At this writing state department budgets have been approved by the House and our attention turns to the Senate. The Senate Budget Committee now chaired by Senator Gary Nodler (R- Joplin area) has turned their recommendations, making major cuts to new mental health proposals, over to the Senate for floor debate. This is Senator Nodler’s first year as chair of this important committee.

Mental health advocates are following the Department of Mental Health’s budget bill (HB 2010) closely. In late February all budget sub-committees (all departments) were asked to cut the Governor’s budget recommendations by $100 million. A request to cut yet another $100 million came during the week of March 10.

Years of cuts to their funding, cuts to Medicaid, lack of funding increases and rising costs for everything from medical personnel to paper clips has thrown Missouri’s community mental health system and state hospitals into severe crisis. According to the March 2006 NAMI Grading the States Report, “Missouri is a state in which the legislature has pounded the public mental healthcare system with budget cuts. At some point; cuts mean more than trimming fat or saving money; instead, they become harms, cutting muscle and bone, translating into needless suffering and early deaths”.

We now look to the Senate and the upcoming Senate/House conference committee to prioritize mental health treatment and begin rebuilding our state’s mental health system! Most NAMI members would agree the cuts have placed children and adults with mental health needs at risk.

Community Provider Cost-of-Living Increase
The House Budget Committee accepted an amendment from Representative Danie Moore (R-Fulton) to restore the community mental health provider increase to 3%. This amendment enjoyed bi-partisan support, however, the Senate Budget Committee recommended just 2%.

Continued on page 2
Board of Directors
Tim C. Harlan-President
Ken Jones-First Vice President
Kevin Haggerty-Second Vice President
Kay Rittenhouse-Secretary
Jeanette Small-Treasurer

Members At Large
Mike Jones, Ph.D.
David Lackey
Carol Evans, Ph.D.
Cinda Holloway
Wanda Smith
Cely Marshall

Nominating Committee
To be appointed

Staff
Cindi Keele-Executive Director
Sonya Baumgartner-Membership Services Coor.
Sherry Fischer-Administrative Assistant
Alice J. Kliethermes-Consumer Services Coor.
Joyce Bush-Parent Ed. & Support Coor.
Ruth Thompson-Parent Ed. & Support Coor.
Karren Jones-Office Support Volunteer
Barbara French, Outreach Specialist

Affiliates
NAMI Greater Kansas City
NAMI Jefferson City
NAMI Columbia
NAMI Joplin
NAMI Southwest Missouri
NAMI St. Joseph
NAMI St. Louis
NAMI Central Ozarks
NAMI Moberly
NAMI Cape Girardeau
NAMI Southeast Missouri
NAMI Lake Ozark
Emerging Affiliate: Boonville

Mental Health Funding Continued

School Based Mental Health Services
The Governor had recommended slightly more than $2 million to expand this successful Greene County program to other areas of the state. Rep. David Sater (R- Cassville, Chair of the House Committee on Appropriations for Health, Mental Health and Social Services,) Rep. Margaret Donnelly (D- St. Louis) and others argued for this item. Sadly, the House Budget Committee recommended $0 funding. The Senate Budget Committee also recommended $0 funding.

Funding for Police Crisis Intervention Training (CIT)
$200,000 was approved in House and Oked by the Senate Budget Committee.

Specialized training for police officers and a linkage to a network of willing community providers has been shown to significantly reduce the jailing of persons in psychiatric crisis. Trained officers can play a critical role in helping individuals remain stable and out of the hospital.

Program for Assertive Community Treatment (PACT)
Funding won last year is paying for the start up of PACT programs in St. Louis, Kansas City, St. Jo and Springfield. PACT, also known as “hospital without walls,” brings all the advantages and services of a hospital out into the community. This program has been shown to be the most effective method for helping persons caught in the revolving door of repeated hospitalizations.

Monies for 1 additional PACT team was approved by the House but was rejected by the Senate Budget Committee. This item will be decided by the House and Senate “conference” committee.

Access to Mental Health Treatment Care the Poor & Uninsured
The Appropriations for Health, Mental Health & Social Services sub-committee recommended $500,000. The governor had recommended $0. Sadly, the House recommended $0 and did the Senate budget Committee.

