



Greater Des Moines

We've made a massive investment in our community through the development of 27 new mental health education courses created specifically for Central Iowans.

We've transformed the way these programs are delivered, improving accessibility and maximizing community impact.

INTRODUCING

NAMI Greater Des Moines' Community Education Program

Raising community awareness and delivering comprehensive outreach & education programs is what we do. Our end goal is to help as many people as possible understand how critically important mental health is to their own health & wellbeing, and to ensure that mental health services and supports are readily accessible to everyone in need.

Our Community Education courses are designed to provide an accessible guide to understanding mental health, practical tips for protecting & promoting your own mental wellness, and information on how family members & friends can support their loved one's recovery.

All 27 Community Education courses are offered to participants free of charge,

and scholarships are available for our wellness programs.

Here's a sample of what's to come:

Coping After the Holidays:

January 16 / Thursday Evening 5:30-6:30p

Returning to the usual routine after the holiday season is over can dampen even the brightest spirits. This one-hour session includes:

- Tips to manage symptoms of post-holiday stress
- Self-care to protect & promote your physical and mental health
- Seasonal Affective Disorder
- When should I call the doctor?

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

[click to register: Coping After the Holidays](#)

Empowering Loved Ones:

January 20 / Monday Afternoon 12-1:00p

Support from family members & friends is vital in an individual's journey toward recovery. This one-hour session includes information on:

- The four dimensions of recovery: health, home, purpose, community
- Developing a recovery plan
- Setting goals
- Communicating with providers

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

[click to register: Empowering Loved Ones](#)

Understanding Schizophrenia in Children & Teens:

January 28 / Tuesday Evening 5:30-6:30p

Learning your child has schizophrenia, or suspecting your child may have it, can feel overwhelming. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. This one-hour session includes practical tips for managing symptoms and helping others.

- What causes schizophrenia?
- Positive & negative symptoms
- Preparing for your child's appointment: what to expect from the doctor, basic questions to ask
- Treatment options
- How families are impacted
- Tips for supporting the child

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

[click to register: Understanding Schizophrenia in kids/teens](#)

Community Conversation Lunch & Learn: Returning Citizen Reentry Simulation

February 10 / Monday Afternoon 11:30-1:30

The Returning Citizen Reentry Simulation was developed by the U.S. Attorney's office and is provided by Central Iowa Works (an initiative of United Way of Central Iowa).

11:30a-12p: Networking Lunch (free sandwiches, chips, fruit & cookies!)

12-1:00p: Reentry Simulation

1-1:30p: Debrief & Panel Discussion

The Returning Citizen Reentry Simulation is designed to allow participants to gain an understanding of the obstacles offenders face upon release from a term of incarceration. By "living the life" of someone released from prison, participants experience first-hand the barriers & challenges encountered by returning citizens on a daily basis.

During the simulation participants are assigned the identity of a fictional offender and navigate through a series of events in an effort to successfully reintegrate into the community. They have to meet the strict life requirements that people released from prison face, or risk being returned to prison.

The simulation is intended to educate all members of the community regarding the challenges returning citizens face when leaving prison.

[click to register: Community Conversations Lunch & Learn](#)

What is Seasonal Affective Disorder?

February 11 / Tuesday Evening 5:30-6:30p

Do the winter months get you down more than you think they should? This one-hour session includes information on:

- Signs and symptoms of seasonal affective disorder
- Causation
- Self-care for those experiencing symptoms
- Treatment options
- Tips for supporting loved ones

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

[click to register: What is Seasonal Affective Disorder?](#)

Caregiver Roles:

February 17 / Monday Afternoon 12-1:00p

Whether you became a caregiver by default or by choice, and whether this happened gradually or not, you can't avoid the emotional impact of being a caregiver to someone with a mental illness. This one-hour session includes:

- Strategies for caring for ill family members
- Sharing thoughts & feelings in a way that avoids unwelcome responses
- Looking at problem behaviors
- Dealing with your own emotions
- Signs & symptoms of caregiver burnout
- Empowering yourself

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

[click to register: Caregiver Roles](#)

Understanding Bipolar Disorder:

February 22 / Saturday Morning 11a-12:00p

Everyone experiences ups and downs, but bipolar disorder is different. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. This one-hour session includes practical tips for managing symptoms and helping others.

