



October 4-10th is mental illness awareness week. Concurrently, October is domestic violence awareness month. According to the National Institute on Mental Health approximately 1 in 5 adults experience mental illness and 1 in 25 adults experience a serious mental illness. According to the National Coalition Against Domestic Violence 10 million men and women are physically abused by an intimate partner each year, 1 in 3 women and 1 in 4 men have been victims of some form of violence from an intimate partner, and on a typical day there are around 20,000 calls to domestic violence hotlines.

Domestic violence can cause an adverse ripple effect on the emotional and psychological state of a domestic abuse survivor. Panic attacks, post-traumatic stress disorder, substance abuse, depression, and anxiety are often ignited by domestic violence. Coping with emotional and psychological traumas often becomes burdensome for survivors and stabilizing basic resources can become strenuous.

Furthermore, while being exposed to a traumatic experience can trigger mental health problems, living with a severe mental illness is likely to increase the vulnerability of a person being abused. According to the King's College institute of psychiatry worldwide study of the link between domestic violence and mental health, compared to those without a mental illness, individuals with depressive disorders are 2.5 times more likely to have experienced domestic violence, individuals with anxiety disorders are 3.5 times more likely, and individuals with PTSD are around 7 times more likely.

It is important for friends, family members, physicians, first responders, and other supports to be aware of these statistics in order to ensure proper care for individuals with mental illness and domestic violence victims.



~Leah DeMarest, M. S.; Executive Director

Free Services Offered by NAMI-CI

DAILY

Support and activities for persons with mental illness at the

**Mental Health Wellness Center,
Monday to Friday, 1-4PM**

WEEKLY

NAMI Connection support group for persons with mental illness:

Thursdays, 2-3:30 PM Wellness Center

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health
3rd Tuesday of the month at 7:00PM
(location varies, see events page)

Support group for family members
4th Thursday of the month at 7:00PM

YEARLY series of educational classes offered for persons with mental illness and for 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

****All activities and the office are located at
416 Douglas Avenue, Suites 203/205
Ames, Iowa**

**Have questions or need help?
Call or email the office at
(515) 292-9400**

namiofci@gmail.com;
<http://namici.org/>



***Fundraiser
Updates: Thank
you for your
support!***

*Our fundraiser at
Orange Leaf on
August 10th raised
\$50 for NAMI Central
Iowa. Yum! Thanks
for participating!*



Garage Sale:

We raised \$1563 at our August garage sale! That includes a generous matching donation from Thrivent Financial. The final total will go up, too, as we are in the process of selling a few valuable items through consignment.



**NAMI Central Iowa
Events
Fall/Winter 2015**

NAMI Central Iowa Presents:

MOVIE NIGHTS

**Tuesday, October 20, Ames Public Library,
Farwell T. Brown Auditorium, 7 pm.**

Voices: an award-winning documentary that features the stark and intimate portraits of three very different individuals and their struggle with severe mental illness in America. These stories illuminate the challenges, realities, and often complex emotions and choices that surround people with psychotic mental illness and those who love them. The 57-minute movie will be followed by a brief panel discussion. This event is co-sponsored by the Ames Public Library to highlight Mental Illness Awareness Week.

**Tuesday, November 17, Ames Public
Library, Farwell T. Brown Auditorium, 7 pm.**

That Which I Love Destroys Me: a unique and powerful film that presents an uncensored look at the current epidemic of PTSD and severe mental trauma that creates tremendous challenges for returning service members. The film follows two Special Operations soldiers as they return home after fighting in the Middle East to face a new battle, the effects and stigma of PTSD. In cooperation with the Story County Veteran Affairs Office, we are proud to offer this program to honor our veterans' service. A short discussion will follow the 67-minute film.

NAMI Walk is This Week!

Date: Sat Oct 03 2015

Distance: 5K

Check-in: 8:30 am

Start Time: 10:00 am

Location: Iowa Farm Bureau ([5400 University Avenue in West Des Moines](#))

Donate to NAMI Central Iowa online at:
namiwalks.nami.org/ldemarest

Or, mail donations to:

NAMI Iowa

3839 Merle Hay Rd., Ste. 226
Des Moines, Iowa 50310

*(Be sure to write **NAMI Central Iowa**
in the memo line of your check.)*

*If you are interested in walking or
sponsoring, please contact the office
at 292-9400 or namiofci@gmail.com.*





NAMI Central Iowa
 416 Douglas Ave Suite 203
 Ames, Iowa 50010

Change Service Requested

October 2015 Newsletter

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). 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 of NAMI, the [National Alliance on Mental Illness](#).



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.

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

___ Family/Individual	\$ 35.00*
___ Limited Income	\$ 3.00
___ Extra donation	\$ _____

*Includes \$15 Local/\$10 State/\$10 National

Member Information

Name _____

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___ Check here to receive newsletter by email