



## Virtual Community Panel Discussion

Oct 7, 2021, 7:00 pm

Click [here](#) to attend the virtual panel discussion.

### Summary:

Linn-Mar is hosting a Virtual Community Panel Discussion on Thursday, October 7th at 7:00pm. The panel will be led by the Producer and Director of Angst, Scilla Andreen. The nine panelists include several counselors from the Linn-Mar School District and various mental health professionals from local community agencies including Insight Therapy Group, Mercy Family Counseling, Foundation2, and UnityPoint. This event is open to the public. Panel will last up to 60 minutes and questions will be taken from the chat.

### Panelists Bios:



**Kellie Alexander**, LISW, works for Mercy Family Counseling as a Mental Health Therapist. She works primarily with children and coordinates programming with Linn-Mar Community Schools to improve access to mental health services for children. She has worked with children for 18 years and has a passion for serving children. Kellie uses evidence-based techniques to work with parents and children to develop skills to use at home and at school. [kalexander@mercycaare.org](mailto:kalexander@mercycaare.org)



**Scilla Andreen** is CEO & Co-Founder of iNDIEFLIX and an award-winning Producer, Director, Emmy nominated Costume Designer, Author & Founder of iNDIEFLIX Foundation. She has produced and or directed such films as Angst, LIKE, The Upstanders, Screenagers, The Empowerment Project, and Nevertheless. Currently, she is directing her latest project, RACE, a documentary about the effects of race and racism on our mental health. She is a mother of 6 and resides with her husband Eric in Seattle WA. Scilla is on a mission to change the world with film. [Indieflix.com](http://Indieflix.com)



**Jennifer Becker**, LMHC, ACS, is the founder of Insight Therapy Group. Jennifer believes that a straightforward approach is necessary in order to promote lasting change. Jennifer and other providers at Insight Therapy Group work to create a comfortable environment for you to identify and express your thoughts and feelings. Jennifer has worked in the mental health field for 15+ years and utilizes a variety of approaches supplemented by training in EMDR, CBT, and DBT to assist clients in developing strengths and working through challenges. In addition to being a practicing therapist, Jennifer also manages many of the day-to-day administrative responsibilities at Insight Therapy Group, including getting new clients connected with providers that will be the best fit for them. She is an Approved Clinical Supervisor and provides licensure supervision to provisionally licensed therapists in the state of Iowa. Jennifer works with adults and children ages 16 and up. She specializes in working with clients who are experiencing anxiety, mood disorders, the impacts of trauma, and other life transitions. Jennifer is a body-positive therapist who maintains an open-minded approach. She is LGBTQIA+ allied and is supportive of traditional, and non-traditional relationships. Many people find that reaching out for help related to mental health to be an anxiety-provoking experience. Here at Insight Therapy Group, we do our best to make you feel at ease and to streamline the process to be as low-key as possible. Our providers have experience and training in a broad range of modalities. We offer individual, family, and couple's therapy, in addition to medication management for ages 5 through adulthood. [jbecker@insighttherapygroup.com](mailto:jbecker@insighttherapygroup.com)



**Brittni Benda** is a psychiatric mental health nurse practitioner (PMHNP-BC) at UnityPoint. She graduated from NICC of Dubuque with my ADN and completed the RN-MSN program at Allen college specializing in psychiatry. She then graduated from Allen in 2016 and has worked at UnityPoint Clinics since. Prior to her current role, she has worked as a Psych Staff Nurse for Hillcrest Family Services, Pediatric Residential, and PMIC level care. In her current role at Unity Point as a PMHNP, she is providing psychiatric care in the pediatric population. This includes psychiatric evaluations and medication management in ages 5-18. I treat diagnoses ranging from ADHD, Depression, Anxiety, Mood and Conduct Disorders. [brittni.benda@unitypoint.org](mailto:brittni.benda@unitypoint.org)



