

Educational Forums

Educational forums are regularly held on the

Third Thursday of the Month

7:00 p.m., Room 307

February 21 **Frank Fleming, RN, BSN**
Frank is the co-clinical director of the Mental Health Clinical Research Center at UIHC and does schizophrenia research with Nancy Andreasen.

March 20 **Della McGrath**
NAMI-Linn County will participate in the May 3rd "Walk for the Mind of America" to be held in Iowa City. Della is the NAMI walk coordinator for Johnson County and will be providing information about how to get involved in Walk 2008. NAMI-Linn County is looking forward to having our friends, families, and coworkers join us again this year. If you have been looking for a way to get involved with NAMI, this fun and meaningful annual event with Johnson County is a great way to meet others involved in NAMI here in Eastern Iowa.

April 17 **Erica Zito**
Erica is a Resource and Information Specialist for the Iowa Foster and Adoptive Parents Association. She is also a trainer for NAMI's Visions for Tomorrow, a program for family members of children and adolescents with mental health issues. She will speak about mental health issues in foster care and adoption, as well as her personal experiences parenting a child with mental health issues.

May 15 **Dr. William Stutts**
Dr. Stutts has a private practice in psychiatry at Mercy Medical Center. He currently serves as head of the Department of Psychiatry at Mercy and as director of inpatient services for psychiatry. Additionally, he is the medical director of the Sedlacek Center, an alcohol and drug treatment program with both inpatient and outpatient services. Dr. Stutts will speak on the topic of anxiety disorders.

June 19

Jackie Fitzgerald

A Ave Pharmacy

Jackie received her doctorate in pharmacy from the University of Iowa. Her specialty is psychiatry & diabetes. Jackie will provide information regarding medications.

NAMI-LC welcomes your ideas for future Educational Forums. Please e-mail suggestions to nami-lc@hotmail.com or call the Resource Line at 221-1184.

Family Support Group meets the first Tuesday and the Third Thursday of each month, Room 308, The meeting starts at 6:00 P.M.

Consumers Advocating Recovery through Empowerment Group is organized and facilitated by people with psychiatric disabilities. They work for recovery through advocacy, empowerment and support every Third Thursday at 6:00 PM in Room 307. Friends and Family are welcome. All at the First Lutheran Church, 1000 3rd Avenue S.E., Cedar Rapids.

Board Update

2008 Board Members

Stacey Pawlak, Ph.D., President	Steve Miller
Shelly Kramer, Treasurer	John Brobst
Penny Freeman, Secretary	Wendy Stokesbary
Kathy Allen	Mark Smith
Ron Allen	

Many thanks to Shelly Kramer for her ongoing dedication and service to NAMI-Linn County. Shelly began her third 3-year term in January!

Mark Smith joined the NAMI Board in January of 2008. He has a degree in Criminal Justice from Loras College and is currently working full-time with the Abbe Center for Community Mental Health in

the Transitional Living Program. Mark also works part-time with the Department of Correctional Services as a pre-trial interviewer. He is interested in expanding the knowledge and advocacy of mental illness to the correction field.



Register Now for the *Family-to-Family Education Program!*

Family-to-Family is a free twelve-week course specifically for family members and significant others of persons with severe and persistent mental illnesses. Trained NAMI IOWA volunteer family members teach each two-and-one-half-hour sessions.

Although the course is not diagnosis-specific, it covers information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder and obsessive compulsive disorder.

The curriculum, written by an experienced family member who is a mental health professional, is regularly updated. The curriculum includes: symptoms and treatments of mental illnesses, brain biology, medications, recovery and rehabilitation. Coping skills, self-care, communication skills, problem-solving and advocacy strategies are also vital elements.

Family members achieve greater knowledge, self-efficacy, improved well-being, empowerment, and self-esteem.

The next session will begin February 7, 2008. Please call the NAMI-LC Resource and Referral Line at 221-1184 for more information and to register for this class.

Note: The last class in the Cedar Rapids area was spring of 2007.

