It’s been an incredible first couple of months with NAMI Missouri and I am so thankful for so many of you who have shared your time and knowledge during this period of transition. I also want to recognize the contributions made by Cindi Keele, who retired last spring after 27 years as executive director for NAMI Missouri.

I am fortunate to come to work every day with excellent staff, strong leadership, and dedicated volunteers and supporters from around the state who are committed to improving the lives of individuals with mental illness and their families through education, support and advocacy.

For those living with mental illness, NAMI serves as a beacon of hope and a resource to turn to in times of need and crisis, and I’m honored to be a part of this team. In keeping with NAMI’s core mission, I will work to sustain and expand outreach and services to individuals facing mental health challenges.

In this issue of the NAMI Missouri newsletter, you will find an updated list of the courses and trainings we have planned for the spring of 2018, along with news and information about the NAMI Missouri organization and ideas on holiday giving in support of this important work.

Please reach out to me if you have suggestions on improvements or ways we here at NAMI Missouri can better meet the needs of those we serve. I hope you will save the date for our NAMI Missouri annual meeting and luncheon in Jefferson City on Saturday, April 21, 2018. I look forward to meeting many of you in the coming weeks and months and to working together in support of those with mental illness and their families.

Gena Terlizzi
NAMI Missouri Executive Director
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WARMline Responder

Ali Reese
WARMline Responder

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NAMI Jefferson City • NAMI Joplin
NAMI Greater Kansas City • NAMI St. Louis
NAMI Southeast Missouri • NAMI Southwest Missouri

WARMline
1-800-374-2138

NAMI Missouri is the chartered state organization of the National Alliance on Mental Illness
Support NAMI. Give hope.

This holiday season, join the thousands of NAMI members who are working together to accomplish extraordinary things. Please consider making a contribution to NAMI Missouri and supporting the important and worthwhile cause of improving the lives of those with mental illness and their families. Your gift will make possible much-needed support, education and advocacy for children and adults with mental illness and their families.

You can donate online directly on our website at namimissouri.org/donate_now. Our secure donation page also includes recurring donation options, offering an easy and convenient way to plan your tax-deductible contributions and make a difference throughout the year. And if you ever change your mind, of course you can cancel at any time.

For Facebook users, visit Facebook.com/NAMIMissouri to donate directly from our page. Or make an even bigger impact by creating and sharing your own fundraising page. Visit Facebook.com/NAMIMissouri/fundraisers/ and click on the “Raise Money” button located on the right.

There are many ways to give and every dollar counts. Thank you for supporting NAMI Missouri and your local NAMI affiliate this holiday season. Whether you’re giving time, skills, a donation or your voice, every contribution matters. Thank you for your generosity, and thank you for giving!

Money available for peer advocates

Are you a mental health advocate involved in community planning or working with others on issues related to local, state or federal mental health policies or planning? NAMI Missouri has funding to assist with travel and meeting expenses for individuals who self-identify as having a mental illness or mental health concern, as well as those in recovery and working to improve their mental health. Eligible expenses must be associated with travel to and from workgroups, committees, council meetings, or other gatherings aimed at improving resources or services in the community. For additional information or to see if you qualify, email Alice Kliethermes at alice@namimissouri.org.

Get Social!

Follow us on Twitter at twitter.com/NAMIMissouri

Like us on Facebook at facebook.com/NAMIMissouri

Find us on the web at namimissouri.org

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.
Training for individuals with mental illness

NAMI Missouri Partners-in-Policy Training and Advocacy Day

NAMI Missouri is once again offering a two-day peer mentor training for individuals living with mental illness who want to become mental health advocates and consumer leaders. Over the course of two days we will help you discover how to best tell your own story to advocate for yourself and for others, then we will travel together to the State Capitol to put your newfound skills to use. Travel, lodging and meal expenses are covered through grant funding provided by SAMHSA and the Missouri Foundation for Health. The training includes NAMI SMARTS for Advocacy materials, which are hands-on advocacy training tools designed to transform passion and experience into effective grassroots advocacy.

