

FROM YOUR EXECUTIVE DIRECTOR

The Ripple Affect...

When one chooses to share their personal and authentic experience with a brain disorder, many times we doubt that it makes a difference. I am here today because of one woman sharing her mental health journey with me.

A RIPPLE...Because of her, I stepped out in faith with what courage I could muster and finally, after a 20+ year battle (no, I am NOT telling you my age!). I finally accepted that I had a mental illness and asked for help. .

A RIPPLE...Because of her, my life was on the road to recovery.

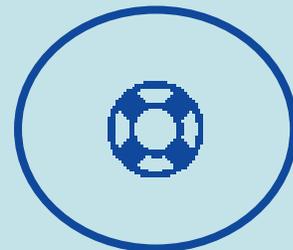
A RIPPLE...Because of my recovery successes and failure, I have shared my lived experience with family and close friends.

A RIPPLE...Because they have heard my story they have been brave and found help...

Another RIPPLE...Please consider being a part of this Ripple Effect by taking a training, attending a support group, volunteering or advocating for NAMI Central IA! You are a part of the next ripple! Time to get your toes wet!

Sharing help-sharing hope,

Angela Tharp



Support



Educate



Advocate

INSIDE THIS ISSUE

NAMI Iowa Trainings.....	2
Family Support Groups.....	2
October Events.....	3
Mental Illness Awareness Week.....	4&5
Wellness Center Updates.....	6
NAMI CI in the Community.....	7
Become a Member.....	8

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

Follow us on

Facebook: NAMI Central Iowa
Instagram: namicentraliowa

READY TO LEARN? Register for one of these trainings



Are you a parent or other primary caregiver of a person who exhibited mental illness symptoms prior to age 12 (the formal diagnosis may have been made years later, but symptoms appeared prior to age 13)? Would you like to help other parents or caregivers? If so, please call or email us about this upcoming training! RSVP by 10/11/2019.

WHEN: October 26 & 27 | **WHERE:** Holiday Inn & Suites Urbandale, IA



NAMI Provider is a five-session staff development program for health care organizations that provide services for people affected by mental illness. The primary goal of the program is to promote collaboration between the client, their family and health care staff. If you are an adult in recovery with a mental illness, or a family member or partner of a person with mental illness, or a mental health professional who is also a family member of someone with a mental illness or have a mental illness yourself, this training is for you! RSVP by 10/9/2019.

WHEN: October 18 & 19 | **WHERE:** Holiday Inn & Suites Urbandale, IA



Do you want to help someone by sharing your own story and journey with a brain disorder/mental illness? If so, this training opportunity might be for you! RSVP by 10/11/2019.

WHEN: November 16th | **WHERE:** Iowa City, IA

These training's are free with stipends issued for mileage, food and/or hotel if applicable.

Call 515-292-9400 or email namiofci@gmail.com to RSVP

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. You are NOT alone.

AMES

Where: 424 5th St. 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

You Are Invited

Boone County Mental Health Awareness Day

October 25, 2019 | 9:30-3:00 pm

Registration 9:00 am | Cobblestone Inn and Suites

Boone, IA

Topics to be shared:

Human Trafficking

A Mother's Story-Angela Tharp

Family Perspective of Trauma

Ending the Silence/NAMI Central IA

Lunch will be provided

Please RSVP to kim.schomaker@cicsmhds.org

October Education Night

NAMI Central Iowa invites you to Celebrate World Mental Health Day with a Movie & Movie Theater Popcorn & Refreshments

Movie: A Beautiful Mind with discussion following

Thursday October 10th | 6:00-8:30 PM | Ames Public Library

A **Beautiful Mind** is a 2001 American biographical drama film based on the life of John Nash, a Nobel Laureate in Economics. The film was directed by Ron Howard, from a screenplay written by Akiva Goldsman. It was inspired by a bestselling, Pulitzer Prize-nominated 1998 book of the same name by Sylvia Nasar. From the heights of notoriety to the depths of depravity, John Forbes Nash Jr. Experienced it all. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery.



What is the mental illness in a Beautiful Mind? **Schizophrenia**

According to the National Institute of Mental Health, schizophrenia is a “chronic and severe mental disorder that affects how a person thinks, feels, and behaves” and causes people to seem as if they are “out of touch with reality”.

Why Care? Mental Illness Awareness Week

nami.org/miaw

OCTOBER 6-12

Share why you care, be informed and get involved!

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the county have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

The Ripple Effect Of Mental Illness

Person

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 19.3% of U.S. adults with mental illness also experienced a substance use disorder in 2018 (9.2 million individuals)
- The rate of unemployment is higher among U.S. adults who have a mental illness (5.8%) compared to those who do not (3.6%)
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers

Family

- At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue
- Caregivers of adults with mental or emotional health issues spend an average of 32 hours per week providing unpaid care

Community

- Mental illness and substance use disorders are involved in 1 out of every 8 emergency department visits by a U.S. adult (estimated 12 million visits)
- 20.1% of homeless individuals in the U.S. experience serious mental illness
- 37% of people incarcerated in the state and federal prison system have a diagnosed mental illness
- 70.4% of youth in the juvenile justice system have a diagnosed mental illness
- Mood disorders are the most common cause of hospitalization for all people in the U.S. under age 45 (after excluding hospitalization relating to pregnancy and birth)
- 41% of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder

World

- Across the U.S. economy, serious mental illness causes 193.2 billion in lost earnings each year
- Depression is the leading cause of disability worldwide

** Source: nami.org

Ways to take action

Support

- Become a member of NAMI Central Iowa
- Go to nami.org and share the “Why Care” movement
- Become a volunteer at the NAMI Wellness Center | Facilitate a support group | Lead a leisure activity
- Join the Stigma Free Campaign at <https://www.nami.org/stigma>

The StigmaFree campaign is NAMI’s effort to end stigma and create hope for those affected by mental illness. Through powerful words and actions, we can shift the social systemic barriers for those living with mental health conditions.

