Things haven’t been easy lately for people with brain disorders and their families. We are inspired and humbled by their courage during recent difficult years. But even in the darkest times, good things happen. How about some good news for a change . . .

• Michele Obama made mention of mental health care in her speech to the Democratic National Convention! At this writing, the Republican National Convention hasn’t been held, but we have hopes one of their speakers will be inspired to do the same. Brain disorders are bipartisan illnesses.

• Buried deep in the pages of a new federal Medicare law passed by congress in July is some great news for seniors with psychiatric illness. Under the new law, the co-pays for outpatient mental health treatment will drop annually from 50%, gradually down to 20% in 2014. This will make the cost of Medicare mental health and substance abuse treatment equal to the cost of treatment for other health conditions.

• “My Friend Has Me” posters are available from your NAMI MO office free of charge, up to 3 per customer while they last. These posters are part of SAMHSA’s What a Difference a Friend Makes campaign targeting 18-25 year olds. They are most appropriate for high schools, colleges and places where young people gather. We printed these in response to feedback from young Missourians. They told us they need stigma reduction activities in their schools. This was just one of the school-based stigma reduction activities conducted under this one-year grant from SAMHSA.

• A record number of NAMI education and support volunteers were trained and credentialed in fiscal 2007/2008. These awesome people will soothe the frightened, empower the disempowered, enlighten the ignorant, and give fellowship and comfort to those who feel alone. We welcome our new In Our Own Voice presenters, Family-to-Family teachers, NAMI Connection consumer support facilitators, Visions for Tomorrow teachers and Family-to-Family support group facilitators. We thank the wonderful expert volunteers who trained them.

• You pave the way toward a better, more enlightened and accepting Missouri. We have good reason to hope NAMI Basics and Parents and Teachers as Partners will be added to some of our affiliate program menus in the next year. More on this later.
IN THE KNOW

Board of Directors
Tim C. Harlan-President
Ken Jones-First Vice President
Kevin Haggerty-Second Vice President
Kay Rittenhouse-Secretary
Jeanette Small-Treasurer

Members At Large
Mike Jones, Ph.D.
David Lackey
Carol Evans, Ph.D.
Cinda Holloway
Wanda Smith

Nominating Committee
To be appointed

Staff
Cindi Keele-Executive Director
Sonya Baumgartner-Membership Services Coor.
Sherry Fischer-Director of Operations
Alice J. Kliethermes-Consumer Services Coor.
Joyce Bush-Parent Ed. & Support Coor.
Ruth Thompson-Parent Ed. & Support Coor.
Karren Jones-Office Support Volunteer
Barbara French, Outreach Specialist

Affiliates
NAMI Greater Kansas City
NAMI Jefferson City
NAMI Columbia
NAMI Joplin
NAMI Southwest Missouri
NAMI St. Joseph
NAMI St. Louis
NAMI Central Ozarks
NAMI Moberly
NAMI Cape Girardeau
NAMI Southeast Missouri
NAMI Lake Ozark
NAMI Boonville
Emerging Affiliate: Marshall

All NAMI affiliates have support groups. A NAMI support group also meets in Branson.

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

New In Our Own Voice Presenters Trained in July

NAMI Missouri was among the first NAMI state organizations in the U.S. to adopt the stigma reduction program called In Our Own Voice: Living With Mental Illness. Our experience has a good. We expected this. The program’s format is based in solid research. Studies show that meeting an individual who is living with a mental illness and getting to know him as a person effectively reduces stigma.

In early May the ADS Center, part of the Substance Abuse and Mental Health Services Administrations’ Campaign for Mental Health Recovery, named IOOV one of the nation’s leading stigma interventions. Closer to home, the IOOV program is a stigma intervention recommended in our Missouri’s mental health services transformation plan (recently approved by SAMHSA).

Sixteen new IOOV speakers were trained by Mickey McDowell, Alice Kliethermes and Karren Jones in Jefferson City in July. This training refreshed existing local teams and prepared new presenters for previously unserved areas such as Hannibal, Marshall and Boonville. Welcome to the following new presenters: Rick Hill, Irene Sherman, Kirk Summers, Theresa Steins, Jodi Sei, Tammy Pankratz, Cathy Myers, Barbara Mayfield, Dottie Joslyn, Kim Hill, Marjorie Helper, Robin Gambrell, Judy Bass and Laura Arth.

Congratulations! You will make a difference.

