MO HealthNet Proposal Passes

Senate Bill 577, the Missouri HealthNet proposal passed on May 18, the last day of the 2007 legislative session. While the disability community and advocates for the poor still have serious reservations about the program, most agree it could have been much, much worse. The new program puts more emphasis on managed care, but does not force people who are high risk and disabled into a managed care program (as was originally proposed). Citizen advocacy and legislative champions like Sen. Wayne Shoemeyer, Rep. Chuck Portwood, Rep. Margaret Donnelly, Rep. Judy Baker, Sen. Jeff Smith and Sen. Harry Kennedy fought for participant protections and program restorations.

While the legislation will not restore Medicaid coverage to most of the 100,000 disabled, poor parents and children who lost coverage in 2005, it does expand coverage for adolescents in foster care to age 21 if they are in school. This provision was strongly supported by NAMI, Citizens for Missouri’s Children, the MASW, Mental Health America and other organizations. Thanks to an emergency clause, this provision will take effect July 1. Other provisions will have to undergo “rule making,” a process which may take several months.

Dental and optical care for adults were restored, but only if the legislature appropriates money for them. Therefore, Medicaid recipients may have coverage one year and not the next.

A measure near and dear to our hearts is the partial restoration of MAWD (Missouri Assistance to Disabled Workers), now called Ticket to Work. Its scope is greatly reduced, but for those who qualify its impact will be significant. Ticket to Work allows disabled persons to work and not risk losing their Medicaid health insurance.

Another positive provision makes children’s coverage more affordable. It modified the SCHIP (Statewide Children’s Health Insurance Program) affordability test. This should restore coverage to about ten thousand children.

A criticism voiced throughout the debate was the program’s failure to restore Medicaid health insurance to those cut in 2005, particularly in light of this years budget surplus. Many felt that restorations should have been the first “reform” undertaken. This issue will continue to be debated. Stay tuned.
IN THE KNOW

Board of Directors
Tim C. Harlan-President
Rob Bowling - First Vice President
Jeanette Parker-Small, M.Ed.-Second Vice President
Kay Rittenhouse-Secretary
Ed Bothe, MA-Treasurer

Members At Large
Kevin Haggerty
Frank Bair
Ethel Wesson
Jacque Howard
Wanda Smith
Cely Marshall
Ken Jones

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

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

NAMI Missouri is the chartered
state organization of the
National Alliance on Mental Illness

Ten Things You Can Do About Stigma in Your Community.

1. Join the NAMI Stigma Busters Network at smarch@nami.org
2. Check out the What a Difference a Friend Makes Ad Campaign
   at www.whatadifference.samhsa.gov and ask your local TV station
   and radio station to run the public service announcements.
3. Recommend an In Our Own Voice presentation to your local
   service club, support group, church group or high school
   psychology class. Call 1 800 374-2138 to book a presentation.
4. If a consumer, find a partner and become an In Our Own Voice
   presenter.
5. Provide your local service club (Lions, Optimists), church group,
   or other group with a consumer panel discussion. If you are
   planning a community education event, include a consumer
   panel. Volunteer to appear on a local radio program.
6. To the extent that you are comfortable, share your own
   experiences as a consumer, family member, mental health or
   allied professional with others.
7. Listen to local talk radio and respond to stigmatizing talk with
   the facts. (The shy can fax them in.)
8. Ask your local library to set up a special display of current,
   factual books for Mental Health Month (May), Mental Illness
   Awareness Week (First week in October) or Children’s Mental
   Health Week (first week in May).
9. Use people first language. For example: Stigmatizing language
   — “the mentally ill” People first language — “people with mental
   illness”
10. Take your NAMI Advocate Magazine to your next doctor’s
    appointment.
    Leave it between the Ladies Home Journal and Field and Stream.

P.S. Don’t get the NAMI Advocate Magazine? Join NAMI!
IN THE KNOW

**Gifts that Grow**

Missouri State Employees Charitable Campaign

NAMI appreciates the hundreds of state employees who help pave the road to recovery. Their efforts are often heroic and beyond the scope of “just a job”. Whether you are a casemanager, policy analyst, program manager, benefit specialist, receptionist or you make sure the bathrooms and halls are clean and safe, we THANK you!

We doubly-thank (is there such a word) the kind state employees who chose NAMI Missouri as their charity of choice in the state employees charitable giving campaign. Designation time will be here soon. If YOU wish to choose NAMI, our designation number is 8239.

