

# **NAMI** | Dubuque

National Alliance on Mental Illness

**Support Advocate Educate**

**Spring 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, **April 21** – Mark Murphy, “Smart 911 System”

Tuesday, **May 19** – DVD, author Pete Earley’s struggle with the mental healthcare system

Tuesday, **June 16**– **Summer Picnic**, Flora Park (Steel Open Air Pavilion w/blue roof)  
at 5:30 PM. Please bring a dish to pass. Table settings, meat, and beverages provided.

## NAMI Dubuque’s Iris Days

Again, we need volunteers for our annual awareness and fund raising event, which involves handing out NAMI information and irises to the community outside various grocery stores in Dubuque.



Please call the NAMI office to volunteer your time **563-557-6264**, or email [namidbq@gmail.com](mailto:namidbq@gmail.com).

The places, days and times are:

**Fri., May 1** at Walmart from 11 a.m. to 7 p.m.

**Sat., May 2** at Eagles on Elm, Sam’s Club, and HyVee Dodge, all three from **9 a.m. to 3 p.m.**

**Fri., May 15** we’ll be at HyVee Asbury and HyVee South Locust from **11 a.m.–7 p.m.**

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### More information on the April & May speakers:

**Tuesday, April 21:** Mark Murphy, Dubuque 911 Center Manager, will explain the Smart911 System being used by first responders in Dubuque and how it may be helpful in preventing situations that might otherwise involve the Criminal Justice System. This free, optional service gives residents the opportunity to provide information to emergency responders prior to an emergency in order to enable faster and more informed responses to emergency situations. and how it may be helpful in preventing situations that would otherwise end with involvement of the Criminal Justice System.

**Tuesday, May 19:** Join us in a celebration of Mental Health Awareness Month. We will be viewing a DVD presentation of Pete Earley, nationally known mental health advocate and author of *Crazy: A Father’s Search Through America’s Mental Health Madness*, as he shares the compelling story of his personal experience with his own son through the “revolving doors” of our mental healthcare system. Mr. Earley takes us through the experience as both a father and a journalist trying to fight for a better way. Past NAMI Dubuque Presidents will also be joining us as we mark the month of **May as Mental Health Awareness Month!**

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## MEET WITH IOWA LEGISLATURES— SATURDAY, APRIL 4

**The last Cracker Barrel for 2015 will be Saturday, April 4, 9:30 to 11:00 a.m., at the Diamond Jo Casino, Harvest Room.**

\*Following the Cracker Barrel a community meeting will be held from 11:30 a.m. to 1:00 p.m. at the Grand River Center, River Room. Iowa Department of Human Services Director Charles Palmer will address Governor Branstad’s proposal to turn Iowa’s Medicaid Program over to private managed care providers.

## **Pizza Ranch Tip Night - Monday, May 4, 4:30 p.m. - 8:00 p.m.**

NAMI volunteers will be serving guests and bussing tables for tips! This fundraising opportunity allows us to raise awareness about mental illness and also raise funds to support the free programs NAMI offers in its ongoing efforts to educate and advocate for those in our community affected by mental illness. Take a night off from cooking and show your support for NAMI Dubuque by joining us at the Pizza Ranch! Pizza Ranch is located at **2020 Radford Rd, Dubuque.**

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## **2nd Annual Changing Minds Event, Tuesday, May 12**

In conjunction with Mental Health Awareness Month, Project Concern of Dubuque will host its 2nd Annual Changing Minds event on Tuesday, May 12, from 2:30 p.m. to 7:00 p.m., at the Grand River Center. The event is free and open to the public. Attendees will be able to visit informational booths of various mental health providers/organizations/educators.

Keynote speakers will be NAMI Dubuque board member **Umesh Chakunta, MD**, and former board member **Judy Nemmers, LISW**. Additional speakers will be **Julie Homb, MA, LMHC**, **Jean Hartel, MA, LISW**, and NAMI Dubuque member **Diane Heiken, RPh**. Don't miss this interesting and informative event!!

