

The Iowa Empowerment
Conference presents in 2010

Stepping Up and Stepping Out

With the goal of discovering the importance of each of us to step up and take responsibility for our own wellness and recovery and to step out into vocational and volunteer activities.

**A Conference for:
Adult Consumers of Mental Health Services
Transition-Age Youth
Families of Children with SED**

Tuesday, Wednesday, Thursday
August 10th, 11th, and 12th, 2010

**Airport Holiday Inn
6111 Fleur Drive
Des Moines, IA**

Easy to get to; No city driving required.

Conference Schedule

Tuesday, August 10, 2010

11:00 a.m. - 1:00 p.m. Registration
(Lunch on your own)

1:00 p.m. - 2:30 p.m. ----- Laura Gentry
Live Life Laughingly

2:30 p.m. - 2:45 p.m. -----Break

2:45 p.m. - 3:45 p.m. ----- Opening Ceremonies

Invited to Speak

Governor Chet Culver; Lt. Governor Patty Judge; First Lady Mari Culver; Senators Tom Harkin and Charles Grassley; and U.S. Representatives. Also invited Charles Krogmeier (unable to attend), Director of the Iowa Department of Human Services; Jeanne Nesbit (planning to attend), Administrator, Division of Mental Health and Disability Services; Wendy Rickman, Division Administrator, Division of Adult, Children & Family Services; Joan Discher (planning to attend), Executive Director of Magellan Behavioral Care of Iowa; Hotel Representative; and a Representative of the Des Moines Convention & Visitors Bureau.

3:45 p.m. - 4:00 p.m. ----- Break

4:00 p.m. - 5:45 p.m. -----Keynote: Paolo del Vecchio

Consumer Affairs

5:45 p.m. - 6:00 p.m. ----- Break

6:00 p.m. - 7:00 p.m. -----Dinner

7:30 p.m. - 10:30 p.m. ----- Dance - The Mudpuppies or Movie

Wednesday, August 11, 2010

6:00 a.m. - 8:00 a.m. -----Breakfast

8:00 a.m. - 10:00 a.m. ----Keynote: Deb Nerness, MEd and Ryan Voster, BA
Identifying Barriers and Setting Goals

10:00 a.m. - 10:30 a.m. ----- Break

10:30 a.m. - 12:30 p.m. ----- Legislative Forum

12:30 p.m. - 1:30 p.m. ----- Lunch

1:30 p.m. - 3:00 p.m. ----- Empowerment Workshops

(A) Vocational Rehabilitation ----- Richard L. Clark, MA

(B) Shake It Off and Step Out! ----- Suzanne Paulson

(C) Dare to Dream ----- Sponsored by: Lori Reynolds

(D) Stepping Up and Stepping Out to Self Advocacy-----Paolo del Vecchio

3:00 p.m. - 4:00 p.m. -----Break

4:00 p.m. – 5:30 p.m. ----- Empowerment Workshops

(E) Voting Advocacy ----- Rik Shannon

(F) WIPA one on one -----Suzanne Paulson

(G) Improving Your Self Esteem -----Diane Johnson

(H) Using Your Chalk – Setting Healthy Boundaries ----- Dena Owens

5:30 p.m. – 6:00 p.m. -----Break

6:00 p.m. – 7:00 p.m. ----- Awards Banquet

8:00 p.m. ----- Karaoke, Movie

Thursday August 12, 2010

6:00 a.m. – 8:00 a.m. ----- Breakfast/Check Out

8:00 a.m. – 9:30 a.m. ----- Empowerment Workshops

(I) Building a Career in Peer Support ----- Carolyn Pettit-Lange

(J) PTSD including Helping Returning Veterans ----- Katina Mach

(K) Volunteering and Leisure Time ----- Susanne Hindman

(L) Employment.....-----Sponsored by MEPD

9:30 a.m. – 10:00 a.m. ----- Break/Check Out

10:00 a.m. – 11:30 a.m. -----Empowerment Workshops

(M) A Recipe for DeCluttering: Your Home & Life -----Pam Woods, BA

(N) Payees and Record Keeping -----Tony LaRosa and SSA Representative

(O) STEPPS and STAIRWAYS ----- Mary Conard-Long

(P) Sharing Your Recovery Story -----Todd Lange

11:30 a.m. – 12:30 p.m. ----- Lunch

12:30 pm – 1:30 p.m. ----- Closing Ceremonies

See You Next Year!!!

