Proposal Alarms Advocates

Restricting Anti-psychotic Medication and Imposing “Fail First” in Missouri Medicaid/MO HealthNet

A provision contained in Senate Bill 433 and in House Bill 986/1110 will create a restricted formulary for medicines that treat psychosis. Currently, no such restriction exists. Medicaid recipients with schizophrenia, bipolar illness with psychotic features, schizoaffective disorder, depression with psychosis would be affected. They will fall under this new restriction unless this provision is pulled from these bills. It is time to let your state Senator and state Representative know how you feel.

Here’s more information. For many years Missouri’s General Assembly approved open, seamless access to antipsychotic medications as a part of their budget deliberations. Then, during the 2008 recession, lawmakers created a new statute RSMO 208.227. Barriers that make people suffering psychosis wait, submit to “fail first” experiments or otherwise “jump through hoops” is inhumane and costly, they created RSMO 208.227. Veterans lawmakers understood that individuals with psychotic symptoms often resist medical treatment altogether, believing they are not ill. Often, there is a narrow window of opportunity when an individual is willing to give medicine a try.

Families advised that if their loved ones were made to wait or required to “fail” on older medicines (with more side effects), years can pass before their loved one is willing to give medication another go. Those lawmakers listened and came to understand the risks involved in erecting barriers between ill people and the medical treatment they need. They grasped how “failure” on an inadequate medicine can result in costly psychiatric crisis hospitalizations and ultimately homelessness, incarceration, self medication with street drugs, accidents and suicide. (continued on pg. 3)
Your NAMI MO Board Working for You

If you have a loved one with a mental illness who resides in a Missouri prison, you may want to attend an upcoming meeting of the NAMI Missouri Board of Directors in Jefferson City. The newly appointed Missouri Department of Corrections director, Ann Precythe, will meet with your NAMI Missouri members at their Summer or Fall, 2017 meeting (date to be announced). Meetings are held on Saturdays and advance notice is needed if you plan to stay for lunch.

Abilify Available in Generic Form

Four pharmaceutical firms received permission to market the popular medication Aripiprazole (Abilify) in generic form in multiple strengths and dosage forms. Aripiprazole is used to treat certain mental/mood disorders such as bipolar disorder, schizophrenia, Tourette’s and irritability associated with autistic disorder. It may also be used in combination with other medication to treat depression.

Healthy Transitions for Former Inmates

Incarcerated men and women suffer from a high rate of mental and physical illness. Upon release, ex-offenders are at-risk since they tend to be unemployed, uninsured, and lack access to affordable healthcare. In Missouri, people are given just 30 days worth of medication upon release which usually that there is a gap ranging from days to weeks when ex-prisoners are unable to obtain important medications. This makes the transition to society more difficult and increases public risk. Fortunately, a new program is available to help ex-offenders stay healthy.

The “Healthy Transitions” program was launched in 2016 to fill the “medication gap” until an ex-offender is able to get a new prescription. Funded by the Lutheran Foundation of St. Louis, the program provides an additional 60 days of free medication so that ex-offenders are able to manage their mental and physical health needs until they can get to a community clinic, have an examination, get a new prescription and establish a new medical home. The program is a collaborative effort between Rx Outreach, Corizon Health and the Missouri Department of Corrections, Probation and Parole. Half of participants receive mental health medication. Though currently limited to ex-offenders released to the St. Louis area, funding is being sought to expand the Health Transitions program to the entire state of Missouri. Rx. Outreach, the country’s largest non-profit mail order pharmacy, is based in St. Louis and provides affordable medication to over 70,000 people each year in all 50 states. - Bill Vanderott, grant writer and development Manager, Rx Outreach
Proposal Alarms Advocates

(continued from pg. 1)

Now, current lawmakers want to take the protections in RSMO 208.227 away and enact new language requiring a restricted formulary, prior authorization to get medicines that aren’t on the formulary and require consumers to “fail” before getting the medicine their doctor wanted to prescribe.

It’s not too late to fix this. Have you contacted your senator or representative? You can get his/her phone number and email address at www.senate.mo.gov and www.house.mo.gov. Not sure who’s representing you? No problem! Enter your zip code on these sites and that information will pop up for you.

Thank you, Elizabeth!

We want to send a special thank you to Elizabeth Wilson for her service as our Missouri Representative to the NAMI Consumer Conference over the past two years. Not only did she represent Missouri consumers admirably in San Antonio and Denver, she also represented NAMI MO at our required SAMHSA meetings and participated in our annual conferences.

