

**H**ello friends of NAMI CI! As always, we have a going on this spring. As you may know, Leah Demarest is no longer with NAMI. We wish her the best in her future endeavors! While we search for the right person to lead NAMI CI, I want to ask for patience and understanding. I am so very thankful for an active and energetic board who is willing to step up during this time and help keep NAMI CI running.

We are still working with Central Iowa Community Services (CICS) to expand our services and provide outreach to the entire 10 county region. We are excited to have several opportunities to go out and share what we've been doing, and help other communities provide the same important support and services. CICS has been very supportive of us and we are grateful that they are giving us this opportunity.

As we fine-tune the job description, we are excited for the possibilities NAMI CI has to expand our services. Please be watching for the announcement and don't hesitate to pass it along to someone you know who is qualified.

Once again, I want to thank you for all your support during these times. Please don't hesitate to reach out and let us know how things are going. Hearing from our amazing membership is an awesome way to remind me how important the work at NAMI CI is and how we can stay connected.

- *Willow McLaughlin Hill*  
Board of Directors 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

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)

## Mental Health First Aid Training

Have you ever considered training for Mental Health First Aid?

There are currently over 500,000 people who have been trained in Mental Health First Aid and that number is growing every day.

The training teaches...

- how to identify, understand, and respond to both mental health and substance use disorders and those going through a crisis
- the skills needed to reach out to others and provide the crucial first response and support who exhibit the above disorders

In this day and age, where mental health is becoming a regular conversation, make sure that you're trained in continuing that conversation!

Information for training can be found online, through the Mental Health First Aid organization. [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**WILL YOU BE 1 IN A MILLION?**



# ATTENTION

## EXCITING NEWS

We will be sending newsletters more often! We will continue the bi-monthly mailed/emailed newsletter as always, but are now offering an e-newsletter every month. If you would like to change to an electronic version, please send us an email ([namiofci@gmail.com](mailto:namiofci@gmail.com)) and we'll be happy to make changes!

Make sure to check out the e-newsletter in July to see how successful our Trivia Night fundraiser was! Thanks to all who supported and participated in this wonderful night.

## Crisis Help

### CENTRAL IOWA CRISIS LINE

**844-258-8858**

**A crisis is “any stress or pressure that has become too great for you to cope with alone.”**

Because crisis can happen to anyone, at any age, at any time, the crisis phone line provides trained, compassionate telephone counselors 24 hours a day, 365 days a year. All contacts are confidential

The National Alliance on Mental Illness (NAMI) of the Greater Mississippi Valley is hosting a presenter training. The In Our Own Voice (IOOV) is a unique informational outreach program that offers insight into the recovery now possible for people with mental illness.

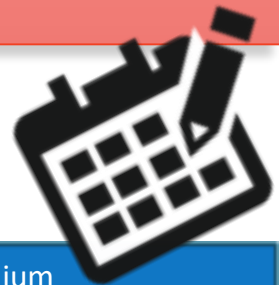
### Goals of training:

- ✓ Meet the needs for peer-run initiatives
- ✓ Offer genuine work opportunities (\$30 stipend paid for each IOOV presentation given)
- ✓ Focus on recovery and the message of hope

### Pertinent details

- **Date:** Saturday, June 25-Sunday, June 26
- **Time:** Saturday – 8:30 am – 5:30 pm; Sunday 9:00 am – 3:00 pm. Lunch is included both days
- **Location:** Davenport, IA (specific location TBD)
- **Cost:** There is no cost for NAMI GMV members to attend. Lunch and materials are provided. Hotel and mileage will not be reimbursed.
- Applications due by **June 6**. Contact Vicki at 563-260-7780 or [education@namigmv.org](mailto:education@namigmv.org) for application

**MARK YOUR CALENDAR**



August 12-13 is our annual Garage Sale! We are ready to take small to medium sized donations now\*\*! We ask that you save your larger items (like furniture) until closer to the sale to help with storage issues. We are currently looking for volunteers for the week of the event to do tasks such as drive a truck to pick up items (truck not provided), folks to sort and price items, put up signs, man the tables, and clean up after the event.

Please contact Barb at [garyroyer@msn.com](mailto:garyroyer@msn.com) or Laura at [lkquint@hotmail.com](mailto:lkquint@hotmail.com) if you're interested in helping NAMI CI with this fun event.

*\*\*We are not able to accept the following items: adult clothing, Christmas items, and electronics. A full list of excluded items will be available soon*



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

**Change Service Requested**

## June 2016 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](#).



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.

**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**

- Family/Individual \$ 35.00\*
- Limited Income \$ 3.00
- Extra donation \$ \_\_\_\_\_

\*Includes \$15 Local/\$10 State/\$10 National

**Member Information**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Check here to receive newsletter by email