

FROM THE EXECUTIVE DIRECTOR

Seasonal changes on our mental health can be intense. Changes in the length of day-light, the cooler weather, the amount of exercise we are used to in the warmer weather, and the friends we interact with can all change due to seasonal changes.

To help adjust to the seasonal changes , try these tips:

- Exercise at home. - Walk around your home. Walk up & down the stairs. Daily exercise can help your mental health.
- Set a goal to read some new books. Do a puzzle or make time for the crafts you have wanted to work on.
- Stock up on a variety of favorite coffees, teas or hot chocolate.
- Be mindful of what you eat, for diet affects mental health
- Seek out help if you become too overwhelmed. NAMICI and other agencies are here to help.



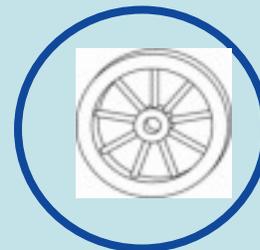
Lisa Heddens
NAMI CI Executive Director

NAMI CI PUBLIC EDUCATION PROGRAMS

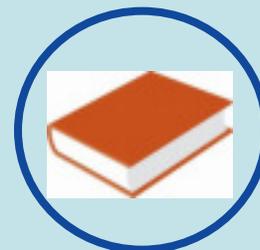
- ◆ **November 13th**— Movie and discussion. 6:30pm Ames Public Library
- ◆ **December 18th**—Arts in Recovery. 7:00pm NAMICI Wellness Center

NAMICI Wellness Center Wish List

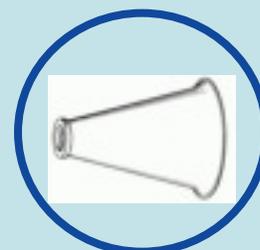
- **Crock pot - 1 large 6qt**
- **Verilux HappyLight Compact Personal, Portable Light Therapy Energy Lamp (Helps our peers with Seasonal Affective Disorder)**



Support



Educate



Advocate

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THANKSGIVING

Wellness Center will be closed Thursday, November 22nd and Friday, November 23rd

2018 NAMI Walk



NAMI Central Iowa
Stepping out of the Shadows

Thank you to everyone who supported our team. We appreciate your assistance in helping us raise awareness and stomp out the stigma associated with mental illness.



NAMI Iowa Executive Director,
Peggy Huppert



No Act of kindness, no matter how small, is ever wasted.— Aesop

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: NAMI CI
Wellness Center
416 Douglas Ave Ste 205
Ames, IA 50010
515-292-9400
namiofci@gmail.com

Time: 7:00 pm

When: 4th Thursday of each month

Iowa Falls

Where: Friendship Club
602 S Oak St
Iowa Falls, IA 50126
641-939-8167
Ask for Mary or Linn

Time: 6:30-8 pm

When: 3rd Tuesday of each month

Newton

Where: St. Luke United Methodist Church
501 E 19th St N
Newton, IA 50208
641-417-9993

Time: 7:00 pm

When: 3rd Thursday of each month

ENDING THE SILENCE

NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental illness.

NAMI Ending the Silence presentations include a lead presenter who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

***Free of cost to schools and communities**

NAMI Ending the Silence for Students: 50-minute presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help.

NAMI Ending the Silence for School Staff: 1-hour presentation for school staff members that includes information about warning signs, facts and statistics, how to approach students and how to work with families

NAMI Ending the Silence for Families: 1-hour presentation for parents and primary caregivers that includes warning signs, facts and statistics, how to talk with your child and how to work with school staff.

Schedule an Ending the Silence Presentation

If you would like to host a NAMI Ending the Silence presentation at your school contact us at: 515-292-9400 or email us at: namiofci@gmail.com



Joan Becker—Author of “Sentenced to Life, the Mark Becker Story” speaks at the 2018 Mental Health Expo Lunch & Learn. Joan also shared her family’s story at the evening portion of Mental Health Expo at ISU.



Post Traumatic Stress Disorder

Traumatic events—such as an accident, assault, military combat or natural disaster—can have lasting effects on a person’s mental health. While many people will have short term responses to life-threatening events, some will develop longer term symptoms that can lead to a diagnosis of Posttraumatic Stress Disorder (PTSD). PTSD symptoms often co-exist with other conditions such as substance use disorders, depression and anxiety. A comprehensive medical evaluation resulting in an individualized treatment plan is optimal.

PTSD affects [3.5%](#) of the U.S. adult population—about 8 million Americans. About 37% of those diagnosed with PTSD are classified as having severe symptoms. And women have higher rates than men.

A diagnosis of PTSD requires a discussion with a trained professional. Symptoms of PTSD generally fall into these broad categories:

- **Re-experiencing type symptoms**, such as recurring, involuntary and intrusive distressing memories, which can include flashbacks of the trauma, bad dreams and intrusive thoughts.
- **Avoidance**, which can include staying away from certain places or objects that are reminders of the traumatic event. A person might actively avoid a place or person that might activate overwhelming symptoms.
- **Cognitive and mood symptoms**, which can include trouble recalling the event, negative thoughts about one’s self. A person may also feel numb, guilty, worried or depressed and have difficulty remembering the traumatic event. Cognitive symptoms can in some instances extend to include out-of-body experiences or feeling that the world is "not real" (derealization).
- **Arousal symptoms**, such as hypervigilance. Examples might include being intensely startled by stimuli that resembles the trauma, trouble sleeping or outbursts of anger.

Young children can also develop PTSD, and the symptoms are different from those of adults. (This recent recognition by the field is a major step forward and research is ongoing.) Young children lack the ability to convey some aspects of their experience. Behavior (e.g. clinging to parents) is often a better clue than words, and developmental achievements in an impacted child might slip back (e.g. reversion to not being toilet trained in a 4-year-old).

It is essential that a child be assessed by a professional who is skilled in the developmental responses to stressful events. A pediatrician or child mental health clinician can be a good start.

*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

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

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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E-mail: namiofci@gmail.com
Website: www.namici.org