Elizabeth shared her lived experiences at numerous IOOV presenter events, including C.I.T. trainings and as our primary consumer spokesperson, she was featured in at least two newspaper articles. She participated in our Kansas City Mental Health Advocates Summit and served as an advocacy mentor at both statewide NAMI MO Citizen Advocacy events at the Missouri Capitol.

When her affiliate office closed at the start of her second year, she hung in with us. She began attending NAMI GKC board meetings and became part of our come back team. She walked in the March for Mental Health (a walk/run), Kansas City’s first NAMI GKC walk. We’re sure there’s more, but this is a small newsletter. You inspire us, Elizabeth.
Memorial Donations & Tributes

Memorial donations in memory of
Harley Samuels,
by Yvonne Nixon, Jean E. Foster, Richard and Barb Brobst, Roger Foster, Alison Dudley, David and Cynthia Foster and Norl Ormrod.

A memorial donation in the memory of
Ann Sheehan,
NAMI MO founding member
by former NAMI MO President Bettye Siebels
of St. Louis

A memorial donation in the memory of
Paula Sullins,
by Members of the Class of 1980 in Licking, MO;
Jackie Duncan, Barbara Turner, Sandra Durrick,
Tracy Szabto, Grant Herthold, Keith Fielder, Angel
Floyd and Sesia Swindell
“You will be missed, dear friend.”
An additional memorial donation was made by
Darlene Reed.

A memorial donation in the memory of
Kelly Valle,
of Park Hills, MO
by Loretta Bolious

A memorial donation in the memory of
Pete Briscoe,
by Steve and Lauren Wrozier
of St. Peters, MO

A memorial donation in the memory of
Nancy Wildman,
Psychiatric Nurse Practitioner
by Dr. Steven and Marilyn Kashland

A memorial donation in the memory of
Marjorie Evans,
NAMI Columbia co-founder
by Cindi Keele,
executive director of NAMI Missouri

A tribute donation was made to honor and thank
the NAMI Greater Kansas City volunteers
involved in the “come back”
by Cindi Keele,
executive director of NAMI Missouri
“You are getting there. I consider it an honor to
work with you!”

In Our Own Voice:
Living With Mental Illness
Presenter Training
June 2 - 3

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

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

**Raymore**
(Pathways Behavioral Health)
April 4 - June 20

**Kansas City**
(Tri-County Mental Health)
September 5 - November 21

NAMI Basics Courses

**Joplin**
March 30 - May 4

**St. Peters**
(Grace United Church of Christ)
June 14 - July 19

**Webster Groves**
September 6 - October 11

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

NAMI Homefront Education Teacher Training
Trains the family/caregiver of active military or veterans with mental health issues to teach the six-week education course.

**Jefferson City**
(Best Western)
June 10 - 11

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

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

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

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

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
2017 Board Member Election - May 6, 2017

One of the most important duties of a nonprofit board is recruiting effective board members. We would like to thank Nominating Committee Chairman Mike Jones, Ph.D., and members James Owen, Diana Harper, Donald Schneipp and Ed Bothe for their service. The NAMI MO Nominating Committee endorsed four candidates.

Les Joslyn (3rd term)
Mr. Leslie Joslyn retired from embedded software development for petroleum production automation after 41 years in the field. He is a member of the NAMI Southwest Missouri Board of Directors and the current president of the NAMI Missouri Board of Directors.

Mr. Joslyn began advocating for people affected by mental illness in 2001 while trying to get help for his wife. After struggling to find the best help possible, he learned of and attended the NAMI Family To Family class in 2006. He immediately knew he had to help present this information and started teaching Family To Family that same year.

Since then, Mr. Joslyn continued to teach Family-to-Family classes. He subsequently trained to provide other NAMI Family Education and Support programs. He is an experienced Family-to-Family Teacher and State Trainer, NAMI Basics Teacher and State Trainer, NAMI Homefront Teacher and NAMI Family Support Group Facilitator and State Trainer. In September 2014, Mr. Joslyn was named a Gold Member of the NAMI Education Hall of Fame for conducting over 20 courses. As a way to further advocate for families experiencing issues due to mental health conditions in someone in their family, Mr. Joslyn is a past Co-Chair for the Suicide Prevention Coalition of Southwest Missouri. Les currently facilitates a peer Survivors of Suicide Loss support group. Mr. Joslyn is a strong advocate for, and passionate teacher and trainer of, NAMI’s Family Education and Support Programs as well as suicide prevention.

