

Networker

Minnesota Association for Children's Mental Health

Volume 14

Issue 2

August 2005

Thank You Mount Zion Temple Religious School

Thank you to students at the Mount Zion Temple Religious School in St. Paul, Minn. for their very generous donation to support our ongoing work of providing mental health education and advocacy services. According to Stephanie Fink, the school's director of education, MACMH was one of six organizations to receive funding from the school's "tamchui" (Hebrew for community chest). The money, generated by donations made by the students throughout the year, is distributed according to the wishes of the student body. Over the course of the year, the 7th-grade students research possible organizations that would be fitting recipients for a donation from the tamchui. In the late winter-early spring, the 7th-graders present their findings to the student body, and each student then votes for the organization they most want to support. Each organization then is allocated funds based on the percentage of votes they received. Fink says that the recipients are sometimes local, but not always—instead the organizations are chosen based on the work they do to address basic human needs. We are gratified that so many of the Mount Zion Temple students chose to support our work. We thank them for their generosity and commend them for their efforts to, in their words, "bring wholeness to the world."



East Metro Children's Crisis Service Partnership

Responding to kids in crisis – when and where they need it

Children experiencing a mental health crisis need the appropriate level of care at the appropriate time—something that until now has been difficult to find. Data shows that average wait times for children presenting with a psychological or emotional crisis at an emergency room can be 3-5 hours, and only half of those children end up being admitted to in-patient units. The other half is released back into the community, often without adequate follow-up or ongoing services in place.

In an effort to improve outcomes for children having a mental health crisis, Ramsey, Dakota, and Washington counties have developed the East Metro Children's Mental Health Mobile Crisis Response and now offer the following mobile mental health crisis services for children:

- On-site response in 30 minutes to children in homes, schools, or institutions
- 24/7 availability (except for Washington County)

- De-escalation and crisis intervention services, including de-escalating the crisis, performing a thorough assessment to determine any mental health issues, and creating an initial crisis plan
- Crisis stabilization services, which provide appropriate short-term care (up to 2 weeks), transition to on-going treatment, and crisis recurrence reduction strategies

East Metro mobile teams are able to arrive at a home within 30 minutes and have de-escalated and stabilized more than 90 percent of their initial crisis calls, with the child staying at home. During the initial visit or later as a part of crisis stabilization services, the children and families are connected to additional community resources.

The services are provided by licensed mental health professionals (or mental health practitioners under the supervision of a mental health professional) in each county by the following existing mental

health providers: Ramsey County/St. Paul Youth Services Children's Crisis Response, Dakota County Crisis Response Unit, and HSI (Human Services, Inc.) Mobile Crisis Response.

Crisis response and crisis stabilization services are covered by Medical Assistance (MA) and most local major health insurance companies. In Ramsey and Dakota counties services are available to anyone regardless of ability to pay or insurance type. In Washington County, services are dependent on insurance type. To access these services call:

- Ramsey County – 651-774-7000
- Dakota County – 952-891-7171
- Washington County – 651-777-5222

For more information on these services, to set up an in-service training, or to order free East Metro Children's Crisis Service (EMCCS) brochures, contact the EMCCS coordinator at 651-645-3688.

Do you have questions about early childhood mental health?

What do infants need for optimal emotional development? How important is building a strong emotional foundation? Do you find yourself pondering these questions? Well, you're not alone. We have found that lots of people have questions about early childhood mental health. To help answer these questions, MACMH is developing *A Guide to Early Childhood Mental Health*. This exciting new publication will identify and explore some of the many things parents and early childhood professionals can do to ensure that children establish a healthy emotional foundation. Some of the topics covered in the *Guide* (due out this fall) are the basics

of brain development, temperament, maternal depression, supporting healthy emotional development, and descriptions of specific mental health disorders that can occur during infancy and early childhood.

