**THE IOWA CORRECTIONS ASSOCIATION**

**Women In Corrections**

**Presents:**

**Winds of Change**

**20th Annual Women’s Conference**



**September 27 and 28, 2018**

**Christian Conference Center**

**5064 Lincoln Street**

**Newton, Iowa**

641-792-1266

“May you have a strong foundation when the winds of change shift...and may you be forever young”

Bob Dylan

**THE CONFERENCE JOURNEY**

**PURPOSE:**

The conference provides an opportunity for team building and networking with other corrections professionals. It is a combination of fun and learning that provides a relief from the day-to-day stressors of our jobs and opens the door to both personal and professional growth. It is a way to renew our personal energy to face the day-to-day challenges of our jobs and life.

**AGENDA**

**SEPTEMBER 27**

8:30am-9:00am Registration and Welcome

9:00am-10:15am Sally Kreamer-Keynote Speaker

10:15am Break

10:30-12:00pm Tiffany Allison

Noon – 1:00 PM Lunch – Provided by Conference Center

1:00 PM – 2:15pm Ashley Lappe-EDMR

2:15pm Break

2:30pm-3:45pm Linda Gideon

3:45pm Break

3:45pm-5:30pm Wings of Refuge

5:30pm Dinner-Provided by Conference Center

7:30pm Evening Networking Activities on back porch

**SEPTEMBER 28**

8:00 AM – 9:00 AM Breakfast provided by conference center

9:00 AM – 10:15am Emma Dedic

10:15am Break

10:30am-12:00pm Sara McMillian- Trauma Informed Yoga

12:00pm Lunch-Provided by Conference Center

1:00pm-3:00pm Amy Bonebrake/Keenan Crow-Transgender Panel

3:00pm Clean-up, if all help it will go quickly

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&uact=8&docid=YpxgHLzQsCkPeM&tbnid=PqcD3fLriANGkM:&ved=0CAUQjRw&url=http://www.cookcountycourt.org/HOME/CellPhoneElectronicDeviceBan.aspx&ei=FAPhU4WlNcefyAThr4CwBQ&bvm=bv.72197243,d.aWw&psig=AFQjCNHs-7TD12NO6t6IW-Y7s0p9i7OcWg&ust=1407341675554927)

In respect for presenters & participants it is requested that electronic devices be silenced during programing and that you leave the room if you must use them.

**PHYSICAL SETTING:**

The conference setting is the Christian Conference Center in Newton. The Conference Center and its land offer the conference participants walking trails, woods, a place to gather, and a place for private meditation.

**DIRECTIONS:**

To the Center: Take exit 168 off I-80. Go south on Iowa Speedway Dr. Take a left on Lincoln St. Go 2 miles to the Christian Conference Center. There is also a great map on the Christian Conference Center website.

**“When the winds of change blow, some people build walls and others build windmills.” Chinese Proverb**

**WORKSHOPS**

**Keynote Speaker: Sally Kreamer**

Sally Kreamer was appointment as the Deputy Director for Community Based Corrections for the Iowa Department Corrections in 2015. Prior to that she was the Director of Community Based Corrections for the Fifth Judicial District Department of Corrections Services in Des Moines, Iowa. Community based corrections serves pretrial, probation, parole, and work release. She has been involved in the implementation of evidence-based practices since the early 1990’s having been involved in implementation statewide of cognitive based programs and validated actuarial assessment tools. She has worked with parole boards, judges, colleges and universities, faith based community members and other community providers on implementation of research informed practices to include hiring and retaining effective staff. While at the Fifth District she and her staff prioritized becoming a culture that was trauma informed, culturally diverse and gender responsive. She is working with others to move those priorities statewide. Sally Kreamer has published several articles and manuals in the field of probation and parole specifically dealing with high-risk employee screening, program and assessment fidelity and outcome measures. She has served on many boards including the National Alliance on Mental Illness, Iowa Correctional Association, and the Criminal Justice Advisory Board. She obtained her Bachelors of Science from Iowa State University and her Masters of Science from the University of Cincinnati.