Rich Bennett (1st term)
Navy veteran Rich Bennett has been a NAMI member since September 1987 (30 years). He worked as a consumer run drop in center group leader in Dearborn and was appointed NAMI Michigan’s representative to the NAMI Consumer Council in 1991. Upon moving to Kansas City he joined NAMI Greater Kansas City.

Rich has attended most of the NAMI Conventions and nearly all the NAMI Missouri annual conferences. He facilitated Vet-to-Vet support groups at the Kansas City Veterans Administration Medical Center and is a NAMI Homefront instructor, In Our Own Voice presenter and a NAMI Connection Recovery Support facilitator. He has also served on the NAMI Greater Kansas City board.

Rita McElhany (1st Term)
Rita McElhany of St. Louis earned kudos in Missouri’s mental health community as a top notch Mental Health First Aid teacher who went on to become an elite MHFA instructor (teacher trainer). Ms McElhany has traveled nationwide to help others adopt MHFA and train its first teachers.

Her excellent public speaking and organizational skill contribute to her efforts as one of Missouri’s top advocates for persons living with a mental illness and their families.

Candidate for Missouri Representative to the NAMI Consumer Council
Nomination’s will be made from the floor on May 6. Contact Alice Kliethermes at alice@namimissouri.org for job description.

Candidate for Missouri Representative to the NAMI Veterans and Military Council

Michael Jones, Ph. D.
Marine veteran and former College of the Ozarks professor Michael Jones, Ph.D. has held numerous leadership-level volunteer positions in NAMI Missouri. He’s been a family support group facilitator and facilitator trainer, NAMI Homefront teacher and teacher trainer, a Family-to-Family teacher, NAMI Southwest Missouri Board member and Chairman, NAMI MO Board member and chairman Chairman. Dr. Jones was instrumental in bringing the NAMI Homefront Course to Missouri. Dr. Jones was among the first in the nation to graduate from Mental Health First Aid (MHFA). A skillful educator and presenter, he went on to become one of our state’s most popular Mental Health First Aid teachers. He has a keen interest in veteran’s mental health issues and has made numerous presentations on the subject. He also served as vice chair of the NAMI (national) Veterans and Military Council.
Proposed Revision to NAMI Missouri Bylaws
Addressing an Inconsistency

Rationale: Language in Article IV - Board of Directors, Section 5 - Duties and in Section 7 - Vacancies, the board is given authority to fill board member vacancies. However, a provision in Article V - Officers, Section 4 - Duties states the President alone is given this authority.

Current language:

ARTICLE IV - BOARD OF DIRECTORS
SECTION 5 - DUTIES

The officers and members of the Board of Directors elected or appointed to their respective positions shall serve, and faithfully perform, the duties and functions of NAMI Missouri. Officers and members shall continue to serve until their replacement is appointed. This appointment and process shall be determined by the rules and regulations of the Bylaws of the corporation.

The Board of Directors shall, in addition to the duties otherwise imposed by the Bylaws:

Item 5. Fill vacancies on the Board of Directors and on committees except as otherwise provided in these Bylaws.

SECTION 7 - VACANCIES
Board Vacancies - In case of any vacancy of a regular Board Member, the Board of Directors shall elect a person to fill the unexpired term until the next Annual Meeting.

ARTICLE V - OFFICERS
SECTION 4 - DUTIES
1. The President shall:

Item c. Fill vacancies occurring on the Board or in the office of First Vice President, Second Vice President, Secretary, or Treasurer or on the Nominating Committee, except for its President, with the approval of the Executive Committee, until the next Annual Meeting at which time a replacement will be elected.

PROPOSAL

Remove Item c from Section 4 - Duties, under Article V. This revision will remove the inconsistent language and clarify the board’s role in filling board vacancies.
Children

Children’s Mental Health Awareness Week
May 7-13, 2017

May is Mental Health Month and the first full week of May is designated as Children’s Mental Health Awareness Week. Across the nation, thousands wear green ribbons to help call attention to the mental health needs of children and youth.

Missouri is no exception. NAMI members and their children have participated in gubernatorial proclamation signings since the Ashcroft administration. First Lady Georgann Nixon even opened the Mansion residence for a private tour, tea, cookies and up close face time with the then first dog Boone. With a little encouragement, more than 65 mayors and county officials have issued proclamations. An updated “how to” kit is available on request. Email namimockj@yahoo.com to receive instructions, sample proclamation wording and pre-post event press release samples.

