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COMING... OCT.-DEC. 2008 NAMI ST. LOUIS NEWSLETTER

**A Place to Call Home –
Housing Options in St. Louis
& NAMI 30th Anniversary
Advocacy and
Special Events History**

NAMI St. Louis

was founded in 1978. Our mission is to improve the lives of persons with mental illness and their families through education, support, advocacy and research to achieve the highest possible quality of life. Please consider remembering us in your will or estate plan.

Our legal title is:
Alliance on Mental Illness/
NAMI St. Louis

134 W. Madison Avenue,
St. Louis, MO 63122
Phone: 314-966-4670
Fax: 314-966-4672
www.namistl.org

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Alliance on Mental Illness



nami

St. Louis

St. Louis' Voice on Mental Illness since 1978

July-September 2008

30 YEARS OF MEMORIES – GOALS FOR THE YEARS AHEAD

We're taking a break from our usual more serious newsletter content to celebrate NAMI St. Louis's 30 years as an organization. We do have much to celebrate!

As the articles inside illustrate, NAMI St. Louis grew from little more than a few parents' desire to "do something" to help their children who suffered from a mental illness into a respected, effective and powerful national organization with affiliates in every state. It is especially gratifying that NAMI St. Louis is one of the six or so local affiliates in the United States that were instrumental in establishing this national effort!

As fond as I am of remembering the courage and early efforts of our founders, the real success story of NAMI is that our St. Louis affiliate is still around and the numbers of those we serve are growing annually!

Only through the financial support and volunteer efforts of good NAMI friends like you has this success been possible. As we look forward to the years ahead and all we want to accomplish to improve the quality of life for those with mental illness and their families, I hope you will continue to support our efforts in any way you can. If you are not a member, please consider becoming one – just call Carol or Debbie at our NAMI St. Louis office for the details and benefits of membership. Open Door Membership is available for as little as \$5 a year for those on limited incomes, and an Individual or Family Regular Membership is \$45 a year – less than \$4 a month.

Why become a member of NAMI St. Louis? The answer has its roots in the intentions of our founders in NAMI's earliest days. Our members united in their concern for those with mental illness and their commitment to enhance their individual efforts to make a bigger difference than anyone could do alone. I hope you remain a part of our special NAMI St. Louis family – the people you meet are among the finest and most caring people you will ever know.



From left, Executive Director, Jacqueline Lukitsch, and Director of Programs, Joyce Johnston, display NAMI St. Louis' 2008 FOCUS award
(See article on page 5.)

Jacqueline A. Lukitsch
Executive Director

NAMI St. Louis – Founded in Hope, Succeeding through Dedication

by Jacqueline Lowery Corn, Director of Development, NAMI St. Louis

The doctor asked their nineteen-year-old son Peter to leave the room. Then he said to them: "Your son has schizophrenia. It's the worst mental illness. There is no cure. He will have it forever. I don't treat it. But we can put him in the hospital for now."

The doctor's words had an immediate and devastating impact on Peter's parents, Eva and Dick Bradin. They had made the appointment with the doctor, a psychoanalyst, thinking their son's increasingly troubling behaviors were symptoms of a rebellious teen. Instead they were given a diagnosis that meant life would never be the same for any of them.

Continued on page 2



The Bradins' experience was a familiar one to other families whose children were diagnosed with schizophrenia in the late 1970's and early 1980's. Information about schizophrenia and other mental illnesses was scarce and rarely available to those who were not medical professionals. Treatment options were few. The prevailing professional opinion of the time accepted Sigmund Freud's work as gospel – mental illness was caused in large measure by childhood trauma or poor parenting!

Amidst these grim times in the history of mental illness, in January, 1978, several parents placed a small ad in a local St. Louis paper announcing a meeting for parents whose children had been diagnosed with schizophrenia. Amazingly, people showed up!

Out of the meetings that followed, on June 19, 1978, five families – represented by Dr. Philip L. Kapnick, Mortimer Goodman, Virginia Spangler, Nathan S. Raymond, and John P. Fletcher – filed Articles of Incorporation as a 501(c)(3) not-for-profit organization with the state of Missouri. On July 13, 1978, they adopted By-Laws to establish the Schizophrenia Care And Treatment Society (SCATS). The group began meeting monthly in family homes. Their meetings usually included a guest speaker, most often a local psychiatrist or mental health professional.

Going National

While this was going on, in Madison, Wisconsin, a group of parents and family members had been meeting with a similar purpose. Recognizing the value of combining their efforts to advocate for their loved ones suffering from mental illness, they founded the National Alliance for the Mentally Ill (NAMI) in 1979. They contacted the six or so groups they had heard of who were meeting in other states. The St. Louis SCATS group was among these. St. Louis joined the national effort and renamed their group the Alliance for the Mentally Ill (AMI) St. Louis.

Soon NAMI opened a national office in Washington, D.C. St. Louisan George Hecker was elected NAMI's first President.

An Historical Perspective

To understand how NAMI's grassroots effort succeeded at local and national levels so quickly with virtually no funding, we must recount the convergence of three separate movements taking place at the time that served as driving forces for this effort.

The first of these was deinstitutionalization. Mental hospitals were closing and patients released into community-based treatment and community-based housing. These community efforts were far too few to serve the number of persons needing services (a sad fact true even today). An estimated 65 percent of those with serious mental illness began living at the home of parents or siblings (a statistic still accurate). Responsibility for the care for those with serious



Advocacy, awareness and reducing stigma are efforts of NAMI at local, state and national levels.

mental illness fell primarily to family members.

