Typical for an election year session, very few bills got passed. A time of chaos ensued as Governor Blunt astonished just about everyone with his withdrawal from the gubernatorial race. In the end, persons with mental illness and their families endured another session in which their concerns were largely unaddressed.

**Funds for Mental Health Services**

This was Senator Gary Nodler’s (R-Joplin) first year as chair of the Senate Budget Committee. Advocates worked hard to bring him up to speed on issues facing mental health consumers and their families.

Representative Alan Icet (R-Wildwood - near St. Louis), chair of the House Appropriations Committee eliminated funding for one more PACT program and other initiatives. He did, however, support a 3% inflationary increase for community providers thanks to vigorous advocacy by Representative Danie Moore R-Callaway). David Sater (R-Cassville), Chair of the Health, Mental Health and Social Services Committee went to bat for School Based Mental Health Services. This item was later eliminated.

**Provider Increase — 3%**

Ending a long period of neglect, budget committees approved a 3% increase for (Comprehensive Psychiatric Services) community mental health providers. While this amount falls short of the 8% actually needed and requested, it is a step toward rebuilding access to community mental health services.

**Crisis Intervention Training — $200,000**

These monies are intended to help promote CIT to rural, previously unserved areas. The Statewide CIT Council will oversee this money and its distribution. This group meets regularly in Jefferson City. The public is welcome to attend.

Continued on page 2
**IN THE KNOW**

**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

**Nominating Committee**
To be appointed

**Staff**
- Cindi Keele-Executive Director
- Sonya Baumgartner-Membership Services Coor.
- Sherry Fischer-Director of Operations
- 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
- NAMI Boonville
- Emerging Affiliate: Marshall

**Legislative Update Continued**

**PACT/ Hospital Without Walls**
To help address the crisis in community mental health services, emergency room and hospital overcrowding, one additional PACT team was requested. The request was denied. Five PACT sites were funded last year.

**Specialized Autism Services**
$7,369,240 was approved for additional monies for local centers and programs. Part of this amount will go to whittle down the MRDD waiting list of children and adolescents with autism. Important: we are assured these services will be made available to those in the broader autism spectrum, such as those with Asperger’s

**Medicaid**
In spite of riveting testimony and strong advocacy, dental and eye care were not restored to HealthNet, Missouri’s new Medicaid program. Nearly all legislators have said they support coverage of regular exams, cleanings, fillings, treatment of gum disease, etc. Still, no restorations were made.

They did, however, approve a provider increase. This gives Medicaid dentists a needed raise. While this may help more dentists to accept Medicaid, it does not restore coverage for cleanings, fillings, etc. Thousands have been without these needed services since the 2005 cuts. This did not change.

**Mental Health Coordinator Legislation**
Monies requested by the Department to support salaries for mental health coordinators were axed early on. However, legislation to allow mental health coordinators to be employed by community mental health providers or other local agencies passed (RsMO 632.005) Previously, mental health coordinators had to be state employees. Mental Health Coordinators provide assessment and referral services for persons with mental health needs, including the civil commitment process. This provision should provide more flexibility for obtaining these services.

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

NAMI Missouri is the chartered state organization of the National Alliance on Mental Illness
Mental Health First Aid Coming to Missouri!

How to apply a simple tourniquet or perform the Heimlich maneuver are widely taught as highly effective first aid interventions. Thousands of lay people master them in Red Cross and other trainings every year.

What if the same concept could be applied to mental health? What if members of the public could be taught warning signs and how to give appropriate early help? Australia has done just that. Developed by researchers Betty Kirchner and Tony Jorm in 2001, Mental Health First Aid (MHFA) has enjoyed enormous success in Australia, Scotland and other countries.

The demand for MHFA has been driven by the high prevalence of mental disorders. Direct contact with persons developing a mental disorder or in a mental health crisis is a common experience.

