

Meet the APNA Iowa Chapter Board

President



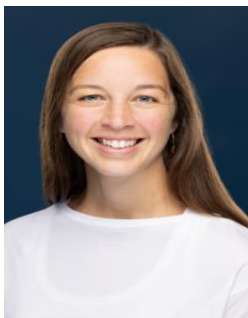
Anasara Henry, DNP, ARNP, PMHNP-BC, AGPCNP-BC has been an active member of APNA Iowa Board since 2017 and currently serves as Board President. Dr. Henry is a dual board-certified Nurse Practitioner in the areas of Psychiatric Mental Health and Adult Geriatric Primary Care. She earned her Doctorate of the Nursing Practice from the University of Iowa. She has worked over 15 years in healthcare and currently serves as the Director of Behavioral Health Services at United Community Health Center in Storm Lake, Iowa. She also serves as a Consultant on the Iowa Primary Care Association BH Echo Project. Dr. Henry's professional interests include improving access to care for all Iowans, managing complex mental health disorders, and treatment of geriatric syndromes. She enjoys spending time with her family and anything outdoors.

President Elect



Liv Kelley-Sellnau DNP, ARNP, FNP-BC, PMHNP-BC serves as APNA Iowa Board President Elect. She received her Doctorate in Nursing Practice, Family Nurse Practitioner at Clarke University in Dubuque, IA. Her dissertation was titled Pain and Symptom Management in Prison Hospice. After working in Family Practice for a year, she went to the University of Iowa College of Nursing for her Psychiatric Mental Health Nurse Practitioner certification. She works at Covenant Family Solutions in Cedar Rapids, IA. In her free time she enjoys reading, crocheting, and horseback riding.

Immediate Past President



Dr. Emily Sinnwell joined the University of Iowa College of Nursing as a faculty member in 2018. She is a dually prepared family and psychiatric nurse practitioner. In 2016, she completed a one-year psychiatric fellowship at Broadlawns Medical Center in Des Moines, Iowa. She has worked extensively with migrant farmworkers across the state of Iowa providing both direct patient care and serving as the clinical director of the federally qualified health center for four years. In 2015, she was named one of the 30 clinicians making a difference by the Migrant Clinicians Health Network. Prior to becoming a nurse practitioner Emily worked as a nurse in Chiapas, Mexico for three years. She currently works in both family practice and psychiatry settings. She is the co-founder of the Iowa City Catholic Worker and in 2021 received the Iowa City Human Rights International Award for significant contributions to human rights in the global community for their efforts to provide assistance to immigrant families here in Iowa.

Treasurer



Jenifer Grissom, DNP, ARNP, FNP-BC, PMHNP-BC serves as the APNA Iowa Board Treasurer. She is dual certified as a Family Nurse Practitioner and a Psychiatric Mental Health Nurse Practitioner; and obtained her Doctorate of Nursing Practice. Dr. Grissom currently provides pediatric outpatient mental health care and is a graduate nursing/PMHNP instructor. Outside of work, she loves to spend time with family, travel, go to concerts, and cheer on her hockey team.

Secretary



Kennedy L. Thoren, DNP, ARNP, PMHNP-BC serves as the APNA Iowa Board Secretary. She received her Doctorate in Nursing Practice (DNP) at the University of Iowa and works full-time in a Behavioral Health Consultant role, consulting and providing psychiatric and palliative care to chronically ill older adults. She also has experience as nursing faculty in undergraduate and graduate programs, with a current role as contributing faculty in an MSN-PMHNP program. She is passionate about mental health nursing and legislative advocacy. In her free time, she enjoys spending time with her family, being outdoors, and working on DIY projects.

Central Region Representative



Esther Huston, BSN, serves as the Central Region Representative. She is currently pursuing her PMHNP-DNP at the University of Iowa. Esther has been a nurse for 25 years and spent most of that time as a bedside nurse. Esther worked in an inpatient suicide ideation unit for several years. She is passionate about mental health promotion and targeted interventions. She serves on several interdisciplinary coalitions and is a public policy advocate for mental health access and reform. She is a mom and grandma and loves to spend time with her family and friends.

Member at Large



Susan Wilson Certified as an AGNP-BC, working on my DNP at the University of Iowa. I have completed my PMHNP and will be sitting for boards this fall. I have 30 years of experience at the bedside as an RN in Iowa. I work as a provider in the central Iowa area, caring for mental health patients. I have the great opportunity to guide new nursing students in their education at the U of Iowa as an educator. I enjoy offering compassionate and comprehensive care to all of the people that I encounter on a daily basis. I am a married mother of four children and a grandmother. I enjoy camping, music, and spending time with my family, friends, and my dogs.