Second, the popular self-help and consumer-advocacy movements stressed peer-group support and promoted an aggressive approach to the problems created by mental illness. With roots in Twelve Step programs like Alcoholics Anonymous, these groups powerfully impacted society and options for treatment and motivated individuals and families to seek out groups with others sharing similar concerns.

Finally, improved psychotropic medications brought about a revolution in the treatment of mental illness. Psychiatrists found these new medications effective in neutralizing the hallucinations and delusions of their patients, allowing for community-based treatments. Freud's theories were questioned. Mental illnesses came to be seen more as biological in nature, debunking psycho-analysis as the preferred and most effective method of treatment. Improved brain imaging techniques, research data and

mounting demands from insurance companies for accountability for treatment outcomes added to the pressures and frustration of family members caring for their loved ones with serious mental illness!

Moving Ahead

In this milieu, AMI St. Louis opened a small office in the Central West End and hired a part-time staff member. Early AMI member, John Fletcher, secured a Pott Foundation grant to provide start up money for the organization. As time passed, AMI St. Louis began offering programs, many of which continue today – support groups, education meetings, a lending library, speaker's bureau and advocacy efforts.

"In those early years, we hung on each other's words, grateful for every small kernel of information that shed light on mental illness and schizophrenia and what we could do to help. We took comfort in meeting and working with others who shared our concerns," Eva Bradin recalls.

In the summer of 1983, AMI St. Louis hosted NAMI's 5th annual national convention at Washington University in St. Louis. Six hundred persons attended. AMI St. Louis helped plan the event and provided volunteers.

AMI St. Louis also served as NAMI's presence for the state of Missouri and hosted an annual state conference until MOCAMI (later renamed NAMI of Missouri) was founded in 1986.

In 1990 NAMI St. Louis hired a full-time Executive Director. Growth of the organization enabled NAMI St. Louis to expand its programs and services and increase staff. In late 1998, in compliance with NAMI's national effort to standardize the names of state and local affiliates, AMI St. Louis became NAMI St. Louis. Currently our legal name is Alliance on Mental Illness-NAMI St. Louis. We have six full-time and two part-time staff members, a 4-member Honorary Board, a 22-member Board of Directors and 265 volunteers.

NAMI St. Louis Executive Directors

Allen Walker 1990-1994 • Richard Stevenson 1994-2001 • Marge Parrish 2001-2002 • Jacqueline Lukitsch 2002-2007



NAMI St. Louis History of Programs

by Joyce Johnston, Director of Programs, NAMI St. Louis

To serve those with mental illness and their families over the past 30 years, NAMI St. Louis implemented a number of programs. Many of these evolved into our current signature programs, and some were discontinued. *(Note that the start of programs is easily documented in newsletters and other records, but details of programs ending are not usually obvious.)*

Support Groups for Family Members

Support groups for family members were NAMI St. Louis's first programs. Informal meetings at family homes evolved into our first two Person-to-Person groups in 1982. In addition to private homes, the groups met at the AMI office. In 1984, a Person-to-Person support group began in St. Charles and a Care and Share group in Jefferson County. *(Please note that our records offer no explanation as to why the group was called "Care and Share.")*

In 1985, two more Person-to-Person groups began in St. Louis County. In January 1986, a new Person-to-Person group began meeting at Malcolm Bliss Mental Health Center. In February 1986, three more Person-to-Person groups began, one for children of mentally ill parents and two other general ones at Glendale Presbyterian Church and at Missouri Baptist Hospital. Other groups begun in 1986 included one at the CPC Weldon Springs Hospital in St. Charles and one in Washington, Missouri. In 1987, a new Person-to-Person group began at Hawthorne Children's Hospital for parents of children who had a mental illness and were under the age of 18. A new Care and Share group began meeting in Edwardsville, Illinois, and another Person-to-Person group started in Glendale for families dealing with prolonged mental illness. In May 1989, another group was added in Richmond Heights.



NAMI St. Louis member, Kay Rittenhouse (at left, standing) leads a training session.

In 1994, many Person-to-Person and Care and Share groups adopted a more structured Journey of Hope format. In 1994, a support group began at Edgewood at St. John's Mercy Medical Center for families of persons with a mental illness and a co-occurring substance abuse disorder. NAMI St. Louis now has 12 active support groups in Metropolitan St. Louis. Two of these date back to the first Person-to-Person groups.

