Mental Health Legislative Summits
Kicking off the 2017 Session

NAMI Missouri and partners MHA of the Heartland, MHA of Eastern Missouri and the Missouri Federation of Advocates for Behavioral Health hosted Mental Health Legislative Summits in Kansas City and St. Louis in January. In hosting these events we sought to inform people interested in mental health about upcoming legislative proposals and issues and motivate them to get active in advocacy.

Both events were filled and had waiting lists. We take this as evidence that interest in protecting past gains and making life better for people with mental illness remains strong. Several attendees signed up to come to Jefferson City to provide testimony and make personal visits to their legislators.

Tim Clement, an expert on mental health insurance parity, flew in from Philadelphia for both events. Mr. Clement works for a national organization called Parity Track. He is also involved with the Kennedy Forum on public policy.

State and federal laws require most insurance companies that offer mental health coverage to cover it on a basis equal to other conditions. Unfortunately some insurance companies are finding loopholes and leaving folks with limited care. Others blatantly discriminate and violate this law.

Some insurers count on people accepting coverage denials and not knowing where to find help. Most states grant their Insurance Commissioner (Department of Insurance) authority to enforce parity laws. Here in Missouri, reports of parity law violations must be made to the Missouri Department of Labor or the Department of Health and Senior Services. According to Mr. Clement, this puts Missouri consumers in a weaker position than most. There is, however, some good news. Missouri law regarding insurance coverage of eating disorders goes above the federal requirement for equitable coverage. NAMI members worked hard to get this provision into law and would like to see it extended to other conditions.

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The NAMI Missouri Board of Directors held its Fall meeting on December 10 at the NAMI Missouri office in Jefferson City. Board members from St. Louis, Branson, Columbia, Jefferson City and Springfield were in attendance.

Special guests Kimberly Hicks and Cindy Davis and from the MO Coalition of Community Behavioral Health Centers made a presentation about Missouri’s Mental Health Coordinators. It was noted the state will start 2017 with an anticipated budget deficit of $200-$300 million.

NAMI Missouri’s fiscal 2016 budget was reviewed and the 2017 budget proposal was approved. NAMI Missouri’s annual audit is complete and showed no material weaknesses. Ms. Keele advised the board that a $15,000 grant from the A.P. Green Foundation was approved to support NAMI Homefront teacher training and courses.

Ms. Keele provided a review of the 21st Century Cures Act and provided information on Mental Health Legislative Summits being held in Kansas City and St. Louis in January. These summits are cosponsored by the MO Federation of Behavioral Health Advocates, MHA of the Heartland, MHA of Eastern Mo and NAMI MO. Topics to include mental health insurance parity enforcement, access to atypical antipsychotics and the future of the ACA and MO Medicaid (MO Healthnet).

Michael Jones, Ph.D. provided an update on the NAMI Homefront effort, including new certification for Family-to-Family teachers and an upcoming training.

NAMI MO public policy platform for 2017 was considered and approved.

Ms. Keele updated the board on plans for the 2017 annual meeting and conference scheduled for May 5-6, 2017 in Columbia, MO. A new format will feature a mixer and entertainment on Friday night.

James Owen, Ed Bothe, Don Schneipp and Mike Jones were appointed to serve as NAMI MO’s 2017 nominating committee.

Affiliate re-affiliation was discussed. NAMI St. Louis, NAMI Southwest MO (Springfield) and NAMI Greater Kansas City are close. Member made reports on affiliate activities in St. Louis, Jefferson City, Columbia, NAMI Southwest MO (Springfield). Ms. Keele reported on progress in Kansas City.

If you are interested in making a statewide impact, the NAMI Missouri Nominating Committee wants to hear from you.

Board terms are three years in length with the possibility of election to 2 additional terms. Candidates must have been a member in good standing (dues current) for the 12 months preceding their election. If you are receiving this newsletter, you are a current member. Your expiration date appears on your address label.

Applicants must be willing to set regional or affiliate interests aside and represent the entirety of Missouri. Prior NAMI volunteer experience is desired, but not required.