**Game Changer Presenter Tiffany Allison**

**Presenter:**Tiffany Allison is a graduate of Simpson College holding a Bachelor’s Degree Criminal Justice and Political Science with a minor in Mass Media Journalism.  She also serves on many boards in Polk & Warren Counties working towards better protection and services for crime victims. She is serious about fighting to protect victims of violent crime and holding offenders accountable.

Tiffany has successfully facilitated legislative change in Iowa concerning these issues. In 2015, she founded the Soaring Hearts Foundation, a non-profit that passionately advocates for victims of violent crime.  She has been the recipient of

numerous awards for her success and encouragement.

**Workshop Description**

Tiffany will discuss her journey as a domestic abuse survivor. Not only has she survived, she's thrived and is now an advocate for others and an activist for change.

Her matter-of-fact style and witty personality will keep your interest and invoke questions. Her seemingly unending energy is motivating and admirable.

**“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.” William Arthur Ward**

**EDMR Presenter: Ashley Lappe**

**Presenter:** Ashley Lappe has been in the corrections field for over seven years, beginning as a Correctional Counselor at ICIW. After working in the treatment unit, she left the institution for a position as a PO in the Mental Health Unit in the 5th Judicial District; and a few years later transferred to the 2nd Judicial District as a Psychologist in the Sex Offender Treatment Program, where she currently works. Ashley is a licensed mental health counselor within the State of Iowa, SOTP-II through the Iowa Board for the Treatment of Sexual Abusers (IBTSA), and a past clinical member of the Association for the Treatment of Sexual Abusers (ATSA). Prior to corrections, she worked in the community substance abuse field with both adolescents and adults in both residential and outpatient capacities. In 2017, she was trained in Eye Movement Desensitization and Reprocessing and has since incorporated it into her role as a psychologist, working with both offenders in the SOTP unit, as well as those on general caseloads.

**Workshop Description**

The workshop will describe EMDR as a treatment approach, including the theoretical framework behind it, as well as the phases of it. Participants will learn about the adaptive processing model, case studies, and supportive research.

**Trauma and Post Traumatic GROWTH Presenter: Janet Gideon**

**Presenter:** **Janet Gideon** is a Licensed Master of Social Work and mental health therapist. She practices at Next Step Counseling Services in Des Moines, IA. Janet worked for over a decade in various capacities within the mental health field, before becoming a mental health therapist.  Janet Is trained in Eye Movement Desensitization and Reprocessing (EMDR) therapy.  She has had additional training in Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Post-Traumatic Growth. Janet is very passionate about her work as a therapist.  She has gone through her own traumatic event and experienced complex grief, so she recognizes the importance of sharing our stories to provide others with hope. Janet is a believer in post-traumatic growth and speaks to this topic both as a survivor and therapist.

When Janet is not working, she loves public speaking about her own healing journey and the potential for personal growth. Janet also loves skydiving, spending time with her dog, Buddy, and thrift shopping for vintage Pyrex.

**Workshop Description**

Janet will speak about the concept of Post-Traumatic Growth and the healing journey after a traumatic life event, as both a professional and a survivor herself. She will challenge common beliefs regarding trauma and how we work and interact with those who have experienced traumatic events. Janet will share her own personal story of tragedy, growth and her journey to a more meaningful life. Afterwards she will have a Q&A session- No questions are off limits. Janet states “I am an open book!” She is passionate about sharing her most personal story in a genuine and vulnerable manner, as often as she can. Janet believes in human connection and that the courage to share our stories with others may provide a sense of hope to someone going through their own journey.

**“Sometimes in the winds of change we find our true direction”**

**Wings of Refuge Presenter: Joy Fopma**

**Presenter:** **Joy** **Fopma** is a mother of five and resides in lowa Falls with her husband, Aaron. Her experiences working as family teacher, youth ministry leader and small business owner have given her the foundation to serve as the Development Director for Wings of Refuge. Joy is also a survivor of childhood sexual abuse and personally knows the power of overcoming.

**Workshop Description**

In 2013, Joy watched a documentary that would change her life. The film focused on modern day slavery, specifically sexual slavery. Joy learned that there are twenty-seven million slaves in the world today and wondered what she, a small town businesswoman in lowa, could do to help the millions of people who are bought and sold every day throughout the world. Joy felt passionately called to serve. So she did what lowans do best: rolled up her sleeves and got to work. Joy and her husband sold their business and joined others in the fight against modern day slavery.

