

FROM YOUR EXECUTIVE DIRECTOR

You've hung your 2020 calendar with hopeful anticipation for the "Happy New Year". As you leave the grocery store the words are spoken "Have a Happy New Year". As you open your mail, the latest holiday card wishes you a "Happy New Year". As you surf the TV you are encouraged to watch the New Year's Eve countdown. And, as you scroll through social media, you are encouraged to set New Year's resolutions.

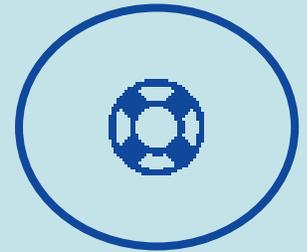
Quite honestly, preparation for the holidays and then the anticipation for the new year can be quite overwhelming. And, if you struggle with the lack of sunlight caused by shorter days, your mood might already be affected. How do you positively move forward into this "Happy New Year"?

Here are suggestions and opportunities from NAMI Central Iowa to help you make 2020 a Happy New Year.

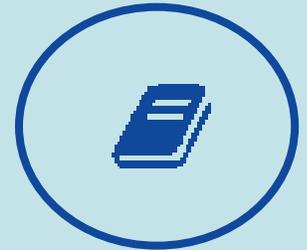
- Limit your electronic time by setting a timer on your phone AND have a plan in place of what you will do next. This leads to our next suggestion...
- Pursue forgotten hobbies or create a new one...
 - Arts & Crafts
 - Reading
 - Creative writing or journaling
 - Exercise, dancing or the outdoors
 - Puzzles and games with others
- Connect with family and friends. If you need a place to start, stop by our Mental Health Wellness Center. We are just friends you have not met yet!
- Limit junk food, alcohol, caffeine and drugs. You will feel better, sleep better and think better!
- Get to know yourself better. Acknowledge your feelings, create positive self-talk and forgive yourself when you screw up.
- See your therapist. (Need help finding one? We can help!)
- Take your medications as prescribed.
- Use your talents to help others, but set healthy boundaries, learn to say no.
- Practice mindfulness. Breathe, breathe, breathe!
- Practice gratitude. At the end of each day, pause, reflect and write down at least one thing you are thankful for.



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Support



Educate



Advocate

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

Editor: Bre Degelau

- Empower YOU: Take a NAMI educational class (see below)
- Give Back: Become a NAMI Facilitator, Leader or Presenter

We are here to help you or your loved one move into 2020 with help and hope. That Happy New Year can be possible. Let us help. You will find many opportunities listed throughout this newsletter to engage with our programs, services and educational opportunities in 2020.

Happy New Year,

Angela Tharp

NAMI NEEDS YOU! FREE training for you!
Register today to give backs to a NAMI program that impacted you!

- **Become a NAMI Connection Recovery Support Group Facilitator**

- Registration due on or before February 21
- Training is March 21-22 in Iowa City



- **Become a NAMI Provider Presenter**

- Registration due on or before January 6
- Training is February 7-8 in Des Moines



- **Become a Family Support Group Facilitator**

- Registration due on or before February 21
- Training is March 21-22 in Des Moines



- **Become a Family-to-Family Leader**

- Registration due on or before March 20
- Training is April 17-19 in Iowa City



- **Become a Peer-to-peer Leader**

- Registration is due on or before March 20
- Training is April 18-19 in Des Moines



- **Become a Basics Leader**

- Registration is due on or before April 17
- Training is May 16-17 in Iowa City



- **Become an In Our Own Voice Presenter**

- Registration is due on or before April 17
- Training is May 16-17 in Des Moines



- **Become an Ending the Silence Presenter**

- Registration is due on or before January 17
- Training is January 20 at NAMI CI



All trainings applicable, hotel stay, mileage and meals are covered by NAMI.

Contact NAMI CI for your application today at 515.292.9400 or by email at namiofci@gmail.com

Resources: Office of Consumer Affairs

855-622-4692 | info@ocaiowa.org



The Office of Consumer Affairs (OCA) is a free and confidential statewide children and adult mental health resource that is provided primarily by phone, email and social media.

Peers, family members, providers or any individual can contact the OCA with any type of question they may have regarding mental health and we are here to talk with them and help to bridge the gaps in services. A few examples of why someone might contact us are; questions regarding service providers, information on how to find a counselor or psychiatrist, recommendations for possible types of services to meet their needs or a loved ones' needs, criminal justice and guardianship questions, looking for support groups or classes, general peer support and advice.

