Ending the Silence is the newest NAMI Signature Program and it’s now available in Missouri. Ending the Silence is a presentation program, similar to In Our Own Voice, but it’s primarily targeted toward providing support and fostering open communication for high school age youth. The program is led by a lead presenter with the assistance of a youth presenter. The lead presenter is an adult who is either living well with mental illness or the family member of an individual with mental illness, and the youth presenter is a young person between the ages of 18 and 30 who shares a personal story of living with mental illness and their recovery journey. The presentations include information on identifying warning signs and assisting someone in need through the use of real world examples, personal testimony and visual aids. The presentations run about 50 minutes long and come in three separate formats: one designed to be presented to a class of students, one as a teacher training, and one for parent and family organizations. It is primarily a high school program, but can be modified to be suitable for both middle school students and college freshmen.

Thank you to everyone who lent their time and voices to the committee hearing on the proposal to restrict access to antipsychotic medications through the creation of a preferred drug list. A Missouri panel met on June 21 to consider adding restrictions to mental health medication for Missourians on Medicaid. The proposal would have created a preferred drug list for antipsychotic medications. Preferred drug lists save the state money by limiting medication options, and while NAMI Missouri recognizes the need for cost savings, we are strongly opposed to any action that limits access to medications for those with mental illness. Mental health advocates came out to the meeting to voice their concerns, sending a clear message that got results. The Drug Prior Authorization Committee delayed voting and agreed to take time to review proposals for mental health medication classes. NAMI Missouri and the Federation of Behavioral Health Advocates anticipate these issues may come up again at the next quarterly meeting, which is scheduled for September 20. In the meantime, we plan to continue a campaign of education and open dialogue with MO HealthNet leaders, staff and policymakers. For more information and to see the news coverage resulting from the meeting and advocacy efforts, visit the advocacy page of the NAMI Missouri website at namimissouri.org/advocacy.

ADVOCACY WORKS

IN THIS ISSUE:
Children’s Mental Health Week pg. 2 • Annual Meeting pg. 3 • Courses and Trainings pg. 6-7
CHILDREN’S MENTAL HEALTH WEEK 2018

Youth advocates from across the state took part in the 2018 Children’s Mental Health Week ceremony in May. The event is an annual collaboration by NAMI Missouri, the Missouri Department of Mental Health and other mental health and child advocacy organizations. This year’s event started with a pizza and ice cream celebration before the group attended the official Children’s Mental Health Week proclamation ceremony hosted by Missouri Secretary of State Jay Ashcroft. Children’s Mental Health Week is recognized the first full week in May each year to highlight the importance of mental health awareness at all ages.
During the 2018 NAMI Missouri Annual Meeting + Luncheon, members elected Diana Harper of Joplin to a third term; Crystal Simler of Kirksville to her first full term; and Debora Biggs and Amy Hoffman, both of Springfield, to first terms on the NAMI Missouri Board of Directors. The event featured a powerful presentation by Keynote Speaker Stephanie Appleby, as well as awards and honors presented to members, volunteers and supporters whose dedication we depend on each and every day. Thank you to everyone who attended, and save the date for the 2019 Annual Meeting on Saturday, April 13, 2019 at the DoubleTree by Hilton Hotel in Jefferson City.

**AWARDS + HONORS**

- **Chris Fischer** NAMI Missouri Service Appreciation Award
- **NAMI Southwest Missouri** Achievement of Standards of Excellence
- **Steven Wilhelm & Lee H. Cruse Trust** Supporter Appreciation Award
- **Alan Stoutz** NAMI Missouri Peer Dedication Award
- **Toni Flackmiller** NAMI Missouri Peer Dedication Award
- **Barb French** NAMI Missouri Award for Excellence in Advocacy
- **Sherry Fischer** NAMI Missouri Service and Dedication Award
- **Les Joslyn** NAMI Missouri Service Appreciation Award
- **Eric Pahl** NAMI Missouri Service Appreciation Award

**THANK YOU TO OUR EVENT SPONSORS, SUPPORTERS AND RAFFLE DONORS**

- Harris Foundation, Inc.
- Kansas City Zoo
- Lorraine Smith, Mary Kay Cosmetics
- Magic House Children’s Museum, St. Louis
- Missouri Department of Mental Health
- NAMI Columbia
- Silver Dollar City, Branson, Mo
- Super Hair Salon, Jefferson City, Mo
- Titanic Museum, Branson, Mo