Teaching Opportunities Available for NAMI's *Family to Family Education Program*

Would you like to have Family to Family in your community? Interested in teaching? NAMI IOWA is covering hotel, meals, and training expenses for a training March 7th, 8th and 9th. This training is

open only to family members who are interested in serving as a volunteer family educator. If you choose to participate as a trained family member for your area, you would team-teach two 12-week courses within two years. You would solicit students for the course and enlist other affiliate members to assist. You must be a member of NAMI to teach.

This course is designed to bring in new persons to our affiliates, give them help, and to transition them into support and advocacy

Teaching Family-to-Family requires making a considerable time commitment, but is immensely valuable in helping other families. As a family educator you would further master the basic biology of mental illnesses and the medications used in treating them.

Your own experiences as a family member and wanting to teach other families are assets for this job.

Some comments from current teachers in Iowa: "We enjoyed teaching the course. It is extremely fulfilling and heartwarming to be able to help so many people through such difficult times." And, "It was an enriching experience to be able to help others and at the same time gain from their strength and support".

To aid in keeping our costs down, we ask that you share a room if possible with another NAMI person (of the same sex) attending the training. Of course, spouses share a room if they are both teaching! If you would rather not share a room, we ask that you pay the cost of your room.

Application does not guarantee a training spot! If you have any questions, call Carol Porch at 319-330-0632 or 1-800-417-0417.



Peer to Peer Mentors Needed!

Peer to Peer is a 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.

The Peer to Peer program is currently working to get a mentor training set up in the Johnson County (Iowa City) area. They are looking for consumers who are dealing well with their own mental illness, are established in recovery and who would like to be trained as Peer to Peer mentors.

Training will be held the weekend of February 29, March 1st and 2nd. Applications can be requested through Cheryl at the state office at namiowa@mchsi.com, telephone 1-800-417-0417. Questions may be directed to Dawn Olson, Peer to Peer Coordinator at 641-842-3859 or dawnao@iowatelecom.net or to the state office.

Visions for Tomorrow Teachers Needed

Are you willing to help parents and caregivers learn the facts about children's mental health and behavior challenges? Applications are being accepted for Visions for Tomorrow volunteer teacher training which will be held in Des Moines on April 25-27, 2008.

Contact: Jackie Elfmann, VFT State Coordinator
Address: NAMI-Iowa
5911 Meredith Dr., Ste E
Des Moines, Iowa 50322
Phone: 1-800-417-0417
E-mail: jkelfmann@aol.com

Who may teach VFT? Teachers are volunteers who are parents, extended family, or foster parents and others who understand the challenges of raising a child or adolescent who has a behavioral disorder or mental illness. They attend a weekend training session, expenses paid by NAMI-Iowa. Teachers agree to teach the parent course twice in two years and/or present foster parent or caregiver workshops.

Trainers Needed for Parents and Teachers as Allies Program

Interested in educating school personnel about mental illness? Consider becoming a trainer for *Parents and Teachers as Allies*—a program of NAMI. *Parents and Teachers as Allies* is a two-hour in-service program designed to be presented to teachers, administrators, school health professionals and others in the school community. The presenter team includes 4 people: An educator/family member, a Visions for Tomorrow teacher, a parent with a young child or teen currently struggling with a brain disorder, and a consumer who had mental illness as a child or teen.

The in-service focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

The components of the in-service include the following:

- **Welcome and Introductions** – an education professional, who is also a family member, welcomes the school professionals and introduces the topics to be covered, often with a personal story.
- **Early Warning Signs of Mental Illnesses** – a facilitator walks the school professionals through the early warning signs of mental illnesses, closely following the P&TA publication.
- **Family Response** – a parent or caregiver of a child with mental illness covers the predictable stages of emotional reactions among family members dealing with the challenges of mental illness and the lived experience of raising a child with a mental illness.
- **Living with Mental Illness** – a mental health consumer that experienced the early onset of mental illness shares a view from the inside, including a discussion about the positive and negative impact that their school experience had on their life.
- **Group Discussion**
- **Closing Remarks and Evaluation**

If you are interested, please contact Erica Zito at zitoeez@yahoo.com. All training expenses will be paid by NAMI Iowa.



