Exciting News and Changes to Share!

On July 12, 1978, the organization now known as NAMI St. Louis was started by family members of people with mental illness. In July, we will be celebrating our 40th Anniversary of serving family members, caregivers, friends, and individuals with mental health concerns in St. Louis. It is very clear to me how vital NAMI St. Louis has been to the region. We are planning two anniversary celebrations in July and hope that you can join us. We would love your help with planning the events, providing pictures, helping with guest lists, etc. Please contact Jackie Hudson or Richard Stevenson for more information.

Another exciting opportunity is that NAMI St. Louis has been selected by the Maplewood Richmond Heights school district for the Seafoam Marketing challenge! Students are creating a digital marketing plan for NAMI St. Louis, and the winner of the challenge will earn a summer internship with Seafoam Marketing. The goal is that, by increasing our social media footprint and expanding our corporate sponsorships, more people will learn about the services NAMI St. Louis provides so that, ultimately, we will be able to expand our services.

Due to the expense, this will be the LAST printed newsletter. Sign up on our website to continue to receive our quarterly e-newsletter. If you would like to continue to receive our newsletter in the mail, call us at 314-962-4670.

NAMI St. Louis will be offering the NAMI Ending the Silence program in 2018 to teens ages 13-18 thanks to the generosity of Tony and Lisa Vogel. This is a 50-minute interactive prevention and early intervention program that engages youth in a discussion of mental health. If you are 30 years of age or younger and are interested in volunteering, please contact us. If you have connections to school districts, we would love your help in setting up meetings with school district staff.

We are always looking for new teachers (see page 6 for more information) and committee members. We have openings on the following committees: walk, gala, development, advocacy, peer, and program committees. Contact Christine for more information.

We need your help!

Since we moved in July 2017, we have not received all of our mail. Please make sure to send mail to the new address: 1810 Craig Road, Ste. 124, St. Louis, MO 63146. If you mailed us a check and we did not cash it we did not receive it. We cash checks immediately.

Thank you!

People have been incredibly creative in helping us to fundraise so we can provide our programs free of charge to participants. Cody and his brother, Nick Bernat, organized a trivia night in memory of their dad, David Bernat.

Continued on page 2.
Thank you to everyone who created birthday fundraisers for NAMI St. Louis. We are very appreciative! If you want to set up a fundraiser on Facebook, please contact Christine.

Upcoming Events:
• 2018 NAMIWalks St. Louis on May 5, 2018. Registration for team captains is at 9am. The walk starts at 10 am (one hour later). It is not too late to set up a team.
• May 21, 2018 at 7:30 pm. Suicide: The Ripple Effect.
• NAMI 40th Birthday Celebration. Date and location to be determined.
• Iris Society Celebration for people who have donated $500 or more to NAMI St. Louis on July 26, 2018.
• NAMI Night at the Ballpark on August 18, 2018. Same seats as last year, which is great!
• The 2018 NAMI St. Louis Gala will be on November 10, 2018 (new date) and at the Chase Park Plaza (new location). Award nominations will be posted online soon.

Please go to our website (www.namistl.org) for more information about any of the topics discussed above, or contact Christine at cpatterson@namistl.org or at 314-962-4670.

Save the Date!

NAMI St. Louis Annual Gala

“Beautiful Minds Inspire”

New date, time, and location!

Same great Casino theme.

Saturday, November 10, 2018

5:30 pm

The Chase Park Plaza

S A I N T   L O U I S
Memorials & Tributes

In Memory of David Bernat
  Brian and Ann Bekebrede
  Cody Bernat
  Nick Bernat
  Tracy and Delores Bernat
  Zachary and Elizabeth Bernat
  Alex and Jordan Bruns
  Danielle Carr
  Joe and Paula Eberhard
  Brenda Ebert
  Matthew and Deborah Finley
  Erica Freeman
  Laura Freeman
  Paul Frauen
  Sydney and Tracie Frauen
  Zachary Gorla
  Joseph and Donna Hale
  Joseph Hallemeyer
  Erika Holmes
  Larry and Kay Lynn Holmes
  Rachel Horne
  Tyler and Barbara Hutchison
  Robert and Barbara Hutchison, III
  Michael and Kelly Lada
  Benjamin and Laura Mahnken
  Samuel Morgan
  Ian Powers
  Timothy Roberts and Donna McIlroy
  Lisa Staberg
  Kenneth and Carol Stadler
  Michael and Jessica Sweeten
  Louis and Jessica Tocco
  Alex Whiteside
  Donald and Tracy Whiteside
  Malory and Linda Willis

