



Greater Des Moines

2018 Program 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
director@namigdm.org

Wellness Workshops

Mindfulness Based Stress Reduction (MBSR)

Through meditation, gentle yoga, group discussion and home practice, MBSR teaches participants to recognize and respond to toxic stress, increase stress hardiness and enhance focus, creativity and emotional regulation. Course is facilitated by Allison Peet, qualified MBSR Instructor.

MBSR Course includes an orientation session, 8 classes & 1 Saturday retreat

- Orientation: March 5 from 6-7p
- Class Meetings: March 19 – May 7 / Monday Evenings 6-8:30p
- Retreat: April 28 / Saturday 9a-3:30p
- \$20 per person for the 8-week session and retreat (scholarships available)
Call 515.850.1467 or email director@namigdm.org to sign up

Visual Journaling

Combine writing with thoughtful layers of collage, paint, stencils and mark making to express your experiences, emotions and ideas. Designed for the beginner or experienced artist, this workshop will help you develop a daily practice and learn how to document your story through art and text. With facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

- May 10 – June 14 / Thursday Evenings 6-7:30p
- \$20 per person for the 6-week session (scholarships available)
Call 515.850.1467 or email director@namigdm.org to sign up

Writer's Workshop

Explore the art of storytelling through creative writing. Whether you are new to the idea or have been writing for years, everyone is welcome. The ultimate goal is to publish a collection of stories written by the group. Workshop is facilitated by Dave Makin of Prometheus Publishing.

2 Sessions in 2018

- March 20 – April 24 / Tuesday Evenings 6-7:30p
- June 5 – July 10 / Tuesday Evenings 6-7:30p
- \$20 per person for the 6-week session (scholarships available)
Call 515.850.1467 or email director@namigdm.org to sign up

Art as Meditation

Color pencils, ink, paper and pastels are used as tools for practicing meditation in this 6-session workshop. Participants explore mindfulness, acceptance, non-judgment and non-reaction with facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

- September 13 – October 18 / Thursday Evenings 6-7:30p
- \$20 per person for the 6-week session (scholarships available)
Call 515.850.1467 or email director@namigdm.org to sign up

Programs for Those with Lived Experience with Mental Illness

NAMI Peer to Peer

A 10-session workshop for adults with mental illness who are looking to better understand their condition and journey toward recovery. The course is taught by trained people with lived experience with mental illness and includes presentations, discussion and interactive exercises. This experience provides the opportunity for mutual support and positive impact. NAMI's Peer-to-Peer workshop is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance.

2 Sessions in 2018

- March 1 – May 3 / Thursday Evenings 6-8p
- September 10 – November 12 / Monday Evenings 6-8p
- Free: Call 515.850.1467 or email director@namigdm.org to sign up

NAMI Smarts for Advocacy

Turn your passion and your lived experience into a positive voice for mental health with NAMI Smarts for Advocacy training. NAMI Smarts will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers. This workshop provides step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference.

2 Sessions in 2018

- Saturday February 24 from 9a-3p
- Saturday October 6 from 9a-3p
- Free: Call 515.850.1467 or email director@namigdm.org to sign up

NAMI 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.

- Tuesday afternoons 2-3:30pm, year-round
At NAMI Greater Des Moines / 511 East 6th Street / Des Moines
- Free: Registration is not required

Programs for Friends and Family Members of Those with Mental Illness

NAMI Basics

6-week education program for parents and caregivers of children and adolescents with mental illness. Includes an overview of public mental health care and juvenile justice systems, advocacy, evidence-based treatment, problem solving and crisis management, as well as self-care and stress management techniques for caregivers. The course is taught by trained instructors who have similar lived experience with their own children.

- March 21 – April 25 / Wednesday evenings 5:30-7:30p
- Free: Call 515.850.1467 or email director@namigdm.org to sign up

NAMI Family to Family

A 12-week educational program designed for family members, significant others and friends of adults with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. Taught by instructors who have lived similar experiences with their loved ones, and includes presentations, discussion and interactive exercises. Family to Family is designated as an evidence-based program by SAMHSA.

2 Sessions in 2018

- March 1 – May 17 / Thursday Evenings 6-8:30p
At 600 East Court Avenue / Des Moines
- September 4 – November 20 / Tuesday Evenings 6-8:30p
- Free: Call 515.850.1467 or email director@namigdm.org to sign up

NAMI Smarts for Advocacy

Turn your passion and your lived experience into a positive voice for mental health with NAMI Smarts for Advocacy training. NAMI Smarts will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers. This workshop provides step-by-step tools and the hands-on practice you need to feel clear, confident and ready to make a difference.

2 Sessions in 2018

- Saturday February 24 from 9a-3p
- Saturday October 6 from 9a-3p
- Free: Call 515.850.1467 or email director@namigdm.org to sign up

NAMI 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
Call 515.850.1467 or email director@namigdm.org for more information
- Free: Registration is not required

Presentations for Community Organizations, Businesses, Schools & Healthcare Providers

NAMI In Our Own Voice

A first-hand account of what it's like to live with a mental illness. Presenters humanize this often-misunderstood topic by demonstrating that it's possible – and common – to live well with mental illness. In Our Own Voice provides the audience with a chance to ask the presenters questions, which allows for a deeper understanding of mental health conditions and dispels stereotypes.

- Presentations Are Free, donations are encouraged
Call 515.850.1467 or email director@namigdm.org to schedule a presentation

NAMI Ending the Silence

A 45-minute presentation designed for middle and high school students. 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 Free, donations are encouraged
- Call 515.850.1467 or email namigdmdirector@gmail.com to schedule a presentation

Hearing Voices that are Distressing

During this simulated experience of hearing voices, participants undertake a series of tasks including a psychiatric interview, cognitive tasks and group activities in a mock day treatment program. The simulation experience is followed by a debriefing and discussion period.

- Presentations Are Free, donations are encouraged
- Call 515.850.1467 or email director@namigdm.org to schedule a presentation

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.

- Cost: \$30 per person
- Call 515.850.1467 or email namigdmdirector@gmail.com to schedule a presentation