Speakers’ Biographies and Workshop Descriptions

Paolo del Vecchio, MSW, is the Associate Director for Consumer Affairs at the Center for Mental Health Services, (CMHS), Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services. In this capacity, he manages the Center’s precedent-setting activities in addressing consumer rights, consumer participation and education, discrimination and social inclusion, consumer rights, and others. Mr. del Vecchio was the first Consumer Affairs Specialist hired by this federal agency. In this capacity, he promoted consumer/survivor participation in all aspects of the Center’s policies and operations ranging from put education to efforts at researching effective strategies to address the needs of persons

with mental health problems. A self-identified mental health consumer/survivor, Mr. del Vecchio has been involved in the consumer/survivor self-help movement for over two decades. A published author and a national and international speaker, he has been involved with many organizations and efforts. The emphasis of his keynote will be roles and responsibilities of the Office of Consumer Affairs including how to work as a team to acquire one in Iowa. His workshop will address "Stepping Up and Stepping Out" using both your inner supports in pursuing your recovery and outside supports, such as the Office of Consumer Affairs.

Deb Wilson Nerness, Med, is a peer support at and a member of the Friendship Center in Fort Dodge, Iowa. She received her bachelor's degree in Elementary Education from Iowa State University and master's degree in Early Childhood Education from Erikson Institute of Loyola University in Chicago, Illinois. Deb also has completed extensive additional trainings. She volunteers for many different groups including groups at the Friendship Center. Deb and Ryan Voster, BA will co-present the keynote on "Identifying Barriers and Setting Goals".

Ryan Voster, BA, received his degree in History and Philosophy at Northwestern College in Orange City, Iowa. He is a member of the Friendship Center. Ryan has a special interest in civil rights advocacy. He will co-present the keynote on "Identifying Barriers and Setting Goals". This presentation will be on how persons with disabilities can succeed and overcome obstacles in their personal and working environment.

Laura Gentry is an author, artist, laughter ambassador, and pastor of Our Savior's Lutheran Church in Lansing, Iowa. As we all know, laughter is the best medicine. It is incredibly good for you! It improves physical, emotional and spiritual health. In fact, it does much more than most people realize. Join Laura in laughing yourself to improved health.

Richard L. Clark, MA, is the Rehabilitation Supervisor for Iowa Vocational Rehabilitation Services. He has a Masters in Counseling Psychology from Seton Hall University in New Jersey and has been in the mental health field for over 12 years now. Richard has been in public VR for 5 years starting as a counselor in Waterloo, IA before being promoted to Supervisor for the Des Moines office. Before this, he worked in children and adult treatment centers where he served individuals with major mental illness ranging from bipolar to schizophrenia. Richard has also worked in corrections, domestic violence, and alcohol and drug treatments and as a therapist. Through all of this, he has gained a great deal of knowledge on how to communicate with people with disabilities but it is never enough. There is still room to learn and grow. Richard's workshop is on "Vocational Rehabilitation".

Suzanne R. Paulson, MS, CRC, (Suzie) received her master's degree in Rehabilitation Counseling and is a Certified Rehabilitation Counselor (CRC). After staying home with her children for many years, Suzie returned to college in 2002 after her husband sustained a mild traumatic brain injury and lost his job of 24 years. Suzie sincerely believes that everyone can and should be encouraged to work whether that is full-time or part-time. Suzie's workshop will be "Shake It Off and Step-Out". This workshop will focus on effective ways to use work incentives so you can maximize your employment opportunities. The second workshop will offer the opportunity for Work Incentives Planning & Assistance (WIPA) 1:1 consultations.