All NAMI affiliates have support groups. A NAMI support group also meets in West Plains.

NAMI Missouri is the chartered state organization of the National Alliance on Mental Illness
Missouri’s Mental Health System Transformation Effort

Missouri’s Mental Health Service System Transformation Plan, entitled Creatingunities of Hope, has been readied for presentation to the legislature and a statewide kickoff was held in Jefferson City on April 9.

Hundreds of citizen volunteers and staff from various state departments put thousands of hours into a plan to fundamentally change the way mental health care is delivered in Missouri. The development of six strategic themes informed this work. They will, if given adequate support, move our system from “what we have” to “what will give consumers the greatest possible chance at recovery”.

<table>
<thead>
<tr>
<th>WHAT WE HAVE</th>
<th>TRANSFORMED TO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Culture of crisis, risk of harm</td>
<td>Culture of hope, do no harm</td>
</tr>
<tr>
<td>No where to go</td>
<td>Easy and equal access</td>
</tr>
<tr>
<td>Pockets of excellence, innovation</td>
<td>Universal best practices</td>
</tr>
<tr>
<td>Focus on disability</td>
<td>Wellness focus-prevention &amp; early intervention</td>
</tr>
<tr>
<td>Fragmented, centralized system</td>
<td>Shared ownership &amp; investment</td>
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These strategic themes mirror the six goals promoted in the President’s New Freedom Commission report.

1. Americans will understand that mental health is essential to overall health.
2. Mental health care will be consumer and family driven.
3. Disparities in mental health services will be eliminated.
4. Early mental health screening, assessment and referral will be common practice.
5. Excellent mental health care will be delivered and research will be accelerated.
6. Technology will be used to access mental health care and information.

A number of NAMI members including Ed Duff, Cely Marshall, Sonya Messenger and Jackie Lukitsch served on transition workgroups over the summer and early fall. Many more attended the listening tour stops. NAMI Missouri director Cindi Keele represents NAMI’s members on the overall workgroup.

Mark Your Calendars!

The NAMI MO annual conference will be held at The Resort at Port Arrowhead at Lake Ozark on November 7 and 8. NAMI Columbia is our planning partner for this year’s event. Topics to include trauma informed care, excellent consumer/family communication, demystifying the teenaged brain, the “new” Medicaid, understanding borderline personality disorder and much more!
Advocacy Event in Jefferson Draws Record Attendance

Our January 23 and 24, 2008 advocacy update/training and legislator breakfast drew record attendance. Fifty-eight NAMI members attended this year’s event and we served more than 100 hot breakfasts in hearing room 2 of the Missouri State Capitol Building. Members networked with one another, visited with legislators and some attended an Insure Missouri hearing chaired by Representative Rob Schaaf (R- St. Joseph).

Based in proven principles of adult learning and behavioral science this event includes lecture, live demonstration, audience interaction and putting learning into practice. By the time our participants leave Jefferson City they have 1) written advocacy letters 2) enjoyed a breakfast and relaxed conversation with lawmakers and 3) met with their elected officials in their private offices. Experienced mentors assist new advocates throughout, even attending the one-on-one meetings to lend support.

Following the event, advocates are entered into NAMI Missouri’s advocacy online list serve and receive periodic updates throughout the legislative session. They also participate in a thorough scholarly evaluation (post event) conducted by the Mo Institute of Mental Health. Data collected is used to identify consumer training needs and shape future events.

A similar event was held in early March by the Families as Advocates; Coming Together for Kids Network.

Friends in Central Missouri, Help NAMI Programs

Send us your MOSER’s Grocery Receipts

For every $10,000 in grocery receipts we send in, we receive a check for $100.(Yes, that was your humble executive director you saw rummaging through the trash bin outside of Mosers in Holts Summit.) Monies raised will go to general support of all our programs of support, education and self-help statewide. You can help too. Please send your MOSER’s grocery receipts to:

NAMI Missouri • MOSER’s Grocery Receipts • 1001 Southwest Blvd., Suite E • Jefferson City, MO 65109

Membership Dues Due?

Check your label, your expiration date is there.

