



**mindspring**  
MENTAL HEALTH ALLIANCE

[formerly NAMI Greater Des Moines]

# August Webinars

understanding mental health and maximizing self-care

## **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 platform created specifically for the issues facing our community. And we've transformed the way our programs are delivered by launching new virtual sessions to improve accessibility and maximize community impact.

**These events are absolutely free and everyone is welcome**



## August Webinars

### **Understanding Mental Illness | Tues 8/3 | 12-1:00p CDT**

An accessible guide to understanding the categories of mental health disorders, how prevalent they are, and what causes mental illness. Separate myths & facts and learn strategies to combat stigma and help others in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_iv1TO8twQEC0ebBpRKaLvQ](https://zoom.us/webinar/register/1316068330420/WN_iv1TO8twQEC0ebBpRKaLvQ)

### **Understanding Obsessive Compulsive Disorder | Wed 8/4 | 12-1:00p CDT**

OCD manifests differently in different people – the disorder involves much more than anxiety about germs or compulsions related to cleanliness. An accessible guide to understanding this often-misunderstood diagnosis, including symptoms of OCD, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and helping others.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_cTJz-kP1QIO0Vs6pPjDYEA](https://zoom.us/webinar/register/1316068330420/WN_cTJz-kP1QIO0Vs6pPjDYEA)

### **Understanding Hoarding | Thurs 8/5 | 12-1:00p CDT**

Hoarding is a compulsive behavior that involves much more than keeping extra papers around. This seminar explores the reasons people hoard, common symptoms of hoarding, and the impact hoarding has on both the individual and the family. Explore treatment options and tips for communicating with someone who hoards in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_xoCc3IZ7Th-FleUQgz5lVQ](https://zoom.us/webinar/register/1316068330420/WN_xoCc3IZ7Th-FleUQgz5lVQ)

### **Understanding Bipolar Disorder | Tues 8/10 | 12-1:00p CDT**

Everyone experiences ups and downs, but bipolar disorder is different. 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 in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_k\\_iUJmOzT9-BLIz-Z8rdiQ](https://zoom.us/webinar/register/1316068330420/WN_k_iUJmOzT9-BLIz-Z8rdiQ)

### **Understanding Schizophrenia | Wed 8/11 | 12-1:00p CDT**

Schizophrenia is a lifelong mental illness that changes how you think, feel & act. A combination of hallucinations, delusions, and disordered thinking and behavior impairs functioning, and can be disabling. An accessible guide to understanding causation, symptoms, co-occurring disorders and treatment options. Includes practical tips for managing symptoms and helping others.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_9PyK7DJIT8yUpu4IlbKVrg](https://zoom.us/webinar/register/1316068330420/WN_9PyK7DJIT8yUpu4IlbKVrg)

### **The Psychological Origins of Stigma & Bias | Thurs 8/12 | 12-1:00p CDT**

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 stigma impacts individuals and families. Learn tips for correcting negative perceptions in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_dETW1A9CRt62NK1Kh\\_YNFw](https://zoom.us/webinar/register/1316068330420/WN_dETW1A9CRt62NK1Kh_YNFw)

### **Creating a Low-Stress Environment & Minimizing Crises | Tues 8/17 | 12-1:00p**

Families are susceptible to strain from a number of sources including work and school obligations, illness, finances, interpersonal conflict, and more. 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.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_qTCncvZVTAYO1qFhUTqhw](https://zoom.us/webinar/register/1316068330420/WN_qTCncvZVTAYO1qFhUTqhw)

### **Setting Healthy Boundaries in Relationships | Wed 8/18 | 12-1:00p CDT**

Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_HdH7DDg\\_TXuxDzTAoQb06Q](https://zoom.us/webinar/register/1316068330420/WN_HdH7DDg_TXuxDzTAoQb06Q)

### **Conflict Management & Problem Solving in Relationships | Thurs 8/19 | 12-1:00p CDT**

Confronting problems can be challenging. Heightened emotionality, irrational thinking, impaired judgment, impulsivity, and distorted perceptions interfere with our ability to solve problems quickly and efficiently.