Other Support Groups

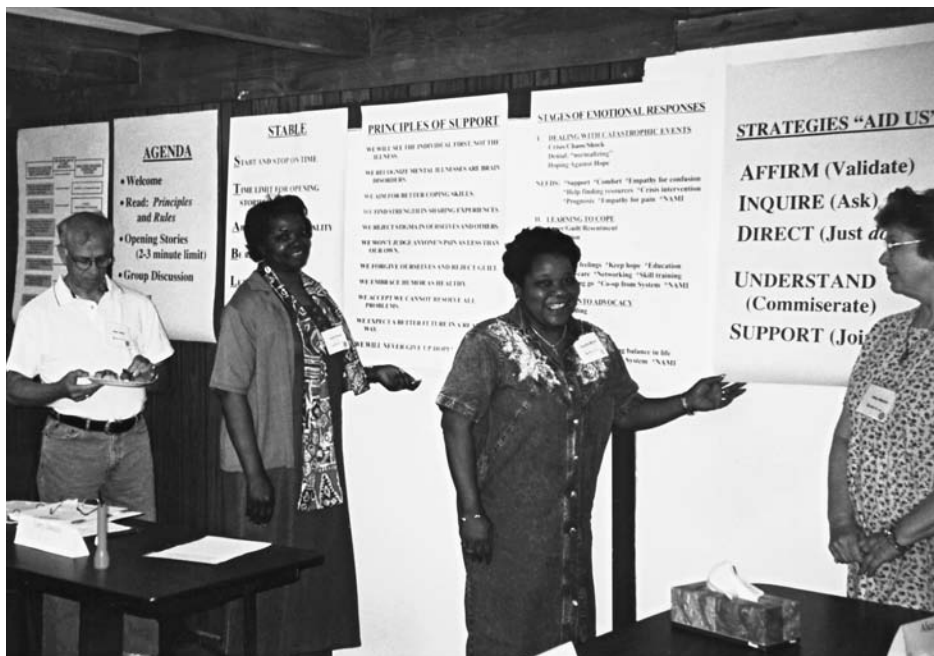
By March 1991, five support groups for parents with a child diagnosed with a serious emotional or behavioral disorder were established throughout the metropolitan area. They were called C.A.N. (Child and Adolescent Network) groups.

NAMI C.A.R.E. (Consumers Advocating for Recovery through Education) support groups started in 2002 and then were replaced by NAMI Connection Recovery Support Groups in 2006. Currently there are 3 NAMI Connection Recovery support groups meeting in the St. Louis area.

Family Programs

On Saturday, May 8, 1993, NAMI St. Louis hosted its first Family Workshop on Schizophrenia. This was the start of our Family Skills Workshops. The George Warren Brown School of Social Work and Washington University School of Medicine Department of Psychiatry provided significant assistance in the early years.

The Journey of Hope educational program for family members, begun in 1993, was taught by teams of family members and nurses who were caregivers. In 1994, NAMI's Signature Family-to-Family Education Course replaced



NAMI St. Louis support group facilitators receive training through the NAMI Missouri state office.

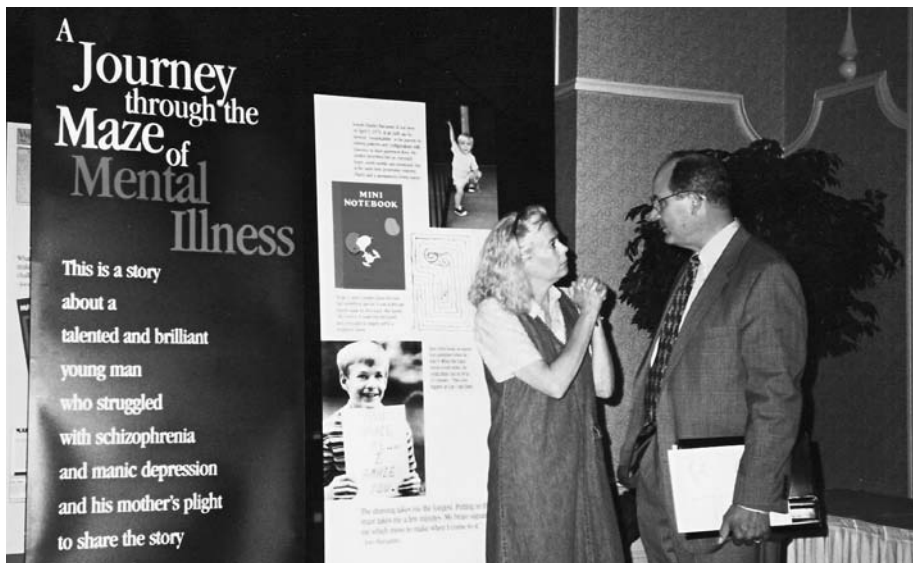
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NAMI ST. LOUIS PROGRAMS - 30 YEARS (cont' from page 3)



NAMI St. Louis volunteers (from left) Mary Rosenthal and Carolyn Becker sell NARSAD products at our annual Gala. Proceeds fund research on mental illness and brain disorders.



NAMI St. Louis family member Irene Enloe talks with Richard Stevenson (then NAMI St. Louis Executive Director) at an event highlighting the story of her son's mental illness and extraordinary talent of creating elaborate mazes.



NAMI St. Louis' ever-faithful Mail Committee helps "get the word out" to our members.

Journey of Hope. To date, we have offered about 85 Journey of Hope and Family-to-Family classes. In 2007, 156 family members graduated from Family-to-Family. The fact that there are currently over 280 people on the waiting list to take the Family-to-Family classes is a testament to the program's popularity and effectiveness. In 1995, Family-to-Family graduates established their own support groups as a way to stay in touch with one another. The first Family-to-Family teacher training was held in St. Louis in June, 1999. In April, 2000, NAMI Missouri held a Family-to-Family Support Group Facilitator Skills Workshop training. NAMI St. Louis members Alice Adcock, Kay Rittenhouse and Larry Daniels became state trainers for this new program.

Our "Fishbowl" program provided support to young siblings, offspring and parents of young families and respite/recreation for the youth with mental health disorders. It began in February 1999. Former NAMI St. Louis's staff member and Executive Director from 2001-2002, Marge Parrish, made this program a reality. When the project began, BJC Behavioral Health assisted with activities for the special children and their siblings while NAMI facilitated the parents' support group.

