



nami

National Alliance on Mental Illness

Missouri

Spring 2013

Support

Education

Advocacy

Research



John O'Rear speaks with NAMI members in Joplin about Medicaid Expansion.

Medicaid Expansion Could Help Psychiatric Bed Shortage

Psychiatric beds are in short supply in Missouri, so limited the March 2009 NAMI Grading the States Report pointed out Missouri's urgent need for "beds in hospitals, not jails." Today, our state has just 1,174 beds for adults ages 18-64. Emergency room personnel spend hours searching for a vacant bed for a person in severe psychiatric crisis. Once a bed is located, it's common for police officers to spend many more hours transporting individuals across the state to the nearest available bed.

A March 2013 Missouri Department of Mental Health analysis involving hospitals in Springfield, St. Joseph, Kansas City and Kennett concluded the situation will get worse if Missouri does not accept Medicaid expansion to 138% of the federal poverty level (or \$15,856 for an individual). This is due to the expansion's funding mechanism which would have reduced reimbursements hospitals receive for treating the poor and uninsured in all states whether they accepted Medicaid expansion or not. The study concluded hospitals (and rural hospitals in particular) would likely eliminate psychiatric beds to preserve funds and avoid closure. In President Obama's budget proposal he eliminated that worry for fiscal 2014 by including monies to continue making the payments to hospitals in non expansion states. Future years remain uncertain.

The law reducing payments to hospitals (called uncompensated care funds) was based on the premise that all states would expand Medicaid and hospitals would need to provide indigent care only rarely. Whether or not a state expands Medicaid, low cost (and subsidized) insurance plans will be available through exchanges on January 1, 2014.

We hope low income Missourians will buy these plans and reduce hospital's unpaid care burden somewhat. Today, unpaid medical debt is responsible for 60% of the bankruptcies in our state.

Expanding Medicaid to 138% of the federal poverty level would provide health insurance coverage to most of our state's poor adults. Nearly half the (proposed) new eligibles are extremely poor with incomes below \$5585 annually, or just 50% of the federal poverty rate.

Turning down the expansion leaves thousands uncovered. Many of the uncovered are young adults, a percentage of whom will experience their first psychiatric break in the coming year. Stresses on emergency rooms and hospitals with psychiatric

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All NAMI affiliates have support groups.
Support groups also meet in Branson,
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**NAMI Missouri is the chartered state organization
of the National Alliance on Mental Illness**

Cover story continued

beds can be expected to continue. According to Henry County Sheriff Kent Oberkrom, "Because of the lack of mental health beds, county jails have become the new community mental health units for many individuals who, after not receiving treatment and/or medications for a period of time, will commit crimes that cause them to be arrested and subsequently incarcerated."

Expansion will also give low-income working families a level of health care security previously unknown. Beyond the humanitarian and health care benefits, a University of Missouri study concluded 24,000 new jobs would be created in 2014 alone. According to state budget director Linda Luebbering, the expansion would greatly benefit Missouri's economy. It would bring Missouri tax dollars back into Missouri to help Missourians. The state estimates \$15.7 billion would be returned from 2014 – 2020. Failing to expand Medicaid will represent a \$900 million lost opportunity in the coming fiscal year.

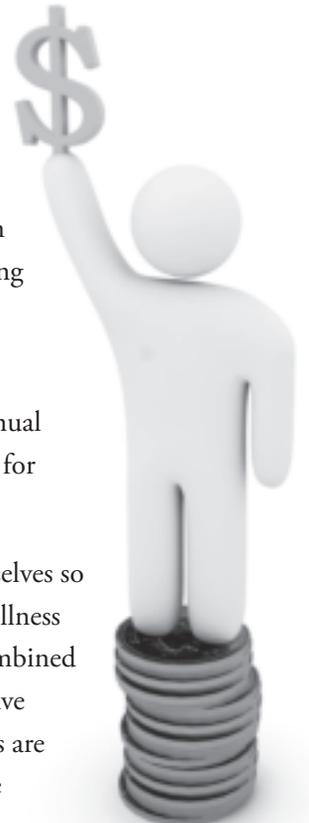
That's money to hire doctors and nurses, expand rural clinics and finally provide adequate care for persons living with a mental illness. The expansion is an important debate for people with mental health needs and those who care about them. It can affect every family in Missouri. Has your legislator heard from you?

Health Insurance Exchanges Open on October 1, 2013

Missourians will be able to purchase health insurance plans from the federal health exchange this Fall with coverage starting on January 1, 2014. This will make coverage much more accessible and affordable to many, including the uninsured with low incomes.

