcrat Household
Johanna Sinks
    Mr. Joseph Bayer
    Ms. Carolyn Braun
    Ms. Barbara Buck
Happy New Year and New Decade!

Thank you to all of our volunteers, donors, teachers, support group facilitators, board and committee members, and supporters who made 2019 one of the most successful years for NAMI St. Louis. We reached over 23,400 individuals and families. With Ending the Silence (our new middle and high school program), we presented to over 6,000 participants. We also presented to over 2,250 individuals in the community and to over 715 Crisis Intervention Team (CIT) officers.

As we look to 2020 and beyond, we are making some exciting changes to improve and expand our service delivery. Some of these changes include adding new programs such as, “Getting to Know NAMI St. Louis” and “Family and Friends.” Getting to Know NAMI St. Louis is an hour long presentation explaining who we are and what services we provide. We have also started presenting “Family and Friends” around the community which is a 90 minute mental health 101 presentation. Another new program is “Mental Health in the Workplace” this program focuses on how to create a workplace that values and promotes good mental health. Additionally, we are seeking to expand the number of classes we offer, the areas the courses are offered, the way we market the courses, and our outreach in general. If you have suggestions or want to partner with us, please contact me.

On Wednesday January 29th, please join us and bring a friend to the NAMIWalks Rally, which is new this year. It is an informal hot chocolate social where we will play games, learn about NAMIWalks and there will be chances to win prizes!

As always, we are looking for volunteers, teachers, support group facilitators, Ending the Silence presenters, board and committee members. Volunteers helps us to fulfill the mission of NAMI St. Louis.
Staff Spotlight

Featuring: Angela Berra, LMSW, MA, Director of Programs

How did you first get involved with NAMI St. Louis?
I was a service provider in the St. Louis area for almost 10 years working with children and young adults that had mental health conditions. In my last role, as a Director of Residential at a local shelter that served youth experiencing homelessness a colleague told me about NAMI St. Louis!

What is the most rewarding part of your job?
The most rewarding part of my job has been getting to know and building relationships with all of the volunteers who help us provide services at NAMI St. Louis. Without them our services we provide in the community would not be possible. I hope to continue to building our volunteers so that we can expand our services in all St. Louis areas.

What does your typical day look like?
My typical day includes working with volunteers, answering help line calls, facilitating presentations in the community and planning future programs in the St. Louis community.

What do you do for fun when you are not working?
I enjoy spending time with family and friends. I’m a "foodie" so I love trying out new local restaurants. I also love to practice different self-care techniques like getting my nails done, journaling, yoga and Netflix binges.

What is something that most people wouldn’t know about you?
I originally went to school for music/vocal performance, but decided over time that my love for psychology and social work were what I decided to do for a career. In order to keep my creative side happy I do still sing and I am a makeup artist for different events.
Upcoming NAMI St. Louis Events!

**HOT CHOCOLATE PARTY**
NAMIWalks St. Louis Rally
Wednesday | 01.29.2020 | 6-7 PM
Maryland Heights Community Center
2300 McKelvey Rd., Millennium Room B
Maryland Heights, MO 63043

RSVP to Heather Richardson at hrichardson@namistl.org or (314) 833-7930

**Mental Health for All**
Join us Saturday, May 2, 2020
Chesterfield Central Park
16563 Lydia Hill Dr.
Chesterfield, MO 63017

Register your team today!
www.namivalks.org/stlouis

**NAMI St. Louis Day at the Ballpark**
Join us on Sunday, August 9, 2020 at 1:15 pm
for a day of fun at Busch Stadium!

Tickets are $30. Each ticket purchased will receive free hot dog & soda voucher!
As the new Legislative Session begins, NAMI St. Louis’ Advocacy Committee, chaired by Dr. Christina Gesmundo-Simon submits recommendations to the Board of Directors for approval.

The following is the list of legislation and issues in priority order:
1. Continue open access to all psychotropic medications
2. Pass constitutional amendment to expand Medicaid in Missouri
3. Secure state funding for the MO Child Psychiatry Access Project
4. Create national 3-digit number (988) to call for mental health emergencies
5. Re-instate Missouri low-income housing tax credits
6. Enforce mental health insurance parity laws
7. Eliminate the death penalty for people with mental illness

1) Open Access to Psychotropic Medications - The right medications are key to recovery for many children and adults with mental health conditions. People need choices because individuals react differently to different medications. Additionally, restricting antipsychotic medications shifts costs to the wrong places. Preferred drug lists, prior authorization and other restrictions pose substantial risks for people with serious mental health conditions. Medication failures can lead to emergency room visits, hospitalization, school failure, job loss—even incarceration or suicide. NAMI St. Louis supports the SB 666 which makes changes to current law to enhance open access. Under this act, no restrictions shall be imposed for any individual antipsychotic medication.

