**THE IOWA CORRECTIONS ASSOCIATION**

**Women In Corrections**

**Presents:**

**Breaking Barriers**

**19th Annual Women’s Conference**



**September 21 and 22, 2017**

**Christian Conference Center**

**5064 Lincoln Street**

**Newton, Iowa**

641-792-1266

**“If you don’t know what your barriers are, it’s impossible to figure out how to tear them down.”   
―**[**John Manning**](http://www.goodreads.com/author/show/13709550.John_Manning)**,**[**The Disciplined Leader: Keeping the Focus on What Really Matters**](http://www.goodreads.com/work/quotes/44930658)**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 21**

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

9:00am-10:00am Keynote speaker – Diann Wilder Tomlinson

10:00am Break

10:15am-12pm Miriam Amer

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

1:00 PM – 3:15pm Personal Safety/K9 Demonstration-Jamie Frits and Mike Brandt

3:30pm-5:00pm Discover Hope Panel

5:00pm-6:00pm Theresa Tomitech Team Building Activity

6:00pm Dinner – provided by Conference Center

Starts at 7:30 PM Evening Activities

**SEPTEMBER 22**

7:00am-8:00am Yoga on the back porch ($10.00 per person/bring mat)

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

9:00 AM – 12:00pm Jessica Schultz

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

1:00 PM – 3:00 PM Isbelia Arzola- Cycle of Poverty

3:00 PM Evaluation, wrap up and clean up

[](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.

**“I can't - is sacrificing your potential...” ―**[**Gino Norris**](http://www.goodreads.com/author/show/5170991.Gino_Norris)**,**[**Stress Diary Journal**](http://www.goodreads.com/work/quotes/17487182)

**WORKSHOPS:**

**Keynote Speaker: Dian Wilder-Tomlinson**

Diann graduated with distinction from the University of Iowa, College of Business in 1980, where she majored in Industrial Relations. Through the University of Iowa, College of Law accelerated program she received her Law Degree two years later.

In 1983 Diann began a private practice of law in her hometown and in 1986 was elected to the office of Marshall County Attorney.

After serving two terms as County Attorney, Diann became an Administrative Law Judge at Anamosa State Penitentiary in 1996. She received a promotion in 1998 within the Iowa Department of Corrections and moved to Des Moines, Iowa to assume the position of Assistant Director of Legal. In October of 1999 she became the Warden of the Iowa Correctional Institution for Women in Mitchellville, Iowa. During her tenure as Warden she improved the treatment programming and made the daily operation of the facility more efficient and gender responsive.

Diann was appointed Acting Deputy Director for the Western Division of the Department of Corrections in March 2009 and confirmed as the new Deputy in July 2009. Her responsibilities included the supervision of the overall operations at five prisons, Newton Correctional Facility, North Central Correctional Facilty, Fort Dodge Correctional Facility, Clarinda Correctional Facility, Iowa Correctional Institution for Women, and four Community Based Correctional Services in the Second, Third, Fourth and Fifth Judicial Districts.

In February 2015, Diann was selected to become the first Inspector General for the Department of Corrections. Her responsibilities include the oversight of policy, procedure practice, and compliance; all DOC and Judicial District internal investigations of complaints and allegations concerning serious staff and offender misconduct; PREA implementation and compliance, as well as general oversight of the DOC legal Division.

Diann is the proud mother of two adult daughters and three wonderful grandchildren. When she’s not busy reading policies she enjoys reading mystery novels, traveling, making crafts, and gardening.

**Presenter: Miriam Amer**

**This Workshop Name is TBA:** Miriam Amer is the Executive Director for the American-Islamic Council will provide a workshop presentation and question/answer session.

**“The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don’t want it badly enough. They’re there to stop the other people.”   
―**[**Randy Pausch**](http://www.goodreads.com/author/show/287960.Randy_Pausch)**,**[**The Last Lecture**](http://www.goodreads.com/work/quotes/3364076)

**Personal Safety and K9 Demonstration Presenters:** Jami Frits and Mike Brandt

Jamie Frits, a Certified Personal Safety instructor since May 1 2015, a member of the CERT team since 2014 and a Correctional Counselor at the Newton Correctional facility will be leading a Personal Safety demonstration. This demonstration will include basic techniques on how to defend self from inmates/offenders. These techniques will include basic self-defense techniques: jabs, straight punch, palm strikes, knee strikes, angle kicks. Blocks: Cover up block, spear block and jab blocks. Additional techniques will include pressure points and choke defense.

