



Hello friends of NAMI CI! It seems summer goes faster and faster anymore. I feel like it just warmed up yet Target is already full of back to school supplies! It's hard to stay in the moment when we're constantly surrounded by pressures to prepare, get organized, be ready for what's next! These pressures can easily lead to anxiety and depression while we worry about how to stay ahead. A friend recently suggested I listen to a song by Jonny Diaz with the lyrics "chaos calls, but all you really need is to just breathe." How powerful! I'm challenging myself to be in the moment for the rest of the summer (what's left) and enjoy every single, sweltering hot day. I have several reasons to be content and happy with my right here & right now, and I'll see that as long as I can just breathe.

Speaking of things to be happy about – Perhaps you've heard about our big news lately. We hired an Executive Director and could not be more excited! Lisa Heddens joins us after several years of coordinating services at LSI as well as serving in the House of Representatives. We are thrilled for the experience and expertise she brings to NAMI CI as we continue to provide services in Story County and our 10 county region. As we continue to train and transition Lisa into her role at NAMI, we are once again grateful for our gracious membership base.

Please join us as we host an open house for our new Executive Director and welcome her to NAMI! The open house will take place at the NAMI CI Wellness Center in Ames on August 16, from 7-8:30 pm – feel free to come and go as you can!

Thank you so much for all the grace and support you've shown us. We are truly blessed!

- *Willow McLaughlin Hill*
Board of Directors President



When: Saturday, Sept. 24, 2016 – 8:30 am-10:00 am

Where: Iowa Farm Bureau Lake, Des Moines

Register or donate at <http://www.NAMIwalks.org>. Just search "Iowa" in the "Find a NAMIWalks" box!

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

Exciting News at NAMI CI



We are thrilled to announce Lisa Heddens, current State Representative for District 46, has been named the next Executive Director. Heddens will begin training July 22 and will officially assume the position August 8.

We are very pleased to have Lisa on our team. She brings leadership and creativity to the NAMI CI programs and a deep sense of commitment to our region's mental health needs. She has a breadth of perspective and experience from which can help propel our mental health mission forward.

Lisa's resume includes over 20 years of experience. Prior to this appointment Lisa was a Service Coordinator for Lutheran Services of Iowa, developing and implementing educational and leadership programs, supporting capacity building grant projects, and providing administrative coordination for People Place in Ames.

Lisa looks forward to working with the NAMI Board, local and regional agency partners and individuals and families to further educate and advocate on mental health issues. "Mental illness has been the conversation on the national scene; we need to ensure that accurate information is provided and individuals and families affected by mental illness feel supported and empowered to share their stories to be able to advocate on their behalf."

Thank you again for the ongoing support we've received during the transition. We are grateful for our friends of NAMI CI and look to the future to continue being a source of support, education, and advocacy for our region.



Annual Garage Sale This Month!



August 12-13 is our annual Garage Sale! The sale marks a fundraising opportunity for our organization. The sale will be open on Friday from 12-6 PM and Saturday from 8-Noon at the Collegiate United Methodist Church in Ames. We are in need of donations and volunteers to help with this fun event.

Donate - Donations are being accepted now with the exception of large items. Also, please note we are not able to accept the following items: adult clothing, Christmas items, and electronics, file cabinets, mugs, used candles, etc. A full list of excluded items will be available soon.

Volunteer - We are still looking for volunteers for the week of the event to do tasks such as drive a truck to pick up items (truck not provided), sort and price items, put up signs, man the tables, and clean up after the event. Volunteers can sign up for hours as their schedule allows.

Please contact Barb at garyroyer@msn.com or Laura at lkquint@hotmail.com if you're interested in helping NAMI CI with this fun event.

