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- A WORD FROM OUR EXECUTIVE DIRECTOR
- UPDATES ON ADVOCACY, TRAINING & PROGRAMS
- UPCOMING EVENTS
- SPOTLIGHTS
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- MEMORIALS & TRIBUTE...
Dear NAMI St. Louis members, supporters, volunteers, donors and friends.

NAMI St. Louis’ staff is growing. We welcomed Jessie Brown to the team in August. We have added two additional positions: Marketing & Events Coordinator and Program Specialist. We are currently in the process of hiring a Marketing & Events Coordinator and an Outreach Specialist because Arielle is transitioning to the new Program Specialist position. If you know of anyone who may be interested, please contact me or Heather Richardson.

We are so excited that Missouri will finally join other states who have expanded Medicaid. The NAMI St. Louis Advocacy Committee has been working to expand Medicaid for at least seven years. Thank you to everyone who participated in the effort. If you think you are eligible, I encourage you to contact MO HealthNet for more information.

We are starting a new NAMI St. Louis Legacy Society. This is for people who have or plan to put NAMI St. Louis in their will or trust. For more information about the Legacy Society, the endowment, or other ways to give to NAMI St. Louis, please contact me or Heather Richardson.

I am proud to announce that NAMI St. Louis was selected to be part of the United Way’s pilot program for Diversity, Equity and Inclusion. All staff and 9 board members and volunteers are a part of this 6-month pilot project with Blue Ocean Brain.

I hope you can join us for the following upcoming events:
· Our Young Professionals Board will hold an Open Mic Night on Sept 22, 2021 at 7 pm at the Gaslight Theater.
· The NAMI St. Louis Annual Meeting will be held via Zoom on September 20, 2021 at 6pm. We will be presenting the NAMI St. Louis annual report, presenting the Volunteer Awards and hearing from a surprise guest. I hope you can attend.
· The NAMI Missouri conference will be held via Zoom on October 23, 2021 at 10am. Go to www.namimissouri.org to get more information or to register.
· On November 13, 2021, we will hold our annual gala in person at the Chase Park Plaza. We will be socially distancing and following CDC guidelines

Please use the QR Codes found within the Newsletter to register.

We are expanding ETS to more and more schools. We received a grant from the Dana Brown Charitable Foundation to provide ETS to schools in the City of St. Louis. If you know anyone interested in telling his/her/their story as a young adult or serving as a lead presenter, please contact Jessie, Arielle or Angela.

We have a new “You Are Not Alone” brochure that we are excited to share with you soon. Be on the look out for it very soon.

Please don’t hesitate to contact me with any questions or concerns.

Best,

Christine Patterson
Christine Patterson, PhD
Advocacy Updates

MISSOURI MEDICAID EXPANDS:
On July 22, 2021 the Missouri Supreme Court unanimously ruled that Medicaid expansion in Missouri must be implemented. This is a huge win for advocates across the state as well as for advocates for mental health. Thousands of Missourians worked hard to make this win a reality. Medicaid expansion is a remarkable achievement on the road to mental health care for all. This is a win worth celebrating!

PUBLIC POLICY FOCUS:
We are happy to report that House Bill 432 which included mental health parity language as well as access to antipsychotics, was passed into law and signed by the Governor on July 14.

UPCOMING MEETING:
Please join us for our NAMI St. Louis Advocacy Committee on Thursday, October 21 at 5:30 PM. We will meet via Zoom.

Training Updates

Interested in becoming a speaker, facilitator or teacher for NAMI St. Louis? Scan the QR Code to complete a Volunteer Application!

IN OUR OWN VOICE
-October Training: Applications due by September 8, 2021
  ○ Friday, October 1 (10:00am–2:00 pm)
  ○ Saturday, October 2 (10:00am–2:00 pm)

ENDING THE SILENCE (YOUNG ADULT)
-September Training: Applications due by September 10, 2021
  ○ Friday, September 24 (8:30am-12:00pm)

ENDING THE SILENCE (LEAD)
  ○ Training ongoing, contact jbrown@namistl.org for more info

Connection Support Group
-November Training: Applications due by October 13, 2021
  ○ Wednesday, November 3 (10:00am-4:00pm)
  ○ Thursday, November 4 (10:00am-4:00pm)
  ○ Friday, November 5 (10:00am-4:00pm)

Family Support Group
-January Training: Applications due by January 5, 2022
  ○ Wednesday, January 26 (5:30pm-9:30pm)
  ○ Thursday, January 27 (5:30-9:30pm)
  ○ Friday, January 28 (9:00am – 2:00pm)

FAMILY-TO-FAMILY
-February Training: Applications due by January 12, 2022
  ○ Saturday, February 5 (9:00am-4:00pm)
  ○ Sunday, February 6 (9:00am – 2:00pm)
Program Updates

Programs
NAMI St. Louis offers a variety of peer-led programs at no cost to the participants. Read below to see which program benefits you, your loved one, or community best:

- **NAMI Family-to-Family**
  8-session educational program for family, caregivers and friends of individuals living with a mental health condition.

