

FROM YOUR NEW EXECUTIVE DIRECTOR

To our valued members, generous supporters of NAMI Central Iowa, and our dedicated Board Members, hello and thank you for your warm welcome! Our new location has been open just over one month and I have been in the office for just eight days. A few quotes that best summarize what I have experienced my first week are:

“With the right people, culture, and values, you can accomplish great things.” -Tricia Griffith

And

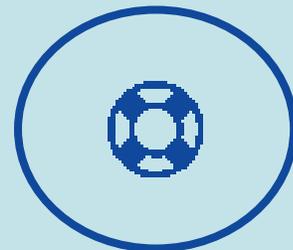
“Hospitality is almost impossible to teach. It’s all about hiring the right people.” -Danny Meyer

Truly, at NAMI Central Iowa, your staff, your Board, your volunteers and the support agencies in place are incredibly amazing. The hospitality I experienced cannot be taught, it is natural and that is what you will experience when you step inside the doors of 424– 5th St., Ames. And, as I visit our other Wellness Centers across our regional agency partners, I do not expect anything less. I believe we are a network of compassionate individuals who are passionate to fight the stigma about mental illness, to advocate and to educate.

So, you are probably still asking, who is this new Executive Director and what does she bring to NAMI CI? On paper you will see a woman who earned her undergrad in Therapeutic Recreation from the University of Northern Iowa with an emphasis in non-profit management. You will see a woman with experience working with individuals with special needs, battered women, older adults, grieving mothers and individuals with mental health conditions. You will see a 25-year vast skill set of experience fostering business partnerships, relationship networking, experience raising revenue via membership, fundraising, sponsorship, advertising, sales and grant writing. And you will find a confident and motivating public speaker and educator, a master of customer service, and a disciplined performance tracker.



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Support



Educate



Advocate

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

In applicable life experience, on May 29, 2014 our middle son tragically died by suicide as a result of complications from multiple factors, including a diagnosis of mental illness that he refused to address because of the stigma attached to it.

This life shattering event caused my life to derail. I was not sure who I was anymore or what I could do. My own 30-year personal battle with depression was now diagnosed as major depressive disorder, anxiety with PTSD. I knew I could not give in to bitterness, sadness, and a life of despair. I sought help from my doctor, counselor, friends and NAMI Central Iowa.

Over the last five years, our family has grieved, has mourned, but has rallied and accepted the challenge of our new normal. I have found a passion and purpose to NOT be quiet about mental illness, suicide and the resources that are available for assistance. I have found a voice. My voice. And a voice for those, who like my son, was embarrassed to be known as a person with a mental illness and to accept help. I believe my education, my work experience, my life experience and my God-given strengths have equipped me to become that voice for the 11-county region of NAMI Central Iowa.

My passion for mental health awareness, my experience with NAMI Central Iowa and my desire to be an advocate and leader, speaking a message of hope is what led me to apply for the Executive Director position. I understand the importance of our NAMICI members, our volunteers, and I want to continue to build on the success that Lisa Heddens and our Board, staff, educators and facilitators have created.

I am eager to share the vision, mission and resources of NAMI Central Iowa with you, your professional groups, your schools, your churches, or wherever you can gather a group to listen. If we can make a difference in ONE life, that ripple effect can change the world!

Sharing help, sharing hope,

Angela Tharp

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: 424 5th St. 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

Upcoming Teacher/Facilitator Trainings!



NAMI Iowa will be hosting upcoming Teacher and Facilitator trainings for the programs listed below. For more information on qualifications or how to sign up please contact:

info@namiiowa.org or

NAMI CI at 515-292-9400 or
officeassis-
tant.namici@gmail.com

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 424 5th St. 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

WHEN:

October 26-27, 2019
Sat – 8am to 5:30pm
Sun – 8am to 4pm

WHERE:

Holiday Inn & Suites
4800 Merle Hay Rd
Urbandale, IA



TO APPLY: Deadline to apply October 4, 2019.

Email info@namiiowa.org or
call (515) 254-0417 for an application.

TO LEARN MORE:

namiiowa.org/Find-Support/NAMI-Programs/NAMI-Basics

WHEN:

13-15 September, 2019
Friday – 9:30am to 6pm
Saturday – 8am to 5:30pm
Sunday – 8am to Noon

WHERE:

Fort Dodge, IA



TO APPLY:

info@namiiowa.org

TO LEARN MORE:

namiiowa.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family

WHEN:

21-22 September, 2019
Saturday – 9am to 5:15pm
Sunday – 8am to 12:15pm

WHERE:

NAMI Johnson County
1105 Gilbert Ct
Iowa City, IA



TO APPLY:

info@namiiowa.org

TO LEARN MORE:

namiiowa.org/Find-Support/NAMI-Programs/NAMI-Peer-to-Peer

Meet Our Team

NAMI Central Iowa would like to welcome on new and familiar faces to the NAMI Central Iowa Board. To get to know our new Board Members better we asked them to answer the questions below:

- 1.) Write your six word memoir.
- 2.) What do you like to do in your free time?
- 3.) Why did you choose to serve on NAMICI Board?
- 4.) Favorite movie and/or book?
- 5.) If money was not a concern for 24 hours, what would you do?

