

MAY 2020 | VOLUME 51 | ISSUE 5

We are so glad you are here.



*a note
from your
executive
director...*

Friends of NAMI Central Iowa,

May is Mental Health Awareness Month! NAMI Central Iowa WILL do our very best to provide mental health resources, presentations, activities, educational classes and support DESPITE the continued social distancing recommendations. Save these dates to your calendar, and join us all month long! Email us at info@namicentraliowa.org for the ZOOM links or sign up on our Facebook Event Page.

Sharing help - sharing hope,

Angela Tharp, Executive Director

Monday, May 11 @ 1 PM: "Let's Be Real: How Is Your Sleep?" | ZOOM Presentation & Discussion by Lisley & Marlena from Eyerly Ball

Wednesday, May 13 @ 3PM: "Breaking New Ground-How Adults Can Engage Youth About Mental Health" | ZOOM Presentation & Discussion by Todd Anderson, Prevention Specialist from Community & Family Resources

Wednesdays, May 13, 20, 27 @ 7 PM: "NAMI Ending the Silence for Families, Friends & Caregivers of Youth" | Zoom Presentation & Discussion by young adults living in recovery with mental illness

Thursday, May 14 @ 10 AM: "NAMI In Our Own Voice" | ZOOM Presentation & open discussion from two adults sharing their journey with mental illness

Friday, May 15. 22. 29 @ 11:30 AM: "NAMI Ending the Silence for Youth & Students" | ZOOM Presentation & open discussion about mental illness warning signs, suicide warning signs and how to talk about mental illness

Friday, May 15 @ 1:00 PM: Virtual Paint Party! Use your own supplies or pick up a canvas paint kit from NAMI Central Iowa to create a mental health awareness ribbon art piece! Suggested donation of \$15 for the art kit. Register in advance for this ZOOM Paint Party!

Tuesday, May 18th @ 3 PM: Toxic vs. Productive Positivity Allegra Selzer, Special Populations Outreach Advocate from ACCESS | Assult Care Center for this informative

presentation & discussion on Toxic vs. Productive Positivity. This presentation is ideal for family members, caregivers and friends of loved ones with mental health conditions as it will address how to provide support without diminishing the very real pain individuals with mental illness are going through.

Tuesday, May 19 @ 3 PM: "NAMI In Our Own Voice" | ZOOM Presentation & open discussion by two adults sharing their journey with mental illness

Wednesday, May 20 @ 3 PM: "Compassion Fatigue: Signs and Symptoms; How to Recognize Your Symptoms; The Purpose of Adrenaline and Cortisol; Secondary Traumatic Stress; How to reduce stress; Ethical Guidelines for Self-Care" Patti Trieble-Leeds

Thursday, May 28 at 6:30 PM: A Mother's Story ZOOM Presentation & open discussion about a mother's journey living with mental illness, losing a son to complications from mental illness and how NAMI brought help and hope.

Friday, May 29 at 6:30 PM: Suicide: The Ripple Effect - The Kevin Hines documentary about his suicide attempt from the Golden Gate Bridge and what "the ripple effect" means. Fundraiser for NAMI Central Iowa, view by purchasing tickets on Eventbrite for a private viewing from the comfort of your home.



SUICIDE:
The Ripple
Effect
Watch from
the comfort
of home
5/29/2020



Join us Friday, May 29 at 6:30 PM via ZOOM for a private viewing of SUICIDE: The Ripple Effect - The Kevin Hines documentary. We were planning on showing this event LIVE in person as a NAMI Central Iowa fundraiser. However, due to COVID-19, we are now offering a private link to view this documentary from the comfort of home. For a suggested donation of \$10, you will be provided a link to join. You may purchase your viewing pass by tapping on the link below.

[CLICK HERE FOR YOUR MOVIE PASS](#)



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NAMI CENTRAL IOWA ANNUAL MEETING

AGENDA:

OFFICIAL BUSINESS MEETING
VOTING FOR 2020-2021 BOARD
(ONLY DUES PAYING MEMBERS OF
NAMI CENTRAL IOWA MAY VOTE)
PRESENTATION: IN OUR OWN VOICE

Wednesday, June 3, 2020

at

7 PM via ZOOM

[REGISTER HERE TO ATTEND THE ZOOM ANNUAL MEETING](#)

NAMI Central Iowa Board Roster:

Current Board Members | not up for re-election

Marty Chitty, Co-President

Tim Denger, Member at Large

Gail Loy, Peer Liaison

Leah Beman, Secretary

Seeking re-election:

