



National Alliance on Mental Illness

nami Missouri

Winter 2013

Support

Education

Advocacy

Research



An Open Letter From Cindi Keele

Our nation mourns the deaths of the children, teachers and school officials who needlessly lost their lives in the Newtown, Connecticut school shooting. Some say these and other mental health tragedies are on the rise and if the number of suicides completed by returning war veterans is an indicator, they may be right. I know that NAMI MO and our affiliates answer significantly more calls from desperate loved ones and consumers today than just a decade ago.

In times marked by fear, crisis and loss, most of us seek comfort in family and friends. But far too many are not so lucky. Now more than ever people of all ages need NAMI.

Here in Missouri, NAMI represents thousands of Missourians affected by mental illness. We represent individuals. We represent families. When consumers and families face unfounded blame, shame, stigma and less than helpful professional or school officials, we're here. We understand. We get it.

The tragedy at the Sandy Hook school made us step back and take another look. Right now elected officials, school personnel, the corrections system and others are more willing to hear us. As advocates we must seize the moment and leverage it to prevent further heartache and loss. This is our time.

I'm encouraged. I attended three meetings with our state's top officials in December and early January. At long last there was serious talk about mending the holes in our state's mental health safety net, eliminating stigma and providing needed support to families. Earlier this week first lady Georganne Nixon told me, "We can do some good things for mental health this year." Willing elected officials will need constituent support to accomplish those "good things." Plenty of other worthy causes compete for state dollars.

In addition, elected officials and the public in general must begin to acknowledge the NAMI volunteer's crucial role in shoring up our state's safety net. Family members and consumers donate thousands of hours of service each year. They advocate, educate and provide essential peer services. They are truly an unsung, unheralded and hidden adjunct to the mental health system.

How I wish Adam Lanza's mom had a NAMI support group. We know her support friends would have tried to break through her denial. They certainly would have told her to secure those guns!

NAMI Missouri
3405 W. Truman Blvd., Suite 102
Jefferson City, MO 65109
Office: (573) 634-7727
(800) 374-2138

Board of Directors

Cinda Holloway - President
Mike Jones, Ph.D. - First Vice President
Les Joslyn - Second Vice President
Susan Pijut - Secretary
Eric Pahl - Treasurer

Members At Large

Ken Jones • Dora Cole • David Lackey
Diana Harper • Michelle Redd
Renee Yeager • Sandra Hartge

Nominating Committee

TBA

Full Time Staff

Cindi Keele
Executive Director
Sherry Fischer
Director of Operations
Sonya Baumgartner
Director of Family & Parent
Education/Membership Services

Part Time Staff

Alice J. Kliethermes
Director of Consumer Services
Kim Hoffman
Assistant to the Director of Operations/
Provider Education Coordinator
Sharon Groner
Office Support Specialist
Shirley Capps
Office Support Specialist
Barbara French
Outreach Specialist
Karren Jones
Office Support Volunteer

Affiliates

NAMI Greater Kansas City • NAMI Jefferson City
NAMI Columbia • NAMI Joplin
NAMI Southwest Missouri • NAMI St. Louis
NAMI South Central Ozarks • NAMI Moberly
NAMI Boonville • NAMI Northeast Missouri

All NAMI affiliates have support groups.
Support groups also meet in Branson,
Hannibal, and Brunswick

Part Time WARMLine Responders

Sharon Groner • Karren Jones
Barbara French • Shirley Capps
Rick Roberts

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

Open Letter Continued

Had she graduated from Family-to-Family, she would have a crisis plan like so many other course graduates. She would have kept it within reach by her phone. When the professionals shrugged their shoulders, she would have had understanding friends to call.

NAMI friends would have helped her find the help her son needed. Consumer peers might have helped Adam when his mom could not.

Mental health tragedies set us back and tragically, they drive stigma even deeper. As NAMI members we know stigma hampers recovery and may serve to bring the next tragedy closer. Far too few realize persons living with a mental illness are much less prone to violence than the general population and overwhelmingly that tragedy is a suicide.

I appreciate the way one advocate described it. "You don't hear about the thousands of planes that land safely every day. Only the crashes make the headlines."

Please support NAMI Missouri's mission to support, empower and serve all the Missourians who need us. Please join, renew and make a tax-deductible donation today. Your support is an investment in a better, more enlightened Missouri. A Missouri that will, with YOUR help, come to see recovery as the expected outcome.



