

***"Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage."***

-Lao Tzu

February, the month of love. Chocolate, romance, date night, flowers, etc. it's all we can think about in February. But love isn't just the things one desires on Valentine's Day; love is so much more. Science now provides us with evidence that what we experience when we are loved involves various neurotransmitters and hormones in our bodies that affect us. Giving and receiving love can activate areas in the brain responsible for emotion, attention, motivation, and memory (i.e. the limbic system).

Social isolation is clearly linked to higher rates of depression and anxiety. Treatment of depression often includes focusing on interpersonal relationships as a way to improve depression, as is the case in attachment therapy in children and interpersonal therapy in adults. In addition, emotionally focused therapy, which focuses on transforming relationships into ones that feel safe, secure, and connected, has also been found to be effective in significantly reducing the symptoms of depression and anxiety. Ultimately, being in loving and stable supportive relationships (with family members, friends, or intimate partners) can potentially help in your recovery from mental illness.

***"One word frees us of all the weight
and pain of life: That word is love."***

-Sophocles

-Leah DeMarest, M.S. Executive Director



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)

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

YEARLY series of educational classes offered for persons with mental illness and for 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
Ames, Iowa**

Have questions or need help?

Call or email the office at

(515) 292-9400;

namiofci@gmail.com;

<http://namici.org/>



Board Member Profile: My name is Gayla Harken and I began serving as a NAMI-Central Iowa Board member in July 2015. I live in Boone, have been married to Mike (my high school sweetie) for 38 years, and we have two grown, married daughters and 3 cats—no grandchildren. (Kids, if you are reading this-- that was a direct hint!) We have a place on Lake of the Ozarks where we spend as much time as we can and if we are ever able to really retire, we plan to be there much more.

Within my professional life, I have been the Outreach Director for the Iowa Association of Community Providers (IACP) for three years. It is a member organization comprised of community-based disability service providers. Our membership includes programs that serve persons who have mental illness, substance use concerns, intellectual and developmental disabilities, and brain injury. My position provides training around quality improvement to these providers. I am a liaison to DHS, IME, the Regional CEOs, and am involved with the Medicaid Modernization project (MCO's). My main focus is to build relationships and promote quality services for the persons that our industry represents. I also work closely with policy related to disability development and implementation.

Prior to coming to IACP, I was the executive director of the Story County Community Life Program (SCCLP) in Ames. I was in a leadership role for 34 years. I designed and implemented the transition of services from our rural-based county care facility and grew the program from serving 70 persons to over 200 persons in community-based settings. During my time as director of the SCCLP, I co-founded the Iowa Association of Psychiatric Rehabilitation services. This was a natural outcropping of my educational endeavors, which includes a Masters of Science degree in Psychiatric Rehabilitation from Boston University. Our agency was acknowledged by the World Health Organization as one of the top PSR agencies in the world—a distinction that makes me very proud of the work that my team was able to accomplish. Psychiatric Rehabilitation continues to guide my work as I approach all stakeholders in the community. I respect and believe in recovery for persons with mental illness, which is what prompted me to accept a board position with NAMI.

I often worked with NAMI of Central Iowa in my SCCLP position to promote common efforts that supported persons dealing with mental illness and their families. Some of the projects that I worked with NAMI CI on included Critical Incidence Training for all law enforcement in Story County and starting the jail diversion and re-entry program. We frequently worked together for common goals.

I am most pleased to be part of this organization and hope that my interests, talents, and experience will be of benefit.

NAMI Central Iowa Winter 2016

Kim Combes:

Nurtured Heart Approach

**Tuesday, February 16, 7:00PM
Ames Public Library**

The Nurtured Heart Approach is a set of methodologies originally developed for working with the most difficult behaviors in children. It has become a powerful way of bringing inner wealth to all children while facilitating parenting and classroom success - proven to work with ADHD, autism, Asperger's syndrome, oppositional deviant disorder, reactive attachment disorder - often without the need for medication.

Kim Combes of Combes Counseling & Consultation is a certified trainer in the Nurtured Heart Approach. Come hear him speak at the February 16 NAMI-CI public program at the Ames Public Library P.E.O. Room at 7pm. All are welcome!

Program Spotlight: Loan Fund

You may be unaware that NAMI CI has a loan fund! We give loans for necessities needed for daily life to individuals with a diagnosed mental illness; necessities include clothing for a job interview, home repairs needed to keep from eviction, service animal needs, etc.

One cannot make more than a \$500 request at a time; with a limit of \$1000 per year. If a person has an outstanding balance with us, we also do not make loans out to them until their balance is paid in full.

Individuals are able to pay what they can when they can with no interest.

Checks are made out to the service provider, not the individual directly.

Further questions or want to make a donation? Contact Leah at 292-9400 / namiofci@gmail.com.



Save the Date!!

Recovery Through the Arts, our annual showcase of premier art created as part of recovery, will be held at the Wellness Center on Tuesday, March 15 at 7pm.

The theme is

Simple Acts of Courage.



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

Change Service Requested

February 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

___ Family/Individual	\$ 35.00*
___ Limited Income	\$ 3.00
___ Extra donation	\$ _____

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

Member Information

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___ Check here to receive newsletter by email