Wayne Clinton, Co-President

Bill Ehler, Treasurer

New Board Candidates seeking election:

Dawn Bowker, Member at Large

Paul Daniels, Member at Large

JD Deambra, Member at Large

Jody Eaton, Member at Large

Kenia Fountain, Member at Large

Tyler Gotto, Member at Large

Hannah Moldovan, Member at Large

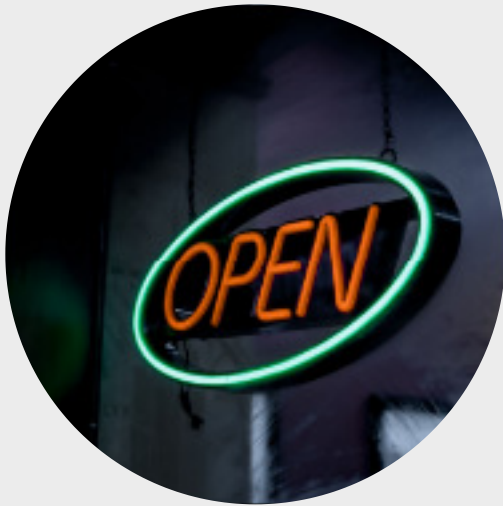
Andrew Westlake, Member at Large

Anthony Wubben, Member at Large

Julia Ringhofer, ISU NAMI on Campus Representative

Ballots must be received on or before May 29, 2020. Click below to access the 2020-2021
NAMI Central Iowa Board of Directors Ballot

[CLICK HERE TO ACCESS THE BALLOT](#)

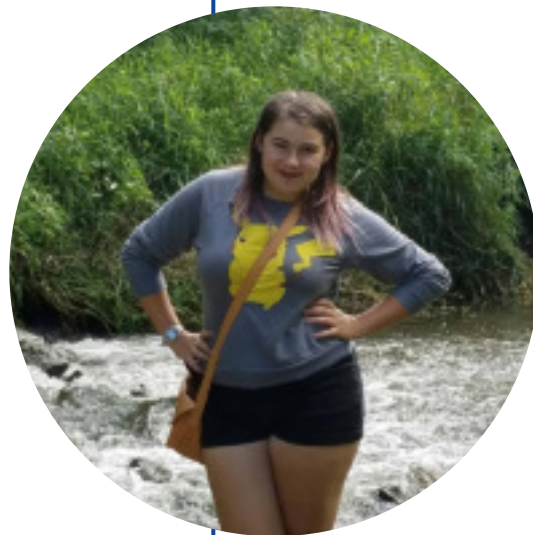


WE ARE OPEN: VIRTUALLY

The Wellness Center is open VIRTUALLY from 1-2:30PM every day except Thursday & Saturday via ZOOM.

Call or email us for the link to join!

ENDING
THE
SILENCE
VIA ZOOM
THIS
MONTH



A short look into Terianne's story:

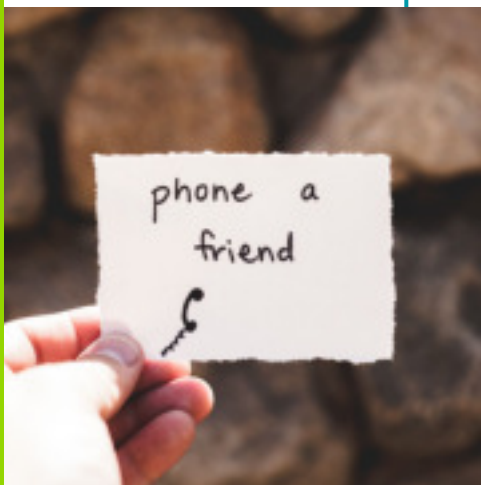
Hi. My name is Terianne and I am 23 years old. I like hanging out with my friends and taking my two dogs Percy and Trico out on walks. I enjoy competitive board games and am in my last year of college for my Bachelors of Science in Psychology: graduating May 9th! I have been struggling with mental health for a little over 7 years now and am currently diagnosed with Depression, Anxiety, Bordeline personality disorder, and Post Traumatic Stress Disorder (PTSD). I have had to overcome large obstacles such as self-harming tendencies, suicidal ideation, and dissociative behaviors. I have fallen time and time again. I've even been hospitalized a few times, but I have always persevered. I am at a point in my recovery with the help of individual and group therapy as well as friends and family; that I can openly share my experiences with others in hopes to advocate those still struggling.

To hear more about Terianne's and others stories and their struggles to overcome the stigma of a mental illness please join us on Wednesday's or Friday's in May.

