



# Greater Des Moines

## Welcome to Mental Health in the Workplace



NAMI Greater Des Moines is excited to offer **Mental Health in the Workplace**, a series of 17 accessible, affordable workshops specifically designed for local business leaders, HR professionals and employees in easily digestible one-hour sessions covering a variety of subject matter including:

- Mental Health Basics
- Stigma
- Communication
- Self-Care
- Managing Stress

Businesses are dramatically impacted by the cost of untreated mental illness in lost productivity and the growing recognition that **supporting the mental well-being of employees is a smart financial decision for employers**. Even so, many organizations struggle to implement effective initiatives to improve mental health in the workplace.

NAMI Greater Des Moines' Mental Health in the Workplace program is designed to address the needs of local businesses -- the program can be customized for companies to aid them in providing additional assistance to their current employee base.

**One hour program sessions are \$250 (up to 40 participants)  
& scheduling is available now!**

**[Click to View Program Menu](#)**

**[Ready to schedule a presentation? Click to Contact  
Program Instructor](#)**

## **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 four years and joined the organization's staff in 2018.



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