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## **NATURE TREK AT MINES OF SPAIN**

**David Lange**



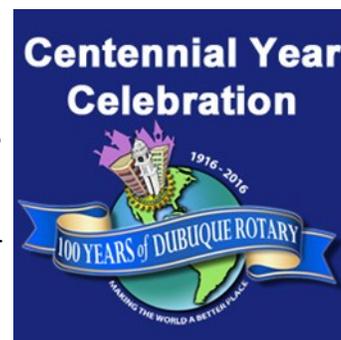
Autumn 2014 was ushered in with NAMI Dubuque's second annual NATURE TREK. It was held at the Swiss Valley Nature Center, and was once again co-hosted by Chuck Isenhardt, and made possible by a group of NAMI volunteers. The Nature Center has many beautiful displays, with a chance to take a low impact hike on one of the nearby trails. Retired conservation officer Denny Weiss was the keynote speaker, and entertained the audience with stories and shared his insight on Iowa conservation gained through many years with the DNR. Hikers had a number of options, which included a very interesting guided hike led by Jenny Hammond of the DNR. Monarch butterflies were netted, tagged, and sent on their way, possibly to be caught again in Mexico, like some have in the past! One trail led to the creek where the Dubuque Fly Fishers were entertaining and informative, displaying their craft. Breaking The Silence, a mental health awareness group from Loras College, was represented and we learned of all the positive activities going on with them.

We had a great crowd and look forward to a great NATURE TREK 3. Don't wait until then to walk in the woods.

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## **GRANT AWARDED BY ROTARY CLUB —THANK YOU**

A special thank you goes out to the Dubuque Rotary Club for awarding NAMI Dubuque \$1900 to purchase 2 televisions, sound bar, installation, etc. The TVs will be utilized to present AV materials for our educational courses, meetings, and other events. Goodbye to our antiquated projector and welcome to large-screen viewing for all to see!! Thanks again to the Rotary Club of Dubuque for this grant award and for its support of NAMI in the Dubuque Community



## Mobile Crisis

Hillcrest Family Services is now providing Mobile Crisis Outreach (MCO) to individuals in need, in Dubuque County. Anyone who believes an overwhelming situation would benefit from on-site crisis services can request MCO by calling Foundation 2 phone services (1-855-800-1239). MCO will dispatch in teams of 2 counselors, if the call is appropriate for mobile services.

Upon arrival, MCO will assess the situation and attempt to stabilize the crisis. Then the counselors will provide appropriate referrals and resources to the individual. Within 24 hours after the initial crisis, an MCO counselor will make a follow-up call to check on the individual's wellbeing. MCO is meant to be a short-term service that helps connect individuals in need with long-term services in the community.

## Integrated Health Home

Integrated Health Home (IHH) is a process that assists those with a mental illness in living a happier, healthier, and longer life. We do this by putting the client in the center of his or her care and bringing all the providers and resources together to work towards holistic health. IHH is an umbrella service that connects individuals and families to needed resources or providers in the community. IHH creates or maintains relationships with hundreds of people to medical providers, habilitation services, schools, mental and behavioral health providers, food pantries, and so much more. An IHH Team consisting of a Care Coordinator,

Nurse Care Manager, and Recovery or Family Support Advocate is assigned to each individual or family enrolled. This ensures client-centered services and on-going support for each person.

Hillcrest Family Service's IHH program serves nearly 840 individuals and families throughout seven counties in Iowa. Hillcrest IHH provides services to, both, children and adults in Dubuque County. Many people have improved their lives with the empowerment of IHH. Not only does Hillcrest IHH act as a liaison in the community, but it provides support to those with a mental illness by those living in recovery with their mental illness. The Support Advocates are able to provide guidance and support like no one else because they, too, have been in the individual or family's shoes.

Many client served by Hillcrest IHH benefit from the various groups offered; walking group, arts and crafts, to visiting the local humane society to nurture a pet, Get Your Groove Back to focus on self care. Clients, who typically do not leave their room, let alone their home, have made themselves present at Get Your Groove Back. Successes, big and small, like this are the reason Hillcrest's IHH is beneficial for those trying to find their path to recovery. Interested in learning more about IHH for Dubuque or Jackson County, please contact Hillcrest Family Services at 563-557-4422.

*Submitted by Erica Borgerding -  
Hillcrest Family Services*

***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](http://www.namiiowa.com)) and of NAMI, the National Alliance on Mental Illness ([www.nami.org](http://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](mailto: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





## Mother's story 'puts a face on mental illness'

BY STACEY BECKER

Lee Ann Logan

STACEY.BECKER@THMEDIA.COM |

Posted: Saturday, March 21, 2015

Lee Ann Logan was in denial about her son's mental health.