Our signature Visions-for-Tomorrow classes for parents of young children diagnosed with a mental illness or severe behavior problems started in St. Louis in 2000. We plan to start a Visions-for-Tomorrow Support Group in North St. Louis County in the next year. Thanks to a generous gift from Roberta Hayman, a Visions-for-Tomorrow class will also be offered and respite childcare provided.

In March of 2000, three new programs began: a group for Young Families, one for Those with Parents with a Mental Illness and a Provider Education Program. (Crider Health Center in St. Charles was the first Community Mental Health Center to partake of the program.) About this time also NAMI collaborated with BJC Behavioral Health, Special School District and local school districts to provide services to families of children with serious emotional disturbances. NAMI's role was to facilitate support groups for parents receiving therapeutic services delivered by BJC Behavioral Health and Special School District at the local schools.

Consumer Programs

The North Club was started to provide social activities for consumers and family members in 1987 with the lofty goal of building a housing facility for people with mental illnesses. Several NAMI St. Louis families and Christian Hospital helped to get the North Club going. The North Club held a walk in Spanish Lake Park and other activities to raise funds. Over the years North Club activities included trips to Six Flags, the ballpark, the Botanical Gardens and other places, with their annual Christmas party still a popular event.

NAMI's Signature Peer-to-Peer Education Classes for consumers began in St. Louis in 2002. Five consumers were trained as facilitators in December 2001. There have been about 12 classes since that time.

Programs for the Community

Starting in 1990, NAMI St. Louis was a part of a program which made unannounced visits to inpatient units at Metropolitan St. Louis Psychiatric Center

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(MPC). The St. Louis Psychiatric Rehabilitation Center trained a new group of hospital monitors in 1998 after an eight-year history of surveying the units at these facilities to monitor quality of life and building environment.

General Education meetings started in the mid-1990's, providing information on mental illness for the general public and mental health professionals. The meetings ultimately evolved into our 2nd Thursday Lecture Series held at the Richmond Heights Community Center.

In 1997, the Multi-Cultural Community Outreach project grew thanks to funding from a grant from the City of St. Louis Mental Health Board, which was established after voters approved an increase in city personal property tax for mental health programs. Kimberly Carter was hired to manage the "Family Support Services City Outreach Project." The project was located jointly with the Depressive/Manic Depressive Association in the lower level of the offices of the Mental Health Association of Greater St. Louis and was later relocated to the Prince Hall Family Support Center on North Newstead. Presently this program is staffed by Alan Daniel and located at Grace Hill Murphy O'Fallon Health Center just north of downtown St. Louis. The Urban Families Outreach program serves city residents through an outreach specialist located at the Grace Hill Murphy O'Fallon Health Center (formerly Connect Care) since 2004.

A Family Education Program at Metropolitan St. Louis Psychiatric Center (MPC) began in 2001 taught by staff of MPC and NAMI St. Louis. In July 2001, a Family Support Program opened at MPC, and Kay Rittenhouse served as the Family Support Specialist. This program was part of an aggressive outreach strategy planned by the NAMI St. Louis Board of Directors. Other outreach activities included the aforementioned Multi-Cultural Outreach program and a NAMI Outreach Specialist assigned to BJC Behavioral Health's three sites. Plans were to create a NAMI St. Louis In Our Own Voice speaker's program and a NAMI C.A.R.E. support group at this time.

A new support group for families living with the effects of loved ones who are or have been incarcerated started in March 2004.

The Crisis Intervention Team (CIT) program was organized in 2002 and delivered its first 40-hour CIT Training Course in September 2003 in collaboration with the St. Louis County Police Department, Behavioral Health Response, the Mental Health Association, and other mental health advocates and providers. In 2005, a 3-year grant for \$1.1 million dollars from the Missouri Foundation for Health allowed rapid expansion of CIT. Over 1,300 police officers from 5 counties and about 65 jurisdictions have been trained to date. Family Outreach and Support have been providing one-on-one education and support to families of persons receiving CIT services through a family support specialist since July 2005.

As a means of increasing our outreach and educational opportunities in the Metropolitan St. Louis area, NAMI St. Louis established a website: www.namistl.org in January, 2000. NAMI St. Louis Board of Directors is currently in the process of evaluating programs to create a strategic plan for the next 3 years.

NAMI ST. LOUIS RECEIVES FOCUS ST. LOUIS AWARD



Executive Director, Jacqueline Lukitsch, and CIT Coordinator, Sgt. Barry Armfield of the St. Louis County Police Department accept the 2008 FOCUS award on behalf of NAMI St. Louis.

On May 7, 2008, NAMI St. Louis received a prestigious "What's Right with the Region" award from FOCUS St. Louis for the Crisis Intervention Team (CIT) program.

The award was among twenty awarded that evening to area leaders, school districts, businesses and non-profit organizations honored in one of five categories. NAMI St. Louis, under the category, "Fostering Regional Cooperation," was recognized for its role in establishing the CIT program that includes 3 counties and about 65 jurisdictions, 13 community-based mental health and substance abuse providers, 13 private and public hospitals with inpatient psychiatric services, 3 mental health/substance abuse advocacy organizations and 2 mental health or drug courts. More than 1,300 police officers in the St. Louis area have received 40-hour crisis intervention training through CIT.

FOCUS St. Louis is a non-profit organization dedicated to creating a thriving, cooperative region by engaging citizens in active leadership roles and to influence positive community change. This was their Eleventh Annual Award Celebration.



