May is Mental Health Awareness Month and we are continuing to plan activities, events, and programs with a special focus on Children’s Mental Health Week, which is the first full week in May each year. On Thursday, May 6, 2021, we’ll be raising awareness for Children’s Mental Health Week by ringing our bells and encouraging our partners across the state to join us in a Facebook Live Event at 1:30 pm.

The first full week in May is also when we recognize Tardive Dyskinesia Awareness Week. Tardive Dyskinesia (TD) is a debilitating condition that can sometimes be the result of certain antipsychotic medications. TD is just one of many reasons NAMI Missouri continues to work with policymakers to ensure all treatment and medication decisions are made by patients and their healthcare providers based on the person’s individual situation and needs.

IN THIS ISSUE:
Volunteer Spotlight pg. 2 • NAMIWalks and Conference pg. 3 • Support Group Listings pg. 6

3405 W. Truman Blvd., Suite 102, Jefferson City, MO 65109
Office: (573) 634-7727 • Helpline: (800) 374-2138 • namimissouri.org
About NAMI Missouri

Volunteer Spotlight: Volunteers of the Quarter

Mary Kelley has been a valuable asset as a skilled volunteer for NAMI Missouri. Mary has lead several virtual Family-to-Family courses, and was one of our first volunteers to take on the challenges of leading virtually. Earlier this year, she lead a virtual training for a new group of NAMI Basics Teachers. As a leader in both Basics and Peer-to-Peer, Mary has volunteered to partner and teach with newly-trained teachers and leaders in order to assist and help others gain experience and confidence.

Patricia “Patty” Reynolds has continued to excel in her service as a program leader for NAMI Missouri. Patty is a volunteer facilitator for a weekly NAMI Connection Recovery Support Group and a certified Connections Support Group Trainer. She is also an excellent spokesperson for NAMI Programs and has encouraged many new leaders to participate in NAMI Missouri trainings. She is a regular participant in NAMI advocacy activities and can always be counted on to show up for her support group.

Despite their busy schedules, we can always count on these volunteers. NAMI Missouri is grateful for their contributions and willingness to move to the virtual frontier in a time of need for many families and individuals across Missouri who were searching for support, education and information. Thank you for helping NAMI Missouri foster a continued spirit of mental wellbeing across Missouri!

Memorial Donations & Tributes

A donation by Alice Neville in memory of Mary Jo Wilson
A donation by Rose & Larry Owens in memory of Terry Owens
A donation by The Meyers Family - Julia, Karen & David in memory of Glenda Dunn
Donations by Joseph & Mary Rakestraw and Robert Berendzen in memory of Solstice Jensen

NAMI Missouri is thankful for support from those who give generously in honor of friends and family members. We know each one represents someone special and we are honored to share in your tribute.

Board of Directors
Debora Biggs - President
Holly Miles - First Vice President
Christine Patterson - Second Vice President
Rita McElhaney - Secretary
Eric Pahl - Treasurer
Keith Dunn • Diana Harper
Anita Kiessling-Caver • James Owen
Don Schniepp • Terrance White

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Dawn Matthews - Director of Operations
Amye Trefethen - Director of Programs
Alice Kliethermes - Director of Consumer Services
Sharon Groner - Phone Responder

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NAMI Boonville
NAMI Joplin
NAMI St. Louis
NAMI Jefferson City
NAMI Columbia MO
NAMI Greater Kansas City
NAMI Lebanon
NAMI Southeast Missouri
NAMI Southwest Missouri

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

NAMI Missouri is the chartered state organization of the National Alliance on Mental Illness

Find us online
NAMIMissouri
Annual Events

The NAMI Missouri Annual Conference is a statewide one-day event designed to raise awareness of mental illness and NAMI Missouri’s work to support, educate and advocate on behalf of those living with mental health conditions and their families.

This year the conference will be a hybrid event, so you can join virtually or in-person on Saturday, October 23, 2021. The in-person event site is the McClung Park Indoor Pavilion in Jefferson City.

The event will include board elections, bylaws changes and program demonstrations.

NAMI Missouri Annual Conference Registration

The NAMI Missouri Annual Conference will be held Saturday, Oct. 23, 2021 as a hybrid in-person and virtual event. The in-person event will be at the McClung Park Indoor Pavilion in Jefferson City. To learn more, visit namimissouri.org/conference

☐ $20 NAMI member   ☐ $30 Non-member   ☐ $10 Limited income   ☐ Virtual (no charge)

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

Friends of NAMI Missouri registration

☐ $100/person   ☐ $150/couple

Lunch is included for in-person attendees. There is no charge to join virtually.

