



Greetings on behalf of the Peer Advisory Committee

How-Dee to one and all, and to one and all there is a season. In this season our summer turned sweltering, hot and humid!

All of us here at the NAMI St. Louis office are wishing all of our readers good health and a safe summer. Heat stroke is a very serious matter and can sneak up on you without you knowing that you are overheated. Here are a few tips.

- Stay hydrated. Drink more liquids except for alcohol or heavily sugared drinks.
- Don't forget to take your meds.
- Stay in an air-conditioned place. Electric fans will not prevent heat-related illness when the temperature is above 90 degrees.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave anyone in a closed vehicle.
- If you must be outside, protect yourself from the sun with a sunscreen of SPF 15 or higher.

I want to thank everyone who came to the NAMI Walk. Wasn't it a fun way to support NAMI St. Louis and bring awareness about mental illness to our community?

Also, thanks to all who have sent in articles and poems for our newsletter. We try to fit what we can into each issue. Please, I invite you, our readers, to share with us articles, poems and even essays about your summer. Please send correspondence to NAMI St. Louis, 1750 S. Brentwood Blvd., Suite 511, Attention—Sharon Lyons, St. Louis, MO 63144.

That's all for now! Keep cool!

Christopher Lee
NAMI St. Louis Peer Advisory Committee

Check our website for
more information at
www.namistl.org,
or give us a call at
314-962-4670.

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Angels Watching Over Us

By Scott Galyon

The children got onto the school bus, angels hovering around them, making sure they arrive at school safely.

A man, a senior citizen, coming back from a dear friend's house on Manning Avenue, down Williams Blvd. Walking in the morning the four blocks to his home, on his rollator, he takes short breaks—touched by an angel. He ponders. He remembers the joy of the church picnic across the street. Barbecue, a prize give away and a praise band that played. He was asked to play drums with the base player and the lady electric guitar player.

The shade trees and happy people. The children and the free snow cones. Oneness, joy and celebration. Angels encamped around us all. Cold drinks, fruit cups, cookies, hot dogs, hamburgers, chips and raffles. So many happy faces! Lots of fun and fellowship and angels watching over us; and I felt so included and accepted.

Mindful Multitasking: 3 Quick Steps to De-Stress

Understand your own particular mental illness. I believe that is the lesson one needs to learn when mental illness enters into one's life. When mental illness is a daily reminder that we are not the same as we were before.

Getting over the stigma. The shame. The labels. The ignorance. Misunderstanding. Lack of trust. The stereotypes. The changes of behavior. The changes in thinking. Hospitalizations. Medications. Psychiatrists. Therapists. Losing Friends. Homelessness. Fear of our illnesses. Fear of losing control.

Learning to Take care of ourselves. Finding ourselves. Learning acceptance. No shame. Creating a full, satisfying life. Not worrying what others think. Feeling good about ourselves. Hitting the stigma right in the eye. These are some of the keys to getting past the stigma.

Tell yourself and tell the world, "I am not crazy. I have a chemical unbalance of the brain. I will not let it take over me. I will be strong and I will live with it the best way I can. I may not be the same as I was before this illness approached me, however, I can still feel good about who I am."

Stigma, shame...that is the poisonous part of mental illness.

The serum to stigma: Understanding. Acceptance. Healthy mind. Healthy body. You owe it to yourself to be the best "you" you can be.

About Recovery

By Karl Miller

I'll never forget when I was discharged once from Malcolm Bliss (hospital), we were walking to his car and I asked him, "Do you ever think I will get well?" He answered, "Yes, I believe you will get well." My Dad cared for me, fed his children and was very responsible. Maybe he was giving me hope where there was no hope and love where there was no love .

Some people with mental illness don't need to recover living productive and creative lifestyles, some need to recover the need to be financially productive.

In terms of the legal system: is it better to be corrigible or not corrigible? This choice isn't necessarily good or bad.

Summertime Fountain

By Christopher Lee

Ahh. Summertime
Is when I go dancing
Down around
The frolicking fun fountains.

As I dance, I am kissed
By the fountains sensational,
Spectacular sprinkles and sprays,
And, ho, how soothing
The sounds that comfort
My soul and spirit.

It makes it hard to leave behind
And return to the sounds of the City.

So always keep an open mind
That you too have
A colorful cascading fountain
Running through you.
A flowing fountain
That may dance around.

So, my friend, be kissed and dance!

CONGRATULATIONS!

Congratulations to the following ladies for completing NAMI Missouri's In Our Own Voice training this Spring!

- **Newoka Baker**
- **Beth Buchek**
- **Leonetta Russell Lane**

In Our Own Voice training individuals with mental health conditions to tell their stories so that they may education the public and help bust stigma.

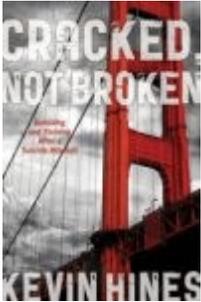
Welcome aboard!



Summer Reading for Teens and Young Adults

Summer is a good time to check out a new book. The following books, on the subject of mental illness, may be of interest to you.