Pauline Forsythe – 2008 Star Volunteer of the Year



NAMI St. Louis volunteer Pauline Forsythe received the CDVS/MVMA 2008 Volunteer of the Year award.

NAMI St. Louis volunteer Pauline Forsythe was honored as 2008 Star Volunteer by the St. Louis Council of Directors of Volunteer Services/Metropolitan Volunteer Management Association at an awards ceremony on May 16, 2008. Pauline facilitates a NAMI St. Louis Support Group for family members and caregivers of people with mental illnesses. Pauline's group meets on the 3rd Saturday of the month from 1:30-3:00 p.m. at Metropolitan St. Louis Psychiatric Center and serves an underserved area in the City of St. Louis. The location is easily accessible by public transportation, important because a number of those who attend the group do not have private transportation. Due to a shortage of group facilitators,

Pauline has shouldered responsibility for this support group alone for the past two years. She attends NAMI educational programs to stay current on community resources and mental health issues for her group. We congratulate Pauline on her award and are grateful for her continued efforts for NAMI St. Louis family members!

Consumers Discuss Health and Recovery



Dr. John Newcomer answers individual questions from the audience at the Workshop on May 23.

Thirty-five people attended NAMI St. Louis' first Consumer Workshop on May 23 at the Richmond Heights Community Center. A few family members and mental health professionals joined the audience of consumers for an afternoon that included lunch, an art display, health information, sharing recovery skills and a presentation of the NAMI program, "In Our Own Voice."

Washington University Medical School psychiatrist, Dr. John Newcomer, presented his research

findings that a typical consumer's lifespan is 20 to 25 years shorter than that of the general population. He encouraged consumers to request annual screening tests for blood pressure, cholesterol and blood sugar and to ask their doctors for treatment of any abnormal results from these tests. Monitoring and treating these key factors as well as quitting smoking and increasing exercise is needed for a longer, healthier life.

The workshop was organized by the NAMI St. Louis Consumer Advisory Committee and was funded by Pfizer, Inc. AstraZeneca provided health and medication management literature as well as mental health ribbons. Myrtle Hillard Davis Health Centers provided dental kits and diabetes literature.

Any consumer interested in joining the Consumer Advisory Committee may contact Sharon Lyons at the NAMI office.



Become a NAMI St. Louis Volunteer!

- Phone our Director of Volunteers, Sharon Lyons, at 314-966-4670.
- Attend a Volunteer Orientation held on the 2nd Wednesday of the month, from 6:00-7:30 p.m. at the NAMI St. Louis office. **Next Orientations held on July 9, August 13, and September 10, 2008.**
- Sharon will find a volunteer job that fits your interests and schedule.
- You'll receive additional training, if needed, for your particular task.

Congratulations New NAMI St. Louis Volunteers

Welcome to our new NAMI St. Louis volunteers who recently completed Orientation and Training:

- | | | |
|------------------|------------------|------------------|
| • Diane Curtis | • Doris Loveland | • Bob Pieper |
| • Jennifer Hagan | • Sho Mehta | • Katie Scherrer |
| • Sandra Hartge | • Sue Missey | • Louise Watson |

Your Stories Needed!

Long-time NAMI St. Louis volunteer collecting stories of persons who either had or know someone who had a lobotomy.

Confidential – stories from patient's perspective.
Phone Sharon at NAMI St. Louis at 314-966-4670.

Compassionate Helpers Needed for HELPLine

Receive training – Choice of shifts

For details, phone Director of Volunteers, Sharon Lyons, at 314-966-4670.



Are You Registered To Vote?

2008 is an important election year –
YOUR VOTE DOES MAKE A DIFFERENCE!

For information on where you can register to vote – call NAMI St. Louis at 314-966-4670. For information on how to join the permanently disabled absentee voting list to vote at your home call Missouri Protection and Advocacy Services toll-free at: 1-800-233-3959.



REMEMBERING ...

2008 NAMI St. Louis Walk – Saturday, May 24, 2008



We had the best weather of the Memorial Day weekend, the best walkers, and the best volunteers! Dr. John Newcomer, professor of psychiatry and medical director of the Center for Clinical Studies at Washington University School of Medicine, was our Honorary Walk Chair. We thank him for going the “extra mile” himself by serving as guest speaker for Mental Health Awareness Week activities and providing great media interviews on our behalf.

We had our most successful WALK ever, with 1,500 walkers and over to \$119,500 raised for NAMI St. Louis! With generous donations from our sponsors and in-kind donations, expenses were kept to a minimum! THANK YOU TO ALL FOR A GREAT WALK and a GREAT MENTAL HEALTH AWARENESS WEEK!



MANY THANKS TO OUR SPONSORS!

American Railcar Leasing
 Anheuser-Busch
 AstraZeneca
 Bristol-Myers Squibb
 Conte Center at Washington University
 Charles E. Donovan, III
 Eastern Missouri Psychiatric Society
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 Greensfelder, Hemker & Gale, PC
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 St. Louis Track Club Volunteers

MANY THANKS TO OUR WALK PARTNERS!

BJC Behavioral Health
 Crider Health Center
 Independence Center



2ND THURSDAY UPCOMING PROGRAMS

NAMI ST. LOUIS

2nd Thursday Lunch Series

DATES: 2nd Thursday of Each Month • July 10, August 14, and September 11, 2008

TIME: Noon – 1:00 p.m. (You bring Brown Bag lunch, beverages and cookies provided with RSVP.)