Please send an email or letter of interest to the NAMI Missouri Nominating Committee in care of the NAMI Missouri office, 3405 West Truman Blvd., Suite 201, Jefferson City, MO 65109 or namimockj@yahoo.com.
Mental Health Legislative Summits

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Summit attendees were also alerted to a recommendation to remove RSMO 208.277, a legal provision that currently allows people with Medicaid health insurance coverage to have access to any anti-psychotic medication their doctor prescribes. A restricted formulary has been recommended.

NAMI strongly opposes psychiatric pharmacy restrictions. No two brains are exactly alike and one-size-fits-all approaches deny people their best chance at recovery. We feel medical decisions should be based on best clinical practices and collaboration between doctor and patient. We feel requiring people with mental illness to change a treatment that is working well is risky and would result in costly hospitalizations and undue suffering. Advocates should contact their Senators and Representative about this recommendation. It came from the Senate Interim Committee on MO Healthnet Pharmacy Benefits chaired by Senator David Sater, R - Cassville.

Lastly, there was discussion about the upcoming session in light of Missouri’s huge budget deficit. While support for mental health treatment has been good, these services are always vulnerable to cutting. It was noted that a high number of legislators will be new this year, serving their first terms. Stigma and ignorance are prevalent and these new legislators come to the capitol just as uninformed or ill informed about mental health as the general population.

For more information about legislative issues affecting people with mental illness contact your local affiliate or call 1 800 374-2138.

Thank You, Carrie Fisher

We were saddened by the recent passing of Carrie Fisher, the actress who played Princess Leia in four of the Star Wars movies. Ms. Fisher received NAMI’s Rona and Ken Purdy Award in 2001 for an ABC “Prime Time Thursday” interview in which she spoke openly about her struggles with bipolar illness. She went on to become one of our nation’s most vocal stigma busters, helping to educate thousands about the realities of mental illness.

Her message was clear and inspiring, “At times, being bipolar can be an all-consuming challenge, requiring a lot of stamina and even more courage. If you’re living with a mental illness and functioning at all, it’s something to be proud of, not ashamed of.” Thank you, Carrie Fisher. You will be missed.
In Rememberance

Memorial Donations & Tributes

Memorial donations in memory of
Raymond Streeter,
son to Julie Streeter
by Marcia G. Shelley,
Danny D. Oppenheim, Sr.
and Kimberly Williams.

A memorial donation in the memory of
Kelly Valle,
by Loretta Bolius and the staff of
the City Hall of Park Hills.

A memorial donation in the memory of
Sanford Olshan,
by Robert Olshan

A memorial donation in the memory of
Gary Jones,
by an anonymous donor

Check Your Label

NAMI Membership Expired?

When did you last renew your dues? Your membership expiration date is printed above your name and address on the front of this newsletter. If that date is past, please renew today. Stay current and keep the NAMI Advocate magazine and this newsletter coming.

Renew today.

Find us on the web at
namimissouri.org

Get Social!

Follow us on Twitter at
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Join us on Facebook at
fb.me/NAMIMissouri.org

NAMI Missouri Trainings

Contact Alice Kliethermes about these courses at alice@namimissouri.org or 1-800-374-2138

Citizens Advocacy & Leadership Development Training

March 13 - 14, 2017
Training to become mental health advocates and consumer leaders. Openings for 60.

Registration Deadline is February 22

In Our Own Voice: Living With Mental Illness Presenter Training

June 2 - 3, 2017
Training for teams of 2 consumers to give interactive presentations about mental illness, including video, personal testimony & discussion. Openings for 16 Consumers.

Registration Deadline is May 1

NAMI Connection Recovery Support Group Facilitator Training

August 4 - 6, 2017
Training for teams of 2 consumers to facilitate support groups for persons living with mental illness. Openings for 18 Consumers.

Registration Deadline is July 4

Trainings will be held in Jefferson City at the Best Western Plus Capital Inn.
Family-to-Family Courses

**Joplin**
(NAMI Joplin Office)
February 2 - April 20

**Wentzville**
(New Creation Presbyterian Church)
February 16 - May 4

**Maplewood**
(Christ Church)
March 1 - May 17

**St. Peters**
(Grace United Church of Christ)
March 2 - May 18

**Des Peres**
(St. Paul Lutheran Church)
March 4 - May 20

**Columbia**
(M.U. Psychiatric Center)
March 4 - May 14

**Clayton**
(First Congregational Church)
March 6 - May 18

**Kansas City**
(Research Psychiatric)
March 7 - May 16

Contact Sonya Baumgartner about these courses or trainings at Sonya@namimissouri.org or (800) 374-2138

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**NAMI Homefront Education Course**

Education program for family, friends and partners of military service members and veterans with mental health conditions.