**2018 LEGISLATIVE SESSION**

The 2018 legislative session wrapped up on May 18 with the last minute passage of two bills to improve access to behavioral health care and to increase the availability of medications used in the treatment of substance use disorders. Unfortunately, the full measure to increase fairness in mental health treatment, also known as behavioral health parity, did not receive final approval. That legislation would have improved coverage for mental health conditions and held insurance companies accountable for covering behavioral health at the same level as medical and surgical health treatments. The legislation garnered widespread bipartisan support, and would have been another tool in the fight against the state’s opioid epidemic by including substance use disorder as part of behavioral health coverage requirements. NAMI Missouri and the Federation of Behavioral Health Advocates will continue to push for these important issues during the 2019 legislative session.
Support Groups

NAMI Family Support Groups
For family members of individuals with mental illness

NAMI Columbia
Columbia - Family Support Group
Monthly - 2nd Monday @ 6:30-9:00 pm
Presentation @ 6:30 pm;
Support group @ 7:30 pm
Unity Center, 1600 W Broadway, Columbia
Contact: Tim Harlan, 573-874-2402
Email: tharlan@harlan-still.com

NAMI Jefferson City
Jefferson City - Family Support Group
Monthly - 1st Monday @ 6:30-8:30 pm
Presentation @ 6:30 pm;
Support group @ 7:30 pm
Central United Church of Christ
118 W Ashley Street, Jefferson City
Contact: Alice Kliethermes, 573-634-7727
Email: klieta92@gmail.com

NAMI Joplin
Joplin - Family Support Group
Monthly - 2nd Tuesday @ 6:30-8:00 pm
NAMI Joplin Office
1601 S Wall Ave., Joplin
Contact: 417-781-6264
Email: namijoplin@cableone.net

NAMI Southeast Missouri
Farmington - Family Support Group
Monthly - 2nd Thursday @ 7:00-8:30 pm
LIFE, Inc. Center for Independent Living
725 E Karsch Blvd., Farmington
Contact: Susan Valle, 573-701-4185
Email: namisoutheastmo@gmail.com

NAMI Southwest Missouri
Springfield - Family Support Group
1st & 3rd Mondays @ 7:00-8:30 pm
NAMI Southwest Missouri Office
1443 N Robberson #408, Springfield
Contact: Les Joslyn, 417-839-4682
Email: joslyn@sbcglobal.net

NAMI St. Louis (cont.)
Arnold - Family Support Group
Monthly - 1st Thursday @ 7:00-8:30 pm
New Hope United Methodist Church, Rm 106 (Enter through white doors in back)
3921 Jeffco Blvd, Arnold
Contact; Russell or JoAnn, 314-293-1512

Chesterfield - Family Support Group
Monthly - 3rd Monday @ 7:00-8:30 pm
Trinity Lutheran Church
14088 Clayton Rd, Chesterfield
Contact: Jerry Spector, 636-532-0027

Kirkwood - Family Support Group
2nd & 4th Thursday @ 7:00-8:30 pm
Kirkwood United Methodist Church
201 W Adams, Kirkwood

Maplewood - Family Support Group
Monthly - 1st Thursday @ 7:00-8:30 pm
Christ Church, 2200 Bellevue Ave.
Maplewood

NAMI Greater Kansas City
Belton - Family Support Group
1st & 3rd Mondays @ 6:30-8:00 pm
LifeQuest Church, 1400 N Scott Ave, Belton
Contact: krevert@att.net

Kansas City - Family Support Group
1st & 3rd Thursdays @ 6:00-8:00 pm
Research Psychiatric Center
2323 E 63rd Street, Kansas City, Mo
Contact: Joe & Heidi Custin
Email: custinhh@yahoo.com

Lee’s Summit - Family Support Group
Monthly - 1st Wednesday @ 7:00-8:30 pm
ReDiscover Mental Health Clinic
901 Independence Ave, Lee’s Summit
Contact: Frank Bair, 816-763-9320
Email: fbair1@att.net

KC (Northland) - Family Support Group
Monthly - 3rd Monday @ 7:00-9:00 pm
(Also meets on 1st Wed for presentations)
1st Wed in River Rm; 3rd Wed in Conf. Rm
Contact: Candis Desselle, 816-468-0400

