
NAMI Scott County

*Community Voice on Mental Illness
Empowering People toward Recovery*

January 2007

Medication Update

Chris McCormick Pries will present the monthly NAMI program in January. It will be on current psychiatric medications and will be at 7 pm Monday, January 15, in the Bettendorf Library.

President's message

Support is important to help with New Year's Resolutions

Welcome to 2007!

This is the time of the year that people establish New Year's resolutions. A resolution I'd like to have everyone consider is increasing your involvement with NAMI Scott County. This involvement could include attending the monthly education sessions. (Check the website: <http://www.namiscottcounty.org> for schedule of events). It could also include participating in NAMI C.A.R.E., Generations of Hope or the Family Support Group, or developing a team for the upcoming NAMI Walk on May 5!

Each year on January 1 many people set resolutions, only to decide early in 2007 that they've not been successful. Why do resolutions fail? Maybe the resolution wasn't realistic, maybe the goal was too big and should have included smaller changes over a longer period of time than trying to make one large change all at once.

Consider sharing your resolutions and goals with others who can encourage you and support the small, positive lifestyle changes you desire to make.

Goals you keep to yourself might not keep you accountable, but including others to support you may be helpful.

Attending NAMI C.A.R.E., Generations of Hope or the Family Support group may be good avenues to look for support in making positive life changes. When you accomplish something positive, give yourself a reward. The reward doesn't have to be something material, an affirmation such as "I've done it" can boost your self esteem and this self encouragement can serve as a motivating source to keep you moving in a positive direction.

So I've got my walk team established, have you developed your team yet? Go to <http://www.nami.org> and register to walk in our walk this year. Set a goal to start walking, and when the weather is bad, walk inside the mall, for example, to get yourself prepared for this great 5K event. Exercise is good for the body and mind. Happy New Year!

*Christine Urish
President, NAMI Scott County*

NAMI classes will start soon

The Family to Family class, for family members of a person with mental illness, is a series of 12 sessions beginning February 14 and ending May 2, on Wednesday nights from 7 to 9:30 pm. The facilitators will be Robert and Lynette Cline. The location is the Urban Center, above the bus station in downtown Davenport.

The Peer to Peer classes, for persons diagnosed with a mental illness, will meet Thursdays from 6 to 8 pm from March 8 until May 3 in the Urban Center above the Davenport bus station. Peer mentors are Alice Thiemann, Tim Lawlor and Janet Darmour-Paul.

To register for either of these classes, call Mary Briones at Eastern Iowa Community College District, 336-3447. The Family to Family course number is 30887. For information about Family to Family, call Anne Corbi at 322-6554.

The class number for Peer to Peer is 30891. For more information about the class, call Alice Thiemann, 323-7453; Tim Lawlor at 323-6582; or Janet Darmour-Paul at 391-5723.

NAMI's 2007-2010 Strategic Plan Draft for member's consideration

NAMI national is in the process of creating a Strategic Plan for 2007-2010, called Charting Our Course from Good to Great. A draft plan has been created and is being presented for members' consideration by the NAMI National Board of Directors. The period of time from January to February 2007 is the Active Listening stage, in which the national board will host Town Hall calls for public comment, and incorporate input from the members into the final version of the plan. At a board meeting from March 8-10, the planning committee will present the final version of the plan for Board review.

The plan can be accessed in pdf form from the nami.org website.

Here are some excerpts from the draft plan.

Goal 1

NAMI is a dynamic, well-run organization that seeks and engages a diverse and growing membership

"In working toward this goal, NAMI will focus on: confronting failures; describing and promoting best practices; increasing training and learning opportunities; and embracing and empowering leaders and members from diverse communities, consumer leaders and members, and families of children and youth."

Goal 2

NAMI is financially secure and independent

"NAMI has a well-established baseline of national funding data from which progress can be measured, but less has been documented about the funding sources of NAMI at the State and Affiliate levels. In addition to quantifiable data, evidence of financial diversification, demonstrable fiscal stability, and increasing budgets will be viewed as important indicators of organizational health and progress toward greatness."

Goal 3

NAMI is the dominant force in mental illness advocacy

"NAMI National was originally founded at least in part to provide federal-level advocacy leadership. NAMI's capacity to deliver on that charge is directly tied to the skills and resources available at the State and Affiliate levels. NAMI is unique among advocacy groups for the authenticity of our voice as service

system end users. Our ability to articulate the experience of mental illness - its impact, as well as the consequences of failures in services, treatment, and public policy - defines our value to this public debate."

Goal 4

NAMI is the leader in crafting and implementing state-of-the-art education and public information

"NAMI's education programs have exploded in recent years, both drawing new members to the NAMI fold and providing invaluable leadership development opportunities for the field. We are faced with the challenge of maintaining capacity in the field, however, and in finding new ways to deliver training and teaching materials. Education programs and public information make heavy resource demands which must be addressed at all levels of NAMI."

Goal 5

NAMI is building and incorporating the largest consumer movement in the country

"NAMI is already the largest consumer organization in the country, but we have not positioned ourselves in that manner. We will work to educate the public and potential members about the value and power of family/consumer collaboration. We recognize that sometimes the interests of families and consumers appear to diverge or compete, but we are dedicated to defining and holding common ground, recognizing that what unites us far outweighs what might divide us."

NAMI Scott County

Christine Urish, President, 333-6281
Dana Beneker, Vice President, 355-5502
Anne Corbi, Secretary, 322-6554
Connie Williams, Treasurer, 322-6247 ext. 224

Local Voice Mail: 1-888-491-9267
NAMI Scott Address: P.O. Box 3803,
Davenport IA 52808
www.namiscottcounty.org

Family to Family Support Group: 4th Monday
each month at 7 pm at Unitarian Church, 3707
Eastern Ave., Davenport, Iowa

NAMI-C.A.R.E. Consumer Support Group:
2 to 3:30 pm the first and third Sundays of each
month at Vera French Manor Community Room,
215 W. 37th St., Davenport, Iowa