



**mindspring**  
MENTAL HEALTH ALLIANCE

# Winter Webinars

Understanding Oppositional Defiant Disorder, Schizoaffective Disorder,  
Talking to Children about Mental Health & more



Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health support is readily accessible to everyone in need.

We've created a platform designed 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 and everyone is welcome!**  
**Certificates of attendance are provided.**

## JANUARY WEBINARS

### **Understanding Obsessive Compulsive Disorder | Tues 1/18 | 12-1:00p CST**

OCD involves much more than anxiety about germs or compulsions to 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 with a licensed therapist.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_miBnE-iDR6ipAzWSnCG2tQ](https://us06web.zoom.us/webinar/register/1316068330420/WN_miBnE-iDR6ipAzWSnCG2tQ)

### **Understanding Hoarding | Wed 1/19 | 12-1:00p CST**

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 with a licensed therapist.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_NZ68150OTimYjuqP5LC8xq](https://us06web.zoom.us/webinar/register/1316068330420/WN_NZ68150OTimYjuqP5LC8xq)

### **The Science Behind Mental Health | Thurs 1/20 | 12-1:00p CST**

Are mental health disorders best understood as physical illnesses that affect the brain? Or do these disorders belong in a category 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://us06web.zoom.us/webinar/register/1316068330420/WN\\_FVNMiVMqT\\_inHmFat3CgWA](https://us06web.zoom.us/webinar/register/1316068330420/WN_FVNMiVMqT_inHmFat3CgWA)

### **Understanding Dissociation & Dissociative Disorders | Tues 1/25 | 12-1:00p CST**

Dissociation makes people feel disconnected from their thoughts, feelings, and memories. It's a normal phenomenon that most people experience at some point, though some will develop a dissociative disorder that requires treatment. Explore the types of

dissociative disorders, their symptoms, prevalence & causation, and how they're treated with a licensed therapist.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_OS8HdPlvTpgcZ4cISP7xjw](https://us06web.zoom.us/webinar/register/1316068330420/WN_OS8HdPlvTpgcZ4cISP7xjw)

### **Understanding Schizophrenia | Wed 1/26 | 12-1:00p CST**

Schizophrenia is a lifelong mental illness that changes how you think, feel, and act. A combination of hallucinations, delusions, disordered thinking and behavior can be debilitating. An accessible guide to understanding causation, symptoms, co-occurring disorders, and treatment options. Learn practical tips for managing symptoms and supporting loved ones with a licensed therapist.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_JCmlaEhBSlqEinrdZ8RSHA](https://us06web.zoom.us/webinar/register/1316068330420/WN_JCmlaEhBSlqEinrdZ8RSHA)

### **Conflict Management and Problem Solving in Relationships | Thurs 1/27 | 12-1:00p CST**

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 seminar.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_AtDjxW8BR3-MI-rVGIQWLw](https://us06web.zoom.us/webinar/register/1316068330420/WN_AtDjxW8BR3-MI-rVGIQWLw)

**Interested in a course but not available to attend the webinar? Register anyway. The event recording & resource info is sent to everyone who registers 24 hours after a live webinar**

## **FEBRUARY WEBINARS**

### **Talking to Children about Mental Health | Tues 2/1 | 12-1:00p CST**

Children are curious about their environment and the people around them. How do we answer their questions about mental health? Learn how to help children understand what mental illness is and is not and how to answer their questions in this one-hour seminar with a licensed therapist.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_LrtqaU0xRgq-2j5fXLW65g](https://us06web.zoom.us/webinar/register/1316068330420/WN_LrtqaU0xRgq-2j5fXLW65g)

### **Understanding Oppositional Defiant Disorder | Wed 2/2 | 12-1:00p CST**

It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar with a licensed therapist.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_qkq2\\_vLoRu2eBP1FNsPnpg](https://us06web.zoom.us/webinar/register/1316068330420/WN_qkq2_vLoRu2eBP1FNsPnpg)

### **Common Family Reactions to Mental Illness | Thurs 2/3 | 12-1:00p CST**

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

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_yiUf1JyWTcWqRPoO7vz58Q](https://us06web.zoom.us/webinar/register/1316068330420/WN_yiUf1JyWTcWqRPoO7vz58Q)

### **Understanding Schizoaffective Disorder | Tues 2/8 | 12-1:00p CST**

Schizoaffective disorder is a complicated illness that is often confused with other disorders. Explore the diagnostic criteria, signs, and symptoms that differentiate schizoaffective disorder from other illnesses. This one-hour seminar includes information on causation, risk factors, treatment options, and ways to cope if you or a loved one have been diagnosed.

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_hSUURtTEQ7OlofYU6ciiMg](https://us06web.zoom.us/webinar/register/1316068330420/WN_hSUURtTEQ7OlofYU6ciiMg)

### **Understanding Borderline Personality Disorder | Wed 2/9 | 12-1:00p CST**

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

Register Here [https://us06web.zoom.us/webinar/register/1316068330420/WN\\_BTs8APMAQXS9NRnxf7r18A](https://us06web.zoom.us/webinar/register/1316068330420/WN_BTs8APMAQXS9NRnxf7r18A)

### **Creating a Low-Stress Environment & Minimizing Crises | Thurs 2/10 | 12-1:00p CST**

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://us06web.zoom.us/webinar/register/1316068330420/WN\\_OqN\\_akCwQAmpo2VmKPzM1g](https://us06web.zoom.us/webinar/register/1316068330420/WN_OqN_akCwQAmpo2VmKPzM1g)

[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 Minnesota, and a trainer/writer for the Minnesota Child Welfare Training System.

Susan trained at Jane Addams College of Social Work, University of Illinois 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.



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