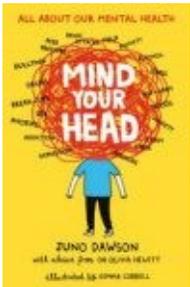
Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt by Kevin Hines (2013) (Nonfiction)



This is the striking story of survival of author Hines, who at age nineteen jumped off the Golden Gate Bridge. The fall didn't end his life; it began a chronicle of facing mental illness – bipolar disorder – and a series of breakdowns that challenged the author's desire to live mentally well. His is a powerful saga that offers many insights to those struggling with life after a suicide attempt; from living daily with mental illness to navigating the world and discovering keys to better living.

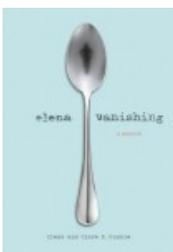
Mind Your Head by Juno Dawson and Dr. Olivia Hewitt (2016) (Nonfiction)

This book, published in the UK, is only available in the US as an ebook on Kindle or Nook. James Dawson.



James Dawson, now writing as Juno Dawson has written a frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. The book covers topics from anxiety and depression to addiction, self-harm and personality disorders. Juno and Olivia talk clearly and supportively about a range of issues facing young people's mental health – whether fleeting or long-term – and how to manage them. With real-life stories from young people around the world and witty illustrations from Gemma Correll.

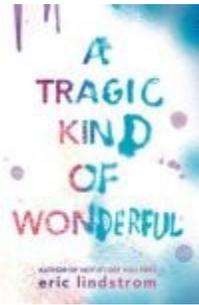
Elena Vanishing: A Memoir by Elena Dunkle and Clare B. Dunkle (2015) (Nonfiction)



This co-authored, mother-daughter memoir recounts daughter Elena's five-year struggle to overcome anorexia nervosa after her diagnosis at 17. Elena's memories often highlight the interwoven nature of her relationship with food to traumatic events in her life, from childhood feelings of maternal abandonment to a rape at age 13. Ultimately, this memoir illustrates how Elena found her own path out from this illness, and the treatment she received.

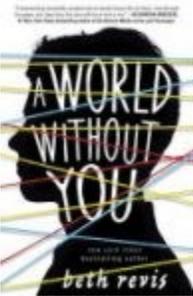
Summer Reading for Teens and Young Adults Continued

A Tragic Kind of Wonderful by Eric Lindstrom (forthcoming Jan. 2017)



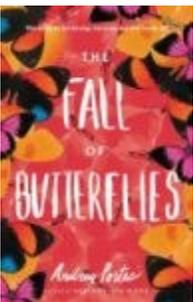
For sixteen-year-old Mel Hannigan, bipolar disorder makes life unpredictable. Her latest struggle is balancing her growing feelings in a new relationship with her instinct to conceal her diagnosis by keeping everyone at arm's length. But when a former friend confronts Mel with the truth about the way their relationship ended, deeply buried secrets threaten to come out and upend her shaky equilibrium.

A World without You by Beth Revis (forthcoming July 2016)



Seventeen-year-old Bo attends Berkshire Academy, which he believes is a school for kids with superpowers, and struggles in the aftermath of his girlfriend, Sofia's, suicide. Convinced he can travel through time, Bo refuses to believe Sofia died. Instead, he's certain she's trapped in the year 1692.

The Fall of Butterflies by Andrea Portes (May 2016)



At Pembroke, a tiny East Coast boarding school, Willa doesn't care about being the poor, rural weirdo among the wealthy elite, because she plans to commit suicide—until she meets the mysterious, charismatic Remy.

NAMI ST. Louis
1750 S Brentwood Blvd, Ste 511
St. Louis, MO 63144
www.namistl.org

Phone: 314-962-4670
Fax: 314-962-4678
Email: sharon@namistl.org

Newsletter Mission:

The newsletter, established by the NAMI St. Louis Consumer Advisory Committee, will tell the stories of individuals with mental illness who are doing interesting things. It is a forum for information, inspiration, and creative expression.

Publication Guidelines

Newsletter Editor:
Sharon Lyons
Newsletter Graphic Designer:
Ann Stackle

Peer Advisory Committee
Chair:
Christopher Lee
Members:
Arlen Chaleff
Ellen Rosenbaum
Joanie Milligan
Sharon Lyons
Helene Gottesmann

- Materials should be from individuals living with mental illness in the St. Louis area, unless invited by the Consumer Advisory Committee.
- In an attempt to decrease stigma and isolation that often accompany mental illness, we ask that you identify yourself by providing your name, address, and either phone number or email address. You will be contacted if there are questions about your material. You will also be contacted if your material or question is published. Names will be published, but no other identifying information will be made public.
- Items for publication should be free from profanity or language that is prejudicial toward any culture, race, religion, gender, type of mental illness, or type of disability.
- Submission does not guarantee publication. Items are published at the discretion of the Consumer Advisory Committee.
- Please keep stories, articles, and poetry to two pages or less. Please do not send originals as they will not be returned.
- Submissions may be made by email, U.S. Mail, or fax.

NAMI St. Louis
1750 S. Brentwood Blvd, Suite 511
St. Louis, MO 63144
Phone: 314-962-4670, Fax: 314-962-4678, Email: Sharon@namistl.org

