



When life gives you a full court press

3 events, 2 days, 1 goal: Addressing stigma around help-seeking for men and boys

Men and boys are reluctant to visit their primary care provider, much less to meet with a therapist. Yet research shows that men and boys are more likely to complete suicide or harm others as a result of depression, anxiety and other issues related to mental health. Why? And how can we reduce the stigma? In our complicated lives, nothing is a slam dunk. But there are solutions that work. Join us for a comprehensive exploration of effective ways to address the mental health crisis in Iowa and nationwide as it relates to men, boys and their loved ones. Co-sponsored by the Des Moines Pastoral Counseling Center and Des Moines University.

Rebound with courage

An evening with Royce White, former NBA player and Iowa State University basketball star

PROGRAM:

“Mental health is the biggest social issue we face,” according to Royce White.

Royce White was drafted by the NBA following a brilliant basketball career at Iowa State University. Even though he was forthcoming with his pre-existing diagnosis of Generalized Anxiety Disorder (GAD), his NBA career was cut short because the league did not have a policy relating to players’ mental health. Royce White responded forcefully, through advocacy and education, to advance understanding of mental health. We are pleased to welcome Royce White to share his experience and wisdom.



Royce White, mental health advocate, former NBA player and Iowa State basketball star

DATE / TIME: Thursday, July 11, 2019 - 7 p.m.

AUDIENCE: families, health care providers and the general public

COST: Free, RSVPs appreciated: www.dmpcc.org/MEN

Pivot to health

A professional development conference for health care providers and the community

PROGRAM:

Two researchers from Iowa State University, Dr. David Vogel and Patrick Heath, will headline a full day of workshops to further clinical understanding of mental health stigma as it relates to gender.

Related breakout sessions led by community health care providers will also be offered. For full presenter bios and workshop descriptions:

www.dmpcc.org/MEN

DATE / TIME: Friday, July 12, 2019
8 a.m. – 4 p.m. (break for lunch on your own 11:45 a.m. -12:45 p.m., cafeteria will be open)

AUDIENCE: mental health providers, primary care providers, general public

COST:

- \$200 (Early bird rate of \$175 before June 12)
- \$50 student cost (Early bird rate of \$25 before June 12)
- Group rates available www.dmpcc.org/MEN



Dr. David Vogel,
Iowa State University



Patrick Heath, M.S.
Iowa State University

Breakfast of Champions

Meet and greet Royce White / Support the Des Moines Pastoral Counseling Center
Friday, July 12, 2019 / 7 – 8 a.m. / RSVP at www.dmpcc.org/MEN

LOCATION: Des Moines University, 3200 Grand Ave, Des Moines, Iowa

For more information and to register: www.dmpcc.org/MEN

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