



Central Iowa

FROM THE DIRECTOR

"I'm not sick, I don't need help!"

Many family members of persons living with schizophrenia or bipolar disorder will agree that this belief is the greatest obstacle to helping their loved one get treatment. When persons have poor insight into their illness, they often refuse treatment. This poor insight has a technical name: *anosognosia*. It is not the same as denial, where one knows the reality but refuses to accept it. Instead, this severe lack of awareness is an actual symptom of the illness.

I was privileged to hear Dr. Xavier Amador speak on this subject at the 2011 NAMI National Convention. His take-home message was that it is futile for us to try to convince someone that they are ill and need treatment. Instead, drawing from years of experience relating to his brother with schizophrenia, he recommends developing a relationship based on listening with respect and without passing judgment, because sometimes a person will agree to treatment simply because they love and trust the person who suggests it.

Dr. Amador has written a book where he lays out a pattern for establishing this kind of relationship, using the acronym LEAP: Listen, Empathize, Agree, and Partner. This highly recommended book is available from [Amazon](#) or our local NAMI library. The title is easy to remember: *I Am Not Sick, I Don't Need Help!*

FREE SERVICES PROVIDED BY NAMI-CI

DAILY support and information available at the NAMI office (hours listed below)

WEEKLY NAMI Connection support groups for persons with mental illness:

Monday 6-7:30PM Trinity Church, 3626 Ontario Street, Ames
Thursday 2-3:30PM Trinity Church

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health

3rd Tuesday of the month at 7:00PM
(location varies, see calendar on p.3)

Support group for family members
4th Thursday of the month at 7:00PM
Trinity Church, 3626 Ontario St., Ames

YEARLY series of educational classes offered for persons with mental illness and for family members

Family to Family for family members of adults with mental illness

Peer to Peer for adults with mental illness

For more information on these or any other NAMI services, contact NAMI-CI director Deb Niehof at 515-292-9400 or namiofci@gmail.com.

Office Hours:

9-12AM Monday-Wednesday
1-4PM Thursday-Friday

Office Address:

130 S. Sheldon #306, Ames, Iowa
50014



Feature: Support and Education for Family Members

The **NAMI Family Support Group** is a free, monthly meeting of caregivers for individuals living with a mental illness. Family members can talk frankly about their challenges and help one another through their learned wisdom. The Central Iowa group meets on the fourth Thursday of each month at 7:00 PM at Trinity Christian Reformed Church, 3626 Ontario Street in Ames.

Family to Family is a free, 12-week educational course for families of individuals living with mental illness. The curriculum includes symptoms and treatments of mental illnesses, brain biology, medications, communication skills, problem-solving, coping skills, and self-care. The next class will begin on September 12. Call Deb at 292-9400 for more information or to register for the class.

PEIR CORNER

(PEIR = PErson(s) In Recovery)

The Wellness Center Pilot Project

Excitement is building as the opening of the Wellness Center on August 1st approaches. All of our support groups, peer activities and educational classes will be located under one roof, at least for the next six months. As Deb Niehof wrote in the June 2011 newsletter Trinity Christian Reformed Church is sharing their fellowship hall and kitchen with us on weekday afternoons.

Our current activities will be expanded to include additional creative opportunities such as needlecrafts and wellness programs on exercise, nutrition, and mindfulness. We are looking forward to welcoming new participants and sharing the space with the Richmond Center for their Outreach programs.

Volunteers power NAMI CI and it will take many hands to keep the Wellness Center operating smoothly. Volunteers will greet visitors, lead groups, plan the monthly calendar, teach new skills, set-up and clean up. Future articles will focus on these valuable human assets.

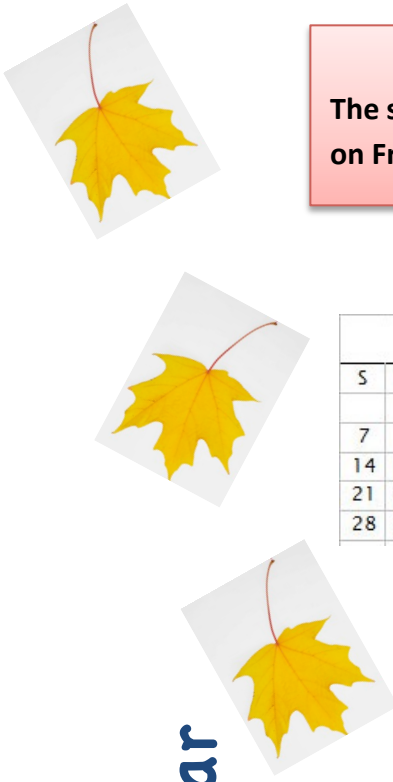
~Linda Sawyer, Wellness Center Coordinator



Family to Family participants share their experiences:

"It helped me greatly to talk with others who are going through the gambit of feelings associated with mental illness of a loved one. I love having the book of weekly lessons to use as a refresher course for the future."

"There is so much to know. I'm glad there is a NAMI that can help us sort through all the information. It is good to know that we're not alone. It was good to hear other people's stories."



NAMI Central Iowa Fall Calendar

NAMI Garage Sale –Don't Miss It!
 The sale will be held at St. Andrew's Lutheran Church, 209 Colorado Avenue, Ames, on Friday, August 5, from 4-7 PM, and on Saturday, August 6, from 8 AM -1 PM.

