

## FROM THE EXECUTIVE DIRECTOR

Happy New Year!

NAMI Central Iowa’s mission is to support, educate and advocate on behalf of individuals affected by mental illness. We do this through education classes, individual and group support. We raise awareness on mental health through presentations and displays throughout our eleven-county mental health region.

To date, for FY 19, we have served:

- 81 unduplicated individuals in our Wellness Center, with an average of 124 visits a month.
- 131 unduplicated individuals attended either our 12-week family-to-family class, our 10-week peer-to-peer class or our monthly education programs.
- 92 unduplicated individuals through support groups or individual support.
- 674 individuals outreached through NAMI on Campus activities such as: The Bandana Project, ISU Homecoming Parade, Club Fest, Mental Health Expo, presentations at sororities and fraternities, and monthly meetings.
- 24 people through our emergency loan program

If you or a loved one are needing support or are just wanting more information about mental illness, please contact us - we are here to help.

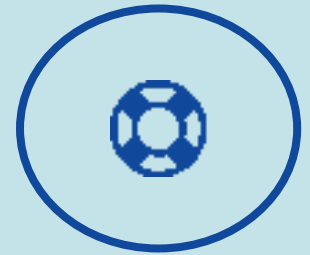
*Lisa Heddens*

NAMI CI Executive Director



## NAMI CI PUBLIC EDUCATION PROGRAMS

NAMI CI will be hosting 2 daytime events during the upcoming months of January and February. This includes a presentation given by Tim Bedford on Intensive Psychiatric Rehabilitation Services (IPR) on January 18th at 1:30pm, and a lunch and learn in February about “Who is NAMI” (date to be determined).



**Support**



**Educate**



**Advocate**

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### Save the Date

NAMI CI Annual  
Trivia Night.  
April 27th, 2019

## New Services in the Area

### Crisis Stabilization-Transitional Living Center

A new Crisis Stabilization-Transitional Living Center (CS-TLC) that provides support for people coping with mental illness is now open in the Ames area.

The CS-TLC is a cooperative program of Mary Greeley Medical Center, Story County, and the Central Iowa Community Services mental health region. It will provide care and support services to persons with a diagnosis of mental illness or co-occurring diagnosis of mental illness and substance abuse.

CS-TLC is an eight bed facility, serving those 18 years and older who can be referred through Mary Greeley's Emergency Department for crisis stabilization or CICS for transitional housing.

There will be two levels of care. One level is for patients who need crisis stabilization due to experiencing a mental health emergency such as an increase in mental health symptoms. The other level of care is transitional living. This service is intended for individuals who have been in crisis and are now stabilized, but need more time to get supportive resources in place, such as housing, employment and ongoing counseling services.

Mary Greeley will oversee the CS-TLC. It will be staffed with psychiatric assistants from Mary Greeley who are trained in working with adults with mental illness in a community based setting.



*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:** St. Luke United Methodist Church  
501 E 19th St N  
Newton, IA 50208  
641-417-9993

**Time:** 7:00 pm

**When:** 3rd Thursday of each month

## Arts in Recovery

A big thanks to all who came and supported our peers during the Arts in Recovery event. It was a great night of art and creativity demonstrated by our peers who have participated in activities at Nami Central Iowa 's Wellness Center. We admire their strength and willingness to share their experiences . Below is a piece written by one of our peers.



Sometimes  
All alone in the dark,  
And you feel the fright,  
Jump from your throat.  
Sometimes,  
Not so all alone,  
What's that!  
Hiding in the dark?

-Tyson Troxel



### 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](mailto:namiofci@gmail.com)

Website: [www.namici.org](http://www.namici.org)



## NAMI Family-to-Family

National Alliance on Mental Illness

NAMI Family-to-Family is a FREE, 12 session educational program for family, significant others and friends of adults living with mental illness. It is an evidence-based program taught by NAMI-trained family members who have been there. It not only provides critical information and strategies for taking care of the person you love, but you will also find out that you are not alone and there is hope!

