Welcome!

Thank you for subscribing to the NAMI St. Louis Newsletter. We are excited to share with you what has been happening, what’s upcoming, and how you can get involved! Thank you for your interest as we continue to offer support, education, advocacy, and awareness to the St. Louis region.

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- MEMORIALS & TRIBUTES
- UPCOMING/PAST EVENTS & BLOG
- STAFF & VOLUNTEER SPOTLIGHTS
- HOW TO GET INVOLVED
A word from our Executive Director

Dear NAMI St. Louis members, supporters, volunteers, donors and friends,

We are excited that the 20th NAMIWalks St. Louis will be in person on May 14, 2022 at Creve Coeur Park and we hope you can join us! You can sign up to be a team captain, a walker on a team, an individual walker, or a virtual walker at www.namiwalks.org/stlouis. Our goal is to raise $250,000 this year. Please help us to make this walk the most successful walk in our 20-year history. If you are looking for a team to join, you are welcome to join my team, Strut Your Mutt!

We are holding two kick-off rallies on Zoom. The first, is March 16 from 5:30pm-6:30pm and the second is March 18 from noon-1pm. You can sign up on the www.namistl.org website or click https://www.namistl.org/event/kickoffrally/2022-03-16/
If you cannot attend either one, no worries. Heather and I are happy to help you set up your walk team. Call us at 314-962-4670.

We are happy to announce that NAMI St. Louis is partnering with the St. Louis Cardinals for the first ever Mental Health Awareness Night on Thursday, May 26 at 6:30pm! If you buy your tickets on the NAMI St. Louis website for $35, you will receive a ticket, a voucher for a free hotdog and a soda and a special themed Cardinals’ hat. To purchase tickets, go to: https://www.namistl.org/get-involved/stlouiscardinalsMhan/

In July of 2022, 988 will become the national three-digit dialing code for all mental health, substance use, and suicide-related crises. 988 will offer rapid access to behavioral health crisis support through connection with trained crisis specialists. For more information about 988, please go to: https://dmh.mo.gov/behavioral-health/988-crisis-line

We are closely monitoring HJR 117. It would have Medicaid expansion funding become subject to the legislature’s appropriation and would impose work requirements on recipients of Medicaid benefits. If you are interested in learning more about the NAMI St. Louis legislative priority, please go to: https://www.namistl.org/get-involved/advocate/

I want to end by giving a big shout out to the NAMI St. Louis Programs team. We started the Ending the Silence Program in October of 2018. Since that time, we have reached almost 20,000 individuals through that program. I am confident that this program will make a difference in the experiences of youth and their families. One of the things I hear often from the Young Adults is “I wish I had this program when I was growing up”. We are always looking to expand ETS to new schools, so please reach out to Jessie Brown at jbrown@namistl.org for more information.

Best,

Christine Patterson
Christine Patterson, PhD
**Advocacy Updates**

**FOLLOWING MEDICAID EXPANSION:**

NAMI St. Louis opposes the passing of House Joint Resolution 117. Missourians deserve to receive the coverage they voted for in August 2020. HJR 117 would undermine the will of the voters, threaten Missourians already receiving care with a risk of losing coverage, and jeopardize our opportunity to experience the economic growth and expansion numerous other states have benefitted from as a result of Medicaid expansion. The people of Missouri voted for Medicaid expansion and prevailed in the following litigation brought before The Missouri Supreme Court. We urge elected officials and oppose HJR 117 and stand up for the will and health of Missourians.

**988 GOING LIVE IN 2022:**

Beginning in mid-July, Missouri is set to join other states in unveiling a new phone number designed to make it easier to reach the National Suicide Prevention Lifeline. 988 will be the new number to call when experiencing a suicidal or mental health crisis. Lauren Moyer from Compass Health will share information about this important initiative at our next NAMI St. Louis Advocacy Committee meeting in April. Join us!

**UPCOMING MEETING:**

Please join us for our NAMI St. Louis Advocacy Committee on Thursday, April 21st at 5:30 PM. We will meet via Zoom. Register to attend here: https://www.namistl.org/get-involved/advocate/

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**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 PRESENTER**

- April Training: Applications due by April 1
  - Saturday, April 16 (9:00am – 5:30 pm)

**ENDING THE SILENCE (YOUNG ADULT)**

- Training ongoing. Contact jbrown@namistl.org for more info

**ENDING THE SILENCE (LEAD)**

- Training ongoing. Contact jbrown@namistl.org for more info

**CONNECTION SUPPORT GROUP FACILITATOR**

- April Training: Applications due by April 8, 2022
  - Saturday, April 23 (8:00am - 5:30pm) & Sunday April 24 (8:00am - 5:30pm)

**FAITHNET PRESENTER (NAMI MO TRAINING)**

- June Training: Applications due by May 26, 2022
  - Thursday, June 23 (6:00pm - 8:00pm)

**HOMEFRONT (NAMI MO TRAINING)**

- July Training: Applications due by May 17, 2022
  - Friday July 8 & Saturday July 9 (times TBD)

**HOLDING HOPE (NAMI MO TRAINING)**

- August Training: Applications due by July 15, 2022
  - Thursday, August 11 (6:00pm - 8:00pm) & Friday, August 25 (6:00pm - 8:00pm)
## 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:

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

- **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.