In Memory of Eleanor A. Bielik
  Glenn and Kathy Baldwin
  Thomas and Karen Bicknell
  Doug Lueken
  Gail Ullrich
  Lois Williams

In Memory of Laurence Goldberg
  Irl ‘Spike’ and Carol Don

In Memory of Judy Grubbs
  You are always in our hearts,
  Janet and Thi Tran

In Memory of Luke DaLay
  Alice Adcock
  Diane and Linda Beaty-Basich
  Michael Behle and Laura Grady
  Joe and Sue Bias
  Frank and Valerie Breitenstein
  Debra Bryer
  Patrick Callanan
  Margaret Clancy
  Duane and Judy Conrad
  Francis and Melanie Friel
  Anne Grossman
  Kenneth Hailer
  Edwin and Rosemary Hiss
  Linda Lacy
  Nicole Leighton
  Raymond and Julianne McIntyre, Jr.
  Paul and Cathy Mertens
  Kathleen Pimmel
  Elizabeth Pund
  Michael and Karen Scheve
  Rose Schmidt
  Patrick and Kelly Slattery
  David Solomon

In Memory of Sandra Hartge and Jen Gibson
  Stewart Shilcrat and Paula Lemerman

In Memory of Luke DaLay
  Alice Adcock
  Diane and Linda Beaty-Basich
  Michael Behle and Laura Grady
  Joe and Sue Bias
  Frank and Valerie Breitenstein
  Debra Bryer
  Patrick Callanan
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  Paul and Cathy Mertens
  Kathleen Pimmel
  Elizabeth Pund
  Michael and Karen Scheve
  Rose Schmidt
  Patrick and Kelly Slattery
  David Solomon

In Memory of Clifford and John Niewald
  Sandy Niewald

In Memory of Adina Talve-Goodman
  Leslie, Jeff and Evan Raynsford

In Memory of Barbara Smoyer and Elizabeth Storm
  Karen Smoyer

In Memory of Matthew, Mary Jo, and Taylor Rose Trokey
  Joseph and Lynda Castellano

In Memory of Stacie Wait
  Duane and Judy Conrad

In Memory of Terry Weisacosky
  Kim Cohen

In Memory of Michael Winter
  Duane and Judy Conrad

In Memory of Mary Zvorak
  Duane and Judy Conrad
  William Cummings
  Christy Twin and Family

In Memory of Clifford and John Niewald
  Sandy Niewald

In Memory of Adina Talve-Goodman
  Leslie, Jeff and Evan Raynsford

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  Duane and Judy Conrad
  William Cummings
  Christy Twin and Family

Remembering Loved Ones

A memorial donation is a generous and thoughtful way to honor loved ones. Memorials may be made by mail or online. Check the box to indicate whether your donation is in memory of someone who has passed away or in honor of someone living. Memorials will be listed in our newsletter.
NIH Research Study
Depression & Brain Function

This study seeks participants who are depressed to test the effects of the combination of repetitive transcranial magnetic stimulation (TMS) and psychotherapy on brain function.

The inpatient and/or outpatient study involves daily visits for 8 weeks followed by once-monthly visits for 3 months.

Study participation includes:
• Research evaluations and brain scans
• Active TMS and psychotherapy, or inactive TMS and psychotherapy
• Follow-up interviews

You may be able to participate if you are:
• Ages 18-65 with major depressive disorder
• Free of other serious medical conditions
• On or off anti-depressants

No cost to participate, compensation is provided. The study is conducted at the NIH in Bethesda, Maryland, and is enrolling participants nationwide, from across the United States. Travel arrangements are provided and costs are covered (and vary by distance.) Contact us to find out if you qualify, or for more information.

1-877-MIND-NIH
1-877-646-3644 or
TTY: 1-866-411-1010
moodresearch@mail.nih.gov
www.nimh.nih.gov/JoinAStudy

Protocol #17-M-0147

The Teen Brain: 6 Things to Know

1. Your brain does not keep getting bigger as you get older. For girls, the brain reaches its largest physical size around 11 years old and for boys, the brain reaches its largest physical size around age 14. Of course, this difference in age does not mean either boys or girls are smarter than one another!

2. But that doesn’t mean your brain is done maturing. Both boys and girls, although your brain may be as large as it will ever be, your brain doesn’t finish developing and maturing until your mid-to late-20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. It is the area responsible for planning, prioritizing and controlling impulses.