**Sign up for a location most convenient for you.**

**To register please contact 515-292-9400 or [namiofci@gmail.com](mailto:namiofci@gmail.com)**

### Boone

February 5-April 30, 2019 (no class 3/19)

Tuesdays | 6:30 pm-9:00 pm

DMACC Boone Campus

1125 Hancock Dr., Boone, IA

### Ames

January 21- April 15, 2019

Mondays | 6:30 pm-9:00 pm

NAMI Central Iowa Wellness Center

416 Douglas Ave., Ste. #203, Ames, IA

# Save the Date

## NAMI CI Trivia Night

Saturday April 27th, 2019

Doors open at 5:00 pm, Trivia begins at 5:30 pm

City Church, 2400 Oakwood Road– Ames, Iowa

- Teams consist of 8 people. Registration is \$100/table.
- Winning team will receive \$200 plus a free table at the next NAMI CI Trivia Night event.
- A live dessert auction will be held throughout the evening.
- A silent auction will be held

**Please complete this form to register your team for the Ames Trivia Night fundraiser.**

Contact Name \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team Name: \_\_\_\_\_

**Teams of up to 8 people can register for \$100/table.**

- I'll send a check to the NAMI Central Iowa Office
- I'll pay at the door. Tables are limited; please send registration form to NAMI CI in advance

**Payment can be sent to NAMI Central Iowa; 416 Douglas Ave. Ste. 203  
Ames, IA 50010; Attn: Trivia Night**

Please contact us for more information at 515-292-9400

Email Lisa: [namiofci@gmail.com](mailto:namiofci@gmail.com) Bre: [officeassistant@gmail.com](mailto:officeassistant@gmail.com)

# NAMI CI Trivia Night Sponsorship Opportunities

NAMI Central Iowa invites you to sponsor its trivia night and dessert auction fundraiser to be held Saturday, April 27, 2019. Last year people from across the county participated in the fun-filled night of trivia and live dessert auction! Now in its seventh year, NAMI Central Iowa is hoping to make this our best event yet.

In appreciation for your sponsorship, the following benefits will be provided:

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## Gold Sponsor- \$1,000 or more

- Logo recognition on trivia score sheets
- Logo placed on NAMI-CI website
- Opportunity to welcome guests to the event
- Logo recognition on sponsorship table tents
- Opportunity to hang a banner or set up a display at the event
- Three (3) dedicated thank-you social media posts that include your logo
- Opportunity to provide promotional item to each attendee
- Verbal recognition throughout the event
- Complimentary team registration (value of \$100)
- Certificate & Picture

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## Silver Sponsor-\$500

- Name recognition on trivia score sheets
- Name recognition sponsorship table tents
- Two (2) dedicated thank-you social media posts
- Opportunity to hang a banner or set up a display at the event
- Opportunity to provide promotional item to each attendee
- Verbal recognition at the event
- Complimentary team registration (value of \$100)
- Certificate & Picture

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## Bronze Sponsor-\$250

- Name recognition sponsorship table tents
- One (1) dedicated thank-you social media post
- Opportunity to provide promotional item to each attendee
- Verbal recognition at the event
- Certificate & Picture

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## All other Donations (Including dessert donations)

- Verbal recognition at the event
- One (1) group thank-you social media post

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**If interested in sponsorship, please complete the Sponsorship form below. Payment can be sent to NAMI Central Iowa; 416 Douglas Avenue, Suite 203; Ames, IA 50010; Attn: Trivia Night Sponsorship. Please contact [namiofci@gmail.com](mailto:namiofci@gmail.com) for more information**

**Thank you for your consideration. We know you receive many requests, and we appreciate any support you can give.**



## NAMICI Trivia Night Sponsorship Form

Sponsor: \_\_\_\_\_

Sponsor name as it should appear on publications: \_\_\_\_\_

Contact and Title: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_ Contact Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### Sponsorship Level of Choice:

**Gold Sponsor (\$1000)**

- Yes, my company will enter a team as part of our sponsorship.
- No, but I will donate my table to a team of NAMICI's choice
- Yes, I will email a high-resolution JPEG logo to amestrivia@gmail.com ASAP
- Yes, I would like to hang a banner/display at the event.
- Yes, I would like to provide a promotional item for attendees.

**Silver Sponsor (\$500)**

- Yes, my company will enter a team as part of our sponsorship.
- No, but I will donate my table to a team of NAMICI's choice
- Yes, I would like to hang a banner/display at the event.
- Yes, I would like to provide a promotional item for attendees.

**Bronze Sponsor (\$250)**

- Yes, I would like to provide a promotional item for attendees.

**I am not able to provide a sponsorship at the above levels, however, I will provide a smaller donation or an in-kind gift, including dessert donations or door prizes.**

My contribution will be \_\_\_\_\_, with a value of \$ \_\_\_\_\_.

**\* Please note: in-kind gifts of equal value to the sponsorship level identified above will receive the same benefits of sponsorship for this level. Please check the appropriate box and identify your in-kind donation here.**

**Payment method:**

- enclosed check or pick-up instructions for in-kind donations
- please invoice me at above address

Sponsor Signature \_\_\_\_\_ Date \_\_\_\_\_



## 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  
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  
416 Douglas Ave Ste 203  
Ames, IA 50010

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

