
NAMI Scott County

*Community Voice on Mental Illness
Empowering People toward Recovery*

May 2007

Report on Research on mental illness

Monday, May 21, at the Bettendorf Library

Frank Fleming, RN, Co-Clinical Director for the University of Iowa Mental Health Clinical Research Center, will present a program on a Longitudinal Study of Schizophrenia that expands 18 years of research at the University of Iowa. He will present the most recent data and new analysis of unpublished research. He will explain the new technology that uses MRI's to study functional imaging of the brain. Genetics and other topics will be addressed. As a researcher Frank will be recruiting individuals and families for the PET Studies at the university.

President's message

Hurrah for another successful walk!

Many thanks go to Greg and Teri Paulline and the NAMI Walk planning committee for another successful walk last weekend! We could not have done it without the support of many individuals.

The presence of NAMI in our community is growing and growing! On the ADS site, which is maintained by the Substance Abuse and Mental Health services administration, our walk was highlighted for the NATION to see. We had 1424 walkers and raised 26K on walk day and we are close to our 85K goal for this year! The money we raise remains in the

Quad Cities to develop & support education, support and advocacy projects in our community. Again, THANK YOU to everyone who helped make this year's walk a success!

I want to encourage NAMI members to attend the upcoming Mind and Body Conference on May 24. The keynote speaker is Perry Hoffman, PhD. Dr. Hoffman will be speaking about Borderline Personality Disorder and will be doing a breakout session as well. This event is one of the community events NAMI is able to assist in supporting due to the

funds raised each year by the NAMI Walk. The money we raise remains in the Quad Cities to develop & support education, support and advocacy projects in our community.

Lastly, Anna Goodwin, NAMI National employee, has recently made us aware of a NAMI Connection consumer support training which is coming up soon. If you are interested, please contact Anna.

*Respectfully,
Christine Urish
President, NAMI Scott County*

Mind and Body will be May 23 at The Lodge

The River Valley Coalition for Mental Health will sponsor **Mind & Body**, an annual day of workshops aimed at mental health service providers and consumers. NAMI Scott County is a member of the Coalition.

This year **Mind & Body** will take place Wednesday, May 23, at The Lodge, Bettendorf. The Keynote Speaker will be Perry Hoffman, Ph.D., speaking on *Borderline Personality Disorder: What is it; How*

to treat it. Dr. Hoffman will also lead a session on *Family Involvement: Family Connections.*

Other sessions are: *You Don't Need to be Alone: A look at what support groups can offer*, led by Anna L. Goodwin; *Chiropractic Care and Mental Health*, led by Dr. Traci Nelson, D.C.; *Mental Illness - A Full Time Job?* led by Kylah Rasche; *Spirituality for the Whole Person*, led by Rev. Timothy Goulet; *In Our Own Voice*, led by participants in the

NAMI InOur Own Voice program; *Hatha Yoga: Balancing Mind and Body*, led by Erin Phillips; and *Wellness Recovery Action Plan (WRAP)*, led by Jerry Patterson.

The fee for the conference is \$30, or \$5 for consumers. Lunch is included. CEU's are offered for attending the full day of workshops. For more information, contact Anne McNelis at 309 283-1201, or Rachel Eisfelder at 563-888-6261.

Mental Health Chaplain Visits the Quad-Cities

Have you ever felt that God was slow to answer when you called? I sure have, especially when I'm sick. I carry around my share of unhealthy baggage (anger, guilt, resentment) which only hinders the healing process. As I try to live in community with others (including health care providers) I have a difficult time facing the truth that my life has become unmanageable.

I learned quite a bit about our mental health system from Rev. Craig Rennebohm, a mental health chaplain from Seattle. Craig toured the Quad-Cities for five days this past April. His sentiments were that consumer services here may feel inadequate and fragmentary. Indeed they are. But in our community we are doing some things well. At the root of that is CARING. What a blessing when a neighbor, friend, or nurse walks with me through my fears! I am supported, companioned. I can again trust my heart, instead of being caught in the sticky web of confusion, frustration, and paranoia.

There's so much I don't know. For instance, how did I get here? And where am I going? I'm not the only one wondering these things. As a community we will go as far as faith will take us. Is our faith adequate? With unity of spirit, honesty, and openness we will do our part as consumers moving toward wholeness. Providers will do their part, with all the love and skill they can muster. And with mutual respect we will maximize health in our community. We won't get fixed by medication

alone. Yet, as Robert Bly would say, you must walk your limp in order to stay with your purpose.

I tend to seek coping mechanisms that are private and isolating, like learning meditation and yoga. However, this chaplain's visit helped me to realize the need for advocacy in the larger maze of our local mental health system. We are in this together, whether we can acknowledge it or not. We can dedicate ourselves (as many already have) to the greater good, if only we would.

Everyone is worthy and has a right to joy and wholeness. A gentle, holy power stirs us to take action when we see a gap in services so that no one falls through the cracks. Advocacy may be tedious work. Yet, action is also our opportunity.

I experienced an awakened sense of purpose from Pastor Craig's visit. I feel stronger about speaking my story as a person living with mental illness, a person with a limp. I have new resolve to live in the present. I would encourage all of us not to get stuck in grief of the past. Instead, let's focus on the hope that is. We take control of our lives when we recognize where our illness stinks and where it smells of roses. Finding our place in the world is critical for long-term health. May we move ahead, letting God lead us, and helping others find home.

Janet Darmour-Paul

NAMI Scott County

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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

NAMI Scott County Annual Meeting June 18

The Annual Meeting of NAMI Scott County will be held at Comedy Sportz in downtown Rock Island at 7 pm Monday, June 18. Comedy Sportz is on 3rd Avenue, between 18th and 19th Street, next to, but not in, Circa 21.

There will be a business meeting prior to the show, with election of officers.

We'll be having a "Pizza Party," which includes 3 slices of pizza and one 20 oz soda for each person in attendance.

RSVPs should be called to Connie Williams by June 11, 2007. There is no charge for NAMI Scott members, consumers or people being recognized. Leave a voice message at 322-6247 Ext. 224. Those calling should leave their phone number so reservations can be confirmed.