Dare to Dream-Sponsored by Lori Reynolds

This group of young women, still in their teens, from the Iowa Juvenile Home will discuss the difficulties they have experienced in their lives and how they are working to overcome them.

Rik Shannon has been employed as the Public Policy Manager for the Iowa Developmental Disabilities (DD) Council since June 1997. He has over 30 years of experience working in various capacities in the areas of disability and human services, including as a counselor in an acute care mental health setting and the Director of Policy and Planning for The Arc of Iowa, where he led development of the organization's policy priorities and mobilization of the member constituency. In his current position, Rik works with the DD Council to develop and articulate public policy priorities that promote systems change that result in greater independence and inclusion for Iowans with disabilities. He is also responsible for coordination and oversight of the Council's public policy contracts and activities, including the ID Action project. Rik's workshop will be about "Voting Advocacy", focusing on the election process. He will have voting machines so you can become familiar with their operation.

Diane Johnson, RPh, is a pharmacist by trade, college instructor by choice, and a mental health consumer family advocate by design. She presently is working toward her Master of Arts in Psychology with an emphasis on behavioral health at Northcentral University. She received her Bachelor of Science in Pharmacy from Drake University in 1981. Diane's adventures in the realms of mental illness began with her daughter's early diagnosis of disorganized schizophrenia. She has combined her previous experience in pharmacy and academia, her personal experience of raising a child with a severe mental illness and has become a consumer/family voice for recovery and resiliency. Diane is a certified facilitator for Mental Health First Aid, Wellness Recovery Action Plan (WRAP), NAMI's "Visions for Tomorrow," and "Parents and Teachers as Allies." She travels the state with a variety of recovery presentations that have been shared with over 200 audiences, from parent support groups and regional conferences to State Legislators, Commissions and Councils. Diane's workshop will be on "Improving Your

Self Esteem". During the workshop she will discuss self-esteem and how it helps in our recovery stories, have you fill out a self-esteem checklist and try some self-esteem exercises. Be ready for high energy and audience participation!

Dena Owens, M.S., LMHC, LPHA, is Clinical Director and therapist at Integrative Counseling Solutions, Inc. in Adel, Iowa. Her workshop is on "Using Your Chalk – Setting Healthy Boundaries". Sometimes it is difficult to recognize the red flags in unhealthy relationships and to be open to others in healthy relationships. Let us explore the limits we need to set with others so you can feel safe and comfortable with them.

Carolyn Pettit-Lange is a counselor and coordinator of Dubuque's Wellness Center, a peer run center for persons in recovery. Carolyn is also an enthusiastic board member for the Iowa Advocates for Mental Health Recovery, a WRAP facilitator and grant writer. She began her career as a volunteer peer support. Carolyn's workshop will be "Building a Career in Peer Support". It is a workshop of "do's and don'ts" facilitated by a peer support supervisor and employer in Iowa. Tips on how to "stand out" and be hired in our very competitive field will be coupled with an extensive question & answer time.

Katina Mach is the director of the Des Moines Vet Center, a Department of Veterans Affairs specialized program for war veterans. She has a Master's of Science in Psychology from Drake University, Master's of Social Work from the University of Iowa, Certificate in Geriatric Studies from the University of Iowa, and is a Licensed Independent Clinical Social Worker in the State of Iowa. Katina has been the director of the Des Moines Vet Center for 10 years and specializes in Post Traumatic Stress Disorder, Military Sexual Trauma, and Readjustment Issues related to military service. Katina loves to diversify her time with educational presentations, individual and group therapy, and often mentors graduate students wanting to enter the field of Social Work or Psychology. Her workshop will be on "Post Traumatic Stress Disorder (PTSD)" including helping veterans.

Susanne Hindman has attended 11 of the 12 Empowerment Conferences, most as either a member of the executive planning committee (Chair, Vice Chair) or planning committee and is Chair of the Iowa Empowerment Conference Corporation. Susanne is the first Associate IPR Practitioner certified in Iowa and has certification in Wellness Recovery Action Plan (WRAP) as well as Intentional Peer Support training. She is also involved in various civic activities including the director of the local food pantry. She will talk about the benefits of leisure time and volunteering.