- **NAMI Ending the Silence**
  50-75 minute program designed to help youth, staff, and families understand the importance of recognizing mental health conditions as well as how to identify warning signs in themselves and their friends.

- **Crisis Intervention Team**
  40-hour training course that trains and supports law enforcement and mental health professionals to respond effectively to incidents involving individuals experiencing a mental health crisis.

- **NAMI Family & Friends**
  2-hour seminar that informs and supports people who have loved ones with a mental health condition.

- **NAMI In Our Own Voice**
  90-minute seminar using personal stories to illustrate the individual realities of living with mental health conditions.

- **NAMI St. Louis Wellness Series**
  60-minute "Lunch & Learn" seminar that features an organization or speaker focused on mental health conditions.

Presentations
NAMI St. Louis offers a variety of peer-led presentations at no cost to participants. Read below to see which presentation benefits you, your loved one, or community best. Don't see one that interests you? Ask us about custom presentations specific to your community!

**General Mental Health Presentations**
30-90 minute informational presentations about specific mental health diagnosis or topics as well as skills that one can use if experiencing symptoms.

- Anxiety: Fact or Fiction?
- College & Your Mental Health
- Dealing with Depression
- Get to Know NAMI St. Louis
- Mental Health in the Workplace

Support Groups
NAMI St. Louis support groups are peer-led, confidential, and follow a structured model to ensure you and others in the group have an opportunity to be heard and helped. The groups are offered at no cost to participants.

- **Connection Support Group**
  A group for any adults 18+ who have experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others that may be facing similar circumstances.

- **Basics Support Group**
  A group for parents and caregivers of children and adolescents, 18 and under, who are still in school and are also dealing with mental health concerns. Gain insight from the challenges and successes of others that may be facing similar circumstances.

- **Family Support Group**
  A group for adult family members, caregivers and loved ones of individuals 18+ living with mental health conditions. Gain insight from the challenges and successes of others that may be facing similar circumstances.

- **The Connect**
  A support group for 18-30 year-old Black/African American men that provides support and space to talk about mental health and wellness. Gain insight from the challenges and successes of others that may be facing similar circumstances.

- **LGBTQ+ Connections**
  A support group for any adult 18+ member of the LGBTQ+ community who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others that may be facing similar circumstances.
Upcoming Events

NAMI ST. LOUIS: ANNUAL MEETING

Register to join us on September 20, 2021 for the NAMI St. Louis Annual Meeting. The meeting will review this past year's progress, reports, awards, and a special presentation from our support group leaders. All NAMI St. Louis members are welcome to join us to celebrate and recap this past year!

Scan QR Code to RSVP!

YOUNG PROFESSIONALS BOARD: OPEN MIC NIGHT

NAMI St. Louis Young Professionals Board is proud to present an Open Mic Night on September 22, 2021 at 7pm. RSVPs & donations are appreciated but not required. If you are interested in performing, please RSVP and tell us a little more about your act. We look forward to seeing you all soon for a night of fun and advocacy!

Scan QR Code to RSVP or Donate.

YOU ARE NOT ALONE GALA

Join us on November 13, 2021 at 6pm for The "You Are Not Alone" Gala, which celebrates leaders and champions in our community. Our partnerships with leaders build and enhance services that improve lives of families and individuals living with mental health conditions. The funds raised provide direct funding for our mental health educational programs.

Scan QR Code to purchase your ticket!
**Staff Spotlight**

**Welcome**

JESSIE BROWN  
ENDING THE SILENCE PROGRAM COORDINATOR

How did you first get involved with NAMI St. Louis?
At my previous employer, I had worked alongside NAMI St. Louis at many resource fairs and referred lots of my clients to NAMI St. Louis for their programs. I also have participated in the NAMIWalks in past years. I’m super excited to officially be part of the NAMI St. Louis team as the Program Coordinator for Ending the Silence!

What is the most rewarding part of your job?
I think the most rewarding part of my job is working directly with young people to give them information about mental health and tools on how to help themselves or others they care about.