Stand With Us!

Together, we are building a future of recovery, respect, and opportunity for people whose lives have been touched by severe mental illness. Your dues go to pay for support, education and advocacy at the local, state and national level.

NAMI support groups and programs like In Our Own Voice, Family-to-Family courses, media stories and confronting archaic and/or stigmatizing public policies are making a difference. Let’s keep it going!

Your newsletter label contains your membership expiration date. If you see no date, your membership has expired.
Candidates for NAMI MO Board of Directors

The 2008/2009 NAMI Missouri Nominating Committee is pleased to announce its board candidates for our November 7 elections at the 2008 annual meeting. Four current board members are eligible for election to another term. The committee also recommends one new member, Eric Pahl from NAMI Jefferson City. They will also make one nomination from the floor. (A candidate search is underway). Candidate bios follow.

Tim Harlan
Attorney and former legislator Tim Harlan was a strong advocate for mental health issues during his time as a state representative. He has served as NAMI Missouri’s President and Board Chair for the past three years. He served as NAMI Columbia’s president and has been trained as a Family-to-Family teachers and support facilitator. He currently facilitates a family support group.

Wanda Smith
As a founding member of NAMI Moberly, Ms. Smith has served in various positions at the local and statewide level. Her past positions include affiliate president, member of the NAMI Missouri advocacy committee and NAMI Missouri board member at large. She is a community leader in Moberly and a Family-to-Family teacher.

Ken Jones
Banker Ken Jones hails from Brunswick where he and his wife Bev run a NAMI support group and are members of their nearest affiliate more than an hour’s drive away. Ken has been active with NAMI Columbia and serves on the NAMI Missouri board as 1st Vice-President.

Kevin Haggerty
Long-time member Kevin Haggerty has served in a number of positions in his home affiliate NAMI Greater Kansas City and with NAMI Missouri. He has been a member of his affiliate board and is a current member of the Statewide CIT Council. He is an In Our Own Voice presenter, a NAMI professional provider workshop speaker, a support facilitator and a Family-to-Family teacher. He is a former Missouri statewide consumer representative and has served on the NAMI Missouri Board for three years where he holds the position of 2nd Vice-President.

The committee recommends the following new candidate.

Eric Pahl
NAMI Jefferson City board treasurer Eric Pahl has been an active member for almost three years. He works in state attorney general Jay Nixon’s office and lives in Jefferson City with his wife and young daughter. He received training as a Family-to-Family teacher in 2006 and co-taught his first course (with rave reviews) in February, 2007.

One candidate, Kevin Haggerty, was nominated for the position of statewide consumer representative.

Central Missouri Friends, Help NAMI programs.
Send us Your MOSER’s Grocery Receipts!

For every $10,000 in grocery receipts we send in, we receive a check for $100. (Yes, that was your humble executive director you saw rummaging through the trash bin outside of Mosers in Holts Summit.) Monies raised will go to general support of all our programs of support, education and self-help statewide. You can help too. Please send your MOSER’s grocery receipts to:

NAMI Missouri • MOSERs’ Grocery Receipts
1001 Southwest Blvd., Suite E • Jefferson City, MO 65109

We thank you!
New Treatment for Adult ADHD

Shire Limited recently released Vyvanse, a new medication for the treatment of ADHD in adults. Most NAMI members are aware of the impact ADHD has on young lives. While the impact on adults is lesser known, we know ADHD can follow a person into their adult life. ADHD in adults affects daily life and can cause difficulties in work, homelife and relationships. Surveys have shown that when compared with non-ADHD peers, adults with ADHD may be:

- Three times more likely to be unemployed
- Two times more likely to have problems keeping friends
- 47% more likely to have trouble saving money and paying bills
- Four times more likely to have contracted a sexually transmitted disease

Another recent study of 88% of the 328 adult respondents with an ADHD diagnosis indicated they have difficulty organizing tasks and 89% had difficulty finishing projects.

To learn more about ADHD go to www.add.org. To learn more about the new medication Vyvanse, go to www.shire.com.

Volunteer Training Opportunities!

NAMI Connection Consumer Support Group Facilitator Training October 17-19, 2008. Contact Alice Kliethermes at 1 800 374-2138 for an application.

IMPORTANT: Each person trained by NAMI Missouri represents a monetary investment of $200 - $400 depending on the program. We are happy to invest in you. You make a significant contribution in achieving NAMI’s mission.