The exchanges provide help in the form of tax subsidies. For example, a family of two with annual income of \$20,000 will be able to buy coverage for approximately \$34 a month.

We, at the NAMI MO office are educating ourselves so that we can guide persons living with a mental illness and their families to make the best choices. Combined with Medicaid Expansion, young people will have the means to get care earlier when these illnesses are less disabling and older individuals will be more equipped to pursue recovery.



Mental Health Services in the Missouri Department of Corrections

Mental illness is so common in incarcerated individuals that correctional institutions have been called “the mental institutions of the 21st century.” Let’s look at some statistics from the United States Department of Justice:

- More than half of all prison and jail inmates have a mental health problem.
- Nationwide, an estimated 15% of all state prisoners and 24% of all city/county jail inmates have symptoms of psychosis.
- Approximately 75% of inmates with mental illness also have a history of substance abuse/dependence.

In Missouri, all offenders entering prison are screened for symptoms of mental illness, developmental disabilities, and suicidal ideation. Offenders have their mental health needs assessed. A treatment plan is developed for those who need ongoing care.

Offenders who do not display a need for mental health intervention at intake may request services later. In addition, other staff in the prisons may refer an offender for mental health evaluation.

Currently, in Missouri prisons, about 17% of our 31,000-plus inmates are currently being treated for serious mental illness. Additional offenders are receiving ongoing care for other mental health issues. Others are receiving substance abuse treatment. Specialized mental health units are at prisons in Farmington, Potosi, Jefferson City, and Vandalia.

Missouri has a contract with a private company that employs approximately 240 mental health professionals to meet inmate mental health needs. Psychiatrists, advanced nurse practitioners, psychologists, social workers, professional counselors, and nurses. This past year, these professionals provided:

- 323,613 assessment/counseling sessions
- 54,449 psychiatry evaluations and follow-ups
- 6,191 group sessions

When offenders are being released from prison, MODOC attempts to arrange follow-up appointments with community mental health centers. Through joint cooperative arrangements with the Missouri Department of Mental Health and the Coalition of Community Mental Health Centers, MODOC has been able to reduce the return to prison rate of offenders with mental illness.

If you have a loved one incarcerated and you are concerned about their mental health care, you may contact the institutional chief of mental health services at the prison. DOC also has three mental health contract monitors to review the mental health care of offenders.

Dr. Greg Markway is the Assistant Division Director for Mental Health Services for the Missouri Department of Corrections in the Division of Offender Rehabilitative Services.



NAMI Missouri's 28th Annual Conference

Voices United for Recovery, NAMI Missouri's 28th Annual Conference will be held at the Resort at Port Arrowhead, Lake Ozark, MO on November 8 and 9, 2013.

This year's keynote speaker is Vicky Meisler MS, Vice President of Clinical Services for the Ozark Center. Ms. Meisler is in high demand nationwide. Her story about the Joplin tornado experience, mental health trauma recovery and Joplin's inspiring stories of heroism, hope and lessons learned will be memorable.

Mike Jones, Ph. D. will share the history of PTSD in the military and author Greg Markway, Ph. D, head of psychiatric services for Missouri's prison system will share innovative new recovery initiatives going on behind prison walls. Annie Seal, Executive Director of the newly formed MO Eating Disorders Council will speak on America's deadliest mental illness.

IN REMEMBRANCE

Memorial Contributions

Cindi Keele and an anonymous donor made memorial donations in memory of member, advocate and *Visions for Tomorrow* parent education teacher,

John Bush,
husband of Joyce Bush.

Rhonda Kuhlman of Holts Summit made a memorial donation in memory of her son

Jeff Kuhlman.

NAMI Missouri received a donation from the estate of long time NAMI member, educator and advocate

Jane Bierdeman Fike.

Study Finds 5 Disorders Share Genetic Risk Factors

A new study published in *The Lancet* points to genetic similarities in ADHD, major depression, schizophrenia, bipolar disorder and autism. Based on an examination of genetic data from more than 60,000 people worldwide, it is the largest genetic study yet of psychiatric disorders. These results come as no surprise to NAMI members. Once we gain understanding about mental illness, we often discover our family trees (past and present) are peppered with disorders in varied degrees of severity.

The study's findings strengthen an emerging view of mental illness that aims to make diagnoses based on the genetic aberrations underlying diseases, rather than relying solely on disease symptoms. Two of the aberrations discovered were in genes used in a major signaling system in the brain. This gives clues to processes that might go awry, and suggestions on how to treat the diseases.