Pam Woods, BA, Prior to founding Smart WorkLife Solutions, Pam had a successful 20+ year career in financial services as an insurance executive and Vice President and Chief Human Resources Officer for the U.S. operations of a multinational company. Pam is a respected authority on personal effectiveness. She has mentored hundreds of executives, managers, and professionals over the last three decades. Now, through her business, Smart WorkLife Solutions, she is helping individuals at home and at work to declutter their space, their schedules, and their lives. As a result, clients have more balance, a more focused approach to work and play, guilt-free time for themselves, and live their best life every day. Pam is a Certified Professional Organizer®, co-author of a bestselling book, a graduate of Coach U, and has completed training as a Life Strategist with the same individual who trained Dr. Phil. She earned a Bachelor's degree from Drake University. Pam's workshop is "A Recipe for DeCluttering: Your Home & Life"

Tony LaRosa started his finance career in 1980 as a young loan officer. Since that time, he has worked his way through the financial systems from small, unsecured loans to mortgages. Mr. La Rosa has also worked in client retention and recovery and has been a court representative for creditors. In 1999, Mr. LaRosa joined Consumer Credit Counseling Service of Northeastern Iowa as the Manager of their Ames branch. Since that time, Mr. LaRosa has helped many people with their budgeting, credit cards and acted as representative payee for social security recipients. Mr. LaRosa is proud to be able to help other groups and communities by making presentations for those who request his help. He will have an SSA representative presenting with him. Their workshop will be about Social Security payees, who needs them, how to work with your payee and how to work towards managing your own money.

Mary Conard-Long is a long time advocate for people with disabilities. She has written many newspaper articles focusing on the disabled. Mary is battling cancer for the second time but works tirelessly to help people in any way she can. Mary will explain how STEPS and STAIRWAYS help her cope and the process and benefits for persons with borderline personality disorder.

Todd Lange is in recovery from anxiety and severe depression. Rather than end his life as planned five years ago, Todd gave recovery a chance. Following his heart, Todd tumbled into the world of recovery advocacy and discovered a new career. After three years as the volunteer director of NAMI Dubuque, Todd is now the executive director of the Iowa Advocates for Mental Health Recovery. Todd's workshop will contain information about how to tell your story of stepping up and stepping out in your recovery. In addition, he will talk about the Speaker's Bureau of the Iowa Advocates for Mental Health Recovery.

Registration Costs

\$250 for registration, meals, lodging
\$170 for registration and meals, no lodging
\$130 for one day only with meals
\$350 for registration, meals and private room

Can you raise the money on your own? Look into alternative sources for funding. Will your county CPC (Central Point Coordinator) or other community organization pay for the conference? If you are **denied** funding from your CPC, you will need a note stating this. There are a limited number of stipends available. These stipends **require a \$30.00 co-payment** that needs to be sent in with your registration. Contact Deb Williams at debwilliams48@yahoo.com for more information. You will find a stipend request form in this brochure.

Special Needs

Conference staff, including Peer Support Staff, **will not provide personal or health related care**. Attendees must be able to undertake their own daily personal and health care needs, including chronic physical health conditions, or **must bring a personal assistant**. People bringing a personal assistant must bring documentation for this need, such as a statement from their physician or other medical provider. They **must register** their personal assistant when they register. The personal assistant must attend the same workshops as the conference participant and be available to them at all times.

Lodging

Lodging in Des Moines, Iowa will be at the Airport Holiday Inn. All rooms will be ***double-occupancy*** unless otherwise specified on the registration form. There is an additional cost of \$100.00 for a private room, which our stipends will not cover. For double occupancy, **please note your roommate preference on the registration form**. Note for couples: You must register each other's name on the registration form, or you may not be assigned together. The conference will not be responsible for last minute roommate changes. The hotel is completely smoke free. You are responsible for any damages to your room, including smoking in the hotel. Remember this is now a violation of Iowa law.

