

# 16th Annual Fall Film-Showing & Discussion



At first glance, it's a movie about a journalist with writer's block for a good story, who meets a homeless man who has mental illness and plays classical music on the streets of Los Angeles. Delving through the layers of events, *The Soloist*, explores mental illness, homelessness, genius talent despite serious illness, self-determination, friendship, society's response to human crisis, and more. Although it contains some elements of fiction, this movie is based on the real-life story of Nathaniel Anthony Ayers, as told by LA Times journalist and author Steve Lopez. (Running time: 120 minutes; PG-13)

Adam Crane, Director of Communications, St. Louis Symphony Orchestra, played an integral role in the Ayers story during his tenure with the LA Philharmonic Orchestra when Lopez was writing a series of articles about Nathaniel. Adam will make a formal presentation, along with Steve Franklin, LCSW, who will discuss clinical issues portrayed in the movie.

**Tuesday, October 6, 2009**

Doors open at 6:00 p.m. Event begins at 6:30 p.m.

**Location**

**Ethical Society of St. Louis**

9001 Clayton Road in Richmond Heights, MO  
1/2 mile west of The Galleria shopping center

**Free Admission Free Parking Wheelchair accessible**  
**No food or drink, please**

RSVP appreciated; Required for Certificate of Attendance

Questions, RSVP and to request Certificate of Attendance,  
contact: 314-773-1399 or mhagstl@aol.com  
[www.mhaem.org](http://www.mhaem.org)

***The Community Awareness Team at  
Mental Health America***

***proudly partners with***

***The Ethical Society of St. Louis  
for this year's event.***

**Community Awareness Team**

**Steve Franklin, LCSW**  
Private Practice

**Mike Keller**  
Independence Center

**Jewell Hickman, LPC**  
Rapha Ministries  
Christian Counseling

**Rosetta Keeton**  
St. Louis ConnectCare



Proud member of

**United Way  
of Greater St. Louis**



**ETHICAL SOCIETY  
OF ST. LOUIS**

## **2009 Mental Illness Awareness Week Calendar of Events**

The Community Awareness Team at Mental Health America of Eastern MO is pleased to publish this calendar of events being held in recognition of national Mental Illness Awareness Week (MIAW). Events occurring outside the designated week are included because the activity reflects the mission of MIAW. All events are free, except as noted.

### **ONGOING**

- **Recovery International** offers more than a dozen support groups each week in the metropolitan area for those diagnosed with mood disorders, psychotic disorders, anxiety/obsessive-compulsive disorders or personality disorders. Also welcome are those who have not been diagnosed, but are having difficulty dealing with the problems of everyday life.  
Contact/Info: June 314-770-9865
- **Depression & Bipolar Support Alliance (DBSA)** offers more than 20 support group meetings monthly throughout the metropolitan area. Most meetings are open to consumers, family members and friends; some meetings are focused on a specific audience.  
Contact/Info: Rosa, Kevin, Sarah or Helen 314-652-6100
- **Provident, Inc.**, provides **Survivors of Suicide Support Group** for anyone who has lost a loved one to suicide. Offered at two locations. Call 314-647-3100 for more information.  
Wednesdays; 7:00 - 8:30p.m. at Provident, Inc., office; 2650 Olive Street (downtown)  
1st & 3rd Monday; 6:30 - 8:00p.m. at Baue Funeral Homes Community Center, 608 Jefferson, St. Charles, MO
- **National Alliance on Mental Illness-St. Louis (NAMI-STL)** offers support groups for family members and for persons with mental illness. For more info, call 314-962-4670.
- Through live conferences, web conferences and DVD training seminars for purchase, **Missouri Institute of Mental Health** offers educational opportunities (CEUs) for mental health and non-mental health professionals. Call or visit web site for upcoming events.  
Contact/Info: Continuing Education Dept. 314-877-6419 [www.mimhtraining.com](http://www.mimhtraining.com)

### **OPEN EVENTS**

**Independence Center** will host an Open House, which will include tours of the new facility on Forest Park Avenue, informational items and workshops. *Date and time to be determined.* Contact Lynn at 314-880-5404 for more info.

#### **September 24, October 29, November 19**

**6:30 - 8:00p.m.**

**Relaxation Thursdays** - Learn ways to reduce symptoms of stress, calm your mind, relax your muscles and improve sleep with these simple techniques. Instructor is an LPN and biofeedback therapist. Register for one or all three sessions.

Sponsor: Hyland Behavioral Health at St. Anthony's

Location: Hyland Education & Training Center

Cost: \$10 for one/\$25 for three

Contact/Info: 800-554-9550 [www.stanthonysmedcenter.com](http://www.stanthonysmedcenter.com)

#### **September 29 – October 1**

**Companions on the Road to Recovery from Mental Illness; Pathways for the 21<sup>st</sup> Century: Models of Ministry and Collaboration** - Open to faith community, mental health professionals, consumers and family members.