Up-to-date membership (dues current) is required for all NAMI training participants. We see this as an indicator of your commitment. Low cost and open door memberships are available for those who can’t afford the full amount (usually $28).

Upcoming Family-to-Family 12 Session Courses

Enroll now. Slots are limited. Late enrollment allowed only during the first 3 sessions.

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Today, recovery is a realistic goal. Never in the history of our nation have we known so much about how to empower people with mental illness to achieve wellness and live, work, learn and participate fully in the community. Yet, much of what we know is out of reach to those who need it most. This must change.

According to the President’s New Freedom Commission the time has long passed for yet another piecemeal approach to mental health reform. The system must undergo a profound transformation.

Here in Missouri the process has begun. NAMI members are working side by side with the reformers. We share common hopes and dreams and our vision for a better way. Missouri’s mental health services transformation effort hold great promise.

Please join us in November for a time of learning and renewal. It is our sincere hope you will come away from this program energized and newly committed to giving every child, adolescent and adult the tools to make recovery real.
Friday Evening, November 7

6:00 p.m. - 7:00 p.m.    Annual Membership Meeting
7:00 p.m. - 8:30 p.m.    Trauma-Informed Care
                        Ruth Mazelis, BS, National Center for Trauma-Informed Care
8:35 p.m. - 9:00 p.m.    Looking to 2009
                        Keith Schafer, PhD, Director, Missouri Department of Mental Health

Saturday, November 8

7:00 a.m. – 8:15 a.m.    Breakfast
8:15 a.m. – 9:20 a.m.    Advocating for Change
                        Tim Harlan, Attorney & President, NAMI Missouri
9:40 a.m. – 11:00 a.m.   Research & Medicine Update
                        John Newcomer, MD, Washington University
11:15 a.m. – 12:25 p.m.  First Breakout Sessions
                        1. Trauma-Informed Care
                           Ruta Mazelis, BS, National Center for Trauma-Informed Care
                        2. Childhood Onset Bipolar Disorder: An Overview and A Family's Story
                           Rene Murph & Anita Walters, and Ruth Thompson, MA, NAMI Missouri
                        3. Family Communication Skills (Motivational Interviewing)
                           Ladonna Zimmerman, LCSW, MSW, Fulton State Hospital
12:30 p.m. – 2:00 p.m.   Buffet Lunch & Keynote
                        Trauma, Addiction & Mental Illness: My Story of Recovery
                        Tonier Cain, Maryland Women's Trauma Project
                        Break
2:10 p.m. – 3:20 p.m.   Second Breakout Sessions
                        1. The Adolescent Brain
                           Heather Harlan, BA, Phoenix Programs, Inc., Substance Abuse Treatment Center, Columbia, MO
                        2. Schizophrenia - Making Recovery Real
                           Kristy Hutton, Ph.D., Columbia, MO
                        3. Special Needs Trusts
                           Reggie Turnbull, Attorney, Jefferson City
                        Break
3:35 p.m. – 5:00 p.m.   Third Breakout Sessions
                        1. Mental Health First Aid
                           Dottie Mullikan, Missouri Department of Mental Health, Office of Transformation & Mike Jones, PhD, NAMI Missouri Board of Directors & Professor, College of the Ozarks
                        2. Music and Mental Health
                           Kara Kulpa, MT-BC & Jay Ludwig, MT-BC, Music Therapists, Fulton State Hospital
                        3. Family-to-Family Teacher's Interests
                           Kay Rittenhouse & Alice Adcock, Master Trainers, NAMI’s Family-to-Family Program
Registration Form

Making Recovery Real -- NAMI Missouri’s 23rd Annual Conference will be held Friday, Nov. 7 and Saturday, Nov. 8, 2008 at The Resort at Port Arrowhead at Lake Ozark, MO. Registration fee includes a Friday evening reception; Saturday breakfast, lunch and all instruction materials.