MHFA has shown that members of the public can play a useful initial role. The twelve–hour course covers symptoms and risk factors in common disorders such as depression, anxiety, psychosis, substance abuse disorders and their associated mental health crisis situations. As in convention first aid, and action plan is taught. (1. Assess risk of suicide or harm 2. Listen non-judgmentally 3. Give reassurance and information 4. Encourage appropriate professional help 5. Encourage self-help strategies). Skills needed in each of these five actions are practiced for each mental disorder and crisis covered.

Thanks to SAMHSA’s mental health services transformation grants, the Maryland and Missouri Departments of Mental Health are partnering with the National Behavioral Health Council to bring Mental Health First Aid to the U.S. Training and participant materials are currently being “translated” into “American” and an initial Missouri training was conducted in July.

Note: NAMI members will notice the similarities between MFHA and our Family-to-Family Course. Because of our huge success with family and consumer courses, NAMI is well positioned to promote and adopt MFHA programs. Members can learn more about this from NAMI MO board member Mike Jones and DMH Transition Office’s Dottie Mulikian at our NAMI MO Convention at Lake Ozark, MO November 7 and 8.

Stand With Us!

Together, we are building a future of recovery, respect, and opportunity for people whose lives have been touched by severe mental illness. Your dues go to pay for support, education and advocacy at the local, state and national level.

NAMI support groups and programs like In Our Own Voice, Family-to-Family courses, media stories and confronting archaic and/or stigmatizing public policies are making a difference. Lets keep it going!

Your newsletter label contains your membership expiration date. If you see no date, your membership has expired.
In Our Own Voice Gets the Nod from SAMHSA

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

Studies show that meeting an individual who is living with a mental illness and getting to know them as a person is very effective in building a framework for acceptance and inclusion. In early May, the ADS Center, part of the Substance Abuse and Mental Health Services Administrations’ Campaign for Mental Health Recovery named IOOV one of the nation’s leading stigma interventions. Closer to home, the IOOV program is included as a recommended stigma intervention in our Missouri’s mental health services transformation plan.

Our speakers go just about everywhere chipping away at stigma one audience at a time. Training for IOOV speakers will be held in Jefferson City July 11 and 12, 2008 and in Winter, 2009. You must at least 18 and have a speaking partner to qualify for training. We are particularly interested in training older teens, young adults or consumers who want to speak to young audiences. Call Alice Kliethermes, NAMI MO Coordinator for Consumer Programs at (800) 374-2138 for an application. Applicants must be NAMI members in good standing.

Memorial Tributes

In fond memory of Jeff Enslow
advocate, support group leader and In Our Own Voice speaker.
We will miss him!
By Cindi Keele and the NAMI MO staff.

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

We thank you!
Affiliate Emerging in Marshall

Shirley Richtemeyer and hubby Herb are currently engaged in establishing a NAMI in the Saline County/Marshall, MO area. Like the Boonville members, they attended a few NAMI meetings and have linked with the new NAMI Boonville. President Tim Harlan, Cindi Keele and Ruth Thompson are mentoring this group which is planning begin serving consumers and their families in the fall.

Cindi and Ruth were treated to dinner with some of the new members in June. A presentation to the full group followed. They remarked, “all the elements for success are in place”. Several members have stepped forward to receive training over the summer including In Our Own Voice Presenter Training, support group facilitator training and Family-to-Family teacher training. The first FTF course will be taught in September.

Welcome NAMI Boonville!

We are delighted to announce a new affiliate is up and running and providing support, education and advocacy to consumers and their families. NAMI Boonville was approved as a NAMI affiliate by the NAMI Missouri Board of Directors on April 12. This affiliate came together thanks to the efforts NAMI MO president Tim Harlan and dedicated local organizers Robert Koth, Mary Harris and Susan Harris and many others.

Mr. Koth and others from the Boonville area attended NAMI Columbia meetings and other events to get a feel for how meetings are conducted and to understand the services an affiliate provides. The members started with support and education meetings.

Consumer WARMLines Waiting for Your Call

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
SCHIZOPHRENIA
Twice as Common as HIV/AIDS, but Survey Shows Americans Misinformed

The following is an excerpt from a NAMI news release dated June 9, 2008.

