

Bella Vondracek

AmeriCorps Healthy Mind's Alliance Member

Bella Vondracek

17 S Johnson St

414.841.8062

bella.vondracek@gmail.com

Skills

Proficient in mental health advocacy, curriculum development, and facilitating peer-driven training programs. Strong interpersonal and communication skills, focusing on creating inclusive and supportive environments for learning and development.

Experience

AmeriCorps NAMI Johnson County / Mental Health First Aid Instructor

July 2024 - PRESENT, Iowa City

Delivering comprehensive mental health education and support as a certified Mental Health First Aid instructor through AmeriCorps, empowering individuals to recognize and respond to mental health crises.

Quad City Bank and Trust / Summer Teller Intern

May 2023 - August 2023, Quad Cities

Provided exceptional customer service and supported daily banking operations as a Summer Bank Teller Intern at Quad City Bank and Trust, handling transactions and assisting with account management.

Bread Garden Market / Catering Assistant

August 2022 - PRESENT, Iowa City

Assisting with event preparation, food service, and client coordination as a Catering Assistant at Bread Garden Market, ensuring high-quality experiences for customers and guests.

University Involvement

University of Iowa / Psychology Major

Resilience and Trauma Informed Perspectives Certificate

August 2022 - May 2025, Iowa City

- I. University Honors Program
- II. Dean's List; Fall 22', Spring 23', Fall 23', Spring 24', Fall 24'
- III. Violence Prevention Program; Certified Peer Educator | August 2023 - Present
- IV. Edge Program; Associate Peer Leader | January 2023 - Present
- V. NAMI of Campus at the University of Iowa Student Organization Founder
- VI. University Counseling Services - Student Advisory Board Member

Beginning online Masters of Social Work Program in the fall of 2025 | Courses will be held only after 5:30pm.

Certifications

- I. Applied Suicide Intervention Skills Training (ASIST) Certification (2024)
- II. NASPA Certified Peer Educator Certification (2023)
- III. Mental Health First Aid (MHFA) Instructor Certification (2024 - 2027)