Last Name ___________________________ First Name ______________________________ M.I. ______

Degree(s) ____________________________ Organization ______________________________________

Address ______________________________ City _______________________ State ______ Zip _______

Phone: (                  ) ____________________E-Mail  __________________________________ _____

I request Continuing Education Units (CEUs) from the University of Missouri School of Health Related Professions.  □ Yes  □ No Social Security No. ______ - _____ - ______

Registration Category

______ Mental Health Consumer (Not a family member of consumers) ............................................ $35.00
______ Member of NAMI Missouri .................................................................................................... $74.00
______ Future NAMI Member ........................................................................................................ $78.00
______ Health/Mental Health Professional (Includes CEUs) ............................................................ $95.00
______ Family of up to 3 persons (Must register at same time with one payment) ............................ $130.00

Provide Names and Relationship

2nd Family Member’s Name __________________________ Relationship ________________

3rd Family Member’s Name __________________________ Relationship ________________

I wish to join NAMI Missouri

______ Consumer (Open Door).................................$5.00
______ At Large member .......................................$28.00
______ Professional member .................................$50.00
______ Additional contribution ...............................$_________

Special Needs __________________________________________________________________________
_____________________________________________________________________________________

Payment Category

____Check (payable to NAMI Missouri)    ____Money Order ______Purchase Order#_______________

Organization/Agency to Bill: _______________________

Attention: _____________________________________

Address _______________________________________

City _______________________ State _____ Zip _____

OR contact your local NAMI affiliate about membership. Local membership dues include State and National memberships.

Office Use Only:

Date Rec’d. __________ Amount: ______ Check /MO/PO# __________________

Receipt Sent ______________________ Notes ____________________________

Mail to: NAMI Missouri
        1001 Southwest Blvd, Suite E
        Jefferson City, MO 65109

Phone: 1-800-374-2138
Fax: 1-573-761-5636
E-mail: namimosjf@yahoo.com
Conference Lodging
Making Recovery Real, the 23rd NAMI Missouri Annual Conference, will be held on Nov. 7 and Nov. 8, 2008 at The Resort at Port Arrowhead, 3080 Bagnell Dam Blvd., Lake Ozark, Missouri 65049. Guests are responsible for making their own room reservations. The special group rate on Friday, Nov. 7 is $71 (1-4 persons) and 10.225% sales tax. A limited number of rollaway beds are available for $10 for a fifth person in a room. A Saturday night stayover is available at the group rate. Reservation deadline is Oct. 7rd. Booking rooms after Oct. 7 will be dependent on availability.

Guests are required to guarantee their reservation at the time of booking with a credit card or one night’s room and tax. Cancellation or changes in arrival and/or departure dates must be made at least 48 hours in advance to avoid forfeiture of deposit. The Resort accepts Visa, MasterCard, American Express, and Discover cards.

For room reservations, call The Resort at Port Arrowhead directly at 573-365-2334 or toll free at 1-800-532-3575. Please specify the NAMI Missouri Conference when making reservations in order to receive the group rate. Guest room check-in is 4 pm and checkout is by 11 am.

Non-Smoking and ADA accessible rooms are available. Amenities include cable TV, pay-per-view movies, AM/FM radio, coffee maker, microwave, refrigerator, hair dryer, iron/ironing board, telephone, voice mail and data ports. The Portside Restaurant is open from 6:30 am to 10 pm daily, serving breakfast, lunch, and dinner. Room service is available during regular restaurant hours. The lounge is open from 11 am to 1 am. Resort Services include heated pool, hot tub, fitness center, video arcade, outdoor shuffleboard, miniature golf course, children's playground, gift shop and boat slips. Parking is complimentary.

Special Needs
NAMI Missouri complies with guidelines set forth in the American with Disabilities Act of 1990. If you have special needs notify NAMI Missouri as soon as possible by calling 1-800-374-2138.

Accreditation
The University of Missouri-Columbia, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned. The Missouri Institute of Mental Health will award 8.8 clock hours or 10.6 contact hours (1.1 CEUs) for this activity. The MIMH credit will fulfill Clinical social worker and Psychologist licensure requirements in Missouri. If your profession is not listed above or if you are from outside Missouri, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

Directions
The Resort at Port Arrowhead Resort is located ¼ mile north of Hwy. 54 and 2 miles south of Bagnell Dam on Business Hwy 54. It is 45 miles from Jefferson City, 175 miles from Kansas City or St Louis, and 85 miles from Springfield.

NAMI Missouri
1001 Southwest Boulevard, Suite E
Jefferson City, MO 65109
NAMI Members Receive Mental Health First Aid Training

The first USA Mental Health First Aid (MFHA) training was held in Jefferson City on July 1 and 2. Participants completed a 12-hour course covering the basic symptoms of various mental health disorders, their treatment and skill training on offering first aid style help.

