

# The University of Iowa's Second Annual

## Mental Health & Well-Being Pecha Kucha

*"Engage the Innovators"*

### Caring for Others

### Pecha Kucha Presenters:

#### **Marie Adams, PhD - Licensed Psychologist and Assistant Director of Training, University Counseling Center**

**Title:** Hope in Practice: Collaborative Suicide Prevention at the University of Iowa

Dr. Marie Adams is the Assistant Director of Training at the University of Iowa's University Counseling Service and is a Licensed Psychologist in the state of Iowa. She is also both a Certified Crisis Specialist and a Certified Crisis Supervisor through the American Association of Suicidology. Dr. Adams helps provide training and consultation on suicide prevention, intervention, and postvention through being an Applied Suicide Intervention Skills Training (ASIST) trainer with LivingWorks Education, Inc. and serving as the co-chair for the University of Iowa's Suicide Prevention Coalition. Dr. Adams also is a member of the Johnson County Suicide Prevention Coalition, helping support suicide prevention efforts within the state of Iowa and UI's surrounding communities.

#### **Kati Schneider, LISW - Director of Tippie Thrive, Tippie College of Business**

**Title:** Embedding a Culture of Wellness & Resilience through Peer Connection

In 2021, Kati joined the Tippie College of Business as an Embedded Therapist with University Counseling Services. Her position included two key components of individual therapy and outreach programming. Kati quickly realized she needed and wanted student input and involvement. Challenges with participation in elective programming and time constraints highlighted the importance of peer involvement, which led to the development of Tippie Thrive—a program focused on peers supporting peers. Earlier this year, Kati transitioned away from her Embedded Therapist position to fully support Tippie's efforts in embedding a culture of mental wellness and resilience across the college. Kati is a southeast Iowa native and proud of her rural "farm girl" roots and branches, she's a mother of 2, a wife, and alumni of UNI and Iowa.

#### **Kristin Wurster, PhD - Licensed Psychologist, Graduate Medical Education**

**Title:** The Ripple Effect of Small Actions, For Ourselves and the Systems We Move In

Kristin Wurster is a licensed psychologist who built a well-being service within Graduate Medical Education at UI Health Care. She provides clinical services, psychoeducational outreach, consultation, a metaphorical shoulder, tissues, and tea. Kristin enjoys work that combines individual intervention and systems-level change. Prior to becoming a psychologist, she worked as an academic advisor. Kristin earned her bachelor's degree in English, her Master's degree in Student Development in Post-Secondary Education, and her PhD in Counseling Psychology, all from the University of Iowa. She loves reading, learning, being outside, and spending time with her spouse and children.

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### Pecha Kucha Presenters:

#### **Raud Kashef, MA - Adventure Recreation Coordinator**

**Title:** Climbing-Lessons from Life's Greatest Analogy

Raud lives a seemingly paradoxical lifestyle as a native Iowan who is dedicated to rock climbing. After leaving school and moving out west against his parents' wishes, eventually finishing school, refusing to get a real job, and then going back to school just to get health insurance, Raud eventually landed a dream job in a place he loves as the Adventure Recreation Coordinator for the University of Iowa. He is passionate about using climbing as a tool to build a better quality of life for students and the community. Outside of work, Raud enjoys spending time with his backyard chickens, his cat named Chicken, dancing, playing soccer, and going fishing.

#### **Diane Rohlman, PhD - Professor, Department of Occupational & Environmental Health, Associate Dean of Faculty, College of Public Health**

**Title:** Mental Health-What's Work Got To Do With It?

Diane Rohlman is a professor in the Department of Occupational & Environmental Health and the Associate Dean of Faculty in the College of Public Health. She also directs the Healthier Workforce Center of the Midwest. Rohlman advocates for workplace policy changes to improve mental health, recognizing that while work can foster purpose and self-esteem, it can also contribute to stress, substance use, and mental illness. Her efforts focus on reducing stigma and promoting organizational-level solutions. The Healthier Workforce Center expanded a suicide prevention campaign for the construction industry, rebranding and translating materials for broader dissemination. She also helped establish an Alliance Agreement with OSHA Region VII and Iowa OSHA to promote behavioral health. Dr. Rohlman regularly delivers presentations on workplace mental health and creating recovery friendly workplaces.

#### **Lorie Gillitzer BS, RT (R)(M)(CT) - Clinical Coordinator/Educator for Radiologic Technology Education**

**Title:** The Power of Positivity

Lorie Gillitzer is an Educator in the Radiation Sciences program. She became a part of the University of Iowa family in 1991 when she first started working as a X-ray Technologist at the Hospital. She has worn many hats during her ten years working in the clinical setting to include Diagnostic technologist, CT technologist, and Supervisor to the Pediatrics and Fluoroscopy areas. She joined the Radiation Sciences Education team in 2005 and continues to teach students in the clinical and classroom setting. She developed a course for the Radiation Sciences students called "Emotional Intelligence for the Healthcare Provider" and is in her 8<sup>th</sup> year teaching this course to the Radiation Science students. Lorie received the Mental Health Champion Award at the University of Iowa in 2025.

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#### Caring for Community Pecha Kucha Presenters:

#### **Ken Brown PhD - Tippie Children Professor of Management, DEO, Educational Policies and Leadership Studies**

**Title:** Building Community One Bite at a Time

Ken is an award-winning scholar, winning best paper awards from 3 journals and annual research awards from 2 professional societies, and teacher, earning the highest teaching awards at the University of Iowa and in the Society of Industrial and Organizational Psychology. He consults and volunteers regularly, including a current position as Vice Chair of the Board of Directors of Iowa Public Radio. Outside of work, Brown is a devoted husband and father as well as an avid traveler. He has visited all 50 states and all 7 continents including a trip to the summit of Mt. Kilimanjaro. He just returned from his third trip to China.

#### **David Gould, MA-Public Scholar**

**Title:** Powered by Community

Previously, Dave served the University of Iowa as Visiting Associate Professor at the Public Policy Center, an administrator at the Belin-Blank International Center for Gifted Education and Talent Development, the Associate Director of Professional Student Development in the College of Liberal Arts & Sciences, a Lecturer in the Department of Health and Human Physiology, and the first Obermann Center Public Scholar. Dave also worked with Zappos CEO Tony Hsieh's Downtown Project in its effort to transform Las Vegas into the "most community-focused large city in the world." For over a decade, the focus of Dave's work has revolved around reimagining higher education, and in turn, he has created several distinctive university courses concentrated on issues of meaning and community engagement.

#### **Adele Vanarsdale, Architect, NCARB - Director of Planning, Campus Planning and Development**

**Title:** Reframing Campus Sustainability: The Evolution from Building-Centric to Human Centric Design

Adele has over thirty- six years of university experience in planning, design and construction, at public institutions in Iowa, New Mexico and California. At the University of Iowa, Adele has worked on numerous University projects and initiatives including the new Health Sciences Academic Building, the Memorial Union modernization and the IATL Addition and Renovation. She is committed to customer focused service and passionate about how the built/natural environment can positively affect mental health/well being. Adele enthusiastically brings her skills of cultivating teams and maintaining trust-based relationships to her role at the University of Iowa, where she has worked for over twelve years. Adele received her professional architecture degree from the University of Notre Dame. She is a licensed architect and holds the distinction of being one of the few Iowa born, African-American females, to receive a State of Iowa license in architecture.

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