**Kansas City**
(VA Medical Clinic)
February 11, 18, 25

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**Family-to-Family Teacher Training**

Trains individuals to teach 12-week educational course to family members/caregivers of adults living with mental illness.

**Jefferson City**
(Best Western)
July 14 - 16

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**Basics Teacher Training**

Trains parents/primary caregivers to teach this 6-week course to other parents/caregivers of children or adolescents living with mental illness.

**Jefferson City**
(NAMI Missouri Office)
April 7 - 9

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**Family Support Group Facilitator Training**

Trains individuals/families to lead support groups for families who have loved ones living with mental illness.

**Jefferson City**
(Best Western)
August 12 - 13
December 14 marked the 4th anniversary of the tragic Sandy Hook school shooting in Newtown, Connecticut. As we honored the Sandy Hook families, teachers, school staff and first responders we also stood with them in victory at the signing of the 21st Century Cures Act.

The new law, which encompasses the Mental Health Reform Act of 2016, allows $1.8 billion in federal spending for cancer research, $1 billion to address the opioid epidemic and $3 billion for biomedical research initiatives including BRAIN and Precision Medicine Initiatives. It also provides for system improvements such as law enforcement training and mental health courts to divert people in psychiatric crisis into treatment and keep them out of jails and prisons. The role of the family caregiver is supported with new clarification of (HIPPA) laws that outline when mental health professionals can share medically-needed information with family caregivers.

NAMI Missouri applauds the bill’s passage and the disclosure to family caregivers provision. When your adult child or spouse is released from the hospital following a severe psychiatric crisis, he or she may not be recovered enough to follow a medication regimen. He may not remember potentially dangerous side effects or the date and location of an outpatient appointment. Families can play a critical role in their loved one’s recovery. This role is recognized and honored in this legislation.

In the days following the 2012 Newtown shooting, Governor Jay Nixon convened public and private mental health stakeholders to draft strategies to strengthen crisis prevention and response throughout Missouri. NAMI Missouri’s director and then board president Tim C. Harlan were involved. The resulting initiatives boosted law enforcement (Crisis Intervention Team) training, emergency room response and education for the families of persons with serious mental illness.

It also created new partners to assist police and emergency room personnel, the Community Mental Health Liaisons (CMHLs).

“The CMHLs, working in tandem with specially trained police officers, are making a huge difference for so many. They are cost efficient, they save lives and they help people embrace recovery”, NAMI MO director Cindi Keele added.

The new law aside, we are looking to 2017 with optimism. Our new governor recognizes the needs of veterans, particularly those with PTSD and his first lady has expressed an interest in helping.
Parents Teaching Parents
A Rewarding Volunteer Opportunity

If your child was diagnosed with a mental illness before age 14, you may qualify to receive training to teach NAMI’s six-segment NAMI Basics course. No teaching experience is required, just your own lived experience and a desire to help other families.

The 2017 training will be held in Jefferson City April 7-9. Thanks in part to funding from the MO Department of Mental Health, NAMI MO can cover trainee mileage, meals, lodging, teacher materials and classroom materials. To apply contact Sonya Baumgartner at sonya@namimissouri.org.

Joplin’s Mental Health Provider Workshop
Free CEUs

Register now for NAMI Joplin’s April 21 6-Hour Mental Health and Allied Provider workshop. Lunch and CEUs for health related professions will be provided. This workshop is appropriate for case workers, psychologists, criminal justice personnel, nurses, clinicians, community outreach workers, clergy, Sunday school teachers, veterans service providers and more. Contact Kim at kim@namimissouri.org for registration.

NAMI Homefront Education Course

Free 3-session education program for family, friends and partners of military service members and veterans with mental health conditions. This course is designed to help family members understand and support their loved one while maintaining their own well-being.

