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.

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Proudly Funded By:
Dear NAMI St. Louis Members, Supporters, Volunteers, Donors and Friends,

COVID-19 has impacted us all in one way or another. However, we at NAMI St. Louis want you to know that you are not alone. Our HelpLine is now operated 7 days a week from 9am to 5pm. Please call 314-962-4670 or email info@namistl.org if you are looking for resources, referrals, or just want someone to talk with.

As I mentioned in the last newsletter, we have been providing our support groups online. This will continue even after we are able to provide our in person classes and support groups. Both Basics and Homefront are now available online in new formats. Family-to-Family will be offered online in the fall. We are looking for volunteers to become support group leaders, teachers, and presenters for both online and in person opportunities. If you are interested, please contact Heather McDonnell at 314-962-4670 for more information.

We held our first ever Virtual Walk Your Way: A National Day of Hope on May 20, 2020. We had live music, stories of hope, messages from our board and staff, presentations from our speaker series, and lots more. I encourage you to go to the walk page at www.namistl.org to explore the content of the virtual walk. To date, we have raised just over $170,000, which is 85% of our goal. The walk stays open until July 30, 2020, so it is not too late to donate or raise funds! This year, 100% of the funds raised stay in the St. Louis area to provide no cost education to our participants!

I hope you are aware that Missouri Amendment 2, the Medicaid Expansion Initiative, is on the ballot in Missouri on August 4, 2020. The NAMI St. Louis Board and the Advocacy committee are in support of Missouri Amendment 2, and we hope you all take the opportunity to vote. For more information, go to yeson2.org. The deadline to register to vote is July 8, 2020. Governor Parson signed Senate Bill 631 into law on June 4, 2020, which authorizes mail-in ballots for the August 4, 2020 primary election and the November 3, 2020 general election. Registered Missouri voters can request mail-in ballots from their local election authority in person or by mail.

Finally, our hearts go out to the family, friends, and community of George Floyd. This tragedy adds to the historical and present trauma experienced by Black/African American communities, and we join many others in calling for justice and respect for humanity. At NAMI St. Louis, we support NAMI CEO Daniel H. Gillison Jr.’s statement: “The effect of racism and racial trauma on mental health is real and cannot be ignored.” Please click here to read the full statement. We have a new Diversity, Equity, and Inclusion committee. If you are interested in more information or want to get involved, please contact me at cpatterson@namistl.org.

Stay safe and well.

Christine
Christine Patterson, Ph.D.
Executive Director

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
MEMORIAL OR TRIBUTE DONATION: [https://www.namistl.org/donate_now/](https://www.namistl.org/donate_now/)

In Memory Of...

- Robert Cahill
- Mr. Ralph Brown
- Mr. Bruce Butler
- Elias Engel
- Mr. Richard Engel
- Stuart Gottlieb
- Mr. Martin Haller
- Matt Greaver
- Michael Chutich
- Raymond James Charitable Fund
- Philip Kapnick
- Ms. Laura Chauvin
- Ryan Kendall
- Ms. Gwen Hampton-Braniecki
- Kevin Nentwig
- Ms. Judith Lozier
- Dr. Cheryl Throgmorton
- Ms. Mary Williamson
- Jackie Pultman
- Mr. Patrick Wirthlin
- Amanda Beth Ray
- Mr. Larry Foster
- Mr. Paul Foster
- Ms. Kera Mashek
- Linda Rea
- Ms. Christine Ferguson
- Katie Roman
- Ms. Alice Conway

In Honor Of...

- Paul & Josephine Glaser
- Mr. Ron and Helene Glaser
- Mary Roberts
- Ms. Barbara Russell
- Susie Wilson
- Ms. Cindy Ellis

NAMI St. Louis Membership & Donation

Become a part of NAMI St. Louis! Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the mental health movement.

