
NAMI Scott County

*Community Voice on Mental Illness
Empowering People toward Recovery*

March 2007

Dinner and program Monday, March 19

NAMI Scott County and Janssen will sponsor a free educational program meeting titled **Choices in Recovery**. The purpose is to help individuals understand schizophrenia, its treatment, and how it can lead to achieving therapeutic goals and recovery. Although there is currently no cure for schizophrenia, the process of recovery is possible. The featured speaker for the educational program is **Carl Alaimo, PsyD, from Cermak Health Services of Cook County, Chicago**. The program will begin at 6 pm with a light dinner. It will be at the Bettendorf Public Library. The program is free, but space is limited and registration is required. Contact Connie at 322-6247, ext. 224.

President's message

Your help is needed to save mental health services

We continue to move forward with efforts to advocate for changes in state funding for mental health services in Iowa. In January, NAMI Scott County chartered a bus and 42 people went to Des Moines to advocate for change at the capital. NAMI board members attended legislative forums in January and February and spoke individually with members of the house and senate. NAMI Iowa hosted a legislative breakfast in Des Moines on February 28 and NAMI board members were in attendance. Still change needs to happen.

A legislative forum is held the last Saturday of the month at 10 am in the Rogalski Center on the St. Ambrose University campus. Plan to attend. If you can't attend, advise your elected officials of your concerns regarding funding. You can contact your elected officials via email:

Sen. Frank Wood,
Frank.Wood@legis.state.ia.us;
Sen. Joe Seng,
joe.seng@legis.state.ia.us;
Sen. David Hartsuch,
david.hartsuch@legis.state.ia.us;

Rep. Elesha Gayman,
Elesha.Gayman@legis.state.ia.us;
Rep. Jim Lykam,
Jim.Lykam@legis.state.ia.us;
Rep. Linda Miller,
Linda.Miller@legis.state.ia.us;
Rep. Jamie Van Fossen,
Jamie.Van.Fossen@legis.state.ia.us;
Rep. Cindy Winckler,
Cindy.Winckler@legis.state.ia.us;
Rep. Steve Olson,
Steven.Olson@legis.state.ia.us

Use these legislative talking points:

2007 Legislative Talking Points Restore the funding cuts made in 2002

In 2002, state money earmarked for "allowable growth" for MH/DD services for Iowa counties were withheld during a funding crisis. Counties were told to spend down their own MH/DD reserves, and were promised that once they did so, the funds would be restored. Five years later, we are still waiting. It will take 23 million dollars to restore the system to where it would have been (allowing for inflationary increases). This money is desperately needed to continue services that save money and

save lives.

Fix the distribution formula

The formula that is used to distribute state MH/DD dollars is antiquated and complex and no longer ensures that the counties who need the money receive it. The current system distributes funds across the 99 counties, with little regard to how they are used, or even if they are used. The formula needs to be updated to account for changes in population and the types of MH/DD services provided by counties.

Allow counties the "option" to increase revenue for MH/DD services

Since Senate File 69 (1996), counties expenditures of MH/DD services were frozen at the FY '96 amounts. The tax levies are based on these amounts, and do not reflect changes in the community, or in the services provided. Counties have no way to increase revenue to pay for needed services.

Counties should have the option of exerting local control for

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Save Mental Health Services (continued from other side)

local needs. If counties were allowed to use a levy rate based on a percentage of the total instead of the dollar amount, local communities could increase funds for needed MH/DD services. This option would allow an increase that would be in proportion to the actual growth experienced by the county.

Reimburse Community Mental Health Centers their reasonable costs for providing Medicaid services. House File 2780

This measure was approved in 2006, but it has not been implemented. The Medicaid population is growing rapidly, as is the number of uninsured. Mental Health Centers lose money for every Medicaid client that they see, but they see them because it is their mission.

In Iowa, it is the Mental Health Center that is the safety net for many of society's most vulnerable, but who saves the Mental Health Centers? Last

year, legislators voted to allow mental health centers and psychiatrists to be reimbursed their reasonable costs. This year lawmakers need to make sure this happens.

NAMIWalks

We continue to plan for the 2007 NAMI Walk. Have you formed your team yet? Need some encouragement? Plan to attend the NAMI Walk kickoff luncheon on March 24 at Johnny's Italian Steakhouse in Moline, IL. Remember the walk day is Saturday May 5, 2007, at Credit Island Park and we want to have MORE teams and MORE walkers than last year to raise MORE awareness in our community about mental illness!

NAMI Scott County: A Community Voice on Mental Illness Empowering People Toward Recovery.

*Christine Urish
President*

NAMI Scott Annual Meeting

NAMI Scott County will hold its Annual Meeting June 18 at Comedy Sports in Rock Island. The nominating committee, Jim VanHyfte, Greg Paulline and Anne Corbi, will present candidates for president, vice president and 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

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

River Valley Coalition program on Positive Psychology March 27

The River Valley Coalition for Mental Health will present a Positive Psychology Seminar featuring Dr. Samuel Moreno on Tuesday, March 27. It will begin with a full breakfast at 7:30 am. The presentation will begin at 8:30 am and will last about 1 1/2 hours.

Positive Psychology is based on Dr. Martin Seligman's research. He is the author of *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*.

Dr. Moreno will speak about how to identify one's signature strengths and how to incorporate these into everyday actions to achieve happiness. He will also address how the pillars of positive psychology impact and relate to coping more effectively with mental health conditions such as depression and anxiety. This seminar is designed for all human service professionals, including mental health practitioners.

The location is Butterworth Center, 1105 8th St., Moline. RSVP to Twila Robinson at 797-3568. The cost is \$25 for reservations made by March 23, or \$30 for walk-ins the day of the seminar. CEU's (1.5) are available for \$10. Send checks by March 23rd to RVCMH, P.O. Box 221, Davenport IA 52805.

The event is the Annual Meeting for the River Valley Coalition. NAMI Scott is a member of the coalition.