

FROM YOUR NEW EXECUTIVE DIRECTOR

September is settling in. Cool air fills our lungs, the Iowa landscape transforms from green to shades of yellow, red, orange and brown. The sounds of children playing outside for recess fill our neighborhoods. Football & volleyball are in full swing and we begin to accept that fall is here.

September also brings special days, national holidays and various awareness events. Such events that bring me **joy** are:

September 1st: Random Acts of Kindness Day

September 4th: Eat extra dessert day!

September 8th: Hug Your Hound Day

September 18th: Rice Crispy Treats Day!

September 22nd: Dear Diary Day

September 29th: International Coffee Day

As you can tell, anything that celebrates food, kindness, dogs, coffee and writing make my day! Also note, there are many causes that are in September, such as:

Alzheimer's Awareness Month

National Recovery Month

Cholesterol Awareness Month

National Guide Dog Month

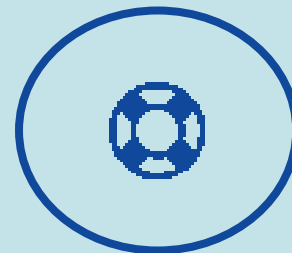
Baby Safety Month

National Preparedness Month

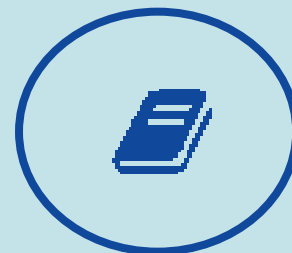
At NAMI Central Iowa, we are featuring Suicide Prevention Awareness Month. And, September 10th is Suicide Prevention Day. I know this day and month existed prior to the year 2014, however, I honestly had not paid attention. After our middle son died by suicide, this day and month have become extremely important to me. When my world as I knew it was shattered by suicide, I met too many others who have experienced this same traumatic pain. It became a personal mission to be a voice of hope, a voice of help, a voice that helps end the silence about mental illness.



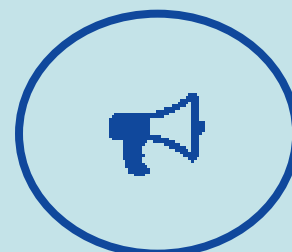
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Support



Educate



Advocate

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

Follow us on

Facebook: [NAMI Central Iowa](#)

Instagram: [namicentraliowa](#)

As a family, we were influenced by the negative stigma that surrounds mental illness. We didn't know who we could talk to, we didn't know all of the resources that existed (besides a doctor and a counselor). We felt alone. We felt hopeless. We felt misunderstood.

Today, as a family we get up each day, suicide prevention hotlines and resources in hand and trust that we can be that someone to help make a difference – even in just ONE PERSON'S LIFE.

If **one family** does not experience the tragedy that we did, our mission was successful!

Today, in 2019, there are many more resources that exist compared to those in 2014. One amazing resource is the 24-Hour Crisis Line/Mobile Response through our partner agency, CICS (Central Iowa Community Services). Today, more and more FREE classes exist to train YOU to become a leader of a NAMI educational program. NAMI Ending the Silence, NAMI Family to Family, NAMI In Our Own Voice, NAMI Basics, NAMI Peer-to-Peer . . . these educational programs can help those with mental illness and those who care for a family member or friend with mental illness. These programs open up the lines of communication which then open up hearts to hope.

Please consider how YOU can help spread awareness about our services at NAMI Central Iowa. Please consider if it is time for YOU to become a trained leader in one of these programs. We need more volunteers to step up and break the stigma. These programs are needed in all 11-counties we serve.

Can I challenge you to make September the month that YOU help bring Prevention and Awareness resources to those around you?

I am here to help you move in that direction! I am here to bring those resources to you! Together we can bring awareness to someone who needs these resources NOW.

Sharing help ~ Sharing hope,

Angela Tharp

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: 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

Open House was a Success!

Thank you to all who came out and supported NAMI Central Iowa at our Ribbon Cutting and Open House event. It was a night surrounded by over 100



community members, staff, volunteers, and board members in appreciation for NAMI Central Iowa. We are so thankful to those who have supported us for 40 years and grateful for the progress we continue to



make! Our progress would not be possible without the ongoing assistance from YOU, our volunteers, supporters and generous donors.

The next 40 years of NAMI Central Iowa will be determined by our action. We encouraged everyone to ask themselves “How will I make

a difference for NAMI Central Iowa?” To help you find your calling, you can tear off and send the CALL TO ACTION sheet in the right hand column. How will YOU make an impact?



