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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- NAMI St. Louis 2020 Impact Report
- Program Updates
- NAMIWalks St. Louis
- Advocacy Update
- Staff Spotlight
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Funded by:
Dear NAMI St. Louis members, supports, volunteers, donors and friends,

It is hard to believe that the one year anniversary of the COVID-19 pandemic was this week. The world has changed so much and so many lives have been lost, but please know that “You are NOT alone.” We continue to operate our HelpLine 7 days a week and continue to provide Family Support Groups, Connection Support Groups, Family-to-Family, and Basics online. We are excited to announce that, by the summer, we will be providing two new support groups for Black men with Black men facilitating. One group will be open to all ages, and one will be open to Black men in their twenties. We will send out more information once the dates and times have been determined.

As organizations begin to open up, we are hopeful that we will be able to provide both online and in-person programming in the fall. Please go to www.namistl.org for the latest programing information.

The NAMI St. Louis board has been working very hard on our new strategic plan. It has three broad objectives: 1) People get help early, 2) People get the best possible care, and 3) People get diverted from the criminal justice system. There are goals associated with each objective which are Educate and Support, Advocate, and Lead the Conversation. We intend to share the plan with you in the summer.

Our 19th annual NAMIWalks St. Louis will be virtual again this year on May 22, 2021. We encourage you to be a team captain, a walker on a team, or a sponsor. We are currently at 25% of our $200,000 and need your help to reach our goal. 100% of the money raised will stay in the St. Louis region for no cost mental health education, support, and advocacy. Now more than ever, mental health education and support are critical. If you want to donate or to sign up for the walk, please go to www.namiwalks.org/stlouis.

I do want to give a big shout out to our Young Professionals Board for creating an “I Walk Video.” Please go to: https://m.youtube.com/watch?v=hgj5RIBmyVo to view the video. It gave me chills when I saw it. I love the varied messages for why they walk! I encourage you to walk with us this year and tell people why you walk on your walker page.

We are excited to announce that NAMI St. Louis has started an endowment made possible by the generosity of John and Sue Marcus! We will be announcing a challenge to our supporters to help us to ensure a strong and permanent financial foundation for generations to come. We want to make sure that NAMI St. Louis will continue to thrive and to fulfill its important mission in the St. Louis region. If you want to contribute to our endowment, please contact me at 314-962-4670.

In closing, we look forward to seeing you in the near future, and we hope that you continue to take time out of your day for self-care. This is very important for us all.

Best,

Christine Patterson
Christine Patterson, PhD
President for three years. She became an advocate of those struggling with a mental health condition when her brother was diagnosed with schizophrenia in the 1980’s.

Elynor was involved with NAMI St. Louis as a family member and was an instrumental board member. She was a part of creating one of our first strategic plans for the organization. Elynor had a Development and Planning Services company and pushed the organization to create a Development position. She provided NAMI St. Louis with more than just financial contributions, but also held meetings and events at her home in Ladue. She and her husband also donated their home in Park City, Utah as an auction item to the Gala, which helped the organization raise much needed funds.

Elynor left the NAMI St. Louis Board when she and her husband decided to move to Florida. She soon became active at a NAMI in Florida. Elynor helped to move NAMI St. Louis forward in the early 2000s as she did with many organizations that she volunteered for. We are forever grateful for her dedication and send her family our condolences.

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...

Linda
  Cindi Inman
Than and Nga
  Thi Tran
Chris Albrecht
  Christian Albrecht
Nic Branson
  Melinda Campbell
  Kim Overkamp and Terry Overkamp
  Melissa and Mike Wilkes
Nicols Branson
  Pat Wagner
Bob Cochran
  Nancy Wojcieki
Luke DaLay
  Linda Lacy
Barrington Gates
  Patricia Thornton
  Bretta Williams
Jessica Helene Glaser
  Anonymous
  Susan and Gary Dienhart
  Clinton Frankenbach
  Kristine Kay Klausen
  Leslie McCartan

In Honor of...

Angela Berra
  Jodi Granok
Arlen Chaleff
  Ram & Rashmi Nair Charitable Foundation (Ram Nair)
  Tim Rice
Abby Durlester
  Sabrina Polizzotto
Jackie Helm
  Jacqueline Helm
Sue Keck
  Timothy Salzman
Gail and Pat Kruse
  Kristen Banks
The Lehmann Family
  Michelle Sauer
Jack & Mary Ann Marineel
  Moneta (Geneen Von Kloha)
Karen Matteuzzi
  Donna Shatz
Missy Ryan
  Tim Ryan
Julie Sahaida
  Robert and Lori Fox
Casey Whalley
  Allison Whalley
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
- $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/)
NAMI St. Louis is offering programs online via Zoom this Spring. We continue to offer our education classes, support groups and presentations to the community. One exciting change you will see this Spring/Summer is the start of some specialized Connection Recovery Support Groups! For more information about all of our program offerings, see the list below.
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' HelpLine hours have been expanded to seven days a week from 9:00am to 5:00pm, to better serve the St. Louis region through April 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.