- What causes bipolar disorder?
- Types of bipolar disorder
- Co-occurring disorders

- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Tips for supporting loved ones

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

[click to register: Understanding Bipolar Disorder](#)

Understanding Hoarding:

February 22 / Saturday Afternoon 1-2:00p

Compulsive hoarding is an anxiety disorder that involves much more than keeping extra papers around. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. This one-hour session includes:

- What causes hoarding?
- Risk factors
- Co-occurring disorders
- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Tips for supporting loved ones

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

[click to register: Understanding Hoarding](#)

Effective Communication During Difficult Times:

February 24 / Monday Evening 5:30-6:30p

Practical tips for communicating with loved ones experiencing symptoms of a mental health disorder. This one-hour session includes information on:

- How mental illness affects thinking & behavior
- Verbal & Non-Verbal messaging
- Dealing with conflict
- Cognitive reframing
- Active Listening

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

[click to register: Communication in Difficult Times](#)

Understanding Mental Illness:

March 5 / Thursday Evening 6:00-7:00p

Recognizing what mental illness is and isn't, and how family members are impacted.

This one-hour session includes information on:

- Types of mental illness
- Prevalence
- Causation
- Myths vs. Facts
- Communication Do's & Don'ts
- Self-Care
- Stigma

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

[click to register: Understanding Mental Illness](#)

Understanding Depression:

March 14 / Saturday Morning 11a-12:00p

How is depression different from sadness? An accessible guide to understanding causation, symptoms and treatment options for depressive disorders. Includes practical tips for managing symptoms and helping others.

- What causes depression?
- Types of depressive disorders
- Symptoms & treatment options
- How relationships are impacted
- Self-care for those experiencing symptoms
- Coping strategies for the family

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

[click to register: Understanding Depression](#)

Self-Care & The Impact of Mental Illness on Loved Ones:

March 14 / Saturday 1-2:00p

Protecting and promoting your own physical & mental health is a critical part of caregiving. This one-hour session includes information on:

- How family members are impacted differently: parents, spouses, siblings, young children, and adult children of a parent living with mental illness
- Setting boundaries
- Responding to problem behaviors
- Dealing with your own emotions

- Caregiver stress & burnout
- Taking care of yourself

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

[click to register: Self-Care & Impact of MI on Loved Ones](#)

When Help is Turned Away:

March 23 / Monday Afternoon 12-1:00p

Why do people living with mental illness sometimes reject help? This one-hour session includes information on:

- Understanding why people reject help or discontinue treatment
- Impact on family members & friends
- How to cope when your help is rejected

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

[click to register: When Help is Turned Away](#)

The Science of Mental Illness:

March 31 / Tuesday Evening 6-7:00p

An accessible guide to understanding what causes mental illness. This one-hour session includes information on:

- Biopsychosocial approach to understanding causation
- Prevalence
- Myths vs. Facts

- Treatment & Prevention

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

[click to register: Science of Mental Illness](#)

Youth Mental Health First Aid:

March 29 & April 5 / Sunday Afternoons 1-5p (2-Part Session)

This eight-hour public education program is designed to teach parents, family members, teachers & school staff, human services personnel, and other caring citizens how to help adolescents 12-18 who are experiencing a mental health or addiction concern. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

This eight-hour course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for helping young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. With Christine Urish, PhD, OTR/L, BCMH, FAOTA.

Cost: \$40/person. CEUs available.

[click to register: Youth Mental Health 1st Aid](#)

NAMI Greater Des Moines relies on grants and charitable donations to sustain programming. These funds are used to purchase curriculum & supplies, to compensate instructors, and to support the maintenance cost of the facility.

Community support helps NAMI Greater Des Moines continue to provide free mental health education & support programs. 100% of these funds are used to purchase curriculum & supplies, to compensate instructors, and support the maintenance cost of the facility. 77% of these dollars are spent in Central Iowa.

Donate Today



Copyright © 2019 NAMI of Greater Des Moines, All rights reserved.

You are receiving this email because you have opted in at our website or past event.

Our mailing address is:

NAMI of Greater Des Moines
511 E. 6th St., Suite B
Des Moines, Ia 50309

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).