



NAMI Linn County Newsletter



Linn County Chapter National Alliance on Mental Illness

**Ending Stigma is
in the House! (See
pg 4)**

April 2009

- **2009-2010 Board of Directors:**
- Wendy Stokesbary President
- Kathy Johnson Vice President
- Shelly Kramer Treasurer
- John Brobst
- Steve Miller
- Dehaven Rosel
- Kathy Allen
- Amy Jackson

EVENTS CALENDAR

- April 17, 7 pm
Dr. Bruce Sielini
Ed forum
- May 2,
NAMI Walk Iowa
City 9 am
- May 21, 6 pm
NAMI LC
Ice Cream Social
- June 19, 7 pm
Crisis services
Ed forum

NAMI WALK MAY 2, 2009

The Johnson county annual NAMI Walk is coming up and Linn County teams are forming!

The NAMI Walk is held annually in cities across the country. The proceeds from the WALK will be used to provide support to and advocate for persons with serious mental illness and their families, and to support educational programs for consumers, their families and the general public about mental illness.



2009 WALK DETAILS

Date: **Saturday, May 2,
2009 – rain or shine**

Location: **Lower City
Park, Iowa City**

Registration/Entertainment:
9:00 a.m.

Walk: **10:00 a.m.**

**If you want to start a
team, or join an existing
team you may register on-
line at :**

**[http://www.
Nami.org/
namiwalks09/JCI](http://www.Nami.org/namiwalks09/JCI)**

**Or call our information
line at 221-1184**

NAMI LC OPEN HOUSE ICE CREAM SOCIAL MAY 21, 2009

SAVE THE DATE!

Join us for a fun social evening to get acquainted

THURSDAY, MAY 21, 2009

6-8 PM

First Lutheran Church, base-
ment meeting room

1000 3rd Ave SE Cedar Rapids

- Meet board members and local elected officials
- Meet support group facilitators.
- Hear about the supports available through NAMI LC
- Find articles and other print information about mental illness

- Make your own sundae!

*The May 21 Open House will take the place of the usual educational forum.

*Family and friends and peer support group members are invited to attend the ice cream social.

***Family and friends support group will begin at 7:30 pm**

Linn County NAMI Sup- port Groups Schedule

All Groups at 1000 3rd Ave SE

First Lutheran Church:

- Consumers (CARE)
3rd Thursday 6-7 pm Room307
- Family and Friends
3rd Thursday 6-7 pm Room 308
- Parents and Caretakers of Children under age 17

2nd Thursday 6-8 pm

Group at 325 35th St, Marion

Lower level Linn County Co-op

- Family and Friends
1st Thursday of month 7-8:30 pm

Group at 1420 1st Ave SE

DREAMS Recovery Center

- Consumer Connections

Every Monday 5-6:30 pm

***Free, informal, confidential**

Fear less, hope more;

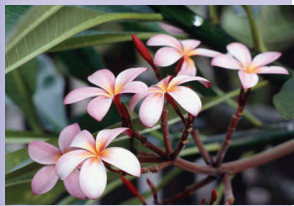
Eat less, chew more;

Whine less, breathe more;

Talk less, say more;

Love more and all good things will be yours!

Swedish proverb



"One thing I learned was to turn my illness story into a recovery story."

BOARD UPDATES

- In January, 2009 the NAMI LC board held a special planning meeting to review our accomplishments and define priority goals for the next year.
- Some of the board goals include: increase memberships, including professionals and consumers; increase legislative advocacy work; increase members in monthly support groups; and continue to help foster NAMI family and peer trainings in the Eastern Iowa area.
- Starting off the new year the board has had several member changes. We are sad to say "goodbye" to past board president Stacey Pawlack, secretary Penny Freeman, Ron Allen, and Rhonda Shouse.
- We are happy to welcome a new board member, Amy Jackson. Amy helps us to meet one of our goals by adding expertise in mental health issues for children.

