



For Immediate Release

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Royce White to headline conference addressing stigma around help-seeking for men and boys

➤ **Press packet: www.dmpcc.org/MEN**

June 18, 2019, Des Moines, IA – Royce White, former NBA player and Iowa State University basketball star, will headline a conference addressing stigma around help-seeking for men and boys. Research shows that men and boys are less likely to visit a health care provider and more likely to complete suicide or harm others as a result of depression, anxiety and other issues related to mental health. This conference will explore reasons why, and how the community can make positive change. The conference is co-sponsored by the Des Moines Pastoral Counseling Center (the Center) and Des Moines University (DMU). It will take place at DMU on July 11-12, 2019.

“Royce White has been a dynamic and effective advocate for mental health and we are pleased to welcome him to Des Moines to help us launch this event,” said Jim Hayes, D.Min, M.Div., the Center’s executive director. “Our conference is unique because it will bring inspiration to the whole community – as well as evidence-based, pragmatic applications for primary health care providers and therapists.”

At the core of the conference will be findings presented by two researchers from the psychology department at Iowa State University, David Vogel, Ph.D., and Patrick Health, M.S. Also, breakout sessions will help participants explore topics such as the impact of post-partum depression on men and an examination of male psychology through superhero representations.

“Des Moines University is proud to co-sponsor Addressing Stigma Around Help-Seeking for Men and Boys. The mental health needs of men and boys can go unrecognized and untreated, and this is an important effort to emphasize the importance of seeking help for these concerns,” said Dr. Lisa Streyffeler, Ph.D., DMU assistant professor and chair, department of behavioral medicine, medical humanities and bioethics.

Dr. Streyffeler emphasized that managing mental health is just as important and effective as seeking help for pneumonia or a broken leg.

The July 11 Royce White event is free and open to the public. (RSVPs are appreciated, www.dmpcc.org/MEN.) The July 12 day-long workshop is offered at competitive rates for health care providers and the community. This activity has been approved for AMA PRA Category 1 Credit™, AOA 2-A credit, and nursing contact hours. For more information and to register, please visit: www.dmpcc.org/MEN.

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Who we are: Founded in 1972, the Des Moines Pastoral Counseling Center (the Center) is a nonprofit organization with a mission to bring understanding, hope and healing to people of all ages through counseling and education. Through 30 multidisciplinary clinicians, the Center serves more than 5,000 individuals annually including 650 children and their families. Although known best for its 47 years of holistic counseling, the Center also provides psychiatry (medication management), psychological testing, spiritual direction, and pastoral development, bereavement, education, and health and spiritual life experiences.