**Post Traumatic Stress Disorder High Among Combat Soldiers**

Combat soldiers and trainees experience high levels of stress that increase the chances for anxiety, depression, post-traumatic stress disorder and substance abuse. In a study of over 300,000 Army soldiers and Marines, 19.1% of soldiers and Marines who returned from Iraq met the risk criteria for a mental health disorder. Fifty percent of Army National Guardsmen and women and 44% of marine reservists who served in Iraq have reported mental health concerns in post-deployment assessments compiled since mid-2005.

Many feel actual percentages are higher and that mental health concerns are underreported due to stigma and the influence of military culture. Symptoms include sleeplessness or over-sleeping, excessive alcohol abuse, flashbacks and depression.

**Ten Peer-to-Peer Mentors Trained in June**

We are pleased to recognize ten (10) new Peer-to-Peer consumer course mentors who received their credential at a training in Jefferson City June 1-3. Expert trainers Rob Bowling (NAMI Central Ozarks) and Joyce Johnston (NAMI St. Louis) conducted the two and one-half day training. Graduates from St. Louis, the Cape- Southeast MO area, Joplin, Neosho and Rolla will form new mentor (peer-teacher) teams or round out existing teams.

Applause to: C. J. Campbell, Jeffrey A. Enslow, Tammeria Lewis, Crist Sampson, Terry Matthew Bollinger, David Challberg, Lisa Lewis, Jerome E. Riley, David M (Marty) Werner, II and Stephanie Boyer.

Peer-to-Peer is a NAMI signature program. The course is taught in two hour weekly segments for nine consecutive weeks using a combination of lecture, interactive exercises and structured group process. Courses are provided free of charge as a service of your local NAMI and NAMI Missouri.
IN THE KNOW

Medicine Promises Hope for Trauma Victims

A recent 60 Minutes segment on an experimental study using propranolol to remove the traumatic effect of memories piqued our interest. If researchers are right, the results could change the way accident victims, rape victims, even soldiers are treated after they experience trauma.

The story begins with some surprising discoveries about memory. It turns out our memories are sort of like Jello – they take time to solidify in our brains. And while they’re setting, it’s possible to make them stronger or weaker. It all depends on the stress hormone adrenaline.

The man who discovered this is James McGaugh, a professor of neurobiology at the University of California, Irvine. McGaugh says that’s why we remember important and emotional events more than routine day-to-day experiences. The involvement of adrenaline (and accompanying physical symptoms such as blushing, rapid heartbeat, etc.) fixes the memory. Dr. McGaugh was interested in finding out what happens when adrenaline is blocked; he started experimenting with propranolol.

“Propranolol sits on the nerve cell and blocks it. Think of this as being a key, and this is a lock, the hole in the lock is blocked because of propranolol sitting there. Adrenaline can be present, but it can’t do its job, McGaugh explains.

At Harvard, Roger Pittman read Dr. McGaugh’s studies and alight bulb went on. “When I read about this, I said, “This has got to be how post-traumatic stress disorder works.” Think about what happens to a person. First of all, they have a horribly traumatic event, and they have intense fear and helplessness. So that intense fear and helplessness is gonna stimulate adrenaline,” Pitman says. “And then what do we find three months or six months or 20 years later? Excessively strong memories.”

Pittman found out he could block that cycle by giving trauma victims propranolol right away … before adrenaline could make the memories too strong. In another study, Pittman teamed up with Canadian colleague Alain Brunet, who searched for people with long-standing PTSD. The study was simple. Subjects were asked to think about and write down every detail they could remember about their trauma: reactivating their memory. They were then given propranolol.

One subject commented, “The link, what held the emotions to the memories, its like the umbilical cord has been cut. And there is no way I can access the emotions anymore. And furthermore, every day it gets better.”

Now the U.S. military has taken note. Dr. Pittman will be receiving Army funding later this summer to try the same experiment to treat American soldiers returning from Afghanistan and Iraq. He cautions that the studies are still in the experimental stage and not ready for general use. Stay tuned.

Special Thanks!
Special thanks to Gates Rubber Corporation for their generous unrestricted donation in April.
Remembering Geody Frasier
A Scholarship Fund

Mental health advocate Geody Frasier of Kansas City passed away suddenly on May 1. Mr. Frasier was an engaged and dedicated activist. He was a member of NAMI, the MO Department of Mental Health’s State Advisory Committee and the DMH Mental Health Services Transformation Workgroup. He served as Vice Chair of the 2007 Mental Health Awareness Day which many say was our best ever. He will be missed.

A special memorial fund has been established for Mr. Frasier. Memorial gifts in his memory will be dedicated to scholarships for consumers to attend the NAMI Missouri and other conferences.