Educate

- Become a facilitator of a NAMI class
- Schedule a NAMI Ending the Silence Program to come to your school
- Schedule a NAMI program at your work
- Schedule a NAMI presentation at your church
- Schedule a NAMI presentation in your civic group

Advocate

- Share your own mental health journey
You have an authentic voice. You can make a difference for yourself and others by sharing your experiences and perspective. What has helped? What hasn’t? What has been most discouraging about your condition? What has given you hope? There are all sorts of things you know that other people want to know—you are not alone.
- Take action on policy changes
Policy change is one major way we can make a difference in the lives of people living with mental health conditions and their families. By having an active presence on priority issues advocacy can help protect people’s access to treatment and services, attaining mental health parity, and securing better funding for research.



October Wellness Center activities you don't want to miss!

- **October 1st** | We are starting a walking group from 12:30pm-1pm Monday through Friday
- **October 2nd** | Noon-2pm Ames residents are welcome to join Ames Mayor and Ames City Council for annual Mayor's Downtown Healthiest State Walk. Participants gather in front of City Hall.
- **October 10th** | World Mental Health Day! Join us at the Library see page 3 for more information.
- **October 11th** | National Coming our Day. Annual LGBTQIA or an Ally, 2pm-9pm at the Workspace, Memorial Union 2229 Lincoln Way, Open to all ages.
- **October 15th** | Calendar Crew meets at 3:30 pm. Come and be part of the Wellness Center Activity Planning.
- **October 25th** | Boone County Mental Health Awareness Conference. RSVP by 10/18 to kim.schomaker@cics.mhds.org

Wellness Center Update



As we reflect on the last few months in our Wellness Center we are extremely grateful for the support and hard work of the volunteers and donors that have helped make our Wellness Center feel like a home. Although the newness of the Wellness Center is wearing off we continue to have new opportunities and

areas of growth. As we expand our activities at the Wellness Center we hope to continue filling our space with our wish list items.

THANK YOU to the following people for funding these gifts:

CICS–Vertical Lift that allows our center to be handicap accessible

Diamond Vogel– Dozens of gallons of paint for our walls

Gail Loy– Tower Fan

Tim Denger– Toaster for the kitchen

United Way–Our beautiful chairs

Anonymous Donor– Rocking Chair Pad



Funding is still needed for this wish list...

(Please only send a check to NAMI CI with the item designation in the memo.)

- Security Monitoring System
- Zen Sand Garden
- Tabletop Waterfall
- Outdoor Bench
- Brochure Stand
- Storage Benches
- Love Seat
- Small Kitchen Table/Chairs

Emotions Anonymous

Writing From a Peer

I have no idea, about much, Seems the more I know, the less I remember. The past has quickly faded and the present isn't all that clear. Seems Fuzziness has taken over, oh boy, what a ride! Pushing through has become a way of life. Pushing to get anything done. Getting off the couch is almost impossible. Pushing, pushing, pushing. Hoping to break this heavy weight off of me. Wanting it to end soon, fearing it will never go away.

NAMI Central Iowa in the Community



Mental Health Expo

NAMI Central Iowa was so fortunate to be a part of the planning committee for this year's Mental Health Expo and sponsoring the lunch and learn. This year we welcomed Jake Sullivan to speak about his mental health journey. It was inspiring to hear the struggles he has overcome with depression and OCD (Obsessive Compulsive Disorder). In addition to Jake speaking, his son JJ also opened up about his current walk through mental illness, and the ways they navigate through obstacles everyday together. Their story continues to inspire and give hope to others affected by mental illness.



NAMI Walks Iowa Celebrated it's 17th year on September 28th at Lake Terra Park. A big thanks to all who came out to raise awareness on mental illness by walking in support of NAMI Central Iowa. It was a beautiful day filled with so many amazing supporters and advocates.



To get more frequent updates on NAMI Central Iowa events or where we are at in the community “like” or “follow” our social media accounts



Facebook:
NAMI Central Iowa



Instagram:
namicentraliowa

FREE SERVICES OFFERED BY NAMI CI

DAILY

Support and activities for persons with mental illness at the Mental Health Wellness Center
Monday to Friday, 12:30-3:30 PM

WEEKLY

NAMI Connection Recovery Support Group for persons with mental illness at the Wellness Center
Thursday's 2-3:30 PM

Young Adult Connections
Monday's 4:30-6 PM

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health typically the 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 424 5th St. 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 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.

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.



Becoming a member of NAMI-CI is easy. Just complete this form and mail with appropriate dues to:

NAMI CI 424 5th St. 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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