



National Alliance on Mental Illness

NAMI Missouri

SUPPORT | EDUCATION | ADVOCACY

WINTER 2020

Staying Connected Over the Distance

As a way to connect and share information, resources and support, NAMI Missouri will be hosting a monthly virtual affiliate chat the first Thursday of each month. All affiliates and members are invited to participate.

We appreciate everyone who joined our first chat on Nov. 5. We had a great, interactive conversation and discussed ideas for upcoming chat topics. Join us for our next chat on Thursday, Dec. 3, where we'll be focusing on holiday self-care and support, and again in January for a discussion on social media for NAMI affiliates.



Learn more & register online at namimissouri.org/affiliatechat

Season of Giving

As we begin the holiday season, we reflect on the accomplishments of the past year, and the work to be done. As you plan your holiday giving, please consider making a contribution in support of the worthwhile cause of improving the lives of individuals with mental illness and their families.

For an easy and convenient way to make your tax-deductible contributions, visit namimissouri.org/donate or visit [Facebook.com/NAMIMissouri](https://www.facebook.com/NAMIMissouri) to donate directly from our page.

Thank you for supporting NAMI Missouri and your local NAMI affiliate this holiday season.

Giving Tuesday is the Tuesday after Thanksgiving, Black Friday, and, more recently, Cyber Monday. It follows what is historically the busiest shopping weekend of the year. Giving Tuesday falls on December 1 this year.

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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 9am - 5pm Monday through Thursday & 9am - 2pm on Fridays

Visit namimissouri.org/warmline to learn more.

A warmline can be a lifeline for people living with mental illness. It is not a hotline, or the number you call in a crisis situation. It is a resource that serves as an important part of long-term recovery and wellness programs for many people living with mental illness.

Warmlines mean having a friendly, non-judgmental person on the other end of the phone who understands because they've been there. Warmline responders are people who are living with mental health conditions. Warmlines not only provide support for those who call, it provides income, stability and job training for the people who answer.

Earlier this year the State of Missouri eliminated funding for peer support phone services, including the NAMI Missouri Warmline. But we are determined to keep our Warmline operating for those who need it most. A donation to our Warmline campaign fund will ensure these services continue.

- A donation of \$13 provides one hour of Warmline service and serve five individual callers in need.
- A donation of \$84 funds the toll-free phone line for a week, ensuring no-cost support for callers.
- A donation of \$125 provides job training and materials to a new responder who is living well with mental illness.

Last year NAMI Missouri answered 3,827 Warmline calls, providing support, encouragement and resources at no cost to callers. If you've already donated, thank you! Please join us in our fundraising campaign to spread the word.

Board of Directors

Debora Biggs - President
Holly Miles - 1st Vice President
Christine Patterson - 2nd Vice President
Rita McElhaney - Secretary
Eric Pahl - Treasurer
Diana Harper • Anita Kiessling-Carver
James Owen • Don Schniepp
Terrance White

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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

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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.

Notable

Impact Report

Throughout this unusual and turbulent year, the staff, volunteers, board members and supporters at NAMI Missouri have kept in mind why we do what we do. Now more than ever mental health is an issue that can no longer be ignored. Across our state, nearly 1 in 5 Missourians, or 1.2 million people, face the day-to-day challenges of living with a mental health condition. At NAMI Missouri, we get it. We've been there. We offer help and hope. We improve lives. Together, we work to help people and families create better lives through education, support and advocacy.



NAMI Missouri Impact 2019 - 2020

Trained **42** new family education leaders who are helping deliver the NAMI Family-to-Family and Basics programs to Missourians



Provided in-person and virtual peer and family support at **70** support groups, serving more than **700** individuals and family members



Graduated **103** participants from our no-cost, peer-led family education courses



Responded with support, resources and referrals on **3k+** calls and messages to the NAMI Missouri Warline and Helpline

Offered **3** Mental Health Professional Provider Workshops, providing continuing education to **150** Missouri Mental Health Professionals



Reached more than **100k** social media users, providing information, resources and messages of hope and inspiration, and earning **16k+** Facebook followers



Hosted **2** Disaster Recovery Mental Health Workshops, serving **19** Missourians in crisis



Trained **29** new support group leaders, including **15** peer facilitators and **14** family facilitators

Trained **7** new In Our Own Voice Lived Experience Presenters, and coordinated **49** presentations for more than **1273** audience members



Reached **4,438** people through the NAMI Missouri website



2020 Annual Meeting

The NAMI Missouri Annual Conference was held on October 24, 2020 using Zoom Video. It featured a presentation by NAMI Missouri Family and Youth Programs Coordinator Amye Trefethen on the NAMI Family & Friends presentation program. The meeting also included member votes on bylaws changes and board elections, plus Hall of Fame honors awarded to members and volunteers whose dedication we depend on each and every day. Please save the date for next year's membership meeting and conference on **Saturday, October 23, 2021**.

