
NAMI Scott County

*Community Voice on Mental Illness
Empowering People toward Recovery*

November 2006

Seasonal Affective Disorder (SAD)

Nancee Blum, Social Work Specialist for the University of Iowa Department of Psychiatry, will be the speaker for the Monday, November 20, NAMI Scott County meeting on Seasonal Affective Disorder. It will take place at the Bettendorf Library at 7 pm..

President's message

Thanks to all who make NAMI programs work so well

In the past month, NAMI Scott County has experienced many successes and we have many things to be thankful for. We had another successful candlelight celebration, educational presentation from the President of NAMI National, Suzanne Vogel-Scibilia, and a dance at District 22. Much thanks to Connie Williams, Greg Paulline and a whole host of individuals on the planning committee who worked to make these events such a success.

This fall NAMI Scott County is also very thankful for our dedicated facilitators of the Family to Family program; in Davenport Rebecca DeJaeger and Anne Corbi, and in Muscatine Vicki Walters and Jim Van Hyfte. We are thankful for the work of the advocacy committee. This committee was involved with the voter outreach and empowerment project on October 21, where 120 persons with disabilities were registered to vote through this effort.

It is that time of year again, time to prepare for our upcoming 2007 NAMI Walk, which is

scheduled for Saturday, May 5, at Credit Island Park! Our planning committee wants (and needs) your active participation to have this be a successful walk! The initial planning meeting will be held at the Bettendorf Library on November 15 at 6 pm. We hope to see you there! If you cannot attend this meeting but would like to be involved in walk planning, please contact Greg Paulline at 322-5276. We are very thankful to have the walk managers Teri and Greg Paulline leading us in our planning this year.

In last month's newsletter you received a wallet-sized card "Communicating with Someone Who Has a Psychiatric Illness." NAMI Scott County has printed 10,000 of these cards for community distribution. So far we have distributed them to the Scott County Sheriff's department and other community agencies/employers such as New Choices, as well as students at St. Ambrose University. Do you know an organization or an employer who would like these cards to distribute? If so, please contact me and we will see that cards are

provided to them. Our goal is to run out of these cards so we will have to print another batch! We are thankful for the proceeds of our 2006 NAMI walk to be able to print and distribute these cards and host the candlelight dinner. I am thankful for all the members of NAMI and especially the NAMI board for all that they do to keep our organization strong and moving forward.

We are looking forward to our upcoming Christmas party, scheduled for December 18 at the Knights of Columbus hall. The doors open at 5 pm. Make sure to mark your calendar to attend this event, because we look forward to seeing all NAMI members and families at the annual party. If you are able to provide transportation to a consumer for this event, please contact Greg Paulline.

Happy Thanksgiving to all!

*Christine Urish
President, NAMI Scott County*

November 15: NAMIWalks
planning meeting at
Bettendorf Library, 6 pm

NAMI Scott County Christmas Party December 18

NAMI Scott County will hold its annual Christmas party at a different location this year, the Knights of Columbus Hall at 1111 W. 35th St., Davenport. It is scheduled for Monday, December 18, beginning at 5 pm. Anyone who needs a ride should contact Joe Schloemer, 326-0367, by December 13.



Greg Paulline to present for NAMI Iowa conference

Greg Paulline will present a program for the NAMI Iowa Annual Conference December 1 on "Affiliate Computer Membership Program - What to Expect?" The theme of the Fall Conference is "Evidence Based Practices and Mental Health for the Future." The conference will be held in Des Moines November 30 and December 1.

Greg has been treasurer of NAMI Scott County for several years. He recently resigned to become Manager of NAMI Walks 2007, with his wife Teri Hughes Paulline. **Connie Williams** has been appointed NAMI Scott County treasurer.

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
Website: namiscottcounty.org

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

Medication study seeks participants with schizophrenia or schizoaffective disorder

The University of Iowa has started a new study for anyone interested with the diagnosis of schizophrenia or schizoaffective disorder. The study participation can last up to 2 ½ years and provides the antipsychotic study medication at no charge. Participation is voluntary and compensation is available.

The purpose of the study is to evaluate the long-term effectiveness of long-acting injectable risperidone compared to oral antipsychotic medication. Each study participant will have a 50/50 chance of receiving long-acting injectable risperidone. There are no charges for any of the study procedures or for the study medications.

If you have questions or would like more information, call Jane Kerr, 353-4955, or Tim Holman, 355-6769. Dr. Del Miller, Pharm.D., MD, is the principal investigator.

Family to Family, Peer to Peer classes scheduled for new year

NAMI Signature Programs for family members and for people with mental illness will be offered free of charge again in early 2007. NAMI Scott County and Eastern Iowa Community College District sponsor the programs.

The Family to Family class 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. Class number is 30887.

The Peer to Peer classes 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. The class number is 30891.

The courses require a minimum number of 10 participants and a maximum of 25 participants

November 18: NAMI Scott Board Planning Meeting, District 22, Rock Island, 9 am to 12