



# Central Iowa

## **I**t is with pleasure and gratitude that I accept

the role of president of NAMI of Central Iowa board. Eight years ago, when our family was in crisis, this NAMI affiliate truly saved us. When there was clearly something wrong with our family member's brain, we found the information and were lead to the resources we needed to get help. Since then I have tried to find ways to give back here in Ames.

I first got involved with the Family Support Group. After awhile, I received the training required to be a Family Support Group co-facilitator. I volunteered to serve on the board and took over the job of making the arrangements for our monthly public, educational programs. While on the board, I have helped with our fundraisers, both the Trivia Night event and the garage sale.

Following the superb leadership of Willow McLaughlin-Hill, NAMI of Central Iowa has taken on an ambitious set of goals. We feel so lucky to have Lisa Heddens as our executive director for almost a year now. Part of our mission is to provide the other nine counties in the Central Iowa Community Services mental health region with the guidance they want so they can provide mental health educational opportunities and emotional support locally. Our Ames Wellness Center is ably lead by Terry (JD) Shipman. I look forward to working with our board, staff and volunteers to fulfill the high expectations we have set.

And I hope to see you at our fundraiser at Texas Roadhouse on July 19.

- *Sue Ann Peck*  
NAMI CI Board President

## 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

Wednesday 6:30-8:00PM Wellness Center

Thursday 2-3:30PM Wellness Center

### MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health **3<sup>rd</sup> Tuesday of the month** at 7:00PM (location varies, see events page online)

Support group for family members  
**4<sup>th</sup> 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

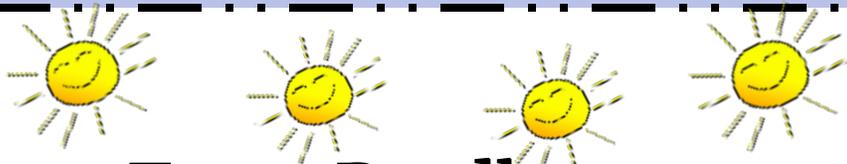
(515) 292-9400

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

[namiofci.org](http://namiofci.org)

Upcoming Family Support Group (FSG) Training session for those interested in becoming FSG facilitators will take place in **Newton, Iowa on August 5 & 6**. NAMI Family Support Group is a peer-led group for adult family members, caregivers, and loved ones of individuals living with mental illness. Those interested in the FSG Training should contact NAMI CI Executive Director Lisa Heddens via email ([namiofci@gmail.com](mailto:namiofci@gmail.com)) or phone (515-294-9400).

The annual NAMI CI Garage Sale will take place August 11 and August 12. Make sure to save these dates!



## Texas Roadhouse Dine-In Fundraiser

Join us on Wednesday, July 19 from 5- 7pm at Texas Roadhouse in Ames! Mention to your waiter/waitress that you are dining for NAMICI that night. When the fundraiser ends, Texas Roadhouse will donate a percentage of total sales to NAMICI. You must tell your waiter/waitress that you are dining for NAMICI that night!

### Meet the NAMI CI Summer Intern!

My name is Jordyn Caulfield, and I am currently interning at NAMICI. This fall, I will be starting my sophomore year at the University of Northern Iowa with a major in Psychology and a minor in Mental Health. I am hoping to go into either clinical psychology or child psychiatry. I wanted to intern at NAMI, because I wanted to gain experience in the mental health field and learn more. School has taught me about mental health, but I wanted to work in the field in the 'real world'. I have enjoyed my time here so far and I am thankful for this opportunity.

#### **What do you like to do in your free time (activities, hobbies, etc)?**

In my free time, I really like to be outdoors. I enjoy hammocking, photography, hiking, and adventure!

**If money wasn't a concern for 24 hours, what would you do with the freedom?** A dream of mine is to go to Spain one day, so if money wasn't a concern I would definitely choose to go to Spain!

**Favorite book and/or movie?** I am a sucker for romantic movies...so I would have to say *The Notebook*

Volunteers are the stars of our show

We invite all NAMI CI volunteers to join us for a night of recognition and refreshments. Volunteers support our organization by serving at the wellness center, helping with trivia night or the garage sale fundraisers and other important activities. We hope to introduce the new NAMI CI Director and hear from those that have been impacted by volunteer work. We hope you can join us!

>> July 18<sup>th</sup> at 7 PM, at the NAMI CI Wellness Center <<

All volunteers and their families are welcome!

## NEW EVENING CONNECTIONS GROUP!

JOIN US ON WEDNESDAYS FROM 6:30-8:00 PM IN THE WELLNESS CENTER FOR OUR CONNECTIONS GROUP – NOW OFFERED THURSDAY AFTERNOONS AND ON WEDNESDAY NIGHTS!

Call 515-292-9400 with any questions. We hope you'll join us!

I've been thinking a lot about how I got started with NAMI and how far I've gotten so far and where it's going to take me. I knew very little about NAMI until I came to Iowa 17 years ago. I believe it was 2006 that I took my first NAMI funded class, which was Peer-to-Peer. I loved it and finally understood that I was NOT alone and that knowledge was power when it came to my diagnoses.

I felt like a rose beginning to blossom. I stuck with the class, learning as much as I could about different diagnoses and how each one works. I learned with other people, some I knew, most I didn't, but I will tell you the ones I allowed into my world are, and continue to be, good friends.

Like many families, I was in a family who didn't believe mental illnesses exist. When I "came out" with being diagnosed and was later hospitalized, my family disowned me, so I left them behind and found my own place where I was comfortable to talk about it, without any chance my family come hear.

