

EXPLORING NEW WAYS TO SUPPORT AND CONNECT

Regardless of your personal circumstances, it's difficult to imagine anyone whose life has not been significantly altered over the previous months. The COVID-19 pandemic has impacted our communities in ways many of us would never have imagined. Social distancing guidelines have led to unexpected disruptions that have impacted mental health for many of us.

Here at NAMI our focus has been on finding ways to replicate our mental health support and education programs online. Many of our support groups are now offered virtually through Zoom. We plan to continue offering an online presence once groups resume in-person meetings in order to allow continued participation for those who do not yet feel comfortable joining in-person meetings.

NAMI Basics, for parents and caregivers of youth with mental health conditions, and NAMI Homefront, for family members of veterans and military service members with mental health



conditions are also available online. And we continue to explore new ways to offer education and presentation programs in an online format, including program leader trainings, which will be offered online for the first time ever beginning this summer. We look forward to staying connected and will continue to provide updates on our website at namimissouri.org and through social media.

ONLINE SUPPORT SAFETY

For many people, the COVID-19 pandemic and accompanying social distancing recommendations have provided the first opportunity to join an online support forum. This is a new experience for many and can cause additional fear and anxiety. Reports on security flaws in video conferencing services have only increased the concern.

NAMI Missouri is using Zoom Video conferencing and we've taken extra steps to protect your privacy if you join us online. All meetings require a Meeting ID and Password to access.



Passwords are provided to Program Leaders and participants must be approved before they are allowed to enter any virtual meeting room. In addition, recording and storage functionality has been disabled for all NAMI Missouri administered accounts.

If you are looking for support and have questions or concerns about joining an online group, please reach out to your local affiliate or the state office. These are challenging times and no one should have to experience them alone.

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About NAMI Missouri



Toprow: Nicole Baldwin, Gena Terlizzi, Amye Trefethen

Bottom row: Alice Kliethermes, Dawn Matthews, Anne Bloemke

Not pictured: Sharon Groner

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Affiliates

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NAMI Jefferson City
NAMI Joplin

NAMI Greater Kansas City
NAMI St. Louis

NAMI Southeast Missouri
NAMI Southwest Missouri

Contact us:

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

Find us online



NAMI Missouri is the chartered State Organization of the National Alliance on Mental Illness.

Annual Conference

NAMI MISSOURI MENTAL HEALTH CONFERENCE



Saturday, October 24, 2020

Capitol Plaza Hotel & Convention Center
Jefferson City, MO

Now accepting vendor booth reservations, raffle donations and sponsorship contributions at all levels. Sponsorships start at \$250 for corporate partners, \$200 for non-profit/ government partners, and \$100 per individual/\$150 per couple Friends of NAMI Missouri sponsor levels. For additional information visit namimissouri.org/conference.

Registration Form

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. The conference will be held Saturday, October 24, 2020 at the Capitol Plaza Hotel and Convention Center in Jefferson City. Doors open at 9:30 am and the event begins at 10:00 am.

Become a NAMI Member or renew now

\$40 Individual membership \$60 Family/Household \$5 Open door/Limited Income

Registration Information

\$25 NAMI member \$35 Non-member \$10 Limited income

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

(includes event ticket at reserved table, name tag with sponsor designation, and recognition in event materials)

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

Credit Card: Visa MasterCard Discover

Card # _____

Exp. Date _____ / _____ CCV _____

Cardholder Name _____

Cardholder Address _____

Send form and payment to:

NAMI Missouri

3405 W. Truman Blvd. #102
Jefferson City, MO 65109

Education

Quality, Evidence-based Programming

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

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

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



Missouri Foster Parent Training Credits Available

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

Courses Offered Online



Basics and Homefront available online

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

NAMI on Campus

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

Members of NAMI on Campus clubs belong to the largest grassroots mental health organization in America. Club leaders have access to the staff, resources, opportunities and support that comes with being part of this national movement, including opportunities beyond your college years. Find a NAMI on Camus club near you or get information on starting a new one at namimissouri.org/nami-on-campus.

Trainings

For the first time ever, 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 a 2 - 3 day in-person training. Registration is required for these online training sessions.

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

REGISTER FOR A TRAINING AND BECOME CERTIFIED TO:

FACILITATE A SUPPORT GROUP

Connection Support 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.