Tim Denger

1. Faith, Family, Country & Service
2. I spend time with my wife and 3 teenage girls; play music on worship team, ride my motorcycle and fishing.
3. Growing up in Iowa, we never talked about mental health. When I got into LE and see it affect those I care about, I had to have a paradigm shift in my life. That shift has made me a better police officer and has given me purpose outside of enforcing the laws.
4. I am more of a music fan in which I like all genres from Jazz, Country to Hard Rock. My favorite book is the Bible!
5. After I paid my bills, I would give money to my church, Cops Against Cancer and NAMI. I would then set my parents and in-laws up and then help others with needs!



Rebecca Staib



1. Ambitious college student with many passions!
2. In my free time I like to play with my puppy and grab coffee with friends
3. I'm serving in NAMI CI Board because I am the president of NAMI on Campus at ISU and have always had a passion for mental health.
4. Favorite book is *How to Ruin Everything* by George Watsky
5. If money wasn't a concern for 24 hours, I would spend a day pampering myself and my friends-nice dinner, spa day, shopping trip!

Marty Chitty

1. Have done much, much to do.
2. Read-it's pure joy for me.
3. To extend my time in mental health advocacy, after serving two and a half years on CICS board.
4. A Winter's Tale
5. Take my wife and daughter to Sioux Falls to see our son.



Barb Cobb

1. I am a creative creation, embracing compassion. (Opps 7 words!:))
2. I enjoy physical activity...biking, swimming, kayaking, recently exploring yoga. I also enjoy creative arts, watercolor, collage, macramé.



3. For over 30 years my husband and I have been the prime “support system” for our family member who has a mental illness. Two and a half years ago I took the step to share our story publicly. I continue to share my story, reaching out to others; so they will not feel alone, as we did for so many, many years. Joining the NAMI CI board was yet another avenue to promote education, advocacy, and support.
4. My reading seems to navigate towards autobiographies or memoirs. Currently reading *Solitary* by Albert Woodfox. My favorite movie is the documentary, *Alone in the Wilderness: Richard Louis Proenneke* and I LOVE watching the movie series *Planet of the Apes* over and over again!
5. Hmm, only 24 hours huh? I would spend it with my family, zip-lining either in Central America or Hawaii, followed by horse back riding and river tubing, ending the day sitting and by a fire, cooking a meal and relaxing.

Gail Loy

1. Compassionate, caring, giving, and loving person.
2. Play with my little chihuahua Princess Pebbles, I like to go out to karaoke. I love to work on various craft projects and spend time with family.
3. I feel blessed that I was chosen by my peers to be apart of the NAMI of CI Board as their liaison and advocate. Being a peer myself has helped me realize the importance of advocacy and my future goal is to continue learning how to advocate more for our programs and out in the community.
4. *Blindside* is my favorite movie.
5. I would donate to NAMI of Central Iowa, United Way in Ames, and Animal Rescue League. I would also donate to all the schools here in Iowa so that we could start putting some programs in place for our kids in order to teach coping skills and add additional resources for staff and children to feel safe.



Leah Beman

1. I call myself an anxious optimist.
2. 2. When I am not busy with college at Iowa State, I love to hang out with my friends, go shopping, and watch lots of Netflix!
3. I joined the board first as a student liaison for NAMI On Campus and as that came to an end I knew I still wanted to help NAMI and make any impact I could to help end the stigma surrounding mental health.
4. I’m going to cheat a little because I’m more of a TV show person so, *Criminal Minds*!
5. Shop and Donate!! I would buy myself a nicer place to live and organize it with everything from the container store. Also donate to my favorite nonprofits/charities for helping with mental health, planned parenthood, and animals!



Please join us to celebrate the new home of



National Alliance on Mental Illness

NAMI | **Central Iowa**

AUGUST *20th* **2019**

5:30-7:30 PM

NAMI CENTRAL IOWA WELLNESS CENTER
424 5TH ST. AMES



A BRIEF PROGRAM WILL BEGIN AT 6:00 PM
CELEBRATING OUR
NEW LOCATION | 40TH ANNIVERSARY
VOLUNTEER APPRECIATION | NEW EXECUTIVE DIRECTOR

Hosts Wendie Cooper & Gayla Harken

DESSERTS MADE FROM THE COOKBOOK ANDY'S CHEESECAKES-BAKED
WITH LOVE, CREATED FOR A CAUSE WILL BE SERVED

RSVP 515-292-9400 OR
OFFICEASSISTANT.NAMICI@GMAIL.COM



Mark NAMI Central Iowa's Open House down on your calendars!