If you have no date, it’s time to get on board!
In Our Own Voice, Seven Years Out

Missouri was one of the first to adopt the stigma reduction program called In Our Own Voice: Living With Mental Illness in 2001. This NAMI signature program involves training consumer speaker teams (of 2) to give a structured presentations about their lived experiences, their own personal path to recovery.

Over the years I have been fortunate to hear a number of these presentations. Each one was inspirational and though structured, unique to the individual presenters. I just learned that 180 presentations have been made since 2001, reaching 3,358 people. Now that’s a weapon of mass instruction!

Our remarkable presenters have been to churches and synagogues, Kiwanis, Lions, Rotary Meetings, Family-to-Family classes, support groups, high schools, colleges, mental health provider trainings, nurses meetings and more. They speakers go where people who need to learn ARE (and that’s just about everywhere). Congratulations to all our stigma-busting speakers and to our IOOV coordinator Alice Kliethermes for a job well done.

Involuntary Commitment

What Can The Doctor Tell a Caregiver?

I am convinced that if stigma didn’t get in the way of people seeking treatment, if medications were inexpensive and free of side effects and if our community mental health system was thriving and easy to access, involuntary commitments would be rare. Sadly, this is not the reality we have.

In 1996 the Missouri General Assembly passed HS HCS SBs 884 & 881, known as the McBride Law. One purpose of the McBride Law was to correct the perceived requirement that a person must commit an act “dangerous to self or others” before a commitment could take place.

There were also provisions (see RSMO section 632.392.1) to allow doctors/facilities to release confidential treatment information to the primary care provider when such information is medically necessary to the patient’s health. Examples of medically necessary information; medications that have been prescribed, their dosage, common side effects and dangerous reactions to watch for or the date, place and time of the patient’s next appointment.

Release of counseling notes and other non medically related information cannot be-released and remains in the protected realm of confidentiality.

Memorial Tributes

In memory of
Mark McBride
by Rhonda Flynn

In memory of
Betty J. Woodward
by Mary Stephens, Harold & Donna Stephens and Gerald & Ruth Chaney

In memory of
Leata Coker
by Gene Crews

Tribute in honor of
William R. Curtis
by J.W. Curtis

In memory of
Mau Blossom
by Alice Adcock & Jane Markley

In memory of
Julius Cohen
by Myrna Cohen
**Voter Voice Program Helps Us Speak Up Electronically**

The Coalition of Community Mental Health Centers (CMHCs) recently opened its advocacy email network to members of nonprofit organizations serving consumers and their families, including NAMI members. Registration form included in this newsletter.

Once registered, you will receive an alert from the Coalition 3-4 times a year. By employing just a few mouse clicks, you can send email to help educate legislators about important mental health issues. You can amend suggested messages to personalize your email and add in your personal perspective.

While NAMI perspectives are no identical to the Coalition’s on every issue, we agree about 95% of the time, particularly when it comes to finding mental health treatment and services. Letters, calls and personal visits continue to be the most effective methods to educate legislators. Still, Voter Voice can be an important adjunct tool for us and we encourage you to sign up.

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**Consumer WARMlines**

**Cape and Southeast Missouri**  
Community Counseling Center  
1-877-626-0638

**Central Missouri**  
NAMI Missouri  
1-800-374-2138

**Kansas City Missouri**  
Mental Health Association of the Heartland  
1-866-927-6327

**Springfield and Southwest Missouri**  
NAMI Southwest Missouri Hope Center  
1-877-535-4357

**St. Louis and Eastern Missouri**  
Depressive Manic-Depressive Association of St. Louis  
1-866-525-1442
Missouri Coalition of Community Mental Health Centers Advocacy Network Contact Information

Responsibilities may include but are not limited to:

____ Writing letters and making phone calls to elected officials
____ Signing and submitting letters to the editor of my local paper
____ Attending meetings and health center visits with elected officials and/or the press
____ Recruiting and organizing board members and others in the community to advocate for community mental health centers.