PLAN TO ATTEND APRIL 16th EDUCATIONAL FORUM WITH DR. BRUCE SIELENI

Dr. Sieleni is the Iowa NAMI President and Director for Mental Health Services with the Iowa Department of Corrections.

He will discuss the issues surrounding the unfortunate trend in correctional facilities becoming the largest provider of mental health services in our state and our nation.

DATE: Thursday, April 16th

TIME: 7-8:00 PM

PLACE: Room 307 First Lutheran Church, 1000 3rd Ave SE, Cedar Rapids.

This event is free and open to the public

Dehaven's Blog

Peer support is the new revolution in the mental health system. It is an evidence based practice, so the providers like that, and consumers can find themselves working in the mental health care system. Training is coming up in Grinnell this year and applications have to be mailed by the 30th of March. There are many avenues of working in the mental health

system as a peer support specialist. Peer support is a new field and jobs are on the rise, so more agencies will likely become interested in hiring peer support specialists. The basis behind peer support is that we have been there and we know where you are coming from. It is helping someone in an empathic capacity because we know what you are going

through and we know how to help. One thing that I learned was to turn my illness story into a recovery story. Instead of dwelling on my illness I am able to be a role-model and to offer hope that can inspire others. When I learned that I could use my story to inspire others and that I could help people like me get through dealing with a mental diagnosis.

NAMI LC ACKNOWLEDGEMENTS

The NAMI LC BOARD WOULD LIKE TO ACKNOWLEDGE AND THANK THE KIND AND DEDICATED VOLUNTEERS WHO HAVE HELPED OUR GROUP TO GROW AND FLOURISH

WE ARE INDEBTED TO STACEY PAWLACK, PAST BOARD PRESIDENT FOR HER LEADERSHIP AND ORGANIZATIONAL SKILLS AND ON-GOING ASSIS-

TANCE WITH PUBLICITY. WE APPRECIATE EVERYTHING YOU DO FOR NAMI LC STACEY!

WE ALSO WANT TO ACKNOWLEDGE THE FAITHFUL WORK OF ALL OF OUR VOLUNTEER GROUP FACILITATORS. SOME HAVE BEEN ASSISTING FAMILY AND PEER SUPPORT GROUPS FOR MANY YEARS, AND SOME ARE NEW AS THE NEEDS OF OUR COMMUNITY CONTINUE TO GROW.

"THANK YOU" TO THE FOLLOWING TRAINING AND MONTHLY GROUP FACILITATORS:

- PENNY FREEMAN
- JEAN BONNER
- JOHN BROBST
- CAROL PORCH
- BECKY LANDRIDGE

Definitions by Wendy Stokesbary

Several local volunteers completed the Family to Family training program in Des Moines this March. We hope to be able to offer another Family to Family program in the Linn county area soon!

We want to thank our volunteers for their commitment to bringing education and support to our community. Check for future email and newsletter notices about scheduled trainings.

For more information about the Family to Family program contact:

Carol Porch, NAMI IOWA Family to Family Coordinator
515-254-0417/800-417-0417

The terms we use to describe people can be helpful and they can be confusing. It is always best to use "person-first" language when talking about someone with a disability, as referring to an entire group such as "the mentally ill" is dehumanizing and perpetuates stereotypes. We give much more respect to people when we use terms like "George is a person who uses a wheelchair" or "Brian is a guy I know who has a mental illness." Describing people as people first is more accurate. With that said,

there are terms for referring to groups of people that are used by mental health professionals and "users" of mental health services, in order to make communication easier. When I first started to work in the human services field, the accepted term for people receiving services was "client." When a person has treatment in a hospital setting, they are then called a "patient." I don't have to explain the negative connotation of the term "mental patient." I understand why physicians still use this term, but



Recovery happens....

NAMI LC SUPPORT GROUP FOR PARENTS AND CARETAKERS OF CHILDREN WITH MENTAL ILLNESS AND BEHAVIOR DISORDERS IS RESUMING!

