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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.

Funded by:
Dear NAMI St. Louis members, supports, volunteers, donors and friends,

All of us at NAMI St. Louis wish you a warm holiday season. As we reach the end of the year, we reflect on the challenges brought about by the pandemic and are particularly grateful to all of our supporters for weathering this storm with us. It has certainly shed a light on mental health and created space for more discussions to be had regarding mental wellness being paramount to overall wellbeing.

As we look at COVID-19 continuing in the coming months, we want to remind everyone that we will continue bringing all of our programming online to meet your need. This platform remains a silver lining created out of the pandemic because it makes education and support easily accessible to all and reaches demographics which are vital in fulfilling our mission.

We are in the midst of developing a strategic plan which will highlight goals and action steps for the next four year period. We are excited to envision, plan and implement strategies which will develop momentum for our organization for years to come. The board is actively working to develop the plan with the goal of unveiling it by April 2021.

We want to welcome all the new talent joining our Board of Directors. The following people have joined the board: Bill Anderson, Mia Howard, John Marcus, John Orbe, Tracy Terrace, Melanie Tobin, Tommy White and Leslie Whitlock.

As a result of NAMI National COVID grant awarded this fall, we are able to keep our HelpLine open seven days a week, 9 am-5 pm well into 2021. As you may have seen in the annual appeal letter, we have seen a 68% increase in calls compared to 2019. We expect to continue seeing heavy volume as the holidays can be particularly triggering for some with mental health concerns and their family members.

The holidays may look different for you and your family members, but we have hope that through this season and beyond, we will learn and grow from this challenging time. Our warmest wishes for safe and relaxing holiday season.

Best,
Christine Patterson
Christine Patterson, PhD

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
In Memory of...
Ruth Belsha
Anonymous
Ruthann Carr
Robin Richards Belsha

Edwina Bower
Theresa Tighe
Suzanne Dabner
Laurel Cooke
Amy & Chris Watkins

Lawrence "Larry Daniels, Jr.
Charlotte Baker
Daniel & Ginny Beck
Marijo & James Brandel
Ruth Collins-Dinger & Charles Dinger
Gerald Daniels
Daniels Household
Tom Grayson
Shari Heath
Leah & Eric Hill
Jacqueline Hudson
Cindi Keele-Johnson
Judith Kerley
Dianne Mehelic
Christy Muesenfechter
Cheryl & Denver Riffe
Lynn & Sydney Rodway
Frederick & Linda Scott
Stacy Thibodeaux
Barbara & Charlie Thompson
Donna Trares
Debra Wilson
Zella Williams
Robin & Tom Wroble

Tony Dennis
Patricia Gerber

Jessica Glaser
Joan & Michael Merkt

Faye Ieans
Stephen & Diane Wicker

Helen Renee Ieans
Edward Ieans

In Honor of...
Mary Ann Armstrong-Smith
Ellen Klamon
Susan Kohl & Rosemary Denson

Thomas Russell Hartley
Gary & Lisa Helle
James & Katya Helle
Marincel Household
Gary & Christine Mathews
Brad & Carole Morgan
Edith Quick
Patricia Rudloff

James Paces
John Fischer
Michael Kelley
Pamela Wright

Ryan Robinson
Mary Crews

NAMI St. Louis Membership & Donations
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
Michael Kamer  
Christie Miller  
Elizabeth Landau  
Diana Landau  
Charles Lybarger  
Bradley & Karen Dye  
Daniel Maurer  
James & Margaret Lang  
Dylan Meyer  
Catherine Gross  
O'Fallon Casting  
Debbie & Randy Schwentker  
John W. Ratcliff  
Lori McGhee  
Mickey Schubert  
Jason Bedore  
Ellen Gray  
William Koster  
Taylor Leigh  
Tamara Pack  
William & Joann Pierce  
Prem Rajagopal  
Catherine Voysey  
William C. Wallace, III  
Kara Jasper  
Catherine Warzycki  
Rosalyn & Jim Brennan  
Mary Cohen-Ehlen  
Lawrence Zweig  
Linda Leipziger  

- $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 below:  
[https://www.nami.org/About-NAMI/Join-NAMI](https://www.nami.org/About-NAMI/Join-NAMI)  
To donate to NAMI St. Louis click below:  
[https://www.namistl.org/get-involved/donate/](https://www.namistl.org/get-involved/donate/)  

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**Program Updates**  

NAMI St. Louis is offering several programs online via Zoom this winter and spring. We will continue to offer our education classes, support groups and presentations to the community during this challenging time. Family Education classes will begin starting in January. For more information about all of our program offerings, see the list below.
**Bi-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 19 and younger with a mental health condition or who is exhibiting symptoms of a mental health condition. 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 Basics:**
A 6-week educational course for parents and caregivers with a child under 19 who is still in school and living with a mental health condition. 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-week Basics course traditionally offered. 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!

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

**Family & Friends Seminar:**
The Family & Friends Seminar is for family, friends and community members who 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 who would like to learn more about NAMI St. Louis services. 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!