Webster Groves - Family Support Group
Monthly - 2nd Tuesday @ 6:30-8:00 pm
Webster Hills United Methodist Church
Christian Life Center, Library Room
698 W Lockwood, Webster Groves
Contact: Judy Larson, 314-922-4693

Belton - Family Support Group
(formerly in Raymore)
2nd & 4th Mondays @ 6:30-8:30 pm
Belton Regional Medical Center
17065 S 71 Hwy, Belton
Contact: Pam and Holly
Email: NAMI-leaders@hotmail.com

KC (Northland) - Family Support Group
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Belton Regional Medical Center
17065 S 71 Hwy, Belton
Contact: Pam and Holly
Email: NAMI-leaders@hotmail.com

NAM St. Louis
NAMI St. Louis Family Support Groups
are listed in the following column. If no contact information is provided for a St.
Louis area support group, contact
314-962-4670 or jjohnston@namistl.org.
Full NAMI St. Louis support group lists and
details are online at www.namistl.org/
support-groups

NAM St. Louis (cont.)
Arnold - Family Support Group
Monthly - 1st Thursday @ 7:00-8:30 pm
New Hope United Methodist Church, Rm 106 (Enter through white doors in back)
3921 Jeffco Blvd, Arnold
Contact; Russell or JoAnn, 314-293-1512

Chesterfield - Family Support Group
Monthly - 3rd Monday @ 7:00-8:30 pm
Trinity Lutheran Church
14088 Clayton Rd, Chesterfield
Contact: Jerry Spector, 636-532-0027

Kirkwood - Family Support Group
2nd & 4th Thursday @ 7:00-8:30 pm
Kirkwood United Methodist Church
201 W Adams, Kirkwood

Maplewood - Family Support Group
Monthly - 1st Thursday @ 7:00-8:30 pm
Christ Church, 2200 Bellevue Ave.
Maplewood

St. Louis (N. County) - Family Support Grp
Monthly - 4th Tuesday @ 7:00-8:30 pm
Christian Hospital Northeast, Rm. 2100
11133 Dunn Rd, St. Louis, MO
Contact: Linda Hossin, 314-302-2740

St. Charles - Family Support Group
Monthly - 1st Thursday @ 7:00-8:30 pm
NAMI St. Louis Tri-County Office
200 S Kingshighway #101, St. Charles
Contact: Bonnie, 314-974-4694

St. Peters - Family Support Group
Monthly - 3rd Tuesday @ 7:00-8:30 pm
Grace United Church of Christ
8326 Mexico Rd, St. Peters

Webster Groves - Family Support Group
Monthly - 2nd Tuesday @ 6:30-8:00 pm
Webster Hills United Methodist Church
Christian Life Center, Library Room
698 W Lockwood, Webster Groves
Contact: Judy Larson, 314-922-4693

NAM St. Louis
NAMI St. Louis Family Support Groups
are listed in the following column. If no contact information is provided for a St.
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314-962-4670 or jjohnston@namistl.org.
Full NAMI St. Louis support group lists and
details are online at www.namistl.org/
support-groups
NAMI Connection Recovery Support Groups
For individuals living with mental illness

**NAMI Columbia**
**Columbia**
Connection Recovery Support Group
Monthly - 2nd Monday @ 6:30-9:00 pm
Presentation @ 6:30; Group @ 7:30
Unity Ctr, 1600 W Broadway, Columbia
Contact: Tim Harlan, 573-874-2402
Email: tharlan@harlan-still.com

**NAMI Greater Kansas City**
**Midtown Kansas City**
Connection Recovery Support Group
Every Tuesday @ 7:15-8:30 pm
Westport Presbyterian Church
201 Westport Rd, Kansas City, Mo
Email: violamom@gmail.com (Patty)

**Lee’s Summit**
Connection Recovery Support Group
Every Tuesday @ 7:00-8:00 pm
1st Presbyt. Church - Basement Rm 100
1625 NW Obrien Rd, Lee’s Summit
Contact: Marty Sexton, 816-738-3066
Contact: Tricia Wear, 816-810-1414
Email: help4distress@gmail.com

