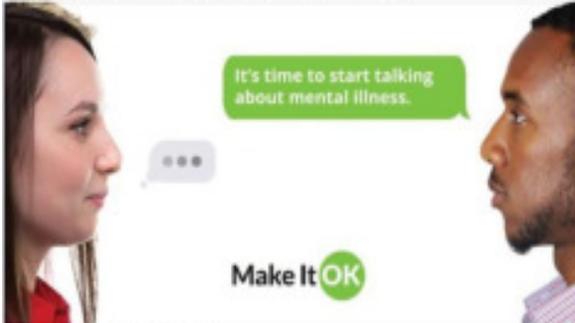




NAMI-Linn County (NAMI-LC) is a non-profit, volunteer organization that offers an array of free services, including a resource and referral phone line, support groups for persons with lived experience in mental illness, their family members, and friends, and educational classes and programs.

Make it Ok Webinar

NAMI Linn County and the Cedar Rapids Metro Economic Alliance co-hosted the “Make it OK” webinar in June. Featuring Dr. Mona McCalley-Whitters, executive director of NAMI-Linn County, the webinar discussed the “Make it OK” campaign and mental health in the work environment. The full [webinar](#) is shared on the NAMI Linn County [Facebook](#) page.



AmazonSmile

Amazon customers can now support NAMI Linn County. To make donations for NAMI-LC, go to smile.amazon.com and create/sign in to your Amazon account. Search NAMI Linn County. If you already have AmazonSmile set up, click on Accounts and Lists. Under Other Programs, click on Change your Amazon Smile Charity.



COVID-19

COVID has changed our lives in ways we never would have imagined. Many NAMI-LC events were cancelled but are now transitioning virtually. Follow the NAMI-LC [Facebook](#) page to see future events.

MakeltOk Midweek Virtual Series

MakeltOK Linn County is partnering with Cedar Rapids Medquarter to host a virtual series of sessions regarding mental illness. Each session will have panelists with experience in mental illness. Sessions will start September 23, from 12:00PM-1:00PM on Zoom. Use the links to register

Session 1: Mental Health and the World We Live in Today

Session 2: Stop the Silence; Stop the Stigma

Session 3: Medical and Spiritual First Aid

NAMI-Linn County Blogs

Mental illnesses are common, yet many Americans do not seek treatment. The best way to break the silence is to share your story. Visit the NAMI-LC website, <https://namilinncounty.org>, for blogs. Turn to these mental health blogs for helpful advice as well as to know that you are not alone. If you have a helpful story to share, please email, <https://namilinncounty.org/contact/>

MakeltOK-LC Ambassador Training

Have passion for reducing mental health stigma? Attend a MakeltOK training session to become an ambassador. You don't need to be an expert on mental health to become an ambassador. You just need to be someone who wants to raise awareness. To be informed of training opportunities click on [registration](#)

Interested in Volunteering? Contact Julia Miller at juliam.nami@gmail.com
Need up to date info on NAMI-Linn County: Email nami-lc@hotmail.com or call 319 221-1184

Derecho Storm

The Aug. 10 derecho storm devastated the Cedar Rapids area. Because of the storm damage, NAMI-LC events have been rescheduled. To see updates on virtual events, follow our [Facebook](#) page. Use the resources provided to help get through this tough time. We Are In This Recovery Together!

[NAMI trained peer support specialists](#)
[Derecho Storm Relief](#)
[NAMI-LC Resources](#)

Intern Update

This past month, our summer intern, Tanner Sather, completed his internship at NAMI-Linn County. Tanner will be a senior at Mount Mercy University and plans on graduating this winter.



Tanner worked on a number of projects, including the MakeItOK campaign and seminars, this fall newsletter, and the partnership with the Linn County Public Health Department. We want to thank Tanner for his hard work and dedication to NAMI-Linn County. We wish him the best of luck in finishing his college career.



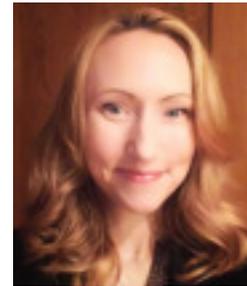
Your Donation Means Everything

NAMI-Linn County gives hope to people struggling with mental illness and gives support to their families and friends throughout the year. To build a brighter future and help support our signature programs for families, [Donate](#) to NAMI-LC. Your gift will help heal our community.

Spotlight

Katherine Shea: MSN, ARNP, PMHNP-BC

Our board vice president, Katherine Shea, is a life-long Cedar Rapiidian and a psychiatric mental health nurse practitioner with Abbe Community Mental Health Center in Cedar Rapids, Iowa. She has almost a decade of experience in the mental health field as a registered nurse and nurse administrator. Katherine joined NAMI-Linn County in November 2018.



Her primary focus with NAMI Linn County is to grow its presence in the community through extensive outreach, including engaging the public in educational forums and advocacy campaigns to end the stigma surrounding mental illness. Through joint partnership with community stakeholders, this mission has taken off with the Iowa's Healthiest State Make it OK Campaign. In the midst of a pandemic, NAMI Linn County is providing virtual educational presentations reaching people statewide to educate Iowans that it is OK to not be OK and how to support those you know who have a mental illness.

"My personal mission is to inspire others through leadership, advocacy, and service to the community."



To sign-up to receive our newsletter, please send a request to nami-lc@hotmail.com or mail your request to 601 Second Ave. SE, Cedar Rapids, IA. 52401

