



NAMI Dubuque

National Alliance on Mental Illness

Support Advocate Educate

*Fall 2015
Newsletter*

MEETINGS

7:00-8:00 p.m.

1st Tuesday is Care and Share

3rd Tuesday is Informational

Meeting Place:

Schmid Innovation Center

900 Jackson St., Dubuque

Upcoming Events—Mark Your Calendar

Tuesday, **October 20**— Heather LuGrain from Opening Doors scheduled to speak about Teresa House and Maria Shelter

Tuesday, **November 17** – Mark Lansing from Consumer Credit Counseling Services of Northeast Iowa

Wednesday, **December 16** – NAMI Family Christmas Party, **Westminster Presbyterian Church**, 2155 University Ave, Dubuque, 5-9 p.m.



RESOURCES UNITE VOLUNTEER FAIR

Josh Jasper and Resources Unite hosted a Volunteer Fair in the Millwork District on Monday, September 21. The block of 10th Street between Jackson and Washington Streets was blocked off from 11 a.m. to 1 p.m. to allow community members the opportunity to visit with approximately 40 nonprofit organizations. Food vendors were on hand to provide lunch during the Volunteer Fair.

NAMI board members **Mary Jo Vrotsos** and **Diane Bucko**, along with **Loras College intern Amanda Sharkey**, staffed a NAMI Dubuque table and provided information to the many people showing an interest in NAMI and its mission. Attendees wishing to get involved in volunteer work in the community were able to learn about each nonprofit and their mission, services, and volunteer opportunities. Thanks to Josh Jasper and Resources Unite for hosting the event and drawing attention to the many important nonprofit organizations needing volunteers to continue their work in the community!!



**October 20
Speaker,
Heather
LuGrain**

Heather LuGrain from Opening Doors is scheduled to speak about Teresa House and Maria Shelter which offer hospitality and opportunity to women, alone or with children, who need emergency/transitional housing and related support services.

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November 17 Speaker, Mark Lansing

Mark Lansing from Consumer Credit Counseling Services of Northeast Iowa is scheduled to speak about their services to assist consumers manage money more effectively, including financial counseling, debt management, bill paying, housing counseling, representative payeeship, etc.

- Reduce interest rates & stop late and over the limit fees
- Consolidate your unsecured debt into one easy monthly payment
- Pay off your debt in most cases within 5 years
- Develop a workable budget that you can live with



Walk to Fight Suicide

Suicide Prevention starts with everyday heroes like you. Show your community that you support a culture that's smart about mental health. This year, the 8th Annual Suicide Awareness and Education Walk is joining forces with American Foundation for Suicide Prevention (AFSP) by participating in their community walk.

Dubuque
Out of the Darkness Community Walk
October 17, 2015
Bergfeld Pond and Trail
(Chavenelle Drive near Seippel Road)
Registration 8 a.m.
Walk Time 9 a.m.

IT'S TIME TO END THE SILENCE ABOUT MENTAL ILLNESS!

For more information or for questions about suicide awareness and prevention, please contact Teresa Shepard at teresa6360@gmail.com.

Mental Illness Awareness Week October 4-10

Know the Warning Signs

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental health condition isn't always easy. But identifying a problem early can help lead to a better outcome.

NAMI PEER-TO-PEER EDUCATION COURSE

The next session of NAMI's signature education course "Peer-to-Peer" begins on Monday, October 12, at 6:30 p.m. at the NAMI Dubuque office, Schmid Innovation Center, 900 Jackson Street, in Dubuque. Peer-to-Peer is a free, 10-week course for adults living with mental health challenges. Information on various aspects of mental health and recovery are taught by trained teachers who have also experienced mental health challenges and are living in recovery. To register for the course, please call the NAMI office at 563-557-6264. (You may still register up until the third week of the course session - October 26.)



Family Christmas Dinner/Potluck
PLEASE NOTE
CHANGE OF
LOCATION AND
DATE:
**Westminster
Presbyterian Church,
2155 University Ave**

Wednesday, December 16, 5:00-9:00 p.m.

