



National Alliance on Mental Illness

nami

Johnson County



recovery · rest · renewal · recreation · relationships

**702 S Gilbert St, Suite 111
Iowa City, IA 52240**

**NAMI office (319) 337-5400
R Place (319) 354-3455**

Our Staff



Mary Issah
Executive Director



Jenna Briasco
R Place Coordinator



Laura Semprini
**Remote Peer Support
Coordinator**

Peer Support Specialists

Mike Brigham

Brittany Carlson

Todd Foldesi

Mary Nuebel

Lee Smith

Tosin Opeoluwa

Family Peer Support Specialist

Sandy McFarland

About NAMI

- NAMI was started in 1979 by a small group of families who were unhappy with the lack of services available to those with a mental illness
- NAMI stands for the National Alliance on Mental Illness
- It has since grown into one of the largest mental health organizations in the United States
- As a 501c(3) non-profit, we rely primarily on contributions and volunteers
- We provide services and support for children, teens, adults and families
- NAMI envisions a world where all persons affected by mental illness experience resiliency, recovery, and wellness.

Local Level: **NAMI** | Johnson County

National Alliance on Mental Illness

• Advocate

- System navigation - including helping individuals apply for services
- Referrals - such as giving a phone number or website for assistance programs

• Educate

- Offer NAMI signature programs in the community
- i.g. Family to Family, Peer to Peer, In Our Own Voice, Provider Education

• Support

- Weekly support groups: NAMI Connection, Family Support Group
- R Place Peer Recovery Center

<https://namijc.org>

NAMI JC Local Programs



- A weekly support group held by peers for anyone living with a mental illness
- Every Tuesday 5:30-7pm on Zoom



- An 8 week session educational program for adults with mental illness
- Includes presentations, discussions, and interactive exercises to further recovery



- A support group for loved ones of individuals living with a mental illness, led by family members
- Every Thursday 6:30-7:30pm on Zoom



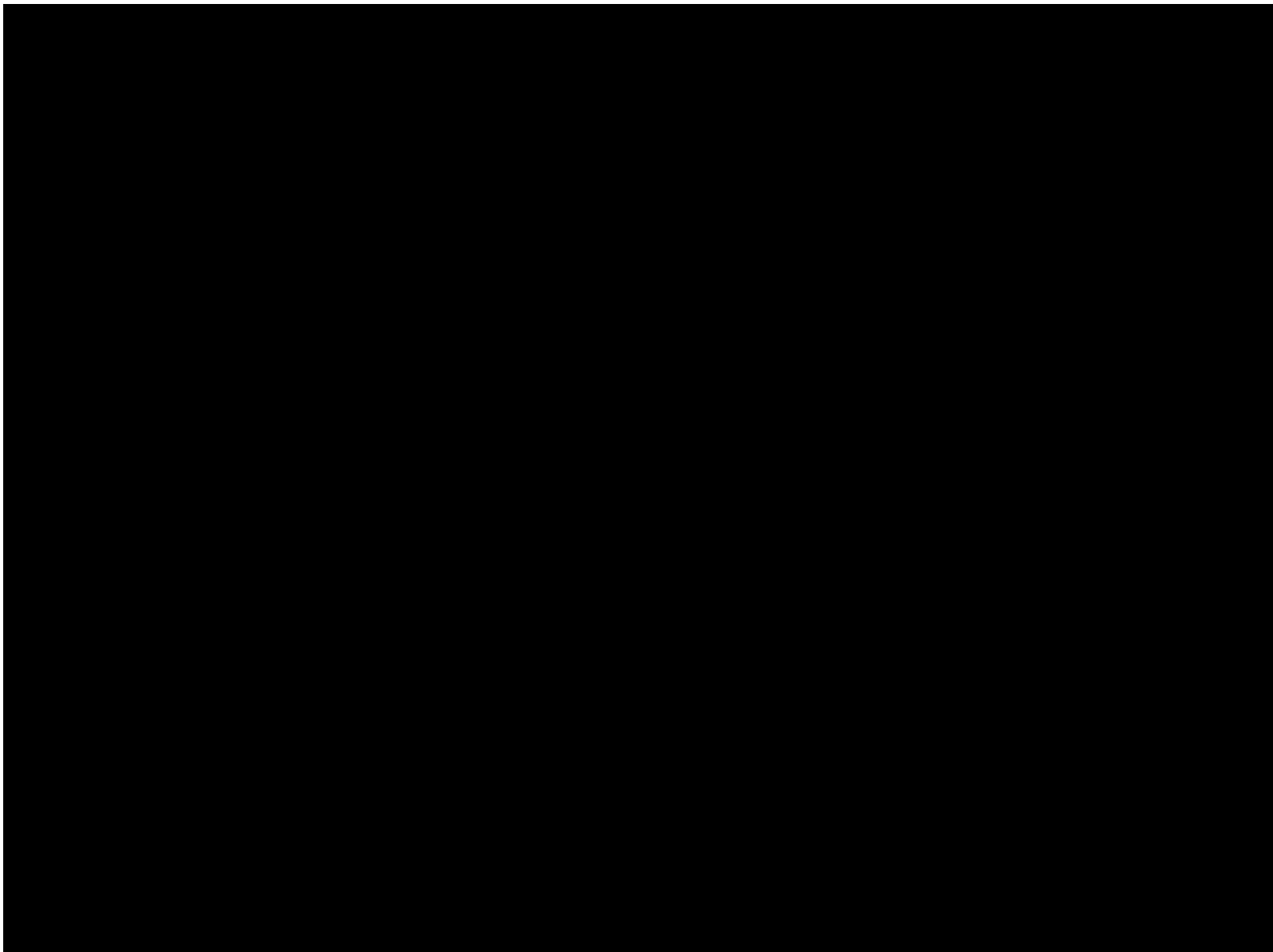
- An 8 week program for loved ones, including family members, partners, & friends of those with a mental illness
- Increases coping skills, understanding, communication, & empowers participants to advocate for family members



