



A Community Voice on Mental Health... Empowering People Toward Recovery

Office Hours: 10am-2pm
1706 Brady St
Suite 200
Davenport, IA 52803
(563) 322-8870
www.namiscottcounty.org

Join us for a *very special* Annual Meeting:



Sunday, June 7th — 3 to 6 pm

St Paul's Lutheran Church - Fellowship Hall
(Brady & Lombard Streets near Vander Veer Park)

Help us honor and recognize NAMI Scott County's founding members, our first Board of Directors, and long time advocates who have made this remarkable journey possible.

Learn about our history, listen to personal experiences, and participate in the dramatic performances by IOOV speakers and the Stigma Busters Theatre Troupe!

Enjoy a light meal and delicious desserts including ice cream sundaes and birthday cake! No need to feel guilty eating all the goodies—you'll have a chance to *DANCE* it off!

If you can volunteer the day of the event, call Caroline at 563-322-8870.

To Make a Reservation for the Annual Meeting

Please call 322-8870 or e-mail Caroline at info@namiscottcounty.org

Please indicate your name, phone number and number in your party.

NAMI Summer Events:

Mark your calendars!

June 7: Annual Meeting & 30 year Celebration

June 20: Trivia Night for Suicide Prevention—6-9pm
St John Vianney Church, Bettendorf
Call Chris Pries or Barb Ford at Vera French MHC 563-383-1900

June 22: Family Support Group Resumes in June

NAMI National Conference
July 5-9, San Francisco
(Staff will be out of the office)

July 26th: A day at the ballpark

Upcoming Education Programs:

July 20: SSDI/SSI Benefits Planning
August 17: Mental Health Movie

No May or June Education Program

Mental Health & Children
Mental, Emotional, and Behavioral Disorders Are Real

Young people can have mental, emotional, and behavioral problems that are real, painful, and costly. These problems, often called "disorders," are sources of stress for children and their families, schools, and communities.

The number of young people and their families who are affected by mental, emotional, and behavioral disorders is significant. It is estimated that as many as one in five children and adolescents may have a mental health disorder that can be identified and require treatment.

Mental health disorders in children and adolescents are caused by biology, environment, or a combination of the two. Examples of biological factors are genetics, chemical imbalances in the body, and damage to the central nervous system, such as a head injury. Many environmental factors also can affect mental health, including exposure to violence, extreme stress, and the loss of an important person.

Families and communities, working together, can help children and adolescents with mental disorders. A broad range of services is often necessary to meet the needs of these young people and their families.

NAMI Scott County will offer a **FREE** 4 week class for parents and caregivers who are caring for children and teens with brain disorders or mental illness:

Visions for Tomorrow

Fall Class Schedule:

4 Saturday sessions 9am-12pm
September 12th, 19th, 26th,
October 3rd

To register call the NAMI office:
563-322-8870



52 from Scott County Meet with State Legislators

On April 1st, 52 Scott County residents boarded the bus to Des Moines and joined over 800 other Iowans at the State Capitol for Advocating Change Day 2009! Organizers gave a shout-out to our group for being one of the largest coming from across the state. After attending an informational meeting on how to lobby our legislators, we walked to the senate and house chambers to discuss various bills with our elected officials, covering Mental Health Parity, the Entrepreneurs with Disabilities Program, mental health funding for Scott County, the Autism Waiver, Health Care Reform and the Taskforce of Dependent Adults & Mental Retardation. Senator Joe Seng joined us for lunch and a group photo.

NAMI Scott County Pitched at River Bandits Game!

OC area citizens pitched over \$400 worth of tennis balls to benefit NAMI Scott County at Modern Woodman Park on a near perfect evening for baseball. The night ended well when the River Bandits won BIG in the last inning! Thank you Quad Cities!

Special thanks to the volunteers that helped at the River Bandits game:

From Robert Young: Brad Dwinal, Beth Whited, Kevin McClure & Toni Thomas
From NAMI-SC: Jay Bowman, Anna Goodwin, Lance Baker & Vicki Walters

PEANUTS AND CRACKER JACKS - Join us on Sunday, July 26th

NAMI will sponsor an outing at the Ball Park—Stay tuned for more info!

