



NAMI

Dubuque

National Alliance on Mental Illness

Support Advocate Educate

**Spring 2017
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 18**—“**Is It Dementia?**” - Umesh Chakunta, MD, will speak about the various forms of dementia and their diagnosis and treatment as well as the challenges and stressors facing caregivers.

Tuesday, **May 16**—“**Adult and Family Peer Support**” - Todd Lange, Amerigroup Iowa, will speak about adult and family peer support services and their role in supporting families/persons with a serious mental health condition.

Tuesday, **June 20**— **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.



Changing Minds

Join us for a dialog about the impacts of mental illness in our community. We can all be a voice of change.

“CHANGING MINDS”

Community Mental Health Resource Fair

When: 4:15 – 7:45 p.m., April 25, 2017

Where: Diamond Jo Casino, 301 Bell Street, Dubuque, IA

Changing Minds is dedicated to awareness, education, understanding, and advocacy about mental health issues in Iowa. One in five Americans experience a mental illness in a given year. It’s time to erase the stigma and change minds about mental health. You can help by supporting this important community conversation.

Event Schedule

4:15 – 6:15 p.m.: Vendor exhibits available

4:45 – 5:45 p.m.: Presentation: The impact of adverse childhood experiences (ACES) and trauma on who we are

6:15 – 7:45 p.m.: NAMI (*National Alliance on Mental Illness*) presentation: **“IN OUR OWN VOICE”**

Community organizations and providers will also be on hand to offer more ways to connect with service, advocacy, and information.



MAY IS MENTAL HEALTH MONTH

**NAMI Dubuque's Iris Days
May 5, 6, and 12**

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

To volunteer for **two-hour shifts**, call or email the NAMI Dubuque office at **563-557-6264** or **namidbq@gmail.com**

Friday, May 5, 11:00-7:00

- ◆ HyVee on South Locust St
- ◆ HyVee on Dodge St
- ◆ Sam's Club, Asbury Rd

Saturday, May 6, 9:00 -3:00

- ◆ Eagle's Market, Elm St
- ◆ Walmart on Hwy 20

Friday, May 12, 11:00-7:00

- ◆ HyVee on Asbury Rd

If you leave a message someone will call you back to confirm the date/time/location. We also welcome volunteers who are not currently members of NAMI Dubuque.



**MENTAL HEALTH AMERICA
OF DUBUQUE COUNTY**

**18TH ANNUAL DINNER AND SILENT
AUCTION**

THURSDAY, MAY 4

Serving from 4:30-7:30 pm

**DELICIOUS BEEF AND HAM DINNER
FROM KALMES
Dine In or Carry Out**

**Westminster Presbyterian Church
2155 University Avenue, Dubuque**

\$15/Ages 13 and Up

\$8/Ages 12 and Under

For tickets call **563-584-0730**

Email at **info@mhadbq.org**

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) 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





COMING THIS SEPTEMBER!

NAMI-Dubuque will offer the following two **FREE** education courses beginning in September:

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends, and significant others of adults living with mental illness. The course is designed to help attendees understand and support their loved ones living with mental illness, while maintaining their own well-being.

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental illness that is expanding throughout the country. Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement, and hope.

CRISIS INTERVENTION TEAM TRAINING



Dubuque Police Officers attended Crisis Intervention Team (CIT) training in March 2017, a program designed to help them safely and effectively handle mental health emergency calls. CIT is a model for community policing that brings together law enforcement, mental health providers, hospital emergency departments, and individuals with mental illness and their families to improve responses to people in crisis. CIT programs provide Law Enforcement Officers with 40 hours of intensive training from mental health professionals as well as persons and families with lived experience. Officers will learn verbal de-escalation skills and participate in crisis response scenarios with the help of actors and volunteers. The Dubuque Police Department will have the opportunity to send additional officers to trainings scheduled in May and October 2017.

MONTHLY MEETINGS and EVENTS:

Tuesday, April 18, 2017 - Educational Meeting - 7-8 PM - "**Is It Dementia?**" - Umesh Chakunta, MD, will speak about the various forms of dementia and their diagnosis and treatment as well as the challenges and stressors facing caregivers.

Tuesday, May 2, 2017 - Support Groups - 7-8 PM - **Family Support Group** and **Connection Recovery Support Group**.

May 5, 6, and 12, Iris Days. We depend upon the generosity of the community for many things throughout the year to promote, advocate and educate persons in the Tri-state area on mental health awareness. Funds raised during Iris Days help us to maintain our office in the Schmid Collective Center, with the phone and rent costs and educational materials. A recent example is providing the Dubuque Schools' counselors with three totes of suicide awareness materials to assist students and families with questions.

Tuesday, May 16, 2017 - Educational Meeting - 7-8 PM - "**Adult and Family Peer Support**" - Todd Lange, Amerigroup Iowa, will speak about adult and family peer support services and their role in supporting families/persons with a serious mental health condition.

Tuesday, June 6, 2017 - Support Groups - 7-8 PM - **Family Support Group** and **Connection Recovery Support Group**.

Tuesday, June 20, 2017 - (NO Educational Meeting) - **NAMI-DUBUQUE FAMILY PICNIC - 5:30 p.m. - Dinner at 6 p.m. - Flora Park (steel open-air pavilion with blue roof).**

Tuesday, July 4, 2017 - **NO SUPPORT GROUP MEETINGS DUE TO THE HOLIDAY!**

Tuesday, July 18, 2017 - Educational Meeting - 7-8 PM - **Dubuque County Jail Diversion Program** - Nathan Duccini, Community Treatment Coordinator for the Department of Corrections, will explain this program which provides alternatives to incarceration for persons with mental health conditions.

NAMI 2016 CHRISTMAS PARTY



Christmas Party

The NAMI Christmas party was held at Westminster on one of the chilliest nights of the year. There was an endless supply of delicious food and drinks to help the guests stay warm and full! The room was filled with holiday tunes sung beautifully accompanied by festive piano playing. Dinner was a great time to get to let guests get to know each other better and catch up. The tables were full of presents to be given, and everyone was grateful for a fun gift exchange! The evening ended with BINGO and prizes. A special thanks to Hy-Vee for donating the delicious meat and the Robertsons for preparing this wonderful night!

NAMI IOWA “DAY ON THE HILL” March 29, 2017



NAMI Dubuque board members Kathryn Kolck, Jim Norman, and Diane Bucko participated in the NAMI Iowa Day on the Hill in Des Moines on March 29, joining advocates from around the state for a day of education and inspiration. Board members met with Representative Chuck Isenhardt to discuss NAMI Iowa’s legislative priorities concerning the Mental Health Property Tax Levy and the Fail First bill.

NEW NAMI MEMBERSHIP STRUCTURE COMING IN JULY 2017



The NAMI National Board of Directors periodically evaluates NAMI’s membership program to ensure that it meets the needs of the organization and its members. This year after a lengthy review and evaluation process, the Board of Directors has decided to add a Household membership category to our membership structure. In addition to the Household membership category, the Board has decided to increase the dues for Regular and Open Door memberships.

ALL OF THESE CHANGES WILL BECOME EFFECTIVE AS OF JULY 1, 2017 AS OUTLINED BELOW:

Household Membership \$60.00
(A household membership will apply to everyone living in a single household.)

Individual Membership \$40.00
(Regular/Open Door memberships will apply only to one individual.)

Open Door Membership \$5.00

**For voting purposes each membership
(including Household) will be counted as one
(1) membership.**

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