PLACE: The Heights (Richmond Heights Community Center), 8001 Dale Avenue, Richmond Heights, MO 63117
The Heights is located at Dale Avenue and Hanley Road. Hwy. I-40/64 will be open in this area – Exit Hanley Road South. Turn left (East) at 1st Light onto Dale. Bus line located nearby.

RSVP: Beverages and Cookies provided with RSVP, call NAMI St. Louis Office at 314-966-4670. Or e-mail: info@namistl.org.

July 10, 2008 • Noon - 1:30 p.m.

“I Stopped Jumping the Fence” – Family Member’s Story

Speaker: Dora Cole, MA, Ed. S., Wellness Director and Procovery Liaison for the Comprehensive Psychiatric Services Division of the Missouri Department of Mental Health

Ms. Cole shares her experiences growing up in a home with a mother who had a mental illness. She discusses the concept of moving toward a wellness culture in psychiatric care, a culture that involves treating the whole person.

August 14, 2008 • Noon - 1:00 p.m.

When You’re No Longer There to Help – Planning for Future Care of a Loved One

Panel: Family members, Teresa Burch Beard and Jackie Corn, and Attorney from the law firm Greensfelder, Hemker & Gale, PC

Family members Teresa Beard and Jackie Corn describe the estate plans they made to ensure the continuing care of their children with a mental illness. They offer practical considerations and insight into the motivations for their decisions. An attorney from Greensfelder, Hemker & Gale will clarify points and answer questions from the audience.

September 11, 2008 • Noon - 1:00 p.m.

Vagus Nerve Stimulation (VNS)

Speakers: Dr. Charles Conway, Washington University in St. Louis

Dr. Conway explains VNS, how the brain reacts to VNS and how this will lead to better treatment methods. He also discusses his research on VNS for which he received a NARSAD Young Investigator Award.



National Alliance on Mental Illness

NAMI St. Louis

Members & Volunteers – Save the Date!

NAMI St. Louis Annual Meeting

Saturday, July 19, 2008

Doors open 11:30 a.m. • Lunch served 12:00 noon • Dessert and Program 12:45 - 2:00 p.m.

Favazza’s on the Hill - 5201 Southwest, St. Louis MO 63139

2008 NAMI National Exemplary Psychiatrist Award

NAMI St. Louis Volunteer of the Year & Lifetime Volunteer Awards – Walk Awards

Installation of Board – Volunteer Recognition

30-Year Photo History of NAMI St. Louis

RSVP by July 14 and select Chicken, Fish or Pasta Entree!

Call Carol at NAMI St. Louis (phone: 314-966-4670)

SAVE THE DATE!

**Family Skills Workshop on
Housing**

Saturday, October 11, 2008

Holiday Inn Select Downtown

For more information, check website:

www.namistl.org or call NAMI

St. Louis at 314-966-4670.

SUPPORT GROUP CALENDAR / JULY-SEPTEMBER 2008



GROUP	JULY	AUGUST	SEPT	TIME	LOCATION
1st, 2nd & 4th Tuesday Consumer	1, 8, & 22	5, 12, & 26	call for location	6:00 - 7:30 p.m.	NAMI Connection Recovery Support Group at NAMI St. Louis, 134 W. Madison, Kirkwood, MO 63122 Contact Sharon Lyons at 314-966-4670
1st & 3rd Tuesday Consumer	1 & 15	5 & 19	2 & 16	7:00 - 8:30 p.m.	NAMI Connection Recovery Support Group at Grace United Church of Christ, 8326 Mexico, St. Peter's, MO 63376 Contact Joyce Johnston at 314-966-4670
3rd Tuesday Consumer	15	19	16	7:00 - 9:00 p.m.	NAMI Connection Recovery Support Group at NAMI office, Gateway Reg. Med. Cntr., 4th Floor, 2100 Madison, Granite City, IL 62040 Contact NAMI Madison Co. at 618-798-9788
Every Wednesday Consumer	2, 9, 16, 23, 30	6, 13, 20, 27	3, 10, 17, 24	12:30 - 2:00 p.m.	NAMI Connection Recovery Support Group at Hopewell Center, 1504 S. Grand Blvd., St. Louis, MO 63104 Contact Sharon Lyons at 314-966-4670
1st Tuesday Consumer/Family	1	5	2	7:00 - 8:30 p.m.	Family & Consumers Support Group at Chestnut Clubhouse Annex, 2054 Edison, Granite City, IL 62040 Contact NAMI Madison County at 618-798-9788
1st Thursday Family	3	7	4	10:00 - 11:30 a.m.	Family Support Group at Grace Hill Health Center, 1717 Biddle, St. Louis, MO 63106 Contact Sharon Lyons at 314-966-4670
1st Thursday Family	3	7	4	7:00 - 8:30 p.m.	Family Support Group at Crider Center, 322 McDonough, St. Charles, MO 63301 Contact Bonnie Crandall at 636-474-1648
1st Thursday Family	3	7	4	7:00 - 8:30 p.m.	Family Support Group at St. John's Lutheran Church - Arnold, 3517 Jeffco Blvd., Arnold, MO 63010, Room 106 (Enter on St. John's Church Road side.) Contact Russell & JoAnn at 314-293-1512
1st Thursday Family	3	7	4	7:00 - 8:30 p.m.	Family Support Group at Pacific Presbyterian Church, 410 W. St. Louis, Pacific, MO 63069 Contact NAMI St. Louis Office at 314-966-4670
3rd Tuesday Family	15	19	16	7:00 - 8:30 p.m.	Family Support Group at Grace UCC, 8326 Mexico Road, St. Peter's, MO 63376 Contact Liz Birchen at 636-240-2244
3rd Saturday Family	19	16	20	1:30 - 3:00 p.m.	Family Support Group at Metropolitan St. Louis Psychiatric Center, 5351 Delmar Blvd. (just west of Union Blvd.), Room 2218, St. Louis, MO 63112 Contact Sharon Lyons at 314-966-4670
4th Monday Consumer/Family	28	25	22	7:00 - 8:30 p.m.	Adolescents with Bipolar/Unipolar Illness Support Group for Parents and Teens (14-19) Parents and teens meet separately, co-sponsored by DBSA & NAMI St. Louis at Kirkwood United Methodist Church, 201 W. Adams, Kirkwood, MO 63122 Contact Dolores Segal at 314-822-0183
4th Wednesday Family	23	27	24	7:00 - 8:30 p.m.	Family Support Group at Kirkwood United Church of Christ, 1603 Dougherty Ferry Road, Kirkwood, MO 63122 Contact NAMI St. Louis Office at 314-966-4670
4th Saturday Consumer/Family	26	23	27	2:00 - 3:30 p.m.	Family and Consumer Support Group CUPFUL NAMI at Church of God, 1505 Market Street, East St. Louis, IL 62205 Contact Pamela Perry at 618-482-7364 or 314-868-8031



