

FROM THE EXECUTIVE DIRECTOR

May is mental health awareness month. If we want to end the stigma associated with mental illness, we need to be educated about it. We need to talk about it.

Did you know that, 1 in 5 people experience a mental illness annually? That's Approximately 130,000 Iowans who live with a serious mental illness.

Did you know that according to statistics from the Iowa Department of Public Health; suicide is the second leading cause of death for ages 15-34, third leading cause for ages 10-14, fourth leading cause for ages 35-54 and eighth leading cause for ages 55-64? Over 90% of those who complete suicide had a mental health disorder.

If we talk about mental illness, like we do physical illness we can help individuals receive information and treatment earlier to help them on the road to maintain recovery.

NAMI Central Iowa is here to help individuals affected by mental health. Be it yourself, a family member, or a friend.

Our Wellness Center is a safe place to connect with others, partake in an activity, or have some alone time. Our education classes provide critical information and strategies for taking care of the person you love. Our support groups help you find out that you are not alone and there is hope!

Lisa Heddens



NAMI CI PUBLIC EDUCATION PROGRAMS

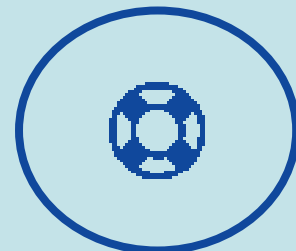
NAMI CI Annual Meeting

Tuesday, May 21, 2019 | 7:00pm

Ames Public Library

A quorum is required to conduct official business, which will include voting on new board members.

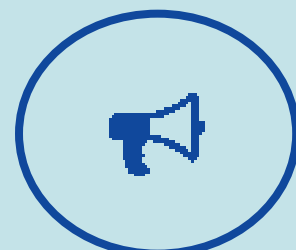
Following official business, will be a presentation by Peggy Huppert, NAMI Iowa Executive Director.



Support



Educate



Advocate

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

MENTAL
HEALTH
AWARENESS
MONTH



Did You Know...?

-Approximately 1 in 25 adults in the U.S. (9.8 million people), experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.

-Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.

-An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and /or substance use disorders.

-Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.

-Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18—44.

18.1% of adults in the U.S. experienced an anxiety disorder such as PTSD, OCD, and specific phobias.

***Source: NAMI.org

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

A Writing From a Peer

I once planned my death,
My life was such a wreck.
I felt so all alone,
It seemed my destiny was set in stone.
A wise woman once told me,
“All of you are welcome here!”
Soon the fear wasn't so near.
The physical pain of wanting to die,
All of me hiding inside.
Like watching and waiting for a flower to blossom,
Inside my ideas and thoughts continue to be awesome!
I beg and plead with my insides,
How life has changed and so have I.
The future now is open and wise,
All the freedom that I do confide.
My strength, my desire is to engage,
To bring people together to fight this outrage!!

-JD Shipman

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

NAMI BASICS EDUCATION PROGRAM

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

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.

May 22 -
June 26, 2019
Ames, Iowa
WEDNESDAYS
6:30 - 9:00 pm



NAMI Central Iowa's Trivia Night 2019 was a success!

NAMI Central Iowa would like to thank everyone who came out and showed support by attending our annual Trivia Night. It was such a fun night full of questions, desserts, silent auctions, and door prizes. We would like to especially thank our sponsors and donors for helping us create another successful year of Trivia.

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STORY
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	Provisions Lot F	Chocolaterie Stam	Beth Caissie	Karen Debris
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Julie Saxton	Ames Fitness Center	Dohrn Family	Thompson Family	Kelley Glotfelty
Gayla's Goodies	The Fighting Burrito	Anne Potter	Sarda Family	Denise Rupp
Iowa Cake Lady creation	Fareway Meat Market	DQ (donated by Dr. Porter, Dr. John Kearney and Dr. Paul Kearney)	Neha Mehrotra	Coats Family
	Workiva		Starbucks	Wolf Family
HyVee	Stomping Grounds	Village Inn	Ames Pet Resort	Bar La Tosca
Fareway	Emerhoff's Footwear	Cafe Diem	Perkins	Della Viti
		Fresh Thymes	WalMart	

Also a big thank you to Shannon & Chris Andersen & Trevor Fulkerson for developing trivia questions, Ryan Sheeler for playing the guitar, Mike Harken the Mulligan Man, and all of the other volunteers that helped Trivia Night run smoothly.



 **nami**
National Alliance on Mental Illness
Central Iowa
Trivia Night 2019



Upcoming Events:

Rummage Rampage | July 27th-August 2nd

NAMI Walks | September 28th

More information to come on these events. Stay tuned!

Thank You Wheatsfield Co-Op for your donation to NAMI Central Iowa through your March Co-Op Nickel program.



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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