NAMI Walks 1,000 Strong

NAMI Walks returned to the banks of the Mississippi and to historic Credit Island Park in Davenport for NAMI Scott County's 6th annual trek for mental health awareness.

It was a day that showed the strength of grassroots advocacy in our Quad Cities region. NAMI supporters at Credit Island followed in the footprints of those dedicated members who have worked locally for thirty years to improve the lives of those individuals and family members affected by mental illness.

THANKS!

A special thanks to our Walk Managers, Kathy & Jay Bowman, to Steve Kopp our Walk Chair, to emcee Jim O'Hare and to all the Walkers and volunteers who helped make NAMI Walks a big success! Special thanks to Mary Anselmi and her crew who once again provided the nourishing food to refresh tired walkers.

NAMI Walk makes it possible for NAMI Scott County to continue to provide the support, educational programs and advocacy work in our community.

THE SOLOIST: A CALL TO ACTION

NAMI has launched a new Web site, www.nami.org/solost, as part of a social action campaign with Participant Media surrounding the April 24th release of *The Soloist*, starring Jamie Foxx and Robert Downey, Jr. "The movie will help humanize people who live with schizophrenia and are homeless," said NAMI executive director Mike Fitzpatrick. "It will help people look beyond stereotypes and create better understanding of the challenge for treatment and recovery."

NAMI Scott County: 563-322-8870

NAMI Supports You!

NAMI Connection

Recovery Support Group

2pm-3:30pm Every Sun & Fri
Vera French Manor - Community Room
215 E 37th St, Davenport, IA 52806

NAMI Family Support Group

7-8pm, 4th Monday of each month
No May meeting as it falls on Memorial Day
The next meeting will be June 22nd at the NAMI Scott County Office

NAMI Scott County would like to extend our gratitude to Christine Ursh for facilitating our family support group— Christine is now passing the torch to Rebecca DeJaeger.

Thank You Christine & Welcome Rebeccal

Muscatine Family Support Group

Second Tuesday of each month
6:00-6:30 Business meeting
6:30-7:00 Support group
Muscatine Center for Social Action
312 Iowa Avenue

NAMI Scott County Lending Library

Just in! Depression: Out of the Shadows
A 90 minute PBS documentary and recent recipient of the Peabody Award— This DVD includes a 30 minute follow-up show: **Caring for Depression, with Jane Pauley.**
Stop by the NAMI office for more great resources from our Lending Library.
Please return any materials you may have borrowed—Thank you!

May is Mental Health Awareness Month *"Help is Available & Recovery is Possible"*

Every Sunday in May, area churches will raise awareness about mental illness, welcome the media into their congregations, and provide resources to encourage families to seek the help they may need. To find out how your church can participate on

Mental Health Sunday

call Caroline at the NAMI office 563-322-8870.
A project of the Quad City Health Initiative:
www.qchealthinitiative.org

info@namiscottcounty.org

Reflections

The Walk

This journey of a walk to recovery and clearness—
A steady pace and community awareness.

This walk for the Minds of America—
This day of active, assertive advocacy for mental health.

This is what our legacy Today shall tell—
of education, dedication, and responsibility with celebration to promote wellness, respect and recovery—
Leadership throughout our community and nation.

-Lance Baker-
*Dedicated to NAMI of Scott County
March 19, 2005*

Peer to Peer Mentor Training Class July 17 – 19th, 2009.

A FREE 9 week learning program for persons with mental illness interested in establishing & maintaining their wellness & recovery.

For more information or to request an application, contact NAMI Iowa at 1-800-417-0417.

IOOV - Looking for a Speaker?

Churches, rotary clubs, PTA groups, colleges, community centers, etc. Call Alice Thieman: 563-323-7453.

NAMI Scott County Officers

Anne Corbi, President
Michael Freda, Vice President
Tom Englemann, Treasurer
Janet Darmour-Paul, Secretary