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

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

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

### 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.

### 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
Updates on advocacy, training, and programs

Upcoming Programs

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**
Rotating class schedule. To register for upcoming classes visit our website at namistl.org under the Support & Education: Mental Health Education tab.

Upcoming class offerings:
Thursday evenings
Start date: 3/17/2022
End date: 5/05/2022
Time: 6:00pm - 8:30pm
Location: The Spirit Church
915 Northwest Plaza
St. Ann, MO 63074

**NAMI Family & Friends**
Takes place once a month. To register visit our website at namistl.org under Support & Education: Presentations tab.

Upcoming dates:
- 04/13/22 3:00pm - 5:00pm
- 05/20/22 9:00am - 11:00am

**NAMI St. Louis Wellness Series**
Takes place on the second Thursday of the month. To register visit our website at namistl.org under Support & Education: Presentations.

Upcoming Topics:
- April - America Works - Missouri
- May - Emotion Regulation

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**
Multiple groups are offered weekly: Sunday afternoons, Monday evenings, bi-weekly Tuesday evenings. To register visit our website at namistl.org under Support & Education: Support Groups tab.

**Basics Support Group**
Offered monthly on the third Wednesday at 7:00 pm. To register visit our website at namistl.org under Support & Education: Support Groups tab.

**Family Support Group**
Groups rotate and are offered weekly: Monday evenings, Thursday evenings, and on the second Tuesday of the month in the evening. To register visit our website at namistl.org under Support & Education: Support Groups tab.

**The Connect**
Offered monthly on the third Wednesday at 6:00 pm. To register visit our website at namistl.org under Support & Education: Support Groups tab.

**LGBTQ+ Connections**
Offered monthly on the second Wednesday at 6:30 pm. To register visit our website at namistl.org under Support & Education: Support Groups tab.

If you have any program related questions please contact Angela Berra, Director of Programs, at aberra@namistl.org or 314-833-7931.

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**
Offered monthly from 12:00pm-1:00pm. To register visit our website at namistl.org under Support & Education: Presentations tab.

Upcoming presentations & dates:
- Anxiety: Fact or Fiction? 3/16/22
- Dealing with Depression 4/19/22
- Get to Know NAMI St. Louis 4/27/22
- Self-Care Isn't Selfish 5/03/22
NAMI St. Louis Legacy Gift Donors

Sue never knew NAMI St. Louis existed until her initial introduction to NAMI St. Louis through Phil Hutchison, former Senior VP Human Resources at Emerson in 2000 when she joined the Emerson Corporate offices. She began participating in the annual walks and galas in 2006. She joined the NAMI St. Louis Board of Directors in February 2014 and completed her second term in September 2021. Her fundraising efforts began with the 2016 walk as the Captain of the Emerson team. She has raised over $96,000 in 2016-2021 annual walks. Sue has served on the Gala Committee, Strategic Planning Committee and had assisted on the Advisory Board development committee. She is now a member of the Advisory Board. Her personal involvement centered around the suicide of a nephew at the age of 21.

Sue says, "I have been very proud of my involvement with NAMI St. Louis and have watched its evolution of the Executive Director and Development Director positions along with other staff members to its current extraordinary development and commitment to the organization."

After 43 years’ service, Sue retired from Emerson April 1, 2020. Her career spanned across positions in human resources, compensation and global mobility. She became VP Global Mobility in October 2014.

"My husband Stu and I are very devoted to NAMI St. Louis's success in its mission and its long-term commitment to that mission. We both believe in the strength of St. Louis and NAMI St. Louis for years to come. In 2019 we began our estate planning and became trustees of The Keck Joint Trust finalized in January 2020. In that Trust, we listed five local nonprofit organizations as beneficiaries of our trust."

The Keck’s commitment to mental health and to NAMI St. Louis is extraordinarily strong. She and her husband Stu are now members of the NAMI St. Louis Legacy Society. NAMI St. Louis will be one of the charities who have been designated beneficiaries in the Keck Joint Trust.

Sue will continue to be a member of NAMI St. Louis and will be making a donation to the NAMI St. Louis Endowment Fund this Spring. The development of the NAMI St. Louis Endowment Fund has also reinforced the future of NAMI St. Louis and the continuance and development of its programs.

