



# NAMI GREATER DES MOINES

## Why Mental Health Care Matters

**1 in 4 people in the world will be affected by mental or neurological disorders at some point in their lives.**

Source: World Health Organization, 2001. Mental Health: New Understanding, New Hope. Retrieved from: [http://www.who.int/whr/2001/media\\_centre/press\\_release/en/](http://www.who.int/whr/2001/media_centre/press_release/en/)

**Iowa ranks 46th in the nation for the number of *psychologists per capita***

Source: U.S. Department of Health and Human Services Bureau of Health Professions, 2000. The Iowa Health Workforce: Highlights from the Health Workforce Profile.

**Iowa ranks 47th in the nation for the number *psychiatrists per capita***

Source: U.S. Department of Health and Human Services Bureau of Health Professions, 2000. The Iowa Health Workforce: Highlights from the Health Workforce Profile.

**Iowa ranks 50th in the nation for the number of acute care beds in mental health institutes.**

Source: Fuller, D. A., Sinclair, E., Geller, J., M.D, M./P.H, Quanbeck, C., M.D., & Snook, J. (2016, June). Going, Going, Gone: Trends and Consequences of Eliminating State Psychiatric Beds, 2016.

*NAMI Greater Des Moines is dedicated to empowering individuals, families and community by providing hope and education about mental health.*

## What We Do

NAMI Greater Des Moines's provides mental health education, support and advocacy programs in Polk, Dallas, Madison and Warren Counties. NAMI programs feature evidenced-based curriculum, are available to all community members and are provided at no cost to participants.

## Education Programs for Persons Experiencing Symptoms of a Mental Illness

Understanding your diagnosis, recognizing symptoms, and knowing what treatment options are available and how to access them are crucial elements of wellness. NAMI programs provide people with the information and resources they need to get and stay well. These classes are facilitated by volunteers with lived experience with mental illness who have been trained and certified by NAMI.

## Education Programs for Friends and Loved Ones

Understand the impact mental health conditions can have on the entire family. NAMI education programs provide practical information on how to managing crises, solve problems and manage stress. Classes are facilitated by people who have a loved one that has struggled with mental illness symptoms and are provided at no cost to participants.

## Wellness Programs

NAMI Greater Des Moines's arts and wellness programs provide people with tools to develop healthy coping mechanisms, manage stress and improve their quality of life. Classes are taught by area professionals and include creative writing, art, meditation, yoga and mindfulness.

## How NAMI Greater Des Moines Uses Your Donation Dollars

NAMI Greater Des Moines does not receive any funding from the state or federal government; we rely on grants and charitable donations to sustain programming. These funds are used to purchase program manuals for participants in NAMI educational programs, art supplies, yoga equipment, and to support the maintenance costs of their office space. Grants and charitable donations enable NAMI Greater Des Moines to continue to provide programming at no cost to participants.



# NAMI GREATER DES MOINES

## Legislative Advocacy

NAMI helps to shape the public policy landscape by teaching advocacy skills to community members, providing testimony at public hearings and legislative committee meetings, participating in mental health workgroups and lobbying at the State Capitol.

## NAMI Educational Programs, Wellness Workshops, Support Groups and Presentations

NAMI Basics  
NAMI In Our Own Voice  
Ending the Silence  
NAMI Family to Family  
Parents and Teachers as Allies  
Provider Education  
NAMI Peer to Peer  
NAMI Homefront  
Say It Out Loud  
NAMI on Campus  
Mental Health First Aid  
Wellness Recovery Action Plan (WRAP)  
Crisis Intervention Team Training  
Hearing Voices that are Distressing  
30 Pearls of Wisdom in Treating a Person with Mental Illness  
Connections Peer Support Group  
NAMI Family Support Group

## Partnerships

VA Central Iowa Hospital	Mental Health Disability Services Commission
Broadlawns Medical Center	Optimae LifeServices
Ankeny First United Methodist Church	Disability Rights Iowa
American Civil Liberties Union	United Way of Central Iowa
A Mid-Iowa Organizing Strategy (AMOS)	Lutheran Church of Hope
Mercy First Step	Plymouth Congregational Church
Grandview University	Westminster Presbyterian Church
ACES Policy Group	Polk County Health Services
Polk County Suicide Prevention Coalition	Prelude
Iowa Mental Health Planning Council	Young Women's Resource Center