Refreshments will be served along with recipes featured in Andy's Cheesecake Cookbook.

We would like to thank Mary Senn for donating Andy's Cheesecakes Cookbooks to our Open House.

Andy's Cheesecakes was created in memory of Andrew to help put a face and a story to bi-polar disorder and other mental illnesses. The original recipes

are a tribute to the important times and activities in Andy's life.

STORY COUNTY MENTAL HEALTH EXPO 2019



Monday, September 16, 2019

6:00 – 8:30 PM

ISU Memorial Union – Great Hall

FREE and open to the public!

Refreshments * Free parking in the MU ramp * Door prizes
6:00-7:00 PM Local Resource Fair | 7:00 PM Keynote Speaker + Q&A

FEATURING KEYNOTE SPEAKER, JAKE SULLIVAN!

Jake Sullivan was a Top 100 Basketball recruit out of High School & played college basketball at Iowa State University from 2000-2004. While at Iowa State, Jake won Big 12 Freshman of the year honors, was a 3-time All-Big 12 selection, 3-time Academic All-American, and was voted to the All-Century Team at Iowa State; recognizing the top 10 players in the 100-year history of Iowa State basketball. Since that time, Jake has founded two non-profits, is married and has six children.

In the midst of various accomplishments on and off the basketball court Jake has found victory in his battle with depression and obsessive-compulsive disorder. The journey with mental illness has been a foundational experience that has driven Jake to provide hope to those in the midst of deep pain and suffering.



August Wellness Center activities you don't want to miss!

- August theme: Dog Days of Summer
- August 13th Wellness Center CLOSED for Iowa Cubs game. If you wish to participate please reserve your ticket with Wellness Center Coordinator by Thursday August 8th.
- August 5th-Birthday celebration.
- August 2nd, 9th, 16th, 23rd, and 30th NAMI CI Wellness Center will be cooking away with new recipes each week.
- August 12th, 9th, and 26th are dedicated dog days where wellness center members will participate in different pet related activities including pet trivia and making dog and cat treats.
- August 23rd Yoga 1:00-2:00pm
- August 30th BINGO!
- Don't forget our Peer lead Connection group every Thursday 2-3:30pm

For more information on Wellness Center Activities please contact the Coordinator at 515-292-9400 or namiwellness@gmail.com

NAMI Central Iowa in the Community

A big Thank You to Barilla for hosting NAMI Central Iowa at your facility. We enjoyed speaking with staff to help raise awareness of mental health and educate others about resources available in the community and at NAMI Central Iowa.

If you are interested in having NAMI Central Iowa host a booth or a presentation at your facility please contact NAMI CI at 515-292-9400 or officeassis-
tant.namici@gmail.com



NAMI Central Iowa appreciates all who came out to participate in the 4th of July Parade to help us STOP OUT STIGMA on mental health. We could not ask for better supporters or volunteers.

To get more frequent updates on NAMI Central Iowa events or where we are at in the community “like” or “follow” our social media accounts



Facebook:
NAMI Central Iowa



Instagram:
namicentraliowa



National Alliance on Mental Illness

September 28th, 2019
Terra Lake
6300 Pioneer Parkway
Johnston, IA



Join NAMI Walks to help raise awareness of mental illness and help promote NAMI programs that aim to educate advocate and support those who are affected by mental illness.

Thank you to the ELEVEN teams that have registered under NAMI CENTRAL IOWA! We cannot wait to walk along side you.

- Walk for Chuck
- Girl, Interrupted
- Optimae
- Mosaic Family Counseling Center, Inc.
- We are One
- Capstone Behavioral Healthcare
- Brain Love Iowa
- Next Step Counseling Services
- Zach’s Story
- Mosaic in Central Iowa
- M&M

For more information or to join our team copy link below

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.teamParticipants&teamID=32019>

or contact NAMI CI at 515-292-9400 or by email at officeassistant.namici@gmail.com

Look out for upcoming Family to Family Fall classes located in

**Marshalltown
and
Ames**

If you are interested in receiving information regarding one of these class locations please email officeassistant.namici@gmail.com



FREE Interactive On-Line Class
August 7 - September 11, 2019 (Wednesdays)
6:30 - 8:30 pm OR
August 8 - September 12, 2019 (Thursdays)
10 am - Noon

Confidential. Apply on-line at
<https://www.research.net/r/homefrontonline>

NAMI Homefront is an education program for family, friends and significant others of military Service Members and Veterans. The class helps families understand what the Service Member / Veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD and other mental health conditions.

NAMI Homefront leaders have personal experience with mental health conditions impacting their Service Member / Veteran.



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 424 5th St. 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.



NAMI Central Iowa
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Ames, IA 50010

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Website: www.namici.org