» Partners-in-Policy Training & Advocacy Day
Jefferson City - Best Western Plus Capital Inn
Mon., March 12 – Tues., March 13, 2018
Application Deadline – Feb. 9, 2018
Attendance is limited to 40 participants

NAMI In Our Own Voice

In Our Own Voice is a presentation by individuals living with mental health conditions who share their personal stories to promote awareness of mental illness and the possibility of recovery. NAMI In Our Own Voice presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. Register now to attend an upcoming training to become part of an In Our Own Voice presenter team.

» In Our Own Voice Presenter Training
Best Western Plus Capital Inn in Jefferson City
Fri., May 4 – Sat., May 5, 2018
Application Deadline – April 2, 2018
Attendance is limited to 16 participants

» In Our Own Voice Presenter Training
Best Western Plus Capital Inn in Jefferson City
Fri., Sept. 28 – Sat., Sept. 29, 2018
Application Deadline – August 27, 2018
Attendance is limited to 16 participants

NAMI Connection Recovery Support Groups

Connection Recovery Support Groups are regular weekly or monthly support groups for individuals living with mental health conditions. Attend a training to become a support group facilitator.

» NAMI Connection Recovery Support Group Facilitator Training
Best Western Plus Capital Inn in Jefferson City
Fri., Aug. 10 - Sun. Aug. 12, 2018
Application Deadline – July 6, 2018
Attendance is limited to 18 participants

For information on training or other opportunities for individuals with mental illness, contact Alice Kliethermes at alice@namimissouri.org
Courses and training for family members

**NAMI Family-to-Family**

Family-to-Family is a free 12-session class for families, partners and friends of individuals with mental illness. It is a designated evidenced-based program, designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. Register now for upcoming Family-to-Family courses in your area. If you’ve taken the course, attend a training to become certified to teach it to others.

» **NAMI Family-to-Family Teacher Training**
  Best Western Plus Capital Inn in Jefferson City
  Fri., July 13 - Sun., July 15, 2018
  Application Deadline – June 15, 2018
  Limited to 18 participants

**NAMI Basics**

NAMI Basics is a free class for parents and caregivers of children and teens who are either experiencing symptoms of a mental illness or have been diagnosed. The class runs over the course of 6-sessions in 6-weeks in a group classroom setting. Upcoming courses are being planned for the spring and summer of 2018 in Joplin, St. Louis, and Jefferson City. If you’ve taken the course, attend a training to become certified to teach it to others.

» **NAMI Basics Teacher Training**
  NAMI Missouri Office in Jefferson City
  Fri., June 1 - Sun., June 3, 2018
  Application Deadline – May 4, 2018
  Limited to 10 participants

**NAMI Family Support Groups**

Family Support Groups are regular weekly or monthly support groups for family members, partners and friends of individuals living with a mental illness. Attend a training to become a support group facilitator.

» **NAMI Family Support Group Facilitator Training**
  Best Western Plus Capital Inn in Jefferson City
  Sat., Aug. 25 & Sun., Aug. 26, 2018
  Application Deadline – July 27, 2018
  Limited to 18 participants

**NAMI Homefront**

Homefront is a free 6-session class for families, partners and friends of military service members and veterans experiencing mental health concerns. The course is designed specifically to help families understand those challenges and improve the ability of participants to provide support. Upcoming courses are being planned for 2018 in Columbia, Joplin, Kansas City and Springfield.

For information on training or other opportunities for family members of individuals with mental illness, contact Sonya Baumgartner at sonya@namimissouri.org
In Remembrance

Memorial Donations & Tributes

Memorial donations in memory of J.T. Olsen,
by Rebecca Applegate, Kathy Bader, Eric Brinker,
Kate Cunningham, Suzanne Furay, Kyle Kochtanek, David Puricelli, Beth Stohr, and
U.S. Bancorp Community Development Corporation

Memorial donations in the memory of Emma Pliska,
by Susan & David Dunklin, Tim & Linda Harlan,
and the American Culinary Federation

Memorial donations in the memory of Lucas Todaro,
by Patricia Burke, Joseph & Kristie Cantrell,
Mary Diersen, Jack & Janet Johnston,
Edward & Carol Miller, Robert & Patricia Shipley,
and Mark & Amy West

A memorial donation in the memory of Patricia Cross,
of Kansas City, MO
by Cindi Keele

A memorial donation in the memory of Arnold Opfer,
by Jeanne Pyland
of Parkville, MO

