



Central Iowa

Hil I'm Lisa Heddens and I am the new Executive Director of NAMI-CI. I am very honored and excited to work for you all in this new capacity. To tell you a little bit about myself, I have lived in Ames for over 30 years and have two adult children, who also live in Ames. I earned my Associates degree in liberal arts from DMACC and my Bachelor's in education from ISU. My career has included substitute teaching, MH/DD advocacy and education, early childhood services and policy making. I have served on various boards such as:

- Mental Health and Disability Commission
- Health Policy Oversight on Medicaid transition
- Council on Human Services
- Westory Fire Department
- Friendship Ark Homes

In my spare time I love to cook, travel, read, watch sports and spend time with family and friends. Margaret Mead once said:

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

Ever since I was a little girl I knew I wanted to help others. I have a passion to work in the mental health arena and look forward to bringing my skills and vision to support, educate and advocate for those affected by mental illness to NAMI-CI.

Please feel free to contact me at 515-292-9400 or at namiofci@gmail.com

Lisa Heddens

NAMI CI Executive Director



Free Services Offered by NAMI Central Iowa

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

Thursday 2-3:30PM 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 online)

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

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

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

Have questions or need help?

Call or email the office at

(515) 292-9400

namiofci@gmail.com

namiofci.org

Let others know that there is hope and understanding. You can change the way the world sees mental health individuals, companies, organizations and others can all take the pledge to learn more about mental illness, to see a person for who they are and take action on mental health issues.

Take the pledge and raise awareness. You can pledge here:
<http://www.nami.org/stigmafree#pledge>

stigmafree



When: Saturday, Sept. 24, 2016 – 8:30 am-10:00 am
Where: Iowa Farm Bureau Lake, Des Moines

Register or donate at <http://www.NAMIwalks.org>. Just search "Iowa" in the "Find a NAMIWalks" box!

Candidates' Forum

NAMI CI is partnering with the Arc of Story County and the Ames Public Library to host a Candidates' Forum on **September 20**. The purpose of this event is to give Story County Board of Supervisors and Iowa Legislative candidates the opportunity to share their positions on issues our community cares deeply about. Our mission is to provide the community with the chance to learn more about each candidate's values and goals so that an informed decision can be made during the election.

The event will take place at the **Ames Public Library** and the schedule will be as follows:

- **6:00 PM** – Meet and Greet
- **6:30 PM** – Questions for Story County Board of Supervisors candidates
- **7:45 PM** – Questions for Legislative candidates
- **8:45 PM** – Event concludes

Please contact NAMI CI Executive Director Lisa Heddens (515-292-9400; namiofci@gmail.com) with any questions or for further information. We hope to see you there!

Summer planning time for NAMI on Campus



Even in the heat of summer, Hannah Nehring, President of NAMI on Campus and NAMI CI Board Member, has been hard at work to prepare for another successful year for the NAMI on Campus club. In January 2016, NAMI on Campus was registered as official Iowa State University (ISU) club. The United Way of Story County recently supported the organizations efforts by providing grant money which can help the student-led, student-run group:

- Raise mental health awareness with fairs, walks and candlelit vigils.
- Educate the campus with presentations, guest speakers and student panels.
- Advocate for improved mental health services and policies on campus

NAMI On Campus is open to all ISU students. For further information contact Hannah Nehring at isunamioncampus@gmail.com

Living United – Start with Mental Health

NAMI CI Board Member Melonie Stall recently wrote a Letter to the Editor to United Way.
Read her inspiring message:

“I recently had the chance to spend an afternoon at The Mental Health Wellness Center in Ames, operated by NAMI of Central Iowa (NAMI CI). That afternoon I heard two stories of hope from two different people.

Hope created because regional social service agencies, medical centers, providers, law enforcement and NAMI CI came together to create tailored programs that worked for these individuals living with mental illness – transforming lives that had been in complete disarray from years of misdiagnoses and under treatment – to lives now lived in stability.

Hope created because United Way chose to invest in a Mental Health Wellness Center in Ames five years ago. The Wellness Center remains a force for creating hope today – providing support, education and advocacy for those living with mental illness.

Hope created, because if we LIVE UNITED, we can change the rules of the game for those living with mental illness. The way persons with mental illness are treated should be no different than that of any other disease, like diabetes or cancer. But it is. Mental illness IS real, and it IS treatable. Every person deserves to have the same tailored treatment plans these two individuals received.

Together let's end the fear, the shame, the stigma and the misunderstanding of mental illness.