We have three membership rates depending on what makes the most sense for you:
- **$60 per year** for a Household membership that includes all members of a household living at the same address
- **$40 per year** for a Regular membership which is an individual membership for one person
- **$5 per year** for an Open Door membership for an individual member with limited financial resources

To become a member click here: [https://www.nami.org/About-NAMI/Join-NAMI](https://www.nami.org/About-NAMI/Join-NAMI)

To donate to NAMI St. Louis click here: [https://www.namistl.org/donate_now/](https://www.namistl.org/donate_now/)

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Program Updates

Due to the COVID-19 pandemic, all NAMI St. Louis in person programming was suspended in March of 2020. NAMI St. Louis recognized the need for programming so we pivoted to begin offering online programming via Zoom. Although we hope to begin to offer in person programming in the near future. We recognize it will look different than pre-COVID. Throughout this time, we have learned that our St. Louis community does have a desire for online programming as not everyone has access to in person options. NAMI St. Louis has made the decision that even after we are able to begin providing in person programming, we
will continue to also provide programming online. Additionally, NAMI St. Louis will be sending out an online survey in the next month regarding needs for those experiencing a mental health condition and their families. Please complete this survey as it will help us to gather necessary information to improve programming.

**Current Online Programming offered by NAMI St. Louis via Zoom includes:**

**Weekly Family Support Groups:**
Family support groups are for individuals 18+ who have a loved one 18+ with a mental health condition. Click [here](#) for more information!

**Monthly Basics Support Groups:**
Basics Support Groups are for parents/caregivers with a child 18 and younger with a mental health condition or are exhibiting symptoms. Click [here](#) for more information!

**Weekly NAMI Connections Recovery Support Groups:**
Support groups for individuals (18+) with lived experience with a mental health condition. Click [here](#) for more information!

**NAMI St. Louis Chat Room:**
The NAMI St. Louis Chat Room is a 30 minute chat offered weekly to provide some socializing while "social distancing". Click [here](#) for more information!

**NAMI St. Louis Speaker Series:**
The NAMI St. Louis Speaker Series features *In Our Own Voice* and *Ending the Silence* presenters sharing their journey with their mental health diagnosis. Click [here](#) for more information!

**NAMI Basics On Demand:**
Educational program for parents/caregivers of youth and adolescents with mental health concerns. Condensed version of the 6 weeks Basics course traditionally offered. Click [here](#) for more information!

**Family & Friends Seminar:**
The Family & Friends Seminar is for family, friends and community members that would like to learn more about mental health. Click [here](#) for more information!

**Get to Know NAMI St. Louis Presentation:**
An hour long presentation for anyone in the community that would like to learn more about NAMI St. Louis. Click [here](#) for more information!

**2nd Thursday Wellness Series:**
An hour long presentation for anyone in the community interested in learning more about the mental health topic of the month. Click [here](#) for more information!

**Netflix Nights with NAMI St. Louis:**
Join us as we watch and discuss the mental health elements of some of our favorite movies and shows during June & July. Click [here](#) for more information!

*NAMI St. Louis is continuing to work to add more online programming such as:*

**NAMI Family-to-Family:**
An 8 week educational course for family members with a loved one (18+) living with a mental health condition. Click [here](#) for more information!

**NAMI Basics:**
A 6 week educational course for parents and caregivers with a child under 19 who are still in school and living with a mental health condition. Click [here](#) for more information!

**NAMI Ending the Silence:**
Presentation for middle and high school age youth, their parents, and school/community staff. Mental health, ending stigma, suicide prevention and help seeking behaviors are discussed. Click [here](#) for more information!

If you are interested in participating in any online programming go to: [https://www.namistl.org/online-](https://www.namistl.org/online-).
NAMI St. Louis extended our HelpLine hours to seven days a week from 9:00am to 5:00pm to better serve the St. Louis community. The extension of hours will continue until at least December of 2020. Individuals can call the HelpLine to get information about local resources or to simply talk to someone. If you need more information about programming or if you need someone to talk with contact NAMI St. Louis at info@namistl.org or 314-962-4760.

NAMIWalks St. Louis Thank You!