Please bring your white-elephant gift (if you wish) and a dish to pass (if you are able). Dinner at 6:00 p.m. is followed with bingo, singing, and the gift exchange. Come to enjoy sharing the holiday spirit with special friends.

Mental illness affects many families, that is why there is NAMI.

NAMI Dubuque

is a grassroots organization serving individuals afflicted with mental illnesses, their families and the community, using support, education and advocacy to eradicate the stigma and to improve the quality of life for those who have been affected by these brain disorders.

NAMI Dubuque is an affiliate of NAMI Iowa (www.namiiowa.com), 515-254-0417 and of NAMI, the National Alliance on Mental Illness (www.nami.org).

If you no longer wish to receive the newsletter...call the office or leave an email message—
563-557-6264, namidbq@gmail.com

MEMBERSHIP INFORMATION

Renewal notices are now mailed to each member when their anniversary date comes due.

Family/Individual—\$35 Consumer—\$3

Name _____

Address _____

Phone _____

Email _____

Mail this with payment to: NAMI-DUBUQUE, 900 Jackson Street, Suite LL5-2B, Dubuque IA 52001-5006



**Thursday, October 15, 3 to 5 p.m.,
Carnegie-Stout Public Library, Dubuque
(check in note below for meetings in your
part of the state)**

<http://www.senate.iowa.gov/democrats/share-your-concerns-about-iowas-medicaid-privatization/>

See important message below from Sen Pam Jochum (10/3/15) about why taxpayers should be concerned:

Many Iowans are expressing concern about Governor Branstad's unilateral decision to privatize Iowa's Medicaid program.

If fully implemented, the Governor's decision could have negative impacts on Iowa's most vulnerable citizens and Iowa's healthcare providers.

The Governor's plan is to turn over the care of more than a half-million Iowans—one in five Iowans—to four managed care companies by January 1, 2016.

With this change, we will see administrative costs jump from 3 to 15 percent, reaching \$600 million. At the same time, the overall cost to the state is supposed to fall by \$100 million a year.

The math doesn't add up.

The only way these companies can collect the multimillion dollar profits guaranteed them is by denying critical services to Iowans and by failing to fully pay local health care organizations for services they provide.

I'm concerned that people in our communities will be denied critical medical services and that local providers will not be adequately reimbursed for the medical care of patients.

The long-term care of severely disabled adults and children makes up the bulk of Medicaid services in Iowa. Medicaid also covers prenatal care to pregnant women, health insurance for low-income children, and health care for low-income seniors and others. Not only is the Governor's plan costly to Iowans, it is also reckless.

His plan to change the health care providers for 560,000 Iowans by January 1, 2016 is unrealistic. No other state has moved their entire Medicaid population into a managed care system this quickly, but rather, other states have moved their Medicaid population in over a longer amount of time or move their populations in waves over a number of months.

The managed care companies have yet to sign contracts with the state, so providers are being asked to sign contracts that don't include reimbursement rates.

Medicaid recipients and their families have good reason to be worried about the future. Iowans who depend on Medicaid and the people and organizations that care for them need more time.

That's why I'm calling on the federal Centers for Medicare & Medicaid Services to reject the Governor's plan to put Iowa's Medicaid Program in private hands.

If the plan is not rejected, I hope to slow the process down and provide significant safeguards that will protect our vulnerable populations. The federal government invests a significant amount in Iowa Medicaid services. We have a responsibility to federal taxpayers and to Iowans who need these services. We need to make sure, for example, that patient outcomes continue to improve and that access to health care is not decreased.

As a parent of a child with disabilities, I share the concerns of many Iowans who depend on these services. We all need to work together to make sure quality health care services remain available to local seniors, people with physical and mental disabilities, and mothers and children.

If you are concerned about the Governor's reckless privatization of Iowa Medicaid, make your voice heard. Call the Governor's office at [515-281-5211](tel:515-281-5211) and share your concerns.

Senate Democrats are holding community listening posts on Medicaid privatization in Iowa.

To find a local meeting where you can share your concerns, go to <http://wp.me/p6hw7R-5pm>.