Hundreds of hours of research, prayer, training and planning culminated in the birth of Wings of Refuge: an organization committed to the restoration of survivors of domestic sex trafficking. Wings of Refuge, based in lowa, is a safe place for female survivors to focus on holistic healing and restoration; while empowering them to a life of hope and possibilities.

**Evening Activities Thursday**

There will be an informal group empowerment meeting. We are encouraging women to attend and share their stories of wisdom and insight they have learned and believe will assist other conference participants. This conference has been instrumental in bringing about new friendships and professional networking opportunities.

**A Stranger in a Strange Land Presenter: Emma Dedic**

**Presenter: Emma Dedic** works as a Probation/Parole Officer II at 5th Judicial District, DCS where she’s been for the last 15 years.  Emma has a bachelors in science in Criminal Justice from Bellevue University.  During the last 15 years at DCS, Emma has been an advocate for crime victims’ rights.  Since 2005 Emma has been serving on the 5th Districts Victims’ Rights Committee. Emma also serves as a co-chair at Iowa Corrections Association (ICA) Awards and Memorial Committee where she has been for the last 5 years.  In May 2018 Emma was elected to serve as member-at-large with ICA.   Emma also has a part time job with DMACC where she teaches OWI 2nd Program and Driving Improvement.

**“Autumn leaves shower like gold, like rainbows, as the winds of change begin to blow, signaling the later days of autumn” Dan Millman**

**Workshop Description**

At 14 Emma found herself in a strange land, not knowing English or anything about this culture that she just became a part of.  Emma’s goal is to help others feel less of a shock and making sure that the story of genocide and torture in Bosnia is not forgotten. In 2015, Emma was an instrumental player in starting the Bosnian American Association of Iowa, a non-profit organization that fosters and promotes Bosnian heritage while adapting to new life in the USA.    Emma is a mother of three very busy kids who remind her daily of importance of dealing with grief and trauma so that everyone can stay healthy.

**Trauma Informed Yoga Presenter: Sara McMillan**

**Sara McMillan**, MS, LMFT, LMSW, RYT 500, has worked at Polk County Crisis and Advocacy Services (formerly Polk County Victim Services) since 1995 and been a psychotherapist for 28 years. She has a private practice utilizing primarily PBSP methods and is EMDR Therapy certified. As a yoga instructor she teaches Trauma Center Trauma Sensitive Yoga in correctional settings mostly. She received her 40 hour TCTSY certificate at Kripalu in western Massachusetts in 2012.

**Transgender Transparency: What you have been wanting to ask and need to know**

**Presenters: Amy Bonebrake and Keenan Crow**

**Presenters:** **Amy Bonebrake** received her undergraduate degree in Psychology from The University of Iowa coupled with a Certification in Aging Studies. She also attended the Masters of Gerontology Program at Western Illinois University. Currently, Amy is attending the Masters of Social Work Program at the University of Northern Iowa with a Concentration in Trauma Informed Care. Her graduate research focuses on transgender individuals within the spectrum of Iowa’s criminal justice and correctional system.

Amy has also been involved with the recovering community since 2006. She has been certified as an Alcohol and Drug Counselor and OWI Course Instructor since 2008. Amy opened Access Treatment and Education Services early 2017. She specializes in working with court-mandated individuals, older adults and those who identify as LGBTQ+ .Amy also provides services pertaining to expert witness testimony and consulting for compliance and policy/procedural issues for treatment agencies.

Currently, Amy sits as the Chair of the Cedar Falls Human Rights Commission and volunteers her involvement with Transcend North Iowa.

**Keenan Crow** is the Director of Policy and Advocacy at One Iowa, the state’s leading LGBTQ advocacy organization. Keenan joined the organization after a history of political and non-profit involvement with organizations such as Cedar Valley Citizens for Undoing Racism and Planned Parenthood of the Heartland. Keenan has worked to train a diverse number of organizations and institutions around LGBT issues including K-16 educators, local and federal agencies, businesses, health care providers, and law enforcement facilities. As director of Policy and Advocacy he works with state and local government officials to create policies that protect and advance LGBTQ equality in Iowa.

