

## FROM YOUR EXECUTIVE DIRECTOR

### **Hello friends of NAMI Central Iowa,**

One of the NAMI signature logos has the phrase “NAMI—Hope starts with you.” As I reflect back through the month of January, this phrase truly represented the kick-off to 2020!

**Hope starts with you:** Thank you to Iowa State University Teacher Education Services for reaching out to NAMI Central Iowa. Because of ISU, three Ending the Silence (ETS) volunteers were able to provide six ETS presentations during their Student Teaching Seminar. These future teachers are equipped with resources to watch for the warning signs of mental illness and suicide.

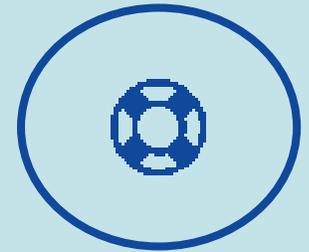
**Hope starts with you:** Thank you to Youth & Shelter Services (YSS). Because of YSS and two ETS volunteers, we were able to provide ETS presentations to YSS Trainged Mentors in Boone and Story counties. Young teens in Boone and Story counties now have mentors that can end the silence by talking openly with each other about mental health.

**Hope starts with you:** Thank you to Van Diest Medical Center in Webster City for reaching out to schedule the NAMI In-Our-Own-Voice presentation for the local community. Because of this event, two individuals living with mental health conditions shared open and honest dialogue helping to dispel stigma, stereotypes and misconceptions.

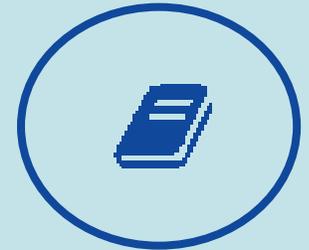
**Hope starts with you:** Thank you to the Greene County Clergy Association and Trinity Lutheran Church in Jefferson. Because of the passionate leaders of Greene County and four passionate Ending the Silence presenters, almost 100 teens and parents received education about mental illness, heard the “real life” perspectives of family members and young adults experience living with mental illness. Students left encouraged to take care of themselves and each other.

**Hope starts with you:** Thank you to our H.E.R.O.E.S. donors. Because of your generous gifts, windows of opportunities at NAMI CI begin to open.

**Hope starts with you:** Thank you to Mental Case Managers and Providers . Because of funding from CICS and NAMI Central Iowa donors,  
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**Support**



**Educate**



**Advocate**

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515-292-9400 or  
namiofci@gmail.com

Editor: Bre Degelau

we were able to provide emergency loans to individuals living with mental illness. Our NAMI staff was able to assist a woman who, because of homelessness, lost everything she owned. . . . Including her social security card and photo ID. Without these two forms of identification, she could not apply for jobs. It truly felt like a lost cause because she could not receive her ID without a Social Security Card and she could not receive her Social Security Card unless she had an ID . Because of funding, we were able to provide the staff time to assist this woman and provide the financial resources to pay for the fees to receive identification. Without these, she could not move forward. As her Case Manager stated to our NAMI Central Iowa staff “This is a life changer for her and one of the top success stories of my career.”

**Hope starts with you:** Thank you to our Wellness Center volunteers. Providing even an hour of your time to lead yoga, teach about nutrition , lead an art project, assist with administrative tasks or plan our calendar; every moment you invest in our programs makes a lasting impact on many lives

**Hope starts with you:** Thank you to our NAMI Central Iowa staff and Board of Directors. Because of your listening ear, peers and those who call for resources, feel safe, understood and heard. Help is provided and hope is shared.

Looking forward to February. Our theme of the month is **CONNECTED HEARTS**. Thankful for all of your hearts that share HOPE!

Sharing help—Sharing hope, *Angela*

## Become an Advocate!



### DAY ON THE HILL

February 25, 2020  
9:00 AM - 4:15 PM



**Join US** and many advocates from around the state for a day of education and inspiration . Not sure what to do? There is training this day!

**Location:**

**Holiday Inn Des Moines Downtown-  
Mercy Area  
1050 6th Ave. Ste 229 Des Moines, IA**

**Tickets:**

**General Admission- \$45  
Early Bird-\$30 (ends February 1, 2020)  
Scholarship tickets- \$10**



# 6 Ways to Help Your Loved One on Their Healing Journey

By Shainna Ali | Dec. 26, 2019

Take a moment to consider all the people in your life: your coworkers, friends, family. At any given time, 1 in 5 of these individuals is living with a mental health condition. You may have noticed them struggling, but if you're not a trained mental health professional, you may not have known how to help.