NAME ____________________________________________

HOME ADDRESS _______________________________________

CITY ___________________ STATE _____ ZIP _________

TELEPHONE __________ FAX _______________________

E-MAIL ____________________________

MENTAL HEALTH CENTER OR ORGANIZATION AFFILIATION

________________________________________

If you have any questions or would like to submit this form, please contact Tanya Horvath at thorvath@mocmhc.org or Bridget Johnston at bjohnston@mocmhc.org

FOR FAX RETURN: FAX to (573) 634-8858
Attention: Advocacy Network From: _______________________
Date: _______________
FAX #: ____________________

Or mail to: NAMI Missouri
1001 Southwest Blvd., Suite E
Jefferson City, Mo 65109
**Mental Illness & Young Adults – What a Difference a Friend Makes**

Research shows that young people between the ages of 18-25 have a high prevalence of symptoms of mental illness. For many, the first symptoms of chronic conditions such as bipolar disorder, schizophrenia or severe depression may occur at this time.

Research also shows that people in this age group are the least likely to seek out appropriate help. Instead they turn to peers who, though well meaning, can give harmful advice.

Research also shows that social isolation can impede recovery, especially in young people who generally view peer acceptance as very important. It’s a sad fact that one of the things mental illness can take away is your friends.

The Substance Abuse and Social Services Administration (SAMHSA) and the Ad Council (remember their “this is your brain on drugs” campaign) have joined forces to promote the *What a Difference a Friend Makes* public awareness and education campaign. The campaign targets young people in an effort to increase understanding about the realities of mental illness and to inform about the importance of friendship and social connections in recovery. It stresses how friends can made a difference by offering reassurance, companionship and emotional strength. NAMI Missouri and Missouri Department of Mental Health are partnering in this campaign.

Television public service announcements began running nationwide on cable stations last year and radio ad have been released. Print ads for magazines and newspapers just became available.

One of the Missouri efforts was a presentation to two classes at the College of the Ozarks (near Branson, MO). Former NAMI MO president Mike Jones, Ph. D. a professor at the college, arranged to have the campaign presented to his students in March. A group of seniors is developing a campus-wide campaign against stigma.

To learn more about this campaign and how you or your affiliate might get involved, Go to [http://www.whatadifference.org](http://www.whatadifference.org) or [http://www.stopstigma.samhsa.gov](http://www.stopstigma.samhsa.gov) or call NAMI Missouri at 1 800 374-2138.

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**Families as Advocates Network Holds Advocacy Training Event**

The new Families as Advocates; Coming Together for Kids network hosted a 2-day advocacy training event in Jefferson City on March 3 and 4. Day one of the event was dedicated to learning new skills and getting the current status of child mental health budget proposals and pertinent bills. During day two attendees treated their legislators to a delicious hot breakfast and later met with legislators in their offices.

Attendance was good in spite of inclement weather. A total of 36 received training, including a Camdenton teacher and three students, all registered voters aged 18. Trainers included Ed Duff, NAMI Missouri’s volunteer policy specialist, Sonya Messenger from Family Bridges, Emily Smith from Partnerships for Children, Joyce Johnston from NAMI St. Louis, Karen Battjes from the MO DMH Office of Transformation and Cindi Keele from NAMI MO.

Some attendees did double duty as parent mentors. Special thanks go to Lori McKinley, Ph.D., Dewayne Long, Susan Pijut and Ruth Thompson.
Support School Based Mental Health Services – *They Work!*

Recent years have seen an explosion in violence in American schools. Our teens attempt and commit suicide at an alarming rate, cutting is on the rise and teen use of drugs and alcohol remains a major factor in failing to complete high school. Missouri schools have tried various interventions, with varying levels of success.

In mid-March the House Budget Committee (chaired by Allan Icet of Wildwood) axed funding for a program that showed consistent, outstanding results. This program would not cost school districts and did not require a tax increase. It would have been provided by the Missouri Department of Mental Health and would have placed mental health services (including substance abuse services) in public schools.

In Greene County, where school based mental health services have been in place for three years, the results have been excellent. One immediate result was the surprisingly high demand for these services. Requests for help far exceeded expectations.

A recent study revealed the overall impact. “Dramatic changes in risk factors for alcohol, tobacco, drugs and violence in schools with significant reductions in total discipline referrals. These results in tandem with substantial improvements in psychosocial functioning (less impulsivity, better relationships, more control of emotions, etc.) provide significant evidence that the school based services are contributing to the goals of “safety from within “ the Springfield school system”.