**“A light wind swept over the corn, and all nature laughed in the sunshine.” Anne Bronte**

**Workshop Description**

This 2-hour workshop will attempt to provide information surrounding our transgender population and is intended to be a participatory workshop to ask the questions you have been wanting to ask of those closest to the issues that surround transgender individuals.

From attending this session one will be able to have a clearer understanding of the following:

               (Part 1)

* What being transgender “means” and terminology 101 with policy and law insight.
* Personal stories and get answers from transgender and non-binary panelists.

(Part 2)

* Past and upcoming research surrounding transgender individuals in our criminal justice and correctional system in Iowa and beyond -with open discussion.
* A very personal experience and a pictorial story from a parent with a transgender teenager and what their journey has been like thus far.

**THINGS TO BRING**

1. **Treats!!**  Bring yummies and share your recipe with the rest of us (Refrigerator available)
2. **Fluids:** There is always coffee, bring creamer if you choose. There are some soft drinks available to purchase and you may bring your own. (Refrigerator is available)
3. ***Books:*** Bring books/magazines you would like to exchange for different books/magazines
4. ***Inspiration:*** Thursday evening we like to hear about and share stories of inspiration and hope and of course stories of fun and joy as well.
5. **Community Service Project:** There are a couple of opportunities to share our blessings either by giving monetarily or by giving items on the wish lists below.
6. **Running or Walking Shoes:** The Conference Center is set in a beautiful wooded area with a pond, and several walking/running paths.

**Additional Opportunities**

**Massages:**

Information will be provided at the Conference Center regarding pricing and scheduling

**“Thought is the wind, knowledge the sail, and mankind the vessel.”- Augustus Hare**

**Evaluation, wrap up, and clean up**

What kind of opportunities will future conferences hold? We ask that everyone fill out an evaluation after the conference to help guide us in getting future workshops/presenters.

If everyone helps clean up the room, we can get done in no time & save the $100 clean up fee. Thanks, ahead of time!

**Service Project this year WINGS OF REFUGE:**

The greatest need they have at this time in *monetary* as they are in the process of opening another shelter for victims of human trafficking. Please bring your tax deductible check made out to Wings of Refuge if you are able to donate to this worthwhile cause.

**Needs for Christian Conference Center**

* Financial
* White lightweight white 8" tables -
* Landscape Edger
* Used golf putters
* Gym Equipment (soccer balls, basketballs)
* Donations for new towels & sheets

CEU’s

Please send this conference flyer and 15.00 to the Iowa Board of Substance Abuse for Substance Abuse CEU’s.

**“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair” –Khalil Gibran**

**THE IOWA CORRECTIONS ASSOCIATION**

**Women In Corrections**

**Registration fee**:

**Both day’s workshops + 4 meals + overnight stay with roommate: $90.00**

We like to see participants attend the entire conference and be open to the opportunity to meet new people or reconnect with past participants by joining us overnight and for all of our meals. However, we also know that is not always possible, below are other options if your situation doesn’t allow you the full conference opportunity:

1 day workshops + 2 meals (Lunches, dinner is 10.00 more) - no overnight stay: $35.00

Both day’s workshops + 4 meals - no overnight stay: $55.00

Both day’s workshops + 4 meals + overnight stay by yourself: $130.00

**Registration deadline**: September 15, 2018

**Registration may be made online:** [**http://www.iowaica.com/event-2053109**](http://www.iowaica.com/event-2053109)

**Return registration and fee made out to Iowa Corrections Association**:

Janet Barrett ICA Treasurer 313 Lanedale Rockwell City, IA 50579

⦁Make checks payable to ICA for registration fees only.

⦁Massages are to be paid for at the conference directly to the provider

*We are limited to 24 overnight stays, therefore overnight stays will be accommodated on first come first serve basis, there are hotel options close by the Newton Speedway including Boulders Inns and Suites and AmericInn.*

Name:

Agency:

Address:

Phone:

Roommate choice, if any\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For more information about the conference, contact:

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