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Remote Peer Support (RPS)

- ❖ Pivot during COVID and how RPS was born
- ❖ How RPS works
- ❖ Evolution of RPS and current enrollment numbers
- ❖ Best practices and training
- ❖ Marketing, outreach, and future plans

R Place Peer Recovery Center

702 S. Gilbert Street
Suite 111
Iowa City, IA 52240

M - F 1pm to 5pm
Sat. 11am to 3pm

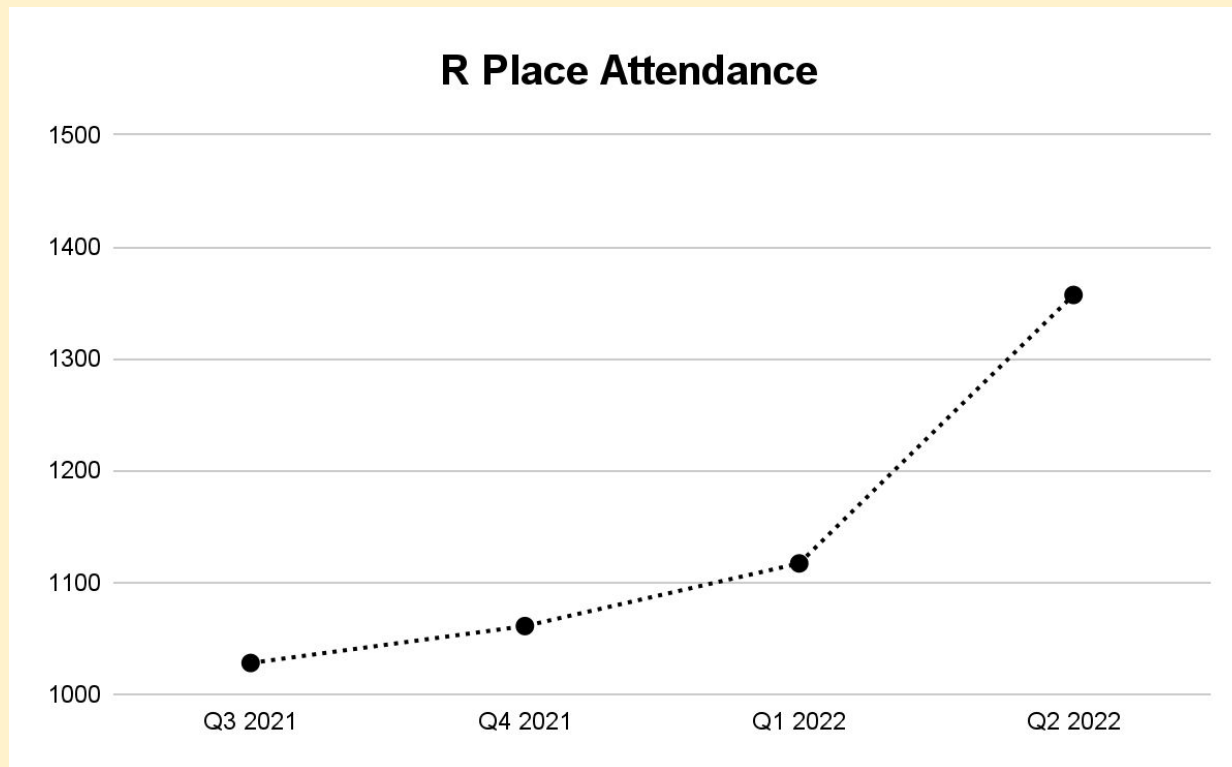
(319) 354-3455



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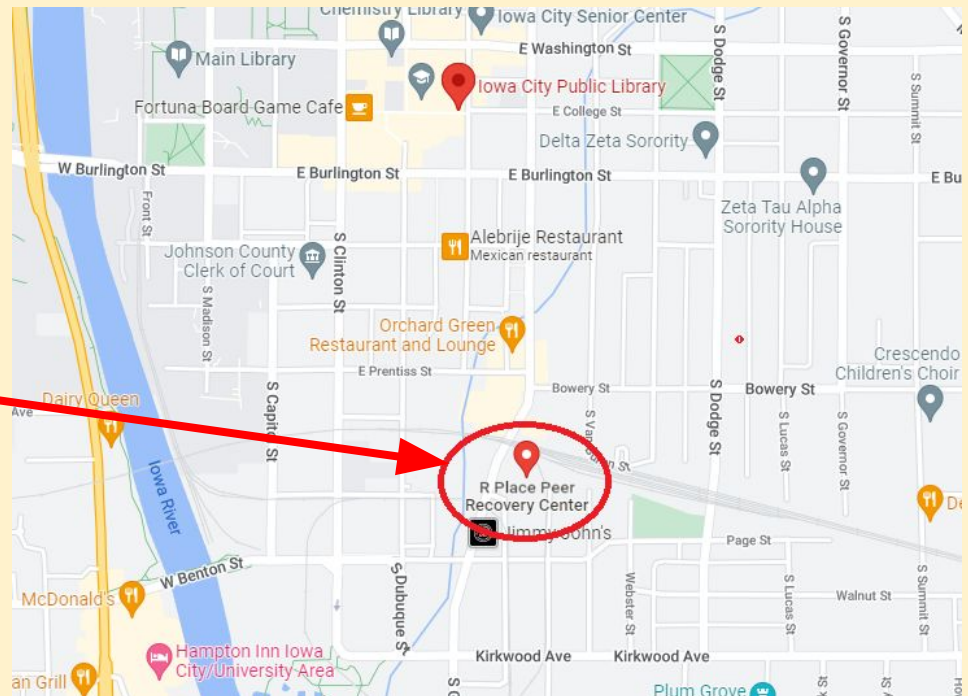
Growth Since Reopening

R Place reopened for in-person services in July 2021 after being closed for over a year due to the COVID-19 health crisis.



About Us

R Place Peer Recovery Center is a drop-in center for adults living with mental illness.



OUR ENTRANCE



PEER SITTING AREA



ACTIVITY ROUND TABLE



COFFEE & SNACK AREAS



New Kitchen Construction



R Place is...

a restorative environment of hope, support, and encouragement for recovery.

a place with activities, classes, groups, etc.

a peer-led meeting place where peers support peers.

a safe, nurturing, non-judgmental community for those living with mental illness.

Looking to the Future



