

FROM THE EXECUTIVE DIRECTOR

Do you know who your legislator is? Have you ever met with them to discuss an issue important to you? Are you interested in becoming more involved in meeting with policymakers to discuss issues related to mental health?

You have an opportunity to learn about the legislative process, receive an overview of legislative priorities and learn how to stay involved with NAMI priorities, by attending NAMI Day on the Hill.

People from across the state will partake in a day of learning and advocacy on Monday, March 12, 2019 from 9:00am-4:00pm.

You can register to attend this great learning opportunity being provided by NAMI Iowa by registering to attend NAMI Day on the Hill at <https://www.eventbrite.com/e/nami-iowa-day-on-the-hill-tickets-53266444369>

Lisa Heddens

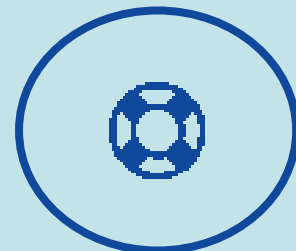
NAMI CI Executive Director



NAMI CI PUBLIC EDUCATION PROGRAMS

What is CICS? How do I sign up for mental health services through CICS? How do I apply for SS/SSI benefits? What does this entitle me to?

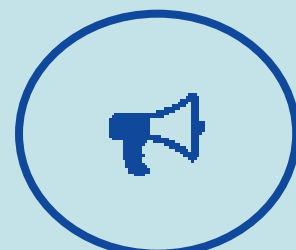
NAMI CI Education Night
March 26th @ 7:00 p.m. | Ames Public Library



Support



Educate



Advocate

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

Community Involvement

In February NAMI Central Iowa had the opportunity to participate in St. Cecilia's Social Justice Ministry Fair.

Despite the snowy winter weather, the event was well attended. We greatly appreciate all who came to show support. NAMI CI enjoyed getting to know more members and organizations in the community. Together we can continue to educate and spread awareness about mental illness.



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

Learn More: Dissociative Disorders

Dissociative disorders are characterized by an involuntary escape from reality characterized by a disconnection between thoughts, identity, consciousness, and memory. People from all age groups and racial, ethnic and socioeconomic backgrounds can experience a dissociative disorder.

Almost half of adults in the United States experience at least one depersonalization/derealization episode in their lives, with only 2% meeting the full criteria for chronic episodes.

The symptoms of a dissociative disorder usually first develop as a response to a traumatic event, such as abuse or military combat, to keep those memories under control.

Some symptoms may include:

- Significant memory loss of specific times, people and events
- Out-of-body experiences, such as feeling as though you are watching a movie of yourself
- Mental health problems such as depression, anxiety and thoughts of suicide
- A sense of detachment from your emotions, or emotional numbness
- A lack of a sense of self-identity

Treatment for dissociative disorders often involves psychotherapy and medication. Though finding an effective treatment plan can be difficult, many people are able to live healthy and productive lives.

**Source: nami.org

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

Don't forget to register for NAMI Central Iowa's

TRIVIA NIGHT!

AND DESERT AUCTION

SATURDAY, APRIL 27, 2019

Doors open at 5 pm | Trivia begins at 5:30 pm

City Church | 2400 Oakwood Road | Ames, Iowa

\$100 Per Table 8 Players Max

To register contact NAMI CI at 515-292-9400 or by email at namiofci@gmail.com or officeassistant.namici@gmail.com

Looking to be more involved in NAMI Central Iowa Programs?

IN OUR OWN VOICE SPEAKER TRAINING

Stories of HOPE and RECOVERY told by individuals living with a mental health condition

March 9, 2019
Ames, Iowa

SAT | 8 am - 5 pm

This free training is for adults living with a mental health condition who would like to share the story of their recovery journey in their community as a volunteer IN OUR OWN VOICE presenter.

- Lunch during the training is provided.
- Mileage to attend the training will be reimbursed if you reside outside of Story County.
- On-line training must be completed prior to the March 9 in-person speaker training, so contact NAMI Central Iowa to request an application TODAY!
- More speakers are needed in the CICS Mental Health region and throughout Iowa.

