



Central Iowa

Ending the Silence is an in-school presentation about mental health designed for high school students. Students can learn about mental illness directly from the family members and individuals living with mental illness themselves.

Although only a short, 50 minute presentation, NAMI Ending the Silence is effective at raising awareness, encouraging early identification and intervention and giving a human face to mental illness. By providing a realistic view of recovery and starting a dialog with the students, this program removes the fear and mystery that is often the result of the silence surrounding what can feel like a scary topic.

The goal of this program is to create a generation of students that are well-positioned to eradicate the stigma associated with [mental illness](#) through education, support and advocacy.

NAMI Central Iowa is excited to be bringing this new program to our region.

- *Lisa Heddens*
NAMI CI Executive Director



NAMICI Public Education Programs: Ames Public Library – PEO Room – 7:00pm

April 17th - Returning to Work

May 15th - NAMICI Annual Meeting (We will need a quorum to vote on the 2018-2019 Board of Directors nominees)

Presentation on “What is Crisis Mobilization?”

Free Services Offered by NAMI Central Iowa

DAILY

Support and activities for persons with mental illness at the Mental Health Wellness Center, Monday to Friday, 1-4PM

WEEKLY

NAMI Connection support group for persons with mental illness

Thursday 2-3:30PM Wellness Center

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health 3rd Tuesday of the month at 7:00PM (location varies, see events page online)

Support group for family members 4th Thursday of the month at 7:00PM

YEARLY

Educational classes offered for persons with mental illness and family members

- Family to Family for family members of adults with mental illness
- Peer-to-Peer for adults with mental illness
- Basics for parents and caregivers of children and adolescents with serious mental or emotional disorders

All activities and the office are located at 416 Douglas Avenue, Suites 203/205 in Ames, Iowa

Have questions or need help?
Call or email the office at
(515) 292-9400
namiofci@gmail.com
namiofci.org

Register for **NAMI BASICS**, a free six-week group education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed.

The course is taught by a trained team with lived experience and provides critical strategies for taking care of your child and learning the ropes of recovery.

Class begins: Wednesday, June 6, 2018 to July, 18, 2018 (No meeting on July 4th)

Where: NAMICI Center – 416 Douglas Ave, Ste 205

Time: 6:30pm – 8:30pm

Contact NAMICI more information or to register for the class. namiofci@gmail.com or 515-292-9400

NAMI Family Support Groups!

NAMI Family Support Group is a peer-led group for adult family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

Where: NAMICI Wellness Center
416 Douglas Ave, Ste 205
Ames, IA 50010
515-292-9400
namiofci@gmail.com

Time: 7:00pm

When: 4th Thursday of each month.

Where: Skiff Medical Center,
South Board Rm
204 N 4th Ave. E
Newton, IA 50208
641-521-0979

Time: 7:00pm

When: 3rd Thursday of each month



NAMI on Campus brings *The Bandana Project* to Iowa State University.

With more than 1,000 suicides on college campuses annually in the United States and 1 in 10 students considering suicide before graduation, *the Bandana Project* is designed to help end the stigma by spreading awareness or resources for those with mental illness.

Students attach lime green bandanas to their backpacks. This indicates that they are a safe individual to approach with mental health-related issues, that they know where resources are, and that they hold resource cards that share where to get help in times of crisis.

The program provides invaluable unspoken support. If someone sees a lime green bandana on the backpack of a stranger, it is a sign of stigma-free, quiet solidarity. It also signifies the person stands with and supports those who have a mental illness and are struggling.

For more information about NAMI on Campus contact: isunamioncampus@gmail.com



SAVE THE DATE

Mental Health Expo
Tuesday, Sept. 25, 2018

More details forthcoming



NAMI CI Annual Meeting

A quorum is required to conduct official business, which will include voting on new board members.

Tuesday, May 15, 2018 - 7:00pm - PEO Room - Ames Public Library

Following official business, Krystina Engle will present on the new regional service - Crisis Mobilization.

2018-2019 Board of Directors Nominees

Not up for Election

Leah Beman
Brett McLain
Gayla Harken
Julie Saxton
Pam Boyca
Tiffany Meredith
Wendie Cooper

Seeking Reelection

Amber Schafer
Melonie Stall

New Nominees

Wayne Clinton
Annie Almquist
Nora Ryan
Bill Ehler

___ Yes, I support the nominees ___ No, I do not support the nominees

**Members of NAMI Central Iowa can also mail in their vote. Ballots must be in a envelope with your name written across the seal and tape over your name to be eligible for counting. All mailed ballots must be received by: Friday, May 11, 2018 to be eligible.*

Mail to:
NAMI Central Iowa
416 Douglas Ave; Ste 203
Ames, IA 50010



NAMI Central Iowa
416 Douglas Ave Suite 203
Ames, Iowa 50010

Change Service Requested

April 2018 Newsletter

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). NAMI-CI is dedicated to improving the lives of individuals and families affected by mental illness. Our mission is to provide them with [support](#), [education](#), and [advocacy](#).
NAMI-CI is a [United Way](#) partner agency and is an affiliate of [NAMI Iowa](#) and of NAMI, the [National Alliance on Mental Illness](#).



To make changes to your contact information, to receive your newsletter by email, or if you no longer wish to receive the NAMI-CI newsletter, email or phone the NAMI-CI office at namiofci@gmail.com or 515-292-9400.

Becoming a member of NAMI-CI is easy. Just complete this form and mail with appropriate dues to:

NAMI-CI
416 Douglas Ave Suite 203
Ames, IA 50010

Membership Dues

___ Household	\$ 60.00
___ Individual	\$ 40.00
___ Limited Income	\$ 5.00
___ Extra donation	\$ _____

Member Information

Name _____

Address _____

Phone _____

Email _____

___ Check here to receive newsletter by email.

Questions? Contact NAMI Central Iowa
Phone: 515-292-9400 Email: namiofci@gmail.com