Thank you!
Memorials & Tributes

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:

Sandra Buehre
Amber Ross
Ryan Craft
Paul, Meyers
Marc Davis
Millinda Fowles
Karen Klohr
The Keefe Group
Mike Welld
Susie Facik
Maureen Eagan
Nathan Feldman
Betsy Breckenridge
Susan Kalishman
Georgia Fournier
Kim Luongo
Nancy Parker Tice
Ronald Gantner
Janet G Bahora
Peter Doyle
Donald Hecht
Mortimer Goodman
Deborah Kasdan
Rochelle Gordon
Mark Gordon
Cathy L. Henry
Bee Bellenger Copper
Dennis Finningar
Nancy Kroll
Cathy L. Henry
Karen Subert
Mary Wheat
Dottie Hibbler
Beverly D. Boland
Jim Hibbler
Victoria Pearl
Kathy C. Price
Lynn L Sullivan
Tamara Tresch
Gary Kasselmann
Ruth Koenemann
Gary Kempf
Sara Ayers
Erik Kraft
Laura Leyes-Woods
Orville Liefer
Carol Loesche
Albert Morris-Kleiman
Evelyn Kleiman
Peggy O’Brien
Amanda Becker
Tina Garber
Michael Loyd
Tim O’Brien
Melissa Opfer
James H. Petersen
Lisa Petersen
Dorothy Rivera

In honor of:

Helene G. Gottesmann
Elizabeth R. Zimbalist
Chris Jackson
Anonymous
Melissa Jackson
Anonymous
Kappa Kappa Gamma
Jean Manalaysay
Nate Kennedy
Katie Love
Gail Kruse
Patrick Banks
Rekha Ramanuja
Susan Goldberg
Dorothy Toran
Abby Durlester
Joseph Wempner
John T. Wempner

In memory of: In honor of:

Sandra Buehre
Amber Ross
Ryan Craft
Paul, Meyers
Marc Davis
Millinda Fowles
Karen Klohr
The Keefe Group
Mike Welld
Susie Facik
Maureen Eagan
Nathan Feldman
Betsy Breckenridge
Susan Kalishman
Georgia Fournier
Kim Luongo
Nancy Parker Tice
Ronald Gantner
Janet G Bahora
Peter Doyle
Donald Hecht
Mortimer Goodman
Deborah Kasdan
Rochelle Gordon
Mark Gordon
Cathy L. Henry
Bee Bellenger Copper
Dennis Finningar
Nancy Kroll
Cathy L. Henry
Karen Subert
Mary Wheat
Dottie Hibbler
Beverly D. Boland
Jim Hibbler
Victoria Pearl
Kathy C. Price
Lynn L Sullivan
Tamara Tresch
Gary Kasselmann
Ruth Koenemann
Gary Kempf
Sara Ayers
Erik Kraft
Laura Leyes-Woods
Orville Liefer
Carol Loesche
Albert Morris-Kleiman
Evelyn Kleiman
Peggy O’Brien
Amanda Becker
Tina Garber
Michael Loyd
Tim O’Brien
Melissa Opfer
James H. Petersen
Lisa Petersen
Dorothy Rivera

In honor of:

Helene G. Gottesmann
Elizabeth R. Zimbalist
Chris Jackson
Anonymous
Melissa Jackson
Anonymous
Kappa Kappa Gamma
Jean Manalaysay
Nate Kennedy
Katie Love
Gail Kruse
Patrick Banks
Rekha Ramanuja
Susan Goldberg
Dorothy Toran
Abby Durlester
Joseph Wempner
John T. Wempner

INTERESTED IN LEARNING MORE ABOUT NAMIWALKS?

Scan QR Code below to register for Kick-Off Rally.

2022

NAMIWalks
YOUR WAY

March 16, 2022 5:30PM - 6:30PM
March 18, 2022 Noon - 1:00PM

Mental Health all

Kickoff
Upcoming/Past Events

20TH ANNUAL
NAMIWALKS YOUR WAY ST. LOUIS

SAVE THE DATE! NEW LOCATION!

Join us for our 20th Anniversary NAMIWalks on Saturday, May 14, 2022 at Creve Coeur Park - Tremayne Shelter. Registration is now open! You can register at www.namiwalks.org/stlouis

We can't wait to see you there!

MENTAL HEALTH AWARENESS NIGHT

THURSDAY, MAY 26, 2022
CARDINALS VS. BREWERS
GAME TIME - 6:45 P.M.

Join us for the first ever Mental Health Awareness Theme Night at Busch Stadium! Each ticket purchase comes with a Mental Health Awareness Night Cardinals cap and a hotdog & soda. We are so excited to team up with our St. Louis Cardinals! See you there!!