NAMIWalks Your Way St. Louis

For the second year in a row, NAMIWalks will be a little different — while making a lot of difference. It’s going to be “your way,” just like 2020’s phenomenally successful event — as we prove our resilience by stretching our limits anew and making the event our own.

Our collective mental health needs are at their greatest now. One in three U.S. adults reported experiencing depression or anxiety since the pandemic began. NAMI St. Louis’s programs, support services and advocacy are needed more than ever, and with your help, we are pleased to present NAMIWalks Your Way St. Louis on Saturday, May 22, 2021.

What is NAMIWalks Your Way St. Louis?

On May 22, 2021, NAMIWalks St. Louis will be a virtually virtual experience, united with NAMIWalks across the country. NAMIWalks Your Way St. Louis means instead of putting one foot in front of the other, you get to put one feat in front of the other: participants get to use their creativity, with the main rule that we continue to advance towards our goal by leaps and bounds. The choice is yours on how you want to make this spring’s event fit into this spring’s reality.

Creativity Rules: What participants are doing on event day

- Walking 7,000+ steps for a 5K their way
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike
- Creating a safe and socially distanced stroll in their neighborhood

Take photos and videos and share your activity on your favorite social media page with the link to your walk fundraising page and use hashtags #NAMlstl, #NotAlone and #MentalHealthForAll. Together we can make a difference for individuals living with mental illness, their family and friends!

The only limit of NAMIWalks Your Way St. Louis is staying safe, healthy, and inspired. Share your ideas with us!

Register for the 2021 NAMIWalks St. Louis event here.

Our NAMI St. Louis Young Professionals Board did an outstanding job creating this "I Walk" video! Click here to share this video.

Use the camera on your smart phone to scan the QR code below to register for the Virtual NAMIWalks Your Way!
Advocacy Update

The Advocacy Committee is happy to announce the launch of FastDemocracy, a legislative tracking platform. Visitors to the NAMI St. Louis website can search the Advocacy section and see the bills in the Missouri House and Senate that we are tracking. You can learn more about FastDemocracy here: [Advocate | NAMI (namistl.org)](https://www.namistl.org).

The next Advocacy Committee meeting is April 1st and we have a guest speaker: Missouri House Representative Ladonna Appelbaum (District 71). She sits on the Health and Mental Health Policy Committee and is the Ranking Minority Member. Rep. Appelbaum sponsors HB 437 on Suicide Prevention. District 71 includes parts of Chesterfield, Creve Coeur, Maryland Heights, Olivette, Overland and unincorporated St. Louis County.

Finally, NAMI Missouri is offering NAMI Smarts for Advocacy monthly! NAMI Smarts for Advocacy is a hands-on advocacy training program that helps people with mental illness, friends and family transform their passion and lived experience into grassroots advocacy. NAMI Smarts for Advocacy is designed as a series of 1-2 hour modules or a single full-day training. Regular monthly 1-hour Lunch and Learn Advocacy Sessions are held on the second Wednesday of every month from 12:00 – 1:00 pm. For more information click [here](https://www.namistl.org).

If you are interested in getting involved with the NAMI St. Louis Advocacy Committee please contact Angela Berra, Director of Programs at 314-833-7931 or [aberra@namistl.org](mailto:aberra@namistl.org) or fill out the volunteer application [here](https://www.namistl.org).
Featuring: Tracy Kondla, ETS Program Coordinator

What is the most rewarding part of your job?
The most rewarding part so far has been working with our Young Adult presenters, hearing them tell their stories, and seeing the impact on the students.

What does your typical day look like?
On any given day I might be presenting at schools, coordinating upcoming presentations, reaching out to new schools, or recruiting and training presenters.

What do you do for fun when you are not working?
For fun, I enjoy going on hikes with my family. This summer we explored various conservation areas in Missouri for the first time. I love to swim, go contra dancing, get lost in a great book, and reading to my daughter.

What is something that most people wouldn’t know about you?
When I was in college, I started a women’s club water polo team and we competed against other schools on the East coast.
She is a second year Master of Social Work student at the Washington University Brown School of Social Work, specializing in Child Behavioral Mental Health. Grace felt called to volunteer with NAMI St. Louis because of her own experience with Generalized Anxiety Disorder and Major Depressive Disorder.

Grace has experienced anxiety and depression throughout her life and wishes she had the knowledge and resources to access mental health care prior to college. Throughout her own mental health journey, she has become passionate about supporting young people with mental health challenges.

When she finishes graduate school in May, Grace hopes to begin working as a therapist with children and their families. She also volunteers for the Crisis Textline, providing crisis counseling to those who text in for support.

In her free time, she enjoys cuddling with her dog, drinking coffee, and hiking.

