

FROM THE EXECUTIVE DIRECTOR

March certainly came in like a lion, but appears to be ending like a lamb.

The sunshine and warmer weather gives me the mental health boost I've needed. I love going for long walks, feeling the light breeze and smelling the trees and flowers as they blossom. Seeing my neighbors who, like me, felt the need to stay inside where it was warm until signs of Spring were here. The birds are singing outside. Lemonade, ice tea, grilling-Oh, how I love Spring.

Lisa Heddens
NAMI CI Executive Director

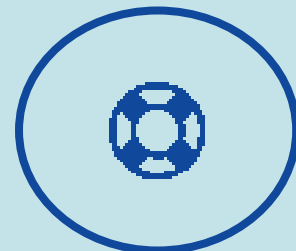


NAMI CI PUBLIC EDUCATION PROGRAMS

Stories of HOPE and RECOVERY told by individuals living with a mental health condition.

NAMI CI will be hosting an In Our Own Voice presentation April 16th at 7:00pm at the

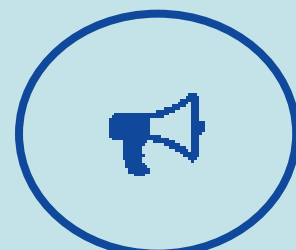
Ames Public Library



Support



Educate



Advocate

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INSERT

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Contact NAMI CI at
515-292-9400 or
namiofci@gmail.com

New IPR Group at NAMI CI Wellness Center

Central Iowa Recovery is now hosting an Intensive Psychiatric Rehabilitation Services(IPRS) group through the NAMI CI Wellness Center every Monday and Wednesday 9am-noon.

IPRS is a service delivery program designed to help individuals with mental illness take steps toward recovery.

IPRS defines recovery from a mental illness as a means to achieve a place in life where an individual can manage their mental health and live a satisfied and successful life with minimal interventions from professional supports.

If you are interested in attending this group please register by contacting NAMI CI at 515-292-9400 or by email at namiwellness@gmail.com

Going Electronic



Beginning July 1, 2019, NAMI CI is going all electronic for our monthly newsletter. Going electronic will allow NAMI CI to include more information in our monthly newsletter, and make communication more efficient.

If you do not currently receive an electronic newsletter and would like to be added to the email list please contact Lisa Heddens or Bre Degelau at 515-292-9400 or email namiofci@gmail.com

JOIN ONE OF OUR 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.

AMES

Where: 416 Douglas Ave Ste. 205 Ames, IA
515-292-9400 or namiofci@gmail.com
Time: 7:00 pm
When: 4th Thursday of each month

AMES DAD'S COFFEE GROUP

Where: Café Diem 229 Main St. Ames
515-231-1196
Time: 10:00 am
When: 3rd Friday of each month

Iowa Falls

Where: Friendship Club 602 S Oak St. Iowa Falls
641.939.8167
Time: 6:30 pm
When: 3rd Tuesday of each month

Newton

Where: St. Luke's United Methodist Church
501 E 19th St. North Newton
641.417.9993
Time: 7:00 pm
When: 3rd Thursday of each month

NAMI BASICS EDUCATION PROGRAM

For parents, foster parents and caregivers of
children with emotional and behavioral difficulties

This **FREE**, six-session course, taught by trained parents who have similar lived experiences with their own children, allows families to connect with, learn from and empower each other.

NAMI BASICS COVERS

- Gaining an overview of the public mental health care, school and juvenile justice systems
- Learning about different types of mental health care professionals, available treatment options and therapies
- Preparing for and responding to crises
- Solving problems and communicating effectively with your child
- Advocating for your child's rights at school and in health care settings
- Taking care of yourself and managing stress
- Developing the confidence and stamina to support your child with compassion

Questions or to sign up for this program contact Lisa Heddens or Bre Degelau at 515-292-9400 or by email at namiofci@gmail.com or officeassistant.namici@gmail.com.

Preregister by May 13, 2019.

