



Greater Des Moines

NAMI Greater Des Moines' 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.



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.

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 coffee, tea & light snacks

[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 coffee, tea & light snacks

[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 coffee, tea & light snacks

[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 coffee, tea & light snacks

[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 coffee, tea & light snacks

[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](#)

Problem Solving & Boundary Setting for Families:

April 4 / Saturday Afternoon 1-3:00p

Learn strategies for effective problem solving & setting healthy boundaries in this two-hour session.

- Common problems for families coping with mental health disorders
- Styles of problem solving: Pros & Cons

- Expressing your own needs without guilt
- Striking a healthy balance between caregiving & self-care
- Negotiating compromises
- Tips for effective problem solving

No Cost to Attend: All materials are provided, along with coffee, tea & light snacks

[click to register: Problem Solving & Boundary Setting](#)

Creating a Low-Stress Environment & Minimizing Crises:

April 8 / Wednesday 5:00-6:00p

Understand how family life affects mental health & learn strategies for adjusting the home environment to improve mental health. This one-hour session includes:

- Practical tips for creating a low-stress environment
- Identifying & responding to 'red flags'
- Communication strategies for times of crisis

No Cost to Attend: All materials are provided, along with coffee, tea & light snacks

[click to register: Creating a Low-Stress Environment](#)

Rights & Responsibilities of Individuals, Loved Ones & Professionals:

April 16 / Thursday 5-6:00p

It's easy to feel overwhelmed by 'the system' and unsure how to navigate these channels. This one-hour session includes information on:

- Rights and responsibilities of individuals
- Rights and responsibilities of family members & other loved ones
- Rights and responsibilities of professionals
- What to do if you believe your family member's rights are being violated

No Cost to Attend: All materials are provided, along with coffee, tea & light snacks

[click to register: Rights & Responsibilities](#)

Talking to Children About Mental Illness:

April 20 / Monday Afternoon 12-1:00p

Knowing when & what to tell young people about a loved one's mental illness can be challenging. Practical tips for approaching this difficult subject in an age-appropriate fashion. This one-hour session includes information on:

- Helping kids understand mental illness
- Understanding fear & providing support
- How to answer children's questions
- Helping kids manage strong feelings
- Practical suggestions for responding to an ill family member

No Cost to Attend: All materials are provided, along with coffee, tea & light snacks

[click to register: Talking to Children About MI](#)

Understanding PTSD:

April 29 / Wednesday Evening 5-6:00p

Trauma impacts everyone differently, depending on the nature of the trauma, presence or lack of social supports, participation in treatment, and coping mechanisms. This one-hour session provides an accessible guide to understanding:

- What causes PTSD?
- 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 coffee, tea & light snacks

[click to register: Understanding PTSD](#)

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.

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