

NAMI Dubuque

National Alliance on Mental Illness

Support Advocate Educate

Spring 2016 Newsletter

MEETINGS

7:00-8:00 p.m.

1st Tuesday is Care and Share

3rd Tuesday is Informational

Meeting Place:

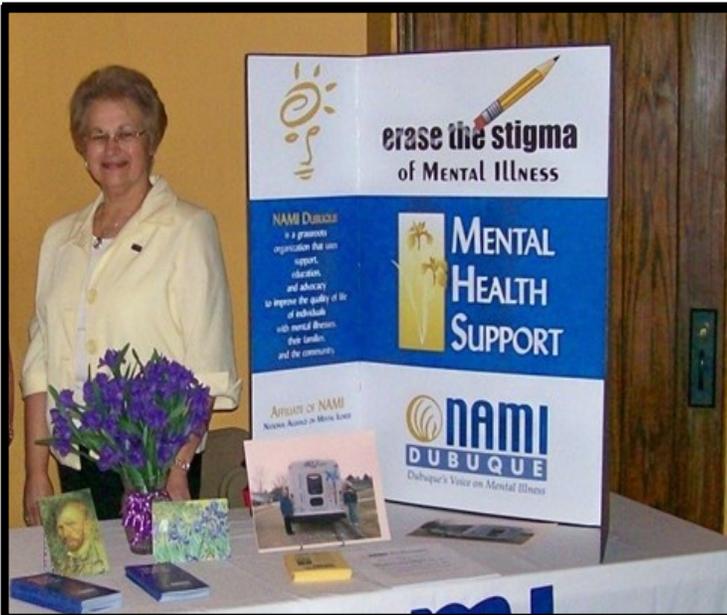
Schmid Innovation Center
900 Jackson St., Dubuque

Upcoming Events—Mark Your Calendar

Tuesday, **April 19**—**Megan Amos and Renee Krause**, Hillcrest's Mobile Crisis Outreach and Integrated Health Home programs (more info on next page)

Tuesday, **May 17**—**announced at a later date**

Tuesday, **June 21**—**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.



DELORES “DEE” MOSIMAN

April 27, 1945 – March 30, 2016

Rest in Peace

It is with deepest sorrow that I inform you of the death of our dear friend and colleague Dee Mosiman on March 30, 2016. As many of you may know, Dee had been waging a valiant fight against pancreatic cancer for the last two years. She will be profoundly missed by everyone whose lives she touched. Dee and her husband Steve have been dedicated mental health advocates with NAMI-Dubuque from the time of its inception in 1996. Dee served NAMI Dubuque in many capacities over the years and was serving as President

at the time of her diagnosis in January of 2014. Dee had a smile for everyone and was a welcoming spirit to everyone attending NAMI functions. An extraordinary person, she was highly regarded and loved by everyone who had the opportunity to meet her. We have lost a dear friend and devoted advocate.

Please keep Dee's husband Steve in your hearts and thoughts, as well as her son David and her son Michael, wife Renee, and sons Luke and Mark, along with the rest of their families.

Let us remember Dee with a smile upon our faces.

Diane Bucko, NAMI Dubuque President

“My tears are the words with which I tell God of my pain.”

Adolfo Quezada



NAMI Dubuque's Iris Days

**Friday, April 29 (11-7)
and
Saturday, April 30 (9-3)**

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.

Call the NAMI Dubuque office to volunteer for shifts, **563-557-6264**

Friday, April 29, 11:00-7:00

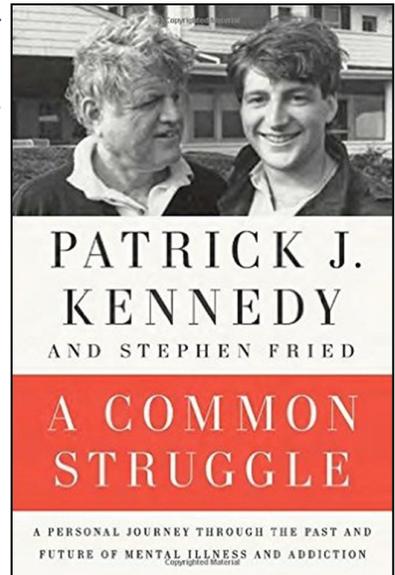
- ◆ HyVee on South Locust St
- ◆ Sam's Club, Asbury Rd
- ◆ Eagle's Market, Elm St

Saturday, April 30, 9:00 -3:00

- ◆ HyVee on Dodge St
- ◆ HyVee on Asbury Rd
- ◆ Walmart on Hwy 20

****A New York
Times Bestseller****

Patrick J. Kennedy, the former congressman and youngest child of Senator Ted Kennedy, details his personal and political battle with mental illness and addiction, exploring mental health care's history in the country alongside his and every family's private struggles.