May 22 -
June 26, 2019
Ames, Iowa
WEDNESDAYS
6:30 - 9:00 pm

FREE SERVICES OFFERED BY NAMI CI

DAILY

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

WEEKLY

NAMI Connection Recovery Support Group for persons with mental illness at the Mental Health Wellness Center
Thursday 2-3:30 PM

MONTHLY

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

NAMI Family Support Group for family members

Ames: 4th Thursday of the month 7 PM

Iowa Falls: 3rd Tuesday of the month 6:30 PM

Newton: 3rd Thursday of the month 7 PM

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

Unless otherwise noted, all activities take place at our office, located at 416 Douglas Ave Suites 203/205 in Ames, IA.

Have questions or need help? Call or email the office:

Phone: 515-292-9400

E-mail: namiofci@gmail.com

Website: www.namici.org

Trivia Night is quickly approaching!

Have you registered yet?

This night full of fun also involves a dessert auction, door prizes, and silent auction items including:

- 3M "Got you Covered" basket that includes cleaning, medical, and office supplies.
- Bar La Tosca dinner for 2 (approx. \$50 value).
- 3 fitness packages that include a month's membership to Ames Fitness, water bottle, yoga mat, and homemade granola.
- India Delights night out (\$75 gift card, and Burgies Coffee).
- Prime Rib dinner for up to 6 in historic registered Victorian home.
- A signed basketball from the Mayor (Fred Hoiberg)
- A wooden barn quilt
- Movie basket that includes blanket, popcorn, and movie tickets.
- Drive you Crazy basket that includes assortment of car care items such as oil changes, auto repair services, scraper, etc.
- Gift cards and so much more!

To register your team contact Lisa Heddens or Bre Degelau at
515-292-9400 or email at namiofci@gmail.com



NAMI CI Annual Meeting

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

Tuesday, May 21, 2019 | 7:00pm | Ames Public Library

Following official business, will be a presentation by Peggy Huppert, NAMI Iowa Executive Director.

2019-2020 Board of Directors Nominees

Not up for Election

Wayne Clinton, Member at Large

Annie Almquist, Secretary

Nora Ryan, Vice President

Bill Ehler, Member at Large

Melonie Stall, Treasurer

Seeking Reelection

Julie Saxton, Police Advocate

Tiffany Meredith, Member at Large

Gayla Harken, Member at Large

New Members

Marty Chitty, Member at Large

Barb Cobb, Member at Large

Tim Denger, Member at Large

Gail Loy, Peer Liaison

Leah Beman, Member at Large

Becca Streib, ISU Liaison

____ 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 10, 2019 to be eligible.

Mail to :

NAMI Central Iowa

416 Douglas Ave. Ste. 203

Ames, IA 50010

NAMI Iowa Day on the Hill

NAMI Iowa's Day on the Hill event was a success as individuals from around the state gathered with advocates at the Capitol to learn and speak out about mental illness. During this time individuals had the opportunity to talk with local legislators on topics such as, implementing and funding a children's mental health system, adequately funding adult mental health services, and eliminating the proposed Medicaid work reporting requirements.



Pictured above: Advocates posing with Miss Iowa 2018 (Mikhayla Hughes-Shaw)



Upcoming Trainings

Family to Family Teacher Training

Have you taken the Family to Family course through NAMI, and are interested in getting more involved?

NAMI CI is hosting a Family to Family Teacher training May 17-19, 2019 for individuals who are interested in educating other family members through NAMI's Family to Family Course.

Contact NAMI CI at 515-292-9400 or namiofci@gmail.com for more information

Crisis Intervention Team Training (CIT)

Ames PD, CICS, ISU PD, NAMI CI, Story County Attorney's office, and Story County Sheriff's Office are hosting a CIT training for law enforcement officers who work in the CICS region. June 10-14, 2019

Contact NAMI CI at 515-292-9400 or namiofci@gmail.com for more information

NAMI CENTRAL IOWA

The NAMI-CI Newsletter is e-published monthly and printed six times a year by NAMI Central Iowa. 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.

NAMICI is a United Way partner agency and is an affiliate of NAMI Iowa and NAMI, National.

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.

- NAMI Central Iowa is a charity registered with Amazon Smile.
- NAMI Central Iowa has an Educational Endowment set up with the Story County Community Foundation.



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

Or register online at nami.org by clicking "join".

Membership Dues

_____ Household	\$60.00
_____ Regular/Individual	\$40.00
_____ Limited Income	\$5.00
_____ Extra Donation	

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email.



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Ames, IA 50010

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E-mail: namiofci@gmail.com
Website: www.namici.org

