

Winter-Spring 2020 Course Guide



Empowering Individuals, Families & Community by
Providing Hope & Education About Mental Health

National Alliance on Mental Illness (NAMI) Greater Des Moines
511 East 6th Street Suite B
In Des Moines' Historic East Village
515.850.1467
info@namigdm.org

About NAMI Greater Des Moines

NAMI, the acronym for the National Alliance on Mental Illness, is a grassroots self-help, education, support and advocacy organization dedicated to improving the lives of individuals impacted by mental illness.

NAMI Greater Des Moines provides mental health education, support and advocacy programs at little or no cost, ensuring that our friends and neighbors are able to access critical mental health support regardless of their financial resources. Grants and charitable donations sustain the operation.

NAMI Greater Des Moines' vision is the development of a community where wellness is so deeply ingrained into the fabric of our culture that there is no wrong door when it comes to recognizing and treatment mental health. **The success of our community and our future depends on it.**

NAMI Greater Des Moines welcomes anyone who shares our mission and vision.



INTRODUCING

NAMI Greater Des Moines' Community Education Program

Raising community awareness and delivering comprehensive outreach & education programs is what we do. Our end goal is to help as many people as possible understand how critically important mental health is to their own health & wellbeing, and to ensure that mental health services and supports are readily accessible to everyone in need.

We've made a massive investment in our community through the development of twenty-seven education courses created specifically for Central Iowa residents. We've transformed the way these programs are delivered by launching new one & two-hour sessions to improve accessibility and maximize community impact.

Our Community Education courses are designed to provide an accessible guide to understanding mental health, practical tips for protecting & promoting your own mental wellness, and information on how family members & friends can support their loved one's recovery.

NAMI Greater Des Moines is committed to providing programming at little or no cost to community members, ensuring that our friends and neighbors can access mental health education & support regardless of their financial resources. All 27 Community Education courses are offered to participants free of charge, and scholarships are available for our wellness programs.

Grants & charitable donations support the costs of these courses. United Way of Central Iowa, Polk County, Prairie Meadows, Optima LifeServices, Broadlawn Medical Center, the Mid-Iowa Health Foundation & Community Foundation of Greater Des Moines, along with contributions from individual and family donors. The NAMI Greater Des Moines' Benefit Golf Tournament & Roaring 20's Fundraiser are additional revenue sources.

Together we are building a future of recovery, respect and opportunity for those who live with mental illness. We couldn't do it without you.

JOIN THE MOVEMENT

Community support helps NAMI Greater Des Moines continue to provide free mental health education & support programs. 100% of these funds are used to purchase curriculum & supplies, to compensate instructors, and support the maintenance cost of the facility. 77% of these dollars are spent in Central Iowa.

Donate today at <https://www.namigdm.org/en/donate/>

JANUARY 2020

Coping After the Holidays: January 16 / Thursday Evening 5:30-6:30p

Returning to the usual routine after the holiday season is over can dampen even the brightest spirits. This one-hour session includes:

- Tips to manage symptoms of post-holiday stress
- Self-care to protect & promote your physical and mental health
- Seasonal Affective Disorder
- When should I call the doctor?

Empowering Loved Ones: January 20 / Monday Afternoon 12-1:00p

Support from family members & friends is vital in an individual's journey toward recovery. This one-hour session includes information on:

- The four dimensions of recovery: health, home, purpose, community
- Developing a recovery plan
- Setting goals
- Communicating with providers

Understanding Schizophrenia in Children & Teens: January 28 / Tuesday Evening 5:30-6:30p

Learning your child has schizophrenia, or suspecting your child may have it, can feel overwhelming. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. This one-hour session includes practical tips for managing symptoms and helping others.

- What causes schizophrenia?
- Positive & negative symptoms
- Preparing for your child's appointment: what to expect from the doctor, basic questions to ask
- Treatment options
- How families are impacted
- Tips for supporting the child

FEBRUARY 2020

Community Conversations: February 10 / Networking Lunch 11:30a-12p & Speakers 12-1:30p

An educational series developed to inform community members on topics related to mental illness & substance abuse, providing participants with the information necessary to become better informed advocates and voters. NAMI Greater Des Moines hosts Community Conversation meetings with support from Prelude Behavioral Services, Young Women's Resource Center, Broadlawns Medical Center, Polk County Health Services, United Way of Central Iowa, and Johnson & Johnson.

Community Education courses are offered at no cost unless otherwise noted.

Pre-registration is required to ensure that we have enough materials for all participants.

