

## December Newsletter

2019

### National Alliance on Mental Illness

Ecumenical Community Center

601 Second Ave SE

Cedar Rapids, IA 52401

Facebook: NAMI Linn County

Webpage: [www.namilinncounty.org](http://www.namilinncounty.org)

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### Mission Statement

The National Alliance on Mental Illness-Linn County (NAMI-LC) is dedicated to providing advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can lead better lives.

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### The Gazette Gives Back

**Who gets what? YOUR VOTE WILL DECIDE!** VOTE for NAMI-LC by Dec. 31, 2019 at [www.TheGazette.com /GivesBack](http://www.TheGazette.com/GivesBack) or by paper ballot for NAMI Linn County (we are paired with NAMI Johnson County). This program will provide area non-profits with \$525,000 in free advertising throughout 2020. The more votes, the more money!

Do you have a family member living with mental illness? Feeling stressed and not sure how to it all? **Family-to-Family classes starting in Jan.** Details on website.

Get your walking teams together and support NAMI-LC. Save the dates: **March 11, 2020-** Kick-off for NAMI Walk and **May 2, 2020** NAMI Walk Day



### Upcoming Events

All events held at the Ecumenical Center

**Dec. 12 & 19, 2019 9-11:30am**

Ornament Assembly & Delivery

**Dec. 17, 2019 11-12:30 pm**

Volunteers and Friends Holiday Potluck

**Jan. 15, 2020 10-11:30 am**

Apple Cider with Rita, NAMI's Service Dog

### NAMI Accomplishments and Coalitions

#### Events

**Forum on Gun Violence @ Open House-**  
8/8/19

**Coe College Freshman Orientation-** 8/19/19

**Suicide Proclamation and Pack City Hall-**  
9/10/19

**Mass for Mental Illness Awareness-**  
10/13/19

**You Have No Idea Conversation-** 10/16/19

**Medicaid Modernization Forum-** 11/14/19

**Coalitions and Community Activities**

**Suicide Coalition**

**CR Community Schools Coalition**

**Mental Health Access Center**

**Faith and Medicine Coalition**

**League of Women Voters Forum**

**Make It Ok Campaign**



## Join NAMI

Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community, and add your voice to the mental health movement!

There are two ways to become a part of NAMI today:

Create a free NAMI.org account to start connecting with NAMI and get all the latest updates.

Become a NAMI member at all three levels of the organization--national, state, and local--with one payment! We have three membership rates depending on what makes the most sense for you:

- \$60/year for a Household membership that includes all members of a household living at the same address
- \$40/year for a Regular membership which is a membership for one person
- \$5/year for an Open Door membership for an individual with limited financial resources

## More Important News

### Spotlight on Mona McCalley-Whitters, Ph.D.

The past 6 months for NAMI-LC have flown by! Since Dr. Mona was appointed as executive director in June, we've opened our new headquarters, had successful community forums, and added more programming and educational activities. The highlight was a community conversation at the library entitled "You Have No Idea " with over 140 participants. Dr. Mona said, "In seeking to catalyze change, this is an incredible opportunity to be at the forefront in reducing stigma, advocating, and increasing awareness to change perceptions about mental illness".—**Please join us in 2020! Help further the NAMI mission in our community!**

## ResourcesFor You

- Visit Our Website: [namilinncounty.org](http://namilinncounty.org)
- Donations & Information: Mona McCalley-Whitters, [mwhitters3782@gmail.com](mailto:mwhitters3782@gmail.com)
- Volunteer Opportunities: Julia Miller, [juliam.nami@gmail.com](mailto:juliam.nami@gmail.com)
- Like us on Facebook: NAMI Linn County

## What We Offer

### Educational Programs

- Family to Family (F2F)
- NAMI Basics
- In Our Own Voice
- Guest Speaker Bureau

### Support Groups

- NAMI Family Support Group
- NAMI Connection Peer Support Group

### Community Involvement

- Fundraisers
- Volunteering
- Open Forums