Prior to this study, researchers had already seen some clues of overlapping genetic effects in identical twins. One twin might have schizophrenia while the other had bipolar disorder. Jonathan Sebat, chief of the Beyster Center for Molecular Genomics of Neuropsychiatric Diseases at the University of California, San Diego said the work on these rare genetic aberrations had "opened his eyes." "Two different diagnoses can have the same genetic risk factor," he said.

Distinguishing psychiatric diseases by their symptoms alone has long been difficult. Autism, for example, was once called childhood schizophrenia. It was not until the 1970s that autism was distinguished as a separate disorder. The study found four DNA regions that conferred a small risk of psychiatric disorders. Two of them involve genes that are part of calcium channels, which are used when neurons send signals in the brain.

According to lead investigator Jordan Smoller, M.D. (Harvard Medical School), "The calcium channel findings suggest that perhaps – and this is a big if – treatments to affect calcium channel functioning might have effects across a range of disorders." Drugs currently used to treat high blood pressure, called calcium channel blockers may prove useful. Researchers had postulated they might be useful for bipolar disorder even before the current findings.

Dr. Roy Perlis of Massachusetts General Hospital conducted a small study of a calcium channel blocker with 10 individuals with bipolar disorder. He indicated he wants to study the drug in people with schizophrenia, in light of the new findings.



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Be in the know. Get notice of upcoming NAMI meetings and mental health legislative news by "liking" us on Facebook. We're listed as NAMI Missouri.

Upcoming NAMI Trainings

- In Our Own Voice (stigma reduction) Presenter Training
 - Spring 2013
- NAMI MO Workshops for Mental Health, Social Service & Allied Providers
 - Springfield, May 21, 2013
 - Joplin, June 14, 2013 (free CEUs)
- NAMI Connection Group Facilitator Training
 - August 9,10 and 11, 2013
- NAMI Family Support Group Facilitator Training
 - Summer 2013



With the exception of our mental health and allied provider workshops, you must be a member in good standing of NAMI to apply for training. All trainings are held in Jefferson City and are peer taught. Training expenses (mileage, lodging, food and materials) are covered thanks to the MO Department of Mental Health, SAMHSA, the MO Foundation for Health and generous tax-deductible donations from members and other individuals.

March Citizen Advocacy Training a Success!

We want to express our deep gratitude to John O’Rear (NAMI Jefferson City) and Jackie Lukitsch (NAMI St. Louis) for teaching the new NAMI signature citizen advocacy training program, NAMI Smarts in Jefferson City in early March. Evaluations showed new advocates learned a ton and enjoyed themselves in the process.

The training is centered around developing effective way to share your story, your lived experience with mental illness and has been taught in St. Louis and Joplin. The Jefferson City training involved NAMI members from all over the state and included a trip to the state Capitol Building. Experienced NAMI advocates assisted new advocates as mentors.

Jackie Lukitsch, John O’Rear, Karren Jones, Jack Bell, Dewayne Long, Roland Tucker, James Shortall – we hear you did a GREAT job!

The following members graduated with flying colors:

Angela Acree	Lynda Crowder	John Jackson	Wanda Robinson
Dorothy Bell	Randall Evers	Karren Jones	Cheri Shamblin
Jack Bell	Marquita Fordland	Toni Jordan	James Shortall
Nancy Bollinger	Amanda Friedman	Dewayne Long	Teresa St. John
Matt Burton	Buck Giovanni	Sandra Martin	Michael Swetnam
Michelle Chism	Dale Gruer	Mark McClintock	Roland Tucker
Patricia Click	Janet Gruer	Denise Mills	Elizabeth Wilson
Debra Cobb	Patty Hendren	Diann Grace Murphey	Lauren Woodward
Kaitlin Cotton	Annjeanette Hubbard	Michelle Redd	

Children's Mental Health Awareness Week 2013

May 5th – 11th, 2013

Out of the Shadows: Exposing Stigma is the theme chosen for the 2013 National Children's Mental Health Week during the first full week of May, Mental Health Month. We couldn't be more pleased.

NAMI strives to keep mental health a part of the national, state and community dialogue 365 days a year, but CMH Week gives us a time of focus. Erasing stigma is a huge part of that conversation.

We know stigma deters our children, youth and families in need of care from seeking consistent help. When relatively rare violent acts occur, it's NAMI members who step up, provide facts and engage in realistic dialogue. Some share their stories with Family-to-Family classes, in NAMI Basics parent courses and as presenters conducting In Our Own Voice presentations.

