

# Brain Health Summit



May 26, 2022 | 8 a.m. – 4 p.m. | Cost: \$29  
The Hotel at Kirkwood Center, Cedar Rapids, Iowa

Join the conversation.

Register at

[www.kirkwood.edu/brainhealthsummit2022](http://www.kirkwood.edu/brainhealthsummit2022)



# How is your brain health?

When **1 in 5 adults experience mental illness**, and nearly **60 percent of adults don't feel comfortable** asking for help, it's time to **rethink our approach to brain health**.

Join fellow Iowans at the **2022 Brain Health Summit**, which will include presentations by health care professionals and community members about the impacts of mental illness, substance use disorders, and trauma in our community. Together, we will review how the pandemic is affecting mental health, discuss local prevention efforts, and inform you of equitable treatment and recovery resources.

## Who should attend?

If you have an interest in brain health topics, you are welcome to attend. This summit is open to social workers, clinicians, nurses, teachers, parents, students, and the general public.



## Keynote speaker: Dr. Brenda Mack

Assistant Professor, Social Work Department,  
Bemidji State University

*Brenda Mack, DSW, MSW, LICSW, is a behavioral health and wellness consultant, trainer, presenter, researcher, and an assistant professor in the Social Work department at Bemidji State University (BSU). Before joining the faculty at BSU, Brenda*

*worked for 20 years as a program manager, outpatient and in-home therapist, and mobile behavioral health crisis responder for a community mental health center. She holds a bachelor's and master's degree in Social Work from the University of North Dakota and a doctorate in Social Work from the University of St. Thomas in St. Paul, Minnesota. She is a Licensed Independent Clinical Social Worker through the Minnesota Board of Social Work.*

## Topics include expert panels on:

**Crisis Mental Health** | **Substance Abuse** | **Non-Crisis Mental Health**  
**Peer Support and Counseling Services** | **Health Equity in Mental Health**

# AGENDA

Thursday, May 26, 2022

**7:30 a.m.**

**Registration Opens**

Breakfast/Networking/Wall of Gratitude

---

**8:20 a.m.**

**Welcome and Introduction**

Dr. Lori Sundberg, President, Kirkwood Community College

---

**8:30 – 9:30 a.m.**

**Session 1: Crisis Mental Health**

Moderator: Carol Meade, Director of Behavioral Health Services, UnityPoint Health

Panel Speakers:

- Erin Foster, Mental Health Access Center
  - Dr. Matthew Aucutt, Mercy Emergency Department
  - Erin Detterbeck, UnityPoint Health
  - Drew Martel, Foundation 2
- 

**9:30 – 9:45 a.m.**

**Break**

---

**9:45 – 10:45 a.m.**

**Session 2: Substance Abuse**

Moderator: Theresa Graham Mineart, Senior Director of Outpatient Services, Abbe Center for Community Mental Health

Panel Speakers:

- Matt Rocca, St. Luke's Chemical Dependency
  - Lori Hagg, Mercy Sedlacek Center
  - Dr. Jennifer Donovan, UnityPoint Health
  - Trisha Welsh, Eastern Iowa Health Center
  - Kathy Brogla, ASAC
- 

**10:45 – 11 a.m.**

**Break**

---

**11 a.m. – noon**

**Session 3: Peer Support and Counseling Services**

Moderator: Mike Meyer, Peer Support Specialist, AbbeHealth Services

Panel Speakers:

- Jenn Day, Iowa Peer Network, Johnson County
  - Austin Snell, AbbeHealth Services
  - Kelsey Craig, Mercy Family Counseling
  - Karol White, Kirkwood Community College
- 

**Noon – 1:30 p.m.**

**Lunch and Keynote Speaker**

**Fill Your Emotional Cup: Addressing Wellness and Well-Being Among Helping Professionals**

Brenda Mack, Director of Field Education, Bemidji State University

---

**1:30 – 1:45 p.m.**

**Break**

---

**1:45 – 2:45 p.m.**

**Session 4: Non-Crisis Mental Health**

Moderator: Steve Knudson, Senior Pastor, First Lutheran Church

Panel Speakers:

- Allonda Pierce, NAMI Linn County
  - Dr. Jim Coyle, Cedar Memorial
  - Sarah Blader, Eastern Iowa Health Center
  - Maggie Hartzler, Tanager Place
- 

**2:45 – 3 p.m.**

**Break**

---

**3 – 4 p.m.**

**Session 5: Health Equity in Mental Health**

Moderator: Anne Carter, Health Equity Project Manager, Linn County Public Health

Panel Speakers:

- Dr. Stephen Pedron, UnityPoint Health
  - Dr. Alan Whitters, Cedar Rapids Psychiatry, PLC
  - Karen Samani, Mercy Family Counseling
  - Lindsay Miles, Kirkwood Community College
- 

**4 – 4:05 p.m.**

**www.GetHelpNowCR.com**

Phil Wasta, Executive Director, MedQuarter Regional Medical District

---

**4:05 – 4:10 p.m.**

**Closing**

Jasmine Almoayyed, Vice President, Kirkwood Community College

---

**It's time to end the stigma and talk about brain health.**

For more information or to register, visit [www.kirkwood.edu/brainhealthsummit2022](http://www.kirkwood.edu/brainhealthsummit2022) or call 319-398-1022.

# Our Partners



Media sponsor:  
**thegazette.com**



This Brain Health Awareness Project is offered through the support of the Iowa Mental Health & Disability Services – ECR. For more information, please visit [ecriowa.org](http://ecriowa.org). Made in partnership with Brain Health Now, NICC Business and Community Solutions, Hawkeye Community College, MedQuarter Regional Medical District, and media sponsor The Gazette.

Kirkwood Community College shall not engage in nor allow unlawful discrimination against individuals involved in its educational programs and activities on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, religion, age, disability, or actual or potential parental, family, or marital status. If you have questions or complaints related to compliance with the policy, please contact the Vice President of Human Resources at Kirkwood Community College, 313 Kirkwood Hall, 6301 Kirkwood Blvd. SW, Cedar Rapids, IA 52404, Telephone: 319-398-5572, Email: [equity@kirkwood.edu](mailto:equity@kirkwood.edu), or the Director of the Office for Civil Rights U.S. Department of Education, John C. Kluczynski Federal Building, 230 S. Dearborn Street, 37th Floor, Chicago, IL 60604-7204, Telephone: 312-730-1560, Fax: 312-730-1576, Email: [OCR.Chicago@ed.gov](mailto:OCR.Chicago@ed.gov).