

Youth and Recovery

An Opportunity to Explore Prevention, Treatment, and Recovery Strategies for Youth Ages 12-25

Benton Auditorium, Scheman Building, Ames, Iowa | Thursday, September 27th, 2018



Dr. Doug Gentile runs the Media Research Lab at Iowa State University where he conducts research on media's impact on children and adults. As the leader of this effort, Dr. Gentile develops and conducts research projects designed to give parents and other caregivers the kind of information they need and want to make informed media choices for their children. His research has been supported by several grants, including grants from the National Institute of Child Health and Human Development and the Centers for Disease Control.



Mark joined Iowa State's Division of Student Affairs as the new director of student wellness on August 15, 2016. He is the first Director of Student Wellness at Iowa State University. Prior to leading ISU student wellness, Mark worked in several other student affairs and student wellness roles: residence life coordinator, violence prevention education coordinator, substance abuse and violence intervention services coordinator and associate director for student wellness.

Mark is passionate about holistic wellness and has seen first-hand how health and wellness is critically tied to student success. In his role, he coordinates existing and expanding programs targeting a wide range of wellness areas such as mental health and counseling services, financial health, and student health. He works in coordination with students, faculty, staff and community members to ensure that Iowa State is on the cutting edge of effective health and wellness education, safety initiatives, prevention, and intervention.



Jason Haglund is the Associate Vice President of Treatment and Prevention at YSS, a community-based organization in Ames that provides prevention, mental health and addiction treatment, and transitional services to more than 5,000 youth and their families across Iowa each year. Jason is a motivated and proven leader within the behavioral healthcare field. He has spent over 20 years working with youth and families overcoming mental health conditions, addictions and fighting stigma. Jason is a certified trainer in a number of evidence based curriculums and regularly delivers trainings in the areas of mental health awareness, addiction treatment and prevention strategies. Jason believes he can make a difference by doing his part in impacting systems and creating change through educating policy makers, private providers, and foundations on behavioral healthcare reform, parity, stigma reduction and related policy, strategy, growth and implementation opportunities.



Darrel Kirby is currently employed as a staff therapist at the University of Iowa Counseling Service. He received an MSW from the University of Iowa in 2008 and is presently licensed as an independent social worker, (LISW) and is a Certified Alcohol and Drug Counselor (CADC). Darrel has provided co-occurring substance abuse and mental health counseling at Mecca, University of Iowa Hospitals and Clinics Chemical Dependency Program, and the Veteran's Health Administration Outpatient Substance Abuse Treatment Program before starting in his current position at the UI Counseling Service in 2016. Darrel's career motivation lies in providing individual, couples, and group counseling in the effort to not just help people "feel better," but to also "get better." Examples of this are providing

skills to manage grief/loss, healthy relationship skills, coping with emotional distress, finding alternatives to using drugs and alcohol to cope, and adjusting to a variety of life changes. Darrel volunteers much of his free time to advocacy work through the National Federation of the Blind. He lives in Iowa City with his partner and two cats.



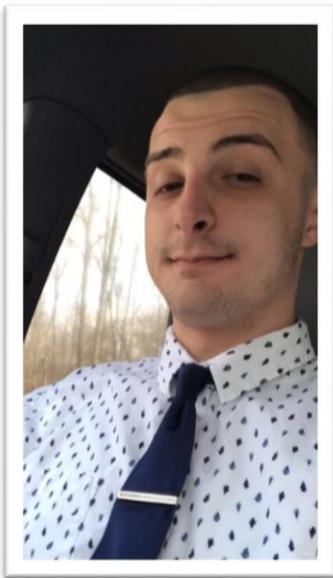
Karen Grajczyk, MPH, CHES is a Behavioral Health Consultant in Student Health and Wellness at the University of Iowa. Prior to that, Karen was a Health Educator at the University of Kansas. Karen's work is specialized in substance use education and meets with students for BASICS appointments and often presents across campus on alcohol and other drugs. She currently serves as the adviser for Strength in Numbers, the student recovery organization now going in to its second year.



Barry A. Schreier, Ph.D. is a licensed Counseling Psychologist in Iowa. He is the Director of The University Counseling Service, the University of Iowa Counseling Center and is a Professor of Counseling Psychology in the Iowa College of Education. Prior to that he was Director of the Counseling Center at the University of Connecticut and spent a year at Princeton University. Dr. Schreier has numerous publications on a variety of topics including sexual orientation and transgender identities; training and education in psychology; managing student distress; campus suicide prevention; campus outreach and programming; and the book: *The Handbook of Multicultural Counseling Competency*. Dr. Schreier is the founder and senior consultant for Bridge Partners Consultation which provides professional consultation on issues and concerns related to the GLBTQ communities. Barry is married to his husband Tom with whom he has celebrated 26 years together! He is also the proud owner of two highly over indulged and spoiled cats. And when not at work, Barry is inevitably at the theatre!



Alyssa DePhillips, MA, holds a Master of Arts degree in Health Promotion: Community Health Education. She has over 12 years of experience working in health promotion and over 8 years of experience working specifically in tobacco cessation and prevention. She currently works at the American Lung Association and is a tobacco cessation specialist and Freedom From Smoking Facilitator and trainer.



Terence (TJ) Aitken is a young person in recovery. He is leader in the young people's 12 step recovery community. He enjoys playing guitar, playing golf, and spending time with his family.



Frank King, Suicide Prevention and Postvention Public Speaker and Trainer, was a writer for The Tonight Show for 20 years, is a Corporate Comedian, syndicated humor columnist, and podcast personality, who was featured on CNN's Business Unusual.

Depression and suicide run his family. He's thought about killing himself more times than he can count. He's fought a lifetime battle with depression, and thoughts of ending his life, turning that long dark journey of the soul into a TED Talk, "A Matter of Laugh or Death," www.FrankTEDTalk.com and sharing his lifesaving insights on Mental and Emotional Health Awareness, with corporation, association, youth (middle school and high school), and college audiences www.TheSuicidePreventionSpeaker.com

As an Inspirational and Motivational Public Speaker and Trainer he uses the life lessons from the above, as well as lessons learned as a rather active consumer of healthcare, both mental and physical, to start the conversation giving people who battle Mental and Emotional Illness permission to give voice to their feelings and experiences surrounding depression and suicide, and to create a common pool of knowledge in which those who suffer, and those who care about them, can swim.