



National Alliance on Mental Illness

# NAMI Central Iowa

SUPPORT



EDUCATE



ADVOCATE



CONTACT NAMI CI AT 515.292.9400 OR NAMIOFCI@GMAIL.COM

June 2020 | VOLUME 51 | ISSUE 6

celebrating your identity



*a note  
from your  
executive  
director...*

Friends of NAMI Central Iowa,

June has been a whirlwind of a month for NAMI Central Iowa. We began with a "soft" opening at the office and the Mental Health Wellness Center in Ames. We feel we have implemented the best practices at this time to provide a confidential, secure and socially distance center for the peers we serve. We continue to implement our support groups, now offering the opportunity for meetings in-person as well as through ZOOM.

This week we kick-off Family-to-Family and Peer-to-Peer, NAMI's signature educational courses. These will be held in person as well as, through ZOOM.

We had our Annual Meeting and thank the following individuals for joining our NAMI Central Iowa Board by providing their time, talent and treasures to NAMI Central Iowa: Wayne Clinton, Board Co-President; Marty Chitty, Board Co-President; Bill Ehler, Board Treasurer; Leah Beman, Board Secretary Julia Ringhofer, Board ISU NAMI on Campus Liaison; Gail Loy, Board Wellness Center Peer Liaison; Dawn Bowker, Board Member at Large; Paul Daniel, Board Member at Large; JD Deambra, Board Member at Large; Tim Denger, Board Member at Large; Jody Eaton, Board Member at Large; Kenia Fountain, Board Member at Large; Tyler Gotto, Board Member at Large; Hannah Moldovan, Board Member at Large; Andrew Westlake, Board Member at Large and Anthony Wubbon, Board Member at Large. We look forward to featuring these talented individuals in the upcoming NAMI CI Newsletters.

Our intern, Supriti, has been busy compiling our data from surveys as well as helping to launch our NEW NAMI CI website. Terianne & Jennifer, our Peer Support Assistants have spent two weeks in training to become Certified Peer Support Specialists. Our Office Assistant, Vicki, has shared her green thumb, helping us beautify the outdoor neglected flower box, and Royce, our Peer Support Specialist has continued to call peers every week to check in on their mental well-being.

And, while all of that has been happening, we continue to provide resources to those we love and serve. This newsletter is intended to be filled with resources for our all. Mental health does not discriminate on race, gender, socio-economic status, etc. At NAMI Central Iowa, we will continue to provide resources to all. No one is ever alone.

Sharing help - sharing hope, Angela Tharp



**WE ARE OPEN!**

**NAMI Central Iowa Mental Health Wellness Center**

Call to schedule the time that works for you!

Monday's: 10:30am-4:30pm

Tuesday's: 10:30am-4:30pm

Wednesday's: 10:30am - 4:30pm

Thursday's: 10:30am - 4:30pm

Friday: 10:30am - 4:30pm

To reserve your time in the wellness center email:

[info@namicentraliowa.org](mailto:info@namicentraliowa.org)

OR call 515.292.9400

### **Wellness Center Safety Precautions**

We have rearranged the Wellness Center so that we can keep our 6+feet distance from each other. We are limiting space to around 8 peers and NAMI CI staff at one time. We will take your temperature upon arriving. If you have a temperature of 100.4 degrees or higher, we cannot permit entrance. We require that you wear a mask over your nose and mouth at all times while present with others in the Wellness Center. We ask that you use hand sanitizer or wash your hands in the restroom before participating. Only staff will be allowed in the kitchen at this time. We will still offer individually wrapped snacks and will provide beverages. Appointments preferred, but not necessary.

Thank you for your understanding!



### **HARDIN COUNTY FRIENDSHIP CLUB DROP-IN CENTER**

The Hardin County Friendship Club will reopened June 8th with several safety measures. They are asking individuals to sign up for a day each week and trying to assure we they not have more than 10 / day. We will require masks and will take temps upon arrival.

### **WEBSTER CITY | THE ROUNDHOUSE**

The Roundhouse has opened! Please contact them for additional information.

