As part of Missouri’s Federation of Behavioral Health Advocates, we here at NAMI Missouri are carefully watching the 2018 Missouri Legislative Session for issues impacting individuals with mental illness and their families.

We’re pleased to report that the Mental Health Parity Bill, filed by Rep. Jay Barnes, is moving forward. HB 2384 holds insurance companies accountable for covering mental health services at the same level of coverage as medical and surgical health treatments. It would also expand health insurance coverage requirements to include substance use disorders as part of mental health.

We appreciate the amazing group of advocates who traveled to Jefferson City in March to share their support for mental health issues and awareness for our Annual Partners in Policy Training and Advocacy Day. The next one will be held March 11 - 12, 2019.

The NAMI Missouri Annual Meeting and Luncheon will be held Saturday, April 21 in Jefferson City. Doors open at 10:30 am and the meeting will begin with board elections at 11:00, followed by a luncheon presentation by special guest Stephanie Appleby on her personal struggle with mental illness and her inspiring path to recovery. There will also be an awards presentation, raffle prizes, and opportunities to check out our resource table and NAMI Shop pop-up store. Registration details and form are on the back of this newsletter.

Saturday, April 21 - Jefferson City | NAMI Missouri Annual Meeting & Luncheon
namimissouri.org/annual-meeting

Saturday, May 5 - St. Louis | NAMI St. Louis NAMIWalk 5K | namiwalks.org/stlouis

Saturday, May 5 - Kansas City | NAMI Greater Kansas City March for Mental Health | runsignup.com (search: GKC)

Sunday, May 6 - Kansas City | NAMI Kansas & NAMI Missouri KC Royals NAMI Day at the K | namikansas.org/royals

Saturday, May 19 - Springfield | NAMI Southwest Missouri NAMIWalk 5K | namiwalks.org/southwestmissouri
In the Know

2018 NAMI MISSOURI BOARD ELECTIONS

NAMI Missouri members will vote for their representatives on the NAMI Missouri Board of Directors on April 21, 2018, during the Annual Meeting and Luncheon at the Capitol Plaza Hotel in Jefferson City. Directors may serve up to three consecutive 3-year terms on the board, and are elected each year at the annual meeting. The NAMI Missouri Nominating Committee has endorsed three candidates.

Diana Harper is running for a third term on the NAMI Missouri Board. She currently serves as vice president. A member since 2002, Diana served as an intern for the NAMI Joplin affiliate while working on her Master’s Degree in Social Work. She later joined the NAMI Joplin Board and went on to serve as president, vice president and education director. Diana is a State Trainer for NAMI Basics and in the process of becoming a State Trainer for Family to Family. She is a teacher for NAMI Homefront and a facilitator for both Family Support and Connection Recovery Support Groups. Diana has two adult children in recovery from mental illness, a grandson with Asperger syndrome, and friends and family with depression, bipolar disorder and anxiety. She strives to learn what she can to help those in her life with mental illness.

Crystal Simler is running for her first full term on the NAMI Missouri Board. She was appointed to a position in January 2018. Crystal is the owner of Lovett Law, LLC, where she practices many areas of law, including family and juvenile. Crystal graduated from the University of Virginia School of Law in 2003. She also holds a Master’s Degree in Environmental Management and a Bachelor of Science in Environmental Geology. Crystal is a Certified Personal Trainer and Registered Yoga Instructor. She grew up in a military family and lives in Kirksville with her husband, Nathan, their dog, and three cats. She is involved in many civic and volunteer activities, including Rotary Club, Milan and Kirksville Area Chambers of Commerce, 9th Circuit and Adair County Bar Associations, Take Root Cafe Board, and Hospice of Northeast Missouri.

