

2023 ISAC Annual Conference CEU Requirements

TITLE: 2023 ISAC Annual Conference

DATE, DAY, AND TIME:

- Wednesday, August 23, 2023, 9:00 am – 11:30 am, 12:30 pm – 2:30 pm

PLACE: Veterans Memorial Community Choice Credit Union Convention Center, Des Moines

PURPOSE: The ISAC Annual Conference is an educational event hosted each year by the Iowa State Association of Counties (ISAC).

TARGET AUDIENCE: ISAC members

OBJECTIVES: Upon completion of this program, the participant should be able to:

August 23, 2023 (4.5 total contact hours possible)

- **9:00 am – 11:30 am Breaking the Stigma: Mental Health First Aid**

This session will provide an overview of the offerings of NACo including its Mental Health First Aid (MHFA) Program which is available to counties in partnership with the National Council for Mental Wellbeing (NC). A National Council trainer will then walk attendees through the MHFA 101 Session. Closing remarks will include results of the MHFA impact study, a recap of objectives, and time for questions.

CEUs: 2.5 hours

FACULTY: Brandon Natsuhara, NACo, NC Trainer, Robert Rader and Jennifer Cox, National Council for Mental Wellbeing

- **12:30 pm – 2:30 pm Stitch It Up! Overcome Adversity and Build Mental Resilience**

Do you know, you have the ability to overcome almost any obstacle life might lay in your path, simply by understanding yourself and being conscious in the moment of choice? You have the ability to forge your own happiness and mental health, just by learning to accept, decide, and act in a fully aware and intentional way. Stitch It Up is a personal mantra for becoming mentally resilient and overcoming adversity. It goes beyond meditation and medication to help audiences learn how to harness the power of their conscious thoughts in the wake of life's challenges. Stitch It Up uses concepts and strategies from cognitive psychology and neuroscience to support a simple four step mental approach to take control in the moments of life you need it most.

CEUs: 2.0 hours

FACULTY: Lena Scullard, Keynote Speaker

- **9:00 am – 11:30 am How the Best Leaders Simplify Complexity, Balance Competing Priorities, and Do More with Less**

It is common in local government to have multiple and competing priorities, to constantly be asked to do more with less, and have a 'must-do' list too long to accomplish in any given day. The result is fatigue, burnout, disengagement, quiet quitting, and even resignation. It is the opposite of what leaders

aim to accomplish. There are proven practices that prevent these results; practices that actually create the opposite result of a thriving workforce in which engagement is high, collaboration is strong, and alignment leads to clarity in work and ability to (in fact) do more with less. Join this session to learn how to build a high performing team in a climate in which the odds are against you.

- **12:30 pm – 2:30 pm How to Change When Everything is Changing**

Navigating change is the ultimate test of any leader. These days, with a digital-first mindset and need for innovation in everything, the people in local government are being looked upon to lead the county through constant change. Join this session to learn why change is harder now than ever and how you can consistently get it right – planning, leading, and sustaining positive change for positive organizational value.

CEUs: 4.5 hours

FACULTY: Gordon E. Whitehead, Leadership Coach, Professional Development Academy

- **9:00 am – 10:30 am Cyber Incident Response Program: Preparing Organizations for Crisis**

The Department of Management, Office of the Chief Information Officer's cyber program is shifting to a risk-based posture. A critical asset to this development is a strong cyberculture and open communication between stakeholders. OCIO believes working together with technical leaders, law enforcement, legal teams, and local governments is at the core of defending organizations from foreign and domestic cyber threats.

The State of Iowa CISO, Shane Dwyer, and Local Government Program Manager, Jess Flaherty, will discuss the need for cyber programs and response teams to heighten situational awareness, technical capabilities, and decision-making skills within OCIO. ISAC members will gain understanding of legal obligations and financial impacts of cybersecurity issues, coordination needs, and implementation strategies to consider to prevent and respond to cyber-related crises.

CEUs: 1.5 hours

FACULTY: Shane Dwyer, State of Iowa Chief Information Security Officer (CISO), and Jess Flaherty, Local Government Program Manager

- **10:30 am – 11:30 am Q&A with IT**

Ask Us Anything - current and former county IT Directors open up the floor and answer any and all questions about technology and county government.

CEUs: 1.0 hours

FACULTY: Joel Rohne, Technology Service Bureau Program Manager, Micah Van Maanen, Sioux County IT Director and Andrew De Haan, ISAC Network Administrator

FEE: A \$250 registration fee for the ISAC Annual Conference covers all CEUs. Please see ISAC's cancellation and refund policy for further instruction.