She told herself her son, Jeff, would simply outgrow his struggles. It's a phase many parents of children with mental illness go through.

You must be logged in with the proper services to print this article.

Logan said it was too late by the time she realized her addicted son had a mental illness. He was 22 when he fell to his death.

A National Alliance on Mental Illness (NAMI) Basics teacher trainer, Logan shared her story at a full-day mental-health training session Friday for 60 counselors, nurses and other Dubuque Community School District employees at the Sisters of the Presentation. The event was sponsored by the district in cooperation with NAMI.

"The telling of our stories personalizes (mental illness). It puts a face on mental illness. It makes it real," said Logan, of Coralville, Iowa.

She wanted to bring an awareness to the complexity of mental illness, the evidence-based practices to help treat the illnesses and the impact school staff has.

"To me, the one common denominator that most kids have is education," Logan said, adding schools can be the first door to help for children with mental illness.

Shirley Horstman, director of student services for the district, said the training was meant to help staff understand the parent's perspective and how that can impact the school.

Joanie Heitzman, school nurse at Lincoln and Bryant Elementary Schools, has met with families to broach the subject of mental-health concerns in their children.

"We watch for those themes, those symptoms that say we need to do something to help this child be successful," she said.

Heitzman appreciated the training that provided school professionals another opportunity to learn about available support.

Eric Balayti, a life coach at the Alternative Learning Center, said training must delve into all aspects of mental-health issues.

"It's important for staff to become more aware of mental-health issues that the students we work with may be having," he said.

Logan, who adopted her grandson, Holden, said there are no stigmas with diabetes. Yet, there are stigmas with mental illness.

"I want there to be a day that will come that we will talk about our struggles with mental-health issues as easily as other medical issues," Logan said.

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## Help Protect Mental Health Medications In Medicare Part D

3/13/2015

Senators Charles Grassley, R-Iowa, and Sherrod Brown, D-Ohio, introduced the bipartisan Medicare Formulary Improvement Act (S. 648) last week to protect mental health medications in Medicare Part D. These medications are crucial in the treatment of illnesses like schizophrenia, depression and bipolar disorder.

Currently these medications are in a "protected class" ensuring that when a doctor prescribes them they will not be subject to a denial based on factors like cost.

So why do we need this bill?

You may remember last year that there was an attack on the "protected class" designation by the Federal Centers for Medicare and Medicaid Services (CMS). In order to make sure that these life-saving medications remain in a "protected class" you must raise your voice in support of this bill.

Contact your Senators today asking them to co-sponsor this critical legislation.

Email Your Senators.

Tweet Your Senators.

Make your voice heard!

## Reflections on Volunteering

This is an apt time to reflect on what volunteering has meant to me, a post-World War II Baby Boomer, over the years. It is the year of the 50<sup>th</sup> anniversary of VISTA (Volunteers in Service to America), a government program inspired by President Kennedy when he implemented the Peace Corps in 1962 with the inspiring words to, “ask not what the country can do for you; ask what you can do for the country.” President Johnson, in his War on Poverty, subsequently adapted the Peace Corps for volunteer service in this country by implementing VISTA in 1965, my first year of college. I was raised in the fearful shadow of the bomb during the 1950's and my confidence was tested in 1962 with the Cuban Missile Crisis, only to be disillusioned in 1963 with the President's assassination. When I graduated from college in 1968, I emerged from the turbulent 1960's with resolve to follow Kennedy's advice and headed to the hills of Appalachia, ready to change the world. I promptly ended up in jail for disturbing the (Kentucky political) peace!

That jail experience led to my decision to join VISTA. I was sent to Flint, Michigan, from 1969-1970 to work with the Urban League, an organization which depended a lot on volunteers to fight the war on poverty, particularly among urban blacks. There were three of us VISTAs enlisted in this war: Larry and Judy, a newly married couple fresh out of school, and me. We lived together in one half of a duplex in the industrial area of this central Michigan automobile factory town. We rented from a black couple who occupied the other half of the duplex. I remember thinking the world had come a long ways as we three white VISTAs watched the moon landing with Jesse and his wife on their TV in the summer of 1969.

