

Every time you offer your hand to pick someone up,
Every time you share your strength and ability to persevere,
Every time you offer support and understanding to a family who is caring for a loved one, Your help changes lives.

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

Upcoming Events

Other new posts to the site:

- A multi-page document of additional mental health related [articles and videos](#) from around the nation.
- Information on our [Fall classes](#)
 - Musical Connections for Wellness
 - Water Color Meditation
 - Aromatherapy and You
 - Mental Health Basics
 - Communication Do's and Don't's
 - Contact director@namigdm.org or 515-850-1467 to sign up
- [Fall fundraiser](#) information
 - Donations and sponsorships
 - Sign up a golf team for Sept. 13 Golf tournament
 - Sign up for a family team flag at the tournament
 - Flags to be ordered by end of business on Wed., Sept. 4 to be able to assure delivery by tournament day



Get Involved

GOLF [4th Annual GOLF Tournament](#)
Friday, Sept. 13
[click here](#)
Toad Valley Golf Course
237 NE 80th St.
Pleasant Hill

Check in: 9 AM
Start: 10 AM

[Sponsorship Opportunities](#)

[Sponsorship and Golf Team Registration](#)

Upcoming Events:

Live Well Classes to be held at St. Paul's Lutheran Church

Two classes to offer clinically proven programs for preventing and beating depression and anxiety.

The Ankeny Mental Health Ministry, an ecumenical health ministry, begins its 8th year of offering an 8-week series for adults suffering from depression or plagued by anxiety.

Learning and sharing are done in a completely confidential setting. Students will be taught to take 8 small steps and add one healthy habit each week. The result is a healthy lifestyle that lasts.

It is successful because of the structure of daily charting the weekly assignments and the strong encouragement & accountability of class members and leaders. Cost is only \$5 for a handbook.

The orientation class will be Tuesday, September 24, 2019 at 6:30p.m.at St. Paul's Lutheran Church, 1100 SE Sharon Drive, Ankeny, Iowa.

The series begins Tuesday, October 1, 2019 from 6:30 p.m. – 8:00 pm. The last class will be held on November 19. For more information and to reserve your seat, contact Jim White 515-313-3701 or email icjlwhite@live.com. You may register and pay at orientation or the first class.

Click [here](#) for the Living Well poster.

A Retreat Experience to Reflect, Reconnect, Reset, and Renew.

at Ankeny First United Methodist Church Faith Chapel.

Click [here](#) for the Retreat poster for Sept. 21

To sign up or get additional information for either event -

Contact: Patricia George, 515-238-6328

AnkenyMHM@gmail.com

Children Suffering from Mental Illness Need Your Support

You, and all interested others, are invited to a Children's Mental Health Forum at Walnut Hills Church, Mon. Sept. 23 from 7-8 p.m.

Lady Gaga -- Born This Way

During September - NAMI will be supporting Lady Gaga's Born This Way Foundation - **21 Days of Kindness** Initiative along with 64 other organizations. The 2nd annual challenge encourages young people, families, employers, teachers and community members to build habits that foster kindness and promote the strength and wellness of their communities. [For more info click here.](#) [Watch](#) her speak with teen Mental Health First Aiders.

8-22-19 Closed Beds

Per Kevin Carroll, UnityPoint Behavioral Health Director - A couple weeks ago we temporarily closed 16 adult psych beds at Iowa Lutheran Hospital for two reasons (1) construction to fix ligature risks (2) being short staffed. We are doing construction work on all the psych rooms, so the specific rooms that are closed will rotate for the next 2 months. We continue to recruit team members.

Psychiatric Times – Helping Complex Patients

The National Alliance on Mental Illness (NAMI) is a one-of-a-kind nonprofit that is here for your patients and their families, no matter where they are. See the

- Did you know that thousands of children across Iowa don't get the help they need for mental health issues?
- Did you know the Governor and Iowa Legislature passed a bill mandating children's mental health care services *but did NOT provide funding for these needed services?*
- Did you know that AMOS created an implementation task force to research and implement needed children's mental health crisis services?
- Did you know that the power of community does make action happen; *we need your support.*

Where do you come in? Sept. 23 at Walnut Hills UMC, AMOS leaders will share a simple, implementable strategy to increase awareness among our elected officials about the need for funding for mental health services for children.

We need you, your friends, neighbors, co-workers, etc. to attend to learn how you can help create this awareness and take this plan back to your congregation, organization and all interested others.

AMOS (A Mid-Iowa Organizing Strategy), a central Iowa non-profit community organization made up of 30+ diverse member organizations (including NAMI GDM) who represent thousands of community members and works to implement identified community needs, is working to see that the mental health needs of OUR children do not continue to go unanswered.

Will you help by attending the Forum on Sept. 23 from 7 to 8 p.m.? We will share stats on this need as well as an update from the implementation task force on building a children's 24-hour crisis hotline, children's crisis mobile teams, and a children's observation center. We will then present our strategy, which will work because of people like you, to make these services a reality for our children.

If interested in attending the forum, or interested but can't attend, please contact Connie McKeen, Walnut Hills United Methodist Church, co-chair of the Amos Children's Mental Health Research Task Force, at cmckeen@g.com or 515.556.9432.

NAMI Resources

www.namigdm.org

[Amazon Smile](#)

rest of the article [here](#).

Art Show and T-shirt contest

Momentum Art Studio - Inspired by Community Support Advocates - Original art work by Iowa Artists who have a disability, brain injury, or mental health diagnosis.

Entries due between Aug. 1 and Sept. 20.

Shannon Kaster, BSW
Momentum Program Coordinator
Office: 515-883-1776 x278
Cell: 515-681-4099
shannonk@teamcsa.org
or <https://teamcsa.org/>

Buy Here - Crisis Cards

Three Crisis cards are available for sale:

Do's and Don't's in a Mental Health Crisis
Suicide Prevention
Compassionate Communication

Each is available in English and Spanish.

Personalize with your logo.

Shipping charges are included in the sale price.

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

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Crisis Information

Illness Information

Support Groups + more

Workplace MH Education

[Get Involved](#)

Legislation and Advocacy

Volunteer

Faith

Community Conversation 2.0 + more

Golf Tournament Fundraiser

[Resources](#) + more

[News & Events](#)

Newsletters

Scheduled Trainings

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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