Get to know Terri Shipman, your new Wellness Director

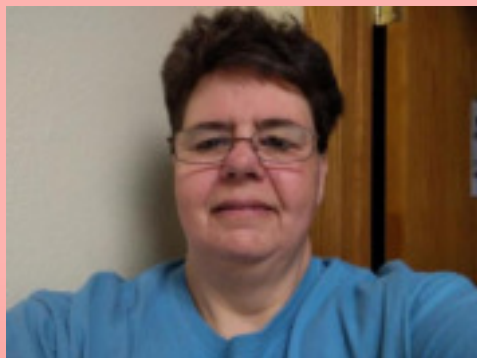
Born and raised in New York, I moved to Iowa in 2000. In 2004 I met my partner in life and we have been married for 6 years. During that time, I have been active in training, learning, and preaching the power of peer support. After graduating from the Iowa Peer Support Academy in 2008, my passion grew and I knew what my purpose was.

I have been a member of NAMI since 2004. I have been a board member for NAMI Greater Des Moines, for 3 years and often do a lot of volunteering. I am also a board member of the Iowa Advocates for Mental Health Recovery (IAMHR), I have been on that board for approximately 2 years. IAMHR is best known for running the Office of Consumer Affairs and being the state wide mental health advocacy group run by peers with lived experience.

I boast that I have trained most of the Peer Support Specialists in the State. I have, as well as WRAP, Recovery Awareness Workshops, and other interests I have been affiliated with. I am a State Trainer for Peer to Peer and for In Our Own Voice, I am currently going to teach Peer to Peer in the Mitchellville Prison. We also have planned an In Our Own Voice training in Davenport at the end of the month.

The Wellness Center is something I've wanted to be affiliated in for many years, I have some prior experience in Coordinating the Friendship Club in Iowa Falls. I learned a lot from them and have learned a lot about myself since then.

Recovery for me includes seeing my therapist, walking with my dog, and spending time with my family. I believe recovery is possible for everyone, and would be happy to share my own story with anyone. That is what helps us grow, by giving back.



Iowa Peer & Family Peer Support Specialist Training Program

A Peer Support Specialist (PSS) is an individual who is personally living well in recovery from a serious mental illness. They work with people who identify themselves also as a person with a mental illness.

What: Peer Support Specialist (PSS) Training

When: September 12-16

Where: Holiday Inn Ames Conference at ISU

****Applications are being taken July 11- August 12****

For more information or to request an application, visit <http://www.iowapeersupporttraining.org/> and choose the "Trainings" tab.

A Family Peer Support Specialist (FPSS) is a parent or primary caregiver of a child with an emotional, behavioral or mental health disorder. They work with families who also have children identified with a serious mental health disorder.

What: Family Peer Support Specialist (FBSS) Training

When: October 25-27 & November 15-18 (both sessions must be attended in order to complete training)

Where: Gateway Hotel & Conference Center at ISU

****Applications will be taken from August 22- September 23****



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

Change Service Requested

August 2016 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

<input type="checkbox"/> Family/Individual	\$ 35.00*
<input type="checkbox"/> Limited Income	\$ 3.00
<input type="checkbox"/> Extra donation	\$ _____

*Includes \$15 Local/\$10 State/\$10 National

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1-3 Art with Wendie Check in with bingo	2 1-3 Writing	3 2-3 Sarah about exercise	4 1-3 Connections	5 Play on the Wii day!!	6
7	8 1-2 Current Events 2-3 Media Discussion	9 1-3 Writing	10 1-3 Last WRAP class!!	11 1-3 Connections	12 POT LUCK/ BIRTHDAY BASH!!!	13
14	15 Check in with bingo	16 1-3 Writing	17 Exercise day!!!	18 1-3 Connections	19 Movie Day	20
21	22 Macramé with Glenn	23 1-3 Writing	24 Fruit and Veggie day, Come try out some different fruits and veggies!!!	25 1-3 Connections	26 Write your own story	27
28	29 Check in with Bingo	30 1-3 Writing	31 Bingo Wrap up for the month and prizes			
<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>						

EVENTS

In October the Iowa Mental Health Conference is in Des Moines... Please contact Terri for more information