



National Alliance on Mental Illness

NAMI Central Iowa

SUPPORT



EDUCATE



ADVOCATE



CONTACT NAMI CI AT 515.292.9400 OR NAMIOFCI@GMAIL.COM

MARCH 2020 | VOLUME 51 | ISSUE 3



*a note
from your
executive
director...*

Hello friends of NAMI Central Iowa,

Spring is near and our hearts are hopeful for sunnier and warmer days. Yet, as most Iowans know, we may need to experience more blustery days and yes, maybe even a bit of snow. I know, I said that four-letter word ...snow! When I think about the highs and lows of the weather in Iowa, I am reminded of the highs and lows experienced by those living with or loving someone with mental illness.

I think of the mother of her adult son, so thankful for these sunny days of his recovery and stability. Yet, as any mother who loves her child living with mental illness, she worries that there could be a change into some blustery and dark days down the road.

I think of the working professional living with mental illness, pressing forward despite the day being sunny or cloudy. They show up for their job, giving their all in managing the work load, only to find reprieve from the elements of the world when they step inside their home, their safe haven.

I think of the college student living with mental illness, that presses forward despite the stigma, and shares the story and journey with unpredictable audiences across Central Iowa.

I think of the courageous individual that has experienced harsh, cold and abrasive trauma, yet, presses forward in life. They put on preventive gear that helps them hold on to hope. Gear such as mindfulness, counseling, medication, prayer or meditation, journaling, and other positive coping skills.

So just like Iowa's, I have met amazing individuals through NAMI that press forward despite what mental illness throws their way. They prepare for the seasons. They are realistic about what mental illness brings to life. And, many, many of them have said that it was because of the preventive gear that NAMI provides they are able to move forward in recovery. The support groups, the educational classes, the online resources, the safety of our Wellness Center and Drop-In Centers across Central Iowa, and the transparent, authentic individuals who bravely share their stories reminding others you are never alone and there is HOPE!

Those of us who plan ahead for the weather, tune in to our favorite weather station or app. Those of us reading this small newsletter have tuned in to a resource that helps us

understand the unpredictable weather of mental illness. There are individuals that have not heard of NAMI or have heard the name, but do not understand what support NAMI can provide. I challenge you this month to brave the cold stigma and share with others what NAMI is and how it can help someone navigate mental illness.

Will you accept this challenge?

Sharing help - sharing hope,

Angela

NAMI
CENTRAL
IOWA
M.A.Y.
WE TALK
EVENT

SUICIDE
THE RIPPLE EFFECT



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Mark NAMI Central Iowa's **MAY We Talk Event** down in your calendars for **May 1st, 2nd & 3rd**. These three days will be centered around raising suicide awareness through **Movies** (Suicide the Ripple Effect), **Art**, and **You!** Come see the documentary "Suicide the Ripple Effect", while supporting NAMI Central Iowa through donations, an art auction, and tattoos

(permanent or henna). That's right, we said tattoos. We will be partnering with local tattoo artists, who are donating their time and a portion of profits to NAMI Central Iowa for small semi-colon tattoos. Come help us raise awareness of suicide and mental illness prevention strategies. Together we can end the stigma and make sure everyone knows we want them to #BeHereTomorrow.

WHAT IS THE MOVIE

"Suicide: The Ripple Effect" is a feature length documentary film and MOVEMENT, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration and hope that are helping millions heal & stay alive. Seen by over 500,000 people already across 7 countries, this film is having a global impact.

The film highlights the journey of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge. Today Kevin is a world-renowned mental health advocate, motivational speaker and author who travels the globe spreading a message of hope, recovery and wellness.

The film chronicles Kevin's personal journey and the ripple effect it has on those who have been impacted by his suicide attempt and his life's work since. In addition, the film highlights the stories of individuals and families who are utilizing their personal tragedy to bring hope and healing to others.

WHY THIS STORY

Suicide is an epidemic that takes over 800,000 lives globally every year. In the United States alone there are one million suicide attempts and over 40,000 deaths by suicide every year. Our United States Military is devastatingly impacted with 22 Veterans dying everyday by suicide, and that is an understatement.

Research has shown that for every one suicide death, over 115 people are directly, and secondarily affected and the financial cost of suicide in the US is estimated to be over 40 billion dollars annually. Suicide is global public health crisis that is not receiving the attention it deserves and therefore millions continue to die and the ripple effects of these deaths continue to devastate parents, children, families, friends and communities.

This film will shine light on the reality of this ongoing crisis and highlight effective efforts that are helping people stay well and alive. This film is uniting and igniting change that will have a tremendous positive impact on reducing the number of suicides and suicide attempts around the world. It is not just a film; it is a movement.

There have been other films about suicide but most have been very somber. This film will take a very hopeful, intriguing, and yet entertainment-focused approach by highlighting the work being done by individuals who have been directly impacted by suicide. Work that raises eyebrows, and pushes people toward giving back to their communities. In addition, this will be the first full length feature documentary film focused on Kevin's story, which is very dramatic and miraculous.



CLASSES & SUPPORT GROUPS

IT'S NOT TOO LATE TO REGISTER!