Twice as many Americans live with schizophrenia than HIV/AIDS, but a major report by NAMI reveals most Americans are unfamiliar with the disease.

“Americans are not sure what to think about schizophrenia,” said NAMI executive director Mike Fitzpatrick. “They know schizophrenia is a medical illness affecting the brain, but it is largely misunderstood. There are gaps in knowledge - and access to treatment. Misinformation, misperceptions, and misunderstanding represent a public health crisis.

The report is available at www.nami.org/schizophreniasurvey. It is based on an online survey conducted by Harris Interactive among the general public, caregivers and individuals living with schizophrenia.

Approximately two million Americans live with schizophrenia. Two-thirds do not receive treatment, even though the disease can be managed successfully.

Consumer Peer Services, the Evidence is Growing

NAMI Southwest Missouri’s drop-in center and WARMline and NAMI Missouri’s WARMline are working closely with Jean Campbell, Ph. D. to gather evidence on the effectiveness of peer services. The following is an article written by Dr. Campbell.

A 1995 study found that people served by a per specialist and a case manager over an 18-month period showed greater improvements in several quality of life measures than a case manager working alone or with a non-consumer assistant (Felton,C., P., Shern, D., Blanch, A., Donahue, S., Knight, E., and Brown,C., 1995).

More recently, researchers began to conduct experimental studies of peer services that included positive psychological measures of empowerment, hope, self-esteem, well-being and recovery. Investigations of the relationship of positive psychological functioning and participation in mutual support groups and drop-in centers suggested that peer support improved perceptions of self, social functioning, and decision-making (Roberts, Salem, Rappaport, Toro, Luke & Seidman, 1999; Yanos, Primavera & Knight, 2001).

In 1998 the federal government funded a large national multi-site study involving over 1,800 study participants at eight sites (Campbell, Lictenstein, Teague, Johnson, Yates, Sonnefeld, et.al., 2006). Final results have established that when peer services are offered as an adjunct to traditional mental health services they significantly increase the sense of well-being among persons with mental illness. The critical ingredients of these Services were identified as enabling members to “tell their story” to express their search for meaning and purpose through artistic expression, and the opportunity to both a helper and a recipient of help in formal and informal peer support. The research found compelling evidence that hope functions as an internal resource, becoming a major source of motivation for positive change. When combined with favorable external resources and opportunities, hope jump-starts involvement in new activities.

The growing body of evidence of the effectiveness of peer-to-peer services to promote and enhance recovery validates efforts to bring mental health consumers into the mental health workforce. Further, studies of peer-to-peer services have enhanced knowledge of peer practice and provided the empirical basis for creating effective partnerships between peer providers, public mental health agencies, and managed care organizations.
**Upcoming Volunteer Training Opportunities!**

Call (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


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. You make a significant contribution in achieving 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. Low cost and open door memberships are available for those who cannot afford the full amount (usually $28).

**New Visions for Tomorrow Parent Courses Rolling Out**

Barbara French, Marie Allen and Ruth Thompson trained 9 new Visions for Tomorrow parent course teachers June 6-8 in Jefferson City. The new Families as Advocates; Coming Together for Kids Network was a major sponsor of this training. NAMI Missouri’s general support grant from the Missouri Foundation for Health also provided support.

We are proud to welcome new teachers; Dottie Watts, Marvin Terry, Bob Dunn, Lisa Lelois, Mary Harlan, Wanda Palmer, Sandra Hamilton, Jen Florence and Kiara Estill.

These new teaching teams will conduct courses in Kansas City, Springfield and surrounding areas. There is no charge to parents for this course. Contact Ruth Thompson at the NAMI MO at (800) 374-2138 for more information.

**25 New Support Group Facilitators Receive Training**

More people than ever are requesting family support groups and NAMI affiliates struggle to keep up with local needs. Our family (peer) support group facilitator skill training course on April 4-6 was so inundated with applicants that we scheduled a second course on June 27-29. The second training was made possible in part by a grant Missouri Foundation for Health.