The following individuals made memorial tributes to this fund.

Donna Lay, Brooke Dawson, Sherry Redding, Robert Qualls, Linda Clarke, Mitzi Telizcan, Cindi Keele, Karren Jones

NAMI Missouri’s
Consumer WARMline

We serve 31 counties in the Central Missouri region. Calls are limited to 15 minutes
CALL 1 800 374-2138

WARMlines serving other areas are:

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

- **Cape and SE MO**
  Community Counseling Center
  1 877 626-0638

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

- **St. Louis/Eastern region**
  Depressive Manic-Depressive Association of St. Louis
  1 866 525-1442

Memorial Tributes

Bettye J. Siebels of St. Louis
a memorial tribute in memory of her dear friend,
**Dr. Albert Roos**

Marilyn & Jack Mohat made a memorial tribute in memory of **Sandy Anderson**

A memorial donation was made by DST Systems in tribute to **Pamalee Erickson**, mother of Kris Erickson

A memorial tribute to **Cheri Roberts** was made by Gay Jabbari & Virginia Smith.

A memorial tribute was made in memory of Rhonda Flynn’s sister **Sherry Whitmore** by Cindi Keele
Thanks Bunches for Sending MOSER’s Grocery Receipts!

We turn grocery receipts into cash! Special thanks to the employees of Mid-Missouri Mental Health Center, Fulton State Hospital and the Department of Mental Health Central Office for collecting MOSER’s Grocery Store receipts for us. We’re cashing them in to support Visions for Tomorrow, our course for the families of children and adolescents with mental health needs.

You can help too. Please send your MOSER’s grocery receipts to:

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

We thank you!

Membership Dues Due?

Check your label, the info really is there this time.

We apologize for the confusion we caused with our last newsletter. Our mailing service forgot to print expiration dates on the labels giving the impression that EVERYONE was expired!! (Oops!)

Your expiration date is on your label this time. If your label contains no date at all, then your membership expired looooolong ago and its time to re up.

Dues are shared among the three levels of NAMI; national, state organization and local affiliate/chapter. NAMI national gets $10, NAMI MO gets $8 the rest stays with your local affiliate/chapter. In the case of open door, or low income reduced dues, the shared amounts are determined by your local affiliate/chapter.

Dues fund local NAMI activities and support a strong NAMI presence at the state capitol, the Department of Mental Health and other decision-making bodies. All members get the NAMI MO newsletter, the NAMI national Advocate magazine and reduced fees for the NAMI MO annual conference. Membership in good standing is a requirement for any NAMI MO sponsored training such as NAMI C.A.R.E.S., Family-to-Family teacher training and In Our Own Voice speaker training or the annual legislative update and breakfast.
**EDUCATION**

### Upcoming Family-to-Family Course Starts

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jefferson City</td>
<td>Aug. 21 – Oct. 30</td>
<td>K. Jones &amp; S. Fischer</td>
</tr>
<tr>
<td>Lake Ozark</td>
<td>Aug 21 – Nov. 6</td>
<td>J. Bush &amp; R. Thompson</td>
</tr>
<tr>
<td>Farmington</td>
<td>Aug. 30 – Nov. 15</td>
<td>K. Green &amp; P. Englehart</td>
</tr>
<tr>
<td>Kansas City</td>
<td>September</td>
<td>V. Atkins &amp; J. North</td>
</tr>
<tr>
<td>St. Louis</td>
<td>September/Fall</td>
<td>6 Courses Planned</td>
</tr>
</tbody>
</table>

### Upcoming Visions for Tomorrow Courses

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eldon, MO</td>
<td>August</td>
<td>J. Bush &amp; R. Thopson</td>
</tr>
</tbody>
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**Upcoming Volunteer Training Opportunities!**

- Family-to-Family Teacher Training – August 10-12
- In Our Own Voice Speaker Training – September 21-22
- NAMI Missouri Convention – November 9 –10
- NAMI Connection Recovery Support Training – November 30 – December 2

NAMI Missouri pays 100% of the expense for training. Training applicants must have the endorsement of their local NAMI affiliate (if they have one) and be a member in good standing (dues current).