Added Room Charges

No charges may be billed to the room unless secured by a credit card. Long distance telephone charges will be your responsibility. It is recommended that you bring a phone card for planned or unplanned long distance telephone calls. The Conference will not have a telephone for this use.

Transportation

Transportation to and from the conference is your responsibility. If you need transportation, talk with your friends, case manager, CPC, or mental health provider. Please ensure you have transportation to and from the conference before you register.

Meals

Meals will be provided from Tuesday evening through Thursday noon. Vegetarian or other special dietary meals will be available upon your request. Please note this on your registration form.

Break-Time Snacks

You can help with your conference by bringing snacks! The cost for us to purchase cookies is \$24.00/dozen and pop is \$2.00/can. This totals at least \$1600.00 for cookies and \$800.00 for pop. We need **everyone** to bring cookies and healthy snacks such as fruits, vegetables or cheese and crackers. (If you have special dietary needs, please bring those snacks. The Conference will not be responsible for providing special dietary foods during snack time. Your snacks can be kept separate.) Bring your food and drink contributions to rooms #158/#160 when you check in.

Peer Support

Peer Support will be available to assist you with special problems or concerns that may arise during the conference in room #178. The room will be staffed with trained peer support personnel. We will also have after-hours peer support available.

Hospitality Suite

The hospitality suite, rooms #158/#160, will be used for break times. The hospitality room will be closed during all presentations. During other scheduled events, the hospitality suite will be open for games and conversation.

Tables/Exhibits

Information about your organization, program or talent can be displayed during the conference. You will be responsible for staffing the table. Please describe what you need on the registration form to reserve the table. Booth space is available for Tuesday and Wednesday at \$100 total. This includes two chairs and electricity. Half-tables are available for a reduced fee. Contact Deb Williams, at 641-753-7414 or email debwilliams48@yahoo.com.

Dance/Movie

Tuesday night, back by popular demand, there will be a dance with a live band (Mud Puppies). This is a great time to twirl, stomp and sway to a range of popular hits from the Oldies, Country and even a few of those S-L-O-W romantic songs. Those that do not want to attend the dance will be able to attend the movie. If you have movie suggestions please note these on the registration form. Send in any movie requests you have.

Karaoke Night/Movie

Wednesday night come one, come all, and share your talents. This is for all that like to sing and for those who think they can. We can promise you a friendly and supportive audience.



Board of Directors

Become a Board member of Iowa Empowerment Conference Corp. There are two positions open. They are Vice Chair and Compliance Coordinator.

The duties of the Board are as follows:

1. The Board shall be responsible for maintaining and securing all legal documentation pertaining to the Iowa Empowerment Conference Corporation.
2. The Board shall approve all expenditures over \$500.
3. The Board will always provide a minimum of one member to be on the Executive Planning Committee of the Iowa Empowerment Conference.
4. The Board shall set the policy and procedure standards for the Planning Committee.

We customarily meet three times a year; other matters are handled by telephone conference.

If you would like to be on the ballot, please fill out this form:

Name _____ Contact Information _____

Position: Vice Chair The Vice Chair will preside at the meetings if the Chair is unavailable and perform other duties as directed by the Chair.

What are your qualifications and why do you want this position?

Position: Compliance Officer The Compliance Officer must have significant understanding of the Roberts Rules of Order, revised. They must also possess skills in negotiating disagreements.

What are your qualifications and why do you want this position?

Please mail to:

Iowa Empowerment Conference
1 West Grant Street #109
Marshalltown, IA 50158

**Registration Form
Iowa Empowerment Conference 2010
Stepping Up and Stepping Out**

Name _____ Male [] Female []

Address _____ Phone _____

City/State/Zip _____

County of Residence _____ E-mail address _____

Registration Choices

- \$250 Complete 3-day Conference** Includes all meals, lodging (double-occupancy) and registration
- \$170 3-day Conference without lodging** Includes meals and registration only
- \$130 1-day Conference** Includes meals and registration only
- \$350 Complete 3-day Conference** Includes all meals, lodging (single-occupancy) and registration

If not asking for a stipend who will pay for this registration?