"We have the power to help change the world for people who have mental illness and addiction . . . I have bet my life on it." Patrick J. Kennedy

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The 2016 NAMI National Convention, July 6-9 in Denver - Congressman Kennedy, who has authored and co-sponsored dozens of bills to increase the understanding and treatment of neurological and psychiatric disorders, will be one of the featured speakers.

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](mailto: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



UPCOMING EVENTS

Tuesday, April 19, 7-8 p.m., Schmid Innovation Center – Monthly educational meeting featuring representatives, **Megan Amos** and **Renee Krause** from Hillcrest Family Services who will speak about the organization's **Crisis Services**. These services include a crisis line (1-855-800-1239) connecting people in need of mental health care with qualified counselors, who can then dispatch the Hillcrest Mobile Crisis Team if necessary; the Mobile Crisis Team can then make a referral to the Hillcrest Crisis House, if needed. The Crisis House has two bedrooms for short-term stays to receive support and connections to resources to assist with their crisis.

Wednesday, April 27, 7 - 8 p.m., Keane Hall Porch, Loras College – Support group for adolescents and young adults (see April 13).

Friday, April 29, and Saturday, April 30 NAMI-DUBUQUE IRIS DAYS

This is our annual awareness event in conjunction with “Mental Health Awareness Month” in May. We are in need of volunteers to man the doors at various grocery stores in Dubuque and distribute silk irises (our symbol of hope) and informational cards in an effort to spread awareness and understanding of mental illness. Please help us make this a successful event by volunteering your time and your smiling face to the community!!



MAY IS MENTAL HEALTH MONTH

Wednesday, May 11, 7 - 8 p.m., Keane Hall Porch, Loras College – Support group for adolescents and young adults (see above April 13).

Thursday, May 12, 4:30 - 7:30 p.m., Westminster Presbyterian Church – 17th Annual Mental Health Month Dinner and Silent Auction, sponsored by Mental Health America of Dubuque County. Chicken and beef dinner from Kalmes' – Dine In or Carry Out. Tickets are \$15 for ages 13 and older and \$7 for ages 12 and under. Please call the NAMI office at 563-557-6264 for tickets.

Monday, May 23, 2:30 - 7:30 pm, Grand River Center – “Changing Minds” – free community mental health resource fair. Keynote speaker **Joan Becker**, author of “Sentenced To Life.”



On June 14, 2009, 24-year-old Mark Becker shot and killed the beloved high school football coach, Ed Thomas, in Parkersburg. Coach Thomas, 58, was in the school weight room with about 20 students when Coach Thomas was shot multiple times.

The free community mental health resource fair is open to the public from 2:30 p.m. to 7:30 p.m. at the Grand River Center. The event will include informational booths from local mental health providers and speaker presentations.

Bryan Dempsey, Provider Services Outreach Supervisor for the Iowa Medicaid Enterprise, will be presenting at 3:00 p.m. on the topic of Medicaid Modernization.

Clarke University Professor, Colleen Mahoney Ph.D., MSW, will be presenting on Developing Collaborative Efforts to Enhance Mental Health Recovery at 4:15 p.m.

Joan Becker will also sign copies of her recently published book, “**Sentenced to Life: Mental Illness, Tragedy, and Transformation.**”

Tuesday, May 24, 7 p.m., St. Luke's United Methodist Church – Free and open to the public – “**Faith Communities' Response to Mental Illness,**” sponsored by Dubuque Area Congregations United (DACU). NAMI Dubuque board member Magi Wehner, MA, will present “Understanding Mental Illness.”

