
NAMI Scott County

*Community Voice on Mental Illness
Empowering People toward Recovery*

September 2007

University of Iowa Panel on Eating Disorders

Monday, September 17, at 7 pm in the Bettendorf Library. **Wayne Bowers**, Ph.D., Director of the Eating Disorders Program; **Shirley Haley**, RN, **Jonathon Mitchell**, Therapeutic Recreation Specialist, **Ashley Reed**, Occupational Therapist.

President's message

Step Out — get involved with NAMI Scott County

September and October are busy months for NAMI Scott County. What a wonderful time for members to get involved. As a volunteer organization we rely on the talents and generosity of our members. Call me if you have an interest in serving NAMI. We are looking for help in the following areas:

* **Marketing:** working with the media to raise public awareness on mental health issues and NAMI educational and support programs

* **Membership:** organizing a membership drive to increase our numbers and support for mental health in the community.

* **Technology:** developing our own data base that could help us with tracking memberships, sending out mailings, funding appeals, etc.

* **Outreach:** representing NAMI at various health fairs and community events that involve setting up our display board, handing out brochures and other NAMI materials.

* **NAMI Walk Volunteers:** join the Walk Committee to plan and execute our annual mental health awareness event at Credit Island Park.

* **Special Events:** planning and publicizing our picnics, dances etc.

DANCE! to the beat of the BureauCats

I would like to thank Helen and Ron Snell, both long time NAMI members now residing in Maquoketa, Iowa, for their special interest in NAMI Scott County. Ron and Helen have teamed up with the BureauCats Band to sponsor a fundraising dance to benefit our organization. The BureauCats are a 10 piece rock and roll dance band. Originally formed by a group of Scott County government employees, the BureauCats play 60's - 70's music from **The Eagles** to **The Blues Brothers** to **Sly and the Family Stone**. The BureauCats are unique in that they blend music with mission. The band offers its services exclusively to non-profits to help them fundraise and support the work each organization offers the community. Check out the enclosed flyer for all the particulars on the Dance. Please join Helen and Ron and dance committee members Mike Freda, Tom Engelmann, Marty Laughlin, Roxanna Moritz,

Rita Vargas and Anne Corbi in making this event a great success. By the way, we are looking for items for a raffle and silent auction. If you would like to donate an item please contact a committee member. Tickets are available from the committee and any board member.

*Anne Corbi
President*

RSVP now for the Picnic September 16

Be sure and come to the free NAMI Scott County picnic on Sunday September 16 from 3 to 6 pm at Crow Creek Park, 4800 Devils Glen Road, Bettendorf.

RSVP with Anne at 322-6554, and tell her how many are in your party and if you need a ride or can give a ride to someone else. There will be hamburgers, hot dogs, veggies, and homemade desserts.

There will be games and fun, and food will be served at 5 pm.

Moe Armstrong to be Candlelight Celebration Speaker

Moe Armstrong will be the featured speaker for Mental Illness Awareness Week events October 3 and 4. Wednesday evening, October 3, he will speak at the NAMI Candlelight Celebration at The Northgate Place, on the topic "Building a Mental Health Community." Dinner Buffet will be served at 6:15 pm.

Please RSVP to Connie Williams by Friday, September 28, at 322-6247, ext. 224.

Moe Armstrong is a mental health provider and also a person with mental illness. He is a Vietnam Veteran who was homeless after his tour of duty.

He now works for Vinfen Corporation of Cambridge, MA, a provider of mental health services. He is the Director of Consumer and Family Affairs, and he established the Peer Educators Project with his wife, Naomi Armstrong.

Armstrong has two Master's Degrees and has worked in the field of mental health for over 12 years. He was one of the first people with schizophrenia to work as a mental health professional. He is on the NAMI national board, and has appeared on ABC, CNN, and CBS news programs talking about mental illness.

Moe Armstrong will give a Provider Workshop from 9 to 11am Thursday, October 4, also at Northgate Place. It will be titled "We can work together, Peer Support in Mental Health." Attendance is free, and CEU's will be available. Contact Greg Paulline, 322-5276, for more information.

NAMI Scott County

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

Moe's story, as told to a Congressional Committee:

"I spent many months on the streets of America. I was trying to hold jobs and trying to stay in apartments. I kept breaking down on the job. I kept losing apartments. I would either be on the streets sleeping in the park or staying with friends till they got tired of me. This was 1966, nobody knew that much about mental illness or substance abuse. There was no aftercare from the hospital. I was alone to flounder and fall down. I applied to the Veterans Administration for help. At the time, I was living in a tent over a foot of snow when representatives from the VA came up in the mountains to see me. They cried when they saw my condition. I was dirty and disoriented. I had no home. I was just surviving on some unemployment money that I had saved and food stamps. They got me connected with VA benefits and an agency called the New Mexico Veterans Service Commission. The VA and the New Mexico Veterans Commission helped me. They saved my life by bringing me out of homelessness. They got me psychiatric care. They got me educated and working. Today, I help others living with mental illness -- I work in the mental health field so that I can recreate for other people the opportunities I received from mental health care. I also currently serve as a member of NAMI's Consumer Advisory Council on veterans with severe mental illness."

U.S. Rep. Bob Filner, Chair of the House Veterans Affairs Committee, will be at the VFW Hall, 3700 9th St., Rock Island, Thursday, September 13, at 10 am. The public is invited.

Mental Health Conference

The 2007 Mental Health Conference, **Recovery - Under Construction**, will be held October 9 and 10 in the Iowa State Center Scheman Building in Ames. NAMI Iowa is one of the co-sponsors. The keynote speaker will be Ken Minkoff, MD, of Harvard Medical School, who will speak on treatment for co-occurring disorders of mental illness and substance abuse. For more information, find the brochure at the website: www.trainingresources.org

Reading at Fairmount Library

The River Valley Coalition for Mental Health is sponsoring a reading of children's books about mental health issues at the Fairmount Street Library in Davenport. At 10 am October 1, Mary Dailey will read *To Catch a Falling Star*, *Lucky Horseshoes*, and *Darcy Daisy and the Firefly Festival*.