I'm very blessed. Not only do I have the certificate from Peer-to-Peer, I have my State Trainer Certificate! However, that was not the only training I have taken. I continued to go to classes, wanting to learn all that I could. NAMI has been very nice to me over the years and now my position as NAMI Central Iowa has continued to make me blossom, just like the rose!



JD Shipman, Wellness Director

**Check out the photos from NAMI Central Iowa's ribbon cutting ceremony!**



Thank you to Leadership Ames for your support of \$7,000 for NAMI Central Iowa!

# Fast Five with new Board members

## Tiffany Meredith

### 1. Write your memoir in 6 words:

Tries to live authentically and courageously

### 2. What do you like to do in your free time?

I love to spend time my family and love to garden.

### 3. Why did you choose to work with NAMICI?

I wanted to give a voice to those that need it and fight to make Iowa a better, more understanding place to live. I would like to help finally eradicate the stigma of mental health.

**4. Favorite book and/or movie?** Favorite book: *Pride and Prejudice*; Favorite Movie: *Forrest Gump*

### 5. If money wasn't a concern for 24 hours, what would you do with the freedom?

I would provide funding to help improve the mental health system here in Iowa. I would try to restore community based programs, assist with independent living sites, and do more to help make our communities aware and more accepting of those that suffer from mental illness.



## Pam Borcya

### 1. Write your memoir in 6 words:

Awesome at times, then bad days

### 2. What do you like to do in your free time?

Making jewelry, blinging glasses, & and other misc. things

### 3. Why did you choose to work with NAMICI?

When I found NAMI, it was a blessing for me and I wanted to give back in some way

### 4. Favorite book and/or movie?

John Wayne; *McKlintock* (about all of them)

### 5. If money wasn't a concern for 24 hours, what would you do with the freedom?

I would pay bills up for a year, Pay INS. for 2 years, buy a good used car, and send money to the Lakota Children, St. Jude's, Disabled Veterans, etc. Then I would buy tickets to go back to Hawaii, pay off my girl's homes, give my sister and brother-in-law money they gave me to help pay for modelling school, makeup, wardrobe, and other items. I would also help NAMI with whatever it needs.



## Brett McLain

### 1. Write your memoir in 6 words:

Past present future is your drive

### 2. What do you like to do in your free time (activities, hobbies, etc)?

Bicycle riding, fishing, and boating

### 3. Why did you choose to work with NAMICI?

So that I can work with an organization to better the lives of those who have mental health challenges.

### 4. Favorite book and/or movie?

*Top Gun*  
Give to as many non-profit organizations in the country as I could and then go buy a Corvette.



## Leah Beaman (NAMI On Campus, Iowa State University)

**1. Write your memoir in 6 words:** I call myself an anxious optimist

### 2. What do you like to do in your free time (activities, hobbies, etc)?

I love working with kids, visiting my dad in California, and hanging out by the pool

**3. Why did you choose to work with NAMICI?** I have been very passionate about mental health ever since I was diagnosed over 3 years ago with Generalized Anxiety Disorder, Panic Attack Disorder, and Agoraphobia. I realized the stigma around mental health and I wanted to make a change to that, so people didn't have to feel alone or helpless if they had a mental health issue. I then joined NAMI on campus, which led me to joining NAMICI

### 4. Favorite book and/or movie?

Book-*Forget Me* by K.A. Harrington  
**5. If money wasn't a concern for 24 hours, what would you do with the freedom?** I can't help myself I would shop, but I would also donate money to all the charities I could possible do in 24 hours.





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

**Change Service Requested**

## July 2017 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](#).

**Joining 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"/> Regular/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



United Way of Annapolis County

Live United™

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](mailto:namiofci@gmail.com) or 515-292-9400.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1-4pm – Relaxation Monday!!	4 <b>INDEPENDENCE DAY!!!</b>  Center is Closed	5 1-4pm – Creative Writing  6:30-8pm - Connections	6 2-3:30pm - Connections	7 1-3pm – Becca in for Wendie... Still an ART day!!!	8
9	10 1-4pm – Wii Day	11 2-3pm – Sam on 100 days of Art!!	12 1-4pm – Creative Writing  6:30-8pm - Connections	13 2-3:30pm - Connections	14 1-4pm – Pot Luck/ Possibly Bingo	15
16	17 1-3pm – Josh talks about the Office Of Consumer Affairs(OCA)	18 2-3pm – Sam on 100 days of Art!!  7pm – Volunteer Appreciation at NAMICI Center	19 1-4pm – Creative Writing  6:30-8pm - Connections  5-7pm - Texas Road House Dine-In fundraiser	20 2-3:30pm - Connections	21 2-3pm – Yoga with Marie	22
23	24 1-4pm – CRAFT DAY!!!	25 2-3pm – Sam on 100 days of Art!!	26 1-4pm – Creative Writing  6:30-8pm - Connections	27 2-3:30pm – Connections  7pm – Family Support Group	28 2-3pm – Theresa talks Nutrition!!	29
30	31 1-3pm – Games with Phoenix!!!			Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or <a href="mailto:namiwellness@gmail.com">namiwellness@gmail.com</a>		

## EVENTS

July 19<sup>th</sup> – Please join us at Texas Road House for the Dine-in Fundraiser! *Mention you are dining for NAMI Central Iowa* and 10% of total bill will go to supporting our agency. It's a great fundraiser to help support our mission.  
**Reminder:** Our new *Wednesday night CONNECTIONS MEETING* from 6:30-8:00pm at the Wellness Center.