

Peer to Peer classes will start March 6

A 9-session series of classes for people who have been diagnosed with mental illness will be offered by NAMI Scott County, beginning in March. The classes, Peer to Peer Recovery Education Course, and will meet every Thursday from 6 to 8 pm from March 6 to May 1 in an education room at Pavilion 2 of Genesis West, off Marquette St. near Central Park Avenue, Davenport.

The class includes information for participants about how to prevent relapse, how to improve their quality of life, skills that will help them cope with symptoms, exercises to focus and calm thinking, skills for working with providers and the general public and ways to protect their interests when they have a relapse.

The course is presented by NAMI National (supported by Astra Zenacca), NAMI Iowa and NAMI Scott County. (NAMI is National Alliance for Mental Illness)

For more information or to register for the class, call Alice Thiemann at 323-7453; Janet Darmour-Paul at 391-5723; or Jon Grate at 326-6010.

Another Funding Crisis for Mental Health Services

Scott County Community Services Director Lori Elam has warned the elected officials and citizens that mental health programs in Scott County will have to be cut unless a solution is found to the ongoing systemic problems in funding.

The problem began in 1996, when the Iowa legislature passed a law freezing the amount that counties could raise for mental health services through county administered property taxes. At that time, the legislature envisaged the state taking over at least half the cost of mental health care in Iowa. However, the State government did not follow through with this pledge.

Counties around the State have increased their taxes to the maximum level allowed, and they have spent down their reserves. Large counties with high populations of persons with mental illness, including Scott County, have been in crisis and threatened with closing down some of the vital programs that keep people with mental illness out of the hospital and out of jail. Last year, with the help of local legislators, the Iowa Legislature found some

emergency money to buy time until a permanent solution could be found.

This year, there is again a shortage of money to pay for existing programs. There is the prospect that \$876,834 plus will be cut from programs at Vera French Community Mental Health Center in Scott County, unless the State finds a long term solution to funding mental health services.

Cuts to mental health programs could result in more people in jail, homeless or hospitalized, and increasing costs in these other systems. The cuts could also result in higher numbers of people committed to state hospitals, a more expensive option than community care.

NAMI Scott County asks all people who are concerned that there are high quality services in Scott County take an interest and become active in advocating for a solution.

A group of people who are interested in advocating at the Iowa Legislature will travel to Des Moines during this session. If you are interested in participating, call Connie Williams, 322-6247, ext. 224.

NAMI Scott County:

Anne Corbi, President, 322-6554
Connie Williams, Secretary, 322-6247, ext. 224
Tom Engelmann, Treasurer, 323-3568

Local Voicemail: 1-888-491-9267

NAMI Scott Address: P.O. Box 3803,
Davenport IA 52808

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

**NAMI Connection Recovery Support
Group,** 2-3:30 pm every Sunday, Vera
French Manor Community Room, 215 W.
37th St., Davenport

Generations of Hope Support Group for
parents and caregivers of children and
adolescents with mental illness: 6-7:30 pm,
second Monday of the month at Trinity
Robert Young Center, 2200 3rd Ave., Rock
Island. Includes meal and babysitting; rsvp
Mary Anselmi at (309) 779-3216.

Save the date: March 24

**NAMI Educational session at the
Bettendorf Library, sponsored by
Janssen.**

Advocate for Mental Health:
Legislative Forum Saturday,
March 29, St. Ambrose
University Rogalski Center at
10 am.

Spirituality Group

WHO: mental health consumers and anyone affected by mental illness

WHAT: an on-going group to explore spirituality

WHEN: every second Tuesday from 4:00-5:00 pm, starting March 25 (April 8, 22, May 6 and 20)

WHERE: Faith United Church of Christ, 1630 W. 38th St., Davenport

WHY: to explore spirituality in a circle of friendship and mindfulness. Acknowledging the role of spirituality in recovery, we want to explore practices that help us connect with hope and meaning in our lives.

CONTACT: Janet Darmour-Paul, 391-5723 or darmour-pauls@juno.com

May 3 NAMI Walk

The Kick Off luncheon for this year's NAMI Walk is on **March 29** at The Lodge, Davenport. Contact Greg or Teri Paulline to participate, 388-9068.

E-Scrip card will help NAMI Scott raise money for mental health education, support and advocacy

Have you signed up for e-Scrip yet? NAMI Scott County will receive 5% of the amount of your purchase when you use your Schnuck's eScrip Community Card.

Training for new Family to Family Teachers is coming up

Would you like to take or lead Family to Family in your community? This is a 12-session series of classes for family members of persons with mental illness. Please call NAMI Scott County president Anne Corbi (322-6554) or chair of the program committee Christine Urish (332-6281) if you are interested.

The teacher training will be in Des Moines, and NAMI IOWA is covering hotel, meals, and training expenses. This training is open only to family members who are interested in serving as a volunteer family educator. If you choose to participate as a trained family member for your area, you would team-teach two 12-week courses in your own community within two years. You would solicit students for the course and enlist other affiliate members to assist. You must be a member of NAMI to teach. This course is designed to bring in new persons to our affiliates, give them help, and to transition them into support and advocacy

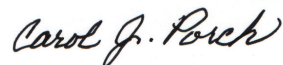
Teaching Family-to-Family requires making a considerable time commitment, but is immensely valuable in helping other families. As a family educator you would further master the basic biology of mental

illnesses and the medications used in treating them. Your own experiences as a family member and wanting to teach other families are assets for this job. Some comments from current teachers in Iowa: "We enjoyed teaching the course. It is extremely fulfilling and heartwarming to be able to help so many people through such difficult times." And, "It was an enriching experience to be able to help others and at the same time gain from their strength and support."

To aid in keeping our costs down, we ask that people taking teacher training share a room if possible with another NAMI person (of the same sex) attending the training. Of course, spouses share a room if they are both teaching! Anyone who would rather not share a room is asked to pay the cost of their room.

If you have any questions, feel free to call me at 319-351-3498 or 1-800-417-0417.

Sincerely,



Carol J. Porch
Family-to-Family Coordinator

Dual Recovery Anonymous Consumer/ Provider Conference May 21-22

Co-occurring addiction and mental illness recovery will be discussed at a conference in Des Moines May 21-22, featuring Kenneth Minkoff, MD. The goal is to bring together individuals dedicated to Co-occurring Disorder Recovery to participate in a forum that is both educational and collaborative. The conference is designed to facilitate discussion among presenters, providers and consumers in order to promote system change and consumer empowerment.

For additional information, send inquiries to JAMHRO7@gmail.com