



FROM THE EXECUTIVE DIRECTOR

NAMI Homefront is a free, 6-session educational program for families, caregivers, and friends of military service members and vets with mental health conditions.

Based on the nationally recognized NAMI Family to Family program, NAMI Homefront is designed to address the unique needs of family, caregivers, and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions.

If you'd like to learn more about NAMI Homefront or to register for an online virtual class, go to: <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront>

-Lisa Heddens

NAMI CI Executive Director



NAMI CI PUBLIC EDUCATION PROGRAMS

Join us on Tuesday, July 17 at 7 pm for a presentation by Tim Bedford about the Intensive Psychiatric Rehabilitation Service through Central Iowa Recovery. The meeting will be at the P.E.O. Room on the second floor of the Ames Public Library.

Our August public education meeting will be about local Crisis Services and Transitional Living.

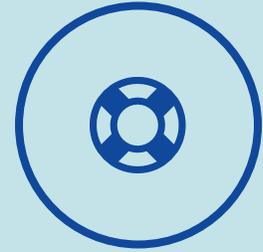
September 18 we will facilitate a Candidates' Forum on mental health issues in the Furman Auditorium at the Ames Public Library.

REGISTER FOR UPCOMING FAMILY-TO-FAMILY CLASS

NAMI Central Iowa has scheduled a new Family-to-Family class. Registration is required by August 31 to ensure we have the materials ready for the first class. It will meet 6:30-9 pm on Mondays from September 10 through November 26.

NAMI Family-to-Family is a free, 12-session educational program for family, significant others, and friends of people living with mental illness. It is a designated evidence-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion, and interactive exercises.



Support



Educate



Advocate

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SPECIAL POINTS OF INTEREST

- Reminder: NAMI Walks Iowa is scheduled for September 29 at Terra Lake Park in Johnston, IA. Registration is available now at www.namiwalks.org
- NAMI On Campus is off for summer break, but watch for updates on the fall semester soon!
- Volunteer for Rummage RAM-Page and dedicate your hours to NAMI CI. More information on [page 3](#).

RESEARCH FEATURE: ‘LAYERED STIGMA’

March 1, 2018, GERA, Germany—People who have both depression and obesity often feel a double-edged form of stigma, a new study has found.

German researchers, noting both obesity and depression are common conditions that are both stigmatized and often co-occurring, looked at public views on people who have both conditions through a phone survey.

They found more negative attitudes when it came to people having both conditions compared to just one condition.

The authors said the “magnitude of the layered stigma” of obesity and depression may need to be considered in settings when treating depressed patients with obesity.

The study, which appeared in the *Journal of Psychosomatic Research*, was titled “Layered stigma? Co-occurring depression and obesity in the public eye.”

Source: Esperanza Spring 2018 issue, page 12

“I am no longer afraid of becoming lost, because the journey back always reveals something new.” - Billy Joel

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

Time: 7:00 pm

When: 3rd Thursday of each month

RUMMAGE RAMPAGE 2018

RUMMAGE RAMPAGE: VOLUNTEER!

The City of Ames, in partnership with the ISU Office of Sustainability, is hosting “Rummage RAMPage,” a community sale designed to keep reusable items out of the landfill. Rummage RAMPage works by selling items that are donated. Non-profit agencies send volunteers to help run the sale and share in any profit. The event is open to anyone to donate or shop.

Rummage RAMPage 2018 will be held at the Ames Intermodal Facility at 129 Hayward Ave from Friday, July 27 to Thursday, August 2. NAMI Central Iowa will be a participating non-profit agency for the first time this year.

We are asking for people to volunteer in support of this event and NAMI Central Iowa. Teams and individuals are needed to staff the sale—helping load and unload furniture, cleaning and arranging items for sale, and providing overnight security. Proceeds are divided among the participating agencies proportionately based on the number of volunteer hours dedicated to their agency.

Public registration will open July 2. Register through the Volunteer Center of Story County website, The more volunteer hours dedicated to NAMI Central Iowa, the higher our portion of the proceeds will be.

If you are unable to donate time, consider donating items for the sale or shop for a bargain.

Friday, July 27	12 pm-6 pm	Item drop-off only
Saturday, July 28	8 am-6 pm	Item drop-off and sales
Sunday, July 29	10 am-6 pm	Item drop-off and sales
Monday, July 30	12 pm-6 pm	Item drop-off and sales
Tuesday, July 31	12 pm-6 pm	Item drop-off and sales
Wednesday, August 1	12 pm-6 pm	Item drop-off and sales
Thursday, August 2	12 pm-4 pm	Half-price sales

For more information on this event, visit:
www.cityofames.org/living/rummage-rampage

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

Website: www.namici.org

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.

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.

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.



National Alliance on Mental Illness

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.

PLEASE
PLACE
STAMP
HERE



National Alliance on Mental Illness

NAMI Central Iowa
416 Douglas Ave Ste 203
Ames, IA 50010

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



LIVE UNITED
United
Way
United Way of Story County