Here in Missouri, at least 10% of our youth will experience a serious emotional disturbance severe enough to impair functioning, yet only 1 in 5 of these youth will ever receive any kind of help. The 2005 cuts to Medicaid and mental health programs made it harder to get treatment, even in extreme circumstances.

In cases of bipolar disorder, schizophrenia, depression and other related conditions, early identification and appropriate treatment can make a significant, lifelong difference. It can mean the difference between a productive, satisfying adulthood and a lifetime of disability.

In April the Senate Budget Committee agreed with the House Budget Committee recommendation and declined funding for this program. Parents, grandparents, teachers and everyone who cares about children should urge our lawmakers to restore funding for school based mental health services to the Missouri Department of Mental Health’s Budget next year.
CHILDREN

NAMI

BEGINNINGS
ORDER FORM

NAMI's Child and Adolescent Center invites you to subscribe to NAMI Beginnings, a magazine dedicated to the Young Minds of America.

To be added to our subscription list, please provide the following information:

Name: ________________________________________________
Organization's Name: __________________________________
Address: ______________________________________________
City: ___________________ State: __________ Zip: __________
Phone: (______)________________ Fax: (______)
Email: ____________________________________________
*(By submitting your e-mail address, you will receive regular updates on issues concerning children and adolescents).

Comments:

How useful do you find NAMI's materials?

________________________________________________________________________

________________________________________________________________________

What additional child focused resources would you like NAMI to develop?

________________________________________________________________________

________________________________________________________________________

Please send your subscription requests to:
Attention: Patricia Braun
NAMI (National Alliance for the Mentally Ill)
Colonial Place Three
2107 Wilson Blvd, Suite 300
Arlington, VA 22201
PatriciaB@nami.org
Direct Dial: 703-600-1110
Fax: 703.524.9094
Toll Free: 800.950.NAMI (6264)
Main: 703.524.7600

NAMI Beginnings is also available on the NAMI web site. Visit the Child and Adolescent Action Center at www.nami.org for more information.
Volunteer Training Opportunities

Call 1 800 374-2138 for registration info. If you have a NAMI Affiliate, affiliate recommendation is needed.

- Family-to-Family Teacher Training – August 8, 9, & 10, 2008
- Visions for Tomorrow Teacher Training – June 6-8, 2008
- In Our Own Voice Speaker Training – July 11-12, 2008

IMPORTANT: Each person trained by NAMI Missouri represents a monetary investment of $200-$400 depending on the program. We are happy to invest in you because you make a significant contribution to the achievement of NAMI’s mission.

Up-to-date membership (dues current) is a requirement for all NAMI training participants. We see this as an indicator of your commitment to our mission. Low cost and open door memberships are available for those who cannot afford the full amount (which is usually $28).

Family-to-Family Course Planned

Dynamic husband and wife teaching team Ken and Bev Jones are planning to conduct a Family-to-Family Course in Brunswick in May. The Jones’ are a pair whose courses consistently earn high marks. Enroll now by calling Sonya Baumgartner at 1 800 374-2138.

A course is planned to begin in Rolla on May 3 taught by the venerable Barbara French and one of the other NAMI Central Ozarks affiliate teachers. Call Barb at 573 674-2559.

Provider Education with FREE CEUs in Springfield!

NAMI MO and NAMI Southwest Mo are pleased to offer a 6-hour provider workshop in Mid-May 2008. To enroll call NAMI Southwest MO at 1 417 864-7119. Registration is limited.

NAMI provider courses and workshops are paid for by NAMI MO and the MO Department of Mental Health.
JOIN US!

Every membership strengthens our effort. If you belong to an NAMI chapter, you are already a member of NAMI Missouri. If no chapter exists in your area, or you prefer to join independently, you may take out an at-large membership. All members receive the quarterly *NAMI Missouri* newsletter and the *Advocate*, the bi-monthly magazine of NAMI and other member benefits such as Affinity low cost long distance service and Advocacy Online (by request) and reduced NAMI Missouri Conference fees.

**All Donations and Contributions are Tax Deductible**

Enclosed are my dues for (check one):

- [ ] At large membership ($28)
- [ ] Professional Membership ($50)
- [ ] Newsletter Only ($15)
- [ ] Additional Contribution __________

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Jefferson City, MO 65109

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