Register online at <https://www.eventbrite.com/d/ia--des-moines/nami-greater-des-moines/> or call 515.277.0672

FEBRUARY 2020

What is Seasonal Affective Disorder? February 11 / Tuesday Evening 5:30-6:30p

Do the winter months get you down more than you think they should? This one-hour session includes information on:

- Signs and symptoms of seasonal affective disorder
- Causation
- Self-care for those experiencing symptoms
- Treatment options
- Tips for supporting loved ones

Caregiver Roles: February 17 / Monday Afternoon 12-1:00p

Whether you became a caregiver by default or by choice, and whether this happened gradually or not, you can't avoid the emotional impact of being a caregiver to someone with a mental illness. This one-hour session includes:

- Strategies for caring for ill family members
- Sharing thoughts & feelings in a way that avoids unwelcome responses
- Looking at problem behaviors
- Dealing with your own emotions
- Signs & symptoms of caregiver burnout
- Empowering yourself

Understanding Bipolar Disorder: February 22 / Saturday Morning 11a-12:00p

Everyone experiences ups and downs, but bipolar disorder is different. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. This one-hour session includes practical tips for managing symptoms and helping others.

- What causes bipolar disorder?
- Types of bipolar disorder
- Co-occurring disorders
- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Tips for supporting loved ones

Understanding Hoarding: February 22 / Saturday Afternoon 1-2:00p

Compulsive hoarding is an anxiety disorder that involves much more than keeping extra papers around. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. Includes practical tips for managing symptoms and helping others. This one-hour session includes:

- What causes hoarding?
- Risk factors
- Co-occurring disorders
- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Tips for supporting loved ones

FEBRUARY 2020

Effective Communication During Difficult Times: February 24 / Monday Evening 5:30-6:30p

Practical tips for communicating with loved ones experiencing symptoms of a mental health disorder. This one-hour session includes information on:

- How mental illness affects thinking & behavior
- Verbal & Non-Verbal messaging
- Dealing with conflict
- Cognitive reframing
- Active Listening

MARCH 2020

Understanding Mental Illness: March 5 / Thursday Evening 6:00-7:00p

Recognize what mental illness is and isn't, and how family members are impacted. This one-hour session includes information on:

- Types of mental illness
- Prevalence
- Causation
- Myths vs. Facts
- Communication Do's & Don'ts
- Self-Care
- Stigma

Understanding Depression: March 14 / Saturday Morning 11a-12:00p

How is depression different from sadness? An accessible guide to understanding causation, symptoms and treatment options for depressive disorders. Includes practical tips for managing symptoms and helping others.

- What causes depression?
- Types of depressive disorders
- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Coping strategies for the family

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MARCH 2020

Self-Care & The Impact of Mental Illness on Loved Ones: March 14 / Saturday 1-2:00p

Protecting and promoting your own physical & mental health is a critical part of caregiving. This one-hour session includes information on:

- How family members are impacted differently: parents, spouses, siblings, young children, and adult children of a parent living with mental illness
- Setting boundaries
- Responding to problem behaviors
- Dealing with your own emotions
- Caregiver stress & burnout
- Taking care of yourself

When Help is Turned Away: March 23 / Monday Afternoon 12-1:00p

Why do people living with mental illness sometimes reject help? This one-hour session includes information on:

- Understanding why people reject help or discontinue treatment
- Impact on family members & friends
- How to cope when your help is rejected

The Science of Mental Illness: March 31 / Tuesday Evening 6-7:00p

An accessible guide to understanding what causes mental illness. This one-hour session includes information on:

- Biopsychosocial approach to understanding causation
- Prevalence
- Myths vs. Facts
- Treatment & Prevention

Youth Mental Health First Aid: March 29 & April 5 / Sunday Afternoons 1-5p (2-Part Session)

This eight-hour public education program is designed to teach parents, family members, teachers & school staff, human services personnel, and other caring citizens how to help adolescents 12-18 who are experiencing a mental health or addiction concern. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

This eight-hour course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for helping young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. With Christine Urish, PhD, OTR/L, BCMH, FAOTA.

Cost: \$40/person. CEUs available.

APRIL 2020

Problem Solving & Boundary Setting for Families: April 4 / Saturday Afternoon 1-3:00p

Learn strategies for effective problem solving & setting healthy boundaries in this two-hour session.

