



NAMI IOWA UPDATE

IOWA'S voice on mental illness

APRIL 2008

PSYCHIATRIC DRUGS

The Governor and Department of Human Services had proposed putting behavioral health medications on the “preferred drug list (PDL)” saving the state money by requiring people with mental illnesses to try cheaper drugs before getting access to more expensive drugs. Legislators heard from many of their constituents about this – and decided (at least so far) not to include the drugs on the PDL. The Health & Human Services Budget would have saved about \$1.7 million had legislators proposed this change. Mental health advocates did a good job explaining what this change would cost persons with mental illness in human terms. Thanks for your advocacy. It does work.

WATCH A PBS DEPRESSION DOCUMENTARY

The PBS documentary [DEPRESSION: Out of the Shadows](#) will air on Wednesday, May 21, 2007 at 9:00 PM (Eastern) followed by a panel discussion with NAMI medical director Ken Duckworth, moderated by broadcast journalist Jane Pauley. The documentary that precedes the panel weaves the science and treatment of depression with intimate portrayals of families and individuals living with its effects. It will include their personal stories. NAMI is the national outreach partner for the program. Please share this information with affiliate members and publicize it in your local community. Please check your local PBS station listing to be sure they are airing it on May 21.

NEW POSTPARTUM DEPRESSION BROCHURE

Thanks to a grant from the Business Women’s Association of Polk County, we have a new brochure in the state office about postpartum depression. It will be available at our booth at all conferences and by request. Our NAMI affiliates will be receiving some brochures via the U.S. Postal Service. We are very proud of the new brochure, which will help people recognize postpartum depression as a major depression that some women experience after childbirth. You may call the NAMI office for brochures at: 1-800-417-0417 or in Des Moines at 254-0417. There may be a charge according to volume ordered.

UNIVERSITY OF IOWA SCHIZOPHRENIA RESEARCH

First and second-degree relatives (siblings, children, nieces and nephews) of individuals with schizophrenia or a related disorder between the ages of 13-15 are invited to participate in a research study investigating cognitive skills and brain function. It will be conducted at the Department of Psychiatry. Compensation is available. For more information, call Lindsey at (319)384-6884 or email lindsey-fuhrmeister@uiowa.edu.

NEW CONNECTIONS RECOVERY SUPPORT GROUPS

Please check our NAMI IA website for the updated list of NAMI Connection groups. These groups provide a place that offers respect, understanding, encouragement, and hope to people with mental illness. www.namiia.org.

VOLUNTEERS NEEDED FOR UNIVERSITY OF IOWA SCHIZOPHRENIA STUDY

My name is James Power and I am a doctoral candidate in the School of Social Work at the University of Iowa. I will be conducting a qualitative study on older parents caring for their adult children with schizophrenia or schizoaffective disorder. I will interview the older parent(s), the adult child with schizophrenia or schizoaffective disorder, and a sibling without schizophrenia or schizoaffective disorder. I will start with a sample of seven families and then determine if additional families need to be interviewed. My study has been approved by the University of Iowa Institutional Review Board.

I am willing to travel to interview these families. For further information please contact:
James Power, Doctoral Candidate-School of Social Work-University of Iowa, MSW, LMSW, 319-339-1958, james-power@uiowa.edu<<mailto:james-power@uiowa.edu>.

CHILDREN'S MENTAL HEALTH WEEK MAY 4 - 10, 2008

May is Mental Health Month. The National Federation of Families for Children's Mental Health again declares the first full week in May, May 4 – 10, as National Children's Mental Health Awareness Week. Chapters and state organizations across the nation are meeting weekly to share ideas and resources for how to make Children's Mental Health Awareness Week 2008 the most successful week ever! To assist in your planning efforts go to: <http://childrensmentalhealthawarenessweek.org>.

BRIEFING WILL PROMOTE SCHOOL-BASED MENTAL HEALTH PROGRAMS

On Thursday, May 8th, the House Mental Health Caucus is sponsoring a Congressional Briefing to focus on the value of school-based mental health programs as key components of a Substance Abuse and Mental Health Services Administration (SAMHSA) reauthorization package. The briefing honors National Children's Mental Health Awareness Day with presentations by people who run effective school-based mental health programs in close collaboration with the community mental health system. Lawmakers will also hear from a youth on how these programs produce positive outcomes for children and adolescents with mental health treatment needs.

ACTION NEEDED

Please ask your House and Senate representatives and their staff to attend this important breakfast briefing on children's mental health. In the next week, they will receive a "Dear Colleague" letter about the briefing from Mental Health Caucus members. Your calls, emails and contacts with congressional offices can help produce a strong turnout at the briefing.