August						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August
1: Mental Health Wellness Center Opening Day
5-6: NAMI-CI Garage Sale
9-11: Iowa Empowerment Conference (Des Moines)
25: Family Support Group

September
20: Open House at the Mental Health Wellness Center, 3626 Ontario Street (Trinity Church), 7-8:30PM

October
1: NAMI Iowa Walk (details below)
11-12: Mental Health Conference (Scheman Building, Ames)
18: OC87: film for Mental Awareness Week shown at Ames Public Library, 7PM

NAMI Iowa Walk 2011: Join the Team Now!
NAMI-CI Team is Stepping Out Of the Shadows

NAMI-CI joins with other Iowa affiliates for the *NAMI Walks for the Mind of America* on October 1 to raise money as well as awareness about mental illness. Funds raised this year will help fund the Wellness Center that will open on August 1 (see page 2 of this newsletter for more information).

Find out all the details about this fun event, sign up online, and donate to a walker by visiting [our webpage](#) (make sure to choose the “Stepping Out of the Shadows” team when you register), or call NAMI-CI Walk Manager Catherine at [515-382-3003](tel:515-382-3003).

Mark your calendar now and plan to attend the NAMI IOWA 2011 [NAMIWALK!](#)



When: Saturday, October 1
Where: Farm Bureau Lake
5400 University Ave. (off I-80/I-35)
West Des Moines
Distance: 5K (3.1 mi)
Check-in: 8:30 am
Walk: 10:00 am



***NAMI National
Convention 2011:
What I Learned***

Co-occurrence of Mental Illness and Substance Abuse

by Royce Ann Stockton

The current systems of care for this doubly-challenged group of people are not working. The Integrated Dual Disorders Treatment (IDDT) is an innovative evidence-based practice that provides treatment for both disorders at the same time by the same group of specially trained service providers

Melanie Kinley, from the Thresholds Program in Chicago, spoke on the subject of IDDT and its success. She imparted reasons why some people with mental illness self medicate with drugs and alcohol. Kinley discussed the stages of readiness for getting treatment for substance abuse. She identified factors that better predict outcomes for persons with co-occurring mental illness and substance abuse.

The Psychiatric Research Center at Dartmouth originally developed the IDDT model that Thresholds implements. IDDT offers an integrated, successful and replicable model for helping this difficult-to-treat population. You can access more information on this topic at www.thresholds.org.

Many of us have heard about how practicing mindfulness can be a great tool for managing our illness or simply living a full and purposeful life. Here's one perspective on how we can be more mindful in our daily lives and decision making.

Moving in a Mindful Direction

by Stephen Propst
(excerpted from the summer 2011 bp magazine)

1. Step back and take time to reflect.
2. Step forward and anticipate that positive results will come from practicing mindfulness.
3. Step away from triggers.
4. Step toward the resources, people, and ideas you can rely on for the journey.
5. Step out and be willing to take a calculated risk.




For more information on mindfulness, check out this article from the NAMI-CI library, ask someone who has taken the Peer-to-Peer class or who is familiar with mindfulness, or sign up for the next Peer-to-Peer class!



**Reach to Recovery:
Iowa Empowerment Conference 2011**
Airport Holiday Inn, 6111 Fleur Drive, Des Moines
August 9-11, 2011
Contact Deb Williams, [641-753-7414](tel:641-753-7414) or dwilliams906@hotmail.com to register.

If paying for medications is difficult for you, check out <http://www.rxoutreach.org/>, Providing Affordable Medications for People in Need

Wellness Center Calendar August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1 to 4 Getting to Know You-A Peer Open House 6-7:30 Connection	 2 4-5 Art Therapy	3 1:00 Movie & discussion <i>A Beautiful Mind</i>	4 1:30 NAMI CI News – Deb Niehof 2-3:30 Connection	5 1-4 Play games and socialize or Make greeting cards	6
7	8 2-4 Crafts with Debbie 6-7:30 Connection	9 2-4 Writing to Wellness	10 1-4 Unfinished project day Bring your own project to work on!	11 1-2 Socialize 2-3:30 Connection	12 1-4 Play games and socialize	13
14	15 6-7:30 Connection	16 1-2 Socialize 2-4 Creative Arts	17 1-2:30 Whole Health Class*	18 1-2 Socialize 2-3:30 Connection	19 1-3 Book Club 2-4 Play games and socialize	20
21	22 2-4 Crafts with Debbie 6-7:30 Connection	 23 2-4 Writing to Wellness	24 1-2:30 Whole Health Support Group 2:30-4 Humor is Healthy	25 1-2 Socialize 2-3:30 Connection	26 1-4 Play games and socialize 	27
28	29 6-7:30 Connection	30	31 1-2:30 Whole Health Support Group			

*Requires pre-registration

The Center is located at 3626 Ontario St. in Ames and is open Monday through Friday, 1-4PM. Questions? Contact Linda at sawerlh@yahoo.com.



NAMI Central Iowa
 130 S. Sheldon, Room 306
 Ames, IA 50014

August 2011 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
 130 S. Sheldon #306
 Ames, IA 50014

Membership Dues

<input type="checkbox"/> Family/Individual	\$ 35.00*
<input type="checkbox"/> Limited Income	\$ 2.00
<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