

FROM THE EXECUTIVE DIRECTOR

NAMI Ending the Silence is our new mental health awareness program for middle and high school youth presented at schools, youth groups and community programs.

This special Community Presentation will showcase several of our NAMI Ending the Silence Young Adult presenters who will each share their own personal mental health story from onset to recovery.

This is a wonderful opportunity to experience a sampling of the NAMI Ending the Silence program before bringing the entire presentation to your school or youth group.

Come learn more about mental illness and be encouraged by these courageous college students!

Lisa Heddens
NAMI CI Executive Director

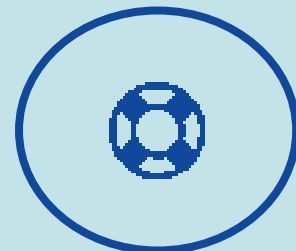


Ending the Silence Presentation

Tuesday, June 18, 2019

Ames Public Library | PEO Room | 7:00 PM

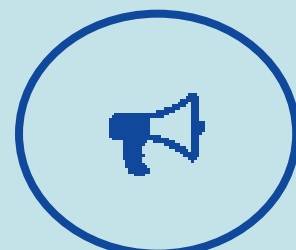
1 in 5 children ages 13-18 have, or will have, a serious mental illness. Suicide is the second leading cause of death in students ages 10-24, with 90% of those who died by suicide having an underlying mental illness. Help us End the Silence, and break the stigma associated with mental illness.



Support



Educate



Advocate

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



Congrats to our new 2019-2020 board members!

Thank you to all members who participated in the voting of our NAMI Central Iowa 2019-2020 board members. The vote was unanimous in approving the following members to join our board!

- Marty Chitty,
- Leah Beman
- Gail Loy
- Barb Cobb
- Rebecca Staib
- Tiffany Meredith
- Tim Denger
- Julie Saxton
- Gayla Harken

A special thanks to Wendie Cooper and Brett McLain for dedicating their time to participate on NAMI Central Iowa's Board of Directors. Their presence has made such an impact at NAMI Central Iowa as they assisted in carrying out our mission to educate, advocate, and support those affected by mental illness. We are so grateful for the opportunity to work along side them, and will miss them dearly.

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: 416 Douglas Ave Ste. 205 Ames, IA
515-292-9400 or namiofci@gmail.com
Time: 7:00 pm
When: 4th Thursday of each month

AMES DAD'S COFFEE GROUP

Where: Café Diem 229 Main St. Ames
515-231-1196
Time: 10:00 am
When: 3rd Friday of each month

Iowa Falls

Where: Friendship Club 602 S Oak St. Iowa Falls
641.939.8167
Time: 6:30 pm
When: 3rd Tuesday of each month

Newton

Where: St. Luke's United Methodist Church
501 E 19th St. North Newton
641.417.9993
Time: 7:00 pm
When: 3rd Thursday of each month

Early Psychosis and Psychosis

Most people think of psychosis as a break with reality. In a way it is. Psychosis is characterized as disruptions to a person's thoughts and perceptions that make it difficult for them to recognize what is real and what isn't. These disruptions are often experienced as seeing, hearing and believing things that aren't real or having strange, persistent thoughts, behaviors and emotions. While everyone's experience is different, most people say psychosis is frightening and confusing.

Psychosis is a symptom, not an illness, and it is more common than you may think. In the U.S., approximately 100,00 young people experience psychosis each year.

Early or first-episode psychosis refers to when a person first shows signs of beginning to lose contact with reality. Acting quickly to connect a person with the right treatment during early psychosis can be life-changing and radically alter that person's future.

Early psychosis rarely comes suddenly. Usually, a person has gradual, non-specific changes in thoughts and perceptions, but doesn't understand what's going on.

Treatment for psychosis often involves a combination of psychotherapy and medication. Several types of therapy can help individuals learn to manage their condition, while medication targets symptoms and helps to reduce their impact. How well treatment works depends on the cause of the psychosis, its severity and its duration.

***Source: NAMI.org

Rummage RAMPage Event

Friday, July 26th-August 3rd

NAMI Central Iowa will be participating in this year's Rummage RAMPage. The City of Ames, in partnership with the ISU Office of Sustainability, annually hosts "Rummage RAMPage," a community sale designed to keep reusable items out of the waste stream. Rummage RAMPage works by selling items that are donated. Non-profit agencies send volunteers to help run the sale and share in any profit.

If you are interested in volunteering for this event on behalf of NAMI Central Iowa please contact NAMI CI at 515-292-9400 or by email at officeassistant.namici@gmail.com or namiofci@gmail.com

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

Look out for our new location!

424 5th St. Ames, IA 50010



NAMI Central Iowa will be moving, and active in our new location starting July 1, 2019! We are very excited for the opportunity to expand and grow in a new space. Look out for our grand opening event to come.

If you looking for ways to be apart of this exciting transition please contact NAMI CI at 515-292-9400 or by email at namiofci@gmail.com or officeassistant.namici@gmail.com. We will be looking for volunteers to help assist with all the fun tasks of moving.

Upcoming Events in the CICS Mental Health Region

Central Iowa Community Services (CICS), along with Mobile Crisis Response Team and Foundation 2 Crisis Line Call Center are hosting information meetings regarding crisis services in the mental health region. Listed below are the 2 upcoming meetings.

June 19, 2019—Boone County

Ericson Library

702 Greene St. Boone, IA

10:00 am-12:00 pm

RSVP: patti.treibel@cicsmhds.org

June 26, 2019— Hardin County

Ellsworth College Agriculture Center

HWY 65 S. | Room AR 110 | Iowa Falls, IA

10:00 am-12:00 pm

RSVP: linnadams@cicsmhds.org

To get more frequent updates on NAMI Central Iowa “like” or “follow” our social media accounts.



Facebook: NAMI Central Iowa



Intstagram: [namicentraliowa](https://www.instagram.com/namicentraliowa)

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.

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, 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 416 Douglas Ave Suite 203 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.



NAMI Central Iowa
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Ames, IA 50010

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Website: www.namici.org

