



National Alliance on Mental Illness

# NAMI Greater Des Moines

## Workplace Mental Health Education Program



National Alliance on Mental Illness (NAMI) Greater Des Moines  
511 East 6<sup>th</sup> Street Suite B  
In Des Moines' Historic East Village  
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**Mental Health Basics \$250 [max 40 participants]**

Understand what mental illness is and isn't, and how people are impacted.

One-hour presentation.

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

**What Causes Mental Illness? \$250 [max 40 participants]**

An accessible guide to understanding the science of mental illness. One-hour presentation.

- Biopsychosocial Approach to Understanding Causation
- Prevalence
- Myths vs. Facts
- Treatment & Prevention

**Communication Do's & Don'ts \$250 [max 40 participants]**

Practical tips for communicating with people who are experiencing symptoms of a mental health disorder. One-hour presentation.

- Understand how mental illness affects thinking and perception
- Verbal and Non-Verbal messaging
- Dealing with conflict
- Cognitive reframing
- Active listening

**Self-Care \$250 [max 40 participants]**

Protect and promote your physical & mental health. One-Hour presentation.

- Anxiety
- Ambivalence
- Frustration
- Anger
- Sadness
- Burnout

**Managing Stress \$250 [max 40 participants]**

The term 'stress' is used loosely in our culture. What does it really mean?

One-hour presentation.

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

**What is Stigma? \$250 [max 40 participants]**

How cultural bias impacts treatment, prevention & recovery. One-hour presentation.

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

**Diagnosis-Specific Training \$250 [max 40 participants]**

Understand causation, symptoms, co-occurring disorders and treatment options. Includes practical tips for managing symptoms and helping others.

- Anxiety (one-hour presentation)
- Depression (one-hour presentation)
- PTSD (one-hour presentation)
- Bipolar Disorder (one-hour presentation)
- Schizophrenia (one-hour presentation)
- Hoarding (one-hour presentation)

**When Help is Turned Away \$250 [max 40 participants]**

Why do people living with mental illness sometimes reject help? One-hour presentation.

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

**Hearing Voices that are Distressing \$400 [max 40 participants]**

Simulation experience, debriefing and discussion fosters understanding and empathy. Two-hour presentation.

- Experience auditory hallucinations via earphones while undertaking a series of tasks including a psychiatric interview, group activities, memory and concentration activities.
- Debriefing
- Panel discussion

**Caregiver Roles \$250 [max 40 participants]**

Understanding the impact of mental illness within families. One-hour presentation.

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

### **Talking to Adults About Mental Illness \$250 [max 40 participants]**

A guide to sharing information about a loved one's mental illness with co-workers, friends and extended family members. One-hour presentation.

- When & how to disclose
- How to answer questions
- Responding to stigma
- Rights & responsibilities of individuals, family members and professionals

### **Talking to Children About Mental Illness \$250 [max 40 participants]**

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. One-hour presentation.

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

### **About the Instructor**

Gary Rasmussen earned a master's degree in Psychology from Walden University and is currently a doctoral candidate to earn his Ph.D. 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 served on NAMI Greater Des Moines' Board of Directors for 4 years and joined the organization's staff in 2018.