A memorial donation in the memory of Dr. Ralph Payne,
by Todi Hughes & Family
of Kansas City, MO

A memorial donation in the memory of Harley Samuels,
by David & Cynthia Foster
of Laredo, MO

A memorial donation in the memory of Carolyn Jean Staton,
by Mr. and Mrs. Bebee
of Norborne, MO

Remembering loved ones

A memorial donation is a generous and thoughtful way to honor loved ones. Memorials may be made by mail or online. Check the box to indicate whether your donation is in memory of someone who has passed away or in honor of someone living. Memorials will be listed in the newsletter, and we’ve added a new feature that allows you to include an additional message or story about the person you are honoring. All donations are tax deductible.

Healthy transitions for inmates

By William Vatterott, Rx Outreach, Development Manager

Thousands of Missourians suffering with mental and physical illness will now receive 90 days of free medication to help them as they leave state prisons. The Healthy Transitions program was launched in St. Louis in April 2016 to fill the “medication gap” that occurs between the time when an individual is released from prison until they are able to get a new prescription. The program has expanded to nearly the entire state of Missouri.

Incarcerated men and women suffer from a high rate of mental and physical illnesses. Upon release, ex-offenders are at-risk since they tend to be unemployed, uninsured, and lack access to affordable healthcare. In Missouri, they receive thirty days’ worth of medication upon release which usually means there is a gap when they are unable to get a new prescription. This makes the transition back into society more difficult and increases public risk.

Healthy Transitions is a collaborative effort between Rx Outreach, Corizon Health, and Missouri Department of Corrections - Probation and Parole. Half of participants receive mental health medications. Approximately 5,000 free medications have been provided to 900 people since the program was launched last year.

Dr. Kelli Canada from the University of Missouri – Columbia will lead the program evaluation to measure outcomes such as access to medication compared to baseline, reduction of risk factors for recidivism, and potential savings to the state. Funding is being sought to expand the Healthy Transitions program to Kansas City.

Rx Outreach, the country’s largest, non-profit, mail-order pharmacy, is based in St. Louis, and provides nationwide access to affordable medication to over 66,000 people in need each year. www.RxOutreach.org
Annual Meeting and Luncheon Registration

The NAMI Missouri Annual Business Meeting and Luncheon will be held Saturday, April 21, 2018, 10:30am – 1:30pm at the Capitol Plaza Hotel and Convention Center, 415 W McCarty St., Jefferson City, MO 65101. Please notify us in advance of any required special accommodations or dietary restrictions.

Name: ________________________________________________________________

Address: ___________________________________ City: ___________ State: _______ Zip ______

Phone:_________________________________________ Email: ______________________________________

Registration

_ NAMI Member $20 ($15 early bird registration – before March 1)
_ Non-member $30 ($25 early bird registration – before March 1)
_ Limited income registration (member or non-member) $10

Please contact Kim at 573-634-7727 or email kim@namimissouri.org to inquire about financial assistance for those who wish to attend but are unable to pay.

_ I wish to make an additional contribution of $_____ to offset costs for those with limited income or who are unable to pay.

Not a NAMI Member? Become one today!

_ Individual membership $40

Total Enclosed $______________

Payment

_ Check (payable to NAMI Missouri) _Cash
Credit Card: _Visa _ MasterCard _ Discover

Name on Card ________________________________________________________

Billing Address _______________________________________________________

Card #___ ___ ___ - ___ ___ ___ - ___ ___ ___ - ___ ___ ___ Exp. Date___/___

Office Use Only: Date Rec'd._____________________ Amount: __________ Method: ______________

Notes: ____________________________________________________________________
JOIN US!

Every membership strengthens our effort. If you belong to a local NAMI chapter in Missouri, you are already a member of NAMI Missouri. Members receive the quarterly NAMI Missouri Newsletter and the Advocate, the magazine published by NAMI twice per year. Members also receive reduced fees to attend NAMI Missouri events.

All Donations are Tax Deductible

Enclosed are my dues for (check one):
_ Individual ($40)
_ Family/Household ($60)
_ Open Door/Limited Income ($5)
_ Additional Contribution $__________

Total Enclosed $____________

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

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Phone___________________________
Email___________________________________
Card #_________________________________  Exp. Date___/___

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

Annual Giving Campaign #8239