[NAMI Connection Recovery Support Group Facilitator Training](#)

Fri., Aug. 7 - Sun., Aug. 9, 2020
Application Deadline - Fri., July 10, 2020

NAMI 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

[NAMI Family Support Group Facilitator Training](#)

Sat., Sept. 19 - Sun., Sept. 20, 2020
Application Deadline - Fri., Aug. 21, 2020

TEACH A FAMILY EDUCATION COURSE

For education courses, we recommended taking the course as a participant before getting certified to teach it to others; however we understand sometimes that hasn't always been possible due to limited course availability in some parts of the state. If you're interested, 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

[NAMI Family-to-Family Teacher Training](#)

Fri., July 10 - Sun., July 12, 2020
Application Deadline - June 12, 2020

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 19 - Sun., June 21, 2020
Application Deadline - Mon., June 1, 2020

Mental Health & Allied Provider Workshop

NAMI Missouri will be hosting a virtual Provider Workshop using Zoom Video on Tuesday, June 23. Continuing Education Units (CEUs) are available for this free 6-hour course, however you must attend the entire course to qualify for CEUs. Participants earn the equivalent of: 5.5 Clock Hours, 6.7 Contact Hours, or .67 Continuing Education Units, which will be issued by the Missouri Institute of Mental Health (MIMH). The workshop is being offered through a contract with the Missouri Department of Mental Health. For additional information and to register, visit us online at namimissouri.org/ProviderWorkshop. Advance registration is required to receive CEUs.

Support Groups

NAMI Family Support Groups

For family members of individuals with mental illness or mental health concerns

Check your group status

Many NAMI Support Groups have suspended in-person meetings but continue to operate online. Before visiting an in-person support group, contact your local group leader to find out the meeting status.

NAMI Southeast Missouri

Farmington - Family Support Group

Monthly - 2nd Thursday @ 7:00-8:30 pm
Farmington Public Library
101 North A. St., Farmington
Call/text: 573-454-1221 or 573-701-4185
Email: namisoutheastmo@gmail.com

NAMI Southwest Missouri

Springfield - Family Support Group

1st &3rd Mondays @ 7:00-8:30 pm
NAMI Southwest Missouri Office
1443 N Robberson #408, Springfield
Call: 417-839-4682
Email: ljoslyn@sbcglobal.net

Bolivar - Family Support Group

Monthly - 4th Thursday @ 1:30-3:00 pm
Polk County Health Center
1317 W Broadway St., Bolivar
Call: 417-327-5609 or 417-777-1185
Email: kinnetttrucking@windstream.net
Email: claudiaj@windstream.net

Lebanon - Family Support Group

2nd & 4th Wednesdays @ 5:30-6:30 pm
Lebanon Laclede Public Library
915 S Jefferson Ave., Lebanon
Call: 417-718-5921
Email: gayleps18@gmail.com

NAMI Jefferson City

Jefferson City - Family Support Group

Monthly - 1st Monday @ 6:30-8:30 pm
Presentation @ 6:30; Group at 7:30 pm
Central UCC, 118 W Ashley St., Jefferson City
(Enter through gym doors)
Email: klieta92@gmail.com

Jefferson City - Family Support Group

Monthly - 3rd Tuesday @ 6:00-8:00 pm
Presentation @ 6:00; Group at 7:00 pm
Wesley UMC, 2727 Wesley St., Jefferson City
(Enter through back doors)
Email: namijcmo@gmail.com

NAMI Boonville

Boonville - Family Support Group

Monthly - 2nd Tuesday @ 6:30-8:00 pm
Nelson Memorial UMC
407 E Spring St., Boonville
Email: namiboonville@gmail.com
Email: ystephanie49@gmail.com

NAMI Columbia MO

Columbia - Family Support Group

Monthly - 2nd Monday @ 6:30-9:00 pm
Presentation @ 6:30; Group @ 7:30 pm Unity
Center, 1600 W Broadway, Columbia
Contact: namicolumbiamo@gmail.com

NAMI Joplin

Joplin - Family Support Group

Monthly - 2nd Tuesday @ 6:30-8:00 pm
NAMI Joplin Ofc., 1601 S Wall Ave., Joplin
Call: 417-781-6264
Email: namijoplin@cableone.net

NAMI Greater Kansas City

Belton - Family Support Group

1st &3rd Mondays @ 6:30-8:00 pm
LifeQuest Church, 1400 N Scott Ave, Belton
Email: krevert@att.net