Here is the vital information:

- Date and Time: Thursday, May 8th from 9:00 - 10:00 a.m.
- Location: Rayburn House Office Building, Room B339

All House and Senate offices can be reached through the Capitol switchboard at 202-224-3121. For email, visit www.congress.org, enter your zip code, then click on the link to your legislator and go to his or her website to use the official contact form. Be sure to give your zip code in your email to show that you are a

constituent. Please call or email your Senators and Representative today! Thanks for all you do on behalf of children and families. *Bazon Center Mental Health Policy Reporter, Vol. XII, Issue 3*

FIRST ANNUAL MENTAL HEALTH AND CREATIVITY CONTEST

NAMI and HealthCentral.com have teamed up to present the first annual Mental Health and Creativity Contest. This competition was created with the goal of giving artists and writers a virtual space to express their joy, pain, struggles and triumphs in a creative way, and share their works with one another. Entrants can contribute blogs, essays, poetry, prose, photography or digital photos of their artwork. All submissions will be showcased in the online exhibit, but select entries will be called out at the 2008 NAMI National Convention, which will be held from June 13-16 in Orlando, FL. Entries can be submitted online at: <http://www.healthcentral.com/bipolar/creativity-exhibit/>

THE SHORTAGE OF PUBLIC HOSPITAL BEDS FOR MENTALLY ILL PERSONS

Since the 1960s there has been a mass exodus of patients from public psychiatric hospitals, according to a recent report from the Treatment Advocacy Center (TAC). Sad to say, **Iowa** is among the top six states with the fewest beds. The states with the most beds were South Dakota and Mississippi. The consequences of the severe shortage of public psychiatric beds include increased homelessness; the incarceration of mentally ill individuals in jails and prisons; emergency rooms being overrun with patients waiting for a psychiatric bed; and an increase in violent behavior, including homicides, in communities across the nation. The report's summary suggests that this severe shortage of beds could be improved with the widespread utilization of PACT (Program of Assertive Community Treatment) programs and assisted outpatient treatment (AOT), both of which have been proven to decrease hospitalization. It could also be improved with greater flexibility in federal and state regulations allowing for the development of alternatives to hospitalization. For the full TAC report, go to: www.TreatmentAdvocacyCenter.org.

"Mental illness is our shadow. We avoid looking at our shadow for fear it will become us."---Raymond Grey, Toby House Director.



*Please duplicate the Update for your members. Update is a publication for and about the affiliates of NAMI IOWA
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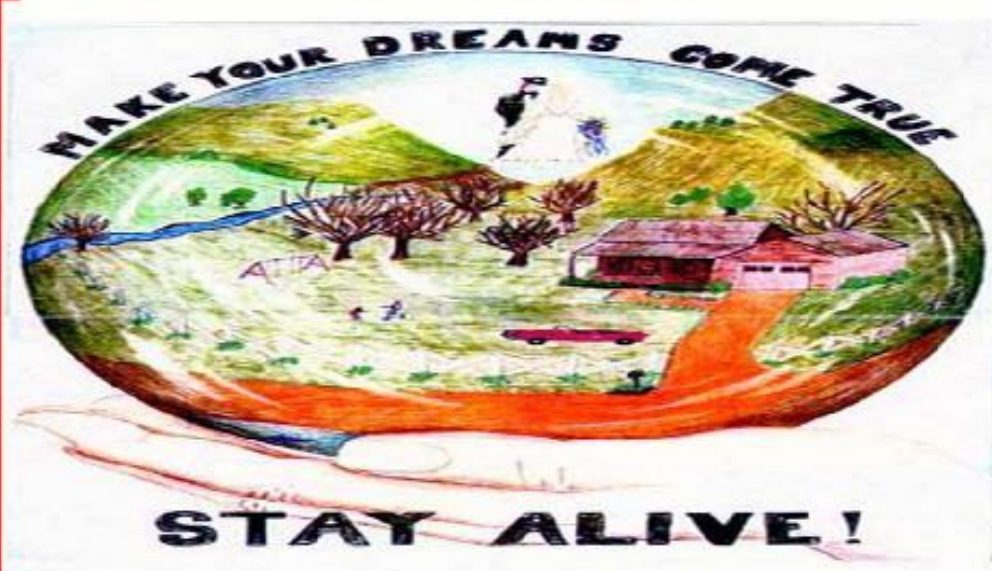
NAMI IOWA RECOMMENDS THAT YOU CHECK WITH YOUR PHYSICIAN BEFORE TRYING ANY NEW TREATMENT OR MEDICATION

**Polk County Suicide
Prevention Coalition Presents**

**Thursday May 1st, 2008
1:00-2:00pm**

Protecting Your Dreams:

College Suicide; Why It Happens and
How To Prevent It.



Kent Scharnack of Grand View College and Marla Inks of Des Moines Area Community College will speak to the public about suicide on college campuses and how it can be prevented so every young adult can live their dreams.

This event is open to the public; please come and learn how to help save our young adults.

1914 Carpenter Ave.
Conference Room B
Des Moines, IA 50314
For questions please call:
Katie Nosekabel
515-471-2327

Topics of Discussion:

- Transitioning young people from high school to college
- Suicide warning signs
- Who to contact for help
- University involvement
- Family involvement
- Community involvement