Debora Biggs is running for her first term on the NAMI Missouri Board. She is currently the executive director of NAMI Southwest Missouri in Springfield. Debora has a Master’s Degree in Public Administration from Missouri State University and has worked in the government and nonprofit field for almost 40 years with her passion being nonprofit. Prior to her position at NAMI SWMO, Debora served as the Executive Director for the Safety Council of the Ozarks where she also served as Chapter Network Chair and on the board of directors for the National Safety Council. She lives in Springfield with her husband Mark and son Mario. Debora’s oldest son, Wyatt, attends the University of Pennsylvania at Edinboro.
Now Hiring:
Peer Leader Program Coordinator

NAMI Missouri is seeking a full time Program Coordinator for Peer Services. Responsibilities include peer support, education, training, and services; data collection and entry; and management of WARMline phone and email operations. Certified Peer Specialist certification preferred. Starting salary $11.15 - $12.65/ hour, depending on experience, with advancement opportunities available. NAMI offers employer-sponsored health insurance and paid leave benefits. Full job description and application online at namimissouri.org/application.

CONGRATULATIONS
SHERRY FISCHER!

Long-serving volunteer and employee Sherry Fischer retired as Director of Operations after 22 years with NAMI Missouri. Join us in wishing her a long, happy and relaxing retirement. Congratulations, Sherry!

Memorial Donations & Tributes

Memorial donations in honor of Jonathan Neil Harris
by Mary Hansen, Sara Hansen & Aaron Wachholz

Memorial donations in honor of Marion Bothe (cont.)
Ken & Lora Mae Cleeton, Shady Covington, Ruth Cright, Tom & Sherry Drunert, Karl & Sue Lenzenhuber, Paul & Edna Lix, Evelyn Pool, Bob & Betty River, Bob & Sue Schlanker, Richard & Joan Tyler

Memorial donations in honor of Gary Cox
by John & Nancy Hoskam and William & Deborah Young

A memorial donation by Nancy Kixmiller honoring Kyle Kixmiller

A tribute donation by Karen Rogers honoring The Murphy and Randolph families

Memorial donations in honor of Richard Stretz
by Pat Billings, Sharlene Kammerich, Phyllis Reesemich and Stephanie Young
Courses, trainings and meetings...which one is right for you?

NAMI Missouri offers a lot of services, and sometimes it can be hard to keep them all straight. Here's what you need to know decide what's right for you.

**Courses** are the first level in the NAMI Family Education offerings. Courses usually meet once per week for a few hours and run for a set period of time (typically 6, 8 or 12 weeks) and follow an established schedule and syllabus. NAMI Missouri offers three courses for family members of individuals with mental illness.

- **Family to Family** is the main introductory family course, designed to improve family member understanding of a loved one’s mental illness. The course meets once per week for 12 weeks, usually on a weekday evening.
- **NAMI Basics** is similar to the Family to Family course, but is focused on parents and caregivers of children and teens with mental illness and brain disorders. The course usually meets once per week for six weeks.
- **NAMI Homefront** is designed to address the unique needs of family members and loved ones of members of the military and veterans who have a mental illness or other mental health concern. It’s led by military family members and usually meets once per week for six weeks.

*Upcoming course info is on page 6.*

**Support Groups** are the cornerstone of “support” in NAMI’s stated mission of support, education and advocacy. There are two types of NAMI Support Groups: Connection Recovery for individuals with mental illness and Family Support Groups for family members.

*Full support group listing is on page 5.*

**Trainings** are for individuals and family members who are farther along in their recovery and are ready to take on a more formal leadership role in helping others.

- Train to teach a family course - This is the 2nd level of NAMI Family Education and is for individuals who have been through a NAMI Family course and would like to be certified to teach it to others.
- Train to facilitate a support group (family or consumer) - Trainings are also available for individuals who would like to be certified to lead a support group as a facilitator.
- Train to give presentations - This is an entry level training with no prerequisite and no requirements other than being an individual with a mental illness and willing to share your story with the public.

*Upcoming trainings are on page 7.*

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**Advocacy Training** - NAMI Missouri hosts an annual two-day Partners in Policy Training and Advocacy Day at the Capitol each spring, funded through grants from SAMHSA and the Missouri Foundation for Health. The first day of the event includes training sessions and discussion. The next day, attendees put their newfound advocacy skills to use, visiting with legislators to advocate for mental health priorities.