Become a NAMI Member or renew now

☐ $40 Individual membership   ☐ $60 Family/Household   ☐ $5 Open Door/Limited Income

Name _____________________________________________________________   Phone _____________________________
Address ____________________________________________________________ City _____________________________
State ____________________________ Zip _____________   Email __________________________________________

Credit Card: ☐ Visa   ☐ MasterCard   ☐ Discover

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Exp. Date _______ / _________   CCV __________
Cardholder Name ______________________________________________________
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Mail to:
NAMI Missouri
3405 W. Truman Blvd. Suite 102
Jefferson City, MO 65109

Now accepting vendor booth reservations, raffle donations and sponsorship contributions at all levels. Sponsorship opportunities are available at multiple levels of commitment, ranging from $100 – $1,500. For a sponsorship information packet, email info@namimissouri.org

On Saturday, October 9, 2021, NAMI Missouri will host a statewide NAMIWalks Your Way event as part of Mental Health for All: A United Day of Hope. Show your support by donating, joining a team, or helping us spread the word.

Start by visiting namimissouri.org/namiwalks
And be sure to check out our NAMI Missouri Affiliate Spring Walks! NAMI St. Louis and NAMI Southwest Missouri will hold their events on May 22, 2021.

You are #NotAlone – we are in this together!

NAMI Missouri Annual Conference

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Address ____________________________________________________________ City _____________________________
State ____________________________ Zip _____________   Email __________________________________________

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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 offered at no cost to participants thanks to grant and contract funding through SAMHSA and the Missouri Department of Mental Health.

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.

REGISTER FOR A TRAINING AND BECOME CERTIFIED TO:

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. To learn more, visit namimissouri.org/support

**Connection Support Group Facilitator Training**
Fri., May 21 - Sun., May 23, 2021
Fri., Aug 6 - Sun., Aug 8, 2021
Fri., Nov 5 - Sun., Nov 7, 2021

**Family Support Groups**
Family Support Groups are for family members of people living with mental illness. Attend a training to become a support group facilitator. To learn more, visit namimissouri.org/support

**Family Support Group Facilitator Training**
Mon., April 23 - Wed., April 25, 2021 *(Training Full)*
Fri., Aug 20 - Sun., Aug 22, 2021

TEACH A FAMILY EDUCATION COURSE

For education courses, we recommend enrolling in a course as a participant before applying to become a program leader. If you would like to request an exemption, please contact us to discuss your options.

**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. To learn more, visit namimissouri.org/FTF

**Family-to-Family Teacher Training**
Fri., July 24 - Sun., July 25, 2021
Fri., June 26 - Sun., June 27, 2021

**NAMI Basics**
Basics is a free class for parents and caregivers of children and teens with mental health conditions. If you’ve taken the course, attend a training to become certified to teach it to others. To learn more, visit namimissouri.org/basics

**NAMI Basics Teacher Training**
Fri., June 26 - Sun., June 27, 2021

GIVE PRESENTATIONS

**In Our Own Voice**
In Our Own Voice presentations are given by individuals living with mental health conditions who share their personal stories to promote awareness of recovery. To get trained, visit namimissouri.org/IOOV

**In Our Own Voice Presenter Training**
Fri., July 9 - Sun., July 10, 2021
Fri., Oct 1 - Sun., Oct 2, 2021

**Family & Friends**
Family & Friends is a seminar based on the Family-to-Family course for people who have loved ones with a mental health condition. Current family program leaders are eligible to apply to become presenters. Virtual leaders trainings for this program run continuously. Learn more at namimissouri.org/FF.

Help us spread the word about what NAMI has to offer!
On page 5 you’ll find our program & service flyer. Tear it out, share it, make copies, or contact us for a stack.
NAMI In Our Own Voice
Presentation program to promote awareness of mental illness recovery through personal stories

NAMI Ending the Silence
Stigma-busting in-school presentation program for high school age youth

NAMI Family & Friends
2 or 4-hour seminar for family members based on Family-to-Family program materials

Support Groups
Connection Recovery Support Group
Groups for individuals living with mental illness or other mental health conditions

NAMI Family Support Group
Groups for family members and friends of individuals living with mental illness

More information on these programs available at namimissouri.org

NAMI Family-to-Family
Free 8-session course for families, partners and friends of individuals living with mental illness.

NAMI Basics
Free 6-session course for parents and caregivers of children and teens experiencing symptoms of a mental illness or behavioral health disorder.