Date: May 3, 2008 (Saturday)
Time: 9:00 a.m. Registration
10:00 a.m. Walk
Location: Lower City Park, Iowa City,
rain or shine

Linn and Johnson County Affiliates

NAMI Experience the Revolution

★ ★ ★ ★ ★ **JOIN TODAY!**

For 2008 MEMBERSHIP, please complete form, enclose your check or money order, and mail to:

Treasurer, NAMI-Linn County
P.O. Box 945
Cedar Rapids, IA 52406-0945

Membership Category

- Regular - \$30.00 – Annual Individual or Family dues (Includes local, state, and national newsletters, access to members only section of www.nami.org)
- Professional \$30.00 (Includes local, state, and national newsletters, access to members only section of www.nami.org)
- Open Door - \$5.00 – Courtesy membership for those unable to afford Regular dues. Entitles the person to a Full Membership including receiving local, state, and national newsletters, access to members only section of www.nami.org.
- Donation \$ _____
- Newsletter only \$6.00 * I want only to receive the local NAMI – Linn County newsletter

NAME: _____

ADDRESS: _____

CITY: _____

STATE, ZIP: _____

TELEPHONE: _____

E-MAIL: _____

Relation to "Consumer"

- Person with a Brain Disorder
- Adult Son or Daughter
- Friend
- Sibling
- Parent of Adult with a Brain Disorder
- Parent of Child with a Brain Disorder
- Professional
- Spouse
- Other

Did you join through Family to Family, Visions for Tomorrow, Peer to Peer, Other.

My race/ethnicity:

- African-American
- Hispanic
- Asian
- Native American
- White
- Other

If you haven't yet renewed your 2008 membership, please consider doing so. NAMI-LC depends solely on your support and the work of dedicated volunteers to implement its programs and activities within our community.

- NAMI-LC membership runs from January 1 to December 31.
- Regular annual dues are \$30 and support NAMI activities at the local, state, and national levels.
- There is a courtesy membership fee of \$5 for those who are unable to afford the regular dues. The courtesy membership entitles an individual to a full membership which includes receiving the local, state, and national newsletters.
- In order for NAMI-LC members to vote at the national level and to receive state and national periodicals, dues must be paid by March 1st. Those paying dues after March 1st will continue to receive the local NAMI-LC newsletter; however, members may experience a delay in state and national periodicals.

What does NAMI do with my membership fee?

The membership fee is shared equally between the local, state, and national NAMI organizations and supports programming at each of those levels. The NAMI-Linn County portion supports the following efforts:

- Development, printing, and mailing of the NAMI-LC newsletter.
- NAMI-Linn County Resource & Referral line (phone & phone bills).
- NAMI promotional items, funding events such as the Annual Picnic & Mental Illness Awareness Week activities, gift bags for Forum speakers, items for the NAMI-LC Membership Library, development & printing of newspaper ads, posters & fliers, and miscellaneous printing & postage fees.

What benefits do I get from my NAMI-Linn County membership fee?

- Affiliate, state, and national newsletters.
- Expanded access to the NAMI-National website.
- Access to support groups, the NAMI-LC Library, and membership events.

NAMI-LC Library

The following books were recently added to the library:

- Earley, P. (2007) *Crazy: A Father's Search Through America's Mental Health Madness*
- *The PDR: Pocket Guide to Prescription Drugs (8th Edition)*
- Pfeiffer, M. (2007) *Crazy in America: The Hidden Tragedy of Our Criminalized Mentally Ill*
- Tannen, D. (1990) *You Just Don't Understand Me: Women and Men in Conversation*
- Torrey, E.F. (2006) *Surviving Schizophrenia: A Manual for Families, Patients, and Providers*
- Woolis, R. (2003) *When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers*

Please call the Resource Line at 221-1184 or send an e-mail to nami-lc@hotmail.com if you are interested in borrowing one of these books.