Create hope. LIVE UNITED.”



LIVE UNITED



Iowa Peer & Family Peer Support Specialist Training Program

A Family Peer Support Specialist (FPSS) is a parent or primary caregiver of a child with an emotional, behavioral or mental health disorder. They work with families who also have children identified with a serious mental health disorder.

What: Family Peer Support Specialist (FBSS) Training

When: October 25-27 & November 15-18 (both sessions must be attended in order to complete training)

Where: Gateway Hotel & Conference Center at ISU

****Applications will be taken from August 22-September 23****

For more information or to request an application, visit <http://www.iowapeersupporttraining.org/> and choose the “Trainings” tab.

Round 2: Fast Five with Board members

Gayla Harken

How did you become a board member? *I have been "officially" involved with NAMI-CI for the last year as a board member, but as a former service provider in Story County, found their support and advocacy around mental illness to be a valuable community partner to effect change. In my day to day work life now, I am the Outreach Director for the Iowa Association of Community Providers.*

What do you like to do in your free time? *I have been married to my high school sweetie for 38 years, have two wonderful married daughters, and three very lazy/spoiled cats. We spend as much time as we can with family at Lake of the Ozarks.*

What is your six-word memoir? *Always try to be value added*

Why NAMI CI? *NAMI CI does an amazing job of being relevant and present for all persons in their community whose lives are*



impacted by mental illness. The organization lives the message that recovery is possible and resources and supports are available to anyone who needs them. They are an amazing grass roots organization that genuinely makes a difference.

Julie Saxton

How did you become a board member? *I was asked to be on the board to contribute as the Mental Health Advocate for APD*

What do you like to do in your free time? *I love to cook, be outside, be with my family and friends, read, garden and workout and root for the CYCLONES!*

What is your six-word memoir? *Cares for the world, learns from the journey.*

How would others describe you in three words or less? *Empathetic, easygoing and passionate.*



Sarah Carraher

How did you become a board member? *I have participated in NAMI programs over the years as a person with mental illness, and wanted to become more involved in helping to shape a great organization by offering insight into my own experiences.*



What do you like to do in your free time? *I like to exercise at the gym, hike, ride my husband's motorcycle, bake, journal, study scripture, and have coffee dates with friends.*

What is your six-word memoir? *Sharing my journey to promote change*

How would others describe you in three words or less? *Personable, loving, encouraging*

Why NAMI CI? *I have lived with mental illness for 10 years, and now that I am in a stable, healthy, and happy place in my life I want to share my experiences and encourage others on their recovery journey as well as bring awareness to our community. I also want to help support an organization that has helped me in the past, and is doing great things to provide education and promote a supportive local environment.*

Amber Schaefer

How did you become a board member? *I'm currently serving on another board for a non-profit in the mental health field. I have always felt NAMI is a strong ally in the community and I wanted to be a part of that team!*

What do you like to do in your free time? *I enjoy gardening, playing music (ukulele and piano) and spending time with my friends and family.*

What is your six-word memoir? *Always appreciate friends and family every day.*

How would others describe you in three words or less? *Motivated, reliable, trustworthy*

Why NAMI CI? *I think it's important for people to give back to the community whenever possible. I can't think of a better service to support than NAMI.*





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

Change Service Requested

September 2016 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

<input type="checkbox"/> Family/Individual	\$ 35.00*
<input type="checkbox"/> Limited Income	\$ 3.00
<input type="checkbox"/> Extra donation	\$ _____

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

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2-3:30 Connections	2 1-2:30 Art with Wendie	3
4	5 1-2 Current Events 2-3 Media Discussion	6 1-3 Writing 7-9pm – F2F	7 1-3 Yoga with Marie	8 2-3:30 Connections	9 POTLUCK – Bring your coloring books!!!	10
11	12 Bingo Update 7-9pm – F2F	13 1-3 Writing	14 WRAP Follow up!!!	15 2-3:30 Connections	16 1-3 Becca is coming, with something for us all!!!	17 9am-4pm- Recovery Awareness Workshop
18	19 1-3 Macramé with Glenn 7-9pm – F2F	20 1-3 Writing	21 1-3 Write your own story	22 2-3:30 Connections 7pm – Family group	23 1pm Movie Day “Reign over me”	24
25	26 Bingo Update 7-9pm – F2F	27 1-3 Writing	28 1pm – Eric from the Police department – Bring questions to ask with you!!!	29 2-3:30 Connections	30 Bingo wrap up for the month & prizes	
<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>						

EVENTS