



## South Central Minnesota Mental Health Conference

The South-Central Minnesota Mental Health and Wellness Conference envisions a world where mental health is openly discussed, understood and supported without stigma. Our conference aims to create a safe and inclusive environment where individuals from all walks of life can come together to share experiences, gain knowledge and build a supportive community.

This third annual conference is being coordinated by the Brown County Mental Health and Wellness Action Team (MHWAT), which works throughout Brown County to reduce the stigma of mental health, increase resiliency and improve access to mental health treatment and services.

### Details

**DATE:** May 6, 2026  
8:00 a.m. – 4:00 p.m.

**LOCATION:** Sleepy Eye Event Center  
110 12th Ave NE  
Sleepy Eye, MN 56085

**COST:** \$25

### Registration

Visit our conference  
webpage to register:

[tinyurl.com/2026MHConf](https://tinyurl.com/2026MHConf)



For sponsorship opportunities, contact  
Jennifer Maurer at 507-217-5226 or  
[Jennifer.Maurer@allina.com](mailto:Jennifer.Maurer@allina.com)

**Brought to you by**



*Brown County  
Mental Health  
and Wellness  
Action Team*

### Full Conference Schedule

8:00 – 8:30 a.m.

**Registration and Vendor Booths**

8:30 – 8:45 a.m.

**Welcome and Introductions**

8:45 – 9:45 a.m.

**Andrea Herbert and Brooke Herbert**  
**“The Body-Mind Connection:  
How Movement Becomes Medicine”**



Through their company Gold Ivy, Andrea and Brooke Herbert are on a mission to simplify self-care by illuminating the profound connection between the body and the mind. The co-founders combine their unique perspectives to “move” audiences toward optimal health and vitality, proving that wellness isn’t just a goal — it’s a foundational habit.

Together, they bridge the gap between the marathoner and the yoga mat, the science of neurochemistry and the reality of a busy schedule. Whether through their virtual workout platform, top-rated podcast or powerful keynotes, Andrea and Brooke leave audiences energized, empowered, and equipped with the actionable tools to unlock the body-mind connection and own their health.

9:50 – 10:40 a.m.

**Dr. Jennifer Londgren**  
**“Food and Mood: Using Nutrition  
to Support Mental Health**



Dr. Jennifer Londgren is a licensed marriage and family therapist, a nationally certified counselor and a board certified telemental health provider. She is an associate professor at Minnesota State University in Mankato and the program coordinator for the Alcohol and Drug Studies program. She leads a variety of workshops and seminars around Minnesota on topics related to mental wellbeing, self-care, social media and innovative teaching techniques.

Jennifer is also the founder of the New Leaf Wellness Institute, an online learning platform offering asynchronous continuing education for educators and mental health providers.

10:40 – 11:00 a.m.

**Break; Browse Vendor Booths**

*(Schedule continued on next page)*

## Full Conference Schedule, cont.

11:00 a.m. – 12:15 p.m. **Laura Stack**  
“The Dangerous Truth About Today’s Marijuana: Johnny Stack’s Life and Death Story”



For 30 years, Laura Stack was best known in the business world as “The Productivity Pro.” Her career as a keynote speaker, bestselling author of eight books and corporate spokesperson came to a screeching halt after her son Johnny’s death. Her platform now brings prevention education to drug prevention conferences, community groups and schools to stop youth marijuana

use. Johnny’s story has been told in *People Magazine*, the *New York Times*, the *Wall Street Journal*, *PBS* and *Dr. Phil*. Laura is a powerful speaker who brings Johnny’s personal warning and solid research together in her book, *The Dangerous Truth About Today’s Marijuana: Johnny Stack’s Life and Death Story*. Described as a force of nature with unstoppable drive and unwavering purpose, Laura is determined to get teens to #StopDabbing.

12:15 – 1:00 p.m. **Lunch**

1:00 – 2:15 p.m. **Nels Ross and Richie Derwald (The UP Guys)**  
“FUNdamentals”



Nels Ross and Richie Derwald are The UP Guys. They are overcomers who have uplifted and empowered more than 1 million people – Nels as a clean comedian, juggler and educator; Richie as a singer, impersonator

and “The Mental Health NUT”; and both as inspirational speakers and edutainers. They have rave reviews from the National Comedy Center, National Center for Education Research and Technology, U.S. Department of Defense and others ... and still don’t know why.

2:15 – 2:30 p.m. **Break; Browse Vendor Booths**

2:30 – 4:00 p.m. **Dr. Cindra Kamphoff**  
“The Confidence Mindset: Catch Yourself in the Doubt Spiral, Break Free From What’s Holding You Back and Play Big”



Dr. Cindra Kamphoff is an award-winning keynote speaker and certified mental performance coach for leaders, athletes and championship teams. She speaks on the topic of peak performance and how to be your best even more often. As the owner of the Mentally Strong Institute, a firm that provides mental performance coaching to

leaders and athletes, Cindra has provided mental training for the Minnesota Vikings for four years, working one-on-one with the players. She also worked one-on-one with athletes on the United States Olympic Track and Field team while they were in Tokyo, helping them train their minds.

Cindra is the author of an Amazon bestseller, *Beyond Grit: Ten Powerful Practices to Gain the High Performance Edge* and the corresponding workbook. Her upcoming book, *The Confidence Mindset: Catch Yourself in the Doubt Spiral, Break Free from What’s Holding You Back and Play Big* will be published in 2026 by Simon and Schuster. On her podcast, *The High Performance Mindset*, she interviews thought leaders about mindset; it has more than 2 million downloads and is ranked in the top .5% of all podcasts.



Presentations by Laura Stack and Cindra Kamphoff are made possible by a grant from the Cannabis & Substance Use Prevention program of the Minnesota Department of Health’s Health Improvement Bureau.

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