
NAMI Scott County

Scott County's Voice on Mental Illness

August 2006

Ghada Hamdan-Allen, MD, will give a presentation on **School Phobia** on Monday, August 21 at 7 pm at the Bettendorf Library, 2950 Learning Campus Drive, Bettendorf. Dr. Hamdan-Allen is Medical Director for Child and Adolescent Services at Vera French Community Mental Health Center.

President's message

What is Recovery?

What is Recovery? In February, 2006, the Substance Abuse and Mental Health Services Administration identified 10 Fundamental Components of Recovery. As many individuals do not understand or support the recovery movement, I thought this month it was important to share with you the 10 components identified by SAMHSA. The consensus statement was developed by a panel of 110 individuals which included: mental health consumers, families, providers, researchers, advocates, state and local officials and manage care organizations. The fundamentals of recovery include:

1. Self-Direction. Consumers determine their own path of recovery with their autonomy, independence, and control of resources.

2. Individualized and Person-Centered. There are multiple pathways to recovery based on an individual's unique strengths as well as his or her needs, preferences, experiences, and cultural background.

3. Empowerment. Consumers have the authority to participate in

all decisions that will affect their lives, and they are educated and supported in this process.

4. Holistic. Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, social networks, employment, education, mental health and health care treatment, and family supports.

5. Non-Linear. Recovery is not a step-by step process but one based on continual growth, occasional setbacks, and learning from experience.

6. Strengths-Based. Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

7. Peer Support. Mutual support plays an invaluable role in recovery. Consumers encourage and engage others in recovery and provide each other with a sense of belonging.

8. Respect. Eliminating discrimi-

nation and stigma are crucial in achieving recovery. Self-acceptance and regaining belief in oneself are particularly vital.

9. Responsibility. Consumers have a personal responsibility for their own self-care and journeys of recovery. Consumers identify coping strategies and healing processes to promote their own wellness.

10. Hope. Hope is the catalyst of the recovery process and provides the essential and motivating message of a positive future.

Peers, families, friends, providers, and others can help foster hope. The National Consensus Statement on Mental Health Recovery is available at SAMHSA's National Mental Health Information Center at

www.mentalhealth.samhsa.gov/publications/allpubs/sma05-4129/
or 1 (800) 789-2647

Respectfully,
Christine Urish

President, NAMI Scott County
Mission Statement: **Community Voice on Mental Illness Empowering People toward Recovery**

Upcoming NAMI Scott County Educational Offerings:

Family to Family

Are you a family member struggling with a loved one's mental illness? If so, consider the NAMI Family to Family Education Program.

This program is a free 12-week course for family caregivers of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All instruction and course materials are free for class participants.

The Family-to-Family curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD).

The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. In Scott County this course begins on September 13, 2006, and is held every Wednesday for 12 weeks from 7-9:30 at the Scott Community College Urban Center at 2nd and Ripley, Davenport. Pre-registration is required by calling the college at 441-4100. Course number is XHEST-0001SMBW2.

This fall the Family to Family course will also be held in Muscatine at the Muscatine Community College. Please contact Vicki Walters for more information on this course:
vwalters08@hotmail.com.

Peer to Peer

Peer-to-Peer is an education course for people who have a mental illness. It consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness. Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

The Peer to Peer course begins September 14 and runs for 9 weeks on Thursdays from 6-8 pm. Pre-registration is required by calling Eastern Iowa Community College District. The course number is XHEST-0004-SMB58.

Phone 563-441-4100 to register for the Peer to Peer course. It is offered free of charge! It is held at the Urban Center, 2nd and Ripley Streets in downtown Davenport.

NAMI Scott County Picnic September 17

Plan to attend the upcoming NAMI Scott County family and consumer picnic on Sunday September 17, 2006 from 3-6 pm at Pavilion 2, Devils Glen Park in Bettendorf. We will be serving burgers and hot dogs and have a variety of picnic side dishes to go along. You don't have to bring anything, just yourself and your family!

David Miller, our new webmaster, will be bringing his guitar for some musical entertainment. We'll have bingo and other outdoor activities as always. Hope to see you there!

Need a ride? Please call Connie Williams at 322-6247 ext 224, or Joe Schloemer, 326-0367. Be sure to leave your name and phone number.



Mission statement of NAMI Scott County:
Community Voice on Mental Illness Empowering
People toward Recovery

When do I renew my membership?

This is a frequent question posed to NAMI Scott County. On the envelope you receive your newsletter in each month there is a mailing label with a date. This date is when your membership will expire. The month your membership expires NAMI Scott County mails you a renewal form. Please complete the form and return it to NAMI Scott County.