We are still accepting registration forms for our upcoming Basics and Family to Family classes. See below for more information!



Family to Family Meets every Monday at 6:30pm starting March 23rd through May 11th at NAMI CI's Wellness Center.



Basics Online/In-Person course will first meet on March 24th at 6:30pm at NAMI CI's Wellness Center with 2 additional meetings TBD.

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: Connections Peer Support Drop-In

Center, 306 N 3rd Ave. E, Newton

641.417.9993

Time: 7:00 pm

When: 3rd Thursday of each month

CONNECTIONS RECOVERY PEER SUPPORT GROUPS

Where: NAMI Central Iowa

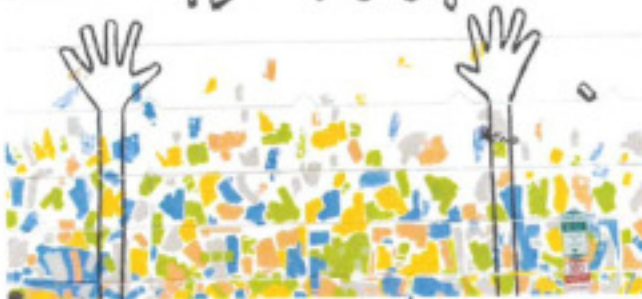
424 5th Street, Ames

Every Monday from 4:30 - 6:00 pm

Every Thursday from 2:00 - 3:30 pm

Remember: Complimentary parking in our parking lot by our entrance!

THE 'BEST' GIFT
IS YOU!



BECOME A
MEMBER OF
NAMI-CI



VOLUNTEER SPOTLIGHT:

MEET KENDRA!

Hello! My name is Kendra Odland. I am originally from Newton, Iowa, but right now I live in Ankeny.

What is your favorite hobby or pastime?

I love taking walks outside, especially with other people. But I also love movies & spending time with friends, family, and loved ones.

What inspired you to volunteer at NAMI Central Iowa?

Currently, I am an RN-BSN student in my last semester at Iowa State University, but I've also worked at the Lutheran hospital for nearly seven years. While working at Lutheran I've developed a heart for those who experience mental health issues and I'd like to do more to help. NAMI is a great community resource and I'm excited to be a part of their service to the community.

What is an interesting or little known fact about you?

Something interesting about me is that I used to be in 4-H and I once won a blue ribbon at the fair for a chair that I caned.

Please share your favorite quote.

As for a favorite quote (this sometimes changes based on my mood) but lately I've been loving 'Being grateful makes us resilient by keeping us hopeful.' By Rose O. Sherman"

Be sure to check out our monthly Wellness Center Calendar for Ames. Kendra will be volunteering six days in March. Kendra will share her expertise and experience with cardio care, wellness, mental health topics and discussions.

WELCOME KENDRA!

SPRING CLEANING FOR THE MIND



For man, spring is the time for massive spring cleanings of homes and years. Drapes are washed. Carpets are shampooed. Planters are refreshed and reseeded. Spring is a time for regrowth and renewal.

But what about our mental health?

Amidst all of the focus on cleaning things out and renewal, spring is a great time to do a little “spring cleaning” of some of the mental dirt we accumulate in our minds and hearts. Decluttering negativity and drama from our lives and rejuvenating positive endeavors, such as creative projects, helps us start off the new spring season refreshed, and ready to better ourselves. So while you’re polishing silverware, here are some items to add to your mental health spring cleaning list.

[CLICK HERE FOR LIST](#)

NAMI CENTRAL IOWA

The NAMI-CI Newsletter is e-published monthly by NAMI Central Iowa. Please share our Newsletters with others! 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/mail, 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.



NAMI Central Iowa

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424 5th St.

Ames, IA 50010, United States

[Unsubscribe](#) here. No hard feelings!

NAMI Central Iowa

The National Alliance on Mental Illness-Central Iowa continues to provide support, advocacy and education for individuals with mental illness. To help support and become a member:

Fill out and mail this form to
NAMI Central Iowa
 424 5th St. Ames, IA 50010

or **Join online at nami.org by clicking "Join" up in the right hand corner. Select NAMI Central Iowa for local Affiliate.**

Membership Dues

Includes Local/State/National

- Household \$60.00
- Regular/Individual \$40.00
- Limited Income \$5.00
- Extra Donation \$_____

(Please list household members) _____

Member Information

Name: _____ Phone: _____

Address: _____ State: _____ Zip Code: _____

Email: _____
 Please check here if you would like to receive your newsletter electronically

4TH THURSDAY OF EACH MONTH

NAMI Central Iowa

Family Support Group | Ames

Free, confidential and safe groups of families helping other families who live with mental health challenges.

Join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom.

Leave with a renewed sense of HOPE!

Contact NAMI CI at 515.292.9400 or namiofci@gmail.com. Drop ins welcome!

NAMI Central Iowa Wellness Center
 424 5th St. | Ames, IA | 7 PM - 8:30 PM



Calling young adults to share their mental health journey.

NAMI Ending the Silence educates and supports students and others about mental health conditions.

Contact NAMI Central Iowa ETS Program Coordinator for an Application: Meranie.Stall@namiia.org



Ending the Silence