

Why Mental Health Care Matters

Approximately one fourth of adults in the United States have a mental illness, and nearly half will develop at least one mental illness during their lifetime.

Source: Centers for Disease Control and Prevention, 2011. https://www.cdc.gov/mmwr/preview/mmwrhtml/su6003a1.htm?s_cid=su6003a1_w

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

Source: Iowa Department of Public Health, 2006. https://idph.iowa.gov/Portals/1/Files/IowaHealthWorkforce/09%20mentalhealth_0306.pdf

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

Source: Iowa Department of Public Health, 2006. https://idph.iowa.gov/Portals/1/Files/IowaHealthWorkforce/09%20mentalhealth_0306.pdf

Iowa ranks 49th in the nation for the number of acute care beds in mental health institutes.

Source: Treatment Advocacy Center, 2016. <https://www.treatmentadvocacycenter.org/storage/documents/going-going-gone.pdf>

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 provides mental health education, support and advocacy programs in Polk, Dallas, Madison and Warren Counties. In response to the coronavirus pandemic, NAMI Greater Des Moines launched a platform of resources designed to provide inspiration in the midst of uncertainty and practical tools to help community members navigate new situations. NAMI Greater Des Moines' programs feature evidenced-based curriculum, are available to all community members and are provided at no cost to participants.

Education Programs for Community Members

Delivering comprehensive outreach and education programs is the heart of our mission. Understanding your diagnosis, recognizing symptoms, knowing what treatment options are available and how to access them are crucial elements of wellness. We've transformed the way these programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact.

We Are Here. With You.

In April 2020 NAMI Greater Des Moines launched a platform of services in response to the coronavirus pandemic. Our "8 Weeks of Inspiration" speaker series featured some of the top motivational speakers in the nation, and our partnership with Farrell's Extreme Bodyshaping provided live workouts and exclusive access to Farrell's on-demand workouts. 34,665 individuals participated in these programs in April-May 2020.

Education & Support for the Business Community

NAMI Greater Des Moines provides a variety of trainings designed to provide businesses with the information & resources they need to support their employees' mental health. Each workshop is conducted virtually and allows plenty of time for questions.

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 and supplies for participants in NAMI Greater Des Moines' education and wellness programs. Grants and charitable donations enable NAMI Greater Des Moines to continue to provide programming at no cost to participants.

Legislative Advocacy

NAMI Greater Des Moines 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, Presentations, Support Groups & Presentations

The Science of Mental Illness	Hearing Voices Simulation Experience
Empowering Loved Ones	Understanding Anxiety
Self-Care & The Impact of Mental Illness on the Family	Understanding Bipolar Disorder
Communication Do's & Don'ts	Understanding PTSD
Creating a Low-Stress Environment & Minimizing Crises	Understanding Schizophrenia in Adults
Rights & Responsibilities of Individuals, Family Members & Professionals	Understanding Schizophrenia in Children & Teenagers
Problem Solving Skills for Families	Understanding Hoarding
Setting Limits & Boundaries with Family Members	Understanding Seasonal Affective Disorder
When a Family Member is Angry or Violent	Caregiver Roles
Learning to Manage Stress	Talking to Adults About Mental Illness
Common Family Reactions to Mental Illness	Talking to Children About Mental Illness
The Stigma of Mental Illness	When Help is Turned Away
Understanding Depression	Holiday Stress & Self-Care
	Coping After the Holidays
	Connections Peer Support Groups
	Family Support Groups

NAMI Greater Des Moines Partnerships

Des Moines Police Department	United Way of Central Iowa
Polk County Sherriff's Office	Optimae LifeServices
Iowa Law Enforcement Academy	Orchard Place
Ankeny Police Department	Capital Crossroads
Broadlawns Medical Center	Prelude Behavioral Services
VA Central Iowa Hospital	Young Women's Resource Center
Iowa Hospital Association	Stepping Stone Family Services
Iowa Public Health Association	Eyerly Ball
Iowa Mental Health Planning Council	Youth Emergency Shelter & Services
Mental Health and Disability Services Commission	Employee & Family Resources
Polk County Suicide Prevention Coalition	Passageway
Polk County Health Services	Mercy First Step
American Civil Liberties Union	Disability Rights Iowa
A Mid-Iowa Organizing Strategy (AMOS)	Trauma Informed Care Project
MercyOne	Ankeny First United Methodist Church
Polk County	Lutheran Church of Hope
Des Moines Public Schools	Des Moines Area Community College
Drake University	Greater Des Moines Leadership Institute
Des Moines University	Healthiest State Initiative
Mercy College of Health Sciences	American Foundation for Suicide Prevention