NAMI Missouri's 28th Annual Conference will be held at the Resort at Port Arrowhead, Lake Ozark, MO on November 1 and 2, 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.

Medicaid Expansion and Mental Illness

Few initiatives have greater potential for good for persons with mental illness and their families than the expansion of Medicaid to 133% of poverty. Those of you involved in NAMI in 2005 bore witness to the abrupt and cruel elimination of Medicaid health care coverage for more than 100,000 elderly poor and disabled individuals. Many of you stood in the Capitol hallways with our director and were stunned when one elected official said, "Health care is a privilege, not a right". Today Missouri's Medicaid program is among the stingiest in the nation.

According to the Brazelon Center for Mental Health Law, approximately one in six of Missouri's uninsured with incomes below \$14,856 annually (or 133% of poverty) have a severe mental disorder. Nearly half the (proposed) newly eligible individuals have incomes below \$5585 annually, or 50% of the federal poverty rate.

Medicaid expansion holds many other benefits for our state as well. It is estimated that 24,000 new jobs will be created in 2014 alone. It will give low-income working families a level of health care security previously unknown. Today, unpaid medical debt is responsible for 60% of Missouri bankruptcies.

If this topic is of interest to you, please consider attending NAMI MO's March advocacy training in Jefferson City and becoming a part of our advocacy online network. Please send your email address to namimockj@yahoo.com and follow us on Facebook.

Family Support Facilitators Credentialed in October

Congratulations to our new family support group facilitators who earned their credential in October at a training held in Jefferson City. Many thanks to Mike Jones, Ph.D. and Bob Marolf for serving as trainers. The new facilitators are:



(back row) Bob Marolf (trainer), Dale Schotts, Anita Newman, Mary Kelly, Mike Jones, Ph.D. (trainer), Michele Felton, and Evelyn Buretta (front row) Joe Custin, Jan Reimers, Heidi Custin, Keith Sadler, and Nora Ryan.

Your work will ease suffering and deliver new hope to families. We thank you!

We have more than a dozen willing and wonderful volunteers waiting to attend training and earn their credential. Your generous donation is needed now to get these folks credentialed and out there helping families.

In NAMI you don't have to explain. We get it, we understand.



Like Us On FACEBOOK

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.

IN REMEMBRANCE

Memorial Contributions

Sara Hansen and
Aaron Wachholz
made a memorial tribute
in honor of

Jonathon Neil Hansen,

a bright young man
who died far too young.

His photograph hangs
in our NAMI MO library.

Dora Cole of Poplar Bluff
and Cindi Keele made a
memorial tribute honoring
the memory of the
extraordinary child
mental health advocate
and researcher

Robyn Boustead.

Mark Q. Johnson of
Holts Summit made a
memorial tribute
honoring his brother

Jason Jay Johnson

on his birthday, November 14.

Cindi Keele made a
memorial contribution
in memory of

Leslie Jordan,
mental health advocate
and friend.

Elise and Daniel Renick
of Fenton gave a
memorial contribution
in memory of

Michael Maddox.

Upcoming NAMI Trainings

Training	Date
NAMI Smarts! Learn to be an Effective Advocate	March 4-5, 2013
In Our Own Voice (stigma reduction) Presenter Training	Spring 2013
NAMI MO Workshops for Mental Health and Social Service Providers	Kansas City, May 2013 Joplin, June 14, 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.

The Deadliest Mental Illness

The deadliest mental illness is eating disorders. Surprised? This serious disorder has been given far too little attention. Treatment is hard to access in Missouri and its sufferers confront discrimination in health insurance coverage. The Missouri Eating Disorders Council, staffed by Annie Seal (a mom from St. Louis) held its first meeting in late January. Two bills to address insurance coverage discrimination have been filed; Senate Bill 160 by Senator David Pearce and House Bill 131 by Representative Rick Stream.

Car for Sale

1965 4-door Chrysler Imperial
Crown. Vehicle has been well
maintained and low mileage
for its age. Motor is in good
condition and carburetor has
recently been rebuilt.

Overall in good condition
and very few available in the current market. Priced for quick sale. Contact Sherry Fischer at 1-800-374-2138.