MEMORIALS & TRIBUTES

In Memory of Elizabeth Lewis

- Mr. & Mrs. J. S. Wood

In Memory of Genevieve Tepen Dahmus

- Regina Sievers
- Roger Sievers
- Bill S. Meppen
- Don Egelhoff
- Mark Sievers Family

In Memory of Edwin James Yoch

- Mr. & Mrs. Russ Cochran
- Roger Goldman
- Mr. & Mrs. Art Breidenback
- W. Dudley & Elizabeth D. McCarter
- Mary Dana
- Emily & Thomas Guinan

In Memory of Thomas George Hargrove

- Elizabeth & Roger Cagle
- Carol & Michael Douglas

In Memory of David C. Zvorak

- Patricia & Chris Willis
- William Pontello
- William C. Cummings
- Jacqueline & Stanley Odom
- Ray W. Mueller
- Peter Maraldo

In Memory of Mary Elizabeth Benbow Roos

- Katherine & Dennis Woldum
- Frederick Patterson

In Memory of Mary Elizabeth Benbow Roos (con't)

- Sally & Richard Brockman
- Sara M. Richardson

In Memory of Andrea Schutzenhofer

- Dr. Scott & Jeanne Martin
- James H. Ruffner
- Dr. & Mrs. William Kelly
- Cynthia & Jerold F. Polt
- David Mallory
- Joan & Vito Marchese
- Joan & Tony Monachello
- Vincent T. Matteucci

In Memory of Elizabeth Lewis

- Mr. & Mrs. J. S. Wood

In Memory of Charles E. Irwin, Jr.

- Debra Irwin

In Memory of Harold Marglous

- Elizabeth & Aaron Landau

In Memory of Matthew Nolan

- Ruth & Bill Kirby
- Katharine & Lou Dammrich
- Mary & James Cary
- Dr. Gary & Rose Kulak
- Ruth & Bill Kirby

In Honor of Dr. Rashmi R. Kakra's Retirement

- Chris Lee

In Honor of Kathleen Reardon

- Elizabeth Landau

NAMI ST. LOUIS REQUEST FORM

Enclosed is my donation to assist the work of NAMI St. Louis.

- \$5 \$10 \$20 \$25
 \$45* \$100 \$_____

* Please enroll me/my family as a member of NAMI St. Louis for 2008.

Please charge my donation of \$_____ to:
 Mastercard Visa American Express

Credit Card No.

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Exp. Date _____

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Please send FREE information on:

- Peer to Peer Program
- Consumer Support Groups
- Family Support Groups
- Family to Family Program
- Visions for Tomorrow Program
- Children/Teen Support Groups
- NAMI St. Louis Membership
- NAMI St. Louis Legacy Society
- Iris Society
- NAMI Walk
- NAMI St. Louis Gala

NAMI St. Louis

134 W. Madison Avenue, St. Louis, MO 63122

Phone: 314-966-4670 • Website: www.namistl.org

Code: NSLR08C

NAMI St. Louis Memorials and Tributes – A Lasting Gift That Helps Others

A NAMI St. Louis Memorial or Tribute is a perfect remembrance for a loved one. MEMORIALS honor a person recently deceased or on the anniversary of death. TRIBUTES honor a individual or family on birthdays, anniversaries, or special occasion. Request a MEMORIAL or TRIBUTE by sending donation in any amount to NAMI St. Louis. We send the person or family you name a card acknowledging your gift without mention of donation amount. You receive a thank you from us to assure you that the Memorial or Tribute has been sent. Names of those memorialized or honored are listed in our next newsletter.



Educational Programs

FAMILY-TO-FAMILY

This free, 12-week course is for family members and caregivers of persons who have a mental illness. Each class meets once weekly for 2 1/2 hours. Topics include education about mental illness, medications, tips for handling crises, family skill building, and support. Six new classes start in fall, 2008, in locations throughout area.

PEER-TO-PEER

This free, 9-week course is for persons with a severe mental illness who are in recovery. Topics include education about mental illness and life skills to enhance recovery in an experiential format.