**NAMI Jefferson City**
**Jefferson City**
Connection Recovery Support Group
Monthly - 1st Monday @ 6:30-8:30 pm
Presentation @ 6:30; Group @ 7:30
Central United Church of Christ
118 W Ashley Street, Jefferson City
Call: Alice Kliethermes, 573-634-7727
Email: klieta92@gmail.com

**NAMI Joplin**
**Joplin**
Connection Recovery Support Group
Every Tuesday @ 6:30-8:00 pm
NAMI Joplin Office, 1601 S Wall Ave, Joplin
Contact: 417-781-6264
Email: namijoplin@cableone.net

**NAMI Southwest Missouri**
**Springfield**
Connection Recovery Support Group
Every Tuesday @ 10:00-11:30 am
The Hope Center
1443 N Robberson Ave, #408, Springfield
Contact: 417-864-3027
Email: nami@namiswmo.com

**NAMI St. Louis**
**St. Peters**
Connection Recovery Support Group
Monthly - 3rd Tuesday @ 7:00-8:30 pm
Grace United Church of Christ
8326 Mexico Rd, St. Peters
Contact: Joyce Johnston, 636-940-7440
Email: jjohnston@namistl.org

**St. Charles**
Connection Recovery Support Group
Every Monday @ 6:30-8:00 pm
Friedens United Church of Christ
1703 Old Hwy. 94 South, St. Charles
Contact: Jim Eyman, 314-808-5551
Email: jeymanjr@prodigy.net

**St. Louis (Delmar)**
Connection Recovery Support Group
1st & 3rd Sundays @ 2:00-3:30 pm
Grace and Peace Fellowship Church
5574 Delmar, St. Louis
Contact: Rose Schulte, 314-716-2210
Email: roseschulte@gmail.com

**Belton**
Connection Recovery Support Group
1st & 3rd Mondays @ 6:00-8:00pm
LifeQuest Church
1400 N Scott Ave, Belton
Contact: Mike R. or Shawn T.
Email: allaboutrockllc@yahoo.com
Email: teegarden.shawn@icloud.com

**Additional Support Contacts**

**Branson Support Contact**
Debora Biggs, 417-864-7119
Email: debora@namiswmo.com

**Brunswick Support Contact**
Bev & Ken Jones, 660-548-3860
Email: glassman10@hotmail.com
Email: bjones@amfam.com

**Clarksville Support Contact**
Judy & Larry Dew, 573-242-3794
Email: dewmo1@sbcglobal.net

**Rolla Support Contact**
Barbara French, 573 674-2559
Email: namimobhf@hotmail.com

**Springfield & Surrounding Area Support Groups**

Daily support group sessions are held at NAMI Southwest Missouri Hope Center in Springfield, and weekly in Bolivar, Branson, Lebanon and Springfield.

The complete NAMI Southwest Missouri support group list is at: namiswmo.com/services/support

**Other Support Meetings**

**NAMI Boonville Support Group**
Combined individual & family group
Monthly - 2nd Tues @ 6:30-8:30pm
Nelson Memorial UMC
407 E Spring St., Boonville
Contact: Jack Bell, 660-537-8811
Email: namiboonville@gmail.com
Email: jbell@classicnet.net

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**Support is just a phone call away**

Peer support and resources are available through the NAMI Missouri WARMline
9am – 7pm on weekdays, and 3pm – 9pm on weekends and holidays

Call 800-374-2138
Family Courses

2018 FAMILY EDUCATION COURSES

NAMI Basics
NAMI St. Louis - Arnold (Jefferson Co.)
Fri. Aug. 24 – Fri. Sept. 28 @ 6-8:30pm
COMTREA, 21 Municipal Drive, Arnold
Contact: 314-962-4670 | JJohnston@namistl.org
Register for St. Louis area courses at namistl.org

NAMI St. Louis – Arnold (Jefferson Co.)
Fri. Aug. 24 – Fri. Sept. 28 @ 6-8:30pm
COMTREA, 21 Municipal Drive, Arnold
Contact: 314-962-4670 | JJohnston@namistl.org
Register for St. Louis area courses at namistl.org

NAMI St. Louis – St. Peters (St. Charles Co.)
Wed. Sept. 12 - Wed. Oct. 17 @ 6:30-9pm
Grace United Church of Christ, 8326 Mexico Rd. St. Peters
Contact: 314-962-4670 | JJohnston@namistl.org
Register for St. Louis area courses at namistl.org

