2023 ISAC Annual Conference
Wednesday, August 23
ISAC Educational Seminars

All educational seminars can be attended by any conference attendee at any time.

Mental Health for You and Those Around You Track
9:00 am – 2:30 pm
Meeting Room 307-310

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. 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.

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.

Leadership Development Track
9:00 am – 2:30 pm
Meeting Room 312 – 314

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.

Cyber Education
9:00 am – 11:30 am
Meeting Room 302-304

9:00 am – 10:30 am – Cyber Incident Response Program: Preparing for 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.

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.