The program will be held on February 11th, 18th and 25th from 9:00 A.M. to 2:30 P.M. at the Kansas City V.A. Medical Center (Building #3) - 4801 Linwood Blvd.
The Midwest’s first toy store children with Autism opened last year in Chicago. Spectrum Toy offers a variety of toys, sensory items and children’s books as well as resources for parents, caregivers and educators. Items to help with special needs and skills including Social and emotional development, sensory awareness, communication and life skills.

Because people with Autism often have sensory processing disorder in which they feel over-stimulated or under-stimulated by their senses, they might shun or crave specific sensations. For instance, a child on the autism spectrum may be over-stimulated by sound and become upset by loud noises, or under-stimulated by taste and constantly seek out new or stronger flavors. Toys that are meant to calm or fulfill these sensory disorders, such as compression vests or objects to chew on, can help - especially when a child can test them out to see what most appeals to their senses.

The store’s format is interactive, giving children and parents opportunities to play before making a purchase. Parents can order toys online at the store’s website at www.spectrumtoystore.com. There is also a monthly subscription box available.

If Your Parent has a Mental Illness

We recently discovered a very helpful website for children whose parent has a mental illness and for those who are parenting while living with a mental illness. The site, located at www.copmi.net, contains tip for parents and coping age-specific information and strategies for children and youth.
10 Ways to Help Your Child or Teen Deal With Bipolar Symptoms

It's a stressful time for a family whose child or teen receives a diagnosis of bipolar disorder. The more you know about how to help your son or daughter cope with symptoms of this brain disorder, the better. Here are ten strategies to help:

#1 Educate your child or teen
A diagnosis of bipolar disorder will be a frightening experience for your son or daughter and you’ll have to ease those fears as best you can. There will be questions about treatment, medications, and therapy; there will be issues of stigma he will be dealing with. Explain what could be expected in either a manic or depressive mood episode and that you will both have to come to understand the triggers and warning signs.

#2 Explain the treatment plan
Teach your child that his treatment protocol can make life better, so it will be important that he take his medication on a regular basis and as directed by his doctor. You can explain that his medication protocol may change as the symptoms of his disorder changes. Encourage your child to be patient and explain that treatment can take time but the best thing is to stick with it.

#3 Keep a daily life chart
Encourage your child or teen to talk to you about how she’s feeling, and pay careful attention; be very aware of behavior, mood, sleep patterns and diet. The best way to track all this is to write in a chart or journal at the end of every day while it’s fresh in your mind; maybe you can suggest your son or daughter also keeps a daily journal. Then bring both charts with you to your child’s doctor appointments.

#4 Learn the warning signs
There will be warning signs that trigger a mood episode. Sometimes it can be too little sleep or it can be stress in the household; in some cases, these red flags can be very subtle so you will need to pay very close attention in order to learn to avoid these triggers. By keeping a daily life chart, recognizing the warning signs will be much easier. Once you know what the signs are, you can communicate these during regular conversation with your child.

#5 Establish a sleep schedule
Stress to your child how important sleep hygiene is with keeping mood episodes in check. However, also have a plan of action in the case of a manic episode, where your child is unable to sleep, or only sleeps two or three hours and is full of energy. A change in a sleep schedule can be one of the more prevalent warning signs of a new mood episode so pay attention to this.

#6 Help your child keep a regular exercise routine
Realize that it’s normal for children with mood disorders to have either low energy or too much energy levels. Teach your child that it’s proven that exercise will help his mood, especially if he’s feeling low. Aside from being able to get rid of some agitation through physical activity, exercise can also help him to fall asleep easier.

#7 Keep an eye on appetite changes
In children with bipolar episodes, one of the more common symptoms is an alteration in appetite. Some children with depression have an increased appetite and find solace in eating carbohydrates; other children may experience a loss of appetite and aren’t interested in eating or the food doesn’t taste good. Keep an eye on any weight loss or gain.

#8 Maintain routine
Having regularity in activities and structure is calming for children and teens with bipolar disorder. As much as possible, avoid disruptions to their schedule and when it can’t be helped, as in a family vacation, try to find soothing activities to ease the stress during these difficult times of the day.

#9 Decrease stress
Stressful situations can destabilize the moods of people with bipolar—in both children and adults. Look for ways that stress can be minimized or avoided; be a role model and work at minimizing family conflict, including parental disagreements. Avoid arguing in front of your child. Also, be aware of stressful events outside of the home, like your child’s school or with his peers and talk to him about how to manage such situations.