We are also now scheduling trainings based on this upcoming publication. Each training session will provide an overview of early childhood emotional development and a brief description of the mental health disorders that most commonly affect very young children. More specifically, the training includes information about mental health in general, a list of key warning signs, a description of the next steps, and a

discussion about strategies to help children learn developmentally appropriate social and emotional skills. The training will also address the broad range of individual differences in development and emphasize that although every child has a unique pathway of development, parents and caregivers who can recognize the early warning signs of a developing mental health disorder will have a better chance of mitigating the impact of the disorder.

If you are interested in having MACMH present this training to your group, please contact us at 651-644-7333 or info@macmh.org for more information.

From the Bookshelf

Scientists, educators, and even leaders in the business community are focusing more and more on the importance of supporting healthy emotional development during infancy and early childhood as well as the necessity of being able to recognize and address mental health disorders that occur in very young children. To meet this growing interest, MACMH is currently preparing *A Guide to Early Childhood Mental Health*—watch for this publication later in the year. Meanwhile, here are some useful titles we found during our research.

When you buy any of these books from amazon.com by clicking on the link on our website, MACMH will receive a portion of the purchase price. Your cost will stay the same, but MACMH will benefit from your purchase.

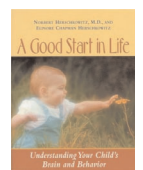
Bringing Up Baby: Three Steps to Making Good Decisions in Your Child's First Years, by Claire Lerner and Amy Laura Dombro, 2005. The authors outline a three-step approach to making decisions that fit your child and your family. According to a summary on the Zero to Three website, Lerner and Dombro explain "how parents can understand their own parenting style and its effect on their child, how parents can observe their child to understand what she/he is feeling and thinking, and how to use those observations to make healthy and effective decisions." Paperback edition available from www.zerotothree.org.



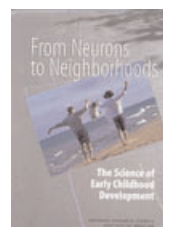
Learning & Growing Together: Understanding and Supporting Your Child's Development, by Claire Lerner and Amy Laura Dombro, 2000. The first parenting book to emerge from research at Zero to Three, the "think tank" for very early childhood, this book covers developmental milestones, temperament, brain basics, and how parents' life experiences affect their parenting. Paperback edition available from www.zerotothree.org.



A Good Start in Life: Understanding Your Child's Brain and Behavior from Birth to Age 6, by Norbert Herschkowitz and Elinore Chapman Herschkowitz, 2004. This clear and thoughtful book for parents demonstrates how intricately a child's early biological and psychological development are intertwined. The authors rely on the latest research to address the most common parental concerns, including the burning question, Is there a 'right way' to parent? Available through the Dana Foundation at www.dana.org/books/.



From Neurons to Neighborhoods: The Science of Early Childhood Development, from the Committee on Integrating the Science of Early Childhood Development and edited by Jack P. Shonkoff and Deborah A. Phillips, 2000. This book presents the research that started a whole new dialogue about the importance of the paying attention to children's development during the earliest years of life. The committee presents thorough, research-based findings on a wide range of topics, including brain development, relationships, childcare, community issues, and interventions. Available through the National Academy of Sciences, National Academy Press, www.nap.edu.



“SuperMe” Classroom Visits

During the spring of 2005, MACMH staff member Matt Jenson visited 38 classes in eight schools to introduce MACMH’s mini-curriculum *SuperMe: A Campaign to End Hurtful Teasing*. Using the superhero theme from the SuperMe booklet’s three lesson plans, Jenson presented lessons that focused on learning about and practicing empathy, discussing the difference between fun, silly teasing and hurtful teasing, and practicing responses to use when being teased.

Creating Their Very Own SuperMe

Jenson began each lesson with a brainstorming session where he asked the students to identify super powers. Some of the most common “powers” the students invoked were invisibility, lifting heavy rocks, lava powers, meat vision (believe it or not, this came up more than once), tornado powers, and running really, really fast. Surprisingly, Jenson reported, none of the students mentioned weapons. In fact, he said, all of the powers originated or emanated from the superheroes themselves, which led groups directly into a discussion about powers that come from within.