Master trainers Kay Rittenhouse, Alice Adcock and Mike Jones. Ph. D. conducted the training with staff assistance from Sonya Baumgartner (our staff Family-to-Family coordinator). Funding is available to offer another training in mid-2009.
NAMI Missouri’s 23rd Annual Educational Conference for families, consumers and professionals

Making Recovery Real • November 7 & 8, 2008
The Resort at Port Arrowhead • Lake Ozark, MO

- **Trauma Informed Care** – Ruth Mazelis, BS, National Center for Trauma-Informed Care
- **Music and Mental Health** – Kara Kulpa & Jay Ludwig, music therapists, Fulton State Hospital
- **Family Communication Skills (Motivational Interviewing)** – Ladonna Zimmerman, LCSW, MSW, Fulton State Hospital
- **Trauma, Addiction & Mental Illness; A Story of Recovery** – Tonier Cain, Maryland Women’s Trauma Project
- **Looking to 2009** – Keith Shaefer, Ph. D., Director, MO Department of Mental Health
- **Research & Medicine Update** – John Newcomer, M.D., Washington University, St. Louis, Mo.
- **The Adolescent Brain** – Heather Harlan, BA - Phoenix Programs, Inc., Substance Abuse and Treatment Center
- **Schizophrenia, Making Recovery Real** – Kristy Hutton, MCSW, LCSW
- **Mental Health First Aid** – Dottie Mullikan, Missouri Department of Mental Health & Mike Jones, Ph. D., NAMI MO Board of Directors & College of the Ozarks
- **Advocating for Change** – Timothy C. Harlan, attorney & president, NAMI Missouri
- **Special Needs Trusts** – Reggie Turnbull, attorney

**Lodging:** was negotiated at a special room rate of $71 and 10.225% room tax for 1-4 per persons per room occupancy for Friday night, November 7. Reservation deadline is October 7, 2008. After October 7, rooms will be provided on a rate and space available basis. Call 1 800 532-3575.

**Conference Registration:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAMI member</td>
<td>$70</td>
</tr>
<tr>
<td>Future NAMI member</td>
<td>$78</td>
</tr>
<tr>
<td>Health/Mental Health Professionals (with CEUs)</td>
<td>$95</td>
</tr>
<tr>
<td>Family rate, up to 3 members</td>
<td>$130</td>
</tr>
</tbody>
</table>

Registration fee includes a breakfast and lunch on Saturday, November 8 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.
Registration Form

Making Recovery Real -- NAMI Missouri’s 23rd Annual Conference will be held Friday, Nov. 7 and Saturday, Nov. 8, 2008 at The Resort at Port Arrowhead at Lake Ozark, MO. 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 Social Security No. ______ - ______ - ______

Registration Category

□ Mental Health Consumer (Not a family member of consumers) .............................................$35.00
□ Member of NAMI Missouri ..................................................$74.00
□ Future NAMI Member .................................................................................$78.00
□ Health/Mental Health Professional (Includes CEUs)..........................................................$95.00
□ 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 (Open Door)..................................................$5.00
□ At Large member ..........................................................$28.00
□ Professional member .....................................................$50.00
□ Additional contribution ..................................................$____

Special Needs ____________________________________________________________________________

________________________________________________________________________________________

Payment Category

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

Organization/Agency to Bill: ________________________________

Attention: _____________________________________________

Address: ______________________________________________

City ________________________ State ______ Zip ______

Mail to: NAMI Missouri
410 N. Jefferson Street
Jefferson City, MO 65101

Phone: 1-800-374-2138
Fax: 1-573-761-5636
E-mail: namimosjf@yahoo.com

OR contact your local NAMI affiliate about membership. Local membership dues include State and National memberships.
New Missouri Commission on Autism Spectrum Disorders

Lt. Governor Peter Kinder signed a bill into law in June creating the Missouri Commission on Autism Spectrum Disorders. We are pleased this commission will address the spectrum, rather than being restricted to strictly defined autism diagnoses.