The OCA also has a statewide advisory committee made up of peers, family members and parents of children with Serious Emotional Disturbances, which meets regularly and provides feedback to the state, giving them a voice within state government. This information is used to provide input on the development and implementation of policies and programs that impact behavioral health services and systems in Iowa. NAMI Iowa is the contract holder and is managed through the Division of Mental Health and Disability Services within DHS. Contact the OCA at 1-855-622-4692

info@ocaiowa.org

Are you a Member of NAMI Central Iowa?

When you become a member of NAMI Central Iowa you support our mission to EDUCATE, ADVOCATE and SUPPORT those affected by mental illness. Because of our members and community support, NAMI Central Iowa is able to provide educational classes, support groups, and the Mental Health Wellness Center free of charge to individuals in need of mental health resources.

What are your benefits of membership?

Aside from helping those affected by mental illness, your membership includes:

- A subscription to the NAMI Advocate magazine
- Allows you to register for the NAMI National Convention at a discounted rate
- Gives you access to member-only content on NAMI.org.
- Are 100% tax-deductible

How do I become a Member?

To become a member you can fill out and return the form found on page 10 of this newsletter to NAMI Central Iowa at 424 5th St. Ames, IA 50010, or sign up online at nami.org. If you choose to join on nami.org please be sure to select “NAMI Central Iowa” under the affiliate tab to receive specific information on your local NAMI Central Iowa affiliate.

Classes for You!

Register today by calling 515.292.9400 or email namiofci@gmail.com

NAMI Peer-to-Peer Begins Monday, January 20th National Alliance on Mental Illness

Do you have a mental health condition and are ready to learn more about it? If you are ready for personal growth, healing and help in recovery, this course is for you! Register now for this 8-week course on or before January 6th.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope

NAMI Family-to-Family Begins Monday, February 23rd National Alliance on Mental Illness

Are you a mother, father, grandparent, spouse, partner or close friend of someone living with a mental health condition? Do you want to better understand them, increase your coping skills and become a better advocate? If so, register now for this evidence-based program by SAMHSA.

In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

NAMI Basics Begins Tuesday, February 24th National Alliance on Mental Illness

Do you care for someone age 22 or younger that experiences mental health conditions?

This 6-week class (mostly online) is for you. NAMI Basics Covers:

- The impact mental health conditions can have on your entire family
- Different types of mental health care professionals, available treatment options and therapies
- An overview of the public mental health care, school and juvenile justice systems and resources to help you navigate these systems
- How to advocate for your child's rights at school and in health care settings
- How to prepare for and respond to crisis situations (self-harm, suicide attempts, etc.)
- The importance of taking care of yourself
- And much, much more!

5 New Years Resolutions That Will Benefit Your Mental Health

Every New Year, we think about what we can do to better our lives and ourselves as we start our new calendar. This year, think about what you can do on a regular basis to better your mental health. Here are a few options to get started:

1. Stand Up to Stigma

Feeling ashamed and at fault for something that is out of your control is a weight that no one should have to carry.

Stigma can be incredibly challenging to bear. A few people who responded to a Facebook survey feel that living with mental health stigma is worse than living with a mental health condition. It shouldn't be this way, and you can help to change society's way of thinking about mental health.

If someone is using language that you find offensive and improper, let him or her know. Inspire them to join our [stigmafree](#) movement, and make a commitment to learn more about mental health. We all need to see the person, not the illness.

2. Take Care of Your Physical Health Too

We've all heard this time and time again and there are plenty of studies that prove how beneficial exercise, getting enough sleep, eating well, etc. reduce symptoms and improve over all well-being.

The challenging part is finding the motivation, time and effort to do these things. Start by creating a simple routine and stick with it. For example, do grocery shopping and healthy meal preparations for the week over the weekend or on your day off. Have set times during the week for working out or any type of physical activity. Having this kind of structure is hard to start, but makes staying healthy so much easier once you get used to the routine.

3. Share Your Story

Expressing yourself and opening up about your experiences is not only personally uplifting, but it also helps other people who can relate to you. In order to share your story, you can use one of NAMI's platforms such as, [Ok2Talk](#), [YANA](#) or the mobile AIR app, or find your local affiliate to find more sharing opportunities.



“The best way to encourage others, and to fight stigma, is to speak the truth about what we face every day,” said Anna, a member of our YANA Community. The great thing about these spaces is that you can remain anonymous if that is your preference and feel safe sharing your experiences.