However, you can help. You can be supportive and encouraging during their mental health journey. Here are a few tips on supporting the mental health of those you love.

## 1.) Educate Yourself

There are hundreds of mental health concerns; your job is not to become an expert in all of them. When you do notice potentially troublesome symptoms, it's helpful to determine if those signs may indicate a mental illness. Familiarizing yourself with common symptoms can help you understand and convey your worries. You may also benefit from expanding your knowledge by taking a course or joining a support group of individuals who can relate to the hardships you and your loved one may be facing.

## 2.) Remain Calm

Recognizing that a loved one might need help can be daunting, but try to remain calm-impulsively approaching the individual might make you seem insensitive or aggressive. Try to be mindful and patient. Take time to consider your loved one's symptoms and your relationship before acting. Writing down how you feel and what you want to say may be useful to help you recognize and understand your thoughts and feelings, and help you slow down while connecting to your good intentions.

## 3.) Be Respectful and Patient

Before talking to someone about their mental health, reflect on your intention to promote healing and keep that in mind. Ask how you can help in their recovery process and be cautious not to come off as controlling. While encouraging a person to seek help is okay, it is not appropriate to demand it of them. Let them know that if they ever wish to talk in the future, you're available.



Continued Page 5

#### 4.) Listen

Give your loved one the gift of having someone who cares about their unique experience. Don't bypass their narrative by making connections to others' experiences. You might recognize a connection to your own experience, however, sharing your story prematurely may undermine their experience. You may be prepared with hotlines, books, or a list of community providers, and although these are excellent sources of support, it's important to take time to thoroughly listen before giving advice. It's a privilege to have someone share intimate details of their mental health. Be present and listen before moving forward.

#### 5.) Provide Support

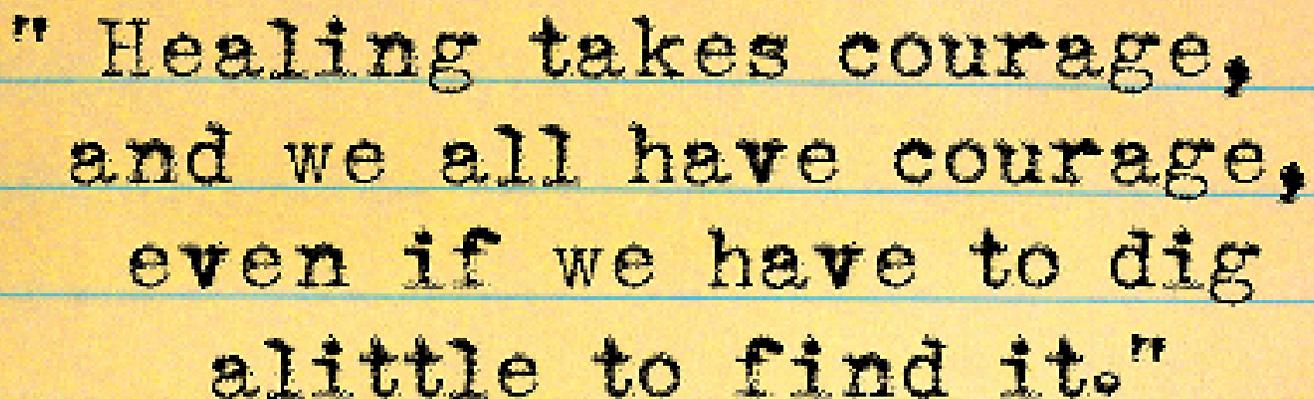
One of the best ways to help is to simply ask how. It's not helpful to try to be someone's therapist, but you can still help. People don't like being told what to do-asking how you can help empowers them to take charge of their recovery, while also letting them know you are a source of support.

#### 6.) Establish Boundaries

As you support your struggling loved one, it's important to consider both your boundaries and theirs. When trying to help, you are susceptible to neglecting yourself in the process; boundaries will help you maintain your self-care, while also empowering you loved one. Be sure you're not working harder than they are at their own healing process.

As a caring person, you may grapple between wanting to encourage and support your loved one while wanting to honor their process and independence. Unfortunately, there are no foolproof guidelines for helping your loved one on their journey towards recovery. However, you can connect to your intentions, convey compassion and maintain your own self-care while empowering your loved one regardless of where they are in their healing journey.

\*\*Source: nami.org



" Healing takes courage,  
and we all have courage,  
even if we have to dig  
a little to find it."