Still, misinformation and myths persist and are common. Unspoken stigmas create barriers that hold kids back. Little will change until the nation understands that psychiatric conditions are no different from diabetes, asthma and heart disease. NAMI keeps the dialogue going.

Here in Missouri, Governor Jay Nixon and first lady Georgann Nixon have again stepped forward to help. A statewide proclamation signing ceremony (attended by kids and parents) will be held in the Governor's office in May. Some NAMI Affiliates, support groups and even individuals will ask their mayors to do the same. Please join us in confronting stigma in your community. If your mayor signs a proclamation, we will honor him/her in our Summer newsletter. You can request a sample mayoral proclamation and "how to" packet by calling (800) 374-2138.



NAMI Basics Courses Coming to Your Community

The new year is off to a running start with several NAMI Basics courses being offered. To date five courses have been completed in O'Fallon, Joplin, Union, St. Louis (2 locations) and Fort Leonard Wood by Cinda Holloway, Wendy Dudek, Bob Dunn, Mary Vetter, Donna Govkel, Angie Wilka, Diane Curtis, Barb French, and Rick and Carol Wiseman. We thank you!

This 6-session course is designed to meet the special need of parents, foster parents and custodial relatives of children and adolescents with mental health needs. University studies show this course "significantly reduces family perception of burden related to the child's mental health needs". Classroom size is limited and pre-registration is required. New teacher training will be scheduled for Summer or early Fall, 2013 in Jefferson City. Contact Sonya Baumgartner at namimosb@yahoo.com for more information.

The following course starts are scheduled:

- Troy, MO - April, 2013
- Webster Groves, MO – April, 2013
- St. Peters, MO July 11, 2013
- Columbia, MO – Summer, 2013

Project LAUNCH for Young Child Wellness

In mental health, we know early detection and appropriate intervention makes a huge difference in future outcomes. That is why we are so pleased the Missouri Department of Mental Health is partnering with the Department of Health and Senior Services in a Substance Abuse and Mental Health Services funded program to promote young child wellness. Project LAUNCH (Linking Actions for Unmet Needs in Children's Health) will promote young child wellness with a goal for all children to reach social, emotional, behavioral, physical and cognitive milestones. These are milestones that build the foundation for children to thrive in school and beyond.

The State Young Child Wellness Council for Project LAUNCH held its first meeting in February. Missouri Institute of Mental Health through UMSL, has been contracted to conduct a needs assessment to better understand the statewide issues related to early childhood mental health.

Pilot Grove Students Get Accurate View of Mental Illness

Thanks to school employee (and NAMI Mommy) Marla Stretz, junior and senior high level students in Pilot Grove recently heard an *In Our Own Voice* (IOOV) presentation from Karren Jones and Randall Evers, our two most requested IOOV presenters. Karren and Randall share their own lived (and sometimes humorous) experiences with psychiatric issues and their paths to recovery.

Young people are exposed to inaccurate images and information about mental illness almost daily. Meeting a consumer and hearing their life story is a rare experience, one that can inform their opinions for a lifetime. We are so grateful to Karren and Randy and all our other IOOV presenters who speak to kids.

To arrange for an IOOV presentation at your school, church or community group contact your local NAMI affiliate or call (800) 374-2138 and ask for Alice Kliethermes.

Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them

We recently acquired this book by Ross W. Greene for the NAMI MO library. In this book, Dr. Greene explains that most kids who misbehave at school want to do well, but get into trouble because they lack the skills to respond to challenging situations in appropriate ways. Detentions and trips to the principal's office, according to Dr. Greene, do not improve the problem behaviors because these punishments do not teach students the skills they need to improve their behaviors.

Parents will find answers and relief as Dr. Greene maps out an approach for effectively addressing behaviors. This collaborative approach, called Collaborative Problem Solving, allows children to express their concerns and suggest behavior plans they find helpful and realistic. It also helps teachers understand what they can do to facilitate skills development and reduce stressful situations.

This book is a great tool for understanding and addressing challenging behaviors. It provide a voice for thousands of misunderstood kids, their parents and all who struggle to help them.



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JOIN US!

Every membership strengthens our effort. If you belong to a NAMI chapter, you are already a member of NAMI Missouri. All members receive the quarterly NAMI Missouri Newsletter and the Advocate, the quarterly magazine published by NAMI. Members also receive reduced fees to attend NAMI Missouri's Annual Conference.

All Donations are Tax Deductible

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