NAMI Homefront
Free 6-session course for family members and friends of military service members and veterans with mental health concerns.

NAMI Peer-to-Peer
Free 8-session peer-led education and support-focused course for individuals living with a mental health condition.

Resources and information are available through the Helpline & Parent Helpline 1-800-374-2138 9am - 5pm weekdays

NAMI Smarts for Advocacy - Workshops to promote peer advocacy for mental health priorities.
Provider Workshops - Continuing education for mental health and other healthcare professionals.

Thank you for your support All NAMI Missouri programs and services are offered free of charge. Help us help others with a contribution to NAMI Missouri at namimissouri.org/donate.

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

FIND US ONLINE
NAMI Missouri
Charitable Campaign # 8239
Support Groups

Connection Recovery Support Groups Meetings
For People Living with Mental Illness

In-Person Groups

NAMI Greater Kansas City
Weekly – Wednesdays @ 7:00 – 8:30 pm
Calvary Chapel Church
1215 Jules St., St. Joseph, MO 64501
Call: Kevin, 727-543-9408
Email: kevinwilliams.clnv@gmail.com

NAMI Columbia MO
Monthly – Second Mon @ 6:30 - 7:20 pm
Unity Center of Columbia Church
1600 W Broadway, Columbia, MO
Email: NAMIColumbiaMO@gmail.com

NAMI Lebanon
Weekly – Wednesdays @ 5:30 – 6:30 pm
Lebanon-Laclede Public Library
915 S Jefferson Ave, Lebanon, MO 65536
Call: (573) 552-2042 or (417) 322-5854

Virtual Groups (open statewide)

NAMI Missouri (Kirkville)
Bi-monthly - 2nd/4th Sun @ 7:00 - 8:00 pm

NAMI Columbia MO
Weekly - Mondays @ 6:00 – 7:15 pm 
(Except the 2nd Monday of the month)

NAMI Greater Kansas City
Weekly – Tuesdays @ 7:15 pm to 8:30 pm

NAMI Joplin
Weekly - Tuesdays @ 6:30 to 8:00 pm

NAMI Southeast Missouri
Weekly – Tuesdays @ 7:00 pm

NAMI St. Louis
• Weekly - Sundays @ 2:00 - 3:30 pm*
• Weekly - Mondays @ 6:30 - 8:00 pm*
• Bi-weekly - Tuesdays @ 6:30 - 8:00 pm*

To register for NAMI St. Louis Support Groups, visit namistl.org

For People Living with Mental Illness Virtual Groups

NAMI Missouri (Kirksville)
Bi-monthly - 2nd/4th Sun @ 7:00 - 8:00 pm

NAMI Columbia MO
Weekly - Mondays @ 6:00 – 7:15 pm 
(Except the 2nd Monday of the month)

NAMI Greater Kansas City
Weekly – Tuesdays @ 7:15 pm to 8:30 pm

NAMI Joplin
Weekly - Tuesdays @ 6:30 to 8:00 pm

NAMI Southeast Missouri
Weekly – Tuesdays @ 7:00 pm

NAMI St. Louis
• Weekly - Sundays @ 2:00 - 3:30 pm*
• Weekly - Mondays @ 6:30 - 8:00 pm*
• Bi-weekly - Tuesdays @ 6:30 - 8:00 pm*

To register for NAMI St. Louis Support Groups, visit namistl.org

Family Support Group Meetings
For Family Members of People Living with Mental Illness

In-Person Groups

NAMI Boonville
Monthly - 2nd Tues @ 6:30 - 8:00 pm
Nelson Mem. United Methodist Church
407 E Spring Street, Boonville
Email: ystephanie49@gmail.com
or namiboonville@gmail.com

NAMI Greater Kansas City
Monthly - 2nd Tuesdays @ 6:30 - 8:00 pm
ReDiscover Mental Health
901 Independence Ave, Lee’s Summit, MO
Email: imsixty@yahoo.com or
leeoutback@aol.com

NAMI Lebanon
Weekly – Weds. @ 10:00 - 11:30 am
Lebanon-Laclede Public Library
915 S Jefferson, Lebanon MO
Contact: Gayle Hall @ 417-718-5921

NAMI Southwest Missouri
Monthly - 1st Mon @ 6:00 - 7:30 pm
NAMI Southwest Missouri Office
1443 N Robberson #408, Springfield MO
Contact: Les Joslyn, 417-839-4682
Email: ljoslyn@sbcglobal.net

Virtual Groups (Open Statewide)