Carl Jung

# Get to know our Volunteers!

**Meet Andi**, one of our Wellness Center Volunteers! Andi brings along so many positive and artistic aspects to our center and assists in leading art activities. We are very fortunate for all the skills she brings.

## -Where are you from?

The very small town of Sheldahl, Iowa, but currently I reside in Ames.

## -What is your favorite hobby/pastime?

Anything that involves art, music, and/or coffee :)

## -What inspired you to become a NAMI CI volunteer?

Walking through my own mental health journey has made me realize the important role of community within recovery, and I wanted to be a part of that locally. Additionally, art has been healing to me personally, so I wanted to be a part of creating space for others to experience that as well. Lucky for me, NAMI is doing those very things, so I am grateful and excited to enter into that.

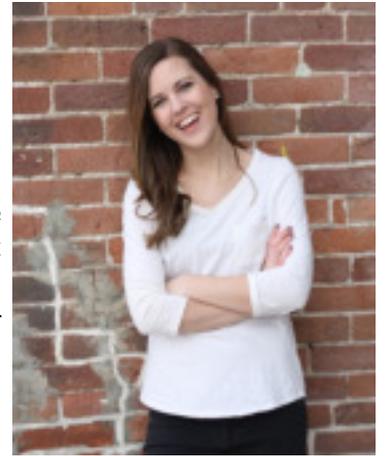
## -What is an interesting fact about yourself?

I love rainy days as well as a good walk in the rain every now and then.

## -What is your favorite quote?

Courage is not the absence of fear, but rather the assessment that something else is more important than fear.”

-Franklin D. Roosevelt.



## Interested in bringing more mental health resources to your area?

Do you wish there were more accessible support groups in your area? Would you or your loved one benefit from an education class to become more informed on warning signs of mental illness and how to become more proactive in recovery? With NAMI programs we can work together to build these resources, but we need YOUR help!

NAMI programs are designed to grow in communities just like yours, all it takes is for a few individuals to take the first step outside of their comfort zone and become NAMI facilitators! Whether you are interested in facilitating a support group, teaching an educational class, or sharing your own mental health journey, we have a spot for you! Let's end the stigma, support one another, and learn together.

**Take the first step. Call us at NAMI CI to learn more and get involved at 515.292.9400**

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**For more frequent updates on NAMI Central Iowa follow us on social media**



**Facebook:**  
**NAMI Central Iowa**



**Instagram:**  
**namicentraliowa**

# NAMI Central Iowa Supporter Spotlight!

We sincerely thank the Ames Convention & Visitors Bureau Community Grant Program for awarding NAMI Central Iowa \$2,539.00 to purchase the unlimited license of "Suicide The Ripple Effect". This film is part of a global mission to help reduce the number of suicides and suicide attempts around the world. Through sharing stories of survival and recovery we are creating significant awareness of this health crisis, while helping people find the support they need to stay alive, heal and #BeHereTomorrow! We will kick off Mental Health Awareness Month MAY 1st, 2nd and 3rd with multiple opportunities to view this documentary. More details to come!



## Register now for upcoming classes!



NAMI Family-to-Family is a FREE, educational program specifically for family members and friends of adults who live with mental illness. As a loved one of a person with a mental illness, you face unique challenges: social stereotypes and stigma, complex family dynamics, and unpredictable aspects of the illness. It can be overwhelming. Our program helps you. NAMI Family-to-Family gives you information, crucial resources, and access to a community of people who relate to your experiences.

**Meets every Monday at 6:30pm starting March 23rd-May 11th.**

**Register now by contacting NAMI CI at 515-292-9400**



NAMI CI is creating a collaborative version of NAMI Basics OnDemand and in-person support. NAMI Basics OnDemand is a FREE, six-session online educational program designed for parents and other family caregivers of adolescents with emotional and behavioral difficulties. NAMI Basics OnDemand helps parents and caregivers to understand the illnesses that are causing those behaviors and the critical role families play in the treatment of those illnesses. To help gain in person support NAMI will host 3 in person meetings during the course of the online class to give individuals the opportunity to share stories, resources and support.

**NAMI CI will host a NAMI Basics On Demand Kick of Class March 24th at 6:30pm**

**NAMI CI Mental Health Wellness Center 424 5th St. Ames, IA 50010.**

**Register now by contacting NAMI CI at 515-292-9400**

# NAMI CENTRAL IOWA

The NAMI-CI Newsletter is e-published monthly printed as requested 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/mail, 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](http://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.

**Dues are 100% tax-deductible**



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