CALL TO ACTION

Tear Off and Send back to NAMI CI at
424 5th St. Ames, IA 50010

I want to be a part of NAMI Central Iowa's Future!

NAME:

Phone:

Email:

City:

Support

- I will become a dues paying member
- I will donate money towards a WISH LIST item
- I will buy an Andy's Cheesecake Recipe Book
- I will give my time helping with administrative office needs
- I will give my time by sharing my hobbies/leisure interests with peers at the Wellness Center

Educate

- I want to become a trained leader of a NAMI educational class
- I want to facilitate a support group
- I want to participate in a NAMI educational class
- I want to share my personal journey with mental illness
- I want you to speak at my business/school/church/community organization

Advocate

- I want to join the STIGMA FREE campaign-send me the link
- I want to help voices be heard through legislation
- I will tell others about NAMI & the services we offer
- I am not sure where I can help, but please call me!

SUICIDE PREVENTION AWARENESS MONTH

[One conversation can change a life.]

Learn more about
what you can do as an
individual, friend or
family member.



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

National Suicide Prevention Week is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

World Suicide Prevention Day is September 10. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

Learn More

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

It can be frightening if someone you love talks about suicidal thoughts. It can be even more frightening if you find yourself thinking about dying or giving up on life. Not taking these kinds of thoughts seriously can have devastating outcomes, as suicide is a permanent solution to often temporary problems.

According to the CDC, suicide rates have increased by 30% since 1999. Nearly 45,000 lives were lost to suicide in 2016 alone. Comments or thoughts about suicide—also known as suicidal ideation—can begin small like, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous.

Warning Signs

- Withdrawal from friends, family and community
- Impulsive or reckless behavior
- Collecting and saving pills or buying a weapon
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family
- Giving away possessions
- Dramatic mood swings
- Aggressive behavior
- Increased alcohol and drug use

Be Prepared

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning.

There are a few ways to approach a suicide-crisis:

- Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?"
- Remove means such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, like "Can I help you call your psychiatrist?"
- If there are multiple people around, have one person speak at a time.
- Express support and concern
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- Be patient

Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or an experiencing difficult or suicidal thoughts, call the **National Suicide Hotline at 1-800-273-8255**
- If you are uncomfortable talking on the phone, you can also **text NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- Use local resources available to you such as mobile crisis or therapist. .

24-Hour Crisis Line/Mobile Response are services through CICS (Central Iowa Community Services). The CICS 24 Hour Crisis Line provides support on the telephone, day or night, for people looking for immediate help with their emotions or mental health.

If an individual lives within the CICS region they may be connected with the Mobile Response team through the 24 Hour Crisis Line. Mobile Response is a team of professional that can provide on-site, face-to-face mental health services for individuals or family experiencing a mental health crisis. They can respond wherever the crisis is occurring— in an individuals home, the community, or other locations where an individual lives, works, attends school, or socializes. To access mobile crisis response, call the Central Iowa Crisis line at 844-258-8858.

**24-HOUR CRISIS LINE/
MOBILE RESPONSE
844-258-8858**

YOU ARE
NOT
ALONE

SUICIDE PREVENTION
AWARENESS MONTH

nami.org/suicideawarenessmonth



September 28th, 2019

8:30 AM

Terra Lake Park

6300 Pioneer Parkway

Johnston, IA



Join NAMI Walks to help raise awareness of mental illness and help promote NAMI programs that aim to educate advocate and support those who are affected by mental illness.

For more information or to join our team , Stepping Out of the Shadows, copy link below

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.teamParticipants&teamID=32019>

or contact NAMI CI at 515-292-9400 or by email at officeassistant.namici@gmail.com



Family-To-Family Fall Class

Gain community resources and support from those who relate to your experience.

**September 23rd-
December 2nd, 2019
Mondays | 6:30-9:00 PM**

NAMI Family-to-Family class is an education program specifically for family members and friends of adults who live with mental illness.

As a loved one of a person with mental illness, you face unique challenges: social stereotypes and stigma, complex family dynamics, unpredictable aspects of the illness.

It can be overwhelming. Our program helps you.

NAMI Family-to-Family gives you information, crucial resources, and access to a community of people who relate to your experience.

What should I know?

- Open to adult (18+) family members and friends of people who live with mental illness.
- Meets for 11 sessions.
- Free of cost to participants.
- Taught by trained family members of people living with mental illness.
- Includes presentations, interactive exercises and group discussions.

Sign up for a location most convenient for you.

