

2nd Annual Community

MENTAL HEALTH CONFERENCE

Caring for yourself so you can care for others.

September 18, 2025

8:00am-4:30pm

September 19, 2025

8:00am-2:30pm



SCAN TO REGISTER

DACC Bremer Conference Theater
\$30 Includes Breakfast & Lunch



CONFERENCE PRESENTATIONS

Thursday

Strong Foundations: Men's Mental Health, Fatherhood, and Family

Erik Cisney

Explore the often-overlooked importance of men's mental health and its impact on fatherhood and the well-being of the entire family. In a culture where men are frequently expected to remain stoic and silent, many struggle in isolation with stress, anxiety, depression, and unresolved trauma. This session opens the door to honest, stigma-free conversations about what it means to be emotionally healthy and present as a father, husband, and man. Drawing on current research, real-life stories, and faith-based principles, the presentation highlights how emotional resilience, vulnerability, and support systems enhance men as individuals and as pillars of their families. We'll also explore the unique pressures men face and the generational impact of emotionally engaged fatherhood. Participants will leave with a renewed sense of purpose, practical tools for mental wellness, and a deeper understanding of how caring for themselves is one of the most powerful ways to lead and love their families well.

The Science of Wellbeing: How Hormones Participate in Our Mental Health

Sasha Powell

Research indicates that hormones have a major impact on mental health for both men and women through various phases of life. Testosterone fluctuations in men impact their physical health, mental health, as well as their roles in relationships and fatherhood. Hormones significantly influence women's mental health through their effects on neurotransmitters, brain function, and stress regulation. Hormonal changes not only influence individual well-being but also have broader implications for family dynamics and mental health.

An Organizational and Interpersonal Approach to Combating Burnout and Compassion Fatigue

Dr. Jonathon Wade

This presentation will delve into the entangled and dynamic interplay between organizational structure and various leadership styles, examining how these factors interact with emerging cultural trends, evolving workforce dynamics, and diverse generational differences. By exploring these elements, we aim to uncover effective strategies for addressing widespread burnout and fostering resilience against the pervasive issue of compassion fatigue.

Friday

Understanding Adverse Childhood Experiences: Building Self-Healing Communities

Cassie Wade

The *Understanding Adverse Childhood Experiences: Building Self-Healing Communities* session is designed to deepen participants' understanding of how early trauma impacts lifelong health, behavior, and well-being. The session explores the ACEs study and explains the connection between childhood adversity such as abuse, neglect, and household dysfunction and long-term outcomes such as substance use, mental illness, and chronic disease. Participants will gain insight into the neurobiology of trauma, including how toxic stress affects brain development, learning, and emotional regulation. The training also offers strategies to build resilience and foster trauma-informed approaches in both personal and professional settings. Attendees will learn how to identify signs of trauma and support individuals in more compassionate, effective ways. This session is ideal for educators, youth workers, healthcare providers, nonprofit professionals, and anyone working with children or families.

Leading with Purpose: The Power of People-Centered and Community-Driven Leadership

Erik Cisney

In today's rapidly changing world, business leaders are uniquely positioned to shape not just profits, but people and communities. This presentation challenges leaders to move beyond transactional leadership and embrace a purpose-driven approach that prioritizes employee well-being and meaningful community engagement. Healthy, motivated teams don't just happen—they're built by leaders who listen, care, and invest in the holistic success of their people. Likewise, strong businesses thrive when they're anchored in the health of their communities. This session explores how creating a culture of care internally and consistently demonstrating it externally fosters long-term trust, loyalty, and lasting impact. Through inspiring examples and actionable insights, leaders will discover how valuing people over processes and engaging with local needs can elevate both their organizational culture and brand reputation. This isn't just good ethics—it's good business.

Thursday

How Nutrition Fuels Mood, Mental Clarity, and Hormonal Balance

Jen Slavik

Discover how your plate influences your peace of mind. In this empowering wellness session, we'll explore the fascinating science behind food, brain chemistry, and hormone function—and how small dietary shifts can spark big changes in mood, focus, and emotional resilience. From the gut-brain connection to hormone-balancing nutrients, you'll learn how everyday foods can either boost your happiness or disrupt it. Whether you're struggling with brain fog, mood swings, or low energy—or just want to feel your best naturally—this workshop will equip you with practical tools to eat for a better brain and a balanced body. By the end of the presentation, participants will understand how specific foods impact brain chemistry and hormone function related to emotional wellbeing, identify key nutrients and eating patterns that support mood stability and mental clarity, and apply simple, sustainable dietary strategies to boost serotonin, reduce brain fog, and promote emotional resilience.

Friday

Service to Self and Others: The Essence of Well-being, the Foundation of Happiness.

Dr. Jonathon Wade

This presentation is designed to explore the intricate significance of serving both oneself and others, emphasizing the profound impact of our behaviors, actions, and habits on overall well-being and emotional stability. Throughout this session, we will closely examine how our attitudes and actions in various aspects of life be it in our professional endeavors, personal relationships, or everyday activities can either illuminate the path toward happiness or lead us astray. By reflecting on these influences, we can cultivate a greater understanding of what it means to live a balanced and enriching life, both for ourselves and those around us.

Panel Discussion with Everyone

Dr. Wade, Sasha Powell, Jen Slavik, Erik Cisney, Cassie Wade

Spend two days with friends and colleagues learning about mental health topics that you can apply to your career and everyday life.

The Connection Cafe will start your day with a freshly brewed cup of coffee, latte or refresher. A continental breakfast will be available from 7:30-8:30 both days.

Lunch will be provided each day at noon and catered by the DACC Culinary Arts program.

SCAN TO REGISTER

For the Conference

Seating is limited register today!



PRESENTER BIOS



Dr. Jonathon Wade

Meet Dr. Jonathon Wade, a passionate behavioral science professor at Danville Area Community College, who has dedicated the past five years to fostering connections within our community. His vision? The Connection Café! A vibrant hub where faculty, staff, and community members unite for inspiring conversations and shared experiences.



Sasha Powell

A Family Nurse Practitioner with certifications in Holistic and Integrative Health Care, Nutritional Genomics, Functional Nutrition, and Women's Health. She is the owner of Damiana Health PLLC and the organizer of Third Space Wellness Center. In addition to her clinical practice, Sasha is an Adjunct Professor at DACC and is actively involved in the community to promote wellness and advocate for accessible healthcare.



Erik Cisney

A Licensed Professional Counselor with Valley Deep Counseling and an adjunct professor at DACC. Before counseling, Erik was a teacher for 12 years. While teaching and continuing during counseling, Erik has worked with families, teenagers, parents, couples, and individuals. These experiences have prepared Erik to educate and deliver information that helps clinicians, families, and individuals live healthier, more authentic lives.



Cassie Wade

Cassie Wade is the Vice President of Youth Worker Well-Being, overseeing the statewide collaborative Youth Worker Well-Being Project at Indiana Youth Institute. She leads this transformative initiative dedicated to enhancing the well-being of Indiana's youth workers, empowering them for more effective engagement with youth.



Jen Slavik

A certified Integrative Health & Wellness Coach and the founder of Jenuine Roots Wellness LLC. A graduate of the Institute for Integrative Nutrition, she emphasizes nutrition as the cornerstone of proactive, holistic wellness. Jen is currently pursuing national board certification through the National Board for Health and Wellness Coaching (NBHWC). She also holds a Master's in Mass Communication and a Bachelor's in Education.