



Central Iowa

Become a member of NAMI Central Iowa and add your voice to the mental health movement!

Your membership will provide you with the latest mental health updates, classes and support groups, the opportunity to participate in an online discussion group and learn how to advocate in your community.

Joining is easy! Just complete the membership form on page 4; send in to NAMI Central Iowa and begin receiving information from not only us, but valuable information from NAMI Iowa and NAMI national.

- 1 in 5 individuals has a mental illness.
- 50% of adults and 79% of children do not receive mental health services.
- 50% of all life time cases begin by the age of 14; 75% by the age of 24.

Mental health does not discriminate. Any of us could be and may already be touched by mental illnesses within our own families, our friends or our colleagues.

Help us make our voices heard. Help us fight against the stigma associated with mental illness. Help us advocate for a stronger mental health system, so that those who need support, receive it. Please consider joining today.

- *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

Wednesday 6:30-8:00PM Wellness Center

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

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

SAVE THE DATE!

NAMI Central Iowa's Sixth
Annual Trivia Night

When: Saturday, March 24, 2018

Where: Ames City Church
2600 Oakwood Rd,

Time: TBD

Come learn about the "Office of Consumer Affairs"

Presented by: Judy Davis

When: Tuesday: December 12th

Where: NAMI Central Iowa Wellness Center
416 Douglas Ave, Ames

Time: 7:00pm

NAMI BASICS

NAMI Central Iowa now has two trained facilitators to teach NAMI BASICS. NAMI BASICS is a free six-week class taught by NAMI Family members who have children with mental illness.

The course elements include:

- The trauma of mental illness for the child and the family
- The biology of mental illnesses: getting an accurate diagnosis
- The latest research on medical aspects of the illness and advances in treatment
- An overview of treatment options – treatment that works
- The impact of a child's mental illness on the rest of the family – caregivers and siblings
- An overview of the systems involved in caring for children and teens and the importance of record keeping

If you are interested in learning more about NAMI Basics contact our office at: (515) 292-9400 or email us at: namiofci@gmail.com

Family Support Group Training

The Family Support Group (FSG) Training session for those interested in becoming FSG facilitators will take place in Ames, IA - February 3-4, 2018. You must be a family member or caretaker with lived experience to take the training.

NAMI Family Support Group is a peer-led group for adult family members, caregivers, and loved ones of individuals living with mental illness. Those interested in the FSG Training should contact NAMI CI Executive Director Lisa Heddens via email

(namiofci@gmail.com) or phone (515-292-9400)

***Congregation Unites
By Melissa Hayes***

Celebration in over coming

*Light changes from the
conquering of darkness*

It takes a lot of life skills

*We will not drown we will
soar*

Ignite a fire in us

*We can share this
beautiful miracle*

*A miracle of Peace in this
great land*

*Land of liberty, justice and
freedom for all.*

*"We Belong" writing anthology
Recovery through the Arts 2017*

NAMI Central Iowa Education Endowment Fund

As we come to the close of 2017, please consider contributing to our Education Endowment fund within the Story County Community Foundation. Your donation affords you with the opportunity to provide for the future needs of NAMI Central Iowa. There are many types of gifts and giving vehicles that provide donors with the maximum tax and financial benefits. They include:

- A gift of non-cash assets, including appreciated stock, retirement plan assets, land, life insurance, gifts of grain, etc.
- A bequest, which is a deferred gift given through a donor's will.
- A life-income gift, which allows a donor to make a charitable gift and also receive a stream of income for life. One of the most common types of life-income gifts are charitable gift annuities.
- IRA Charitable Rollovers.

To learn more about contributing to our endowment fund please contact:

**Story County Community Foundation | PO Box 1666 | Ames, IA
50010-1666 | (515) 232-9200**

storycounty@storycountyfoundation.org |

www.storycountyfoundation.org

Story County Community Foundation is an affiliate of the Community Foundation of Greater Des Moines, an Iowa nonprofit located at 1915 Grand Avenue, Des Moines, Iowa. This publication is for general purposes only and is not intended as legal or financial advice. Story County Community Foundation recommends that each person considering a gift consult with her or his own legal or financial advisor.

Crisis Intervention Training (C.I.T.)

Thanks to a grant from the Central Iowa Community Services Region, NAMI Central Iowa (NAMICI) is working to help bridge the gap between law enforcement and the mental health system. NAMICI, in conjunction with other agencies, plans to provide Crisis Intervention Team (C.I.T.) Training for all law enforcement departments in the Central Iowa Community Services Region.

C.I.T. training is a law enforcement mental health response model that teaches de-escalation of mental health crisis response. The Crisis Intervention Team (CIT) program is a community partnership of law enforcement, mental health and addiction professionals, individuals who live with mental illness and/or addiction disorders, their families and other advocates. It is an innovative first-responder model of police-based crisis intervention training to help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness related behaviors.

NAMICI looks forward to working with other agencies to bring this valuable training to our Region.



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

Change Service Requested

December 2017 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

| | |
|--------------------|----------|
| ___ Household | \$ 60.00 |
| ___ Individual | \$ 40.00 |
| ___ Limited Income | \$ 5.00 |
| ___ Extra donation | \$ _____ |

Member Information

Name _____

Address _____

Phone _____

Email _____

Check to receive the newsletter by email!