

Facts about Mental Illness

Mental illnesses are **more common** than cancer, diabetes, or heart disease.

One in four families is affected by mental illness. Mental illness can strike anyone. It knows no age limits, economic status, race, creed, or color.

Mental illnesses strike individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.

Mental illnesses are **biologically-based brain disorders**. A brain illness is no different than a heart illness or lung disorder. Just like other body organ disorders, brain disorders cannot be overcome through "will power" and are not related to a person's "character" or intelligence. A brain illness cannot be cured by "will power" any more than a broken leg can be cured by jogging.

No One is to Blame

Having a mental illness does not mean that there's anything inherently wrong with you. Having a brain disorder does not affect your worth as a human being or encapsulate who you are any more than being diabetic would. In spite of their illnesses, **all people are valuable and have much to offer others**. Some of the most courageous people in the world are those who are living daily with the realities of having a brain disorder. They and their families should be looked upon for wisdom and guidance.

To learn more about mental illness, check out the online resource NAMI website:

www.nami.org/sites/NAMIGreaterDesMoines



Greater Des Moines Chapter

National Alliance
on Mental Illness



*Mental health and physical health
go hand in hand.*

Greater Des Moines Chapter Membership Brochure

Science – Support – Dignity

Membership Benefits include:

- Monthly educational programs presented by health-care professionals
- Four different support groups
- Four educational courses
- Speakers for your group or organization
- Access to our multi-media library
- Influence legislative priorities and quality of care for those with mental illness
- Monthly newsletter with legislative alerts, personal stories and timely medical articles on research and medications
- Automatic membership to State and National Associations including their newsletters
- Camaraderie, support and friendship for families and individuals affected by mental illness

NAMI- Greater Des Moines is an organization of parents, children, spouses, brothers, sisters, and *friends of people with serious mental illness as well as people with mental illness*. We are a grass-roots, non-profit organization. We offer mutual support and education about mental illness and advocate for needed services. To become a member of **NAMI-Greater Des Moines**, remove this section of the pamphlet, complete the information, and attach a check.

Name _____

Address _____

City _____

State _____ Zip code _____

Phone # _____

E-mail _____

NAMI-Greater Des Moines dues are tax-deductible, and each type of membership takes care of local, state, and national dues. **Please check one:**

- _____ Family/Individual \$ 35.00
- _____ Open Door (or Limited Income) Membership \$ 3.00
- _____ Professional \$ 50.00

Mail this form and check to:

NAMI-Greater Des Moines
 Jim VandeBerg, Treasurer
 4114 Allison Avenue
 Des Moines, IA 50310

Serving You:
NAMI Greater Des Moines Chapter

President

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www.nami.org/sites/NAMIGreaterDesMoines

Education Programs are generally the 1st **Sunday** of the month from 2 - 4 PM at Iowa Lutheran Hospital, Level B conference room. Dates on Sundays other than the 1st Sunday of the month are due to holidays or other special scheduled events. Speakers talk about important mental health issues.

Support Groups

Support Group for Family Members – 3rd Sunday of month – Contact Glenn Hobin or Grace Sivadge.

Support Group for Parents and Caregivers of Children and Adolescents with Serious Emotional Disorders (SED) – 1st Monday of the month – contact Diane Johnson.

Consumer Support Group every Monday night at NAMI Iowa at 7 PM and every Wednesday afternoon at Mercy Franklin Clinic at 2 PM.

Speakers for your group or organization are available. Please contact any Board member.

Business and Committee Meetings are the 2nd **Thursday** of the month at 5 P.M. at the **NAMI-Iowa Office** at 5911 Meredith Drive, Suite E, Des Moines, IA 50322-1903.

Educational Courses

NAMI-Greater Des Moines works with NAMI-Iowa to offer more in-depth, free educational programs:

- Family to Family – 12 weeks, 1 session per week – for family members of adults with mental illness
- Peer to Peer – 9 weeks, 1 session per week, for adults with mental illness
- Visions for Tomorrow – 8 weeks, 1 session per week – for parents and caregivers with children or adolescents with serious emotional disturbance or mental illness
- Provider (cost involved) – 10 weeks, 1 session per week – for teams of people who work with persons with mental illness

Call one of the Board Members of NAMI Greater Des Moines to request more information on classes.



Our **circle logo** represents grass-roots. NAMI is the nation's largest grass-roots organization supporting mental health.