



Media Release

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Iowa psychologist walks across the state for mental health counseling

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(Des Moines, Iowa) April 20, 2016 – Mark Minear, a licensed psychologist with the Des Moines Pastoral Counseling Center, will be walking across Iowa Hwy 30, from river to river, April 21 – May 3, 2016, to raise awareness and funds for mental health counseling, especially for men and boys who have little access to quality services. Minear will walk 321 miles, covering about 25 miles per day for 13 days, the equivalent of a daily marathon.

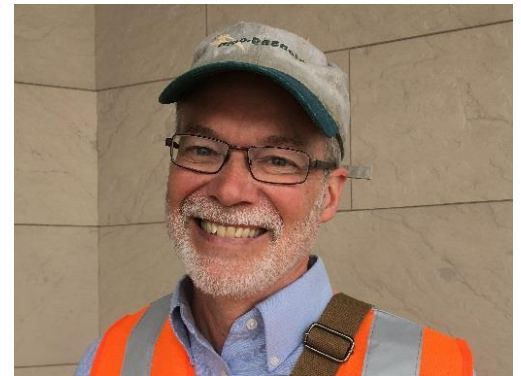
Why?

It started out as a personal quest for Minear, a bucket list project, but it's become so much more. With encouragement from his family and colleagues Minear decided to make his journey a point of public education, linking his grand hike with the great need for quality counseling services.

Minear's motivation is backed up by sobering facts:

- Approximately 25 percent of adults in the U.S. experience mental illness in a given year.
- Suicide is the second leading cause of death among persons aged 10 – 24.
- Completed suicides are more likely to be men over 45 who are depressed or alcoholic.
- Youth suicide is more prevalent in Iowa than in the nation as a whole.
- 50 percent of youth in the child welfare system have mental illness.
- 80 percent of children who need mental health treatment never receive it.

"I have a goal to raise \$10,000 for the Center in our efforts to provide services for the underserved," Minear said. Funds raised will help vulnerable men and boys access quality counseling who are from households with limited income. The Center serves more than 2,450 children, adolescents and adults annually -- 35 percent utilize the counseling assistance fund to help cover the costs of services. The Center



Mark Minear, Ph.D., licensed psychologist

is committed to providing high quality mental health services to anyone who walks through the doors, regardless of insurance status or household income.

To imagine the people who will be served through Minear's two-week walk across the state, imagine a child who witnessed domestic violence, a boy who is bullied, a man who was laid off from his job, a veteran who is coping with trauma, a grandfather who lost a child to suicide and others who struggle emotionally.

"Depression is treatable and suicide is preventable," said Ellery Duke, Ph.D., a licensed psychologist and executive director at the Des Moines Pastoral Counseling Center. "I'm so grateful to Mark for his willingness to take on this incredible journey for the sake of so many people who can be helped."

Everyone is invited to "Walk with Mark." Supporting his 331-mile trek is easy as 1-2-3:

1. Walk with Mark via his blog on the Center's website or Facebook page.
2. Walk with Mark by joining him for part of his itinerary.
3. Walk with Mark with a donation to the Center for the counseling assistance fund.

And everyone is encouraged to embrace the joy that Minear exudes as he reflects why he chose to walk 321 miles: "It is a celebration of life... an experience of learning to appreciate each precious and present moment – one moment, one step at a time."

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Media packet:

- photos, graphics and itinerary are available on the Center's website: www.dmpcc.org/WalkwithMark.
- daily reflections will also be posted from www.dmpcc.org/WalkwithMark

Mark Minear's bio:

Mark Minear is a licensed psychologist. He is also a recorded minister with the Religious Society of Friends (Quaker). He received his B.A. in Religion and English from William Penn College, an M.A. in Church History from the Earlham School of Religion, and an M.A. and Ph.D. in Counseling Psychology from Ball State University. He has background in working with a variety of churches, denominations, and faith traditions, as well as with individual clergy in need of support. He has significant experience in working with veterans' issues, chronic health problems, couples counseling, and geriatric concerns. Mark works with adults on a wide variety of issues: depression, anxiety including trauma, loss and grief, transitions and adjustments, and spiritual concerns. He is also available for neuropsychological assessment to determine cognitive strengths and weaknesses, including possible memory problems.

More about the Des Moines Pastoral Counseling Center:

The Des Moines Pastoral Counseling Center is a nonprofit, nonsectarian organization serving 2,450 individuals annually including up to 800 children and adolescents. Although best known for its 44 years of providing professional mental health therapy, the Center is a multi-faceted organization providing a range of services:

- Counseling, including specialized services for children and adolescents
- Psychological testing and assessment
- Psychiatric consultation and care
- Training for clinical professionals
- Leadership and spiritual life programming
- Conflict transformation and strategic planning services for congregations, nonprofits and businesses

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