



mindspring
MENTAL HEALTH ALLIANCE

[formerly NAMI Greater Des Moines]

May 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 Eating Disorders | Mon 5/3 | 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 with a licensed therapist. 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_WbVXg7DOTLi0ogQArPED8Q

Managing Stress | Tues 5/4 | 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 with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_TjH44vOBsoonXy9Jr8jRsw

Understanding Anxiety | Thurs 5/6 | 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. Learn practical tips for managing symptoms and helping others with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_B3tpcdBaQ_KJmtVad7cT2w

Understanding Mental Illness | Tues 5/11 | 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 with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_MF6C0JgtSSf8TvloznZhQ

Understanding Hoarding | Thurs 5/13 | 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 with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_Yuo1Fw56RCaQ3ulaenpTIQ

Community Conversation | Fri 5/14 | 12-1:30p CDT

Dr. Josephine Gittler, Law Professor at the University of Iowa, will present on guardianship and conservatorship and answer audience questions.

Register Here https://zoom.us/webinar/register/1316068330420/WN_AudmvXekR5OAEi3bZ0-ZhQ

The Stigma of Mental Illness | Tues 5/18 | 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 the stigma of mental illness impacts individuals and families. Learn tips for correcting negative perceptions and reducing stigma with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_473SdlFUSOu5_JqxpqAgvA

Understanding Bipolar Disorder | Thurs 5/20 | 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 with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_xDA6zMq3T-mrDEFsNImO6Q

The Science of Mental Illness | Tues 5/25 | 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_-DmsMm1aSG-TIoSiP4g6hw

Understanding Hoarding | Wed 5/26 | 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 with a licensed therapist.

Register Here https://zoom.us/webinar/register/1316068330420/WN_IRx4kN1nRNaz75q2hGEpww

[Click to browse all upcoming webinars](#)

View 2021 "We Are Here. With You." Speaker Keynotes On-Demand



Mary Kelly, PhD

Mary Kelly is a graduate of the United States Naval Academy and spent over 20 years on active duty in intelligence and logistics. She retired from the Navy as a commander. Mary's relatable, no-nonsense approach inspires audiences to embrace their roles, surpass their goals, and plan for the future.

[Watch Mary Kelly's Keynote](#)



Curtis Hill

Growing up in Chicago, like so many others, Curtis found it easy to drift into a life of violence and crime and quickly became one of Chicago's most notorious gang members. What follows is an inspirational account of how he earned a Master's of Arts in Teaching and became an educator & administrator.

[Watch Curtis Hill's Keynote](#)



Sarah Noll Wilson

Diagnosed with a panic disorder and ADHD in her 30s, Sarah shares her humorous and inspirational journey of self-discovery. Blending principles from neuroscience, adaptive leadership, conversational intelligence, and mindfulness, she helps people find the best version of themselves.

[Watch Sarah Noll Wilson's Keynote](#)



Devin Henderson

Award-winning comedian, magician, and father of seven daughters shares how to use a “possibility mindset” to rise through unexpected challenges. Achieving greatness in work and in life requires commitment, risk, perseverance and is a daily, on-going process.

[Watch Devin Henderson's Keynote](#)



John Register

John Register is a two-time Paralympian, Paralympic Games Silver Medalist, Persian Gulf War veteran, and TEDx Motivational Speaker. He embraced a “new normal” in becoming an amputee following a misstep over a hurdle while training for the 1996 Olympic Games.

[Watch John Register's Keynote](#)

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