#10 Have a crisis plan
Talk to your son or daughter about a plan in the event of a major mood episode. Utilize a team approach and agree on who will be able to help, both at school and at home i.e. parents, extended family, teachers, sports coaches and guidance counselors.
Friday Evening, May 5
6:00 p.m. - 8:30 p.m.  Reception & Improv

Saturday, May 6

7:30 a.m. – 8:15 a.m.  BREAKFAST
8:15 a.m. – 9:15 a.m.  ANNUAL BUSINESS MEETING
9:15 a.m. – 10:30 a.m.  Research & Medicine Update – Austin Campbell, Pharm. D.
           University of Missouri Psychiatric Center, Columbia
10:30 a.m. – 10:45 a.m.  BREAK
10:45 a.m. – 11:10 a.m.  NAMI Around The State - NAMI Affiliates
11:15 a.m. – 12:25 p.m.  First Breakout Sessions
   1.  Veterans & PTSD - Dr. Hemant Thakur
   2.  Early Signs of Bipolar Disorder - Dr. Christine Gesmundo
   3  Making Recovery Real - Christy Hutton, PhD
12:30 p.m. – 2:00 p.m.  BUFFET LUNCH & KEYNOTE - Author of Surviving Suicide - Deena Baxter
2:00 p.m. – 2:10 p.m.  BREAK
2:10 p.m. – 3:20 p.m.  Second Breakout Sessions
   1.  Intervention in Teenagers & Teaching Self Advocacy
             Todd Williams, Burrell Behavioral
   2.  The Community Mental Health Liaison Initiative (CMHL)
             Kimberly Hicks, Missouri Coalition for Community Behavioral Healthcare
   3.  Dialectical Behavioral Therapy - Ronda Reitz, Ph.D
3:20 p.m. – 3:35 p.m.  BREAK
3:35 p.m. – 5:00 p.m.  Ask The Experts Panel (Christy Hutton, Todd Williams, Austin Campbell& Ronda Reitz)

CEUs are available!
1-800-374-2138
NAMI Missouri Annual Conference Lodging

NAMI Missouri’s 31st Annual Conference - Be The Change - Break The Silence, will be held on Friday, May 5 and Saturday, May 6, 2017 at The Holiday Inn Executive Center, 2200 I-70 Dr. Southwest, Columbia, MO. Guests are responsible for making their own room reservations.

The Special group rate on Friday, May 5 is $92.95, plus 11.975% sales tax. Their website is www.holidaycolumbia.com. Reservation deadline is April 18, 2017.

For room reservations, please contact The Holiday Inn Executive Center at 573-445-8531. Please specify Group Code NTM when making reservations in order to receive the group rate.

Guests are required to guarantee their reservation at the time of booking with a credit card or one night’s room and tax. Cancellation or changes in arrival and/or departure dates must be made at least 72 hours in advance to avoid forfeiture of deposit. The Holiday Inn Executive Center accepts Visa, MasterCard, American Express, and Discover.

Non-Smoking and ADA accessible rooms are available. The Holiday Inn Executive Center services include indoor & outdoor pool, fitness center, complimentary wireless internet and on-site restaurants and lounge. Parking is complimentary.

Directions:
The Holiday Inn Executive Center is located off I-70(Exit 124) at Stadium Blvd. It is 30 miles from Jefferson City, 125 miles from Kansas City or St Louis, and 167 miles from Springfield.

Special Needs:
NAMI Missouri complies with guidelines set forth in the American with Disabilities Act of 1990. If you have special needs notify NAMI Missouri as soon as possible by calling 1-800-374-2138.

Accreditation:
CEUs are FREE to this year’s Conference attendees requesting them. The University of Missouri-Columbia, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned. The MIMH credit will fulfill clinical social work and psychologist licensure requirements in Missouri. If your profession is not listed above or if you are from outside Missouri, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

Seeking Silent Auction Donations

The NAMI Missouri conference would not be complete without a silent auction. We’re currently accepting business and individual donations. Did you get a Christmas gift you don’t need. Do you have an unexpired gift certificate collecting dust? Turn them into a tax deduction and NAMI services by donating them to our silent auction. Contact Kim at kim@namimissouri.org.
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)
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- Total Enclosed $[ ]

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