Sponsor: Pathways to Promise: Interfaith Ministries and Mental Illness

Location: National Shrine of Our Lady of the Snows in Belleville, co-sponsor

Cost: Call or visit web site for more information

Contact/Info: Pathways to Promise 314-877-6489 [www.Pathways2Promise.org](http://www.Pathways2Promise.org)

## October 5

### 12:15 - 1:15p.m. Registration not required.

Colleen McKee, co-editor of *Are We Feeling Better Yet? Women's Encounters with Health Care in America*, and Catherine Rankovic, a contributor to the anthology, speak on **Women, Depression and Creative Writing**. McKee teaches in the English Department at UM-St. Louis; Rankovic teaches writing at Washington University. Book purchase and signing will be available. Light refreshments offered; brown-bag lunches welcome.

Sponsor: Center for the Humanities at UM-St. Louis

Location: UM-St. Louis; 222 J.C. Penney Conference Center

Contact/Info: Karen Lucas 314-516-5699 [www.ce.umsl.edu/cfh](http://www.ce.umsl.edu/cfh)

## October 6

### 16<sup>th</sup> Annual Fall Film-Showing and Discussion - *The Soloist*. See above for details.

## October 6

### 6:00 - 9:00p.m.

**safeTalk Training** - Participants will learn how to recognize someone experiencing thoughts of suicide, how to ask directly about suicide, and how to link the person to resources.

Sponsor: Provident, Inc.

Location: 2650 Olive Street

Contact: 314-647-3100

## October 8

### National Depression Screening Day

On this day, individuals have the opportunity to participate in a *free, confidential* depression screening. Screenings are offered in a variety of settings (hospitals, social service agencies, libraries, counseling centers, etc.) across the country. Participants can obtain educational literature and speak with a mental health professional about his/her screening score. Some sites also offer an educational presentation. To locate a screening site anywhere in the country, visit [www.mentalhealthscreening.org/events/ndsd/attend.aspx](http://www.mentalhealthscreening.org/events/ndsd/attend.aspx) or call 781-239-0071. Local screening sites are:

- Hyland Behavioral Health at St. Anthony's will provide screenings at the South County YMCA at 12736 Southfork Road. Screenings offered from 11:00 - 1:00 and 3:00 - 7:00. Call Karen at 314-525-7206 for more info.
- Florissant Valley Community College – 3400 Pershall Road; Multi-Purpose Room in the Student Center Screenings from 11:00 – 1:00; Presentation by Dr. Jose Mathews at Noon. Event includes information about a non-medication research study to better understand depression. No RSVP needed.
- Lutheran Family & Children's Services (LFCS) – Providing screenings at two locations. Call 314-878-5570 for info. LFCS office at 8631 Delmar Boulevard; Gethsemane Lutheran Church at 3600 Hampton Avenue

## October 11

**Recovery International** hosts its annual pot-luck picnic. Open to members of Recovery International and those with mental illness who want to learn more about participation in the organization's support groups.

Location: Love Park in Manchester, MO

Contact/Info: June 314-770-9865

## October 27

### 6:30 - 8:00p.m.

**Don't Be Afraid of Discipline** – Discipline is not a punishment, but involves teaching and helping your child develop security, self-confidence and impulse control. Learn skills and techniques to effectively discipline your children.

Sponsor: Hyland Behavioral Health at St. Anthony's

Location: Hyland Education & Training Center

Cost: Individual \$10; Couples \$15

Contact/Info: 800-554-9550 [www.stanthonysmedcenter.com](http://www.stanthonysmedcenter.com)

**October 28**

**6:00 - 8:30p.m.**

**Meditation Skills** - Learn meditation techniques to handle stress and relieve anxiety before serious physical and emotional health problems occur. Light refreshments served.

Sponsor: Wellness Program at St. Anthony's

Location: Hyland Education & Training Center

Cost: \$35

Contact/Info: 800-554-9550                      [www.stanthonysmedcenter.com](http://www.stanthonysmedcenter.com)

**CLOSED EVENTS** - Although these are not open to the public, we want to recognize organizations committed to improving the understanding of mental disease and reducing the stigma of illness.

**October 5 – 9**

The **St. Louis Area Crisis Intervention Team (CIT)** will offer its specialized 40-hour training for police officers. The purpose of the CIT program is to increase knowledge and understanding of mental illness, to improve the effectiveness and outcomes of police response to a psychiatric crisis, and to increase officers' ability to assist persons in finding appropriate mental health services. This training is available only for law enforcement.

**October 6 – 17**

**Kids Under Twenty One (KUTO)** will offer its training course for Youth Crisis Workers who will become telephone responders for callers to the crisis line service at KUTO. This training is available only for those who have pre-qualified to participate.

***For up-to-the-minute info on newly added events, call 314-773-1399 or visit [www.mhaem.org](http://www.mhaem.org)***

***To request an additional calendar, call 314-773-1399 or email [info@mhaem.org](mailto:info@mhaem.org)***