



National Alliance on Mental Illness

nami Missouri

SUPPORT / EDUCATION / ADVOCACY

FALL 2020

GROWING PROGRAMS STATEWIDE

NAMI Missouri programs have continued to expand, both online and across the state throughout 2020.

This summer we hosted the first NAMI Homefront Teacher Training in Missouri since 2017. This program serves family members and loved ones of military service members and veterans living with mental health conditions. The NAMI Homefront program was developed based off of the NAMI Family-to-Family (F2F) multi-session education program.

Family-to-Family has received revisions of its own and is now an 8-week program, which is much more accessible for busy families than the previous 12-week F2F course.

For those looking for a shorter time commitment, the newest Family-to-Family-based program can be delivered as either one 4-hour workshop or as a 90-minute seminar. Family and Friends is an excellent starting point for those



who can't commit to an 8-week course. Interested in seeing a Family in Friends seminar in action? We'll be offering a demo session of this program during our Annual Meeting and Conference on Sat., October 24, 2020. We hope you'll join us for this free virtual event. Read on to learn more.

2020 Annual Meeting and Conference



The NAMI Missouri 2020 Mental Health Conference and Annual Meeting will be held virtually via Zoom on Saturday, Oct. 24, 2020, beginning at 9:30 a.m.

Don't miss your opportunity to vote for board representatives, weigh in on proposed bylaws changes and learn what NAMI Missouri is planning for 2021 and beyond.

There is no charge to attend this online only event, but registration is required. Zoom links and log in information will be emailed out to registered participants one week prior to the event.

Learn more & register online at namimissouri.org/conference

IN THIS ISSUE:

2020 Conference Registration, Board Candidates and Bylaws Changes [pg. 3](#)

3405 W. Truman Blvd. #102, Jefferson City, MO 65109
Office (573) 634-7727 • Warmline (800) 374-2138 • namimissouri.org

About NAMI Missouri

Peer support and resources are available through the

NAMI Missouri Warmline

Call 1-800-374-2138 9 am to 5 pm Monday - Friday

Visit namimissouri.org/warmline to learn more.

Reminder:

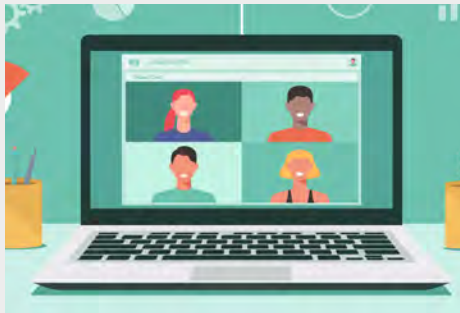
Check your support group status

Many NAMI Support Groups have suspended in-person meetings but continue to operate online. Before visiting an in-person support group, contact your local group leader to find out the meeting status.

Coming up:

NAMI Smarts for Advocacy

Interested in advocating for policies that benefit individuals living with mental health conditions? Join us for a NAMI Smarts for Advocacy Webinar Wednesday, Dec. 9 at noon. To register, visit namimissouri.org/advocacy.



Mental Health & Allied Provider Workshop

NAMI Missouri will be hosting our next virtual Provider Workshop for mental health professionals using Zoom Video on Nov. 17, 2020. Continuing Education Units (CEUs) are available for this free 6-hour course, issued by the Missouri Institute of Mental Health (MIMH). The workshop is being offered through a contract with the Missouri Department of Mental Health. Advance registration is required to receive CEUs. For additional information and to register, visit us online at namimissouri.org/ProviderWorkshop.

