

C.A.R.E.

CONFERENCE 2026

Thursday September 17, 2026

8:15 - 9:45 AM

**OPENING KEYNOTE:
PSYCHOLOGICAL SAFETY IN
THE WORKPLACE**

ERIN FOSTER

Director,
Linn County Mental Health Access Center

9:45 - 10:00: Break

10:00 - 11:30 AM

**LEADERSHIP: WHY SHOULD WE
CARE?**

ANGIE CHAPLIN

Founder,
The Way Onward

11:30 - 12:00: Break & Grab Lunch

12:00 - 1:30 PM

**LUNCH & LEARN
COUNSELING ETHICS**

T.D. HOSTIKKA

Program Director and Assistant Professor,
St. Mary's University of Minnesota

1:30 - 1:45: Break

1:45 - 3:15 PM

Main Room

**CORRECTIONS RECOVERY
COACHING PROGRAM**

CINDY WEST

Executive Director,
Full Circle Recovery

1:45 - 3:15 PM

Polk Room

**SUBSTANCE ABUSE AND
MICROAGGRESSIONS**

AMBRE BERNARDS

Program Coordinator & Assistant Professor,
Kirkwood Community College

3:15 - 3:30: Break

3:30 - 5:00 PM

Main Room

**OFFICE OF DRUG POLICY:
IOWA DRUG TRENDS**

SUSIE SHER

Bureau Chief,
Office of Drug Control Policy

3:30 - 5:00 PM

Polk Room

**IMPOSTER SYNDROME IN
WOMEN IN BEHAVIORAL
HEALTH**

AMBRE BERNARDS

Program Coordinator & Assistant Professor,
Kirkwood Community College



**IOWA BOARD OF
CERTIFICATION**

Credentialing Professionals in Addiction
and Behavioral Health Care

Break Outs

Break Outs

C.A.R.E.

CONFERENCE 2026

CONNECT • LEARN • ADVANCE • EMPOWER

*Keep the
Connection Going*

SAME
PEOPLE.
BIGGER
IMPACT.



LEARN

Put one idea from
C.A.R.E. into
practice.



CONNECT

Follow up with
someone you
met here.



REFLECT

Take time to consider
what you're taking
back to your work.



IMPACT

Use what you learned
to strengthen the people
and communities
you serve.

Thank you for being part of C.A.R.E. 2026!

We hope you leave connected, inspired and empowered.

*Healthy People.
Stronger Communities.*



OUR CLINICAL SERVICES



PHP & IOP Programs

Intensive day and structured outpatient
therapy.



Mental Health Therapy

Addressing trauma, depression, and anxiety.



Office-Based MAT Management

Buprenorphine and Naltrexone.



Certified Peer Recovery Support

Mentorship and guidance.



Court Assessments & Evaluations

Evaluations for legal diversion and referrals.

Alan's House — Sober Living for Men

*Strength in Healing, Hope in
Recovery.*

A structured, supportive home
in the Drake neighborhood.

Take the First Step

515-219-9099

varetto-recovery.com

6500 University Ave.,
Suite 204,
Windsor Heights, IA

Central Des Moines, IA | Payer Coverage Accepted: Commercial Health Plans, Medicaid,
Medicare, Sliding Scale Self-Pay

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*Your support helped make
C.A.R.E. Conference 2026 possible.*

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CONFERENCE 2026

Friday September 18, 2026

8:15 - 9:45 AM

**WORK, LIFE, AND A LITTLE
MINDFULNESS**

RICC TERRANOVA
Therapist,
Broadlawn Medical Center

9:45 - 10:00: Break

10:00 - 11:30 AM

**TREATING PEOPLE
IN CONTEXT**

SHAWN DORIUS
Professor,
Iowa State University

11:30 - 12:00: Break & Grab Lunch

12:00 - 1:30 PM

**LUNCH & LEARN
COUNSELING ETHICS**

T.D. HOSTIKKA
Program Director and Assistant Professor,
St. Mary's University of Minnesota

1:30 - 1:45: Break

1:45 - 3:15 PM

Main Room

**WHEN PAIN THREATENS
RECOVERY**

BARBARA ST. MARIE
Associate Professor Emeritus,
University of Iowa College of Nursing

1:45 - 3:15 PM

Polk Room

**TRAUMA INFORMED PRACTICES
FOR WOMEN IN TREATMENT**

CASSIE COLLINS
Deputy Director,
ASAC

Break Outs



LEARN



CONNECT



INSPIRE



IMPACT



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