Marshalltown

Mid-Iowa Triumph Recovery Center
204 E. Linn St. Suite A. | Marshalltown, IA

Ames

NAMI Central Iowa Wellness Center
424 5th St. | Ames, IA

**For more information or to register contact NAMI Central Iowa at
515-292-9400 or namiofci@gmail.com | Final registration due September 13th, 2019**

STORY COUNTY MENTAL HEALTH EXPO 2019



Monday, September 16, 2019

6:00 – 8:30 PM

ISU Memorial Union – Great Hall

FREE and open to the public!

Refreshments * Free parking in the MU ramp * Door prizes
6:00-7:00 PM Local Resource Fair | 7:00 PM Keynote Speaker + Q&A

FEATURING KEYNOTE SPEAKER, JAKE SULLIVAN!

Jake Sullivan was a Top 100 Basketball recruit out of High School & played college basketball at Iowa State University from 2000-2004. While at Iowa State, Jake won Big 12 Freshman of the year honors, was a 3-time All-Big 12 selection, 3-time Academic All-American, and was voted to the All-Century Team at Iowa State; recognizing the top 10 players in the 100-year history of Iowa State basketball. Since that time, Jake has founded two non-profits, is married and has six children.

In the midst of various accomplishments on and off the basketball court Jake has found victory in his battle with depression and obsessive-compulsive disorder. The journey with mental illness has been a foundational experience that has driven Jake to provide hope to those in the midst of deep pain and suffering.



 storycountymhexpo.com

 Mental Health Expo-Ames IA

Upcoming Teacher Training!



WHEN:

October 26-27, 2019
Sat – 8am to 5:30pm
Sun – 8am to 4pm

WHERE:

Holiday Inn & Suites
4800 Merle Hay Rd
Urbandale, IA

TO APPLY: Deadline to apply October 4, 2019.
Email namiofci@gmail.com or
call (515) 292-9400 for an application.

TO LEARN MORE:

nami.org/Find-Support/NAMI-Programs/NAMI-Basics

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

- **Labor Day-Wellness Center Closed**
- **Mondays**-Young Adult Connection Group 4:30-6:00 PM
- **Tuesdays** Wood Burning 1:00-3:00 PM
- **Wednesdays**-Writing Group 1-2:30 PM
- **Thursdays**-Connections 2:00-3:30 PM
- **September 6th**-Waffles & BINGO
- **September 13th**-Ham Sliders & Theresa on Nutrition
- **September 16th**-Mental Health Expo
- **September 20th** Pepperoni Pizza Day & Yoga
- **September 23rd**-Movie Monday
- **September 27th**-Spaghetti and Meatballs & Wii Tourney
- **September 28th**-Join us for NAMI Walks at 8:30 AM at Terra Lake Park | Johnston, IA

NAMI Central Iowa's First Forty Years

Writer: Deb Neihoff

In the 1970's, a group of parents from Central Iowa whose adult children were living with schizophrenia met regularly to support one another. At that time, unfortunately, family members, and especially mothers, were blamed for the illness. This group of parents, which included Marge and Milt Allison and Lucy Duitscher along with others, were determined to educate the public about the facts: that mental illness is a brain disorder. As Marge used to explain to anyone who would listen, "The brain is an organ of the body. It can have a disorder, or illness, just like the heart, the liver, or the kidneys can."

The group organized as a non-profit in 1979, in what would become NAMI Central Iowa. They soon embraced the NAMI mission of educate, support, and advocate. They had a board and began offering educational programs for the public, support groups for parents, and started advocating with local and state legislators for the needs of their loved ones.

During the 1990's the group heard that funding was available for non-profits, and they decided to hire their first Executive Director, Frederica Zuerner. Frederica was part-time and worked from her home.

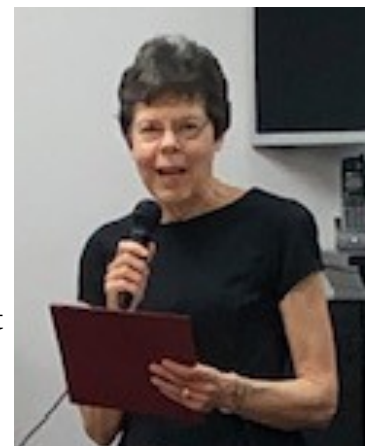
The story becomes personal for me in 1999, as I turned to NAMI Central Iowa when a family member became ill with bipolar disorder. I received education and support, and soon became involved by training to be a Family to Family teacher. NAMI Central Iowa was among the first affiliates in Iowa to offer the Family to Family class, and I estimate that over 500 family members have taken the class here in the last 20 years.