- Common problems for families coping with mental health disorders
- Styles of problem solving: Pros & Cons
- Expressing your own needs without guilt
- Striking a healthy balance between caregiving & self-care
- Negotiating compromises
- Tips for effective problem solving

Creating a Low-Stress Environment & Minimizing Crises: April 8 / Wednesday 5:00-6:00p

Understand how family life affects mental health & learn strategies for adjusting the home environment to improve mental health. This one-hour session includes:

- Practical tips for creating a low-stress environment
- Identifying & responding to 'red flags'
- Communication strategies for times of crisis

Rights & Responsibilities of Individuals, Loved Ones & Professionals: April 16 / Thursday 5-6:00p

It's easy to feel overwhelmed by 'the system' and unsure how to navigate these channels. This one-hour session includes information on:

- Rights and responsibilities of individuals
- Rights and responsibilities of family members & other loved ones
- Rights and responsibilities of professionals
- What to do if you believe your family member's rights are being violated

Talking to Children About Mental Illness: April 20 / Monday Afternoon 12-1:00p

Knowing when & what to tell young people about a loved one's mental illness can be challenging. Practical tips for approaching this difficult subject in an age-appropriate fashion. This one-hour session includes information on:

- Helping kids understand mental illness
- Understanding fear & providing support
- How to answer children's questions
- Helping kids manage strong feelings
- Practical suggestions for responding to an ill family member

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APRIL 2020

Understanding PTSD: April 29 / Wednesday Evening 5-6:00p

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment, and coping mechanisms. This one-hour session provides an accessible guide to understanding:

- What causes PTSD?
- Risk factors
- Co-occurring disorders
- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Tips for supporting loved ones

MAY 2020

When a Loved One is Angry or Violent: May 7 / Thursday Evening 5:30-6:30p

Tips for responding & keeping yourself safe. This one-hour session includes:

- Common causes of anger & the effects of chronic anger
- Five phases of anger & when to intervene
- Violence in relationships
- Coping strategies for dealing with another person's anger
- Local resources

Managing Stress: May 11 / Monday Afternoon 12-1:00p

The word "stress" is used loosely in our culture. What does it really mean? This one-hour session includes:

- Understanding the biology of stress
- How people experience stress: major categories of stress & their symptoms
- How vulnerable are you?
- Factors that impact stress: positive & negative
- Identifying realistic & effective ways to manage stress

Community Conversations: May 12 / Networking Lunch 11:30a-12p & Speakers 12-1:30p

An educational series developed to inform community members on topics related to mental illness & substance abuse, providing participants with the information necessary to become better informed advocates and voters. NAMI Greater Des Moines hosts Community Conversation meetings with support from Prelude Behavioral Services, Young Women's Resource Center, Broadlawns Medical Center, Polk County Health Services, United Way of Central Iowa, and Johnson & Johnson.

MAY 2020

Understanding Schizophrenia in Adults: May 16 / Saturday Morning 11:00a-12:00p

Schizophrenia changes how you think, feel & act. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. Includes practical tips for managing symptoms and helping others.

- What causes Schizophrenia?
- Positive & negative symptoms
- Treatment options
- Common misconceptions
- Related disorders
- How relationships are impacted
- Tips for supporting loved ones

Common Family Reactions to Mental Illness: May 21 / Thursday Evening 5:30-6:30p

Understanding why people experience things differently can help to ease tension & increase acceptance. This one-hour session includes information on:

- Stages of emotional response
- Stages in the caregiving experience
- Learning to respond and cope

The Stigma of Mental Illness: May 26 / Thursday Evening 5:30-6:30p

How cultural bias impacts treatment, prevention & recovery. This one-hour session includes:

- Origins of understanding & the spread of misinformation
- Separating myths & facts
- How stigma impacts individuals & families
- Correcting negative perceptions
- Practical tips for reducing stigma

Zentangle & Mindfulness: May 31 / Sunday Afternoon 1-3:30p

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn how the Zentangle approach of "no mistakes" facilitates enhanced focus, relaxation, creativity, confidence and enjoyment. Mindfulness, the skill of learning to pay attention, without judgment, to one's present-moment experience, is explored during this 2.5-hour workshop with Christine Urish, PhD, OTR/L, BCMH, FAOTA, and Certified Zentangle Teacher.

Cost: \$20 per session includes all supplies for the course and additional materials to practice at home. Scholarships available.

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Pre-registration is required to ensure that we have enough materials for all participants.

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ABOUT THE INSTRUCTOR

Gary Rasmussen earned a master's degree in Psychology from Walden University and is currently a doctoral candidate to earn his PhD in Forensic Psychology.

Gary worked in law enforcement for 18 years, serving as a Drug Task Force member, K-9 officer, Special Response Team (SRT) member and Chief of Police.

In 2006, Gary changed career paths and began working in community mental health services. He has lead community and residential service programs, a drop-in recovery center and Community Integration program.

Gary served on the Mobile Crisis Response Team, Crisis Incident Stress Management team, and designed and implemented the Therapeutic Alternatives to Incarceration program in Story County, Iowa.