Thank you Grace, for all you do for NAMI St. Louis and your dedication to the St. Louis community!

Sarah’s daughters became symptomatic with a mental health condition for the first time. She and her family set on a journey that included the diagnosis of my bipolar II disorder and the struggles of another close family member. Sarah states, "Honestly, I can’t remember how NAMI St. Louis was introduced to me, but it has given me up to date scientific knowledge, insight into how mental health conditions affect those with them and how to better communicate with my family members and the medical community.

Most importantly, it has given me a community of folks who understand what it is like to go down this road. It has provided a safe place to laugh and cry. I wouldn’t have chosen for these things to happen to me or my family, but teaching Family to Family has been an opportunity to encourage others and give hope—lemonade out of lemons. Thank you NAMI St. Louis!"

Anne’s passion for mental health comes from having a daughter who was diagnosed with a mental illness when she was 8 years old. Over the years, her daughter has struggled with depression, anxiety, OCD, and suicidal ideation. Because of what her family has gone through, Anne has come to realize that she can help others who are in a similar situation.

Ultimately, she has transformed her family’s challenges into a passion for mental health advocacy.

Thank you Anne, for all that you do for NAMI St. Louis and appreciate your dedication to the St. Louis community!

Practicum Student Spotlight
Brandon Noel is a current NAMI St. Louis practicum student. Brandon is a veteran who served eight years in the United States Marine Corps. Currently, he attends The Brown School of Social Work at Washington University in St. Louis. He is getting his Master’s degree in Social Work and plans to use his skills to increase mental health awareness.

Brandon states, "I plan to use my personal experience with mental health to help others with coping mechanisms or motivation in their day-to-day life when living with a mental illness. In my recovery, I experience up and down days; however, I hope my experiences overall will help others in a significant way."

Brandon, we are thrilled to have you as a practicum student and look forward to watching you grow!

Dan Carr is a current NAMI St. Louis practicum student. They are an undergraduate student at SIUE who was able to connect with NAMI through the University. Dan is getting their Bachelor’s degree in Social Work and plans to graduate this May!

Dan says, "Though I came to NAMI St. Louis with very little knowledge about working with the community and peer education, I’ve learned an incredible amount being here. As both a student and someone with lived experience it has been not just educational, but incredibly comforting to see the work NAMI St. Louis does and how it happens."

Dan, we have enjoyed watching you grow as a social work student throughout your time with us and look forward to your continued volunteerism with the organization!

Brett Moser is a current NAMI St. Louis practicum student. He is a social work graduate student at Washington University in St. Louis’ Brown School. He is passionate about mental health advocacy and wants to work as a clinical social worker after graduation.

Brett was first introduced to NAMI when a family member was diagnosed with a mental health condition. Brett states that, "NAMI programming has assisted me in my own lived experience and provided me opportunities to learn more about mental health social work."

Brett lives in St. Louis with his amazingly supportive wife and only somewhat supportive dog and cat.

Brett, we are so excited that you chose NAMI St. Louis as your practicum site and we look forward to watching you grow!

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 family
members 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 Arielle Cole at acole@namistl.org or 314-962-4760.

Upcoming Program Volunteer Training Dates

All upcoming program trainings are being offered virtually on Zoom.

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!

Dates: April 9-10, 2021
Times: 10:00 am – 2:00 pm
Application deadline: Fri., March 19, 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](#)!
**Dates:** June 26-27, 2021
**Times:** Day 1- 9:00am – 6:00pm; Day 2- 9:00am – 4:00pm
**Application Deadline:** Mon., June 7, 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](#)!
**Dates:** April 17 - 18, 2021
**Times:** 9:00am - 4:00pm
**Application Deadline:** Thurs., April 8, 2021
[Click here to apply!](#)

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](#)!
**Dates:** April 23-25, 2021
**Times:** Day 1 – 5:30pm - 9:30 pm; Day 2 –9:00 am - 3:30 pm; Day 3 – 9:00 am - 2:00 pm
**Application Deadline:** Mon., April 5, 2021
[Click here to apply!](#)

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](#)!
**Dates:** May 21 – May 23, 2021
**Times:** 10:00am - 4:00pm
**Application Deadline:** Mon., May 3, 2021
[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 and co-presenting with a Lead. 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!](#)

NAMI Ending the Silence Lead Presenter
Individuals (18+) with lived experience with a mental health condition or with a family member who are interested in leading an informative Power Point presentation and co-presenting with a Young Adult. Ending the Silence presentations are offered in person and online. Learn more about Ending the Silence [here](#)!
[Click here to apply!](#)
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 region.
  - Share our posts!

- **Update your NAMI St. Louis membership.**
  - Join NAMI | NAMI: National Alliance on Mental Illness

- **Consider a planned gift to NAMI St. Louis.**
  - Charitable IRA gifts
  - Bequest
  - Contribute to Endowment Fund

- **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."

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Visit our website for more information about NAMI St. Louis!