I also encourage you to share your views with the Centers for Medicare & Medicaid Services by writing to Andrew Slavitt, acting administrator at the Centers for Medicare & Medicaid Services, at andy.slavitt@cms.hhs.gov or 7500 Security Boulevard, Baltimore, MD 21244.

They will be making a decision on whether to approve the plan by early December.

Where you can learn more about privatizing Medicaid in Iowa, go to: www.dhs.iowa.gov/.../abo.../initiatives/MedicaidModernization.

In addition, the Iowa Department of Human Services is hosting meetings to help local Iowans understand what the transition means for them.

These include:

For Medicaid recipients and their families:

**Thursday, October 15, 3 to 5 p.m.,
Carnegie-Stout Public Library,
Dubuque.**

pam.jochum@legis.iowa.gov

www.senate.iowa.gov/senator/jochum

UPCOMING EVENTS

October 20, 2015 @ 7 p.m. – Speaker Heather LuGrain, Opening Doors, Teresa House an Maria Shelter.
November 3, 2015 @ 7 p.m. – Care & Share and Connection support group meetings.
November 17, 2015 @ 7 p.m. – Speaker Mark Lansing, Consumer Credit Counseling of Northeast Iowa.
November 20 – December 4, 2015 - Roshek Building Nonprofit Holiday Silent Auction.
December 1, 2015 – Giving Tuesday – National giving event held on NAMI Dubuque website.
December 1, 2015 @ 7 p.m. – NAMI Dubuque Annual Membership Meeting.
December 16, 2015 @ 5:30 p.m. – Annual NAMI Dubuque Family Christmas Party.
February 5, 2016 - Roshek Building Community Block Party.

VISIT OUR WEBSITE AT NAMIDUBUQUE.ORG FOR UP-TO-DATE LISTING OF EVENTS.

FIGHTING SAINTS NONPROFIT-OF-THE NIGHT

NAMI Dubuque was featured as the “Nonprofit of the Night” at the Dubuque Fighting Saints hockey game against Green Bay on Friday, October 2, at the Mystique Community Ice Center. NAMI’s own **Britni Farber**, Vice-President of NAMI Dubuque, opened the evening with a beautiful performance of the National Anthem and acted as spokesperson for NAMI Dubuque during an interview on the ice as well as a short segment on the radio. Thank you Britni!! **Board members Eryka Cook, Magi Wehner, and Diane Bucko** were also in attendance providing NAMI brochures and literature on mental illness to the many people who checked out the NAMI table during the hockey game. NAMI was well received by the crowd attending the hockey game, with many stopping by to thank NAMI Dubuque for the work it does in the community! NAMI wishes to thank the Fighting Saints organization, the Mystique Community Ice Center, and the many fans in attendance for the “Nonprofit-of-the -Night event!!



MERCY HOSPITAL BAKE SALE

NAMI Board member Susan Ruden reported a very successful Bake Sale held at the Mercy Medical Center Cafeteria from 7 a.m. to noon on Thursday, October 8. The success of this event would not have been possible without the many volunteer workers, bakers, and crafters, including the staff of the Behavioral Health Unit at Mercy and NAMI Dubuque members, and most especially the commitment and organization of **Susan Ruden!** Our thanks go out to all of you, as well as to the many Mercy employees and others in the community who attended the Bake Sale and purchased items in support of NAMI Dubuque!



ASBURY EAGLES CLUB BURGER NIGHT

The Asbury Eagles Club was busy grilling burgers and hot dogs, along with fries, salads, and desserts, on Thursday evening, October 8th, as part of a successful and enjoyable benefit event for NAMI Dubuque. Those in attendance took advantage of a night off from cooking to enjoy a meal at the Asbury Eagles Club with community members, NAMI members, and Eagles Club members. Congratulations go out to Susan Miller, who was the lucky winner of the 50/50 raffle drawing! NAMI is extremely grateful to the Eagles Club for sponsoring this event for us. NAMI also wishes to thank **Fabiola Ortiz** and her fellow volunteers from the **University of Dubuque Psychology Club** for all of their hard work serving meals to our guests at the Burger Night! Thanks also go out to NAMI Dubuque members and their families who sold tickets and promoted the event and to those who helped plan the event!