Kansas City - Family Support Group

1st & 3rd Thursdays @ 6:00-8:00 pm
Research Psychiatric Center
2323 E 63rd Street, Kansas City, MO
Email: custinh@yahoo.com

KC (Northland) - Family Support Group

Monthly - 3rd Wednesday @ 6:00-7:30 pm
Tri-County MHS - 2nd floor conf. room
3100 NE 83rd St., Kansas City, MO
Call: Candis Boily, 816-468-0400
Email: candisb@tri-countymhs.org

Lee's Summit - Family Support Group

Monthly - 1st Wednesday @ 7:00-8:30 pm
ReDiscover Mental Health
901 Independence Ave, Lee's Summit
Contact: 816-716-5472 | imsixty@yahoo.com
816-223-5731 | leeoutback@aol.com

Odessa - Family Support Group

1st & 3rd Thursdays @ 7:00-8:30 pm
120 S. 2nd St., Odessa
Call: 816-726-6508 or 816-527-3296
Email: nami.odessamo@gmail.com

NAMI St. Louis

NAMI St. Louis support group lists and details are online at namistl.org/support-groups

Arnold - Family Support Group

Monthly - 1st Thursday @ 7:00-8:30 pm
New Hope UMC, Rm 106 (Enter in back)
3921 Jeffco Blvd, Arnold
Call: 314-293-1512
Email: joannechartley@gmail.com

Chesterfield - Family Support Group

Monthly - 3rd Monday @ 7:00-8:30 pm
Trinity Lutheran Church, Rm 258
14080 Clayton Rd, Chesterfield
Call: 636-532-0027
Email: jbs1111@sbcglobal.net

Clayton - Family Support Group

Monthly - 3rd Tuesday @ 7:00-8:30 pm
First Congregational Church
6501 Wydown Blvd., Clayton
Contact: Lisa, 314-435-7574
Email: zerbelisa@yahoo.com

Kirkwood - Family Support Group

Monthly - 4th Thursday @ 7:00-8:30 pm
Elliot Chapel, 100 S Taylor Ave., Kirkwood
Email: fogy65@yahoo.com

Maplewood - Family Support Group

Monthly - 1st Thursday @ 7:00-8:30 pm
Christ Church, 2200 Bellevue Ave., Maplewood

St. Charles - Family Support Group

Monthly - 1st Thursday @ 7:00-8:30 pm
NAMI St. Louis Tri-County Office
200 S Kingshighway #101, St. Charles
Call: 314-974-4694
Email: bcran0228@aol.com

St. Peters - Family Support Group

Monthly - 3rd Tuesday @ 7:00-8:30 pm
Grace UCC, 8326 Mexico Rd, St. Peters

Webster Groves - Fam Supp Group

Monthly - 2nd Tuesday @ 6:30-8:00 pm
Webster Hills UMC, Christian Life Ctr, Rm. 232
698 W Lockwood, Webster Groves
Contact: Judy Larson, 314-922-4693
Email: judyclarson@gmail.com

Kirkwood - Basics Support Group*

Monthly - 3rd Thursday @ 7:00-8:30 pm
Diversified Health and Wellness Center 11042
Manchester Rd., Kirkwood
Email: STLBasicsGroup@gmail.com

***Basics Support Groups** are for parents and caregivers of children, teens and young adults with behavioral and mental health concerns.

Support Groups

NAMI Connection Recovery Support Groups

For individuals living with mental illness or mental health concerns

NAMI Columbia MO

Columbia - Conn. Support Group

Monthly - 2nd Monday @ 6:30-9:00 pm
Presentation @ 6:30; Group @ 7:30
Unity Ctr, 1600 W Broadway, Columbia
Email: namicolumbiamo@gmail.com

NAMI Jefferson City

Jefferson City - Conn. Support Group

Monthly - 1st Monday @ 6:30-8:30 pm
Presentation @ 6:30; Group @ 7:30
Central UCC, 118 W Ashley St., Jeff City
(Enter through gym doors.)
Email: namijcmo@gmail.com

Jefferson City - Conn. Support Group

Monthly - 3rd Tuesday @ 6:00-8:00 pm
Presentation @ 6:00; Group @ 7:00
Wesley UMC, 2727 Wesley St., Jeff City
(Enter through back doors)
Email: namijcmo@gmail.com

NAMI Joplin

Joplin - Connection Support Group

Weekly - Tuesdays @ 6:30-8:00 pm
Joplin Office, 1601 S Wall Ave, Joplin
Call: 417-781-6264
Email: namijoplin@cableone.net

