

FROM THE EXECUTIVE DIRECTOR

In June I had the opportunity to attend the 2018 NAMI National Convention in New Orleans. The convention featured numerous presentations over four days. Just to name a few of the topics : Decriminalizing mental illness, outreach and diversity, engaging faith communities, federal legislative briefing,, mental health research, fundraising, crisis intervention training, and NAMI signature programs. There were so many great topics I wish I could have attended them all!

Clark Gregg, otherwise known as Agent Phil Coulson in Marvel movies and TV shows, spoke at one of the plenary sessions about his personal and family struggles with mental illness—both on and off the screen. He talked about the importance of NAMI and how to continue our work and to help end the stigma associated with mental illness.

Mary Giliberti, NAMI CEO stated it best, “I don’t want NAMI to be the best known secret. I want NAMI to be known as the best known resource!”

If you are wanting more information about mental illness, seeking support for yourself, a family member , a friend or a client, -contact us. We are here to help.

Lisa Heddens

NAMI CI Executive Director



NAMI CI PUBLIC EDUCATION PROGRAMS

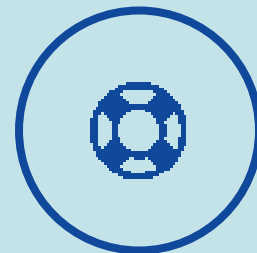
- ◆ August 21st 7 pm–Volunteer Appreciation with an In Our Own Voice presentation in the P.E.O. room at the Ames Public Library.
- ◆ September 18th 6:30 pm—The ARC of Story County, Ames Public Library, and NAMI CI will host a Candidates’ Forum on mental health and disability issues in the Farwell T. Brown Auditorium at the Ames Public Library.

REGISTER FOR UPCOMING FAMILY-TO-FAMILY CLASS

NAMI Central Iowa has scheduled a new Family-to-Family class. Registration is required by August 31 to ensure we have the materials ready for the first class. It will meet 6:30-9 pm on Mondays from September 10 through November 26.

NAMI Family-to-Family is a free, 12-session educational program for family, significant others, and friends of people living with mental illness. It is a designated evidence-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion, and interactive exercises. Contact NAMICI at namiofci@gmail.com or 515-292-9400 to register.



Support



Educate



Advocate

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SPECIAL POINTS OF INTEREST

- Reminder: NAMI Walks Iowa is scheduled for Sept 29 at Terra Lake Park in Johnston, IA. Registration is available now at www.namiwalks.org
- NAMI On Campus is off for summer break, but watch for updates on the fall semester soon! Contact isunamioncampus@gmail.com for more information.
- There is still time to donate volunteer hours for NAMI CI through the Rummage RAMPage event at the end of July/beginning of August! See our website for more information.



NAMI Walks Iowa

National Alliance on Mental Illness

As NAMI Walks celebrates its 16th anniversary, we invite you to take part in NAMI's largest and most successful mental health awareness and fundraising event in the country.

Join the thousands of concerned citizens in over 85 communities across the nation who will walk together to raise money and awareness to ensure vital, free NAMI programs and services are available to provide help and hope to those in need.

When you walk with NAMI, you join the movement to raise awareness of mental illness and raise funds for our mission to help individuals and families right here in our region.

NAMI Central Iowa's team name is Stepping Out of the Shadows.

[Register today and join us](#) as we improve lives and our communities one step at a time. You can register online at www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=23849

When: September 29, 2018

Where: [Terra Lake Park; 6300 Pioneer Pkwy, Johnston, IA](#)

Check in: 8:30 AM

Interested in volunteering for the walk?

Start time: 10:00 AM

Contact Lisa Heddens at namiofci@gmail.com

STORY COUNTY MENTAL HEALTH EXPO 2018



What: Keynote Speaker Joan Becker | Door Prizes | Refreshments | Local Resource Fair

When: Tuesday, September 25 6:00-8:30 PM

Where: ISU Memorial Union Great Hall

Free Admissions and Parking

You are allowed to be both a Masterpiece and a Work in Progress simultaneously.

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

Time: 7:00 pm

When: 4th Thursday of each month

Iowa Falls

Where: Friendship Club
602 S Oak St
Iowa Falls, IA 50126
641-939-8167
Ask for Mary or Linn

Time: 6:30-8 pm

When: 3rd Tuesday of each month

Newton

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

Time: 7:00 pm

When: 3rd Thursday of each month

RESEARCH FEATURE: GENE EXPRESSION AND CAUSAL FACTORS IN BRAIN DISORDERS

Researchers studying gene expression in postmortem brain tissues have identified patterns of shared and distinct gene expression in autism, schizophrenia, bipolar disorder, depression, and alcoholism. The results, published February 9 in [Science](#) magazine, offer a unique glimpse at genome-wide, disorder-related molecular signatures that could help fine-tune diagnosis and treatment for these illnesses.

This study was based on analysis of data collected in a number of prior studies. Samples from 700 postmortem brains were studied, measuring the shorter strands of RNA that carry messages from DNA to cells throughout the human body. The results were compared to 293 healthy postmortem brain samples and 197 samples of non-brain tissue. This was to rule out patterns in gene expression that might be related to disease processes outside the nervous system.

The data suggested to the researchers that shared genetic factors lie behind a substantial proportion of the gene expression overlap among the brain disorders (alcoholism was the exception, not sharing the patterns seen in the other disorders). The results also suggested that these shared genetic factors probably produce symptoms indirectly, through their impact on brain development and cell-to-cell communication. They also revealed some surprising gene activity signatures among the diseases.

For instance, patterns of gene expression in bipolar disorder and schizophrenia overlap more than they do in bipolar disorder and depression, despite the fact that depression and bipolar disorder are classified as “mood disorders” while schizophrenia is classified as a “psychotic disorder”. Autism has an expression pattern that suggests an impact on cell-to-cell communication. Depression has a signature of gene activity related to hormonal signaling that is not seen in any of the other illnesses. And the gene expression patterns in alcoholism do not overlap with the patterns seen in the other four disorders.

Source: [Brain and Behavior Research Foundation](#)

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

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.

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.

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

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.



NAMI Central Iowa
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Ames, IA 50010

Phone: 515-292-9400
E-mail: namiofci@gmail.com
Website: www.namici.org

