



mindspring
MENTAL HEALTH ALLIANCE

[formerly NAMI Greater Des Moines]

June 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 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.

As always, these events are absolutely free & everyone is welcome.



Understanding Anxiety | Tues 6/1 | 12-1:00p CDT

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.

Register Here https://zoom.us/webinar/register/1316068330420/WN_T6it_MjKRc2nLNpUDL-DUA

Covid Trauma: How Do We Heal? | Thurs 6/3 | 12-1:00p CDT

The COVID-19 pandemic has negatively affected many people's mental health. How do we heal from its impact? This seminar explores what trauma is and how Covid trauma impacted us. Discover practical steps to start the healing process in this one-hour session.

Register Here https://zoom.us/webinar/register/1316068330420/WN_pJ63nwziQzq8MYu3-yyAXw

Understanding Depression | Tues 6/8 | 12-1:00p CDT

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

Register Here https://zoom.us/webinar/register/1316068330420/WN_ve7eunaQ8yqqP2ZCp9Fog

Common Family Reactions to Mental Illness | Wed 6/9 | 12-1:00p CDT

Understanding why people experience things differently can help to ease tension & increase acceptance. Explore the stages of emotional response, the stages of the caregiving experience, and learn how to respond and cope in this one-hour session with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_HzDw3Wa7TCWICLTGzry3kw

Understanding Schizophrenia | Thurs 6/10 | 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_sSrOcb74Tnu0UNDnpNNF-g

Creating a Low Stress Environment & Minimizing Crises | Tues 6/15 | 12-1:00p CDT

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.

Register Here https://zoom.us/webinar/register/1316068330420/WN_DSppOAlqQ_SECOxIkHx8bg

Understanding Borderline Personality Disorder | Wed 6/16 | 12-1:00p CDT

Of the major mental illnesses, borderline personality disorder is among the most stigmatized. Separate myths and facts and explore the signs and symptoms, causation, and treatment of this often-misunderstood diagnosis. Learn practical tips to manage symptoms and support loved ones.

Register Here https://zoom.us/webinar/register/1316068330420/WN_i2CEWe3FRneXdPa_GH42Ww

Understanding Narcissistic Personality Disorder | Thurs 6/17 | 12-1:00p CDT

People often label others as narcissists without having a clear understanding what this diagnosis really means. 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_vQ_86NvXRT6m0ISYElt7qw

Understanding Body Dysmorphic Disorder | Tues 6/22 | 12-1:00p CDT

Body Dysmorphic Disorder is defined by negative self-evaluation and misperceptions about one's appearance. Preoccupation and hyper focus on perceived flaws can result in depression, anxiety, and social isolation -- and many people with BDD do not talk to others about it, which leads to further isolation,

stigmatization and suffering. Explore the diagnostic criteria, symptoms, common misconceptions in this one-hour session. Discuss treatment options and learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_D-Oe8JbOTKmKXw06uuAosQ

Understanding Eating Disorders | Wed 6/23 | 12-1:00p CDT

Although our culture is decidedly preoccupied with food and weight, and disordered patterns of eating are very common, clinical diagnosis of eating disorders is less common. Even for professionals who have been treating them for years, eating disorders can be baffling and confusing illnesses. Explore the types of eating disorders, their signs, symptoms, risk factors, and treatment in this one-hour session. The webinar includes practical steps for supporting loved ones and tips for discussing this often-misunderstood topic.

Register Here https://zoom.us/webinar/register/1316068330420/WN_-SqNlaeXQdSBVz1yXZpYJQ

Communication Do's & Don'ts | Thurs 6/24 | 12-1:00p CDT

Knowing how to communicate effectively is perhaps the most important life skill. Understanding how mental illness impacts thinking and behavior helps to reduce frustration & stress, and improves outcomes for everyone. Learn simple tools to manage conflict and express feelings, verbal and non-verbal messaging, cognitive reframing, and active listening techniques.

Register Here https://zoom.us/webinar/register/1316068330420/WN_wk29IUuNSOix_G04EIT-CQ

Understanding Obsessive Compulsive Disorder | Tues 6/29 | 12-1:00p CDT

OCD manifests differently in different people, and only a portion of individuals with obsessive compulsive disorder are anxious about germs or have compulsions related to keeping themselves (and their world) clean. 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_rQeCRxfqSh223H5APHXCIQ

Empowering Loved Ones | Wed 6/30 | 12-1:00p CDT

Understanding how to effectively support friends and family members with mental illness is essential. This one-hour session is led by a licensed therapist and includes information on the complications of mental illness, the four dimensions of recovery, and an introductory guide to understanding and developing a recovery plan.

Register Here https://zoom.us/webinar/register/1316068330420/WN_nqn82q4JSU6A0pGqAE8YKA

[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.

Dr. Tamara Schnepel received a Master of Criminal Justice with an emphasis in Juvenile Justice from St. Ambrose University, and a PhD in Psychology from Capella University.

Dr. Schnepel began her career in the mental health/social services field in 1988 and began her teaching career in 2002, leading courses in psychology and criminal justice. Tamara has taught for Purdue University Global, Ashford University, Brown Mackie (Ross College), the University of Arizona Global, and Kirkwood Community College.



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MENTAL HEALTH ALLIANCE

In March 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 mental health education, advocacy and support. And as an independent charity we'll be able to 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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