



National Alliance on Mental Illness

NAMI Johnson County



You're Invited to Join Us for These Events

Sunday, October 5

Candlelight Vigil at 6:00 p.m.
East side of **Pentacrest**,
Downtown Iowa City

This vigil will include local community members as guest speakers, bagpipe music, and a moment of silence in remembrance of those who've lost their lives due to mental illness and for those who continue to struggle with mental illnesses.



The public is invited to attend and candles will be provided.

Monday, October 6

Guest Speaker and Author
Marya Hornbacher, 7:00 p.m.
Author of *Madness: A Bipolar Life*
Englert Theatre

221 E. Washington St. Iowa City

Hornbacher will share her stories of her lifelong struggle with bipolar disorder.

Thursday, October 9

The Tyranny of Low Expectations in Mental Health Treatment
John K. Trepp, Tasks Unlimited
UI VA Medical Center, Chapel
Iowa City, 6:00 pm

This presentation will feature details on Tasks Unlimited, and its successful implementation of the

Fairweather Lodge model, which promotes self-sufficient living for people with serious and persistent mental illness.

Visit Iowa Books at 8 S. Clinton St. to view a display of books on mental health issues this week.

All these events are Free and Open to the Public. Please bring your family, friends and neighbors to an event for **Mental Illness Awareness Week**, which is observed across the nation October 5–11, 2008.

October Program To Meet in McAuley Room

Our program for October features local resident and author Ann Kolsrud. Ann is the author of *Almost Normal*, a book she wrote about the trauma of schizophrenia.

Ann is currently attending the University of Iowa majoring in English with an emphasis in writing. She also works at Mercy Hospital in Iowa City in the safety and security department.

Ann has struggled with mental illness to some degree her en-

NAMI Membership Meeting

October 15, Wednesday

5:30 — 6:20 p.m.
NAMI Support Group

6:30 — 7:20 p.m.
NAMI Program

7:30 — 8:30 p.m.
NAMI Membership Meeting

tire life, after it became full blown in her 20's. Over the years, she found recovery, which started with the writing of her book. Through her writing,

Ann has learned to speak about and become an advocate for eradicating stigma and improving understanding of mental illness to others.

Please note that this month, **our meeting will be in the McAuley Room** which is located across the street from Mercy Hospital. The McAuley room is located in the lower level of the Mercy Medical Plaza, which is the building attached to the parking ramp, right next to the parking lot.

Three Ingredients to Becoming an Effective Mental Health Advocate

Reprinted from NAMI Ohio News Brief

By Tom Vermilya

In a period of just over six years, I have gone from being the editor of a mental health newsletter to serving on my county's alcohol, drug addiction and mental health services board. In fact, I was awarded the "Metal Health Advocate of the Year" by the same board.

How did I get where I am today? It involves the use of some simple skills. First, be a good listener. It is very important to know the people that you are advocating for and the world around them. Ask questions and listen to their answers. What do they like? What don't they like? What are their concerns? If they could change their lives and the community around them, how would they change it?



Second, do your homework. Read the newspaper, and subscribe to magazines and newsletters. Know what is going on in your community, your state, and around the world. This helps you see the "big picture." Research the issues that affect the people in your area, particularly those with mental health disorders. Surf the internet and stay abreast of the latest research in behavioral health, effective treatments, and successful peer support programs. Attend relevant meetings and gather information.

Finally, be a good communicator. An effective advocate needs to be able to intelligently and accurately express the views of those on whose behalf he is advocating. Speak for positive and lasting change and look for solutions when things go wrong. Meet with representatives from other organizations and talk about how you can help each other reach your goals.

Listening, doing your homework and communicating effectively. These three skills and a lot of hard work can make an effective mental health advocate and a leader in your community. Disability or no disability, it is what we have to do to make things happen.

Research Study Senior Parent(s) Providing Support for Adult Children with Schizophrenia or Schizoaffective Disorder

You may qualify to participate in this study if your family is comprised of a senior parent(s) providing support for an adult child with schizophrenia or schizoaffective disorder.

The purpose of this study is to investigate mutual support within family units. A single interview will be conducted with each family member: (1) parent(s), (2) an adult sibling, & (3) an adult child with schizophrenia or schizoaffective disorder. Compensation is available. Participation is voluntary. No travel is necessary.

If you have questions or would like more information, please contact:
James R. Power, MSW, LMSW, Principal Investigator
319-339-1958 or 515-210-1858

*“Come to me, all you who labor
and are burdened, and I will give you rest.”*

Matthew 11:28

An invitation to everyone with chronic mental illness to attend
a Special Mass for Mental Illness Awareness at St. Pius X Church.
Sunday 2:00 pm, October 26, 2008.

*The liturgy will give attendees the ability to gather and pray as a community
in a very special and meaningful manner!*

Family, friends, care givers and health care providers are welcome to attend.

St. Pius X Catholic Church, 4949 Council St. NE, Cedar Rapids, Iowa.