When I left Flint in 1970, the town had not changed very much, but I know I had changed. Since that early idealistic year in VISTA, I must admit that my fears have not subsided and my confidence has been continuously tested while my disillusionment has gotten worse. The world has become much more complicated since those days of “Camelot” (the idealistic image coined for the Kennedy years). But because I did answer Kennedy's call to “do something for others” along with my subsequent experiences of volunteering in groups like VISTA, my resolve has remained intact: the benefits of volunteering far outweigh any feelings of being “let down.”

In 2005, when I quit my job to be with my sister in her death, I was faced with another crisis of fear, loss of confidence and disillusionment—once again, the call to “do for others” came and I answered it through the AmeriCorps Partners in Learning

program (part of the VISTA “family” of volunteer organizations) at Audubon school. That year spent working with young kids in an “at risk school” was even more rewarding than the one spent with city folk in an economically changing urban environment, mainly because I anticipated the rewards.

So now I am resolved to promote an opportunity, especially to those who like myself are *retired* Baby Boomers, to consider answering the call to serve by coming to the **“Volunteer Recruitment Day” on Wednesday, April 29, from 4-6 PM, downtown in the new Millwork District, 900 Jackson St.** The Recruitment Day is sponsored by the Millwork Collective group, 11 nonprofit organizations, located in the lower level of the Schmid Innovation Center. There will be food, door prizes and a chance for everyone to get to know these organizations.

Please consider answering the call from one of these organizations as your own call to serve and volunteer to make the world a better place.



Tom Jack  
563-663-0202  
[tomnjoey@q.com](mailto:tomnjoey@q.com)

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### Office Volunteers

We are seeking volunteers for our office to answer the telephone and assist walk-in visitors as well as small talks as needed. Telephone volunteers work in two hour shifts. Our office hours are weekdays from 10 am - 2 pm. For more information email us at [namidbq@gmail.com](mailto:namidbq@gmail.com).

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### Instructors and Facilitators

We are in need of members and friends of NAMI-Dubuque to volunteer as instructors for our **Family to Family and Peer to Peer classes** and as facilitators for our Family Support meetings and our Connections group. All instructors and facilitators are trained by NAMI Iowa at different locations throughout the state as courses for instructors and facilitators are made available by NAMI Iowa. Training is conducted on weekends and all expenses are paid by NAMI-Dubuque. If interest and /or would like more information contact Diane at [namidbq@gmail.com](mailto:namidbq@gmail.com).

**“MANY HANDS MAKE LIGHT WORK”** NAMI Dubuque is in need of volunteers to serve on committees such as Technology, Grant-Writing, Membership, Youth, Education, Finance, and Fundraising. Please let us know if you have a particular talent you are willing to share. Currently there are 11 NAMI Dubuque board members serving on committees, but we need more help! The greater the number of volunteers, the smaller the number of individual tasks there will be. Please call Diane Bucko at 563-580-8653 if you are interested in volunteering or have questions about volunteering on a committee.



Did you know that NAMI Dubuque has a LENDING LIBRARY available to members? Stop by the NAMI office and take a look at our selection of DVDs and books on various topics regarding mental illness. Simply check them out like you would at the local library!

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Follow NAMI Dubuque on facebook and stay up to date on events, monthly meetings, educational courses, etc. We are looking for your opinions, ideas, and any thoughts you may have concerning mental illness and those affected by mental illness. Feel free to post and let us know what's on your mind!

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**Mental Health America of Dubuque County** will be holding its annual fundraising dinner on **Thursday, May 7**, from 4:30 to 7:30 p.m. at Westminster Presbyterian Church. Enjoy a catered meal by Kalmes' and support Mental Health America - A Voice for Change! Please contact Sue Whitty at **563-584-0730** for ticket information.

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### **NATURE TREK III: MIND AND FOOD**

**WHEN: June 13** (rain date June 14) from **1:00 to 4:00 p.m.**

**WHERE: Four Mounds Inn and Conference Center on Peru Road.**

NAMI Dubuque is partnering with Four Mounds, Iowa State University Extension, Dubuque Rescue Mission, Office of Consumer Affairs, and Rep. Chuck Isenhardt in hosting an outdoor event that is free and open to the public. NAMI will be promoting individual sustainability by combining the process of gardening and the mental health benefits of gardening. The ISU extension will manage a 40 x 40 space and attendees will be invited to take part in the planting process. Guided or independent hikes will be available, as well as snacks/refreshments and “Farming Stations” with Ashley and Carolyn. There will also be several speaker presentations on various topics regarding the outdoors/planting and mental health.