Michael Brandt is the K9 Sergeant at the Newton Correctional Facility.  He has been a K9 Sergeant for 19 years and also has been on CERT for 24 years. In addition, he has been a firearms, chemical agent and riot control Instructor for 23 years. Sgt Brandt's partner is K9 Storm. Storm has been at the Newton Correctional Facility since 2013. Storm is trained in a variety of techniques. Such techniques are: apprehension, suspect search, article search, narcotics search, and handler protection. The demonstration by Sgt Brandt and K9 storm will include: narcotics and article search, along with apprehension.



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**Panel-Discover Hope-** Robbie Robinson, Aaron Groves, Bonnie Claussen, Kim Crook, Jenifer Widner, and Shelly McCormick.

Robbie Robinson and Aaron Groves are the Co-Founders of Discover Hope 5:17 Ministry. Discover Hope 5:17 was started in June of 2014 by Robbie Robinson, a convicted felon, and Aaron Groves, a local law enforcement officer.  It was through a church course that they would learn about each other and what God has done in their lives.  They gave each other hope that people can change.  Through that hope, God would give them both a vision for a ministry that would impact their community, this vision led to the formation of Discover Hope and a partnership dedicated to helping a community that has struggled to find recovery for many years. Discover Hope is a Christ-centered non-profit organization in the town of Newton that provides support for those struggling with addiction.  This community has struggled with the bondage of addiction for many years, specifically, substance abuse. Discover Hope operates an Addiction Recovery Community Center (ARCC), which is open daily to those struggling with addiction as well those who want to help change people’s lives.

**“Most of us cannot do great things, so let’s just do the little things in a great way.”– Mother Teresa**

**Team Building Exercise Presenter:** Theresa Tometich

Innovation, creativity within teamwork have become critical skills for achieving success in the workplace.

A team has a common goal and objective. The vision on how to get there is varied and individual.

During this session your creative ideas will identify the kind of team player you are and the value you are to the team. Teams provide the "social glue" that melds together people, processes and skills to produce the end product. Your team goal is to create an atmosphere of safety, trust and respect in an informal setting which encourages diverse ways, multiple perspectives which encourages team effectiveness. Share your end results with others and your process to get there.

Theresa Tometich retired 3+ years ago from DCS after 31 years. She enjoys traveling, sewing, being outdoors and connecting with her large extended family.

**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.

**Thriving in Your Work Presenter:** Jessica Lewis Ph.D.

Jessica Schultz, Ph.D., is a counseling psychologist and Associate Professor of Psychology at Augustana College (Rock Island, Illinois). She completed her doctoral degree at the University of Iowa and internship at the University of Texas at Austin. She is a licensed psychologist in the state of Iowa and has a small private practice. A fellow in the Interpersonal Psychotherapy (IPT) Institute, she teaches IPT to clinicians around the world. Her research focuses on posttraumatic growth, forgiveness, and training and dissemination of empirically supported psychological treatments, and she has published multiple articles on these topics. She frequently presents to a variety of audiences on positive psychology topics, including applying the science of psychology to bring meaning and contentment to life.

**Workshop Description**

The corrections field provides an enormous service to our communities. The work is incredibly important and meaningful, yet can also be very stressful and carry high risk of burnout. The purpose of this presentation is to apply the science of positive psychology to learn strategies for thriving in your work in corrections. We will explore a major theory of well-being, practice tools to build resilience and contentment, and develop a plan for thriving in your daily work.

**“Love and kindness are the hammer and chisel that gently chip through barriers and long-held beliefs to reveal the magnificent soul contained within every human.”   
―**[**Molly Friedenfeld**](http://www.goodreads.com/author/show/6911407.Molly_Friedenfeld)**,**[**The Book of Simple Human Truths**](http://www.goodreads.com/work/quotes/23954941)

**Cycle of Poverty Presenter:** Isbelia Arzola

Isbelia Arzola, M.S. is an Education Consultant at the Iowa Department of Education. She earned her BS in Special Education in Caracas, Venezuela in 1990. She earned her Masters of Science in Education at Iowa State University in 1993. She has worked and taught at Iowa State University, DMACC, and Drake University. She also worked as a counselor for the TEACH Early Childhood in Iowa.

She spent three years in K-12 Special Education schools in Venezuela, and the past 25 years in Higher Education, K-12 school district, and State. She has experience working with urban and suburban school districts to improve student academic performance. She has coordinated programs to increase, recruit, retain, and prepare high quality minority teachers in Des Moines Public Schools district and coordinated before and after school programs in DMPS district wide to close the academic achievement gap; she has extensive knowledge of administering grants. She currently oversees Improving Teacher Quality Program at the Iowa Department of Education.