Due to COVID-19, we had to pivot our in person NAMIWalks St. Louis to its first ever virtual walk. Hope is not canceled so NAMI St. Louis teamed up with 33 other NAMI Affiliates across the country to bring to you NAMIWalks Your Way. We would like to thank everyone for taking part in our National Day of Hope on Saturday, May 30th. Thank you to our donors, sponsors, and volunteers for making the day possible. We wouldn’t be NAMI St. Louis without each one of YOU! Because of YOU, we have raised over $170,000 and counting!! 100% of the money raised stays right here in the St. Louis region. This money will allow us to continue providing no cost mental health education, and support services. The money also allows our community resource Helpline to remain open 7 days a week from 9am – 5pm.

We closed out mental health awareness month with a HUGE presence on social media. We shared messages, stories, and videos of hope. Angela, our Director of Programs took part in the day by singing a song that has a meaning to her. Amy, Christine, Heather and Kyle, reached their fundraising goals and took pies to the face for mental health awareness. Share with us what you did to take part in our National Day of hope. Send pictures and stories to us at info@namistl.org.

We have until July 30th to continue raising much needed funds to help us reach our goal of $200,000. We can’t do it without YOU.

We appreciate YOU!

Many thanks,

Heather Richardson
Director of Development

Click here to see Signs of Hope

Click here to read Stories of Hope

Click here to watch Videos

Advocacy Update
Medicaid Expansion Ballot Initiative
Written by Rameez Ul Hassan

Medicaid is a government program that provides physical and mental health care to low-income individuals, children, pregnant women, families, people 65 or older, and certain people with disabilities. Mental health services are not always covered by private insurance; hence Medicaid offers children and adults with mental illness the support and services they need to overcome challenges. As of 2020, a total of 36 states and Washington, D.C., have voted to expand Medicaid, while 14 states have not (including Missouri).

If Medicaid is expanded in the State of Missouri, it will not only fill critical gaps in access to health and mental health care services, it would also reduce burden of emergency room, incarcerations, and homelessness. This will ultimately lead to a road of recovery in the form of economic stability and self-sufficiency. Currently, six out of ten Americans are struggling with mental health issues and have no access to mental health services. By expanding Medicaid, it can offer mental health services that would otherwise be out of reach for low-income people who are struggling with mental health issues.

Up until now, only state legislators had a say in Medicaid Expansion. Advocates for Medicaid Expansion collected nearly 350,000 signatures to put the issue on the ballot. Thus, after almost a decade of struggle, on Tuesday, August 4, 2020, registered voters in the state will have the option to be able to finally vote to expand Medicaid in Missouri. The option to cast their vote via mail will also be available. Medicaid expansion has been a priority focus of NAMI St. Louis for many years now. We believe, no one should have to choose between paying for life-saving care and putting food on the table, but that’s exactly the choice that more than 230,000 Missourians have to make every day. If approved, Medicaid expansion would not only deliver healthcare (including mental health services) to thousands of parents, children, and seniors but also hardworking low-income individuals (Below $18000/year).

For more information on this issue, including how to get involved with the campaign, go to https://www.yeson2.org/

Staff Spotlight

How did you first get involved with NAMI St. Louis?
My first involvement with NAMI St. Louis was when I took the Family to Family Course in 1994. I was working for a candidate for the Missouri Senate and she told me about NAMI and its valuable programs. I was worried about my how I was going to take care of my sister when my parents were no longer able. In the Family the Family Course, I learned about local resources and how others with mental illness lived in the community with supportive housing. Chris Ferguson was one of my teachers and she became a great support to me and a lifelong friend. From there, I learned about the Advocacy Committee and I joined it. I have been
**What is the most rewarding part of your job?**
The most rewarding part of my experience with NAMI St. Louis has been meeting so many wonderful people who are passionate about mental health and are a real inspiration to me. There is a real and lasting connection that is often made.

**What do you do for fun when you are not working?**
Mostly, spending time with family and friends. I love going to the movies with my spouse and playing trivial pursuit with my father-in-law and Arlen Chaleff. I also enjoy going out to eat with my brother and his wife.

**What is something that most people wouldn’t know about you?**
I am very spiritual. I am very interested in near-death experiences and what happens when we die. I read books, watch cable shows, videos, and go to conferences about spiritual-related issues.