Date: April 9th, 2009

Time: 6-8 PM

Place: 1000 3rd Ave SE Room 307

Facilitator: Rhonda Shouse

NAMILinnCounty_parents@yahoo.com

Topics will be specific to issues relating to how dealing with a child with mental illness and behavior disorders differs from that of an adult. There will be an educational component, some outside speakers, and time for problem solving issues and talking with other parents who understand the daily challenges life with these children presents.

Note: Children and teens are NOT allowed to attend the group and childcare is NOT provided.

(cont) I think it is old fashioned, especially in an outpatient treatment setting. Somewhere in the last 10 years the popular term for people who participated in mental health services became "consumer." A consumer implies someone who has choices and who has a role in deciding what services they want and will participate in. I think giving more choice and control in their services is

necessary for successful recovery for people, so I like the term consumer, but I admit it is a confusing word to use in describing people who receive mental health services. We are more accustomed to hearing and using the word consumer connected to things like ad campaigns and the Better Business Bureau. A newer term in the mental health field that is very important and maybe

also a bit confusing is "peer." See Dehaven's blog and the training program highlights in this edition for a description of the peer movement. Basically, peers are people who experience similar things, whether that be school, work, treatment, illness, or a path to recovery. However you term it, peer support is crucial for everyone's life, especially those who seek to overcome illness.

National/State Training Program Highlights

Peer to Peer

Free nine-week course for individuals with severe brain disorders.

Each two-hour session is taught by a NAMI IOWA team of three trained "mentors" who are personally experienced at living

well with mental illness.

Participants come away from the course with a binder of hand-out materials, as well as other tangible resources such as: an advance directive; a "relapse prevention plan" to help identify feelings, thoughts, behaviors or events

that may warn of impending relapse; information on how to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

Class topics include stigma and discrimination, relapse prevention planning, story telling, language, emotions, addictions, spirituality, medication, coping strategies, decision making, relationships, empowerment and advocacy.

If you are interested in attending the Peer to Peer training, go to www.namiiowa.com and click on Education/Programs

**National Alliance on
Mental Illness LINN
County**

**PO BOX 945
CEDAR RAPIDS IOWA
52406-0945**

JOIN OUR LOCAL MEMBERS,
PROFESSIONALS, PEERS, AND
FRIENDS IN ENDING STIGMA
FOR PEOPLE LIVING WITH
MENTAL ILLNESS.

NAMI is a grass roots organization with the mission of ending stigma and providing hope for persons who have serious mental illness and their families and friends. The NAMI Linn County chapter hopes to reach all local citizens in need of support for mental health education and treatment by providing information about resources and by providing multiple opportunities for free and confidential support.

If you would like to join our organization as a member or volunteer, please contact us at 319-221-1184.

[www.nami.org/sites/
linncounty](http://www.nami.org/sites/linncounty)



**Linn County is seeking
one to two volunteers
who can help Linn County
walkers register on the
day of the NAMI WALK,
May 2, 2009@ 9 am**

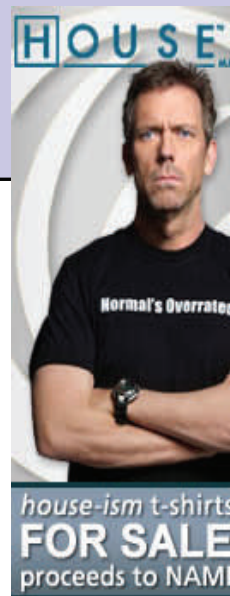
**Please contact 221-1184
or send an email to
[www.nami-
lc@hotmail.com](http://www.nami-lc@hotmail.com) to get
more information.**

Join HOUSE in celebrating NAMI!

This is a very fun and creative way to support NAMI and show the world that you love *House*.

**Proceeds from the sale of the
"Normal's Overrated" House-ism
t-shirts will benefit NAMI!**

**Order on-line at WWW.NAMI.ORG or
come to the Linn County open house
on May 21st to have a chance at
winning your own!**



**Get your House
shirt and help
NAMI!!!**