We are pleased to announce the following NAMI members completed this training; Mike Jones, Ph.D. (NAMI Springfield), Joyce Bush (NAMI Lake Ozark), Ruth Thompson and Cindi Keele (NAMI MO staff), Salita Dease (NAMI St. Louis) and Marge Parrish (at large member).

Mike Jones, a professor at the College of the Ozarks and a NAMI MO Board member is on track to become one of Missouri’s first trainers of MFHA teachers in October. The Mental Health First Aid program is brought into our state as part of the Department of Mental Health’s mental health services transformation effort, “Creating Communities of Hope”.

Reducing public stigma is a major goal of this effort and MHFA has been proven to reduce stigma among the public and professionals in Australian-based studies.

What a Difference NAMI Southwest Missouri Makes!

Three media savvy NAMI Southwest Missouri volunteers and Executive Director Dewayne Long received TV ads, radio ads and training from Rita McElhany, DMH outreach director and Cindi Keele in July. Since its launch in January, NAMI MO received feedback that the What a Difference a Friend Makes public service announcement campaign was not getting much play throughout Southwest Missouri. Department of Mental Health statistics backed this up. While the ads were widely played in the Hannibal/Quincy area, Cape Girardeau, St. Louis and Central Missouri, very few “hits” were recorded throughout Southwest MO. These volunteers are making the rounds to Southwest Missouri media outlets to encourage them to run the ads and do stigma reducing feature stories.

The stigma busting campaign, targeted to teens and young adults, educates about mental illness and encourages friends to step up and support friends. Research shows that friendship is a powerful force in recovery.

This age group is more likely than any other to know someone who is living with a mental illness. At the same time, they themselves are the least likely of any other age group to seek appropriate help. Instead they turn to friends who sometimes give bad or harmful advice.

The What a Difference a Friend Makes campaign was designed by the Ad Council in cooperation with the Substance Abuse and Mental Health Services Administration (SAMHSA). NAMI MO was awarded a small grant to promote this campaign throughout Missouri.
THE HEART of the MATTER:

Children Robbed of Childhood

“What I remember most is the suffering. Kids are supposed to be happy. Boy, that’s a joke. I was depressed for years and felt totally odd and isolated, almost despised. Growing up was a really miserable experience until I got help.” — A young man in therapy, recalling his childhood

There is now compelling evidence that brain disorders in children do occur, that untreated mental illness places children at risk of developing the most debilitating forms of illness, and that the impact of untreated mental illness on their growing years is devastating. When children have neurobiological symptoms that they cannot control, childhood becomes a painful ordeal. All the building blocks children need to prepare themselves for adulthood are kicked out from under them. Many of their symptoms cause poor functioning in school; they fall behind, can’t compete, fail. Behaviors driven by their symptoms are unpleasant and irritating; they become lightening rods for criticism, ridicule, and rejection. In the starkest sense, untreated mental illness is a thief of childhood. It steals away every benefit this precious span of development confers on growing children.

When consequences this serious threaten a child’s potential and effective medical and therapeutic treatments are at hand to stabilize a child’s life, delaying effective remedies for any reason can compromise a child’s entire future. Parents and teachers must be empowered as allies to confront any and all conventions standing in the way of early recognition and immediate treatment of childhood mental illnesses.

Families as Advocates Network Wins Year Two Funding

We are delighted to announce that the new youth issues network, Families as Advocates; Coming Together for Kids will be funded for another year. The Substance Abuse and Mental Health Services Administration (SAMHSA) praised the Network’s year one progress and found it worthy of continued funding.

In year one the Network convened its family and youth board and began hosting meetings with representatives of family and youth support, education and advocacy organizations. The Springfield-based parent organization The Family Bridges and their youth component Youth Standing Tall played a major role in this. NAMI Missouri assumed a lead role in public education, parent education and stigma reduction efforts.

Year one activities included 1) convening members of varied organizations interested in improving the quality of life for children with mental health needs 2) coaching and counseling key members of parent organizations about effective nonprofit management and fundraising 3) distributing press releases to major media throughout Missouri 4) educating parents and young adults about current legislative issues and effective communication with policy makers 5) training parent teams to teach the Visions for Tomorrow parent course 6) engaging young people in the review of the new SAMHSA/AD Council media campaign “What a Difference a Friend Makes” 7) hosting staffed educational displays at various youth and parent related events and more. NAMI Missouri supplemented some of the grant activities from its unrestricted funds (thanks for your dues and contributions).