What does your typical day look like?
At the moment, my days are full of reaching out to schools and youth-serving organizations in the St. Louis area to offer the ETS programming.

What do you do for fun when you are not working?
I love to do anything creative – drawing, painting, and baking are my top 3. I'm also a dog mom to two of the most perfect pups.

What is something that most people wouldn’t know about you?
Halloween is my favorite holiday and I start decorating my house in August!
Donor & Volunteer Spotlight

**Thank you!**

John Marcus has always been an exceptionally caring and generous man. John gave his employees all of the stock in his companies before he retired in 2004. Combined sales volumes at the time of full employee ownership were $180 million. John made this happen through the use of an Employee Stock Option Plan (ESOP) which typically raises employees' wages by 12% and triples their retirement assets.

John is an Eagle Scout, an avid fly fisherman, has served on numerous boards, and been President of his trade association. He is a member of the St. Louis Business Hall of Fame, a past winner of Inc. Entrepreneur of the Year Award and the SBA Small Business of the Year.

John credits the success of his companies to his ability to see the “big picture” (vision) and be able to surround himself with the right people. He created and nurtured an organizational environment within which, all employees could become all that they could be. He is recognized in the St. Louis metropolitan area for being very knowledgeable about organizational culture.

John's high school friend, Arlen Chaleff invited John to join the NAMI St. Louis Board of Directors several years ago. Arlen was president of the board and she knew of John's leadership talent.

After having deferred the invitation for two years, board member Geneen Von Kloha approached John again and he accepted. Grateful for NAMI's help through a family member's mental health crisis, John believes in NAMI St. Louis mission to help everyone affected by mental illness. In 2021 John gave $300,000 to NAMI St. Louis to create its first endowment.

"This kind of charitable contribution to a small nonprofit is rare and it has changed NAMI St. Louis in profoundly permanent ways. It secures our future like no other contribution can, and I am very lucky to be on the board to see it happen," Bill Anderson said.

---

**Thank you!**

Hello! My name is Sherry Webster. I have a B.S. degree from Mizzou, an M.Ed. from UMSL and 30 hours post-graduate studies. NONE of this education prepared me to deal with mental illness. My credentials for navigating the paths of mental illness are my family: my late husband, son and brother all have or had schizophrenia. Symptoms varied and each presented differently from the others; but they had behaviors in common, such as inability to keep a job and suspicion of others thoughts and actions.

Long before my son's diagnosis, I learned about NAMI’s Family-to-Family program and attended all the classes, completed the teacher training and began presenting the series of F2F classes, which I have facilitated over 15 times. Presenting the classes is a most gratifying experience! The information and conversations literally change lives for the better.

At my church, we have a Missions and Outreach program, to which I have added NAMI St. Louis. As secretary of the church Council, I present a monthly report on NAMI St. Louis news and updates. Then I write a summary including NAMI St. Louis for the congregation's report from the Board.

For many years, as part of the CIT (Crisis Intervention Team) training, I have offered the perspective of a mother whose child has mental illness.

I am grateful to NAMI St. Louis for my continuing education regarding mental illness, and for the close friendships made and maintained over the years.

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How to get involved!

Opportunities available

Let's get connected
Stay up to date on all things NAMI St. Louis by following us on social media. View upcoming events, announcements, helpful resources, or opportunities to get involved and make a difference!

Sharing is caring
Please share our posts to your network to help us spread the word about NAMI St. Louis. Sharing a post, link, or support can make a world of difference to your network and could help them start their journey to recovery!

Follow us!
@namistl
In Memory and In Honor of...

A memorial or tribute donation is a generous and thoughtful way to honor loved ones. All memorials and tributes are listed in the NAMI St. Louis newsletter. If you would like to make a donation in honor of a loved one, you can donate by mail or online. Please indicate whether your donation is in memory of someone who has passed away, or in honor of someone living.

In memory of:

