



NAMI Greater Des Moines

January Course Guide

Understanding the Science & Stigma of Mental Health



Workshops & Resources

Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need.

We've developed a variety of courses created specifically for the issues facing our community. And we've transformed the way these programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact. **As always, these courses are absolutely free & everyone is welcome.**

JANUARY SESSIONS:

Empowering Loved Ones: Tues 1/5 from 12-1:00p CST

How can families best support their loved one's recovery? Learn tips for supporting loved ones with a mental health disorder from a licensed therapist. This one-hour session includes information on the four dimensions of recovery, an introductory guide to developing a recovery plan, and tools to manage caregiver stress.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_tKxMpx-KQNOhOVxiSR-p4w

Understanding Anxiety: Thurs 1/7 from 12-1:00p CST

Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_krB8hUwQR1udUlbKapB8RA

The Science of Mental Illness: Tues 1/12 from 12-1:00p CST

An accessible guide to understanding causation, prevalence, treatment and prevention of mental illness. We'll separate myths and facts on this often-misunderstood topic.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_dG_UW6XIRwS9SDk8rpWwAA

Understanding ADHD: Thurs 1/14 from 12-1:00p CST

Attention deficit hyperactivity disorder (ADHD) is not just about hyperactive people and short attention spans. An accessible guide to understanding causation, symptoms and treatment options for ADHD. Learn practical tips for managing symptoms and helping others with a licensed therapist during this one-hour session.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_HwkT94GITRm6UgWYOH6xzg

The Stigma of Mental Illness: Tues 1/19 from 12-1:00p CST

How does cultural bias impact treatment, prevention & recovery? This one-hour session includes discussion of the origins of understanding mental illness, how misinformation is spread and how the stigma of mental illness impacts individuals and families. Learn tips for correcting negative perceptions and reducing stigma with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_8G2zTTYjTW-OTRs1YRBxeQ

Understanding Bipolar Disorder: Thurs 1/21 from 12-1:00p CST

Bipolar disorder involves more than mood swings. An accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_nIHG4GVmRoepDr2CxL_oBg

Creating a Low-Stress Environment & Minimizing Crises: Tues 1/26 from 12-1:00p CST

Learn strategies to create and maintain a low-stress environment, how to identify & respond to 'red flags', and tips for communicating in times of crisis with a licensed therapist in this one-hour session.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_tiRBZWNJQBeotuCeEpNEEnQ

Understanding Depression: Thurs 1/28 from 12-1:00p CST

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

symptoms and helping others with a licensed therapist.

Click to Register https://zoom.us/webinar/register/1316068330420/WN_InuSPZSCRCiNVeAein7CmQ

[Click to Browse all NAMI Greater DSM Courses](#)

Support Community Mental Health

Mental health is health, and 2020 has amplified this as stress, isolation, and uncertainty has impacted so many families. NAMI Greater Des Moines has experienced an incredible 274% increase in demand and has served 97,286 people. **These critically important mental health services are made possible through donations from community members like you** and allow us to continue to provide these essential services free of charge.

If you have enjoyed our programming and have the means available, we invite you to support NAMI Greater Des Moines with a tax-deductible contribution this [#GivingTuesday](#). Your financial support will help ensure that we can continue to be a beacon of hope in this unique time in the world.

[DONATE NOW](#)

ON-DEMAND SESSIONS

Missed a course? NAMI Greater Des Moines' courses are now available on-demand.

Understanding Mental Illness

<https://zoom.us/rec/share/CQ534b6Tp9E9SnNCRITLzklq-ECoiRYva3vLiiHZiNTQ9neuHHo8qfZjhaX4kWw.0y17D->

[088YB1vRHT?startTime=1607018409000](https://zoom.us/j/088YB1vRHT?startTime=1607018409000)

Common Family Reactions to Mental Illness

https://zoom.us/rec/share/l8NFB7lpnnPVp7-2FuSA_d3dxWd-GLbcT4N3_EHDQbtVsmViAGI4VJLAE9AO4iok.wW6-_DREnAkFy1h_?startTime=1608227650000

Self-Care and the Impact of Mental Illness on Families

https://zoom.us/rec/share/Fax74uAeEZYp2I9DQN-4NysPpuE-8-c_ZIQ7yEyLRxctUzvcYtqcm3DgRZslyQmt.tMTUk9AG7-K6rBZw?startTime=1605635979000

Understanding PTSD

https://zoom.us/rec/share/ou_QmOz4ZFUyKljg2gABqzI6hddIme2DtdMHYiLVC2WraJAzuNBbR_MWnFtmUG.CoZm0moSn6QE9W6d?startTime=1605031205000

Communication Do's & Don'ts

https://zoom.us/rec/share/T1FZgl63LBsCHT01cpm_w-VvOKyQxIOgAHE0Lwr9PYsnFuHBEsueKztsuf0udQqV.SHz1k7u8eqmhbNcR?startTime=1608055227000

ABOUT THE INSTRUCTORS

MARY KATE LEISTER

Mary Kate Leister, LMSW, holds a master's degree in social work from the University of Missouri-Columbia. In her career as a therapist and social worker, Mary Kate has worked with people experiencing a broad range of challenges including homelessness, human trafficking, addiction, and mental illness.

Currently she serves as a pediatric social worker and co-chairs an anti-human trafficking task force. Mary Kate is passionate about ending the stigma surrounding mental illnesses and building stronger communities. In her spare time, she enjoys reading, movies, and photography.

SUSAN DANNEN

Susan Dannen is a Licensed Independent Social Worker with over 25 years of experience in the mental health field. She has held positions as an In-home therapist, Day Treatment Therapist, School-Based Therapist, Outpatient Therapist, Hospital/Clinic Therapist, Program Supervisor, and Director. She was

an Adjunct Professor at Adler Graduate School in MN, and a trainer/writer for the MN Child Welfare Training System.

Susan trained at Jane Addams College of Social Work, Univ. of IL Chicago for her MSW and specializes in child and adult mental health, anxiety, depression, grief, trauma, play therapy, and foster care/adoption. She is passionate about educating and supporting others to find hope and healing.

In her free time, Susan enjoys yoga, nature, making pottery, art, music, sports, and theatre.



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