AWARDS + HONORS

NAMI HALL OF FAME SILVER HONORS

In Our Own Voice Presenter
Shawna Jobe

Connections Support Group Facilitator
Manny Leonhard

NAMI HALL OF FAME GOLD HONORS

Family Support Group Facilitators
**Frank Bair, Tim Harlan, Diana Harper
and Marilyn Kinnett**

In Our Own Voice Presenter
Anngie Hampton



THANK YOU TO OUR EVENT SPONSORS:

Sunovion Pharmaceuticals • PCS Behavioral Health • Porch.com

BOARD MEMBER ELECTIONS

Four candidates were elected or re-elected to the NAMI Missouri Board of Directors.

Rita McElhaney was elected to a second term on the NAMI Missouri Board of Directors.

Holly Miles was elected to a first full term on the NAMI Missouri Board of Directors.

Terrance White was elected to a first full term on the NAMI Missouri Board of Directors.

Keith Dunn was elected to a first term on the NAMI Missouri Board of Directors.

BYLAWS UPDATE

NAMI Missouri Members approved two changes to **Article IV** of the organization's bylaws:

Article IV – Board of Directors **Section 6.3 Notice:** Changed 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:** Removed 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..."

SPECIAL THANKS

Special thanks to Board Member Dale Shotts who served three consecutive 3-year terms and Rich Bennett, who served one 3-year term 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 for 8 years.

Memorial Donations & Tributes

Each year NAMI Missouri receives support from donors who give generously in honor of a friend or family member or in memory of a loved one. We know each memorial or tribute donation represents someone special and we are honored to share in your remembrance. We sincerely thank you.

Donations by S. Firestone & C. Curtis;
and Richard & Marsha Cox
in honor of **C.J. Rardin**

Donations by Fred & Regina Navarro;
Enid Umbarger; Marsha Owens; and
Missouri Protection & Advocacy
in honor of **Larry Daniels**

Donations by Linda Laucks; Jon & Maribeth
Neidert; Stephen & Nancy Mathis; Ronald &
Alma Borgmeyer; Maureen & Rick Coy; MLP
Employees Fund; Jefferson City Evenings
Lions Club; and Stifel Financial Corporation
in honor of **Jacob Zagorac**

Donations by Alva & Virginia Robinson,
Leonard & Marilyn Kempker; Robbie
Luebbering; Anthony & Betty Siebeneck;
and Clara & Mike Stephenson
in honor of **Mike Hoelscher**

Donations by Jean Baron & Joyce Hilton; Leslie
& Connie Cox, Ronald & Rosemary Walter;
Shirley Hare; Lawrence & Barbara Shipley;
and Colleen Dorrell
in honor of **Jerry Dorrell**

A donation by Sara & Aaron Hansen
in honor of **Jonathan Neil Hansen**

A donation by Mark Kohnle
in honor of **Katie Roman**

A donation by A. Gus Brockered
in honor of **Aaron D. Hathaway**

A donation by Tina Walton
in honor of **Grant Leveridge**

A donation by Anna Noel
in honor of **JR**

A donation by Julie Gritts
in honor of **Andie Goldford**

A donation by Jeffrey & Sandra Rogers
in honor of Lucas Schmidt

A donation by Michelle Twitty
in honor of **Logan Baker**

A donation by Monte Laramore
in honor of **Duane Laramore**

A donation by Nancy Kixmiller
in honor of **Kyle Kixmiller**

A donation by Danny & Tammy Bost
in honor of **Benjamin Lurk**

Special Thanks for Generous Support Provided by:

Joe & Angela Finegan and Midwest Trust Company; Mike Harris and the Harris Foundation; The Lee H. Cruse Charitable Trust; The Edward & Thea Lawton Foundation; The Edwin & Barbara Krigel Charitable Remainder Trust; Andrew Newman and the Edison Family Foundation; and Brad Hutchinson and the State Farm Good Neighbor Community Program.

Trainings

These program leader trainings are being offered virtually as live video trainings. This is a great opportunity to get trained if you've hesitated in the past due to concerns over travel or the time commitment of an in-person training. Registration is required for these online training sessions.

Training sessions provide the tools and certifications you need to teach a family education course, give presentations or facilitate a support group. Trainings are offered at no cost to participants thanks to grant and contract funding through SAMHSA and the Missouri Department of Mental Health.