Ending the Silence Student / Youth Presentation: Friday's: May 15, 22 & 29 @ 3PM

Ending the Silence Family / Community Presentation: Wednesday's: May 13, 20, 27 @ 7PM

Email us at info@namicentraliowa.org for the ZOOM link to join!



NAMI CLASSES & SUPPORT GROUPS

NAMI SUPPORT GROUPS FOR YOU!

CONNECTIONS RECOVERY SUPPORT GROUPS

Due to COVID-19 Connections meets weekly on these days via ZOOM. Call 515.292.9400 or email vicki@namicentraliowa.org to register. A private link will be sent to you.

Monday | 4:30 - 6 PM

Tuesday | 6 - 7:30 PM

Thursday | 2 - 3:30 PM

Saturday | 5:15 - 6:45 PM

FAMILY SUPPORT GROUP AMES / ALL COUNTIES

Due to COVID-19 we meet the 1st & 3rd Thursday's via ZOOM.
Call 515.292.9400 or email vicki@namicentraliowa.org to register.

FAMILY SUPPORT GROUP IOWA FALLS

Where: Friendship Club 602 S Oak St. Iowa Falls

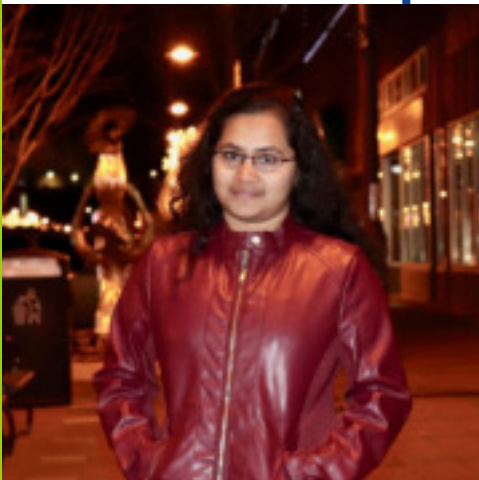
641.939.8167 - call to confirm if meeting

Time: 6:30 pm

When: 3rd Tuesday of each month

FAMILY SUPPORT GROUP NEWTON

Please join the NAMI CI ZOOM Family Support Group at this time.



MEET OUR INTERN

Supriti Ghosh

-Where are you from?

I'm from Bangladesh which is located in Southeast Asia and currently living in Ames, IA.

-What is your favorite hobby/pastime?

I am very interested in playing piano, painting and also reading books.

-What inspired you to become a NAMI CI volunteer Intern?

I attended a training session in January 2020 at YSS (Youth & Shelter Services) which was conducted by NAMI Central Iowa and presented by Todd Tharp. I really appreciated the way NAMI is helping people and their lives. Afterwards, I was looking for opportunities so that I can use my knowledge and expertise to help the organization in a meaningful way. Eventually, I contacted Angela Tharp, the Executive Director of NAMI Central Iowa and have gotten the opportunity to work as a volunteer intern.

-What is an interesting fact about yourself?

I like to experiment mixing different types of colors on my art paper.

-What is your favorite quote?

Sometimes you will never know the value of a moment until it becomes a memory. - **Dr. Seuss**

-What are you doing for NAMI Central Iowa?

I have completed "Ending The Silence (ETS)" evaluation of different sessions where total participants was 662. From these surveys, I have figured out the percentages of participants by gender, by age, by ethnic background. The evaluation statements and thoughts about mental illness have also been presented in a chart by percentages. I have worked on finding out how much participants have knowledge about mental illness before presentation and how much participants are thinking that they have gathered more knowledge to perceive the presentation. Thinking of participants about the presentation has also been laid out.

Also, I have done some advertisement images for NAMI Central Iowa's official facebook page where our peers can know that NAMI Central Iowa is working for their peers to support them in this pandemic situation.

To contact Supriti, you may email her at supriti@namicentraliowa.org

[READ MORE WHAT SHE IS DOING](#)



BECOME A MEMBER OF NAMI-CI

Becoming a member of NAMI-CI is easy.

You can either click the "join online" button below to sign-up online or click "member form to print" to fill out and mail in along with appropriate dues.

[JOIN ONLINE](#)

[MEMBER FORM TO PRINT](#)

NAMI CENTRAL IOWA

The NAMI-CI Newsletter is e-published monthly printed as requested 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. NAMI-CI 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

424 5th St. Ames, IA 50010

info@namicentraliowa.org | 515.292.9400 | www.namici.org

424 5th St.

Ames, IA 50010, United States

Unsubscribe here. No hard feelings!