Fran Berger became the next Executive Director. She also worked part-time and started out in her home, but soon moved to a small office in the Annex on Sheldon Avenue. During the early 2000's, NAMI became more involved with other groups who also were working for the welfare of individuals living with mental illness, including the Richmond Center, Mary Greeley Medical Center, Ames City police, and others. This kind of cooperation and communication is still vital today.

Also during this time, individuals living with mental illness began advocating for themselves. Some of these peers were trained to lead the NAMI Connection Peer Support Group, and weekly meetings began to be held. These continue to provide hope and support on a weekly basis.

In 2007, I took over from Fran as part-time Executive Director. Very early on, a group of peers began talking about starting a Mental Health Wellness Center here in Ames. Wendie Cooper and I attended a NAMI National Convention in San Francisco where we learned about other NAMI groups that were offering art classes and writing classes. By 2010 we had volunteers leading these groups here, and NAMI Central Iowa began to seriously consider getting a center started here in Ames. We visited a center in Dubuque which was run by peers, and decided that would be our model. We had a trial run in the fall of 2011 in a church Fellowship Hall, and by January of 2012 we had signed a lease with the Historical Society for space in their building. The rest, as they say, is history. For the last 8 years the Wellness Center has been open every weekday afternoon, offering art, writing, support groups, and much more, under the direction of peer coordinators.

I mentioned the names of our founders and early executive directors, but I want to emphasize that this organization would not be here doing what it does without the support and work of board members, family members, peers, and our many funders, both past and present. A lot of hard work and many prayers have been offered for this organization, and it's such a joy to stand here tonight and celebrate the last 40 years!



NAMI Central Iowa in the Community

Stigma-Free: NAMI Teams with Coe College

On August 19, 2019 over 430 Coe College freshman learned about mental health and ending stigma, and signed the STIGMA FREE Banner. Our very own NAMI on Campus Iowa State Student, Leah Beman, helped talk about emotional first aid and having STIGMA FREE zones on college campuses.



Copy Link below to watch video of the event courtesy of KCRG Channel 9 News:

<https://www.kcrg.com/video/?vid=554913112>

A New Support Group!

Support Group Update: In addition to our regular Connection group held on Thursdays 2:00-3:30 PM, NAMI Central Iowa is now hosting a **Young Adults Connection Group (ages 18-35) on Mondays 4:30-6:00 PM** at the NAMI CI Wellness Center | 424 5th St. Ames, IA.

NAMI Connection

RECOVERY SUPPORT GROUP FOR ADULTS WITH MENTAL HEALTH CONDITIONS

- Held weekly for 90 Minutes
- Taught by two trained facilitators living in recovery themselves
- Designed to connect, encourage and support participants using a structured support group model
- Offers respect, understanding, encouragement and HOPE

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

Monday 4:30-6 PM (Young Adults)

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 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

