
NAMI Scott County

Community Voice on Mental Illness Empowering People toward Recovery

February 2007

Vocational Issues and Mental Illness

Kylah Piechowski from Vera French Job Link and Joelle McDermott from Iowa Vocational Rehabilitation Services will present information on vocational issues and mental illness. Please plan to attend! The program will be at 7 pm Monday, February 19, in the Bettendorf Library.

President's message

Visit NAMI Walks online to create your team

Have you formulated your walk team? Calling all potential walkers, walk team captains, you can organize your group by registering your walkers online. Setting up your team is fairly easy if you follow the directions below.

Last year Team Ambrose was 7th in the nation for online registered walkers. We want more teams from NAMI Scott County to join us in the Top 10!

Instructions for setting up your team and signing up team members online:

Go to <http://www.nami.org> and click on the NAMIWALKS icon on the left side of the page. Then click on IOWA, then on Davenport for NAMI Scott County. Click on FORM A

WALK TEAM - this is the first step team captains need to take!

Click on REGISTER ONLINE NOW. Now you have to create a NAMI online account if you don't have one. Click on CLICK HERE TO CREATE YOUR SIGN IN ACCOUNT. Create a username and password *hint* and WRITE THESE DOWN, you will need them each time you as the team captain log onto your team page. Submit your registration.

Next page - verify that the registration information that you entered is correct. Enter the NAME of your team in the box provided. Designate an affiliate - NAMI Scott County IA. Click YES I AGREE (liability statement). Click on register and proceed.

Next: Create your Team Page. Team Captain listing - Make sure your name appears here. Company/organization - if this is a company, list the name here. Identify a reasonable recruitment goal - enter the number here. Enter a realistic fundraising \$\$ goal - enter the amount here. Team page link - enter team name or other short word. This will be the URL that you can give team members to take them straight to your page.

Then click on CREATE TEAM PAGE AND CONTINUE. You will get access to your team page and you can give people the URL and they can go online and sign up to be on your team.

Christine Urish, President

NAMI Sponsors Bus to Capitol

On Thursday, February 1, 2007, 44 people filled a bus to go to Des Moines for Mental Health Advocacy. They were there to educate the legislators about mental health services and programs as well as to support our local legislators who are going to bat to get the necessary funding for persons with mental health and intellectual disabilities to continue to receive services.

If things do not change as of April 1, 2007, programs may be cut. Vera French employees, including John Wagner, Joanne Hermiston,

Greg Paulline, Connie Williams, Rich Brown, Dick Lee, and Nathan Kautz, were among the many anxious to get the message out. Individuals with mental illness made up the majority of the persons who were able to tell their stories to their legislators. NAMI members, and clients from Handicapped Development Center and two of their staff made up the rest of the group. KWQC was there in the early morning hours to interview John Wagner, Lance Baker, and Terry Shady about the possible cuts and purpose of the

bus trip. At the Capitol the Quad City Times was there to see the impact we had on our legislators.

Last year our legislators organized to help alleviate the funding deficit, and again this year they are well aware of the problem and are working to find a more permanent solution. Hats off to our local legislators. Call them, email them and let them know you appreciate their support.

Connie Williams

Miss Scott County advocates for mental illness



About a month ago, a little girl came up to me and said, "I was you for Halloween last year." I said, "Oh, really? What were you?" "I was Miss America," the little girl smiled. I was not really Miss America, but I was crowned Miss Scott County and at that moment in

time, I knew I had the opportunity to make a difference in many peoples' lives.

It was very exciting for me to be crowned Miss Scott County and it has opened many doors in my life. Not only do I have the opportunity to compete in the Miss Iowa Scholarship Pageant, but I also have a very important job in my community to communicate the importance of my platform on depression. As Miss Scott County and as a freshman student at the University of Iowa, I have many obligations, but I feel the most imperative role I have is to promote my Depression Education platform. As Miss Scott County, I will have the opportunity to try to educate and touch as many people's lives as possible.

Presently, to promote my platform, I've been keeping busy by visiting middle schools, high schools, and churches to educate people of all ages about depression. I explain my four main topics of interest, which include understanding, symptoms, treatment, and finally living day by day, as well as talking about suicide prevention.

It's very fulfilling to walk out of a classroom knowing I made an impact on someone's life. The

most amazing feeling so far this year, has been having students of all ages raise their hand in anticipation to ask questions based on my presentation. These kids are listening to every word and are actually thinking about my platform and it confirms that I really am touching lives as Miss Scott County. It can sometimes be difficult to ask questions about sensitive topics such as depression, but it's important to talk about my platform since depression affects so many people, including middle and high school students. It's very satisfying to know that I am doing something to help others in my community.

In addition to educating people about depression, I've also recently had the opportunity to partner with the local chapter of a national organization called NAMI.. NAMI, the National Alliance on Mental Illness is the largest grassroots organization dedicated to providing education, support and advocacy to those with mental illness and their family members. I chose to link my platform on depression with NAMI Scott County because of their diligent work of promoting public awareness about mental health through local education, support and advocacy programs. For example, NAMI has programs such as **Family-to-Family**, which is a 12 week course designed for family members who are in a care giving role for a family member with a mental health issue, **Peer-to-Peer**, which is a 9 week course designed for individuals who live with mental illness and **Visions for Tomorrow**, which is a 10 week course designed for parents and caregivers of children and adolescents with mental illness. All of these programs are offered free. NAMI provides monthly education meetings and facilitates 3 separate support groups for family members, individuals living with mental illness (consumers) and also for caregivers of children with mental illness.

NAMI's largest advocacy event is called the **NAMIWalks**. The 4th annual NAMIWalks Kick-Off Luncheon is Saturday, March 24th and I am thrilled to say that I have been invited to be one of their featured speakers this year to further promote my platform on depression. I hope you will join me and many others in your community for the luncheon and also on the 3.1 mile Walk around Credit Island Park, Davenport on Saturday, May 5th. Join me and NAMI to help empower those with mental illness towards recovery.

For more information about Miss Scott County, go

www.missiowa.com/scottcounty

For more information about NAMI Scott County, go to

www.namiscottcounty.org

NAMI Scott County

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Dana Beneker, Vice President, 355-5502

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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