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Telling your story can take several forms, prose/poetry, song lyrics, inspirational quotes, drawings, photos, or videos.

You have an authentic voice. You can make a difference for yourself and others by sharing your experiences and perspective. What has helped? What hasn't? What has been most discouraging about your condition? What has given you hope? There are all sorts of things you know that other people want to know—you are not alone. Let them know that they are not alone either.

Want to take it a step further? You can become a presenter for NAMI In Our Own Voice, a presentation series that changes attitudes, assumptions and stereotypes by describing the reality of living with mental illness. Contact namiofci@gmail.com for more information about this program.

4. Make a Commitment to Stay Informed

Knowing what's going on in the world of research can help you find out whether there are new ideas out there that might help improve your quality of life. For example, research shows that getting outside during the winter—even though it can be very cold—is important; getting enough vitamin D is essential to your mood and overall well-being.

Here is a list of credible websites compiled by Karen Moeller, Pharm D, DCP, and Brantley Underwood, Pharm D, MBA, that can help people find information online:

[MEDLINE Plus](#)

[Drugs.com](#)

[WebMd Health](#)

[NAMI](#)

[PubMed Health](#)

[Healthfinder](#)

[FDA](#)

[CDC](#)

5. Do Something That You Love Every Day

Even if it's just 30 minutes each day, read, color, go for a walk or have a conversation with someone that you care about. These are the activities that can bring you a sense of peace. It is so important to feel relaxed for at least part of every day. Our busy schedules frequently take over and stop us from making time for ourselves. But leaving a little bit of time to do something that you love is something that is essential to fit into our hectic lives.

THINGS TO REMEMBER

You don't have to be perfect

Having a bad day is ok

Small steps are also progress

Asking for help is strength

People love and appreciate you

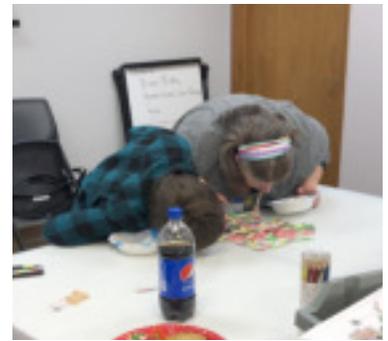
**source: nami.org

NAMI Central Iowa's Mental Health Wellness Center Winter Update

The Wellness Center was excited to welcome back the Ellsworth College of Nursing Students for two additional days in December where they led art activities and games. We thank them for their time and positive energy they have brought to the Wellness Center!

As we move through winter, holiday creations have been a popular topic. From holiday cards, to popsicle stick snowman, ornament painting, and coloring, we continue to use creative outlets to decompress, celebrate, and gather around others during the holiday season.

The Wellness Center ended December on a good note with their holiday party where they played Minute to Win It games, ate goodies, and enjoyed each others company.



January Wellness Center Dates You Don't Want to Miss!

- 1/4 January Birthday Party Celebration with BINGO and treats.
- 1/14 1:00pm Yoga with Marie
- 1/16 TOPICS– HIRTA Transportation presentation by Jess Sherzan, HIRTA outreach
- 1/23 TOPICS-Theresa on Nutrition
- 1/25 Bowling outing! Please RSVP by 1/20 if you would like to attend.
- 1/28 Art with Andi-watercolor tutorial

NAMI Board of Directors Names Daniel H. Gillison, Jr. As New Chief Executive

Dec. 18, 2019

NAMI, the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness and their families, today announced that appointment of Daniel H. Gillison, Jr. as Chief Executive Officer effective January 21, 2020.

"On behalf of the NAMI Board of Directors, we welcome Mr. Gillison, the incoming CEO for our organization who, with the mission-driven commitment and dedication of NAMI staff, will take NAMI into 2020 and a great future," said NAMI Board President, Adrienne Kennedy. "With his broad knowledge of the mental health movement and varied background in the non-profit and public sectors, Gillison's experience is a natural complement to NAMI's decades of representing individuals, families and mental health advocates."



Read more at nami.org

Family Support Groups in our 11-County Region

Story County: Family Support Group | 4th Thursday | 7pm | NAMI Central Iowa | Ames
Connection Recovery Support Group | Every Monday | 4:30pm | NAMI Central Iowa | Ames
Connection Recovery Support Group | Every Thursday | 2pm | NAMI Central Iowa | Ames

Boone County: Facilitators needed!