Moreover, she has facilitated numerous workshops with students, administrators, teachers, and community organizations designed to develop cultural competency skills that promote learning in academically diverse settings nationally. Issues of difference remain an important part of her work, these issues are not simply limited to issues of race, ethnicity, and gender, but also other important aspects of identity that impact human relationships across difference (such as disability, language, culture and many others). Her interests are on professional development for teachers and administrators and on student performance and teacher instructional delivery. Along with her commitment to the State Department of Education, she is also involved in numerous committees and organizations around Des Moines and the State of Iowa.

**Workshop Description**

This workshop is designed to explore the factors that can both determine and perpetuate poverty over a lifetime and into a succeeding generations. Attendees will gain information regarding short-long term poverty, explore factors that can determine and perpetuate poverty, and determine which members of our society are most vulnerable.

**“Fear makes come true that which one is afraid of.”   
―**[**Viktor E. Frankl**](http://www.goodreads.com/author/show/2782.Viktor_E_Frankl)**,**[**Man's Search for Meaning**](http://www.goodreads.com/work/quotes/3389674)

**THINGS TO BRING**

1. Treats!! Bring yummies and share your recipe with the rest of us (Refrigerator available)
2. Yoga Mat (if doing Sunrise Yoga)
3. There is always coffee…and there are some soft drinks to purchase or you can bring your own drinks.
4. ***Books, Books, Books…bring your used books and exchange for new books***
5. *Come ready to share something that has inspired you this year*
6. **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.

**Additional Opportunities**

**Massages:**

**\*30 minute massage for $35 or a 60 minute massage for $60.**

**Sign-up for your massage at registration – slots go quickly!! ☺**

**\*Sunrise Yoga on back porch 7am Friday 10.00 per person**

**Carolyn Evans:** an Iowa native, attended the Southwest Institute of Healing Arts in Tempe, Arizona, where she completed the 200 hour Yoga teacher training course & a degree in Massage Therapy in 2012.

​Carolyn started off her yoga teaching career in various gyms and yoga studios around the Phoenix area until moving back to Iowa.

​Upon coming back to her roots, she started offering yoga classes to pursue her dream of bringing together people in commUNITY.  In her classes, she strives to teach that what you learn in a class can be applied to every part of your life. Her emphasis is to liberate the mind from suffering (stress), listen more closely to the body and to come back to what is natural- just being yourself.

Carolyn currently works out of her office in Burlington, IA. She enjoys the healing modalities of massage and loves being a Reiki Master Teacher. She is also an instructor at the Institute of Therapeutic Massage. Her passion is sharing what she has learned through the healing arts of yoga, massage therapy, meditation and reiki.

Services

Massage Therapy

Unlock tension in the body with various massage techniques and range of motion to help reduce stress. Massage therapy is known for relaxation but can also improve circulation, relieve headaches, and improve posture!

Energy Healing

At times limiting thoughts, trauma, and stress can block the flow of energy in your body. This energy is called Prana or Chi. Emotions that lie unresolved and internalized can manifest by lethargy, anxiousness, or physical body response like pain. Through light hands on touch called Reiki & Cranial Sacral techniques your energy levels and nervous system can be restored.

**“I am willing to put myself through anything, temporary pain or discomfort means nothing to me as long as I can see that the experience will take me to a new level. I am interested in the unknown, and the only path to the unknown is through breaking barriers, an often painful process.” — Diana Nyad**

**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!

**Ministry Needs List for Discover Hope**

* hand soap
* hand sanitizer
* coffee
* sugar
* creamer
* pens
* bottle water
* large trash bags
* toilet paper
* plastic silverware
* paper plates/bowls
* dish soap
* cleaning supplies

**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

**“No boundary or barrier surrounds the heart of a person that loves their self and others.”   
―**[**Shannon L. Alder**](http://www.goodreads.com/author/show/1391130.Shannon_L_Alder)

**THE IOWA CORRECTIONS ASSOCIATION**

**Women In Corrections**

**Registration fee**:

**Both day’s workshops + 4 meals + overnight stay with roommate: $85.00**

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: $30.00

Both day’s workshops + 4 meals - no overnight stay: $50.00

Both day’s workshops + 4 meals + overnight stay by yourself: $125.00

**Registration deadline**: September 15, 2017

**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 Stange ICA Treasurer 313 Lanedale Rockwell City, IA 50579

⦁Make checks payable to ICA for registration fees only.

⦁Massages and Yoga are to be paid for at the conference.

*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:

Women In Corrections Co-Chairs:

Breanna Rosas ~ E-Mail: breanna.rosas@iowa.gov

Julie M. Brandt ~ Phone: 641-352-4604 E-mail: [julie.brandt@iowa.gov](mailto:julie.brandt@iowa.gov)