### **MARSHALLTOWN**

### **MID-IOWA TRIUMPH RECOVERY MENTAL HEALTH DROP-IN CENTER**

Follow on Facebook or call (641) 751-4-7656

Not meeting at the center, however, are starting to schedule community outings.

### **GRINNELL | STATION CLUBHOUSE**

Call for more information: (641)236-5325

### **BOONE | THE ROSE CENTER**

Open at 50%. For more information call Call (515) 298-4394 & follow on Facebook.



## **A Vulnerable Population: People with Serious Mental Illness**

*By Royce Stockton, Certified Peer Support Specialist for NAMI Central Iowa*

A serious mental illness is one which has a major, negative impact on one or more areas of a person's life. These areas include housing, nutrition, transportation, medical care, education, employment, social life and family relationships. Several factors influence the number of areas affected and the extent of the influence. The relationships with family, economic status, severity of the illness, and the amount of stigma present all can have major negative impacts.

Our brains are programmed to group similar things and to notice differences between items in a group. These are part of our default settings. But with effort we can override them to consider if there are additional observations that should be examined. Many times our biases stem from the first time we come across or are told about characteristics applied to people. We then generalize to apply the characteristics to groups, race, gender, religion, vocation and many others. Our default settings and tendency to generalize can result in stigma.

The NAMI Central Iowa Wellness Center serves a variety of adults with serious mental illnesses. It's important to remember that the severity of the symptoms of any chronic illness is fluid so peers' needs also change over time. Many of our peers do not have stable, supportive relationships with family for a variety of reasons. Some family members believe that mental illness is a sign of a poor relationship with God. Some think that it results from the individual's own choices. Many are open to assisting their loved one but do not have the best tools. Some symptoms of mental illness cause the sufferers to distrust the family. Whatever the reason(s) lack of family support can increase a peer's vulnerability to poor housing and homelessness. Food supply may not be consistent and medical and

housing and homelessness. Food supply may not be consistent and medical and prescription co-pays may be unaffordable. Lack of family support and acceptance make the recovery process more difficult.

After a serious episode of their mental illness individuals take several months to several years to recover. The outcomes vary from complete return to employment or school to limited or no employment. This reduces income and independence. Their view of themselves and their life goals change. Most of our clients can not afford to own and maintain a vehicle so they rely on public transportation. In Ames this is doable but time consuming. In many smaller towns public transportation is extremely limited.

Lack of discretionary income and transportation can make socializing difficult and limit entertainment opportunities. For some technology is limited to a basic cellphone and many cannot afford cable and an internet connection. Our peers are at risk for isolation which shrinks their world and causes additional mental health problems.

Finally, people with a mental illness are frequently doubted by medical providers about physical symptoms and when their complaints are disregarded medical conditions may go undiagnosed and untreated.

The Wellness Center started as a way to encourage every peer to seek physical, mental and spiritual health. Peer support specialists are people with the lived experience of a serious, chronic mental illness who have reached a stable place on the road to recovery and have experience in advocacy and training in providing support and knowledge to other peers with mental illnesses.

*NAMI Central Iowa's Wellness Center in Ames and our other Mental Health Drop-In Centers across counties we serve are funded by generous agencies and donors like you! Thank you!*



## June is National Pride Month

by NAMI CI Peer Support  
Assistant, Terianne Marsh

# NAMI's COMMITMENT TO DIVERSITY, EQUITY & INCLUSION

by Terianne Marsh, Peer Support Assistant for NAMI Central Iowa

June is National Pride month. This means standing up for our identities and those who we love. Many people struggle with coming out as who they truly are; whether that is Lesbian, Gay, Transgender, or another identity. Here are some short articles about the struggles of the LGBTQ+ community and how you can make a difference this year:

### *Cultivating Self-Acceptance in The LGBTQ Community*

<https://www.nami.org/Blogs/NAMI-Blog/July-2019/Cultivating-Self-Acceptance-in-The-LGBTQ-Community>

"...being young and part of a culture that validates strength and beauty from the outside in, the concept is harder to achieve. It's one thing to look around and see people through the lens of what they show us from the outside, but another to fully accept and embrace someone wholeheartedly and unconditionally for who they are on the inside."