Greene County: Facilitators needed!

Marshall County: Facilitators needed!

Hamilton County: Facilitators needed!

Hardin County: Family Support Group | 3rd Tuesday | 6:30pm | Friendship Club | Iowa Falls

Franklin County: Facilitators needed!

Jasper County: Family Support Group | 3rd Thursday | 7pm | St. Luke's United Methodist Church | Newton

Poweshiek County: Facilitators needed!

Madison County : Facilitators needed!

Warren County: Facilitators needed!

You can become a facilitator!
Register for training on or before
February 21.



NAMI Central Iowa Supporter Spotlight!

Thank You to our 2019 Facebook Birthday Donors!



	Amy Akers	Rita Davenport	Judy Goldberg	Hillary Klyn	
	Annie Almquist	Linda Davis	Dani Goodman	Mike Kooker	
	Marti Anderson	Luke Davis	Cari Griggs McPartland	Sherri Krumwiede	
Samantha Brobst	John Anthony	Jenni Dorweiler(Sonksen)	Sean Grist	Ryan Kunkle	Traci Nicholson
Lisa Brown	Hannah Arant	Amber Douglas	Jenny Hansen	Thew Lange	Craig Nordaker
Baley Burchett	Nathan Arnold	Becky Douglas	Hannah Harestad	Darin and Lori Leach	Maggie Nuese
Clire Celsi	Lynne Baltzer	Jeff Eastman	Leanna Volkmer Harestad	Sarah Long	Lanny Nuese
Julie Chubb	Sara Baringer	Carol Eddy	Mason Harestad	Ken Ludolph	Katie Numbedahl
Melanie Payton	Michelle Bell	Robin Elkins	Lindsey Harrelson	Jennifer Lynne Hubbs	Esther Nyajal Chol
Andrea Courtney	Leah Beman	Sam Erwin	Terry Harrison	Robin Lyons	Lynn Ogren
Nikki Courtney	Christine Bettis	Sharon Fair	Bridgett Hauert	Elisa Lyons	Timothy Ogren
Cari Cunningham	Nicole Bowden	Jennifer Fox	Lisa Heddens	John Mageli	Bridget Pargulski
Charlene Daniels	Katrina Bowen	Lanny Fuson-Carpenter	Tyler Heisel	Jennifer Marie	Becky Patridge Schaper
Megan Hicks	Alex Bradford	Brandi Gallardo	Victoria Hergert	Angie McCain Crees	Diny Patterson
Liz Melton	Amy Brause	Mary Howard	Taylor Herting	Claudia Mckim	Aaron Ploeger
Ann Mendleson	Abby Hidlebaugh	Jackie Hunter	Janet Johnson	Jennie Mullins	Laramie Sandbulte Jessica Sitzman
Josh Rank	Mary Highland	Emily Iseli	Kathy Johnson	Dan Mullins	Shae Smith
Cady Reimann	Shane Hopkins	Ali Jalae Harrelson	Billie Jo Kellar	Bryan Myers	Tim Smith
Crystal Rumbaugh	Peggy Michelotti	Stacey Montgomery Reese	Sheri Moothart-catus	Sharyn Nelson	Lila Starr
Sean Ryan	Shirley Miller	Carrie Strickler Osborn	Beth Muir-tranel	Judy Nemmers	Andrea Thomas
Brandi Stokesbary	Sherry Strasser	Paula Strum	Zach Svoboda	Angela Tharp	Libby Zaletel
Brick Volkmer	Krystal Wagner	Karen Walters	Jennifer Watson-Danielson	Becca Wemhoff	Sue Young

NAMI Central Iowa H.E.R.O.E.S

H.E.R.O.E.S. = Help Educate! Rising Over Every Stigma!

By now you have received or will shortly receive an envelope or email about our 2020 NAMI Central Iowa **H.E.R.O.E.S.** campaign. However, you may be asking yourself if you should participate. If you would like to help NAMI Central Iowa provide educational classes, programs and support groups in Story, Greene, Boone, Marshall, Hardin, Franklin, Hamilton, Jasper, Poweshiek, Madison and Warren counties, then YES, you should participate. With additional funding from each and every one of you, we now have new possibilities and opportunities for growth! Help us reach those living with or helping someone with a mental health condition.

"Each one of us can make a difference.

Together we make change."

-Barbara Mikulski

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



Facebook:
NAMI Central Iowa



Instagram:
namicentraliowa

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 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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