



# Central Iowa

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or an agency to be successful, we look to volunteers to help support and carry out its mission. NAMI CI is no different in that regard. I have been honored to work with a wonderful Board of Directors who are not only committed to carrying out and mission of our agency, but who have been actively involved in carrying out those goals and have provided me with invaluable support and guidance as I took over the role of executive director. I offer a heartfelt thank you the board members whose terms have come to a close.

While I do not believe that their expertise can be replaced, I do believe that they have set the foundation for new ideas by expanding education, support, and providing an avenue for future growth to meet the needs of individuals affected by mental illness. I look forward to the opportunity to continue to fulfill that growth with the newly elected board members.

NAMI CI is fortunate to have so many individuals willing to serve on the NAMI CI board, thus ensuring continued support, education and advocacy for those individuals affected by mental illness.

- Lisa Heddens

NAMI CI Executive Director



**The annual NAMI CI  
Garage Sale will take  
place August 11 and  
August 12. Make sure  
you save the dates!**



## 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)

# Public Education Session

**Who:** Iowa State Representative from the 45<sup>th</sup> District, Beth Wessel-Kroeschell, will be presenting

**What:** She will provide information on legislation passed affecting Mental Health as well as answer your questions on other topics

**When:** Tuesday, June 20, 7:00 pm

**Where:** Ames Public Library



## Welcome new NAMI CI Board members!

- Brett McLain
- Tiffany Meredith
- Pam Borcya
- Leah Beaman

## Full 2017-2018 Board member list:

- Sue Ann Peck (president)
- Wendie Cooper
- Gayla Harken
- Julie Saxton
- Tiffany Meredith
- Pam Borcya
- Brett McLain
- Leah Beaman (NAMI On Campus, Iowa State University)
- Terri (JD) Shipman
- Amber Schaefer
- Melonie Stall (Treasurer)

## 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 Wednesday nights!

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

## Family Support Group Facilitators

The Central Iowa Community Services (CICS) mental health and disability (MH/DD) services region, provides funding to NAMI CI to support the 10 counties in our region with educational classes and support group services.

For services to be provided locally, trained facilitators and teachers are needed in each county within the region. To assist further in providing support, on April 28-30, Wendie Cooper and Sue Ann Peck, NAMI CI family support group facilitators, attended NAMI training in Washington, D.C. to become state Family Support Group facilitator trainers. Their training included the most recent and the most effective model for support groups.

Individuals who currently attend the family support group at NAMI CI can expect to see some changes in the way that support group operates, as the facilitators gradually move the group process to be more faithful to this most recent national NAMI model.

They are excited to use their training with the NAMI-CI support group and to train new facilitators to use the model in the CICS counties.

# New Membership Structure coming NEXT MONTH



The NAMI Board of Directors periodically evaluates NAMI's membership program to ensure that it meets the needs of the organization and its members. This year after a lengthy review and evaluation process that took into consideration your feedback, the Board of Directors has decided to add a Household membership category to our membership structure.

In addition to the Household membership category, the Board has decided to increase the dues for Regular and Open Door memberships. All of these changes will become effective as of July 1, 2017 as outlined below:

- Household Membership \$60
- Regular Membership \$40
- Open Door Membership \$5

The amount of dues that NAMI receives for Regular and Open Door memberships will not change. The portion of dues that go to NAMI will be:

- \$10 for every Regular membership
- \$1 for every Open Door membership
- \$20 for every Household membership

Over the next year, the NAMI State Organizations and NAMI Affiliates will work together to decide the remaining dues allocations for the new Household membership and the dues increases for Regular and Open Door.

Here are some other things to keep in mind:

- A household membership will apply to everyone living in a single household. Regular and Open Door memberships will apply only to one individual.
- For voting purposes, each membership (including Household) will be counted as one (1) membership

Do you shop on Amazon.com? Did you know that by shopping Amazon Smile, you'll get the same quality of products with the same price, but a portion of the sales go to a charity of your choice? NAMI CI is a part of Amazon Smile and would love it if you'd keep us in mind the next time you're shopping. Just go to [amazon.smile.com](http://amazon.smile.com) and choose "Nami Central Iowa" as your charity. .5% of the price spent is donated to NAMI CI! We appreciate your consideration in joining this partnership!

Thank you to the following board members who did not seek re-election or their terms were up:

- Willow McLaughlin-Hill
  - Stacy Renfro
- Hannah Nehring (founder and previous president of NAMI On Campus, Iowa State University)

We sincerely appreciate your time, passion, and hard work while serving with NAMI CI!





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

**Change Service Requested**

**June 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](#).



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2-3:30pm – Connections	2 1-3pm – Art with Wendie	3
4	5 1-4pm – Music Wellness Monday!!!	6 2-3pm – Sam and 100 days of ART!! ----- NAMICI Ribbon Cutting 4:30pm	7 1-3pm – Creative Writing ----- 6:30-8:00pm Connections	8 2-3:30pm – Connections	9 1-4pm – Pot Luck and Birthdays!!!	10
11	12 1-3pm – Josh talks tea!!	13 2-3pm – Sam and 100 days of ART	14 1-3pm – Creative Writing ----- 6:30-8:00pm Connections	15 2-3:30pm – Connections	16 1-2pm – Yoga with Marie	17
18	19 1-3pm – Gail presents Affirmations!!!	20 2-3pm – Sam and 100 days of ART ----- 7pm – NAMI Education – Legis review on MH: Presenter: Beth Wessel-Kroeschell	21 1-3pm – Creative Writing ----- 6:30-8:00pm Connections	22 2-3:30pm – Connections	23 1-4pm – Wii Bowling day!	24
25	26 1-4pm – Art day!!	27 2-3pm – Sam and 100 days of ART	28 1-3pm – Creative Writing ----- 6:30-8:00pm Connections	29 2-3:30pm – Connections ----- 7pm - Family Support Group	30 1-4pm – Art day!!	
				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

Evening Connections – Wednesday nights (6:30pm – 8pm)