**Margaret Buonadonna** currently works as a School Counselor at Boulder Peak Intermediate School in the Linn-Mar School District. She has worked with elementary, middle school, and high school students over the past 17 years, in social services roles as well as in the educational setting. Margaret holds a Master's Degree in School Counseling from the University of Iowa and has advanced training in youth mental health, trauma-informed care, mindfulness practices, and supporting diverse student needs. [mbuonadonna@linnmar.k12.ia.us](mailto:mbuonadonna@linnmar.k12.ia.us)



**Sydney Carpintero** is the Youth Services Coordinator for the Mobile Crisis Outreach (MCO) Program at Foundation 2, a human services agency that offers crisis prevention and intervention programs to people of all ages. In her work, Sydney provides management and oversight for all youth services in the MCO program, including the School Liaison program, the J-FAST Program, and rural youth services. Sydney holds a BA in Psychology and an MS in Criminal Justice and has spent most of her life in service to youth and families. Sydney is also a Gatekeeper Instructor for the Question, Persuade, Refer (QPR) Suicide Prevention Training. [scarpintero@foundation2.org](mailto:scarpintero@foundation2.org)



**Tera Cooling** is the intermediate-level student assistance specialist for the Linn Mar School District. She started her education at the University of Iowa before transferring to Mount Mercy University. She received her BS in Psychology and then went on to receive her MA in Marriage and Family Therapy. While attending college, Tera worked as a BHIS worker as well as a youth counselor, focusing on early intervention. In 2017, Tera started in the Cedar Rapids School District working on a pilot program called Link for Schools, which focused on implementing trauma-informed care practices in the buildings. Tera has always had a passion for working with children and supporting their social and emotional needs. [tera.cooling@linnmar.k12.ia.us](mailto:tera.cooling@linnmar.k12.ia.us)



**Jessica Deahl** is a Student Assistance Counselor at Linn-Mar High School, and her specialty area is supporting students with mental health challenges. Jessica has been a Student Assistance Counselor at Linn-Mar for 11 years and has an additional 14 years' experience in juvenile justice and victim services. She holds a Master's Degree in School Counseling from UNI. [jdeahl@linnmar.k12.ia.us](mailto:jdeahl@linnmar.k12.ia.us)



**Elizabeth Kreher** is a High School Counselor at Linn-Mar High School and works with students on academic and social-emotional needs, as well as after high school planning. Elizabeth has been a school counselor for 9 years and holds a Master's Degree in School Counseling from the University of Northern Iowa. She is also a mom of two young girls, both of whom deal with anxiety themselves. [ekreher@linnmar.k12.ia.us](mailto:ekreher@linnmar.k12.ia.us)



**Kendra Starkey** is currently a first-grade teacher within the Linn-Mar School District. She was born and raised in Marion and is a Linn-Mar graduate! She finished her teaching undergraduate in Elementary Education at Clarke University and completed her Masters in Special Education at Morningside University. She is a mom of two, one who is now a kindergartener in the district and her husband works for the district as well. Anxiety is something that she started really dealing with in college and continues to be something she works through on a daily basis. Through therapy, support from medication, practicing mindfulness herself and in her classroom, she has been able to get a better handle on it. She is a huge advocate for starting early with teaching kiddos self-regulation and mindfulness strategies so that they have these skills for a lifetime! [kstarkey@linnmar.k12.ia.us](mailto:kstarkey@linnmar.k12.ia.us)

## **Additional Materials and Resources:**

Link to the Linn Mar Angst website:

<https://watch.eventive.org/indieflix/play/6140fdde0feaf200b4645dd6>

Linn Mar stakeholders will have access to the full film until 4:00 pm on Friday, October 8, 2021. However, the site will continue to be accessible to access the resources beyond October 8th.

indieFlix [angstmovie.com/resources](http://angstmovie.com/resources) website.

This link includes common questions and information on finding therapists, related websites, apps, videos, articles, blogs, and books.