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

Family to Family (continued)
For all NAMI St. Louis Family to Family courses,
Contact: 314-962-4670 | Johnston@namistl.org
Register for St. Louis area courses at namistl.org

NAMI St. Louis – North County
Mon. Aug. 27 – Mon. Nov. 12 @ 6:30-9pm
New Horizon Christian Church, 206 Emerling Dr., St. Louis

NAMI St. Louis – Festus (Jefferson Co.)
Mon. Aug. 27 – Mon. Nov. 19 @ 6:30-9pm
Mercy Hospital Jefferson, 1400 US-61, Festus

NAMI St. Louis – St. Louis
Mon. Aug. 27 – Mon. Nov. 19 @ 6:30-9pm
Hyland Center, 10020 Kennerly Road, St. Louis

NAMI St. Louis – St. Peters (St. Charles Co.)
Mon. Aug. 27 – Mon. Nov. 19 @ 7-9:30pm
Grace United Church of Christ, 8326 Mexico Rd, St Peters

NAMI St. Louis – Kirkwood
Tues. Aug. 28 – Tues. Nov. 13 @ 7-9:30pm
Diversified Health & Wellness, 11042 Manchester Rd, Kirkwood

NAMI St. Louis – Hazelwood
Wed. Aug. 29 – Wed. Nov. 14 @ 7-9:30pm
Walter’s Walk, 737 Dunn Rd, Hazelwood

NAMI St. Louis – Ladue/ Clayton
Wed. Aug. 29 – Wed. Nov. 14 @ 7-9:30pm
Clayton Behavioral, 9890 Clayton Rd, St. Louis

NAMI St. Louis – Elsberry (Lincoln Co.)
Wed. Aug. 29 – Wed. Nov. 14 @ 6:30-9pm
The Armory, 105 S. 3rd St., Elsberry

NAMI St. Louis – Clayton
Thurs. Aug. 30 – Thurs. Nov. 15 @7-9:30pm
First Congregational Church, 6501 Wydown Blvd., Clayton

NAMI St. Louis – Creve Coeur
Tues. Sept. 4 – Tues. Nov. 20 @ 6:30-9pm
Mercy Hospital Behavioral Health, 12125 Conway Rd, Creve Coeur

You can find other resource for veterans, members of the military and families at psycharmor.org.

Family to Family has been designated by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based program.

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.
You can also check out new fundraising opportunities at namimissouri.org/fundraising.
Upcoming Trainings

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 hotel, meals, materials and instruction. Registration is required. Attendance is limited and courses do fill up.

REGISTER FOR A TRAINING AND BECOME CERTIFIED TO:

GIVE PRESENTATIONS

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. Register 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
Sat., Sept. 29, 2018
Application Deadline – August 27, 2018

Ending the Silence
Ending the Silence is NAMI’s newest signature presentation program. Training plans for Ending the Silence presenters are underway, with training being conducted in two parts. The first part is an online course. Visit namimissouri.org/endingthesilence to learn more

» Ending the Silence Presenter Training
Part 1: Online (web only training)
Part 2: In-person training (planning underway)
Visit namimissouri.org/endingthesilence

FACILITATE A SUPPORT GROUP

Connection Recovery 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
Visit namimissouri.org/support

*FULL*

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!

OUR ONLINE SHOP IS COMING SOON!

Our NAMI Missouri Online Shop is under construction at namimissouri.org/shop, but t-shirts, mugs and more are always available at our Jefferson City location. We’re also placing a special order of Sport-Tek half zip royal blue pullovers with the NAMI Missouri logo in white. The cost will be $40-$50, depending on the number ordered. They are available in men’s and women’s sizes XS – 4XL. All proceeds go to fund services offered by NAMI Missouri.

For information on ordering, contact kim@namimissouri.org.
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.

**JOIN US!**

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

Name _____________________________________________________________ Phone ________________________________

Address __________________________________________________________ City ________________________________

State ____________________________ Zip _____________ Email ____________________________________________

Credit Card: ☐ Visa ☐ MasterCard ☐ Discover

Card # ________________________________ Exp. Date_______ / _________

Send form and payment to:

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