3. The teen brain is ready to learn and adapt. In a digital world that is constantly changing, the adolescent brain is well prepared to adapt to new technology – and is shaped in return by experience.

4. Many mental disorders appear during adolescence. All the big changes the brain is experiencing may explain why adolescence is the time many mental disorders – such as schizophrenia, anxiety, depression, bipolar disorder, and eating disorders – emerge.

5. The teen brain is resilient. Although adolescence is a vulnerable time for the brain and for teenagers in general, most teens go on to become healthy adults. Some changes in the brain during this important phase of development actually may help protect against long-term disorders.

6. Teens need more sleep than children and adults. Although it may seem like teens are lazy, science shows that melatonin levels (or the “sleep hormone” levels) in the blood naturally rise later at night and fall later in the morning than in most children and adults. This may explain why many teens stay up late and struggle with getting up in the morning. Teens should get about 9-10 hours of sleep a night, but most teens don’t get enough sleep. A lack of sleep makes paying attention hard, increases impulsivity and may also increase irritability and depression.

For more information on conditions that affect mental health, resources and research, go to MentalHealth.gov at www.mentalhealth.gov, or the NIMH website at www.nimh.nih.gov. In addition, the National Library of Medicine’s MedlinePlus service (www.nim.nih.gov/medlineplus/) has information on a wide variety of health topics, including conditions that affect mental illness.
Join the Movement Because We Cannot Do It Without YOU!

The 2018 NAMIWALKS St. Louis goal this year is to raise $200,000 for the St. Louis Region and have over 1,200 people attend on Saturday, May 5, 2018 at Chesterfield Amphitheatre.

Registration starts at 9 am and the walk starts at 10 am (an hour later). The funds raised through the campaign helps us to continue to provide NAMI education, support, advocacy, and Crisis Intervention Team (CIT) programs in the seven counties throughout our region: St. Louis City, St. Louis, Lincoln, St. Charles, Franklin, Warren and Jefferson Counties.

NAMIWALKS St. Louis brings together families, individuals, co-workers and businesses to help raise funds, combat stigma and promote awareness and recovery. Join others to celebrate mental health recovery, to honor those who have lost their lives to mental illness and be a part of the movement that is changing minds in our community and all over the country. #StigmaFree

How you can HELP!
• Invite everyone in your network to participate in the walk and/or form a team! Go to www.namiwalks.org/stlouis to register.
• Distribute brochures to local business
• Promote the event on your social media pages.
• Event Day Volunteers. Contact Sharon at 314-962-4670 to help with registration, table/tent set up, taking photos, route marshals, etc.
• Cannot attend on May 5? You can be a virtual walker and walk with us in spirit.

What to expect on Walkday:
• Family Fun Event
• Yogo with Yoga Buzz
• Food Trucks
• Face Painting
• Rock Painting
• First Responders
• Super heroes and more.

For more information, contact Christine Patterson at 314-962-4670 or cpatterson@namistl.org.
NAMI Basics Teacher Training
June 1-3, 2018
Application Deadline May 4

Family-to-Family Teacher Training
July 13-15, 2018
Application Deadline June 15

Family Support Group Training
August 25-16, 2018
Application Deadline July 27

Family-to-Family Teacher Training
July 13-15, 2018
Application Deadline June 15

In Our Own Voice Presenter Training
May 4-5, 2018
Application Deadline April 2

NAMI Connection Recovery Support Group Training
August 10-12, 2018
Application Deadline July 6

In Our Own Voice Presenter Training
September 28-29, 2018
Application Deadline August 27

For more information on training and other volunteer opportunities contact Sharon Lyons at sharon@namistl.org.

All trainings will be held in Jefferson City.

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**NAMI ST LOUIS MEMBERSHIP AND DONATION FORM**

Enclosed is my membership/donation payment for NAMI St. Louis. Securely make your payment online at www.namistl.org/general-donations.

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
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<tbody>
<tr>
<td>$5</td>
<td>*Please enroll me as a member of NAMI St. Louis.</td>
</tr>
<tr>
<td>$40</td>
<td>**Please enroll my household as a member of NAMI St. Louis.</td>
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<tr>
<td>$60</td>
<td>***Please except my donation to NAMI St. Louis</td>
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*New membership rates are effective July 2017. Membership automatically renews/enrolls your membership with NAMI National and NAMI Missouri.*

Please note that your membership dues defray the expense of membership publications. As a member of NAMI, you may receive requests to support NAMI initiatives and/or state initiatives which are separately funded from our local NAMI St. Louis programs.

