



NAMI NEWS

(SPRING 2023)

Support, Education, and Advocacy

For individuals and families living with mental illness



Please Allow Us to Introduce Ourselves!

NAMI Missoula is led by a Board of Directors that takes an active role in implementing NAMI Missoula groups, programs, and activities. The Board also leads our fundraising and membership campaigns, and Board members work with a variety of local agencies and organizations to provide our input on mental health issues. Our current Board of Directors includes the Executive Committee: **Suzin Kratina** (President); **Sylvia Carollo** (Vice-President); **Kim Seeberger** (Treasurer); and **Suzanne Sterrett** (Recording Secretary). Other members are: **Brenda Allington, Zan Bockes, Tami Burlingame, Marcia Dias, Patricia Kouris, and Mark Medvetz.**



(January—May, 2023)

January: We printed and began distributing our new tri-fold brochure, “Together for Mental Health”. (Thanks to *Alphagraphics* for doing such a great job!)

February: we began our 8-session “Family to Family” class, which continued through April.

April: we held our “High Tea” fundraiser at the Missoula Country Club.

May: we participated in the annual “Missoula Gives” online fundraising event and in the Pleasant View Homes Neighborhood Garage Sale.*

Since 1949, May has been designated nationwide as “Mental Health Awareness Month”. This year, at our request, Missoula’s Mayor Hess issued a proclamation recognizing that designation, and the Missoula Public Library set up a book display with that theme. Thanks to the generosity of Clearwater Credit Union and Townsquare Media, we were able to promote the theme of “mental health awareness” on Townsquare’s local radio outlets throughout the month of May.

As usual, NAMI Missoula representatives took part in the City of Missoula’s annual “Crisis Intervention Training Academy” for law-enforcement personnel and others in the community who might deal with individuals in mental health crisis.

Our “In Our Own Voice” presenters spoke to nursing students at Missoula College, to members of the Missoula Strategic Alliance for Behavioral Health, to attendees at Waypoint Church, and to students at Hellgate High School.

Our regular support groups have continued to meet: the weekly “Connection” peer support group, the monthly “Family Support” group, a weekly NAMI information group (done remotely) for Providence Center’s NBMI inpatients, and a monthly “Family & Friends” webinar done in coordination with the NAMI Montana office in Helena. To strengthen our support groups and education programs, we recently sent six trainees to Helena to be certified as group facilitators.



While our fall 2023 schedule is not yet finalized, we promise we’ll be busy. On Sunday, September 24, we will hold our annual “NAMI Missoula NAMI Walk” at Silver Park in Missoula—stay tuned for details, and contact us if you’d like to volunteer. We hope to hold “NAMI Forums” in September and October (“Mental Illness Awareness Week” will be October 1st—7th), and we plan to offer another “Family to Family” education class in the fall.

Contact NAMI Missoula: 202 Brooks, Rm. 210 Missoula MT 59801 / 406-880-1013
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*All contributions made to NAMI Missoula are tax-deductible (EIN# 81-0405416) and go to support our groups, programs, and activities in the community, including our “Benevolent Emergency Fund”.