NAMI UI's 2nd Annual Kickball Tourney

Join NAMI UI for a kickball tourney on October 4, at 12 noon, at Hubbard Park.

This fundraiser is held for the Free Mental Health Clinic in Iowa City.

For more information, contact Renee Loth at Renee-Loth@uiowa.edu

This event is hosted by NAMI UI.

Board Meeting Dates Changed

Due to the holidays, the NAMI-JC Board meetings have been rescheduled for November and December. The new dates are below. Please mark your calendars now.

November Board meeting will be Monday, November 24, 2008.

December Board meeting will be Monday, December 29, 2008.

Gift Wrapping at Barnes and Noble

Would you like to help wrap gift items and promote NAMI at the same time? Now's your chance. For one evening in December, NAMI-JC is considering wrapping gifts for patrons while spreading the word about mental health issues and handing out NAMI literature at Barnes and Noble in Coral Ridge Mall.

If you'd be interested in helping out for a couple of hours, please leave a message with your name and telephone at the NAMI-JC office at 337-5400. Thanks for your interest and participation.



NAMI Johnson County Membership Form

(nonprofit organization)

Fill out this form, enclose your check or money order (if applicable), and mail to:
 Treasurer, NAMI-JC
 PO BOX 3087, Iowa City, IA 52244-3087

- _____ \$35 -- annual individual or family dues
- _____ \$ 5 -- open-door dues (to receive printed newsletter)
- _____ \$45 -- professional dues

All memberships include local, state and national newsletters.

Additional contribution: \$250_____ \$100_____ \$75_____ \$50_____ \$25_____ Other_____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL (optional) _____

___ Check here to be added to our e-mail news list. *(You can unsubscribe at any time by replying to a message and requesting your address be removed.)*

NAMIJC INFO**Mailing address:**

NAMIJC
PO BOX 3087
Iowa City, IA 52244-3087

Phone: (319) 337-5400
Web: www.namijc.org
Email:
namijohnsoncounty@yahoo.com

NOTE: All Board members may be reached via the info above. Below is a list of current board members and alternative contact information, when available.

NAMIJC Board Presidents:

Helen Dailey (helen-dailey@uiowa.edu)

Nyle Jessen (jessennyle@msn.com)

Vice President:

Peggy Loveless (peggy-namijc@mchsi.com)

Secretaries:

Jane Bender
(jebender@mchsi.com)

Frank Juvan (frank_juvan@hillsbank.com)

Treasurer:

Gary Fabian, CPA

At-Large Members

Frank Schmidt (fischmidt@mchsi.com)

Orville Townsend (orville.townsend@iowa.gov)

Martha Shaw (martha-shaw@uiowa.edu)

June Judge (351-8694, junejudge@mchsi.com)

Tom Saterfiel
(thomas.saterfiel@act.org)

Mindy Lamb
(malinda.lamb@iowa.gov)

Director of Operations

Mary Issah (use office contacts above)

Director of Development

Della McGrath (dellamcgrath@qwestoffice.net)

Online Recovery Support

www.onlinerecoverysupport.com

Online Recovery Support is a website for families and individuals suffering with mental health issues or chemical dependency. The entire site is free to anyone, including any advertising. NAMI members are welcome to join the "support" section in "forums" or submit stories or articles for posting on the front page.

You're Invited to Family Support Group

Family Support Group meets the second Sunday of the month.

Please join this gathering on Sunday, October 12, at St. Mark's United Methodist Church, 2675 E. Washington Street in Iowa City.

The group starts at 5:00 pm and runs to 6:30 pm.

People who have a family member with a serious mental illness are welcome to attend.

Experienced Volunteers are Waiting for Your Call

Although the NAMIJC Volunteer Phone Service does not offer professional counseling, it is a valued resource and referral service. If a volunteer misses your call, he/she will return your call as quickly as possible.

Please call between 8 a.m. and 9 p.m., to allow volunteers personal time with their families.

Phone volunteers are:

Gene Spaziani, 351-7674

Carol Spaziani, 338-6140

Brenda Funston, 512-1478

Get Involved with NAMI Johnson County

Office Help: We need people to volunteer at the office making photo copies, filing, putting packets together and doing mailings. We need people between 9am—3pm during the week.

Library: Track books and checkouts; review books to add; write reviews, inventory, order.

Membership: Manage membership database; update, create labels; query for special mailings.
Please call the office at 337-5400 if you would like to help.

NAMIJC
PO Box 3087
Iowa City, IA
52244-3087

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NAMI-JC Calendar of Upcoming Events

October 5

Candlelight Vigil 6:00pm
East side of Pentacrest, Iowa City

October 6

Marya Hornbacher
The Englert Theatre 7:00pm
221 Washington St, Iowa City

October 9

Fairweather Lodge Presentation 6:00 pm
VA Medical Center Chapel, Iowa City

October 15

NAMI Membership Meeting 5:30 pm
McAuley Room in Mercy Medical Plaza Bldg.

November 19

NAMI Membership Meeting 5:30

December 17

Holiday Party