The MHFA Youth Version Rolls Out in March with Presidential Endorsement

NAMI MO became a promoter and supporter of Mental Health First Aid early. In fact, our Mike Jones, Ph. D., Cindi Keele and Ruth Thompson were in the first United States class. In 2012 NAMI MO conducted 29 MHFA courses, graduating 485. In doing this, we soon realized we were only touching the tip of an iceberg of need.

In his January 16 speech on limiting gun violence, President Obama stated, “The adult version of the Mental Health First Aid program has already been delivered to nearly 100,000 Americans through a network of more than 2,500 instructors. The youth version of Mental Health First Aid is an evidence-based training program to help citizens identify mental health problems in young people, connect with youth care, and safely deescalate crisis situations if needed.”

Here in Missouri, current adult instructors will be able to receive training in March to qualify them to teach the youth version. This training will be held in St. Louis. Research shows the sooner people get help for mental health disorders, the more likely they are to have positive outcomes.

Governor Nixon’s Plan for Mental Health

In his January 28, 2013 state-of-the-state address, Governor Jay Nixon unveiled his plan to strengthen Missouri’s tattered mental health safety net, prevent suicides, detect symptoms early and support the efforts of persons living with a mental illness and their families.

A \$10 million budget proposal includes support for Mental Health First Aid, police Crisis Intervention Teams (CIT), NAMI Basics courses and support groups for parents of kids, embedding mental health outreach workers at National Guard training sites, strengthening the Access Crisis Intervention (ACI) System, placing Mental Health Liaisons in the community to provide (or arrange for) assistance to families dealing with difficult mental health issues and more.

These initiatives will help address stigma and assist Missourians in steps toward recovery. But, this will only happen if the House and Senate Budget Committees approve the Governor’s “Strengthening Missouri’s Mental Health System” package.

If every person living with a mental illness, his/her family members and medical professional voiced their support, this proposal can become reality on July 1, 2013.

Representative Rick Stream (R- St. Louis) chairs the House Budget Committee,

Senator Kurt Schafer (R-Columbia) chairs the Senate Budget Committee. Full committee rosters can be found at www.house.mo.gov and www.senate.mo.gov.

Memorial Contributions

A memorial tribute donation was made to honor the memory of **Michael Ray Maddox** by Ann Perry

Louise Morris of Columbia made a memorial contribution in honor of her mother on her birthday October 26.

June Kreyling of Dittmer made a memorial contribution in memory of mental health advocate **Marge Parrish.**

Renee and Jim Yeager of Fulton gave a memorial gift in honor of their daughter **Angela Renee Yeager** Dec. 12, 1971 – Aug. 12, 1995.

J. W. Curtis of Greenwich, CT made a memorial contribution in honor of parents **Irene and Wesley (Wes) Curtis,** dedicated advocates and founding members of NAMI Southwest MO.

A memorial donation was made to honor the memory of **Bob Bussabarger,** mental health advocate and husband of former NAMI MO president Mary Lou Bussabarger.



Teen Suicide. Therapy Not Enough

A study recently published in the journal JAMA Psychiatry suggests that effective treatment for suicidal teenagers must address more than traditional therapies for mood disorders like depression. This study has been called the largest in-depth analysis to date of suicidal behaviors in American teenagers. Researchers interviewed more than 6000 teens and at least one of their parents.

Most adolescents who plan or attempt suicide have already received at least some mental health treatment, but common therapeutic interventions fall short. The study suggests that effective treatment for severely suicidal youth also must address behavioral problems that lead to impulsive acts.

According to the Centers for Disease Control and Prevention, 1386 people between ages 13 and 18 completed suicide in 2010, the latest year numbers were available. Among boys, 3 percent made plans and 2 percent carried out attempts, which tended to be more lethal than girl's attempts. The study concluded that no reliably effective strategy currently exists and more study is needed. According to researcher Dr. David Brent, "We simply do not have empirically validated treatments for recurrent suicidal behavior."

Doctors have tested a range of therapies to prevent or reduce suicidal behaviors with mixed results. Medications can ease depression, but can increase suicidal thoughts early in therapy. Talk therapy can improve behavioral problems, but not all. Dialectical behavior therapy has proved effective in reducing hospitalization and suicide attempts among those with borderline personality disorder, who are prone to self-harm.