Gary Rasmussen

E / rasmussen@namigdm.org
P / 515.277.0672

Gary served on NAMI Greater Des Moines' Board of Directors for four years and joined the organization's staff in 2018.

SUPPORT GROUPS

Connections Peer Support Groups

A peer-led support group for adults living with mental illness. By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community. You'll gain insight from hearing the challenges and successes of others, and the groups are led by trained people who've been there.

- **First & Third Wednesday of Each Month from 5-6:30P**
At Des Moines Central Library / 1000 Grand Avenue / 2nd Floor Conference Room
- **Second & Fourth Tuesday of Each Month from 2-3:30p**
At NAMI Greater Des Moines / 511 East 6th Street / Des Moines

Family Support Groups

For family members, caregivers and loved ones of adults living with mental illness. By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships. This group encourages empathy, productive discussion and a sense of community. Benefit through other's experiences, discover your inner strength and learn how to identify local resources and how to use them. NAMI Family Support Groups are led by trained people who've lived similar experiences with their loved ones.

Offered at 3 Locations:

Des Moines: Third Sunday of Each Month from 2:30-4:00p

At Eyerly Ball Community Mental Health Center / 1301 Center Street in Des Moines

- Facilitators: Susie & Richard McCauley 515.274.5095 / mccauleyf@mchsi.com
Peg Smith 515.770.3996 / pegsmith@gmail.com

West Des Moines: Second Thursday of Each Month from 6:30-8:00p

At Lutheran Church of Hope / 925 Jordan Creek Pkwy in West Des Moines / Room #102

- Facilitators: Grace & Russ Sivadge 515.205.9765 / rdsivadge@outlook.com

Ankeny: First Tuesday of Each Month from 7-8:30p

At Ankeny First United Methodist Church / 206 SW Walnut in Ankeny / Room # 310/314

- Facilitators: Fred Spath 515.988.0889 / fspath@namigdm.org
Jeana King 641.385.2379

Support Group meetings are offered at no cost & registration is not required
Questions? Call 515.277.0672 or email info@namigdm.org

TRAININGS & PRESENTATIONS FOR COMMUNITY ORGANIZATIONS

Mental Health in the Workplace

A happy employee is a productive one and if you, as an employer, do not have the tools to create a healthy business culture dedicated to the wellbeing of your employees, then how can you look forward to success in the future?

Mental Health in the Workplace is a series of accessible & affordable workshops specifically designed to assist Central Iowa employers with mental health education, outreach, and the tools they need to support the well-being of their employees. Cost: \$250-\$750 per session

Adult Mental Health First Aid

Just as CPR helps you assist someone having a heart attack, Mental Health First Aid helps you to assist someone experiencing a mental health related crisis. Participants learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in crisis, and when to turn for help. 8-hour course. Cost: \$30 per person

In Our Own Voice

NAMI In Our Own Voice presentations provide a personal perspective of mental illness in 40-90 minute presentations designed for community organizations, schools, and the general public to promote awareness of mental illness and the possibility of recovery. Presenters with lived experience talk openly about what it's like to live with a mental health condition and humanize the misunderstood, highly stigmatized topic of mental illness by showing that it's possible – and common – to live well with a mental health condition.

Ending the Silence

NAMI Ending the Silence is a 45-60 minute in-school presentation designed for groups of middle and high school students, parents/primary caregivers, or school personnel. Participants learn how to recognize early warning signs of mental illness, where and how to get help for themselves or their friends, and when it's not okay to keep a secret. Presentations are facilitated by trained presenters and young adults with mental health conditions who share their journey of recovery. Audience members have the opportunity to ask questions and gain understanding of this often-misunderstood topic.

Hearing Voices that are Distressing

During this simulated experience of hearing voices via earphones, participants undertake a series of tasks including a psychiatric interview, memory & concentration activities, and group activities in a mock day treatment program. The simulation experience is followed by a debriefing and panel discussion. 2-hour presentation. Cost: \$400 per session.

Questions? Ready to schedule a training or presentation?
Call 515.277.0672 or email info@namigdm.org



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How NAMI Greater Des Moines Uses Your Donation Dollars

NAMI Greater Des Moines relies on grants and charitable donations to sustain programming. These funds are used to purchase curriculum & supplies, to compensate instructors, and to support the maintenance cost of the facility.

Community support helps NAMI Greater Des Moines continue to provide free mental health education & support programs. 100% of these funds are used to purchase curriculum & supplies, to compensate instructors, and support the maintenance cost of the facility. 77% of these dollars are spent in Central Iowa.

Donate today at <https://www.namigdm.org/en/donate/>

NAMI Greater Des Moines is a
United Way funded partner



United Way
of Central Iowa

National Alliance on Mental Illness
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Greater Des Moines