



Substance Abuse & Mental Health Forum

Employee Mental Health During Unprecedented Times

A one-day virtual forum sponsored by the Iowa-Illinois Safety Council focusing on how substance abuse, mental health and domestic violence issues have changed during the Covid-19 pandemic for both employees and employers.

September 24, 2020
8:45 am - 2:30 pm

Location:

Online via Zoom
The link to attend will be sent out
1-2 days before the event.

Cost:

FREE
For Members AND Non-members

How to Register:

Online: www.iisc.org/events



Work. Home. Community.
A Chapter of the National Safety Council

AGENDA

8:45 am - Opening/Welcome

9:00 - 10:00 am

Iowa Drug Trends During a Time of Social Change

- Dale Woolery – Director, Iowa Governor's Office of Drug Control Policy

10:00 - 11:00 am

Trapped During Covid and Going through Intimate Terrorism

- Angela Sjullie - Lead Specialist - Covid Recovery Iowa

11:00 am - 12:00 pm

Pandemic Related Mental Health & Anxiety Issues

- Sarah McNew, NSW, LMSW - Blue Sky Therapy
- Heather Reid, MSW, LISW - Pacific Therapy

12:00-12:30 pm - Break

12:30 - 1:30 pm

Consequences of Employee Issues for Employers

- Anne Barry- Senior HR Services Region Manager - Oasis, A Paychex Company

1:30 - 2:30 pm

Employee and Family Recourses - Finding Peace of Mind in the Midst of a Pandemic

- Scarlett Lunning - Owner - Lunning Coaching & Consulting

2:30 pm - Closing Remarks

Session & Speaker Information

Iowa Drug Trends During a Time of Social Change

Dale Woolery

Change is a constant when talking about drugs, drug using behaviors and substance use disorders, and that's especially true in 2020. The coronavirus pandemic and social justice movement add new dimensions to an already complex set of health and safety factors. Appointed by Governor Reynolds as Director of the Iowa Office of Drug Control Policy, Dale Woolery will discuss the latest progress and challenges in drug use trends, responses, and policies (e.g., alcohol, opioids, meth and marijuana). He'll also look at current societal events, and their potential impact on drug-related issues affecting Iowans.



In January 2019, Governor Kim Reynolds appointed Dale Woolery to be the eighth Director of the Iowa Governor's Office of Drug Control Policy (ODCP). Dale joined ODCP in 1994, and served several years as the executive branch agency's Associate Director. He works with public and private sector leaders at the local, state and federal levels to strengthen drug control efforts. In addition to strategic coordination of drug enforcement and substance abuse prevention and treatment initiatives throughout Iowa, the Governor's Office of Drug Control Policy supports programs

with federal drug and crime control grants, and assists with public policy development.

Trapped During Covid-19 and Going Through Intimate Terrorism - Angela Sjullie

This topic will discuss domestic Violence within the home, the effects on everyone in the home, and the percentage of domestic violence cases that are on the rise due to the pandemic. Additionally, Angela will provide resources for Covid-19 recovery within the state of Iowa and Illinois, as well as discuss tips to stay safe for victims of domestic abuse.



Born and raised in the Midwest, Angela Sjullie has used her professional skills and personal passion to educate and raise awareness of domestic violence. For almost a decade, Angela has helped countless members of communities here and abroad, enacting change throughout the United States. At Kaplan University, Angela studied Criminal Justice and Human Services which landed her an internship at the Family Advocacy Center in Albuquerque, New Mexico. The internship ignited a personal passion and combined with her own experience with domestic

violence, she accepted a role as a Domestic Violence Court Advocate and then as a Case Manager in a domestic violence shelter for women. Currently Angela resides back in the Midwest, however she serves those in need as a New Mexico Mental Health Care Coordinator and as a Lead Specialist for the COVID Recovery Iowa grant. As a survivor of domestic violence, Angela uses not only empathy but an internal drive to connect with others and truly make a difference, as she believes all people can do!