This commission will help extend recent attention drawn to autism spectrum disorders like Asperger’s. Still, a number of parents feel the creation of a new commission falls short of addressing some primary issues confronting their children. One of these issues is health insurance coverage that often fail to cover behavioral, speech and physical therapies for autism. Elizabeth Obrey, a Springfield mother of three children with an autism diagnosis comments, “It won’t even cover speech therapy because the children did not lose their speech due to an accident”. Lt. Governor Kinder commented a mandate could force health insurers to raise premiums for everyone.

Mental health advocates repeatedly heard this argument in their efforts to educate legislators about mental health insurance parity. Experience with mental health insurance coverage parity in Missouri does not bear this out. Our state has shown no significant increases in costs. In some cases there are decreases due to early intervention and treatment. Other states show a similar experience.

In addition to the creation of the commission, the general assembly allocated about $12.4 million in new funding for autism-related state services.

Transition-Aged Youth Need Attention

Under the best of circumstances, the transition years from adolescence to adulthood are rarely easy. They are infinitely harder for young people living with serious mental health needs.

Here in Missouri, we have no consistent state-wide plan or system for helping adolescents receiving services to transition into adult services. A plan has been recommended by the Missouri Mental Health Services Transformation project entitled Creating Communities of Hope, but it may be years before actual services begin.

A June, 2008 U.S. Government Accountability Office (GAO) report estimates that 2.4 million young Americans living with mental illnesses fall within transition ages, but this estimate does not include young adults funneled into the criminal justice system, institutionalized or living homeless on the streets. Overall, we see huge costs across different sectors of society, and a terrible toll on individuals and their families. As a nation, we cannot afford to continue to ignore young adults.

NAMI applauds Senators Gordon Smith and Chris Dodd and Representative Pete Stark for their leadership in introducing federal legislation that will, if passed, provide state planning grants to develop strategies to address such issues as life skill training, housing, education, supported employment and other services. Such services can reduce the burden on families, the corrections system, the mental health system and more. More importantly, it can help young people live independently and reach their full potential.
What a Difference a Friend Makes Campaign Materials Reviewed by Missouri Youth

Research shows that young people between the ages of 18-25 have a high prevalence of symptoms of mental illness. Research also shows that people in this age group are the least likely of any group to seek out appropriate help. Instead they turn to peers who, though well meaning, can give harmful advice.

Social connectiveness, so important to young people, commonly diminishes when a person begins having symptoms. This isolation can impede recovery, especially in young people who generally view peer acceptance as extremely important.

The What a Difference a Friend Makes campaign of SAMHSA and the Ad Council addresses these issues. Its message stresses accurate information about mental illness, its treatment and the importance of friendship in a young person’s recovery. NAMI Missouri was awarded a special grant in October to promote this campaign for one year. So far, the Missouri-based efforts have been extremely well received.

One notable effort was carried out by Jen Florence and Austan Barnes, youthful leaders in Family Bridges’ youth organization, Youth Standing Tall. These two conducted a youth focus group at the 2nd Annual Statewide Children’s Conference in Branson in early May. We owe these young leaders a debt of gratitude. Twenty-three young persons between the ages of 14 and 23 attended their session.

Participants viewed television ads, radio ads and brochures. With just one exception, response to the campaign was positive. It was striking how many participants recommended we use these materials in schools, pointing to the difficulty young people often face with peers, teachers and school officials.

Campaign posters developed along the theme My Friend Has Me will become available in late July. To receive a sample poster contact NAMI Missouri at 1 800 374-2138 or email Cindi Keele at namimockj@yahoo.com.

Also in late July, NAMI MO will partner with NAMI Southwest MO to conduct a 19-outlet media blitz with the campaign TV and radio public service announcements. Volunteers will be trained by the Department of Mental Health’s Rita McElhaney and NAMI MO staff on July 22. These public service announcements have been outfitted with NAMI Southwest Missouri tag lines.

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

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

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Permit No. 390