**Provider Workshops** - Three provider workshops are held each year as part of a contract with the Missouri Department of Mental Health. The 6-hour sessions are certified for Continuing Education Units (CEUs) for certain healthcare and social service professionals.

**State Trainer Training** - This is the most advanced of NAMI trainings and for those who are established leaders in the state. Teacher trainers, support group facilitators and presenters may apply each year to become certified by NAMI as state trainers. This year NAMI Missouri is sending people to become state trainers for several programs, including In Our Own Voice, NAMI Basics, and Family to Family.
# Support Groups

## NAMI Connection Recovery Consumer Support Groups

*For individuals with mental illness*

<table>
<thead>
<tr>
<th>Group</th>
<th>Days, Times, Locations</th>
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<tbody>
<tr>
<td><strong>NAMI Columbia</strong></td>
<td>2nd Mondays @ 6:30-9pm Unity Center&lt;br&gt;1600 W Broadway, Columbia</td>
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<tr>
<td><strong>NAMI Greater Kansas City</strong></td>
<td>1st &amp; 3rd Mondays @ 6-8pm&lt;br&gt;LifeQuest, 1400 N Scott Ave, Belton&lt;br&gt;Every Tuesday @ 7:15-8:30pm&lt;br&gt;Westport Presbyterian Church&lt;br&gt;201 Westport Rd, Kansas City, Mo&lt;br&gt;Every Tuesday @ 7-8:30pm&lt;br&gt;First Presbyterian Church - Rm 100&lt;br&gt;1625 NW Obrien Rd, Lee’s Summit</td>
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<tr>
<td><strong>NAMI Jefferson City</strong></td>
<td>1st Mondays @ 6:30-8:30pm&lt;br&gt;Central United Church of Christ&lt;br&gt;118 W Ashley St, Jefferson City</td>
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<tr>
<td><strong>NAMI Joplin</strong></td>
<td>Every Tuesday @ 6:30-8pm&lt;br&gt;NAMI Joplin, 1601 S Wall Ave, Joplin</td>
</tr>
<tr>
<td><strong>NAMI Southwest Missouri</strong></td>
<td>Every Tuesday @ 10-11:30am&lt;br&gt;Hope Center, 1443 N Robberson Ave #408, Springfield</td>
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<tr>
<td><strong>NAMI St. Louis</strong></td>
<td>3rd Tuesdays @ 7-8:30pm&lt;br&gt;Grace United Church of Christ&lt;br&gt;8326 Mexico Rd, St Peters&lt;br&gt;Every Sunday @ 2-3:30pm&lt;br&gt;Grace &amp; Peace Fellowship Church&lt;br&gt;5574 Delmar Blvd, St Louis, Mo&lt;br&gt;Every Monday @ 6-8:30pm&lt;br&gt;Friedens United Church of Christ&lt;br&gt;1703 Old Hwy 94 S, St Charles</td>
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## NAMI Family Support Groups

