



National Alliance on Mental Illness

NAMI Greater Des Moines

2019 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

director@namigdm.org

Wellness Workshops

Watercolor Meditation

Meditation and journaling bring a new experience to the process of watercolor painting in this six-session course. Participants will learn six techniques to use watercolor painting as an exercise in mindfulness meditation – the art of paying attention to the present moment. Designed for the beginner or experienced artist, this workshop will help you learn how to tell your story through art and text. With facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

One Session in 2019: September 5 – October 10 / Thursday Evenings 6-7:30p

- Cost: \$40 per person for the 6-week session includes all supplies for the course. Scholarships are available. Light snacks, tea and water are provided.
- Call 515.850.1467 or email director@namigdm.org to register for the course

Zentangle & Mindfulness

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.

Two Sessions in 2019:

- **March 9 / Saturday Afternoon 1-3:30p**
- **April 13 / Saturday Afternoon 1-3:30p**

Cost: \$20 per session includes all supplies for the course and additional materials to practice at home. Scholarships are available. Light snacks, tea and water are provided.

- Call 515.850.1467 or email director@namigdm.org to register for the course

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.

One Session in 2019: April 23 – May 28 / Thursday Evenings 6-7:30p

- Cost: \$35 per person for the 6-week session includes all supplies for the course. Scholarships are available. Light snacks, tea and water are provided.
- Call 515.850.1467 or email director@namigdm.org to register for the course

Wellness Workshops

Aromatherapy & You

Aromatherapy is the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. Through this 2.5-hour session you will learn:

- Important safety considerations relative to the use of essential oils
- Explore different methods of using essential oils: diffuse, inhalation and topical application
- How aromatherapy can be used to facilitate an increased sense of calm or alertness
- Create two personal inhalers (one to calm/one to alert)

With facilitator Christine Urish, PhD, OTR/L, BCMH, FAOTA, and Certified Clinical Aromatherapy Practitioner.

One Session in 2019: September 28 / Saturday Afternoon 1-3:30p

- Cost: \$25 per person includes all supplies for the course and two personal inhalers to take home. Scholarships are available. Light snacks, tea and water are provided.
- Call 515.850.1467 or email director@namigdm.org to register for the course

Musical Connections for Wellness

Learn creative coping strategies through experiential music-making and purposeful, goal-oriented musical activities designed and facilitated by a board-certified music therapist. Each class meeting will incorporate a variety of musical interventions including lyric analyses, instruments, songwriting, singing, and mindfulness. The six-week session will allow participants to explore the many ways in which music can be used as a coping or leisure skill in daily life.

One Session in 2019: September 9 – October 14 / Monday Evenings 6-7p

- Cost: \$35 per person for the 6-week session includes all supplies for the course. Scholarships are available. Light snacks, tea and water are provided.
- Call 515.850.1467 or email director@namigdm.org to register for the course

Art as Meditation

Learn how to use creativity, imagination and art to process life experiences. Workshop sessions are quiet and help individuals learn and practice mindfulness, attention, awareness, openness, acceptance, nonjudgment and non-reaction techniques. A weekly homework assignment is also included in the workshop as an invitation to practice art as meditation in day-to-day life. With facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

One Session in 2019: March 5 – April 9 / Tuesday Evenings 6-7:30p

- Cost: \$35 per person for the 6-week session includes all supplies for the course. Scholarships are available. Light snacks, tea and water are provided.
- Call 515.850.1467 or email director@namigdm.org to register for the course

NAMI Signature Programs

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. NAMI Smarts teaches participants how to:

- Tell a compelling story that is inspiring and make an “ask” in 90 seconds.
- Write an effective email, make an elevator speech and an impactful phone call.
- Orchestrate a successful meeting with an elected official.

Two Sessions in 2019:

- Saturday February 23 from 9a-3p
- Saturday March 23 from 9a-3p

No Cost to Attend: All materials are provided, along with light snacks, tea and water.

- Call 515.850.1467 or email director@namigdm.org to register for the course

NAMI Family to Family

NAMI Family to Family is a course designed for family members, significant others and friends of individuals living 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. Family to Family is taught by trained facilitators who have lived similar experiences with their loved ones, and includes presentations, discussion and interactive exercises. This program is designated as an evidence-based program by SAMHSA. In Family to Family, participants learn:

- Up-to-date information on mental health conditions and how they affect the brain.
- Current treatments, including evidence-based therapies, medications and side effects.
- Find and use local supports and services.
- Understand the challenges and impact mental health conditions have on the entire family.
- How to manage crises, solve problems and communicate effectively.
- Taking care of yourself and managing your stress.
- Develop the confidence and stamina to provide support with compassion.