IOWA WARM LINE



Iowa Warm Line is now in operation. The Warm Line is a peer-run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance abuse issues. The line is staffed by people who have been through a similar journey and are in recovery themselves. The Iowa Warm Line is operates every day between the hours of 5:00 PM and 10:00 PM and can be reached by dialing 1-844-775-9276.

NEW FAMILY-TO-FAMILY INSTRUCTORS

NAMI-Dubuque now has three additional instructors available to teach the NAMI Family-to-Family education course (see www.namidubuque.org for further information on this course). NAMI members **Mike Oslac**, **Sarah Stangl**, and **Magi Wehner** completed their teacher training the weekend of March 6-8 in Manchester, Iowa. These three new instructors join **Mark Otting**, **Barb Otting**, and **Diane Bucko** as certified NAMI Family-to-Family instructors and will allow NAMI-Dubuque to continue offering the course consistently each fall and spring. Thank you and congratulations to Mike, Sarah, and Magi.

NEW FACILITATOR FOR CONNECTION SUPPORT GROUP

Tam Prenosil is now facilitating the NAMI-Dubuque Connection Support Group for persons living with mental illness. Tam is a retired mental health therapist who graciously agreed to return to this volunteer position after the group's former facilitator resigned. Thank you, Tam!

Instructors are needed to teach the NAMI Peer-to-Peer course for those with lived experience. If you are would like further information on the requirements for training as an instructor, please contact Diane Bucko at dmbucko@gmail.com or 563-580-8653.

PAST EVENTS

On January 19, **Christina Steele-Lietz**, MSSW, LISW, presented information on the Unity Point Health/Finley Intensive Outpatient Program (IOP)—a fairly new service. Intensive outpatient treatment is the least restrictive level of care and is specially designed for patients who are in need of treatment and intervention that is more intensive than traditional outpatient therapy but less restrictive than partial and/or inpatient hospitalization. IOP is ideal for stabilizing those individuals with a history of frequent relapse. Referrals to the program may be made by anyone, including self-referrals, by calling 563-589-2309. For more information, visit their website at www.unitypoint.org/dubuque/intensive-outpatient-program.aspx.

Dubuque Community Foundation Block Party February 5

NAMI Dubuque participated in the fourth annual Community Block Party, hosted by the Community Foundation of Greater Dubuque. The event took place on Friday, February 5, from 4-7 PM in the Roshek Building Lobby. More than 60 area nonprofits distributed

information and volunteer opportunities specific to each organization. NAMI Dubuque had a variety of brochures about the organization, educational opportunities, upcoming events, and volunteer opportunities. We also had the NAMI Dubuque blue, glow-in-the-dark, Help and Hope bracelets featured in our slide show on the NAMI Dubuque website. The bracelets were a popular item for many attendees.

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On February 8, **Diane Bucko** and **Britni Farber** spent the morning educating **Senior High School** students on the warning signs of mental health and various avenues of support available with NAMI Dubuque. The students identified triggers of young adult mental health stress and the most common feelings among their peers included depression, anxiety, and isolation. The students were eager to listen and learn about NAMI Dubuque and agreed various support groups are in high demand among high school students.

Several of the students discussed ways support groups could lessen the feeling of isolation and stigma among social groups at school, "It does not really matter if you are part of the in crowd or not, everyone has feelings and everyone has the ability to hurt." The driving force behind mental health advocacy for young adults is the need for inclusion and guidance, knowing that young adults who suffer are not alone and early treatment of mental health concerns can lead to a more fulfilling life as an adult.

Monday, April 11, 6 p.m., Mindframe Theaters – Open to the public, free of charge – NAMI Movie Night, featuring *"Wild"* - "A powerful, blazingly honest memoir: the story of an eleven-hundred-mile solo hike that broke down a young woman reeling from catastrophe—and built her back up again."

Wednesday, April 13, 7 - 8 p.m., Keane Hall Porch, Loras College – Open to the public, free of charge – "Heart to Heart" – Support group for adolescents and young adults affected by mental illness, with speaker sharing story of experience with mental illness. Support group meets every other Wednesday, with the last two meetings before summer break—April 27 and May 11.

Wednesday, April 13, 6 - 8 p.m., Grand River Center – *"Prescription Pain Killers and the Heroin Epidemic"* – A panel of experts discuss approaches to the heroin epidemic, including different prevention and treatment opportunities.