February 2017 NAMI Greater Des Moines newsletter has been posted! Read it here

Other new posts to the site:
A document of additional articles, magazines, books and videos from around the nation.

Notable 5 to Read:

1. “Each and Every Child” special education e-newsletter on Social Emotional Learning
   Excerpt: In a nutshell, Social Emotional Learning is a process in which teachers and students learn how to effectively apply knowledge, attitudes and skills necessary to understand and manage emotions. In the end, the process teaches empathy, enables positive relationships to form, and improves academics.

   “We work on adaptive behavior goals that deal with the very most important part of the brain. The brain is like a muscle, we can exercise it and train it.

   Just what changed? Greatly improved attendance, a 50% drop in office referrals. Hence, more instruction time.

Upcoming Events

Get Involved

Friday Feb. 10 10:00AM-2:00PM
Informational meeting on “Implementing ABLE accounts” in Iowa - Johnston Lions Club, 6501 Merle Hay Rd, Johnston, Iowa

Join Us!
NAMI GDM Board meetings will be held every other month. The next will be March 8 at our office. In the intervening months, February, for example, committee meetings will be held. Our committees are:

- Advocacy & Outreach
- Governance
- Finance
- Fund Development
2. The Treatment Advocacy Center’s new report, *Emptying the 'New Asylums': A Beds Capacity Model to Reduce Mental Illness Behind Bars*. The research report shows how even small changes to public policy can significantly reduce forensic bed waits at relatively low cost, providing those in need with #aBedInstead.

3. Disability Rights has released their most recent report “*In Jail and Out of Options: An Examination of the Systemic Issues affecting the Housing and Treatment of Iowans with Mental Illness in County Jails.*”

   **Excerpt:** These significant gaps in mental health service delivery perpetuate a significant mental health crisis in Iowa, the consequences of which are clearly observable in our state’s criminal justice system.

   The four parts of the report are:
   - Part I - Transinstitutionalization of Individuals with Mental Illness from Hospitals to Jails—How Iowa’s County Jails are Responding
   - Part II - Mental Health Treatment and Medications in Iowa’s County Jails
   - Part III - Systemic Solutions
   - Recommendations

4. **Adult Mental Health Redesign Update**

   **Report**

   The 28 page report done by the MHDS Department on the progress of adult mental health system redesign has many interesting tidbits of information.
The report is summarized in the February newsletter.

5. **Other DHS reports provided to the legislature** can be found [here](#).

**Coming Soon!**

NAMI GDM will be offering a “**Writing Your Story**” Workshop at our office. If you are interested in signing up, please contact our Executive Director at namigmdirector@gmail.com or call 515 277-0672.

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Remember, if you want Amazon to donate to National Alliance On Mental Illness of Greater Des Moines, you need to start each shopping session at the URL [http://smile.amazon.com](http://smile.amazon.com). You need to select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation. Choose: National Alliance On Mental Illness Of Greater Des Moines

**NAMI Resources**

**Community Resources**

Click the below links for additional resources, support groups, and education materials.

- Local Resources
- NAMI Resources
- Family Member Support
- Persons In Recovery

**Other Resources**

- Public Policy Platform: [www.nami.org/platform](http://www.nami.org/platform)
- State Advocacy: [www.nami.org/stateadvocacy](http://www.nami.org/stateadvocacy)
- Other Policy Issues: [www.nami.org/policy](http://www.nami.org/policy)
- Child & Adolescent Action Center: [www.nami.org/caac](http://www.nami.org/caac)
- CIT Resource Center: [www.nami.org/cit](http://www.nami.org/cit)
- CIT for Youth Resource Center: [www.nami.org/citforyouth](http://www.nami.org/citforyouth)
Multicultural Action Center: 
www.nami.org/multicultural
Mental Health information: 
www.mentalhealth.gov