
NAMI Scott County

*Community Voice on Mental Illness
Empowering People toward Recovery*

June 2007

Annual Meeting at 7 pm Monday, June 18

ComedySportz, 1818 3rd Ave, Rock Island, Illinois
Pizza and show after a brief meeting.

Free to NAMI members and families and consumers. RSVP to
Connie Williams, 322-6247, ext 224, by Friday, June 15, at 4 pm.

President's message

Christine Urish's last message as NAMI Scott president

Welcome to Summer!

One thing that I hope will continue is the attendance at NAMI sponsored events! On June 18th at 7 pm our annual meeting will be held at Comedy Sportz in Rock Island. This meeting will include pizza, pop and a performance by Comedy Sportz. Please plan to join us! We will recognize our outgoing officers, Greg Paulline, Treasurer; Jim Van Hyfte, Past president; and myself as President. Come and vote for the new slate of individuals running for board positions for

Election of officers

The NAMI Scott Nominating Committee recommends these officers for election to two year terms:

President: Anne Corbi
Treasurer: Tom Engleman

The election will take place June 18 at the beginning of the Annual Meeting, before the Comedy Sportz performance. Paid NAMI Scott members will be able to vote. The dues are \$30 for single/family membership and \$5 for Open Door Membership (limited income.)

NAMI Scott County and enjoy an evening of food and entertainment. For more information contact Connie Williams at 322-6247 ext 224.

Another ongoing event is the NAMI Connection Support Group for persons with a mental illness. This support group (formerly NAMI C.A.R.E.) has been meeting twice a month, but now new individuals have been trained as facilitators, Alice Thiemann and Audrey Dugan, and the group will meet each Sunday at the Vera French Commons community room from 2-3 pm.

I look forward to a new role as I leave my role as President of NAMI Scott County and become the Family Support Group facilitator. The Family Support Group meets the fourth Monday of each month at the Unitarian Church at 7 pm. I would like to

Generations of Hope

Generations of Hope Support Group for parents/caretakers of children/adolescents with mental illness meets July 9 at Trinity Robert Young at 6 pm. RSVP to Mary Anselmi, (309) 779-3216; babysitting and meal included..

thank Anna Goodwin for all of her work with the peer support group and Linda Lewis for contributions to the family support group over the years.

We are looking for teachers who'd like to be trained to lead the Visions for Tomorrow educational program. This is a program for parents and caregivers of children with mental illness or behavior disorders. If you are interested or know someone who is, please have them contact Rader Hayes at 563-322-3173 or raderh@msn.com.

We are planning a couple of picnics for the summer so stay tuned to the NAMI newsletter for dates and locations. We continue to receive donations from our 2007 NAMI Walk, and may reach the 90K mark. We could not have done this without the excellent leadership of our walk managers, Teri and Greg Paulline, and a whole host of other volunteers. THANK YOU to everyone who helped make this event so successful for a FOURTH year!

*Sincerely,
Christine Urish, Outgoing
NAMI Scott County President*

New NAMI Connection Recovery Support Groups

NAMI Connection: Recovery Support Group is the new name for the consumer recovery support group formerly known as NAMI-C.A.R.E. Iowa is one of the 'first-year states' and held training for 30 facilitators May 18-20, in Des Moines. The costs of this training were covered by NAMI.

The training focused on the greater Des Moines, Iowa City – Cedar Rapids corridor, and the Davenport areas.

The goal was to train 10 individuals from each area, and to establish 5 new groups per area – 15 groups in the state!

Nami Connection: Recovery Support Group is:

- A peer-based, mutual support group model.
- An alliance of individuals who have in common the experience of living with mental illness.
- A place to share our experiences and use them as learning opportunities for ourselves and others.
- A safe space to confront the challenges that all consumers face, regardless of diagnosis: low self-esteem; social isolation; dual diagnosis; stigma and discrimination; etc.

The vision is

- Every person in this country who lives with mental illness will have, within reasonable traveling distance, a support group to attend every day of the week by 2010!

The goal is:

- to support the process of personal recovery

among all people who have been diagnosed with a serious mental illness.

Support groups are different from therapy groups in that

- Since everyone in the group is a peer, there is no expert. Judgments are not made by anyone.
- There is the opportunity to experience one's emotions as natural and, often, the same as others. The groups strive
- To solve problems by using the combined wisdom of group members.
- Offer support through members showing understanding and empathy, and sharing insights about similarities of experiences

- If a support group does nothing else, it should provide an opportunity for connection, creating time to counteract the isolation in which many peers live.

The groups are run by

- All of the NAMI Recovery Support Groups are co-facilitated by individuals who have gone through an intensive three-day Facilitator Skills Training Workshop, sponsored by NAMI National in collaboration with State and Affiliate NAMI organizations .

Anna Goodwin, a NAMI Scott County member, is on the NAMI staff as program manager for Area 3 for the Recovery Support Group Initiative.

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

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

Generations of Hope Support Group for parents and caretakers of children and adolescents with mental illness: 6 -7:30 pm on the 2nd 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

Psychiatric Advance Directives

Psychiatric advance directives (PAD) are relatively new legal instruments that may be used to document a competent person's specific instructions or preferences regarding future mental health treatment. Psychiatric advance directives can be used to plan for the possibility that someone may lose capacity to give or withhold informed consent to treatment during acute episodes of psychiatric illness.

The National Resource Center on Psychiatric Advance Directives is a collaboration between The Department of Psychiatry and Behavioral Sciences, Duke University Medical Center and the Bazelon Center for Mental Health Law, funded by a grant from the John D. and Catherine T. MacArthur Foundation(<http://www.nrc-pad.org/>).

This National Resource Center has information for mental health consumers, health and legal professionals as well as family members and friends regarding the benefits of developing advance directives and the process for doing so.