SCAN QR CODE TO PURCHASE TICKETS!
Double Blessings
By: Theresa San Luis Teller

My best friend from Notre Dame told me years ago when she had her own children that I was not meant to get married because I wouldn’t be able to have children. She believed this due to my mental illness, the medications I take and how the stress of taking care of a newborn, baby, etc., would be too overwhelming for me. It really hurt to hear her say that, but for a while I believed her words.

January 5, 2022, my twin daughters turned two and I am co-parenting with my pastor husband, Nick Teller. I am happily married and our children are healthy. They are miracle babies. How did such a scenario come about?

I have the diagnosis of schizoaffective disorder with OCD and delusions since age 19. I discussed with a veteran OB/GYN about the possibility of getting pregnant. She said my advanced maternal age at 39 and my mental illness are not uncommon to work with and there can definitely be a successful pregnancy outcome. Her optimism and confidence led us to talk to a doctor of perinatology who gave us input in how to proceed. She told us the risks involved and in coordination with my psychiatrist, we determined a new medication regime to eventually go on. There would be a 30% chance our offspring would have my condition. We were willing to take the risk.

A year later, I became pregnant. I found out I was having twins and with the euphoria from the news along with stress from my full-time job, I became manic. I checked into the ER and admitted myself to stay in a behavioral medicine unit for 6 days. There, a psychiatrist would adjust my medications and my pregnancy would be monitored.

Shortly afterward, my anxiety attacks that had disappeared for 7 months came back. I could not take my Ativan to relieve me of my severe anxiety for what seemed like a long time. Finally, after a few months, because the babies’ anatomies were already mostly formed, I was able to take the controlled substance to relieve me of my anxiety attacks: Ativan.

Also, a twin pregnancy is high risk. When one baby was considerably smaller than the other, there was concern for twin-to-twin transfusion where one baby was taking in more food than the other. If that were the case, a surgeon would have to use a laser before the baby’s eyes were open and seal closed part of the placenta to separate the fetuses. Fortunately, we didn’t have to undergo this risky procedure, and our twins were delivered six weeks early.

When I was previously on 1 psych med early on in my pregnancy, I was on four different types of medications by the time of the delivery. It was a rough journey.

Fortunately, my mother and mother-in-law helped us after we took our pre-mature babies home. That in itself was very stressful and scary, but two years later, my precious babies are my world. They are walking and talking.

This just happens to be my journey with a blessed outcome. This is not intended to be prescriptive nor apply to everyone. I believe my vigilance and careful consideration brought me to where I am. I encourage finding a great team and network of doctors to advise and guide you for what’s best.

Theresa San Luis Teller can be reached at tsanluisnd@gmail.com
Staff & Volunteer Spotlight

CHRISTINE PATTERSON
EXECUTIVE DIRECTOR

How did you first get involved with NAMI St. Louis?
In my previous role, I worked with Kyle Dooley, Richard Stevenson and Jackie Hudson who are current or former employees of NAMI St. Louis. Kyle recruited me when the Director of Development position became available. Within 3 months, I was promoted to the Executive Director position. I cannot believe that it has been almost five years.

What is the most rewarding part of your job?
The most rewarding part of my job is talking with people who have been helped by our programs. You can often hear it in their voice that they have hope in a way they have not had recently. A close second is reading the evaluations from our Ending the Silence program because it is rewarding reading the comments from a new generation of youth who won’t be afraid to talk about their mental health like my generation was.

What do you do for fun when you are not working?
I really enjoy cooking (Mexican, Italian and Thai food are my favorite), playing with my three dogs, (Izzy, Zack and Abby), and gardening. We just moved to a new house and I’m enjoying figuring out what plants to add to the yard that are deer resistant.

What is something that most people wouldn’t know about you?
Most people don’t know that I spent 6 weeks in Moscow before I went to graduate school. My boyfriend at the time was a Russian Studies major and it was fascinating exploring a country that was so steeped in history.

BETH MOHLER
FAMILY SUPPORT GROUP FACILITATOR/ BASICS TEACHER

How did you first get involved with NAMI St. Louis?
My family and I moved to St. Louis less than four years ago from Kansas. NAMI St. Louis was one of the first things I sought after our move. NAMI Wichita had been my lifeline after my son’s first psychotic break and hospitalization. The education, resources and support were invaluable in helping our whole family adjust to our new "normal".

What is the most rewarding part of volunteering?
NAMI St. Louis Family Support Group helped us find the resources we needed here. I enjoy volunteering as a Family Support Group Facilitator. It is rewarding to offer hope to families who are trying to support and care for a loved one experiencing mental health issues. Paying it forward is a vital part of my self-care.

What do you do for fun when you are not volunteering with us?
I enjoy exploring St. Louis area restaurants, brewerries, roasters and museums in my spare time.
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

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