Name of organization _____

Contact person _____ Phone _____

Address/ City/State/Zip _____

When will payment be coming? _____

Stipend Request

If you **are receiving** funding from other sources
please do not complete this Stipend Request.

Conference stipends are funded by the Division of Mental Health and Disability Services and Medicaid for Employed Persons with Disabilities (MEPD) and Iowa Department of Human Services and are administered by the Iowa Empowerment Planning Committee. This is not a full stipend. You are required to pay a \$30.00 co-payment. If you are awarded a stipend, the remainder of registration costs, lodging and meals will be paid. If you are **not** granted a stipend, your \$30.00 co-payment will be returned to you. Your request for a stipend will not be considered without the \$30.00 co-payment. All checks and money orders will be held until August 10, 2010.

Please mark each of the following that apply to you:

- I have never attended the Iowa Empowerment Conference.
- I have attended only one Iowa Empowerment Conference.
- I have attended more than one Iowa Empowerment Conference.
- I receive Medicaid for Employed Persons with Disabilities (MEPD).
- I have a dependent with SED or mental illness; or are a transition youth.
- I have included documentation that I have been denied funding from my county Central Point Coordinator (CPC).

If you have any questions regarding the stipends or funding, please contact Deb Williams at debwilliams48@yahoo.com or 641-753-7414.

Considerations

Are there any special disability accommodations to be considered?

- Roll-in shower
- Need to be close to an elevator

If you are bringing a personal assistant, be sure to fill out a registration form for them that duplicate your session choices.

- I need larger print handouts?
- Smoking There is no smoking in the hotel but we will try to put smokers together as roommates. Check box if you are a smoker.

Are there any special meal considerations?

- Need vegetarian meals
- Need diabetic meals
- Gluten-free
- Other: Please explain in detail: _____

Lodging

State your roommate preference: _____

State your age group: 16-30 31-50 over 50

Workshops

Please choose and circle **one** workshop from each set:

Concurrent Workshops I – 1:30 p.m.–3:00 p.m. – Wednesday, August 11, 2010

- (A) Vocational Rehabilitation ----- Richard L. Clark, MA
- (B) Shake It Off and Step-Out! ----- Suzanne Paulson
- (C) Dare to Dream -----Sponsored by: Lori Reynolds
- (D) Stepping Up and Stepping Out to Self Advocacy -----Paolo del Vecchio

Concurrent Workshops II – 4:00 p.m.–5:30 p.m.-Wednesday, August 11, 2010

- (E) Voting Advocacy ----- Rik Shannon
- (F) WIPA Individual Consultations ----- Suzanne Paulson
- (G) Improving Your Self Esteem ----- Diane Johnson
- (H) Using Your Chalk – Setting Healthy Boundaries ----- Dena Owens

Concurrent Workshops III – 8:00 a.m. - 9:30 a.m. - Thursday, August 12, 2010
(I) Building a Career in Peer Support ----- Carolyn Pettit-Lange
(J) PTSD including Helping Returning Veterans ----- Katina Mach
(K) Volunteering and Leisure Time ----- Susanne Hindman
(L) Employment.....-----Sponsored by MEPD

Concurrent Workshops IV – 10:00 a.m.-11:30 a.m.-Thursday, August 12, 2010
(M) Decluttering and Organizing Your Life ----- Pam Woods, BA
(N) Payees and Record Keeping ----- Tony LaRosa and SS Representative
(O) STEPPS and STAIRWAYS ----- Mary Conard-Long
(P) Sharing Your Recovery Story -----Todd Lange

Workshops

Keynotes

Karaoke



Peer Support Application

Persons interested in being a Peer Support at the 2010 Empowerment Conference need to read the following information **carefully** and fill out the following form.

