



The 2018 legislative session is back in full swing and issues related to mental health or other topics important to you may be discussed. It's vital that you share your viewpoints with your senator or representative.

Tips for advocacy:

- Call, email or meet with your legislator
- Reference the bill number you want to discuss
- State if you are for or against the bill and why.
- Provide your contact information so they can contact you.
- Be Respectful

If you don't know who your legislator is, go to www.legis.iowa.gov and click on "Find your Legislator".

Your voice, your opinions and your suggestions help your elected official make decisions.

- *Lisa Heddens*
NAMI CI Executive Director



NAMICI Public Education Programs:

February 20th - What is Crisis Mobilization?
How can Crisis Mobilization help?

March 20th - HIPPA and Confidentiality

April 17th - Returning to Work

May 15th - NAMICI Annual Meeting (We will need a quorum to vote on the 2018-2019 Board of Directors nominees)

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

Register for **NAMI BASICS**, a free six-week group education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or who have already been diagnosed. The course is taught by a trained team with lived experience and provides critical strategies for taking care of your child and learning the ropes of recovery.

Class begins: Wednesday, March 21, 2018 to April 25, 2018

Where: NAMICI Center – 416 Douglas Ave, Ste 205

Time: 6:30pm – 8:30pm

Contact NAMICI more information or to register for the class.
namiofci@gmail.com or 515-292-9400

NAMI

*Day on
the Hill*

Feb. 21, 2018

10:00am -4:00pm

For more information
& to register, go to:

www.namiiowa.org

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.

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

Time: 7:00pm

When: 4th Thursday of each month.

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

Time: 7:00pm

When: 3rd Thursday of each month



Get your teams ready!

NAMI Central Iowa's Annual Trivia Night

Saturday, March 24, 2018

Ames City Church – 2600 Oakwood Rd, Ames

Register: 5:00pm Trivia Begins: 5:30pm

REGIONAL

Access, Inc.

20 5th St. NW, PO Box 268,
Hampton, IA 50441 641.456.2532

Behavioral Health Options

1405 S. Pennsylvania Ave.,
Mason City, IA 50401
641.512.5565

Capstone Behavioral Healthcare

306 N. 3rd Ave. E,
Newton, IA 50208 641.792.4012

Center Associates

9 N. 4th Ave.,
Marshalltown, IA 50158
641.752.1585

Central Iowa Psychological Services

223 South Walnut Ave.,
Ames, IA 50010 515.233.1122

Central Iowa Recovery

500 Fairmeadow Dr.,
Webster City, IA 50595
515.832.9500, ext. 116

Christian Opportunity Center

1602 N. 14th St.,
Indianola, IA 50125
515.961.3653

Crossroads Mental Health Center

102 W. Summit,
Winterset, IA 50273
515.462.3105

Diamond Life

4912 Barnes City Rd.,
Montezuma, IA 50171
641.623.5715

Eyerly Ball - Mental Health Services

2521 University Blvd, Ste. 121,
Ames, IA 515.598.3300

Eyerly Ball - Mental Health Services

105 S. Marshall,
Boone, IA 50036 515.298.0181

Franklin County Service Center

504 2nd Ave. SE,
Hampton, IA 50441 641.456.3164

Friends Forever

500 Fairmeadow Dr.
Webster City, IA 50595
515.832.9550

RESOURCES

Friendship Club

602 S. Oak St., Iowa Falls, IA
50126
641.939.8167

Genesis Development - Boone

927 8th St., Boone, IA 50036
515.432.7288

Genesis Development - Indianola

1809 W. 2nd Ave.,
Indianola, IA 50125
515.961.6918

Genesis Development -Winterset

115 E. Washington,
Winterset, IA 50273
515.462.9083

Goshorn Psych-Services, PLLC

410 E. Robinson St., Ste. A-Z,
Knoxville, IA 50138
641.205.3100

Grinnell Regional Medical Center

210 4th Ave.,
Grinnell, IA 50112
641.236.7511

Hansen Family Hospital

920 S. Oak St.,
Iowa Falls, IA 50126
641.648.7000

Hansen Family Hospital Behavioral Health Services

322 ½ College Ave.,
Iowa Falls, IA 50126
641-648-6491

House of Mercy - Newton

200 N. 8th Ave. E,
Newton, IA 50208
641.792.0717

Integrated Treatment Services,

302 2nd Ave. W,
Newton, IA 50208
641.792.0045

Jasper County Home Care

115 N. 2nd Ave. E, #C,
Newton, IA 50208
641.787.9224

Progress Industries

2603 Northridge Pkwy #102,
Ames, IA 50010 515.292.4957

*For additional resources go
to: www.cicsmhds.org*

Mainstream Living

2012 E. 13th St., Ames, IA 50010
515.232.8405

Mary Greeley Medical Center

1111 Duff Ave., Ames, IA 50010
Adult Behavioral Unit: 515.239.2683
Emergency Room: 515.239.2155
TLP: 515.239.6747

Mason City Clinic

250 S. Crescent Dr.
Mason City, IA 50401
641.494.5210

Mid-Iowa Triumph Recovery Center

1 W. Grant St., #109,
Marshalltown, IA 50158
641.750.9041

Midwest Counseling

821 5th Ave.,
Grinnell, IA 50112 319.668.1217

MIW, Inc.

909 S. 14th Ave.,
Marshalltown, IA 50158
641.752.3697

CIRSI, Inc.

111 E. Linn St.
Marshalltown, IA 50158
641.752.5762

NAMI of Central Iowa

416 Douglas Ave., Ste. 203/205,
Ames, IA 50010 515.292.9400

NIVC Services

1225 S. Harrison Ave.,
Mason City, IA 50401
641.423.7071

Optimae Life Services

104 Hazel, Ames, IA 50010
515.956.2600

Van Diest Medical Center

2350 Hospital Dr.,
Webster City, IA 50595
515.832.9400

Youth & Shelter Services, Inc.

420 Kellogg,
Ames, IA 50010 515.233.3141



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

Change Service Requested

February 2018 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"/> Household	\$ 60.00
<input type="checkbox"/> Individual	\$ 40.00
<input type="checkbox"/> Limited Income	\$ 5.00
<input type="checkbox"/> Extra donation	\$ _____

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email.

Questions? Contact NAMI Central Iowa
Phone: 515-292-9400 Email: namiofci@gmail.com