2) Medicaid Expansion - Medicaid provides vital community-based, behavioral health services for low-income children and adults who live with mental illness and substance use disorders. Medicaid helps people stabilize and recover, reducing reliance on hospitalization and other public services. NAMI St. Louis supports the collection of signatures to embed the program in Missouri's Constitution through an amendment on the ballot next year. NAMI St. Louis will work with advocates to collect the signatures needed for a petition.

3) MO Child Psychiatry Access Project - Although 1 in 5 youth live with a mental health condition, less than half receive needed services. Undiagnosed, untreated, or inadequately treated mental health conditions can affect a youth's ability to learn, grow, and develop. Because there is a severe shortage of child psychiatrists in Missouri, many children with behavioral health issues are treated by primary care providers who have little or no formal education in this area. The MO Child Psychiatry Access Project (MO CPAP) provides telephonic consultations to pediatricians and primary care providers who are treating pediatric patients with mild to mid-level mental health conditions giving them additional knowledge and confidence in treating these disorders. NAMI St. Louis supports state funding for the MO CPAP and will work with the MO CPAP Sustainability Committee to ensure funding will continue after grants are completed.

The NAMI St. Louis Advocacy Committee meets four times a year: February, April, August, and December. The next meeting is Thursday, February 27. If you are interested in participating, please contact Richard Stevenson at rstevenson827@sbcglobal.net. If you have any questions about these priorities or other mental health issues being debated, contact Jackie Hudson at jackie311964@gmail.com.
The NAMI St. Louis 2020 Wellness Series is held the 2nd Thursday of each month.

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

RSVP by calling our HelpLine at 314-962-4670 or visiting our website at www.namistl.org/programs-2/2nd-thursday-seminars/

February 13, 2020  
Topic: Caregiver Burnout  
Speaker: Joanna Dalakos, LCSW

Burnout is a serious threat to the caregivers of those with mental health diagnoses. This introduction to the concept of burnout or sometimes referred to as compassion or caregiver fatigue will be introduced. Participants will take part in doing cursory self evaluation of their level of burnout, discussing with other group members. Following this participants will learn about the symptoms of burnout, treatment and preventative measures. Burnout and its relationship to depression and anxiety, PTSD will also be discussed.

March 12, 2020  
Topic: Emotion Regulation in Children  
Speaker: Nikki Hurless, MS, PLPC, EMDR trained therapist

Whether you’re a parent, caregiver, educator, or helping professional, working with children and their emotions can be challenging. Join us for this presentation on how to effectively manage emotional dysregulation to better reach a child who is overwhelmed. Participants will learn about how emotions affect the brain, how to recognize emotional arousal, and strategies to regulate, relate, and reason with children in a hyperaroused state.
Spring 2020 Classes!

NAMI BASICS IS OFFERED IN TWO AREA LOCATIONS!!

Location: Diversified Health & Wellness Center
11042 Manchester Road, St. Louis, MO 63122
Start Date: Thursday, January 30, 2020
End Date: Thursday, March 5, 2020
Time: 6:30 – 9:00 pm

Location: St. Charles Engineering & Surveying, Inc.
801 S. Fifth Street, St. Charles, MO 63301
Start Date: Monday, February 17, 2020
End Date: Monday, March 23, 2020
Time: 6:00 – 8:30 pm

To register go to: https://www.namistl.org/programs-2/nami-basics/.

NAMI FAMILY-TO-FAMILY IS BEING OFFERED THROUGHOUT THE ST. LOUIS REGION!

Location: Mercy Hospital Behavioral Health Cafeteria
12125 Conway Road, St. Louis, MO 63141
Start Date: Wednesday, February 12, 2020
End Date: Wednesday, April 1, 2020
Time: 6:30 – 9:00 pm

Location: Walter’s Walk
737 Dunn Road, Hazelwood, MO 63042
Start Date: Saturday, February 29, 2020
End Date: Saturday, April 18, 2020
Time: 9:00 – 11:30 am

To register go to: https://www.namistl.org/programs-2/nami-family-to-family/.

Location: St. Paul’s Lutheran Church
12345 Manchester Road, Des Peres, MO 63131
Start Date: Saturday, March 7, 2020
End Date: Saturday, April 25, 2020
Time: 9:00 – 11:30 am

Location: First Congregational Church
8601 Wydown, Clayton, MO 63105
Start Date: Thursday, March 19, 2020
End Date: Thursday, May 7, 2020
Time: 6:30 – 9:00 pm

Location: Mercy Hospital – Troy
1000 E. Cherry Street, Troy, MO 63379
Start Date: Monday, March 23, 2020
End Date: Monday, May 11, 2020
Time: 6:30 – 9:00 pm

If you have any further questions contact Angela Berra, Director of Programs, at aberra@namistl.org or 314-833-7931.
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
Thank you to all who supported the 2019 "Unmasking Beautiful Minds" gala!

Due to the generosity of all those who sponsored and attended NAMI St. Louis was able to raise $178,000.

We would like to express our sincerest gratitude for all who sponsored, volunteered and attended our event.

NAMI ST. LOUIS STAFF