NAMI Columbia MO
Monthly - 2nd/4th Sun @ 7:30 - 8:45 pm

NAMI Joplin
Monthly - 3rd Mon @ 6:30 - 8:00 pm

NAMI Greater Kansas City
• Monthly – 1st Wed @ 6:00 - 7:30 pm
• Bi-Monthly* - 1st/3rd Wed @ 6:00 - 7:30 pm
*The bi-monthly group is primarily for families of people living with Borderline Personality Disorder

NAMI Southwest Missouri
Bi-Monthly - 1st/3rd Mon @ 7:00 - 8:30 pm

NAMI St. Louis
• Weekly - Mondays @ 6:00 - 7:30 pm*
• Weekly - Thursdays @ 7:30 - 9:00 pm*

*To register for NAMI St. Louis Support Groups, visit namistl.org

Nationwide Group*
Weekly - Tuesdays @ 12:00 - 1:30 pm
Co-facilitated by NAMI Missouri & NAMI Florida
*To join the nationwide group, email laskoemail.cl@gmail.com

NAMI Southwest Missouri and NAMI St. Louis also offer many other groups & topic specific online meetings

• For NAMI STL, visit www.namistl.org/online programming
• For NAMI SW MO, visit www.namiswmo.org/services/support

Support Group Leaders: Did you know NAMI Missouri is required to report data on how many people attend support groups? This information helps us keep our funding for programs! We know it’s one more thing to do, but now you can report your support group data the easy way: Visit namimissouri.org/program-data-form. No log-in required. Just report and go. Thank you for helping us collect this important information!
Online Courses

**NAMI Peer-to-Peer** is a free 8-session educational program for adults with mental health conditions who hope to better understand their mental health and recovery. NAMIMissouri.org/P2P

**NAMI Family-to-Family** is a free 8-session course for family members of people living with mental illness. Course goals are to improve coping and problem-solving skills and increase feelings of empowerment. NAMIMissouri.org/FTF

**NAMI Basics** is a free 6-session course for parents and caregivers of children and teens with mental health conditions. The program supports self-care, empowerment and family communication. NAMIMissouri.org/Basics

**NAMI Homefront** is a free 6-session course for family members, friends and caregivers of military service members and veterans with mental health conditions. It focuses on improving knowledge, teaching coping skills, and reducing stress: NAMIMissouri.org/Homefront

Family & Friends

No time for a full multi-week family course? Then check out our newest presentation program: NAMI Family & Friends, delivered in 2-hours. Sessions are held monthly and listed at namimissouri.org/FF

Leader News

NAMI Missouri Program Leaders: Did you know you can now get program leader updates and information on Facebook? We currently have two leaders groups: one for Peer/Consumer Program Leaders (In Our Own Voice Presenters, Connection Recovery Support Group Facilitators, and Peer-to-Peer Leaders) and one for Family Program Leaders (Family-to-Family, Homefront and Basics Teachers; Family Support Group Facilitators; and Family & Friends Presenters). Check it out and then check in with us at noon on the first Thursday of each month for a NAMI Missouri Member Chat. For details, visit namimissouri.org/affiliatechat

NAMI Missouri will hold a Virtual Professional Provider Workshop on Zoom on Tuesday, June 15, 2021. Continuing Education Units (CEUs) are available for this free 6-hour course. CEUs are 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, visit namimissouri.org/ProviderWorkshop

Resource and referral information is available through the NAMI Missouri Helpline

Call 1-800-374-2138 Monday - Friday 9 am - 5 pm or email info@namimissouri.org

Visit namimissouri.org/helpline to learn more.
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

☐ Individual ($40) Total Dues $______________
☐ Family/Household ($60) Additional Contribution $___________
☐ Open Door/Limited Income ($5) Total Enclosed $_____________

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

Name ____________________________________________
Address _______________________________________________________________________
City/State/Zip ________________________________________________________________
Credit Card: ☐ Visa ☐ MasterCard ☐ Discover
Card # ____________________________________________
Exp. Date ___________________________ CCV ______________
Cardholder Name _______________________________________
Cardholder Address _______________________________________

Phone ____________________________
Email __________________________________

Select your local NAMI Missouri affiliate:
☐ NAMI Boonville ☐ NAMI Lebanon
☐ NAMI Columbia MO ☐ NAMI Southeast MO
☐ NAMI Greater Kansas City ☐ NAMI Southwest MO
☐ NAMI Jefferson City ☐ NAMI St. Louis
☐ NAMI Joplin ☐ None/Virtual