To be Scheduled as Soon as Funds are Raised (contributions cheerfully accepted)

<table>
<thead>
<tr>
<th>Event</th>
<th>Price tag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family-to-Family Support Facilitator Training</td>
<td>$6000</td>
</tr>
<tr>
<td>Visions for Tomorrow Teacher Training (new materials)</td>
<td>$5200</td>
</tr>
<tr>
<td>NAMI 10-Week Provider Course Instructor Training</td>
<td>$7500</td>
</tr>
</tbody>
</table>

We are also looking into ways to bring the Visions for Tomorrow Course for teachers, juvenile office and other professionals and the new Visions for Tomorrow Course for adolescents in to Missouri. Stay tuned.
Improving the Mental Health & Well-being of America’s Children

Ten Best Practices for Schools

Schools play a critical role in helping students diagnosed with mental illnesses reach their full academic and functional potential. The academic performance and behavioral functioning of students significantly improves when their mental health needs are effectively addressed. NAMI calls on schools to adopt the following ten best practices:

1. Train teachers and staff on the early warning signs of mental illnesses and how to effectively communicate with families about mental health related concerns. To learn more about NAMI’s Parents and Teachers as Allies publication and in-service education program, visit www.nami.org/caac.

2. Train school professionals in effective and research-based teaching methods and behavioral interventions, including positive behavior interventions and supports (PBIS – as described at www.pbis.org).

3. Educate the entire school community about mental illnesses, including providing age-appropriate information about these conditions in the health curriculum, to help ensure a broader awareness about mental illnesses and to reduce stigma.

4. Develop and implement a plan to reduce the unacceptably high dropout and failure rates of students with mental illnesses. This includes providing a comprehensive functional behavioral assessment for students that need it and implementing effective classroom interventions. Schools cannot do this alone. NAMI stands ready to call on other community leaders to work to reduce school dropout and failure rates for these students.

5. Provide research-based and effective school-based mental health services and develop an effective link to the community mental health system for students with more intensive mental health service needs.

6. Develop effective partnerships with families that recognize the value of their input about how a student’s illness impacts their academic work, peer relationships and interaction with others in the school community. These partnerships will recognize the importance of cultural competence.

7. Provide appropriate accommodations for students when they are needed, including a safe place to quiet down, additional time for completing home and school work, the assignment of a mentor, flexibility in the school day schedule and other individualized and appropriate accommodations. When appropriate, refer students for an evaluation for special education services.

8. Provide effective transition services and supports for students returning to school after receiving treatment away from school and for those transitioning between different school levels and/or into life in the community. Provide guidance for teachers and staff on effective supports for students returning to school after time away.

9. Develop effective anti-bullying policies so that students with mental illnesses are not targeted for bullying or singled out as bullies as a result of symptoms of their illness.

10. Develop effective crisis prevention and intervention services to help prevent and address psychiatric crises, youth suicide and related serious public health concerns.

NAMI applauds schools working to make a positive difference in the lives of students with mental illnesses!

June 2007
Capitol Rotunda Event Kicks off Children’s Mental Health Event

A special press event was held in the Capitol Rotunda on Monday, May 6 to kick off Children’s Mental Health Week May 5 – 12, 2007. Print and electronic media personnel were informed about the status of child mental health throughout Missouri and speaker proposed solutions to inadequate access to child mental health treatment and services.

Speakers included Beth Griffen, founder and executive director of Citizens for Missouri’s Children, Mary Crutchfield from NAMI Moberly (a mother’s story), Susan Pijut, a mother and advocate from Arnold, MO and Cindi Keele. Senator Wes Shoemeyer (D-Clarence) and Representative Judy Baker (D-Columbia) inspired us with remarks about the state’s role in assuring every child’s chance at the American dream. The event also gave us a perfect opportunity to introduce John Heskett, Ph.D., the director of the Department of Mental Health’s newly created Children’s Mental Health Services Department. Dr. Heskett encouraged parents, young people and other advocates to “keep up the good fight”.

Special appreciation goes to the staff and volunteers of Family Bridges (a NAMI partner from Southwest MO) for arriving early and doing nearly all the critical behind the scenes work. Dottie Watts, Christine Squibb, Jeff and Brenda Bucklew, Austan Barnes

and FB’s director Sonya Messenger really came through for us. We also want to thank all the parents, kids, educators and mental health professionals who came to help us deliver the message and Project Life and The Department of Mental Health who set up displays.

The local CBS and NBC affiliates ran stories that evening. The Moberly Monitor Index, Vandalia Leader and Jefferson County Journal ran feature stories later on.

I Hereby Proclaim .......... 
Nine parents and kids from around the state came to the Capitol to attend the Children’s Mental Health Week proclamation signing in the Governor’s office in early May.

The signing ceremony was followed by a celebratory lunch at Madison’s Café.

