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January 2019 NAMI Greater Des Moines newsletter has been posted! [Read it here](#)

Other new posts to the site:

- A **document of additional mental health related articles**, from around the nation. It can be found at the same location as the newsletter.
- **Coming soon!** - the 2019 list of classes to be offered by NAMI Greater Des Moines
- Please note the **corrected** dates for the **Community Conversation 2.0** events
 - Tuesday, January 29
 - Tuesday, April 16
 - Tuesday, July 23
 - Wednesday, Sept. 18
 - Friday, Nov. 15

Upcoming Events:

- **Community Conversation 2.0:**
Tuesday, Jan. 29 - 11:30 Lunch (free)
Noon to 1:30-Speakers. Location: Goodwill of Central Iowa - 1 blk north of 86th St. exit from I-35. The topic will be the proposed Children's Mental Health Mobile Crisis Unit and

Happy New Year!



More Information

[The New York Times: Nearly 40,000 People Died From Guns In U.S. Last Year, Highest In 50 Years](#)

More people died from fire-arm injuries in the United States last year than in any other year since at least 1968, according to new data from the Centers for Disease Control and Prevention. There were 39,773 gun deaths in 2017, up by more than 1,000 from the year before. **Nearly two-thirds were suicides.** It was the largest yearly total on record in the C.D.C.'s electronic database, which goes back 50 years, and reflects the sheer

Crisis Observation Center - a critically needed service in our community. Please [RSVP](#) your attendance.

- **Crisis Intervention Team Training (CIT)** - Speakers Needed - Each month for the next 6 months, in Ankeny, we will be staffing a panel of family members and a panel of persons with mental illness. Would you like to be one of the speakers? Please send your name, phone number and email - along with an indication of which panel you would like to participate in. [Here](#) is the address to send the information.
- The **Brain and Behavior Research Foundation** has posted their **2018 research findings in 12 areas**. Click [here](#) to read more.
- **3 digit Suicide Lifeline number?**
A public notice issued by the FCC soliciting public opinion on the implementation of the National Suicide Hotline Improvement Act. The Act, which was signed into law in August, tasks the FCC along with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Department of Veterans Affairs (VA) with studying and reporting on the feasibility of replacing the current behavioral health crisis hotline, 1-800-273-TALK, with a memorable three-digit code such as 411 or 611.

According to National Council on Behavioral Health Care comments - establishing a three-digit code would make it easier for millions of Americans to access timely and effective crisis intervention services, would better meet the growing need for such services, and would ultimately help eliminate the stigma of mental health concerns by putting mental health crisis services alongside other emergency services for things like fires, automobile accidents, social

number of lives lost. (Mervosh, 12/18)

[Stat: Policymakers Must Help Enforce Mental Health Parity](#)

[Laws](#) - During the midterm election, voters sent several clear messages. Two in the health sphere were that they want equitable, affordable, and comprehensive health care coverage; and they want solutions to address the opioid epidemic. The newly constituted Congress has a tool with vast — and sadly untapped — potential to address both issues: the federal Mental Health Parity and Addiction Equity Act, also known as the Parity Act. (Patrice A. Harris and Ellen Weber, 12/10)

More Concern

[Philadelphia Inquirer: Black Children Are Suffering Higher Rates Of Depression And Anxiety. What's Going On?](#)

The rates of anxiety, depression, and behavior disorders among black children doubled over the course of several decades, with prevalence rates among black Americans topping those of whites, found a recent study in the Journal of Epidemiology. Previous research examining racial differences in rates of psychiatric disorders have typically found that black Americans show lower rates than whites, despite experiencing higher rates of social adversity and stressors. The new study suggests that this may be changing for younger black Americans, at least with regard to psychiatric disorders that have their onset in

service referrals, and medical crises.

childhood. (Katherine K. Dahlsgaard, 12/11)

The FCC, SAMHSA, and VA have until August 14, 2019 to compile a report for Congress on the feasibility and logistical considerations for developing such a system, as well as a report on how well the current National Suicide Prevention Lifeline is working to address the needs of veterans specifically. To read the FCC's public notice, [click here](#), and to read the National Council's comments in full, [click here](#).

[Click Here to view all of our events!](#)

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Amazon Smile

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/ch/42-1333379>. 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**

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