Year two will include 1) volunteers teaching Visions for Tomorrow courses to parents 2) distribution of stigma reduction posters to high schools and colleges 3) education on current legislative issues 4) training on effective policy maker communications 5) continued coaching and counseling for fledging parent organization leaders 6) various Children’s Mental Health Week activities 7) network meetings 8) a parent needs assessment and more!

In 2009, we have high hopes Missouri’s new first lady will reinstate an annual reception, press event and awards ceremony in the ballroom of the Governor’s Mansion. This event, though successful, was discontinued in 2005.
Mrs USA Vows to Help De-Stigmatize Mental Illness

Psychiatrist Gariane Gunter, M. D., the newly crowned Mrs. USA, plans to use her reign to educate the public about mental illness. People need to be aware that mental illness, “are as real as any other illness and that treatment works, “she said in a press release issue by the American Psychiatric Association. “Often, people do not have the resources to get the help they need. I am honored to be their voice,” she said. She is particularly interested in anxiety disorders and body-image issues in preadolescent and adolescent young women.

This fall she will teach a class of fifth graders in her hometown about mental health, using NAMI’s “Breaking the Silence: Teaching the Next Generation About Mental Illness” curriculum. NAMI Southwest Missouri has taught this curriculum in Springfield and surrounding area schools for several years. It contains lesson plans for elementary, middle and high school students. Additional information is available at the NAMI website www.nami.org or the Breaking the Silence website at www.btslessonplans.org.

BECOMING ALLIES:
Reckoning with Different Perspectives

“There’s a child in my class who I think has symptoms of psychiatric illness. It’s not just his behavior; it seems to be something deeper. I don’t know how to help him, or how to approach his parents, or where to refer them for help. This is something that everyone is reluctant to discuss. I care very much about this child and fear if we don’t get him some help soon, we may lose him.”          –  A teacher in Rhode Island

“My son is a constant horror-show at home. He does things that are way beyond our control despite everything we do to help him. His school performance is a disaster. I know something is really wrong with him, but I can’t get his teachers at school to recognize he’s got a mental illness. They say it’s a “behavioral disorder,” and that we should go to parenting class.”

–  A mother in Virginia

An immediate problem in strengthening parent-teacher alliances to serve children with serious mental illnesses is the unsettled nature of the subject itself. The topic of mental illness comes loaded with baggage-stigma, misinformation, blaming—which silences and divides us. In addition, knowledge about the neurobiology of mental illnesses in children is in rapid transition, leaving parents and teachers adrift in the turbulence of old-versus-new and tried-versus-true.

Consequently, those attempting to build alliances may come from a number of perspectives. Many parents and teachers understand that serious mental illnesses in children are neurobiological disorder; many do not. Some do not hesitate to identify these disorders and seek immediate treatment; others are exceedingly reluctant to do so. Professional opinion is still split between traditional beliefs that bad or misguided parenting accounts for children’s disturbed behavior and the acceptance of the new scientific findings that brain disorders in children are real diseases that require medical treatment. The quotes above are typical examples of the difficulties faced in an era of scientific change: the concerned teacher wondering how to approach the parents, the worried mother frustrated by not getting through to the teacher.

To deal with these strains, parents and teachers need only to focus on their highest calling: helping the troubled child. Whatever the cause of the profound distress they see, they are the principal early warning team. They witness the problem and can help children at risk get a psychiatric evaluation. Acting quickly and decisively will lead to treatment that will save these children's childhoods and spare their adult lives.
JOIN US!

Every membership strengthens our effort. If you belong to an NAMI chapter, you are already a member of NAMI Missouri. If no chapter exists in your area, or you prefer to join independently, you may take out an at-large membership. All members receive the quarterly NAMI Missouri newsletter and the Advocate, the bi-monthly magazine of NAMI and other member benefits such as Affinity low cost long distance service and Advocacy Online (by request) and reduced NAMI Missouri Conference fees.

All Donations and Contributions are Tax Deductible

Enclosed are my dues for (check one):
- [ ] At large membership ($28)
- [ ] Professional Membership ($50)
- [ ] Low Income (open door) ($5)
- [ ] Additional Contribution _________

Name __________________________________________
Address __________________________________________
City ____________________ State _____ Zip __________
Phone ___________________
Email: ___________________________

Total Contribution Enclosed ___________

Please Send Payment to:
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1001 Southwest Blvd, Suite E
Jefferson City, MO 65109

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