But teens with a mixture of mood and behavioral issues are difficult to reach. A 2011 study is promising. Researchers at George Mason University reduced suicide attempts, hospitalizations, drinking and drug use among suicidal adolescent substance abusers. The study found that a combination of intensive treatments – talk therapy for mood problems, family-based therapy for behavior issues and patient-led reduction in drug use was more effective than regular therapies.

"But that's just one study, and its small," said Dr. Brent of the University of Pittsburg. More research is needed.

New NAMI Basics Teacher Credentialed in Jefferson City

Eleven enthusiastic volunteers were credentialed as new NAMI Basics parent course teachers during a training weekend in early January.

Left to right are; Mary Kelley (trainer), Mary German, Laurel Hayes, Michele Felton, Donna Gockel, Linda Cobet, Donnita Gockel, Carol Wiseman, Rick Wiseman, Donald Schneipp, John Orear, Les Joslyn (trainer), Anita Newman, Tina Dumm



Talking to Your Child about the Connecticut Mass Shooting

At this writing news coverage surrounding mass shootings in Arizona, Colorado and Newtown, Connecticut is nearly unavoidable. As much as we may try to protect them, its likely your child will be exposed to stories or images that frighten them.

As much as possible parents of young children should keep their children from hearing reports on TV, radio and social media and closely monitor exposure to media for all children. Be aware young children who see images of the Connecticut school and teachers and children running repeatedly may think the tragic even is happening again and again. Children who show persistent signs of anxiety and stress, including recurring nightmares or sleep problems and fears about leaving home should see their pediatrician or mental health professional.

Its important for parents to check in with their kids and be attuned to how they're feeling.

Answer questions honestly and in a straightforward manner. According to Dr. David Schoenfeld, a pediatrician and director of the National Center for School Crisis and Bereavement at Cincinnati Children's Hospital Medical Center, a good way to start is by asking your child what they have heard and if they have any questions. "I wouldn't provide false reassurance or dismiss legitimate concerns," he said. "We don't help children by telling them they shouldn't be afraid of things that are frightening."

Above all, parents need to try to help their children feel safe. Helping kids return to or maintain normal routines can help minimize anxiety. If children don't bring it up themselves, parents can offer information about what is being done to keep them safe.

NAMI Basics Courses Coming Soon

The 2013 fiscal year is off to a running start with several NAMI Basics courses being offered in various communities. This 6-session course is designed to meet the special need of parents, foster parents and custodial relative of children and adolescents with mental health needs. Classroom size is limited and pre-registration is required. Contact Sonya Baumgartner at namimofamilies@yahoo.com for more information.

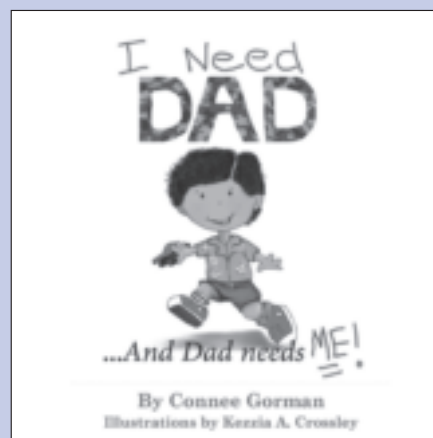
- Joplin – February 21
- Hillsboro – March 4
- St. Louis – course starts announced soon.
(Contact NAMI St. Louis at 314-962- 4670)
- Columbia - TBA
- Troy - TBA
- Jefferson City – TBA
- Kansas City – TBA

New Children's Book in the NAMI MO Library

I Need Dad and Dad Needs Me – A Loving Lesson about PSD for Families by Connee Gorman

This book is an important resource for families of military professionals. It opens the conversation and helps children understand and cope with the very real issues that arise after combat deployments.

To order this book contact the author at www.conneegorman.com





NAMI Missouri
 3405 W. Truman Blvd., Suite 102
 Jefferson City, MO 65109

Non-Profit Org.
 U.S. Postage
PAID
 Jefferson City, MO
 Permit No. 390



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

Enclosed are my dues for (check one):

- Individual/Family (\$35)
- Open Door/Limited Income (\$3)
- Additional Contribution \$ _____
- Total Enclosed \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email: _____

Please Send Payment to:
NAMI Missouri
 3405 W. Truman Blvd., Suite 102
 Jefferson City, MO 65109