



mindspring
MENTAL HEALTH ALLIANCE

[formerly NAMI Greater Des Moines]

July-August Courses

new webinars: understanding personality disorders, trauma, and
workplace reentry post-pandemic

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.



July Webinars

Community Conversation | Fri 7/16 | 12-1:30p CDT

Folks from Brain Health Now and Polk County Health Services will present.

Register Here https://zoom.us/webinar/register/1316068330420/WN_S5kQwkxkSl6jzZenK6oUgQ

Understanding Trauma | Tues 7/20 | 12-1:00p CDT

Trauma is defined by the emotional and psychological effect an event has on people, and less by the event itself. Explore the science of trauma and discuss how trauma effects physical & mental health in this one-hour webinar.

Register Here https://zoom.us/webinar/register/1316068330420/WN_rHEo6KRuQMKWS-vulX59pA

Understanding ADHD | Wed 7/21 | 12-1:00p CDT

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 during this one-hour session.

Register Here https://zoom.us/webinar/register/1316068330420/WN_df8M-1DjQm6FuHX5l3GwgQ

Covid Trauma and the Workplace | Thurs 7/22 | 12-1:00p CDT | \$5 Registration

We are living amid the first global mass trauma event for several decades. What can businesses expect from their teams after experiencing mass trauma, and where can you find the resources necessary to support your employees? Discuss how trauma impacts mental health and explore practical tips for managing the health effects of sustained stress in this one-hour session.

Register Here <https://www.eventbrite.com/e/covid-trauma-and-the-workplace-tickets-158496079039?aff=ebdsoporgprofile>

Understanding Avoidant/Restrictive Food Intake Disorder | Tues 7/27 | 12-1:00p CDT

Avoidant/Restrictive Food Intake Disorder is an eating disorder characterized by very selective eating habits, a disturbance in eating patterns, or both. Separate myths and facts and explore the signs and symptoms, prevalence, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones in this one-hour session.

Register Here https://zoom.us/webinar/register/1316068330420/WN_vHIYXp8XT92Pqsmf4KbDAA

Understanding Personality Disorders | Wed 7/28 | 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/1316068330420/WN_cta3iuwfrsC7eSuThK8-JA

Returning to the Office: Strategies to Increase Employee Mental Wellness During Post-Pandemic Workplace Re-Entry | Thurs 7/29 | 12-1:00p CDT | \$5 Registration

As employees begin returning to work, it is important to recognize the lasting effects of traumatic experiences brought on by the COVID-19 pandemic. A practical guide to welcoming employees back, enhancing self-care strategies, and creating a trauma-informed workplace to support employee's mental health during workplace re-entry.

Register Here <https://www.eventbrite.com/e/returning-to-the-office-strategies-to-increase-employee-mental-wellness-tickets-158503591509?aff=ebdsoporgprofile>

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

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

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_xoCc3lZ7Th-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-BLlz-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_9PyK7DJIT8yUpu4llbKVrg

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

[Click to browse all upcoming webinars](#)

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