### *Mental Health Challenges in the LGBTQ+ Community*

<https://www.nami.org/Blogs/NAMI-Blog/July-2019/Mental-Health-Challenges-in-the-LGBTQ-Community>

"It's important to recognize the challenges of coming out and the possible lack of family or chosen-family support. Health care providers must also address implicit bias and stereotyping."

### *It's Time to Talk About Suicide in LGBTQ*

## *Communities*

<https://www.nami.org/Blogs/NAMI-Blog/September-2017/It-s-Time-to-Talk-About-Suicide-in-LGBTQ-Communiti>

"Stigma—along with homophobia and transphobia—is likely what leads to this community's disproportionately high rates of suicide. A 2015 review found that lesbian, gay and bisexual individuals are four times more likely to attempt suicide than heterosexual people. In transgender communities, those rates are even higher: 43% of transgender people have attempted suicide in their lifetime."

### *The LGBTQ Community Wears Mental Resiliency with Pride*

<https://www.nami.org/Blogs/NAMI-Blog/October-2016/The-LGBTQ-Community-Wears-Mental-Resiliency-with-P>

"According to statistics from the Canadian Mental Health Association (CMHA), there are "higher rates of depression, anxiety, obsessive-compulsive and phobic disorders, suicidality, self-harm, and substance abuse" among the LGBTQ community. They have double the risk for post-traumatic stress disorder (PTSD) than individuals who identify as heterosexual. The CMHA also states, "77% of trans respondents in an Ontario-based survey had seriously considered suicide and 45% had attempted suicide.""

### *Gay Pride Month: Coming Out for Mental Health*

<https://www.nami.org/Blogs/NAMI-Blog/June-2012/Gay-Pride-Month-Coming-Out-for-Mental-Health>

"...the FAP team has been working with Latino and other families with LGBT children for the past decade to develop a new family model to help families support their LGBT children. This new approach shows ethnically and religiously diverse families how to reduce their gay or transgender children's risk for mental health problems and how to promote their well-being by engaging in supportive behaviors. By empowering Latino and other families with this new info, FAP has been able to show that parents and caregivers can learn to support their LGBT children once they learn how their reactions affect their LGBT children. This approach helps increase family support for young people with underlying mental health concerns. It also prevents homelessness and placement in foster care and juvenile justice programs that include high rates of LGBT out-of-home youth."



**MENTAL HEALTH RESOURCES for  
those struggling with their  
LGBTQ+ identity**

*YOU ARE NOT ALONE*

## **Trevor Lifeline**

**1-866-488-7386**

The Trevor Lifeline is staffed by trained counselors to provide support for you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now at 1-866-488-7386.

Or

**Text START to 678-678**

TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages.

**Trevor online chat**

<https://www.thetrevorproject.org/get-help-now/>

TrevorChat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth.

## **LGBT National Hotline**

**888-843-4564**

They provide a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more. The LGBT National Hotline is staffed by highly trained volunteers who identify somewhere on the LGBTQ spectrum, from all ages, walks of life and from all over the United States.

# LGBT National Help Center

<http://www.glbtnationalhelpcenter.org/>

They are serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer-support and local resources. All calls and online services are provided by highly trained LGBTQ volunteers.

## Online Peer Support Chat

<http://www.glbtnationalhelpcenter.org/>

The online peer support chat is a space online that is anonymous and confidential where you can connect with a trained LGBTQ peer support volunteer to have a conversation about many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more. Along with peer support, listening and affirmation, their volunteers are supplied with the largest LGBTQ resource database in the US ([www.LGBTNEARME.ORG](http://www.LGBTNEARME.ORG)) for those who are seeking additional support and ways to connect with their local community.

### CHAT HOURS:

Monday thru Friday from 1 pm - 9 pm, *pacific time*  
(Monday - Friday from 4 pm to midnight, *eastern time*)  
Saturday from 9 am to 2 pm, *pacific time*  
(Saturday from noon to 5 pm, *eastern time*)

## Trans Lifeline

**1-877-565-8860**

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Their operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, feel free to utilize their services. They do their best to support you and provide you resources. They believe that some of the best support that a trans person in crisis can have is a fellow member of your community with shared lived experience.



