DMU Mission

To improve lives in our global community by educating diverse groups of highly competent and compassionate health professionals.

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President and CEO of Des Moines University

Dr. Lisa Streyffeler, Chairperson Behavioral Health
Dr. Jeritt Tucker, Assistant Professor Behavioral Health
Thank you!

- Pilot Program: conducted in May 2018 with the generosity of a grant through this public-private partnership with Mid-Iowa Health Foundation.

- Last session this body approved $250,000 for the NAMI Provider Education (this will take place in May 2019).

- All students in our D.O. program will go through the training this coming May and we wish to continue the training from year to year.
Family Medicine providers are on the front lines addressing patients’ mental health issues.

- Two-thirds of the prescriptions for persons with mental illness are written by their family provider.

- DMU is one of the nation’s top providers of family medicine physicians.*

- DMU has partnered with the National Alliance on Mental Illness (NAMI) to become the first medical school to train students while in medical school using NAMI’s provider training.

*Source: American Association of Family Physicians
We will continue this training and are looking at ways we can expand the experiences we will offer our students.

Our request: Continued funding for $250,000
Phase 1

Education 2018-Pilot

2019 and beyond
Three-Phased Approach

Phase 1: Education
Phase 2: New Behavioral Health Clinic
Phase 3: Workforce
Pilot Study Background

- Students **enter** medical school with attitudes/beliefs/behaviors toward mental illness **similar** to the general public.¹
- They **leave** 3rd-year with attitudes/beliefs/behaviors **worse** than the general public.²

- Most effective intervention: intergroup contact emphasizing 4 conditions:³
  1. Provide destigmatizing information
  2. Practice non-judgmental behaviors
  3. Increase positive emotions and sense of calmness
  4. Reduce feelings of superiority over those who are struggling⁴

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32 Iowans are now trained to offer the facilitation.

Additional training will take place Spring 2019

Teams of 3

- Provider affected by mental illness
- Person living well in recovery
- Family member affected by mental illness

15-hour training program

- 3rd year (follows clinical rotations)
231 3rd year DO students invited:
132 participate (RR = 57%)
2 conditions (tx; control)
14-validated measures
3 time-points (12 weeks)
Starting the course I thought I was extremely open minded and understanding of those who have mental illness, but the course revealed my own biases which I think were preventing me from engaging with them fully. I was previously uneasy around schizophrenics but I have a better understanding now and am not afraid to interact with them.”

- female 3rd year DO student

“The course was great and provided a lot of great tools for working with and identifying mental illness.”

-male 3rd yr

“I thought this course was incredibly helpful and provided multiple perspectives/insights into how to interact with and treat patients who have mental illness. I also thought the family member portion of the class was quite important in learning more about how to address family member concerns [...].”

-female 3rd year
COVERING IOWA WITH GRADUATES WHO CARE