Questions or to sign up for this training, contact JD Shipman at 515-292-9400 or namicicoordinator@gmail.com

NAMI BASICS EDUCATION PROGRAM

For parents, foster parents and caregivers of children with emotional and behavioral difficulties

May 22 -
June 26, 2019
Ames, Iowa

WEDNESDAYS
6:30 - 9:00 pm

This FREE, six-session course, taught by trained parents who have similar lived experiences with their own children, allows families to connect with, learn from and empower each other.

NAMI BASICS COVERS

- Gaining an overview of the public mental health care, school and juvenile justice systems
- Learning about different types of mental health care professionals, available treatment options and therapies
- Preparing for and responding to crises
- Solving problems and communicating effectively with your child
- Advocating for your child's rights at school and in health care settings
- Taking care of yourself and managing stress
- Developing the confidence and stamina to support your child with compassion

Questions or to sign up for this program contact Lisa Heddens or Bre Degelau at 515-292-9400 or by email at namiofci@gmail.com or officeassistant.namici@gmail.com.

Preregister by May 13, 2019.

NAMI Central Iowa Ending the Silence

NAMI Ending the Silence educates and supports students and others about mental health conditions. NAMI Central Iowa is currently looking for young adults to be apart of this program by sharing their mental health journey. If you are interested in bringing this event to your school or group, or you are a young adult interested in sharing your story, please contact NAMI CI at 515-929-9400 or by email at



namiofci@gmail.com or officeassistant.namici@gmail.com

What is NAMI Ending the Silence?

- An engaging 50-minute presentation designed for middle and high school age youth
- Teens learn early warning signs and what steps they can take to get help for themselves and others
- Presented by trained people with lived experience, including a young adult who experienced a mental health condition during their school years, and is in recovery
- Free of cost to schools, youth groups and community youth programs

Why should I bring NAMI Ending the Silence to my school or group?

- 1 in 5 children ages 13-18 have, or will have, a serious mental illness
- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24
- 37% of students ages 14 and older with a mental health condition drop out of school
- 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
- **STIGMA** is the leading barrier to seeking help
- Treatment works! Early diagnosis is key! There is HOPE! We can HELP!

How can I become involved with NAMI Ending the Silence?

- **Young adults (18-34)** are needed to share their mental health journey and instill a message of hope
- **Adults (18-99)** are needed to share an interactive PowerPoint and video presentation which educates students about mental health symptoms and conditions and how to help themselves or a friend

Help End the Silence. Contact 515.292.9400 or namiofci@gmail.com today.



NAMI Central Iowa

National Alliance on Mental Illness

FAMILY-TO-FAMILY TEACHER TRAINING

Become a certified teacher in this
national education program!

May 17 - 19, 2019

Ames, Iowa

FRI | 9:15 am - 6 pm

SAT | 8 am - 5 pm

SUN | 8 am - 12:30 pm

- Do you have the experience of being the parent, spouse/partner, sibling or other family member of an individual who has a mental illness?
- Are you excited about the opportunity to help other family members in your local community who are coping with similar experiences?
- Would you like to be a volunteer for Iowa's largest grassroots, mental health advocacy organization?

NAMI Central Iowa is looking for more teachers so that this course can be offered on a more frequent basis and in more locations in the CICS Mental Health region and throughout Iowa. The curriculum is evidence-based and provides valuable tools to help families cope. NAMI Central Iowa provides everything you need so that you feel confident and comfortable in co-teaching this national curriculum. It is recommended that you've already taken the Family-to-Family course yourself before taking the Teacher Training, but not required.

Questions or to sign up for this training, contact Lisa Heddens or Bre Degelau at 515-292-9400 or by email at namiofci@gmail.com or officeassistant.namici@gmail.com

NAMI Connection

Recovery support group for adults with mental health conditions

Held weekly from 2 pm-3:30 pm at NAMI Central Iowa's Wellness Center | 416 Douglas Ave. Ames

- Taught by tow trained facilitators living in recovery themselves
- Designed to connect, encourage and support participants using structured support group model
- Offers a safe environment for adults who live with mental illness to express themselves without being judged
- Offers respect, understanding, encouragement and HOPE

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.



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Ames, IA 50010

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