



FROM THE EXECUTIVE DIRECTOR

“Crisis” can mean different things to different people. A crisis could be a major loss-death of a loved one, a divorce, or a serious illness. Or it could be a series of smaller problems that have compounded and become overwhelming.

Now offered through the CICS region is 24-hour crisis line/mobile response. This program provides trained, compassionate counselors to assist over the phone and in person 24 hours a day, 365 days a year, to help you and others cope through crisis situations., These services can be reached by calling 844-258-8858 or by texting 800-332-4224. You can also chat one-to one online at www.Foundation2CrisisChat.org.

A crisis can happen to anyone, at any age, at any time.

Lisa Heddens

NAMI CI Executive Director

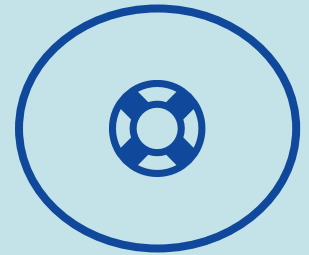


NAMI CI PUBLIC EDUCATION PROGRAMS

Arts in Recovery

December 18th @ 7:00 pm NAMICI Wellness Center

Please join us for a night of support and dedication to our peers and their art. This years theme of “not so all alone” is showcased through our peers art and writing. Individuals will be given the opportunity to present their hard work they have done throughout the year while participating in NAMI. This group of artists have expressed creativity through all types of art including drawing, wood burning, writing, weaving, and look forward to sharing their work with others.



Support



Educate



Advocate

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INSERT

- FAMILY TO FAMILY CLASS**
- CIT**
- NAMI CI ENDOWMENT FUND**

• Save the date

NAMI CI annual Trivia Night.

April 27th, 2019

Meet our new Administrative Assistant

Bre Degelau



Fast Five Questionnaire

1.) Write your memoir.

It's always a good day to have a good day.

2.) What do you like to do in your free time?

Anything art., painting, ;designing, ,and crafting.

3.) What is a fun fact about you?

I am a fur-parent to a great dane (Dexter) and a bunny (Barb).

4.) Favorite book/movie?

The Proposal

5.) If money was not a concern for s24 hours what would you do?

Jump in the car with family and travel to places we have never been, stopping along the way to freely experience parks, museums, and all the food.

You are allowed to be both a Masterpiece and a Work in Progress simultaneously.

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: NAMI CI
Wellness Center
416 Douglas Ave Ste 205
Ames, IA 50010
515-292-9400
namiofci@gmail.com

Time: 7:00 pm

When: 4th Thursday of each month

Iowa Falls

Where: Friendship Club
602 S Oak St
Iowa Falls, IA 50126
641-939-8167
Ask for Mary or Linn

Time: 6:30-8 pm

When: 3rd Tuesday of each month

Newton

Where: St. Luke United Methodist Church
501 E 19th St N
Newton, IA 50208
641-417-9993

Time: 7:00 pm

When: 3rd Thursday of each month

NAMI Family-to-Family National Alliance on Mental Illness

NAMI Family to Family is a free, 12 session educational program for family, significant others and friends of people living with mental illness. It is an evidence-based program and is taught by NAMI-trained family members who have been there. It not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you are not alone and there is hope!

Sign up for a location most convenient for you

Boone

February 5-April 30 (Tuesday)

6:30 PM-9:00PM (no class March 19th due to spring break)

DMACC 1125 Hancock Drive in Boone

Ames

January 21-April 15 (Mondays)

6:30 PM-9:00 PM

NAMICI 416 Douglas Ave. in Ames

Please contact NAMI CI to register or for more information

(515) 292-9400 or NAMIoCI@gmail.com

Crisis Intervention Team (CIT) Training

NAMI Central Iowa, CICS, Ames Police Department, ISU Police Department & Story County Attorney's Office sponsored CIT November 5-9th. Twenty-Four officers in our Region completed the training.



Looking for ways to get involved this season?

Consider donating to the NAMI Central Iowa Education Endowment

NAMI Central Iowa created an endowment fund with the Story County Community Foundation and their host foundation the Community Foundation of Greater Des Moines to provide for our long-term stability. We can either spend 5% of the fund balance each year or allow the growth (through gifts/investment income) to build over a period of years to increase the size of the fund. In either case, our endowment fund is permanent. The initial gift(s) that created the fund, along with the gifts that are added over the years, will be invested with the Community Foundation of Greater Des Moines to generate income to meet our future needs. As an affiliate of the Community Foundation of Greater Des Moines, the Story County Community Foundation facilitates and promotes private giving through the establishment of endowments, acts as a resource for nonprofit endowment building, and awards grants for the betterment of Story County.

What is the Story County Community Foundation and why is our fund there?

The Story County Community Foundation (SCCF) was created in 2005 to provide a lasting source of income to meet community needs. SCCF helps administer charitable funds for individuals, families, nonprofit organizations and businesses. SCCF also awards grants to nonprofit organizations to enrich the lives of individuals who live in Story County.

- Our endowment fund benefits from the Community Foundation of Greater Des Moines' investment expertise and by its inclusion as part of a large portfolio.
 - The Community Foundation of Greater Des Moines handles all administrative and investment responsibilities for our fund(s), freeing our staff and volunteers to concentrate on our mission.
 - Story County Community Foundation and the Community Foundation of Greater Des Moines both employ gift-planning professionals who will help our donors make current and deferred gifts to our endowment fund.
 - Our relationship with SCCF provides donors to our fund with access to Endow Iowa Tax Credits, a 25% Iowa tax credit in addition to normal federal charitable income tax deductions for certain charitable gifts.

How can donors contribute to our endowment fund?

Our endowment fund with the Story County Community Foundation gives donors – some of whom already support current operations and programs – 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

Seasonal Depression

As the weather changes and days become shorter it is important to recognize how different seasons can effect our bodies and overall wellness.

Major Depressive Disorder with a Seasonal Pattern (formerly known as seasonal affective disorder) is characterized by recurrent episodes of depression in late fall and winter, alternating with periods of normal mood the rest of the year.

Although not everyone experiences all the following symptoms, the classic characteristics of Major Depressive Disorder with a Seasonal Pattern include hypersomnia, daytime fatigue, overeating, hopelessness, suicidal thoughts, or lack of interest in usual activities.

The key to an accurate diagnoses of this condition is recognizing its pattern. Symptoms usually begin in October/November and subside in March/April. If you believe you may have a seasonal depressive pattern, it's important to pay attention tot the pattern. Track your symptoms, noting when they begin and when they subside, and speak to a mental health professional for assistance.

As with other depressive disorders treatment options may include medications, cognitive behavioral therapy, and exercise . Unlike other depressive disorders this condition can also be treated with light therapy which is regular, daily exposure to a “light box”.

If you know you have a seasonal pattern, ask yourself “How can I plan for this?” Those who experience symptoms can prepare for its arrival in the following ways:

- Exercise more toward the end of summer
- Get into therapy around September
- Plan a vacation to a sunny spot in January

*Source NAMI.org

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

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 416 Douglas Ave Suites 203/205 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 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.



National Alliance on Mental Illness

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
_____ Regular/Individual	\$40.00
_____ Limited Income	\$5.00
_____ Extra Donation	

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email.



National Alliance on Mental Illness

NAMI Central Iowa
416 Douglas Ave Ste 203
Ames, IA 50010

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



LIVE UNITED
United Way
United Way of Story County