**As most of us know, you will be leaving the St. Louis area and NAMI St. Louis in the near future. What is one thing you would like the NAMI St. Louis stakeholders know about your time with the organization?**
Volunteering and working at NAMI St. Louis was one of the best experiences I’ve ever had and hope to continue to have. When you are part of the NAMI family - whether you are a member, a volunteer, or a staff member - you feel like you are part of a large, welcoming, non-judgmental, and compassionate family. For me, there is no better feeling than that.

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**Volunteer Spotlight**

Mary Alice is the mother of four young adult boys. She currently lives with her husband, her youngest son who just graduated from high school, and her mini goldendoodle named Ozzie. Two of her son’s mental health journeys have made her aware of the need for more education to increase young people’s awareness of warning signs, resources, and to dispel myths surrounding mental health conditions with the hopes of ending the stigma around mental illness. Mary Alice has returned to school to become a Licensed Professional Counselor and hopes to work with parents who are struggling to support their child, adolescent, or young adult who has been diagnosed with a mental health condition. Mary Alice loves to play tennis and the piano. During the covid 19 pandemic she has rediscovered her love of doing puzzles and paint by number artwork.

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**Ways to Get Involved**

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 mental health condition 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- contact Heather McDonnell at hmacdonnell@namistl.org or 314-962-4760.

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**Upcoming Program Volunteer Training Dates**

**NAMI In Our Own Voice Training**
Who we are looking for? Individuals with lived experience with a mental health condition (18+) who are interested in sharing their stories of living with a mental health condition. In Our Own Voice presentations are offered in person and online. Learn more about In Our Own Voice [here](#)!
July 16-18, Thurs. & Fri. 6:30pm-8:30pm & Sat. 10am-2pm
Application deadline- Fri., June 26, 2020
[Click here to apply!](#)

**NAMI Connection Recovery Support Group Facilitator Training**
Who we are looking for? Individuals with lived experience with a mental health condition (18+) who are interested in facilitating weekly, bi-weekly or monthly peer led support groups in the St. Louis region. Support groups are offered in person and online. Learn more about Connection Recovery Support Group [here](#)!
Sat., Aug. 8 - Sun., Aug. 9, 2020
Application Deadline - Fri., July 10, 2020
[Click here to apply!](#)

**NAMI Family-to-Family Teacher Training**
Who we are looking for? Individuals with a family member or loved one who has a mental health condition (18+) who are interested in teaching an 8 week educational course to other family members who also have loved ones with a mental health condition. Family-to-Family is offered in person and online in the future. Learn more about Family-to-Family [here](#)!
Sat., July 25- Sun., July 26, 2020 9am-4pm
Application Deadline - Fri., July 3, 2020
[Click here to apply!](#)

**NAMI Family Support Group Facilitator Training**
Who we are looking for? Individuals with a family member or loved one who has a mental health condition (18+) who are interested in facilitating weekly, bi-weekly or monthly peer led support groups in the St. Louis
region. Support groups are offered in person and online. Learn more about Family Support Group [here](#)!
Sat., Sept. 19 - Sun., Sept. 20, 2020
Application Deadline – Fri., Aug. 21, 2020
[Click here to apply](#)!

**NAMI Ending the Silence Young Adult Presenter**
Who we are looking for? Individuals with lived experience with a mental health condition (18-35) who are interested in sharing their stories of living with a mental health condition. Ending the Silence presentations are offered in person and online. Learn more about Ending the Silence [here](#)!
Training is on-going
[Click here to apply](#)!

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**Ways to Support**

- **Follow NAMI St. Louis on social media (Facebook, Twitter, & Instagram).**
- You can find the most up-to-date information about what we are doing for the St. Louis Community.
- **Share our posts!**
- **Update your NAMI St. Louis membership.**
- **Donate online.**
- Any amount is helpful.
- **Join an online Support Group.**
- Give yourself some virtual space to process.
- **Come listen to our amazing presenters tell their mental health journey in our Speakers Series.**
- Be inspired by their willingness to share.
- **Attend one of our online presentations.**
- Come learn more about mental health and way you can support those who are affected.
- **Call/text/email your loved ones and friends.**
- Even the ones that don't have mental health conditions. We all need one another right now.
- **Be kind to one another!**
- "Kindness is free, throw it around like confetti".