NAMI Social Media

Find us on:



NAMI (National) Page
NAMI Iowa Page
NAMI JC Page
NAMIWalks Johnson County
R Place Peer Recovery Center



NAMI-Johnson County



@NAMICommunicate
@NAMIAdvocacy
@NAMIJC Iowa
#nami
#namijc



@namijohnsoncountya

A word cloud featuring the phrase "thank you" in numerous languages. The words are arranged in a roughly circular shape, with "thank you" being the largest and most central. Other prominent words include "gracias", "danke", "merci", "obrigado", "dziękuję", "sukriya", "teşekkür ederim", "ngiyabonga", "شكراً جزيلاً", "spasibo", "dank je", "moichhakkeram", "go raibh maith agat", "kop khun krap", "arigato", "dakujem", "loima kasih", "감사합니다", "sagoun", "kop khun krap", "arigato", "dakujem", "loima kasih", "merci", "obrigado", "dziękuję", "sukriya", "teşekkür ederim", "ngiyabonga", "شكراً جزيلاً", "spasibo", "dank je", "moichhakkeram", "go raibh maith agat", "kop khun krap", "arigato", "dakujem", "loima kasih", "감사합니다", "sagoun".

thank you

gracias

danke

merci

obrigado

dziękuję

sukriya

teşekkür ederim

ngiyabonga

شكراً جزيلاً

spasibo

dank je

moichhakkeram

go raibh maith agat

kop khun krap

arigato

dakujem

loima kasih

감사합니다

sagoun