This year’s theme is Capturing the Hopes and Dreams of Missouri Youth #mohopesmodreams. Young people ages 13-25 are encouraged to upload photos representing their hopes and dreams. Enter @http://www.missourimhf.org/?page_id=3864 . Photos will be rotated and displayed at various events around the state. All entries will also be uploaded to multiple YouTube Channels.

Childhood & Youth Onset Mental Health Conditions are Common

One in 5 children ages 13-18 have, or will have a serious mental illness. 20% of all youth 13-16 live with a mental health condition. 11% of youth have a mood disorder. 10% of youth have a conduct disorder and 8% of youth have an anxiety disorder. 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.

In conditions involving psychosis, early detection and treatment can interrupt the disease process and prevent disability. The current average delay between onset of symptoms and intervention is 8-10 years. NAMI is working to change this.

Warning Signs:
1. Feeling sad or withdrawn for more than 2 weeks (crying regularly, feeling very tired, feeling unmotivated).
2. Trying to harm or kill oneself or making plans to do so
3. Out-of-control, risk-taking behaviors that can cause hard to self or others.
4. Sudden overwhelming fears for no reason, sometimes with racing heart, physical pain or fast breathing.
5. Not eating, throwing up or using laxatives to lose weight, significant weight loss or gain.
6. Severe mood swings that cause problems in relationships
7. Repeated use of drugs or alcohol
8. Drastic changes in behavior, personality or sleeping habits (e.g. waking early, acting agitated).
9. Extreme difficulty concentrating or staying still that can lead to failure in school
10. Intense worries or fears that get in the way of daily activities.

If you suspect your child, adolescent or young adult is experiencing symptoms, talk with your pediatrician and get a referral to a mental health specialist for an assessment. If there are school problems, you can ask school officials to help. Connecting with other parents can make a huge difference in how you feel and handle troubling symptoms. NAMI Missouri has several support groups available. For more info go to www.namimissouri.org.
CONFEREE REGISTRATION

Be The Change - Break The Silence, NAMI Missouri’s 31st Annual Conference will be held on Fri., May 5th and Sat., May 6th, 2017 at The Holiday Inn Executive Center. Registration fee includes hot breakfast and hot lunch buffets on Saturday.

Last Name ______________________________ First Name ___________________________ M.I. ______

Address _____________________________ City __________________________ State ___ Zip __________

Phone: (___) ____________________ E-Mail ________________________________

Registration Category:

__ Non-Member .................................................................................................................. $150.00
__ NAMI MO Member ......................................................................................................... $90.00
__ Mental Health Consumer .............................................................................................. $50.00
__ Student (ID Required) .................................................................................................... $50.00
__ Family/Household of up to 3 persons (must register at same time with one payment) ........... $160.00

2nd Person ___________________________________ 3rd Person _______________________________

__ I wish to Join........... Individual/Family ($35) ______ Open Door/Limited Income ($3) $ ________

__ Reserve a copy of Deena Baxter's Book - Surviving Suicide................................................... $10.00

__ I wish to make an additional contribution........................................................................... $ ________

TOTAL AMOUNT ................................................................................................................ $ ________

Dietary Restrictions:(2 Day Notice Needed) ________________________________________________

Professionals Requesting CEUs (E-Mail Required) ............................................................. Degree ________

Payment Category:

□ Check/Money Order (payable to NAMI Missouri) □ Cash □ Purchase Order# ____________

Credit Card: □ Visa □ MasterCard □ Discover (Must be $35.00 or more.)

Organization/Agency to Bill: ____________________________________________________________

Attention: ____________________________________________________________

Address ________________________________ ____________________________________________

City __________________________ State ___ Zip __________

Phone # ______________________ (Ext.) _________________________________________________

Credit Card Payment: Name on Card: ________________________________________________

Billing Address ________________________________________________________________

_________________________________________ __________________________________________

Card # ___ - ___ - ___ - ___ - ___ Exp. Date ___ / ____

Office Use Only: Date Rec’d. ___________ Amount: ___________ Check /MO/PO _____________

Notes ____________________________________________________________ KJIH 01/10/17
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.
# 31st Annual Conference – Holiday Inn Executive Center, Columbia

## Be The Change - Break The Silence

### Friday Evening, May 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:00 p.m. - 8:30 p.m.</td>
<td>Reception &amp; Improv</td>
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</table>

### Saturday, May 6

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

**CEUs are available!**

**1-800-374-2138**
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 $__________

If paying with credit card, use name & address listed on card

Name____________________________________________
Address__________________________________________
City_____________________State_____ Zip___________
Phone___________________________
Email___________________________________
Card #_________________________________ Exp. Date___/___

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