Sometimes members become confused when they receive the state newsletter, which also has a membership form on it. We want to make sure to keep your membership at the local, state and national level. If you complete the membership form on the state quarterly newsletter that you receive, instead of completing the membership renewal we send you, you will be a member of state and national NAMI, but not our local affiliate, NAMI Scott County. It is important that we keep our membership strong, thus this explanation.

If you join at the state rather than local level, then you miss out on our newsletter and information sharing which is important for us locally! Please help us keep NAMI Scott County strong and renew your membership with our local affiliate when it expires each year.

NAMI Scott County

Christine Urish, President, 333-6281
Dana Beneker, Vice President, 355-5502
Anne Corbi, Secretary, 322-6554
Greg Paulline, Treasurer, 322-5276

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

SAVE THE DATE!

October 1-7, 2006 – Mental Illness Awareness Week
– Building Community, Taking Action

[http://www.nami.org/
Template.cfm?Section=Mental_Illness_Awareness_Week&Template=
ContentManagement/
ContentDisplay.cfm&ContentID=35288](http://www.nami.org/Template.cfm?Section=Mental_Illness_Awareness_Week&Template=/ContentManagement/ContentDisplay.cfm&ContentID=35288)

October 4, 2006 – Candlelight Celebration of Recovery – Isle of Capri conference center. Keynote speaker: Suzanne Scibilia-Vogel, NAMI national president

October 21, 2006 – Voter's Registration Rally – location TBA

Anti-Stigma Campaign

In the war against stigma, the federal government will soon officially launch its National Anti-Stigma Campaign (NASC), with public service announcements (PSAs) developed in conjunction with the [U.S. Ad Council](#).

Based on the recommendation of the President New Freedom Commission on Mental Health in 2003, the Department of Health and Human Services (HHS) Substance Abuse & Mental Health Services Administration ([SAMHSA](#)) is organizing the campaign. The NASC aims to improve the general understanding of mental illnesses, promote recovery, and encourage help-seeking behavior across the age span. But the agency needs grassroots support from a broad coalition of mental health organizations to make it work.

SAMHSA will hold regional meetings in September for the campaign. Advocates interested in attending are invited to contact the agency's organizers (Vanguard Communications) for more information. Regional meeting locations, dates, and the states in each region, along with email addresses, are indicated below.

September 11 - Denver, CO

rsvpDENVER@vancomm.com

Arkansas, Iowa, Kansas, Minnesota, Missouri, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas, Wyoming

September 26—Chicago, IL

rsvpCHICAGO@vancomm.com

Alabama, Georgia, Florida, Illinois, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Ohio, South Carolina, Tennessee, Wisconsin

Iraq War Forum August 26

NAMI Scott County is one of the co-sponsors of an Iraq War Forum to be held Saturday, August 26, from 9 am to 12 noon at the Kahl Education Center of Scott Community College, 3rd and Riply Streets, Davenport. Registration begins at 8:30 am for the meeting, which is on the top floor of the Kahl. There will be coffee and refreshments.

The Forum will include these presentations:

ECONOMIC IMPACT OF THE WAR
Iowans for Sensible Priorities

PTSD and MENTAL HEALTH NEEDS OF RETURNING VETERANS
Dr. Miriam Meyer and Kirt Sickels
Veterans Hospital Iowa City

OPTIONS FOR LEAVING IRAQ
Dave Nagle
Former US Congressman

SPONSORS:
DFA, Physicians for Social Responsibility (Iowa Chapter), UUC Social Justice Committee, PACG Peace Forum, NAMI Scott County, Pax Christi and others.

For more information, contact Anne Corbi
annecorbi@earthlink.net



Upcoming Continuing Education Events sponsored by NAMI Iowa or other mental health organizations

Mental Health Recovery Research & Practice Conference, Coralville, IA – Tuesday, September 19, 2006

<http://www.uihc.uiowa.edu/nursing/NursingEducation/2006recovery.pdf>

2006 Mental Health Conference: The Road to Recovery – Ames, IA – October 10 & 11, 2006

<http://www.iowapsych.org/2006%20Mental%20Health%20Conference%20Brochure.pdf>

DBSA Conference in Wyndham O'Hare in Chicago, IL – Saturday, October 21, 2006

<http://www.dbsalliance.org/Conference/Conference.html>

NAMI Iowa State Conference: November 30/ December 1 in Des Moines, IA

<http://www.namiiowa.com/>