Sally Barnowski
Sally Goldstein
Martin Bauer
Roberta Goran
Shelly Novack
Elsie Bernthal
Suzi Mahe
James W. Bernthal
Peggy Hallenberg
Suzi Mahe
Kathy Rapp
Michael J. Bridge
LaVerne Ivery
Kyle Caslin
Greg & Mary Baker
C. Anne Boyer-Beck
Lynn & Mark Burkhart
Carolyn Doerr
Deborah Ehret
Carol Jones
Aly Kowal
Keith Krebeck
Brie Krentz
Dudley & Elizabeth McCarter
James & Margo McNeil
Lisa McPherson
Ann Mullen
Terry & Cindy Murphy
Erin Pell
Cheryl Prante
Jeffrey & Rhonda Proske
Paula Richards
Dee & Barb Ridenhour
Herschell & Mary Riggs
Mary Rosenberg
Emily Rupp Anderson
Sara Rupp
Judith Rushing
Joan Schulte
Terri & Jerry Spink
Robert & Shirley Steinberg
Donaraj Suresh
John Wayne & Mary Walker
Kathryn Watson
Terry Wolf
Kevin Dietl
Jeanne Layton
Liam Gaudreault
Dorian Herrick
Andrew Rung
William "Bill" Glicker
Leo Stoff
Judy Grubbs
Thi Tran
Barbara Gurney
Sharon Balleau
Mariah Cunningham
Joe Gurney
Carlo & Margie Hansen
Andrea Karl
James Korn
Sarah Mermelstein
Patricia Nelson
Carol Rechten
Peter & Julie Sharamitaro
Eileen Vlasak
Joe Herms
Deborah Herms
David Katz
Tobi Elizabeth Don
Mary McDaniel
Mary Ann Meyer
Ralph Morrissey
Carol Bohn
Jane Kinder
Christian John Mueller
Keith Krebeck
Maryanne Lorenz
Kevin Weaks
Joe & Jayne Wolf
Andrew Neiman
Ernest & Barbara Adelman
Dede Berg & Cary Berg
John Blixen
Fred & Marilyn Firestone
Amy & Brian Gage
Prue & Jeff Gershman
Joanie & Mark Goldstein
Liz Guthrie
Nancy Hellman
Stephanie Kurtzman
David Levy
Nancy Powers
Bonnie Schneider
Bruce Shapiro
Arthur & Marjorie Silverblatt
Sally Stein
Joy Sterneck
Jeff Pass
Susan Balk
Jeffrey Pevnick
Marylyn & Marc Abrams
Joyce & Richard Becker
Maggie Santinanavat
Sandy & Gloria Spitzer
Diane & Steve Weinstock
Cindy Powers
Colleen Bussen
David Powell
SLUH Class of 1964
Thomas Brockland
John W. Ratcliff
Lori McGhee
Carol Ripple
Sherry Webster
Monica E. Rohland
Paul Zyk
Andrew Senn
Darlene Kuhlman
Sam Slater
Jennifer Emerson
Matthew Spector
Maria Anagnostopoulos
Marjorie Bosman
Sue & Michael Collier
Karen Heath
Ruth Hughes
Ronald Jones
Sylvia Kaufman
Gene Lee
Linda Lemke
David & Colleen Mette
David & Sarah Myers
Kathy & Tom Rogers
Alan Spector
Robert Szevery
Jill Vance
Nancy Billingham
Thomas & Dorothy Caspari
Mark Lingo
Kurt & Kate Mungenast
Linda Ross
Judy, John, & Wendy Salisbury
William & Carolyn Sutter
James & Susan Zenner
Bill Walters
Faye & Zeno Amschler
Allen & Martha Heinbokel
Earl & Jane Meyer
Wallace & Mary Roth
Susan Fitzgibbon
Lisa Tiggie
Janet Watts
Carla Groesch
Tyler Wessel
Liam Brodie
James Buckley
Nicole De Santis
Zlabel Hodson
Martin & Margaret Israel
Alice Li-Arndt
Judy, Lindsey, Rob & Lauren Ormont
Andrew Pangan
Ruby Wilson
Earl & Arlene Ayers
Tony & Pat Beevins
Barbara & Terry Fish
Debra & Edward Flynn
Wayne & Sherri Fritz
Gregory & Cheryl Hanner
Les & Mary Kauffman
Roger & Barbara Martin
Lisa Robbins
Debbie Roufe
Carl & Bonnie Taylor
Brenda Tormoehlen
Michelle & Randall Turmail
Angie Vonfange & Jane Perry
Betty Wilson
Timothy Wolf
Ilana Baden
Francy DeVries
Theresa Kickham
Patricia Mullally
John & Barbara Wenig
George Ronald Zell
Jizzel Albright
Holly Blaskiewicz
Mary Jane Brinkman
Richard Ikemeier
Scott Killpatrick
Ann Mandelstamm
Barbara Ruddy
Julia Taxin

In honor of:

Mental Health in the Workplace
Neovoca Corporation: (Bradley Nelson)
JK

Daniel Kreis
Wayne Ahrens
M. Sheer
Scott Bayliff
Melissa Hensley
Martha Brown
Alison Brown
Arlen Challeff
Karen Heath
Ram & Rashmi Nair
Jason Klefisch
Colleen Hogan