One Session in 2019: February 28 – May 16 / Thursday Evenings 6-8:30p

- No Cost to Attend: All materials are provided, along with light snacks, tea and water.
- Call 515.850.1467 or email director@namigdm.org to register for the course

NAMI Signature Programs

NAMI Homefront

NAMI Homefront is a course for families, partners and friends of military service members and veterans experiencing a mental health challenge. Based on the nationally recognized NAMI Family to Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country, and improve the ability of participants to support their service member or veteran. The course is facilitated by trained family members of service members/veterans living with mental health conditions. Homefront participants learn how to:

- Manage crises, solve problems and communicate effectively
- Understand current treatments, including evidence-based therapies, medications and side effects
- Navigate the challenges and impact of mental health conditions on the entire family
- Learn to care for yourself, including managing your stress
- Develop the confidence and stamina to support your family member with compassion

One Session in 2019: May 4 – May 18 / Saturdays 9:30a-3:30p

- No Cost to Attend: All materials are provided, along with light snacks, tea and water.
- Call 515.850.1467 or email director@namigdm.org to register for the course

NAMI Peer to Peer

NAMI Peer-to-Peer is a recovery education course open to anyone experiencing a mental health challenge and is designed to encourage growth, healing and recovery among participants. The course is taught by trained facilitators with lived experience with mental illness and includes presentations, discussion and interactive exercises. This experience provides the opportunity for mutual support and positive impact. Peer to Peer includes information and support to:

- Create a personalized relapse prevention plan.
- Learn how to interact with health care providers.
- Develop confidence for making decisions and reducing stress.
- Stay up-to-date on mental health research.
- Understand the impact of symptoms on your life.
- Access practical resources on how to maintain your journey toward recovery.

One Session in 2019: April 4 – May 23 / Thursday Evenings 5:30-7:30p

- No Cost to Attend: All materials are provided, along with light snacks, tea and water.
- Call 515.850.1467 or email director@namigdm.org to register for the course

NAMI Signature Programs

NAMI Provider Education

This in-service training for medical professionals illustrates the impact that mental illness has on individuals with mental health conditions and their families. Participants develop enhanced empathy for the daily challenges of mental illness and how involving family caregivers in the treatment process improves outcomes. NAMI Provider Education is taught by teams of adults with mental illness, family members, and mental health professionals in either 4-hour seminars or advanced 15-hour trainings. The training provides:

- An understanding of the realities of living with mental illness and the vulnerabilities people face when seeking care
- Recognition of your critical role in the individual's journey towards recovery
- An empowered view of the lasting impact your care makes

Now Scheduling 2019 Trainings:

- Provider Education trainings are provided at no cost
- Call 515.850.1467 or email director@namigdm.org to schedule a training

NAMI 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.

Now Scheduling 2019 Presentations:

- In Our Own Voice presentations are provided at no cost
- Call 515.850.1467 or email director@namigdm.org to schedule a presentation

NAMI 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.

Now Scheduling 2019 Presentations:

- Ending the Silence presentations are provided at no cost
- Call 515.850.1467 or email director@namigdm.org to schedule a presentation

NAMI Support Groups

NAMI Connection 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.

Now Offering Afternoon and Evening Connection Peer Support Group Meetings:

- **Every Tuesday Afternoon from 2-3:30p**
- **First & Third Wednesday of Each Month from 5:30-7p**
- At NAMI Greater Des Moines / 511 East 6th Street / Des Moines

There is no cost to attend & registration is not required – come as you are.

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 now 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:** Meetings are held on the third Sunday of each month at the Eyerly Ball Community Mental Health Center (1301 Center Street in Des Moines) from 2:30-4p. Facilitators: Susie & Richard McCauley 515.274.5095 / mccauleyf@mchsi.com
Peg Smith 515.770.3996 / pegjsmith@gmail.com
- **West Des Moines:** Meetings are held on the second Thursday of each month at the Lutheran Church of Hope (925 Jordan Creek Parkway in West Des Moines, room 102) from 6:30-8p. Facilitators: Grace & Russ Sivadge 515.205.9765 / rdsivadge@outlook.com
- **Ankeny:** Meetings are held on the first Tuesday of each month at Ankeny First United Methodist Church (206 SW Walnut in Ankeny, RM 310/314) from 7-8:30p. Facilitators: Nora Breniman 515.238.8281 / naab964@gmail.com
Jeana King 641.385.2379

There is no cost to attend & registration is not required – come as you are.

Trainings, Presentations and Lunch & Learn Opportunities for Community Organizations, Businesses, Schools, & Healthcare Providers

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. 2-hour presentation.

Now Scheduling 2019 Presentations:

- Hearing Voices presentations are provided at no cost
- 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. 8-hour course.

Now Scheduling 2019 Trainings:

- Cost: \$30 per person
- Call 515.850.1467 or email director@namigdm.org to schedule a presentation

Community Conversations 2.0

An educational series developed to inform community members on topics related to mental illness and 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.

There Are 5 Community Conversations in 2019:

- **January 29 from 12-1:30p** (networking lunch 11:30-12)
- **April 16 from 12-1:30p** (networking lunch 11:30-12)
- **July 23 from 12-1:30p** (networking lunch 11:30-12)
- **September 18 from 12-1:30p** (networking lunch 11:30-12)
- **November 15 from 12-1:30p** (networking lunch 11:30-12)

Location: Goodwill of Central Iowa / 5355 NW 86th Street / Johnston

There is no cost to attend & lunch is provided: Call 515.850.1467 or email director@namigdm.org to register for each event.