Please charge my membership fee of $___________ to: 0 MasterCard 0 Visa 0 Discover

Credit Card No. _ _ _ _   _ _ _ _   _ _ _ _   _ _ _ _               Exp. Date___________        CVV Code _ _ _ _

Signature__________________________________________

Name________________________________   Address______________________________   City___________________  State_____  Zip_______

Email Address ___________________________________________________________   Phone Number _________________________________

NAMI ST. LOUIS, 1810 Craig Road, Suite 124, St. Louis, MO 63146. Phone: 314-962-4670. Website: www.namistl.org

Create your Lifetime Legacy. Remember NAMI St. Louis in your will or estate plans.
**Second Thursday Brown Bag Lunch Series**

**April 12, 2018**

**Lions & Tigers & Bears: Addressing Obstacles on the Road to a New Tomorrow**
Speaker: Dr. Vivian Sierra, LMFT Life Coach & Counselor

We all wish we had a magic wand to make our troubles go away for ourselves, our loved ones and the people that we help as professionals. Navigating through the various obstacles on the way to wellness can be so very challenging. Let’s talk about these potential roadblocks in the behavioral healthcare system, and some solid strategies to maneuver through them on our journey to health.

**May 10, 2018**

**Dr. Z Explains How to Get Your Zzzs**
Speaker: Dr. Zinia Thomas, M.D.

A new report from the CDC sites 35% of Americans do not get enough sleep. The rates in children are also rising. Additionally, about 15% of those suffering from insomnia are on chronic pharmaceutical sleep aids that are unlikely to address the underlying issues - breeding a chronic dependency on medications. In this session, we’ll discuss the effect of screens, stress and food on the body’s sleep cycle, and the serious consequences of sleep deprivation. Learn about safe, natural, effective treatments that can improve sleep and overall health in both children and adults, including float therapy, the infrared sauna, cryotherapy, IV nutrient therapy, and aromatherapy.

**June 14, 2018**

**Your Dependent with Special Needs: Making Their Future More Secure**
Speaker: Michael Chiodini, Investment Advisor Representative of SII, Chiodini Financial Group, LLC

Families with children and other dependents with special needs, no matter what the age or disability, face serious questions about how to best prepare for their future well-being. This workshop addresses such critical issues as protecting government benefit eligibility for Supplemental Security Income (SSI), creating Special Needs Trusts and the importance of a Will. Taking steps now can help arrange for a loved one’s well-being today and tomorrow.

**July 12, 2018**

**Financial Planning Basics, from surviving to thriving!**
Speaker: John A. Priesmeyer

John Priesmeyer, a Financial Planner with Thrivent Financial. John is a fee-based planner who has been with Thrivent for over 12 years focused on providing investment management and financial planning services in the areas of retirement and estate planning. We will cover budgeting and credit; protecting what you care about; investing in your goals; and estate planning ideas everyone needs.

**New Location**

**Maryland Heights Community Center**
2300 McKelvey Road,
Maryland Heights, MO 63043

The Community Center is located at Dorsett Road and McKelvey Hill Drive. From Hwy. 270 take Exit 17 onto Dorsett Road, go west and take a right at McKelvey Hill Road.

**RSVP, Please!**

Bring your own lunch and we will provide beverages and cookies with RSVP (314) 962-4670.

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**Anxiety Disorders: When Worrying Gets Out of Control**

Presented by Laurie Evans-Schoenecker LCSW

- Anxiety Presentation by Age
- Types of Anxiety Disorders
- Conditions that may Mimic or Increase Anxiety symptoms
- Screening Tools
- Anxiety Management

**Tuesday, April 24th**
7:00 - 8:30 PM

**Grace United Church of Christ**
8326 Mexico Road
St. Peters, MO 63376

Register online at www.namistl.org/programs-2/nami-speakers-bureau/
Our quarterly newsletter is becoming an e-newsletter!

This will be the LAST paper issue.

Let us know if you would like to continue receiving our newsletter at www.namistl.org/sign-up-for-our-newsletter/

You can also view our newsletter online at, www.namistl.org/newsletter/nami-st-louis-newsletter/.

Join us Saturday, May 5, 2018 at Chesterfield Central Park

Yoga with Yoga Buzz 8:30 am
Team captain check in time is 9:00 am
Walk starts at 10:00 am
2018 Master of Ceremonies
Kim Hudson FOX2/News 11

Register online at www.namiwalks.org/stlouis