If you are interested in participating in any online programming, visit our website at [www.namistl.org](http://www.namistl.org).

NAMI St. Louis also extended our HelpLine hours to seven days a week from 9:00am to
5:00pm, to better serve the St. Louis region. The extension of hours will continue well into 2021. Individuals can call the HelpLine to get information about local resources or information about programming. If you need help navigating mental health resources in your area, contact NAMI St. Louis at info@namistl.org or 314-962-4760.

Mental Health & the Holidays

Holiday stress is inevitable, whether we have lived experience with a mental health condition or not; we feel it. Sometimes the pressure of being merry and keeping up appearances can be overwhelming, even in the best of times. Remember to make as much time for yourself as you are making for friends and family this festive season. COVID-19 has taught us all to recognize the simple things in life, so you might decide to scale back the holidays, rather than expect yourself to be superhuman. We offer peer-led support groups which are conveniently offered throughout the week. If you are someone with a diagnosis or symptoms, check out Connection Support Group, or Family Support Group if your friend or loved one is diagnosed. Additionally, below are some links reminding you that you are not the only one feeling the stress of the holidays.

Mental Health and the Holiday Blues

Stress, Depression and Holidays

Managing Your Mental Health and the Holidays
Coping with the Holidays

Survival Guide

Signs of Holiday Depression

Ways to give to NAMI St. Louis

WIN a 4-night Smoky Mountain Vacation

This amazing vacation features a 4-night stay in a 2 bedroom, 2 bath deluxe villa at the beautiful Club Wyndham.

Last day to buy tickets is December 13th. Drawing on December 14th

**Only a 100 tickets being sold!**

Buy tickets here!

#Giving Tuesday

Tuesday, December 1, 2020
#GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Over the past seven years, it has grown into a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

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We thank you for your generous donation and support this #GivingTuesday!

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**2020 NAMI St. Louis Year-To-Date Impact Report**

- **16,384** Individuals and families impacted Jan. – Oct. 2020
- **More than 1,000 HelpLine calls up 68% from 2019**
- **96+ virtual presentations serving 290 people since mid-March**
- **85 virtual Family & Peer Support Groups serving 575 individual and family members since mid-March**
- **100 virtual YouCanDoIt workshops reached over 2,477 students during 105 presentations**
- **70,000+ people on social media, providing messages of hope, information, and resources while serving 2,727 followers**
- **Reached 11,000 recipients through NAMI St. Louis website**
- **Trained 72 NAMI St. Louis education leaders in Family-to-Family, Family & Peer Support Groups**

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**Annual Appeal**

Although these are unprecedented times, we want to remind you that you are not alone.

Our world has changed due to the COVID-19 pandemic. One positive takeaway from all of this is that more people understand and appreciate the importance of good mental health.

The NAMI St. Louis HelpLine has been flooded with calls. We have seen an increase of over 60% from the previous year. We have been there to listen, offer hope, and ensure that people are not alone.

Today, there is greater urgency to our ongoing work. **That is why we hope you will continue to support NAMI St. Louis’ mission to provide mental health education, advocacy, and support with a gift to NAMI St. Louis this holiday season.**
As you know, the need for mental health services has dramatically increased due to the COVID-19 pandemic. Our Helpline calls have increased over 50% during these unprecedented times.

With the help from you and our corporate sponsors of the 2020 NAMI St. Louis UnGala, we can continue changing lives and strengthening families! The money we raised will directly support peer-led mental health education and support services that increase understanding, improve resilience, and instill confidence to sustain healthier lives.

Because of your support we can provide resources that support relationships critical to mental health recovery during these challenging times. We appreciate your continued support.

Advocacy Update

The Advocacy Committee is happy to announce that Medicaid expansion passed in Missouri on August 4, 2020. Voters in Missouri approved creating a state constitutional amendment that will open Medicaid eligibility to include healthy adults starting on July 1, 2021. Voters approved expansion by a vote of 53.25% to 46.75%. A total of 1,263,776 voters weighed in on the measure. 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.

The Advocacy Committee meets four times a year. Our next meeting is December 3, 2020 at 5:30 PM. Please contact Angela Berra, Director of Programs at 314-833-7931 or aberra@namistl.org if you would like to get involved with the Advocacy Committee.
Featuring: Amy Coffelt, ETS Program Coordinator

Since 2018, Amy has served as the NAMI St. Louis Program Coordinator for the Ending the Silence (ETS) program. She has been instrumental to the success of the program and under her direction, almost 12,000 participants have been trained in this vital program. Amy has worked tirelessly to establish relationships with school leaders in order to gain approval and buy-in. Once an agreement is in place the school district, Amy coordinates all scheduling with the schools, principals and superintendents. She is responsible for the screening, training and communicating with all Ending the Silence lead and young presenters. Over the last two years, Amy and the ETS volunteers have brought mental health education to students, parents and school employees in many of the St. Louis school districts both public and private.

