

Join us!
*Together we can make a
difference.*

Parents Creating Change in Iowa

To be added to the e-mail list or mailing list for announcements of events and advocacy opportunities, contact namiowa@mchsi.com or phone **515-254-0417 ext. 1**

Facebook group: Parents Creating Change
in Iowa

FIND Group

To communicate with other Iowa families about resources, ideas for advocacy, and mutual support, join the F.I.N.D. group.

Website: findfamilies.org/group/parents-creating-change-in-iowa

NAMI Support

To volunteer or become a partner organization contact namiowa@mchsi.com or phone **515-254-0417 ext. 1**



NAMI IOWA is an
affiliate of NAMI
(National Alliance on Mental Illness)
Learn more about mental illness at
www.nami.org
www.namiowa.org

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Children's Mental Health Committee





Vision

To bring about positive change in children's mental health services by:

- Raising awareness of Children's Mental Health issues in Iowa
- Improving access to essential services throughout the state
- Working with schools to help children thrive

Goals

- #1:** There will be an organized statewide network that effectively partners with elected officials to ensure effective children's mental health policy and implementation.
- #2:** Children's mental health will be an issue generally understood and discussed by the public, medical community, service providers, and educators.
- #3:** Iowa will implement an evidence-based and inclusive model of excellence in children's mental health care.

Communicate

Step 1: Facilitate communications with parents to understand the diverse challenges of securing mental health care and education for their children. This is done through our "Parents Creating Change in Iowa" social media and events.

Step 2: Facilitate professionals' understanding of parents' challenges, barriers, and opportunities to change.

Step 3: Collaborate with and educate policy makers to implement agreed upon changes.

Collaborate

Partner with organizations concerned with the health and well being of children and families.

Be Inclusive

Strive to improve the lives of all children and adolescents with neurological conditions, behavioral challenges, developmental differences, trauma or brain injury. Work towards cultural competency and access to resources in all parts of the state. Cultivate appreciation for neurodiversity.

Empower

Through **NAMI Smarts** education program provide free advocacy training so families can make their voices heard. Keep families informed about advocacy opportunities and make the process accessible to busy parents.

Support

Through the free **NAMI Basics** education program teach families with a child with mental health needs the fundamentals of caring for the entire family. Participants learn they are not alone and gain hope, comfort, and mutual support.

Motto

Do what you can when you can. We know how busy you are and the unpredictability of caring for a child or adolescent with mental health needs. Our goal is to make it easy for you to make your voice heard. You can have any level of involvement from signing the occasional petition to a leadership role, and you can change your level of involvement as needed. We get it!