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



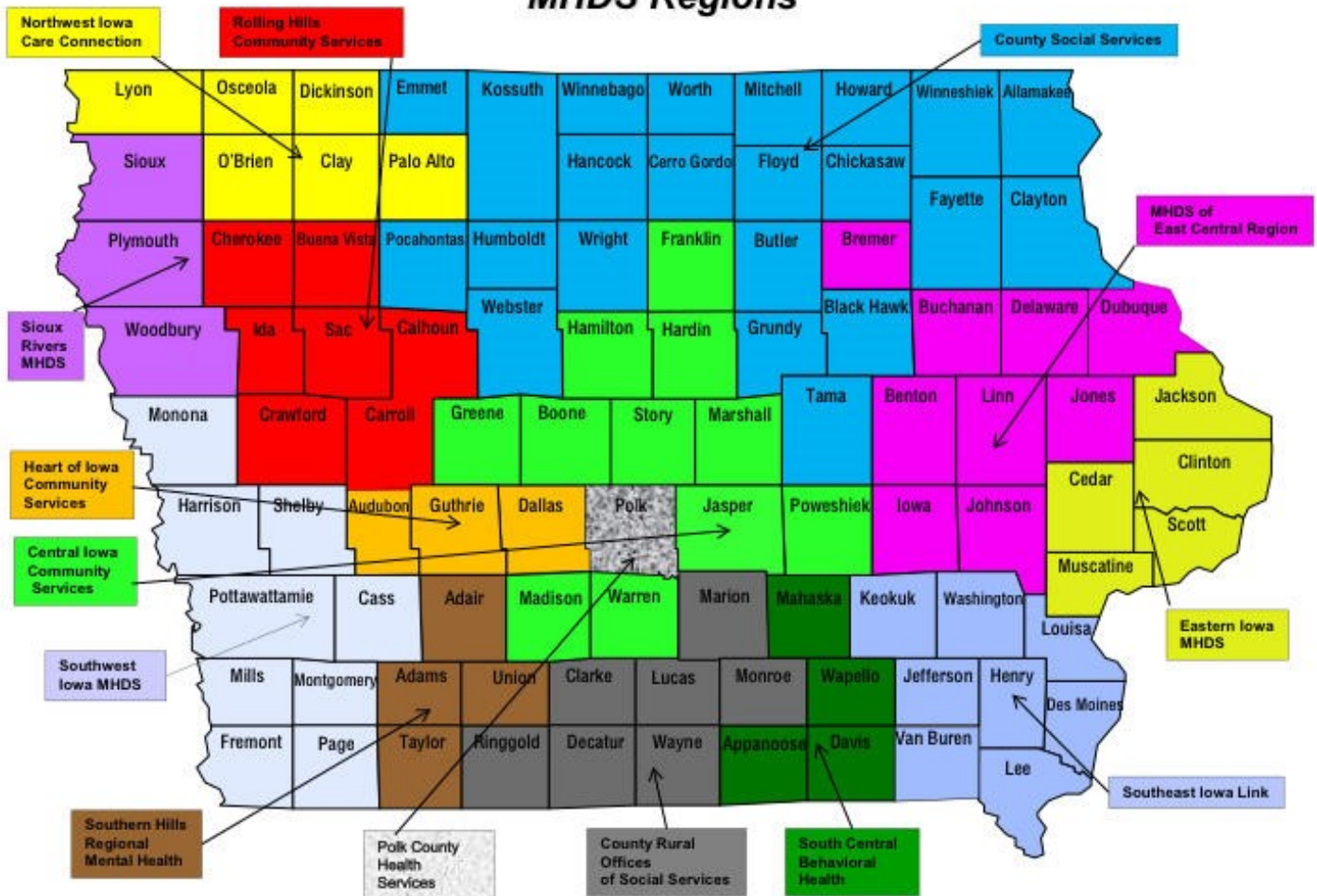
Facebook:
NAMI Central Iowa



Instagram:
namicentraliowa

What Mental Health Region are you in?

MHDS Regions



Knowing what Mental Health Region you are in can be beneficial for narrowing down the appropriate services most convenient for you. **NAMI Central Iowa** serves the **CICS** (Central Iowa Community Services) Mental Health Region, which includes Franklin, Hamilton, Hardin, Greene, Boone, Story, Marshall, Jasper, Poweshiek, Madison, and Warren county. Although NAMI Central Iowa only serves the CICS region, we can help locate a NAMI affiliate in other areas we well. NAMI (National Alliance on Mental Illness) is a national program, therefore they are located in other parts of Iowa, and in many other states. If you are located within the CICS Mental Health Region please see contact information below for the nearest CICS office to you.

- Boone County** – Where : 900 W 3rd St. Boone, IA | Phone: 515-433-0593
- Franklin County** – Where: 123 1st. Ave SW Hampton, IA | Phone: 641-456-2852
- Greene County** – Where: 114 N Chestnut St. Jefferson, IA | Phone: 515-386-5686
- Marshall County** – Where: 11 N 1st Ave. Marshalltown, IA | Phone: 641-754-6390
- Poweshiek County** – Where: 200 4th Ave W. Grinnell, IA | Phone: 641-236-9199
- Story County** – Where: 126 S Kellogg Ave. Ames, IA | Phone: 515-663-2930
- Hamilton County** – Where: 500 Fairmeadow Dr. Webster City, IA | Phone: 515-832-9550
- Hardin County** – Where: 1201 14th Ave. Eldora, IA | Phone: 641-939-8167
- Jasper** – Where: 115 N 2nd Ave. E Newton, IA | Phone: 641-791-2304
- Madison** – Where: 209 E. Madison Winterset, IA | Phone: 515-462-2931
- Warren** – Where: 1007 S Jefferson Way Indianola, IA | Phone: 515-961-1068

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 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.



NAMI Central Iowa
424 5th St.
Ames, IA 50010

Phone: 515-292-9400
E-mail: namiofci@gmail.com
Website: www.namici.org