- Peer Support personnel must have had Peer Support/Advocacy Training
- Peer Support personnel must have attended at least one previous Iowa Empowerment Conference.
- Peer Support personnel must be willing to sign a statement that they are not in an active phase of their illness.

Peer Support scheduling:

- Peer Support rooms will be opened from 11:00 a.m. until 10:00 p.m. on Tuesday, from 8:00 a.m. until 10:00 p.m. on Wednesday and from 8:00 a.m. until 12:00 p.m. on Thursday.
- Peer Support will be in room #178. The room will be used for attendees to discuss their issues with Peer Support personnel.
- Peer Support personnel will only be in the Peer Support room during their scheduled working time unless they themselves are in need of support.
- There will be two Peer Support personnel on duty at one time.

Name: _____

E-Mail: _____ Telephone Number: _____

Training you have received: _____

Times you would be available:

Tuesday: _____

Wednesday: _____

Thursday: _____

Return to:
Iowa Empowerment Conference
1 West Grant Street #109
Marshalltown, IA 50558

Stepping Up and Stepping Out

With the goal of discovering the importance of each of us to step up and take responsibility for our own wellness and recovery and to step out into vocational and volunteer activities.

Conference Registration Checklist **Do NOT send in with registration.**

- [] I have completed all sections of the conference registration form and will mail it on or before July 7, 2010 to arrive no later than July 9, 2010.
- [] I have secured transportation to and from the 2010 Iowa Empowerment Conference in Des Moines, Iowa.
- [] I have secured funding for registration. (Self-pay, county CPC, other organization)
- [] If applicable: I have completed the stipend request portion. I have included a check or money order for my \$30.00 co-payment.
- [] If applicable: I have made arrangements for a personal assistant and obtained the documentation of my need for said personal assistant and have submitted it with my registration form.
- [] I have completed a separate duplicate registration form for my personal assistant.
- [] I have noted any **special requests** on my registration form. All special requests must be made **prior to July 7, 2010**.

Send registration and payment or co-payment to:

Iowa Empowerment Conference
1 West Grant Street #109
Marshalltown, IA 50158

Thank You



**Division of Mental Health and Disability Services,
Medicaid for Employed Persons with Disabilities (MEPD), and
Iowa Department of Human Services**



**Magellan Health Services
Thank You Magellan!**

For all you do for the Iowa Empowerment Conference

Magellan Health Services is a national behavioral health organization with headquarters in Connecticut. Its Public Sector Solutions team manages mental health and substance abuse treatment services under contracts with Medicaid agencies and state and local governments. Magellan's Public Sector Solutions include a focus on individual recovery and resiliency along with a commitment to partnership, quality and outcomes.



Iowa Federation of Families for Children's Mental Health

Iowa Federation of Families for Children's Mental Health is a statewide advocacy organization working independently and collaboratively at all levels towards a seamless system of care. IFFCMH believes: that most families are "Multi-Stressed" -not dysfunctional..The focus of all services and supports should be on the family and child's strengths, not the flaws...planning of services should be a joint effort of family and professionals...parents know their children best!



Emergency Contact Information

**Airport Holiday Inn
6111 Fleur Drive
Des Moines, IA**

(515) 287-2400

Ask for the Iowa Empowerment Conference

Executive Committee

Co-Chairs

Judy Warrick
warrick@wccta.net
Deb Williams
debwilliams48@yahoo.com

Secretary

Judy Warrick
warrick@wccta.net

Member at Large

Rhonda Shouse
rhonda_shouse@yahoo.com

Planning Committee

George Barr
Don Bailey
John Breeding
Mary Conard-Long
Theresa Himes
Susanne Hindman
Jay Hughes
Diane Johnson
Bev McVey
Lori Reynolds
Joe Rowan
Richard Twohy

Iowa Empowerment Conference, Corporation

Board of Directors

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Susanne Hindman
coolfrogs@wccta.net

Vice Chair

Up for election 2010

Secretary

Judy Warrick
warrick@wccta.net

Treasurer

Deb Williams
debwilliams48@yahoo.com

Compliance Officer

Up for election 2010