Board of Directors

Diana Harper - President
Donald Schniepp - First Vice President
Rita McElhany - Second Vice President
Deborah Biggs - Secretary
Eric Pahl - Treasurer
Rich Bennett • Anita Kiessling-Carver
Holly Miles • James Owen
Christine Patterson • Dale Shotts
Terrance White

Staff

Gena Terlizzi - Executive Director
Dawn Matthews - Director of Operations
Amye Trefethen - Family & Youth Services Coordinator
Alice Kliethermes - Director of Consumer Services
Nicole Baldwin - Peer Services Coordinator
Sharon Groner - Warmline Phone Responder

Council Representatives

Lemuel E. Kimes - Service Members, Veterans & Families Council
Nick Clinton - Peer Leadership Council

Affiliates

NAMI Boonville
NAMI Joplin
NAMI St. Louis

NAMI Columbia MO
NAMI Lebanon

NAMI Greater Kansas City
NAMI Southeast Missouri

NAMI Jefferson City
NAMI Southwest Missouri

Contact us: NAMI Missouri
3405 W. Truman Blvd. #102 • Jefferson City, MO 65109
Main 573-634-7727 • Warmline 800-374-2138
Visit namimissouri.org • Email info@namimissouri.org

Find us online



NAMI Missouri is the chartered State Organization of the National Alliance on Mental Illness.

Annual Meeting & Conference

Conference Registration

NAMI member (free)

Non-member (free)

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

Register online @ namimissouri.org/conference or by mail: 3405 W. Truman Blvd. #102 Jefferson City, MO 65109

THANK YOU TO OUR SPONSORS

Primary Sponsor
Sunovian Pharmaceuticals

PCS Behavioral Health

Porch.com

Friend of NAMI Mark Vedder, Jr



BYLAWS UPDATES

The Annual Meeting is an opportunity for members to vote on updates and revisions to bylaws changes. All are welcomed to attend, but only members may vote. For information on voting by mail, email info@namimissouri.org. The NAMI Missouri Governance Committee has proposed two changes to **Article IV** of the organization's bylaws. These changes have been approved by the Board of Directors to be voted on by all members:

Article IV – Board of Directors Section 6.3 Notice: Changes the number of days required for the board of directors to receive notice of a special board meeting from 10 days to 5 days. **Section 6.6 Quorum:** Removes the word “one” from the following sentence for clarity: “The quorum of the Board of Directors shall be one more than half of the total number of the Board Members and include two (2) of the five (5) elected officers.”

BOARD MEMBER ELECTIONS

Four candidates have been nominated to fill five positions on the NAMI Missouri Board of Directors.

Rich Bennett is running for a second term on the NAMI Missouri Board of Directors.

Rita McElhaney is running for a second term on the NAMI Missouri Board of Directors.

Holly Miles is running for a first full term after being appointed to fill a vacant position.

Terrance White is running for a first full term after being appointed to fill a vacant position.

Additional nominations may be taken from the floor during the meeting. Directors may serve up to three consecutive 3-year terms, and are elected each year at the annual membership meeting. For information on voting by mail, email info@namimissouri.org. Additional information about each candidate is included online at namimissouri.org/conference.

SPECIAL THANKS

Special thanks to Board Member Dale Shotts who has served three consecutive 3-year terms on the NAMI Missouri Board of Directors. NAMI Missouri would also like to thank former board members Les Joslyn and Amy Hoffman, former council representative Stephanie Appleby and retired staff member, Kim Hoffman, who served as Special Projects Coordinator and administered the Provider Workshop program for NAMI Missouri and retired this year after 8 years with NAMI Missouri.



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

Non-Profit
 US Postage **PAID**
 Jefferson City, MO
 Permit No. 390

Join NAMI Missouri or renew today!

Every member strengthens our efforts. For existing members, **your membership renewal date will be listed on the mailing label of this newsletter** right next to your name. If your membership has expired, renewal is easy, and if you're not a member yet, join us today! Members receive the NAMI Missouri Newsletter, NAMI Advocate magazine and discounts to attend NAMI events. Even better, your membership helps provide services to individuals living with mental health conditions and their family members.

New Member **Renewal**

Enclosed are my dues for (check one):

- | | |
|---|---|
| <input type="checkbox"/> Individual (\$40) | <input type="checkbox"/> Total Dues \$ _____ |
| <input type="checkbox"/> Family/Household (\$60) | <input type="checkbox"/> Additional Contribution \$ _____ |
| <input type="checkbox"/> Open Door/Limited Income (\$5) | <input type="checkbox"/> Total Enclosed \$ _____ |

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

Credit Card: Visa MasterCard Discover

Card # _____

Exp. Date ____/____/____ CCV _____

Cardholder Name _____

Cardholder Address _____

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