*For family members of individuals living with mental illness*

<table>
<thead>
<tr>
<th>Group</th>
<th>Days, Times, Locations</th>
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</thead>
<tbody>
<tr>
<td><strong>NAMI Columbia</strong></td>
<td>2nd Mondays @ 6:30-9pm Unity Center&lt;br&gt;1600 W Broadway, Columbia</td>
</tr>
<tr>
<td><strong>NAMI Greater Kansas City</strong></td>
<td>1st &amp; 3rd Mondays @ 6-8pm&lt;br&gt;Research Psychiatric Center&lt;br&gt;2323 E 63rd St, Kansas City, Mo&lt;br&gt;3rd Wednesdays @ 6-7:30pm&lt;br&gt;(Meets 1st Wed for presentations)&lt;br&gt;Tri-County Mental Health Services&lt;br&gt;3100 NE 83rd St, Kansas City, Mo&lt;br&gt;1st Wednesdays @ 7-8:30pm&lt;br&gt;ReDiscover, 901 Independence Ave&lt;br&gt;Lee’s Summit&lt;br&gt;2nd &amp; 4th Mondays @ 6:30-8:30pm&lt;br&gt;Pathways Community Health&lt;br&gt;1010 Remington Plaza, Raymore</td>
</tr>
<tr>
<td><strong>NAMI Jefferson City</strong></td>
<td>1st Mondays @ 6:30-8:30pm&lt;br&gt;Central United Church of Christ&lt;br&gt;118 W Ashley St, Jefferson City</td>
</tr>
<tr>
<td><strong>NAMI Joplin</strong></td>
<td>2nd Tuesdays @ 6:30-8pm&lt;br&gt;NAMI Joplin Office&lt;br&gt;1601 S Wall Ave, Joplin</td>
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<tr>
<td><strong>NAMI Southeast Missouri</strong></td>
<td>2nd Thursdays @ 7-8:30pm&lt;br&gt;LIFE, Inc. Ctr. for Independent Living&lt;br&gt;725 East Karsch Blvd, Farmington</td>
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<tr>
<td><strong>NAMI Southwest Missouri</strong></td>
<td>1st &amp; 3rd Mondays @ 7-8:30pm&lt;br&gt;Hope Center, 1443 N Robberson Ave #408, Springfield&lt;br&gt;4th Thursdays @ 1:30-3pm&lt;br&gt;Polk Co. Health Center&lt;br&gt;1317 W Broadway St Bolivar</td>
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<tr>
<td><strong>NAMI St. Louis</strong></td>
<td>1st Thursdays @ 7-8:30pm&lt;br&gt;New Hope United Methodist, Rm 106&lt;br&gt;3517 Jeffco Blvd, Arnold&lt;br&gt;3rd Mondays @ 7-8:30pm&lt;br&gt;Trinity Lutheran Church&lt;br&gt;1408 Clayton Rd, Chesterfield&lt;br&gt;2nd &amp; 4th Thursdays @ 7-8:30pm&lt;br&gt;Kirkwood United Church of Christ&lt;br&gt;1603 Dougherty Ferry Rd, Kirkwood</td>
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<tr>
<td><strong>NAMI St. Louis (cont.)</strong></td>
<td>4th Wednesdays @ 7-8:30pm&lt;br&gt;Elliot Chapel, 100 S Taylor Ave&lt;br&gt;Kirkwood&lt;br&gt;1st Thursdays @ 7-8:30pm&lt;br&gt;Christ Church, 2200 Bellevue Ave&lt;br&gt;Maplewood&lt;br&gt;4th Tuesdays @ 7-8:30pm&lt;br&gt;Christian Hospital Northeast, Rm 2100&lt;br&gt;11133 Dunn Rd, St Louis&lt;br&gt;1st Thursdays @ 7-8:30pm&lt;br&gt;NAMI St. Louis Tri-County Office, #101&lt;br&gt;200 S Kingshighway, St Charles&lt;br&gt;3rd Tuesdays @ 7-8:30pm&lt;br&gt;Grace United Church of Christ&lt;br&gt;8326 Mexico Rd, St Peters&lt;br&gt;2nd Tuesdays @ 6:30-8pm&lt;br&gt;Webster Hills United Methodist&lt;br&gt;698 W Lockwood, Webster Groves</td>
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<tr>
<td><strong>NAMI Missouri (outstate)</strong></td>
<td>3rd Mondays @ 7-8:30pm&lt;br&gt;105 Pfeiffer Ave, Kirksville</td>
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NAMI family support groups offer various options for family members of individuals living with mental illness. The meetings are designed to provide support, information, and resources for families. Some groups meet weekly, while others may have specific days or times. It's important for family members to find the group that best suits their needs and schedule. NAMI (National Alliance on Mental Illness) is a nationwide organization dedicated to improving the lives of people affected by mental illness by providing education, support, and advocacy.
Family Courses

2018 FAM ILY EDUCATION COURSES

NAMI Family to Family
Family to Family is a free class for families, partners and friends of individuals with mental illness. It is designed to improve understanding of mental illness, increase coping skills and empower participants to become advocates for family members.

New Family to Family courses are currently being planned for later in 2018 in Jefferson City, Joplin and Springfield. Visit namimissouri.org/familytofamily to check dates and register.