In addition to Ending the Silence, Amy is an In Our Own Voice (IOOV) state trainer and presenter for the program. Her down-to-earth quality and presentation style are very engaging and impactful for audience members. Her passion for these programs and attention-to-detail has developed the excellence this program is known for. Amy will be transitioning to a new position within the organization in mid-December and as she does we want to highlight her dedication to youth and mental health. ETS could not have been navigated by a better individual.

Volunteer Spotlight

Please help us congratulate Volunteer of the Month for

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Please congratulate Sarah Myers who is the November
September, Nicole Gallarde. Nicole was born in the Philippines and immigrated to the U.S when she was two years old. She is a third year undergraduate Social Work student at Saint Louis University. Nicole plans on specializing in minority youth mental health and/or refugee advocate. As someone who had to hide her negative mental health experiences to avoid judgement and discrimination, she is devoted to reducing the stigma around mental health. Learning how to live with multiple mental health diagnoses has inspired her to reach out and share that it is possible to persevere and succeed. September is National Suicide Prevention Month, a topic that resonates with Nicole as she has experienced suicidal ideation and multiple suicide attempts. She has since learned to focus this negative energy into volunteering, her acapella group, and gaming. Being part of these three communities has allowed her to broaden and strengthen her support system and she encourages others to reach out and do the same!

October, Amy Kurzendoerfer. Amy started as an office volunteer in January of this year and began answering HelpLine phone calls, performing various office duties, and scheduling social media posts. Since we closed the office to volunteers earlier this year, we miss her energetic positivity around our agency. She serves as the brains behind many of the NAMI St. Louis social media posts on Instagram, Twitter and Facebook. Since COVID-19 began, her thoughtful and uplifting posts are needed now more than ever. Amy was born in St. Louis, Missouri and began working in the mental health field at the age of 19. She worked as a teacher for several years and developed a high school classroom for students with mental health conditions. She served as a Certified Missouri Peer Specialist and was co-director of Peer Recovery Services. This non-profit was a center in Affton, providing education and support groups to the St. Louis community. Amy is passionate about both reducing the stigma surrounding mental illness and providing educational and support opportunities to those living with mental illness and their families.

Volunteer of the Month. Sarah Myers is in the first year of her Master's degree in Behavioral Neuroscience at the University of Missouri-St. Louis where she uses cutting edge computational methods to study mental illness. Recovering from schizoaffective disorder and PTSD has pushed her to speak for the NAMI St. Louis Ending the Silence and In Our Own Voice programs. She is also a published writer on the topics of her experiences with the disorders. Sarah plans on earning a PhD in neuroscience and becoming an expert on mental health and wellbeing. She enjoys writing articles promoting skepticism as a tool for combatting psychosis and misinformation about mental illness. When she’s not studying, she enjoys high fashion and spending time with her two dogs. We are so thankful to have you as a part of our programming, Sarah!

Ways to Volunteer

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:

- Crisis Intervention Team Panel Speaker
- Ending the Silence Presenters
- Family-to-Family Teachers
- Family Support Group Facilitators
- Family & Friends Presenters
- NAMI Basics 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

TO VOLUNTEER TODAY - contact Heather McDonnell at hmcdonnell@namistl.org or 314-962-4760.

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](#)!
Fri., Jan. 28, 2021 - Sat., Jan. 30, 2021 Thurs. & Fri. 6:30pm - 8:30pm & Sat. 10am - 2pm
Application deadline - Fri., Jan. 22, 2021
[Click here to apply!](#)

**NAMI Basics Teacher Training**
Who are we looking for? Parents/caregivers with a child under age 19 with a mental health condition who are interested in teaching an 6-week educational course to other parents/caregivers who also have a child with mental health conditions. Basics was previously offered in person, but due to COVID-19 we will be offering them for the time being online. Learn more about Basics [here](#)!
Sat., Feb. 20, 2021 - Sun., Feb. 21, 2021 9:00am - 4:00pm
Application Deadline - Fri., Feb. 5, 2021
[Click here to apply!](#)

**NAMI Family-to-Family Teacher Training**
Who are we 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 mental health conditions. Family-to-Family was previously offered in person, but due to COVID-19 we will be offering them for the time being online. Learn more about Family-to-Family [here](#)!

**Sat., Feb. 27, 2021 - Sun., Feb. 28, 2021 9:00am - 4:00pm**

**Application Deadline - Fri., Feb. 19, 2021**

**Click here to apply!**

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**NAMI Family Support Group Facilitator Training**

Who are we 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 Groups [here](#)!

**Fri., March 5 - Sun., March 7, 2021 10:00am - 4:00pm**

**Application Deadline – Mon., Feb. 22, 2021**

**Click here to apply!**

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**NAMI Connection Support Group Facilitator Training**

Who are we looking for? Individuals living 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 Support Groups [here](#)!

**Fri., March 19 - Sun., March 21, 2021 10:00am - 4:00pm**

**Application Deadline – Mon., March 8, 2021**

**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 region.
- 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 stories of their mental health journeys in our Speakers Series.**
- Be inspired by their willingness to share.

**Attend one of our online presentations or classes.**
- Come learn more about mental health and...
ways 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."

Follow us on social media: