

 **NAMI** Greater Des Moines
National Alliance on Mental Illness



*MENTAL HEALTH:
MIND MATTERS AIMS
TO BUILD GREATER
UNDERSTANDING OF
THE IMPORTANCE OF
MENTAL HEALTH AND
CREATE A SAFE SPACE
FOR MEANINGFUL
CONVERSATIONS ABOUT
MENTAL ILLNESS.*

COMMUNITY CONVERSATIONS

MENTAL MYSTERY: UNRAVEL THE STIGMA (YOUTH SUMMIT)

MONDAY, FEBRUARY 25 | 4:30 – 8:15 PM

COST: FREE TO YOUTH

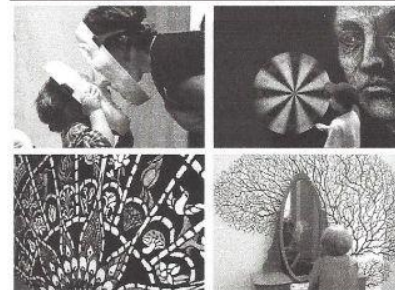
At this summit, Central Iowa high school students will gather to experience the Science Center of Iowa's *Mental Health: Mind Matters* exhibition, learn more about the science and cultural stigma around mental illness and discover how to best support mental health for themselves and their peers through breakout sessions with a variety of mental health professionals, area organizations and community leaders.

MAKE IT OK TO TALK ABOUT MENTAL HEALTH IN THE WORKPLACE

MONDAY, MARCH 4 | MORNING AND AFTERNOON
SESSIONS

COST: \$25

Mental health impacts all aspects of our lives, including our workplace. At this workshop, attendees will explore the *Mental Health: Mind Matters* exhibit and hear from Minnesota Public Radio host John Moe. His podcast, "The Hilarious World of Depression," which USA Today named one of the best new podcasts in 2016, shares how mental health stigma is impacting today's workplace and will kick off efforts to reduce stigma in the state.



Hands-on exhibit experiences bring you closer to facts, feelings and issues surrounding this significant topic. To increase awareness and inspire action around mental illness in the community, the Science Center of Iowa is proud join forces with Capital Crossroads and several community partners on a series of events.

UNDERSTANDING CULTURAL AND RACIAL TRAUMA

WEDNESDAY, MARCH 6 | 8:00 – 11:30 AM
COST: \$25

Explore the basis of historical and cultural trauma. Learn how it impacts the willingness of ethnic communities and people of color to seek help for a variety of mental health challenges. Keisha Ross, PhD, will engage participants in a session outlining coping mechanisms and cultural considerations for serving communities impacted by trauma. This session will build connections and grow alliances for mental health access and advocacy, with a focus on bridging faith and mental health circles. Dr. Ross is a nationally recognized clinical psychologist with a demonstrated history of working in the settings of nonprofit organizations, independent practice, hospital and government industry.

MIND MATTERS: MENTAL HEALTH FAIR

SUNDAY, MARCH 10 | 12:00 – 5:00 PM
COST: FREE

Let's learn and work together to reduce mental health stigma. On this free admission day, you, along with your family and friends, can experience the *Mental Health: Mind Matters* exhibition, explore the many mental health resources available in Central Iowa and discover all the Science Center of Iowa has to offer. A variety of local organizations and mental health professionals will be available at the Mind Matters: Mental Health Fair to discuss their offerings, provide free screenings and educate about mental health issues.

[Learn more and register for events at capitalcrossroadsvision.com/mindmatters](http://capitalcrossroadsvision.com/mindmatters)

EARLY CHILDHOOD BRAIN SCIENCE: NURTURING STRONG MENTAL HEALTH

MONDAY, APRIL 8 | 11:00 AM – 2:00 PM
COST: \$25

This session will focus on early childhood brain development and the critical role healthy mental development plays in the overall health of Iowa's children. Dayna Long, MD, medical director for the Department of Community Health and Engagement at UCSF Benioff Children's Hospital in Oakland, CA, will guide participants through the current science and best practices for addressing adverse childhood experiences (ACEs) and reducing toxic stress to improve the health of children.

MINDS DSM: STORIES OF COURAGE AND DISCOVERY

WEDNESDAY, APRIL 10 | 4:30 – 6:30 PM
COST: \$25

When it comes to mental health stigma, how do we as a community work to "Make it OK"? At this event, Iowans who have experienced mental illness will share their stories and participants will learn actions they can take to dispel misconceptions, reduce stigma and access resources through their community and Iowa's soon-to-be launched Make It OK campaign. Through this shared experience and open dialogue, we will instill hope and shine a light on mental illness and the recovery process.

PREVENTING SOCIAL ISOLATION

MONDAY, APRIL 22 | 10:00 AM – 12:00 PM
COST: \$25

By 2050, the proportion of the world's population over the age of 60 is expected to be nearly double. With this change comes unique challenges to supporting mental health needs and sustaining our communities in an increasingly disconnected society. Join us to learn more about the impact that social isolation has on our senior mental health and innovative responses to better support our older family, friends and neighbors.

Community Partner sponsor: POLK COUNTY

Exhibition Support sponsors: CAPITAL CROSSROADS

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