The Iowa-Illinois Safety Council (IISC) is a nonprofit organization in West Des Moines, Iowa, supported by approximately 1,000 members and locations throughout Iowa and Illinois. IISC is a local chapter of the National Safety Council and provides a wide variety of safety information, seminars, and services to members in an effort to reduce accidents or injuries and the extraordinary costs associated with them.

IISC is here to help business and industry with their safety, health, and environmental programs; for both on the job and off the job. IISC is one of the few resource organizations that will help you comply with the law and guidelines and keep you up to speed on new and changing regulations.



Pandemic Related Mental Health & Anxiety Issues

Sarah McNew, NSW, LMSW & Heather Reid, MSW, LISW

The uncertainty associated with a global health crisis like COVID-19 challenges everyone's ability to cope. This session will help you to identify signs and symptoms of anxiety and depression as well as ways to support yourself and others through this stressful time. Additionally, ways employers and managers can support employees will be discussed.



Sarah earned her Bachelor of Arts degree in Social Work and her Master of Social Work degree from the University of Iowa. She has been working in the field for over 15 years, assisting children, adolescents, and adults in many different roles. Sarah currently owns a private practice in Des Moines. She specializes in treating mood disorders, depression, emotion management, behavior management, grief/loss, chronic illness, and death/dying. Sarah is a Licensed Independent Social Worker in the State of Iowa.

Heather earned her Bachelor of Arts degree in Psychology from Saint Martin's University and her Master of Social Work degree from the University of Washington. She has been working in the field for over 18 years. Her experience includes child welfare, medical social work and crisis services. Heather currently owns a private practice in Des Moines. She specializes in treating depression, anxiety, trauma, family/marital conflict and individuals who identify as LGBTQIA or non-binary. Heather is a Licensed Independent Social Worker in the State of Iowa and she currently provides clinical supervision to several individuals who are seeking their LISW.

Consequences of Employee Issues for Employers

-Anne Barry

In this session, you will learn about the impact Covid 19 has had on employee stress levels and the implications it has on businesses We will also share the regulatory implications, as well as what organizations are doing to navigate the complexities of leading teams through a pandemic.

Anne Barry, Senior HR Services Region Manager at Oasis, a Paychex Company, which provides services in Human Resources, Payroll Administration, Employee Benefits, Workers' Compensation and Risk Management. Anne possesses more than 15 years' of HR and Leadership experience, currently leading a team of HR professionals who work with organizations to align their HR strategy with organizational objectives. She earned her Master's degree in Public Administration from Drake University.

Employee and Family Resources: Finding Peace of Mind in the Midst of a Pandemic - Scarlett Lunning

COVID-19 has totally disrupted our "usual" and created challenges that very few companies had a Plan A or B to manage. With this in mind, not only have economic, and health concerns become top of mind for companies, but the need to find strategies on supporting the mental health of our workers? This is key when employees are not only concerned about the virus, but are also confused about what to do about their children's care and education, plus how to stay connected with friends and family without compromising anyone else's health. In this presentation, Scarlett will share an understanding and ideas on accessing employee assistance benefits, pointing to how we can best help ourselves and others navigate all the uncertainties. Safety is NOT just about our physical health. This will be a chance to take a deep breath and become more aware of not only our human internal resources, but the network of community resource available via our EAPs.



Scarlett Lunning is the owner of Lunning Coaching & Consulting, a business she began after fifteen years working for Iowa Mediation Service (IMS) as a mediator, facilitator, and trainer. Prior to IMS, she served as a trainer, facilitator, prevention director, and grant writer for Employee and Family Resources (EFR) a national employee assistance program (EAP), and a play therapist, premarital counselor for Lutheran Services. Scarlett has forty years of experience as an educator/trainer, mediator, facilitator, and counselor/coach. Currently, through Lunning Coaching and Consulting, Scarlett mediates/coaches individuals and families. She also consults and provides conflict resolution coaching for individuals and families through West Des Moines Police Department's Youth Justice Initiative. She also contracts with EFR, providing trainings, facilitations, and mediations for their member organizations.