Joplin - Connection Support Group

2nd & 4th Wednesdays @ 2:00-3:00 pm
NAMI On Campus at MSSU - Hearnes Hall
3950 E Newman Rd, Joplin
Call: Kandace, 417-625-9830
Email: logan-k@mssu.edu

NAMI Greater Kansas City

Midtown KC - Conn. Support Group

Weekly - Tuesdays @ 7:15-8:30 pm
Westport Presbyterian Church
201 Westport Rd, Kansas City, MO
Email: violamom@gmail.com

Lee's Summit - Conn. Support Group

Weekly - Tuesdays @ 7:00-8:30 pm
1st Presbyt. Church - Basement Rm 100
1625 NW Obrien Rd, Lee's Summit
Call: Marty Sexton, 816-738-3066
Call: Tricia Wear, 816-810-1414
Email: help4distress@gmail.com

Belton - Connection Support Group

1st & 3rd Mondays @ 6:00-8:00 pm
LifeQuest Church
1400 N Scott Ave, Belton
Email: allaboutrockllc@yahoo.com
Email: teegarden.shawn@icloud.com

Gladstone - Connection Support Group

Weekly - Tuesdays @ 6:30-8:00 pm
Northland Behavioral Health & Wellness
119 NE 72nd St., Gladstone
Call: Gabriel, 816-200-7424
Email: gabrielnamiconnection@gmail.com

St. Joseph - Conn. Support Group

Weekly - Thursdays @ 7:00 pm
YMCA, 304 N. 8th St., St. Joseph
Call: Kevin, 727-543-9408
Email: kevinwilliams.clnc@gmail.com

NAMI St. Louis

Full NAMI St. Louis support group lists and details are online at www.namistl.org/support-groups

St. Charles - Conn. Support Group

Weekly - Mondays @ 6:30-8:00 pm
Friedens United Church of Christ
1703 Old Hwy. 94 South, St. Charles
Call: Jim, 314-808-5551
Email: jeymanjr@prodigy.net

STL (Delmar) - Conn. Support Group

1st & 3rd Sundays @ 2:00-3:30 pm
Grace and Peace Fellowship Church
5574 Delmar, St. Louis
Call: Rose, 314-716-2210
Email: roseschulte@gmail.com

St. Peters - Connection Support Group

Monthly - 3rd Tuesday @ 7:00-8:30 pm
Grace United Church of Christ
8326 Mexico Rd, St. Peters
Call: 314-962-4670 (NAMI STL main)
Email: info@namistl.org

NAMI Southeast Missouri

Sikeston - Connection Support Group

Weekly - Thursdays @ 5:30 pm
Sandy Paws, 134 E. Front St., Sikeston
Email: pezmama3@gmail.com

NAMI Southwest Missouri

Springfield - Conn. Support Group

Weekly - Tuesdays @ 10:00-11:30 am
The Hope Center at NAMI SWMO
1443 N Robberson Ave. #408, Springfield
Call: 417-864-3027 (Hope Center Main)
Email: nami@namiswmo.com

Lebanon - Conn. Support Group

Weekly - Wednesdays @ 5:30-6:30 pm
Lebanon Laclede Public Library
915 S. Jefferson Ave., Lebanon
Call: Shannon, 573-552-2042
Email: slw.therapist@gmail.com

Full NAMI Missouri support group listings online at namimissouri.org/support



Peer support and resources
are available through the

NAMI Missouri WARMLine

800-374-2138

**9am – 5pm on weekdays, and
9am – 3pm on weekends and holidays**

**GOOD SUPPORT NEVER
GOES OUT OF STYLE**

► Visit namimissouri.org/warmline to learn more.



NAMI Missouri
3405 W. Truman Blvd. #102
Jefferson City, MO 65109

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Join NAMI Missouri or renew today!

Every member strengthens our efforts. For existing members, **your membership renewal date 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**

Enclosed are my dues for (check one):

- Individual (\$40)
 Family/Household (\$60)
 Open Door/Limited Income (\$5)

- Total Dues \$ _____
 Additional Contribution \$ _____
 Total Enclosed \$ _____

Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ Email _____

Credit Card: Visa MasterCard Discover

Card # _____

Exp. Date _____ / _____ CCV _____

Cardholder Name _____

Cardholder Address _____

Send form and payment to:

NAMI Missouri
3405 W. Truman Blvd. Suite 102
Jefferson City, MO 65109