Learn strategies for effective problem solving and conflict management in this one-hour session.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_4PiiCmrLTYWZnkNp3bO7-Q](https://zoom.us/webinar/register/1316068330420/WN_4PiiCmrLTYWZnkNp3bO7-Q)

### **Creating Positive Connections in Discipline | Tues 8/24 | 12-1:00p CDT**

Does punishment change children's behavior? Explore the differences between discipline and punishment and discover ways that discipline can be used to create trusting relationships that foster success. This course is designed for professionals who work with children and families, and is developed from a culturally conscious and trauma-informed lens.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_MzjzJSpR8eJdbMrL13kijw](https://zoom.us/webinar/register/1316068330420/WN_MzjzJSpR8eJdbMrL13kijw)

### **The Science Behind Mental Health | Wed 8/25 | 12-1:00p CDT**

Diagnosing mental illness isn't like diagnosing other chronic diseases. Are mental illnesses simply physical diseases that happen to affect the brain? Or do these disorders belong to a class all their own? An accessible guide to understanding causation, prevalence, treatment and prevention of mental illness. Separate myths and facts on this often-misunderstood topic.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_9SBYMUyrQESySe-8L36AnQ](https://zoom.us/webinar/register/1316068330420/WN_9SBYMUyrQESySe-8L36AnQ)

### **Stress: Signs, Symptoms, Management & Prevention | Thurs 8/26 | 12-1:00p CDT**

The term 'stress' is used loosely in our culture. What does it really mean and how vulnerable are you? Understand the biology of stress and explore realistic and practical ways to manage distress and calm your nervous system.

Register Here [https://zoom.us/webinar/register/1316068330420/WN\\_5xzQIZAoSvafjaQtlJgWQ](https://zoom.us/webinar/register/1316068330420/WN_5xzQIZAoSvafjaQtlJgWQ)

### **Understanding Personality Disorders | Tues 8/31 | 12-1:00p CDT**

Personality describes everything about you, and personality disorders can be challenging to manage. In addition to dealing with the illness itself, people often struggle with the myths and stigma surrounding personality disorders. Explore the three categories of personality disorders, their symptoms, causation, and treatment. Learn practical tips for managing symptoms and supporting others.

Register Here [https://zoom.us/webinar/register/1416068330319/WN\\_KFrh2YAERMqd41JclK\\_LA](https://zoom.us/webinar/register/1416068330319/WN_KFrh2YAERMqd41JclK_LA)

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## MEET THE INSTRUCTORS

**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.

**Jaymi Dormaier**, LMSW, holds a master's degree in social work from Michigan State University. In Jaymi's career as a social worker and therapist she has worked with a diverse population focusing on a variety of issues, including homelessness, depression, anxiety, grief, trauma, foster care, adoption, and addiction. She is passionate about helping others live a life they love.

Jaymi is on the board of a non-profit organization focused on bringing more happiness to the world through random acts of kindness. In her free time Jaymi enjoys spending time with her dog, volunteering in her community, and camping.

**Benjamin Drury** is a scholar-advocate with expertise in medical sociology, curriculum development & learning facilitation, and education and mental health policy advocacy. Benjamin earned his MA in Medical Sociology in 2009 and will complete his EdD in 2022 focusing on educational psychology in the context of curriculum, advocacy and policy.

Benjamin currently teaches sociology and psychology courses for DePaul University, Indiana University, Northern Vermont University, and Ivy Tech Community College. Additionally, Benjamin serves as the Executive Director of the Chicago Education Advocacy Cooperative. When he is not working, Benjamin enjoys spending time with his wife and children, unapologetically cheering for the White Sox, and searching for the perfect pizza recipe.



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MENTAL HEALTH ALLIANCE

In March 2021 the members of NAMI Greater Des Moines unanimously voted to become Mindspring Mental Health Alliance. Our programs and services remain the same, as is our commitment to provide no-cost / low-cost mental health education, advocacy and support. And as an independent charity we provide transparency about how donations are used by the organization.

In the years we've spent supporting the mental health of our community, we've learned that historic achievement is simply the aggregation of many small steps. So we invite you to join us, as we tip-toe, step and stride into the future.

With much love and appreciation,  
Mindspring



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