



For Immediate Release

Date: February 15, 2011

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## **Recognizing and Dealing With Mental Illness in the Work Place**

SPENCER, IOWA - The Lakes Area Employers' Council (ECI) and Kossuth County ECI will be meeting jointly on Wednesday, April. 20, 2011 from Noon to 1:00 p.m. at Iowa Lakes Community College, 1900 N Grand Ave, Spencer, Iowa 51301. All employers, human resource personnel, accounting, payroll, and other staff members are invited to attend. Featured speaker will be Carol Braaksma, from Orange City, who works at Hope Haven. Carol will share of her own personal struggles with mental illness and help you to recognize symptoms and help overcome the myths and stereotypes concerning this prevalent, but largely undiagnosed illness.

Major topics to be discussed:

1. Recognizing the major stressors which can bring on mental illness in society and the work place
2. Removing the stigma of mental illness
3. Myth versus Fact concerning mental illness
4. Recognizing that mental illness is not the result of moral failure or limited will power

Questions will be entertained by Carol Braaksma.

All business owners, human resource professionals, personnel staff, attorneys, paralegals and payroll/accounting staff are invited to attend. There is no fee to attend but pre-registration is requested for planning purposes by Friday, April. 15, 2011, to Bob Becker at (712) 262-1971 ext. 126 or [robert.becker@iwd.iowa.gov](mailto:robert.becker@iwd.iowa.gov). This program has been approved for 1.0 (General) recertification credit hours towards PHR, SPHR and GPHR recertification through the Human Resource Certification Institute (HRCI).

The Lakes Area Employers' Council and Kossuth County ECI are local employer groups supported by Iowa Workforce Development Region 3 and 4, and is part of the statewide Employers' Council of Iowa system. This employer's group addresses workforce issues, and provides both educational and networking opportunities for employers and human resource professionals. Contact Bob Becker at [Robert.Becker@iwd.iowa.gov](mailto:Robert.Becker@iwd.iowa.gov) if you have questions about this training session or about Employers' Council.

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