VISIONS FOR TOMORROW

This free course is for parents and caregivers of children who have a brain disorder. Topics include education about mental illness and brain disorders as they affect children, family skill building, and support.

Reminder! Classes fill up fast – to register, call Joyce Johnston at NAMI St. Louis at 314-966-4670 for schedule or check updates on our website: www.namistl.org.

Support Groups

FAMILY SUPPORT GROUPS

Our free support groups for family members are led by trained facilitators and meet monthly at various times and locations throughout the Metro St. Louis area. The 1 1/2 hour monthly sessions include problem solving and coping skills.

NAMI CONNECTION RECOVERY SUPPORT GROUPS

(formerly NAMI C.A.R.E.)

Our free support groups for persons with a mental illness are led by trained peer facilitators and meet at various times and locations throughout the Metro St. Louis area. The 1 1/2 hour sessions include problem solving and coping skills. *(See page 9 for list of support groups.)*

To register or for more information on our courses or support groups, call NAMI St. Louis at 314-966-4670.

Other FREE Educational Programs

FAMILY & CONSUMERS WITH OCD SUPPORT GROUP

Sponsored by St. Louis OCD, is held on the third Saturday of each month from 10:00 a.m.-12:30 p.m. at St. John's Mercy Medical Center, 615 S. New Ballas Road, Creve Coeur, MO 63131. For information call 314-842-7228.

FAMILY SUPPORT GROUP FOR RELATIVES OF PEOPLE WITH BIPOLAR/UNIPOLAR ILLNESS

Sponsored by DBSA, meets 2nd Thursday of month at St. Paul Lutheran Church (Fellowship Hall), 12345 Manchester (at Ballas), Des Peres, MO 63131. Contact Dolores Segal at 314-822-0183.

SUPPORT GROUP FOR YOUNG ADULTS (AGES 19-35) WITH BIPOLAR/UNIPOLAR ILLNESS

Sponsored by DBSA, meets 2nd and 4th Tuesdays of month at St. Mary's Health Center, 6420 Clayton Road, Ground Floor, Room C, Richmond Heights, MO 63117. *(Enter East Parking Garage on Clayton Road at DeMun.)* Contact Tim Hamilton at 314-353-4672.

FAMILY & FRIENDS OF THOSE DEALING WITH CHRONIC MENTAL ILLNESS

Meets 2nd Saturday of each month, from 10:00-11:30 a.m. at Central Presbyterian Church, 7700 Davis Drive, Clayton, MO 63105. For information call Judy Koehler at 314-727-2777 or e-mail Pat Grace at: grace1pat@sbcglobal.net

METROPOLITAN PSYCHIATRIC CENTER (MPC) FAMILY EDUCATION PROGRAM

Meets on the first three Tuesdays of each month, from 6:00-8:00 p.m. at MPC, 5351 Delmar, Saint Louis, MO 63112. **Week 1: Diagnosis and Management of Mental Disorders (speakers, Medical Director and Director of Pharmacy); Week 2: Noncompliance, Civil Commitment, Guardianship and Community Resources (speaker, Social Work Department); Week 3: Caring for the Caregiver and Family Support (speakers, Psychology Department and NAMI St. Louis).** For information, call MPC Social Work Department at 314-877-0546.

SCHNUCKS COMMUNITY CARD

Free To You - Easy As 1-2-3!

Schnucks will donate up to 3% of YOUR purchases to NAMI St. Louis.



- 1 Pick up Schnucks e-Scripts Card at Customer Service.
 - 2 Use info on Card to benefit NAMI St. Louis.
 - 3 Give checker your card every time you shop.
- Questions? Call the NAMI St. Louis office at 314-966-4670.
- You can split donations between 2 charities! For information, call Carol at NAMI St. Louis at 314-966-4670.

NAMI St. Louis Is MOVING!

Official date not set as we go to press but is likely to be after September 1.

Check updates on our website:
www.namistl.org

Office phone: 314-966-4670.



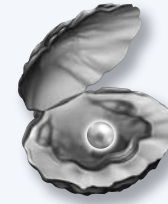
Help NAMI St. Louis When You Shop at Schnucks!
See e-Scripts Card Information on page 11 inside!



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Don't Miss It! - Event of the Season

2008 NAMI St. Louis Pearl
Anniversary Gala



Sunday, November 16, 2008
5:30 - 9:30 p.m.

Marriott St. Louis West
Town & Country, Missouri

Celebrate Our 30 Years in Elegance!

Cocktails & Dinner
Silent & Oral Auctions
Ladue Strolling Strings
Awards Ceremony

Tickets \$150 - VIP Couple Package for \$500
Corporate & Business Card Sponsorships Available

**WE NEED AUCTION ITEMS
and Volunteers**

For more information, call
NAMI St. Louis at 314-966-4670.

St. Louis' Voice on Mental Illness since 1978

July-September 2008

Alliance on Mental Illness



nami St. Louis



*NAMI St. Louis
30 Years,
Founded in Hope*
page 1

*NAMI St. Louis
Programs - 30 Years*
page 3



*NAMI St. Louis
30th Anniversary
Pearl Gala Kickoff
Thursday, June 6, 2008*
**GALA COMMITTEE
WEARS THEIR PEARLS!
VOLUNTEERS AND
AUCTION ITEMS
STILL NEEDED!**

HELpline 314-966-4670 FAX 314-966-4672 • VISIT OUR WEBSITE www.namistl.org