REGISTER FOR A TRAINING AND BECOME CERTIFIED TO: FACILITATE A SUPPORT GROUP

Connection Support Group

Facilitator Training

Attend a training to become a support group facilitator. To learn more, visit namimissouri.org/support.

NAMI Family Support Group

Facilitator Training

Attend a training to become a support group facilitator. To learn more, visit namimissouri.org/support

TEACH A FAMILY EDUCATION COURSE

For education courses, we recommended taking the course as a participant before getting certified to teach it to others. If you're interested, contact us to discuss your options.

Family-to-Family Teacher Training

Family-to-Family is a free 8-week course for families, partners and friends of individuals with mental illness.

Get certified to teach this course to others. To learn more, visit namimissouri.org/FTF

NAMI Basics Teacher Training

Basics is a free class for parents and caregivers of children and teens with mental health conditions.

Get certified to teach this course to others. To learn more, visit namimissouri.org/basics

NAMI Homefront Teacher Training

NAMI Homefront is a class for family members and loved ones of military service members and veterans with mental health conditions.

Get certified to teach this course to others. To learn more, visit namimissouri.org/homefront

GIVE PRESENTATIONS

In Our Own Voice

In Our Own Voice is a presentation program for individuals living well with mental health conditions who speak about their experiences to promote awareness of mental illness recovery.

Learn more and register at namimissouri.org/100V

Ending the Silence

NAMI's in-school presentation program, Ending the Silence for students, teaches high school students the warning signs of mental health conditions and how to respond.

Learn more and register at namimissouri.org/ETS

Family & Friends

NAMI Family and Friends is a new presentation program that includes information from the Family-to-Family Course and can be delivered to community groups in one session, lasting 2 or 4 hours.

Learn more and register at namimissouri.org/FF

Education

Quality, Evidence-based Programming

NAMI Family-to-Family is a designated evidence-based program included on SAMHSA's National Registry of Evidence Based Programs and Practices. The course helps family members improve coping and problem-solving skills and increases feelings of empowerment.

NAMI Basics is based off the Family-to-Family program and designed specifically for parents and caregivers of children and adolescents with mental health conditions. The program supports improvement in self-care, empowerment and family communication.

NAMI Homefront is for families, caregivers and friends of military service members and veterans with mental health conditions. The program is effective at improving participant knowledge and coping skills, as well as reducing the psychological distress associated with caring for a loved one with a mental health condition.



Missouri Foster Parent Training Credits Available

The NAMI Basics course meets requirements for Missouri Foster Parent Training Credit. To qualify, a request must be submitted to the Missouri Department of Social Services Children's Division prior to taking the course for each person requesting training credits. For additional instructions and a link to the request form, visit namimissouri.org/basics.

Courses Offered Online



Basics and Homefront available online

Both NAMI Basics and NAMI Homefront are now available on a regular basis online in a new on-demand format. Courses meet weekly in a virtual classroom, so participants can experience interaction and learning similar to traditional in-person classes. Other local family courses may also be offered in virtual instructor-led environment.

NAMI on Campus

NAMI on Campus clubs are student-led, student-run mental health organizations on college campuses. NAMI on Campus clubs raise mental health awareness with fairs, walks and candlelight vigils; educate others on campus with presentations, guest speakers and student panels; and support their fellow students with NAMI programs and training.

Find a NAMI on Campus club near you or get information on starting a new one at namimissouri.org/nami-on-campus.

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.



NAMI Missouri
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 Jefferson City, MO 65109

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Join NAMI Missouri or renew today!

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

New Member **Renewal**

Individual (\$40) Total Dues \$ _____
 Family/Household (\$60) Contribution \$ _____
 Open Door/Limited Income (\$5) Total Enclosed \$ _____

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

Name _____ Email _____
 Address _____ Phone _____
 City/ State/ Zip _____

Credit Card: Visa MasterCard Discover

Card # _____
 Exp. Date ____/____/____ CCV _____
 Cardholder Name _____
 Cardholder Address _____

Select your local NAMI Missouri affiliate:

| | |
|---|--|
| <input type="checkbox"/> NAMI Boonville | <input type="checkbox"/> NAMI Lebanon |
| <input type="checkbox"/> NAMI Columbia MO | <input type="checkbox"/> NAMI Southeast MO |
| <input type="checkbox"/> NAMI Greater Kansas City | <input type="checkbox"/> NAMI Southwest MO |
| <input type="checkbox"/> NAMI Jefferson City | <input type="checkbox"/> NAMI St. Louis |
| <input type="checkbox"/> NAMI Joplin | <input type="checkbox"/> None/ Virtual |