Pictured left to right are: Joe Turner, Sally LeBoeuf, Eleta Guidry, Governor Matt Blunt, Dennis Palmer, Wanda Palmer, Susan Pijut, Betty Castleberry, Sonya Messenger, Elizabeth Strope-Ewers, Erin Salisbury.

Beth Griffin of Citizens for Missouri’s Children - Advocacy for Children, Lifetime Achievement Award

Susan Pijut of Arnold received our Child Advocate of the Year Award.
Announcing NAMI Missouri’s 22nd Annual Conference

A Journey of Hope, Community & Action
Transforming Mental Health in Missouri

A conference for families, consumers and professionals

November 9 & 10, 2007
The Resort at Port Arrowhead
Lake Ozark, MO

- Mental Health is Physical Health – Deborah McKee, Ph. D.
- Treatment Update: Schizophrenia & Schizoaffective Disorder – Nancy Hale, B.S., R.N.
- Dialectical Behavioral Therapy for Borderline Personality Disorder, Kristy Hutton, MCSW, LCSW
- Moe Armstrong – Inspirational Speaker
- Family Medical Therapy – Earl Kirn, LCSW
- Partners in Crisis, One Year On – Nancy Lezear
- Medication Update - Michelle Twitty, Pharm D
- Growing Up With Mental Illness, Youth Speak Out – Family Bridges
- Friendship, Marriage & Mental Illness – David Duncan, MCSW
- Pathological Gambling, Keith Spare, Certified Compulsive Gambling Counselor
- and more!!!

Lodging: We negotiated a special room rate of $71 and 10.225% room tax for 1-4 persons for Friday night, November 9. Reservation Deadline is October 9. After October 8, rooms will be provided on a rate and space available basis. Call 1 800 532-3575.

Conference Registration: NAMI Member $69
Future NAMI Member $75
Mental health Consumer $31
Health/Mental Health Professional (CEUs) $90
Family, up to 3 Members $130

Registration fee includes breakfast and lunch on Saturday, November 10 and conference handouts

The University of Missouri – Columbia Missouri Institute of Mental Health (MIMH) will be responsible for this program and maintain a record of your continuing education credits earned. The Missouri Institute of Mental Health will award 8.7 clock hours or 10.5 contact hours (1.1 CEU) for this activity.

Call 1 800 374-2138 for registration form
Registration Form

A Journey of Hope, Community & Action – Transforming Mental Health in Missouri -- NAMI Missouri’s 22nd Annual Conference will be held Friday, Nov. 9 and Saturday, Nov. 10, 2007 at The Resort at Port Arrowhead, P.O. Box 1930, 3080 Bagnell Dam Blvd., Lake Ozark, MO 65049, 1-800-532-3575. Registration fee includes a Friday evening reception; Saturday breakfast, lunch and all instruction materials.

Last Name __________________________ First Name __________________________ M.I. ________

Degree(s) __________________________ Organization __________________________

Address __________________________ City __________________________ State _____ Zip ______

Phone: ( ) __________________________ E-Mail __________________________

I request Continuing Education Units (CEUs) from the University of Missouri School of Health Related Professions.  □  Yes  □  No

Registration Category

□ Mental Health Consumer (Not a family member of consumers) ......................... $31.00
□ Member of NAMI Missouri .................................................................................. $69.00
□ Non-member ........................................................................................................ $75.00
□ Health/Mental Health Professional (Includes CEUs) ........................................... $90.00
□ Family of up to 3 persons (Must register at same time with one payment) ........... $130.00

Provide Names and Relationship

2nd Family Member’s Name __________________________ Relationship ______________

3rd Family Member’s Name __________________________ Relationship ______________

I wish to join NAMI Missouri

□ Consumer .................................................. $5.00
□ At Large member ........................................ $28.00
□ Professional member .................................. $50.00
□ Organization member ................................. $100.00
□ Additional contribution ......................... $_________

Special Needs _______________________________________________________________________________________
____________________________________________________________________________________

Payment Category

□ Check (payable to NAMI Missouri) □ Money Order □ Purchase Order# __________

Organization to Bill: __________________________

Address __________________________

City ______________ State _____ Zip ______

Office Use Only:
Date Rec’d. __________ Amount: ______ Check /MO/PO# __________________________
Notes ____________________________________________________________________
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 ___________

Name___________________________________________
Address________________________________________
City _______________________ State_____ Zip ____________
Phone________________________
Email: ___________________________

Total Contribution Enclosed _____________

Please Send Payment to:

*NAMI Missouri*
1001 Southwest Blvd, Suite E
Jefferson City, MO 65109

NAMI Missouri
1001 Southwest Boulevard, Suite E
Jefferson City, MO 65109

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