## **Black Mental Health Resources**

*There are a variety of mental health resources available for people of color, we have provided a few examples below. Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources. CLICK on each title to be connected to the resource.*

### ***Black Emotional and Mental Health Collective (BEAM)***

*Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.*

### ***Black Men Heal***

*Limited and selective free mental health service opportunities for Black men.*

### ***Black Mental Health Alliance - (410) 338-2642***

*Provides information and resources and a "Find a Therapist" locator to connect with a culturally competent mental health professional.*

### ***Black Mental Wellness***

*Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.*

## ***Black Women's Health Imperative***

*Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.*

## ***Boris Lawrence Henson Foundation***

*BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.*

## ***Brother You're on My Mind***

*An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.*

## ***Ebony's Mental Health Resources by State***

*List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.*

## ***Henry Health***

*Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.*

## ***Melanin and Mental Health***

*Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.*

## ***Ourselves Black***

*Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.*

## **POC Online Classroom**

*Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.*

## **Sista Afya**

*Organization that provides mental wellness education, resource connection and community support for Black women.*

## **Therapy for Black Girls**

*Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.*

## **The SIWE Project**

*Non-profit dedicated to promoting mental health awareness throughout the global Black community.*

## **The Steve Fund**

*Organization focused on supporting the mental health and emotional well-being of young people of color.*

## **Unapologetically Us**

*Online community for Black women to seek support.*

## **Self-Care For People Of Color**

We recognize that many mental health conditions are being triggered as a result of the coronavirus, the economic crisis and repeated racist incidents and death.

Learn more about [mental health conditions](#) including [anxiety disorders](#), [depression](#) and [posttraumatic stress disorder](#).

- [Article](#) on coping with anticipatory grief
- [Article](#) on coping with traumatic stress
- [Article](#) on Racial Battle Fatigue

## **Treatment Directories**

- Association of Black Psychologists Directory
- Inclusive Therapists
- Innopsych
- LGBTQ Psychotherapists of Color Directory
- National Queer and Trans Therapists of Color Network
- Psychology Today Directory of African American Therapists
- Therapy for Black Men

[CLICK HERE TO LEARN MORE](#)



NAMI  
RESOURCES  
TO HELP  
YOU

 **NAMI Peer-to-Peer**  
**Recovery Education Course**

*"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood."*

# REGISTER TODAY: Last day to join Tuesday, June

## 30

NAMI Peer-to-Peer is a FREE course that is provided in a safe, confidential space at the NAMI Central Iowa Wellness Center OR on ZOOM for those unable to attend in person. We will meet every week on Tuesday's for 8-weeks at 6:30 PM. The course provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. This is a place to learn more about mental health recovery in an accepting environment.

NAMI Peer-to-Peer helps you:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

[CLICK FOR PEER-TO-PEER REGISTRATION FORM](#)



*"I wish I'd known about this seven years ago. I felt **safe** in this class. I was able to talk about things I haven't been comfortable expressing elsewhere."*

*"Before I took the course, I felt **alone** and **overwhelmed** dealing with my daughter's mental illness. By taking this course, I have met others who are going through the same things I am and have learned about **many resources** that I never knew existed."*

*"I thought my wife and I **knew just about everything** there is to know about the system and the illness. **Boy, were we wrong.** Without a doubt, this is the best support course I have had the privilege of taking part in, bar none."*

## REGISTER TODAY: LAST DAY TO JOIN | MON. JUNE 29

NAMI Family-to-Family not only provides information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in your class. In the program, you'll learn about:

- How to solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Supporting your loved one with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

We will meet at the NAMI Central Iowa Wellness Center and also via ZOOM for those unable to attend in person. Class size is limited.