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 usually runs over the course of 6 sessions in 6 weeks in a group classroom setting.

New Basics courses are currently being planned for later in 2018. Visit namimissouri.org/basics to check dates and register.

NAMI Homefront
NAMI 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 and improve the ability of participants to provide support.

Columbia
(3 Saturday sessions)
Truman VA Hospital, 800 Hospital Dr, Columbia Sat., September 8, 15 & 22 @ 9am-2:30pm Contact: 573-634-7727 | sonya@namimissouri.org

Additional Homefront courses are being planned in other locations in Missouri in 2018, including Kansas City. Visit namimissouri.org/homefront to check dates and register.

Resource Alert:
PsychArmor is a non-profit organization dedicated to bridging the military-civilian divide through free education and support, including online access to mental health services. Find tools to promote effective engagement with veterans, service members and military family members at psyccharmor.org.

Thank you for your support
All NAMI Missouri programs and services are offered free of charge. We could not do this important work without the generosity of our members, volunteers and supporters. Help us help others with a contribution to NAMI Missouri, either by mail or online at namimissouri.org/donate.
Training sessions provide the tools and certifications you need to teach a family education course, give presentations or facilitate a support group. Trainings are currently being provided at no cost to participants thanks to grant and contract funding through the Department of Mental Health and SAMHSA. Training includes materials and instruction, hotel stay and meals. Due to high demand, attendance is limited and courses do fill up.

REGISTER FOR A TRAINING TODAY AND BECOME CERTIFIED TO:

**TEACH A COURSE**

**Family to Family**
Family to Family is a free class for families, partners and friends of individuals with mental illness. 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

**NAMI Basics**
Basics is a free class for parents and caregivers of children and teens who are experiencing mental health conditions. 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

**GIVE PRESENTATIONS**

**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 recovery. These presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. Register to attend an upcoming training to become part of an In Our Own Voice presenter team. Refresher courses will be available online.

- **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

**FACILITATE A SUPPORT GROUP**

**Connection Support Groups**
Connection Recovery Support Groups are 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

**NAMI Family Support Groups**
Family Support Groups are for family members, partners and friends of people living with 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

FOR INFORMATION ON TRAINING OR OTHER OPPORTUNITIES
- **Individuals with mental illness** - contact Alice Kliethermes at alice@namimissouri.org.
- **Family members** - contact Sonya Baumgartner at sonya@namimissouri.org.

Not sure who to contact? Email info@namimissouri.org and we’ll get you to the right place!
ANNUAL MEETING AND LUNCHEON REGISTRATION

The NAMI Missouri Annual Meeting and Luncheon will be held Saturday, April 21, 2018, at the Capitol Plaza Hotel, 415 W McCarty St., Jefferson City, MO, beginning at 10:30 am. Visit namimissouri.org/annual-meeting.

☐ $20 NAMI member  ☐ $30 Non-member  ☐ $10 Limited income

Name _____________________________________________________________ Phone __________________________
Address _______________________________________________________ City ___________________________
State ___________________________ Zip _____________ Email _____________________________________________

Free registration and travel reimbursement available for those with financial need. Contact kim@namimissouri.org.

☐ I wish to make an additional contribution of $ ________ to offset costs for those who are unable to pay.

BECOME A NAMI MEMBER OR RENEW NOW

☐ $40 Individual membership  ☐ $60 Family membership
☐ $5 Open door membership

Current members: Your membership expiration date is on the mailing label.

PAYMENT

☐ Cash  ☐ Check  ☐ Total Enclosed $ _______________

Credit Card: ☐ Visa  ☐ MasterCard  ☐ Discover
Name on card __________________________________________________________
Billing address________________________________________________________
Card # _________________________________ Exp. Date __________/_________

Send form and payment to:
NAMI Missouri
3405 W. Truman Blvd., Suite 102
Jefferson City, MO 65109

Please notify us in advance of any required accommodations or dietary restrictions.

Call 573-634-7727 or visit namimissouri.org/annual-meeting