

Accomplishments & 2019 Highlights:

Programs:

- The launch of our new presentation Ending The Silence- presented at Washington Middle School on August 21, 2019; presented at Clarke College on September 17, 2019.
- In Our Own Voice presentations to Dr. Mary Johnson's class at Loras College on April 4, 2019; presented at NAMI-Dubuque Education Night on October 15, 2019.

Items of note:

- Through generous donations by Kellie Cook and Angie McNamer, we were able to purchase the viewing rights to the Kevin Hines Film, "The Ripple Effect"- with great success, the film has been viewed at Statera Integrated Wellness and the Bridge Christian (Church)- more locations to come in 2020!
- Free Community Yoga with Board Member Kellie Cook
- Hyvee Wellness Evening in September of 2019
- Annual Iris Days- handed out over 2500 silk flowers for mental health awareness
- Partnerships with Mental Health America for resource sharing and presentation programs
- Presence in workgroup committees to strengthen the collaboration on mental health and resources within the Dubuque area
- Spring Board Retreat at Four Mounds in February of 2019

Keynote and Featured Speakers:

- Crescent Community Health Center, Provider in-service learning on suicide awareness
- The University of Dubuque, Brain Health 2019
- The University of Dubuque, Trauma Seminar- featured speakers on suicide awareness
- NAMI Iowa Spring Board Retreat, Collaboration on Grant Writing
- Changing Minds, NAMI Dubuque Award Recipients David Lange and Jim Norman

Classes & Support Groups:

- Over 150 peers and families served

In The Press:

- March, September & December 2019 Opinion Editorials published in the Telegraph Herald

New Facilitators:

- Connection Recovery Support Group - Lisa MacNaughton and Daryl Brufloft
- In Our Own Voice – Jim and Mary Beth Vansteenburgh
- Family Support Group – Britni Farber, Diane Bucko
- Ending the Silence – Daryl Brufloft, Steven Ramos, Dave Pelton, Kellie Cook
- Family to Family – Sarah Knight

Additional 2019 Events:

- NAMI Iowa Day on the Hill
- Cracker Barrel sessions in February, March, and April of 2019
- Dubuque County Community Connections Wellness Expo at Dubuque County Fairgrounds
- NAMI Summer Picnic
- JDIFF movie sponsorship
- Community Organization and Wellness Fair at NICC
- Loras Suicide Awareness and Prevention
- Merry Millwork Market
- NAMI Holiday Party and Annual Meeting

Committees & Meetings 2019:

- Chief's Forum meetings
- MHA meetings
- Jail Diversion Meetings
- Mental Health/Disability Services Stakeholders meetings
- Changing Minds Planning Committee meetings