[CLICK FOR FAMILY-TO-FAMILY REGISTRATION FORM](#)



## CONNECTION SUPPORT GROUP MEETING DAYS AND TIMES

Every Monday 4:30 - 6:00 pm

Every Thursday 2:00 - 3:30 pm

Every Saturday 5:15 - 6:45 pm (ZOOM only)

We are meeting in person and with ZOOM! *Pre-register, please.*

## NEW: FOR WORKING PROFESSIONALS

### CONNECTIONS SUPPORT GROUP HARDIN COUNTY

1st & 3rd Wednesday beginning in July

Iowa Falls / Alden High School Library

6:30 - 8pm

RSVP by emailing [info@namicentraliowa.org](mailto:info@namicentraliowa.org)



### NAMI FAMILY SUPPORT GROUP

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. Call 515.292.9400 for more information.

### STORY COUNTY FAMILY SUPPORT GROUP - ZOOM & In-Person

Time: 7:00 pm      When: 1st & 3rd Thursday's

Where: NAMI Central Iowa & in-person (limited seating, please register)

Call 515.292.9400 or [namiofci@gmail.com](mailto:namiofci@gmail.com) to pre-register

### HARDIN COUNTY FAMILY SUPPORT GROUP - ZOOM & In-Person

Time: 7:00 pm      When: 3rd Tuesday

Where: Friendship Club, Iowa Falls

### JASPER COUNTY FAMILY SUPPORT GROUP

NOT MEETING AT THIS TIME

### AMES DAD COFFEE GROUP

NOT MEETING AT THIS TIME

REGISTER HERE FOR FAMILY SUPPORT GROUP



**BASICS ON DEMAND:** Do you have a child under 22 years of age with mental health conditions and you are not sure what to do? Join the online class and learn at your own pace and at your own time!



UPDATE

NAMI  
CENTRAL  
IOWA  
WEBSITE

*by Supriti Ghosh,  
Intern*

Great news! We are updating our website even though the prior website was working okay, it was not flexible enough for our needs. So, the new website has been designed to make updating much simpler while giving you access to information much more quickly. Even if you access our prior web address ([www.namici.org](http://www.namici.org)), you will be redirected to the new website ([www.namicentraliowa.org](http://www.namicentraliowa.org)) when it is launched. When you visit our new website you will be able to access:

- \* The NAMI Central Iowa newsletter plus archive of prior newsletters
- \* The NAMI Central Iowa Wellness Center monthly calendar
- \* Calendars and newsletters from other Drop-In Centers in our Mental Health Region
- \* NAMI mental health education and resources
- \* Listing of available NAMI Support Groups
- \* Ways you can be involved with NAMI
- \* 24-Hour Crisis Line information
- \* History of NAMI Central Iowa's journey
- \* Listing and photos of our NAMI Central Iowa staff and Board Members
- \* A link to donate
- \* A link to renew your membership

The site is in process by Big Tomato Tech company, however, there are still a few things that need to be adjusted. Your patience is appreciated while we upgrade.



# MEMBERSHIP MATTERS

Every membership matters at the local, state and national level.

Click on the 2020 MEMBERSHIP / DONATION FORM to read about your member benefits and why MEMBERSHIP MATTERS!

[2020 MEMBERSHIP / DONATION FORM](#)

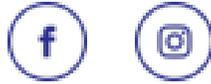
[JOIN ONLINE](#)

## CONNECT WITH US ON SOCIAL MEDIA

For more frequent updates on NAMI Central Iowa, follow us on social media.

Facebook: NAMI Central Iowa | Instagram: namicentraliowa

OR, just click the icons below to be directed to our pages!



[IOWA WARM LINE](#)

[24-HOUR CRISIS LINE & MOBILE CRISIS](#)



### NAMI CENTRAL IOWA NEWSLETTER

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. NAMI-CI 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 you may unsubscribe below.**

SUPPORT US: NAMI Central Iowa is a charity registered with **Amazon Smile** and the **Hy-Vee Reusable Bag Giving Program**. NAMI Central Iowa is a Partner Agency of the **United Way of Story County**. NAMI Central Iowa's Educational Endowment is with the **Story County Community Foundation**. (Click on any of the names listed to learn more!)



424 5th St. Ames, IA 50010

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424 5th St.

Ames, IA 50010, United States

[Unsubscribe](#) here. No hard feelings!