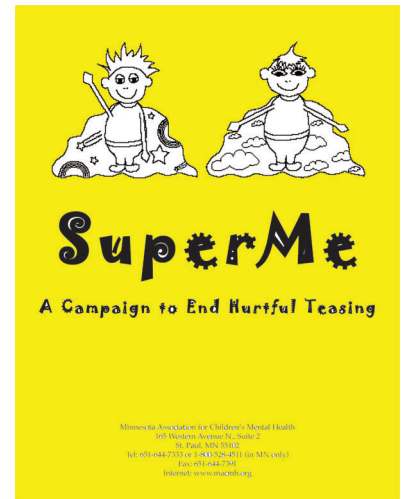
The Power of Empathy

As each lesson continued, Jenson told the students that each of their superheroes had another power—the Power of Empathy. Invariably, Jenson noted, at least one student would scrunch up his face and ask, “What’s THAT?” This allowed Jenson to explore with the children the meaning of empathy, which they came to understand as “the ability to understand how other people are feeling.” Next the group practiced their empathic abilities by reading body language. The group also experimented with understanding how people feel by listening to how they use their voice. Students experimented by saying the same sentence in different ways to see if they could convey different emotions such as happy, sad, frustrated, enthusiastic, or scared. Even though students said the same words, they found they were able to clearly communicate how they were feeling just by varying the tone of their voice.

The Complexities of Teasing

Jenson concluded each lesson by leading the students in a discussion about the more complex topic of teasing. Jenson first asked the students to think about a time they had been teased and reflect about how it felt. As expected, all of the students associated teasing with negative feelings and none thought about teasing as fun or enjoyable. This provided Jenson with a perfect opportunity to talk to the students about how some teasing is actually meant as a way to connect with someone else in a fun way. The group then talked about how they could tell the difference between fun silly, teasing and hurtful teasing.

MACMH is currently looking for funding to continue our classroom visits. If you are interested in scheduling a visit, call or email MACMH (651-644-7333 or info@macmh.org) to be placed on our waiting list. When we secure funding, we will contact you to schedule a visit. To order the *SuperMe* booklet, download an order form from www.macmh.org.



Teachers!

Still need to fulfill your mental health requirement for relicensure?

MACMH, in partnership with throughthebox.com, is offering “Recognizing Early-Onset Mental Health Disorders” online.

For more information:

- visit www.macmh.org and look under Trainings
- call MACMH at 651-644-7333 or 800-528-4511 (MN only)
- e-mail info@macmh.org

Changes in IDEA May Expand Opportunities For Your Child

A new version of the Individuals with Disabilities Education Act (IDEA) was signed into law on December 3, 2004, and took effect July 1, 2005. Changes were made in the following areas:

- the overall definitions and provisions of IDEA,
- requirements for what an IEP must include and how changes are made to an IEP,
- requirements for well-qualified teachers in all programs,
- requirements for research-based instructional programs, and
- the basis for offering transition services.

Because many of the changes have to do with the IEP process, you may wish to re-convene your child’s IEP team and revise any plans written before or during the spring of 2005. For a fuller description of the changes made to IDEA and the subsequent implications, please visit www.macmh.org or call a MACMH advocate at 651-644-7333 or 1-800-528-4511. We will also continue to update the information as we learn more about the implementation of the new law. Other useful sources of information are the Office of Special Education and Rehabilitative Services (OSERS) website at www.ed.gov/about/offices/list/osers/index.html, www.wrightslaw.com, and www.nichcy.org/idealist.htm.

Poster Contest Celebrates 11th Year

Once again, MACMH staff and judges were delighted with the response to our call for posters in support of our 11th Annual Children's Mental Health Poster Contest. This year nearly 700 students from 41 schools throughout Minnesota participated in the contest during the fall of 2004. As in years past, the purpose of the contest is to have children create images that

- convey positive messages about children's mental health for children,
- increase awareness and understanding of children's mental health issues, and
- promote acceptance of peers who have mental health, emotional, or behavioral issues.

Poster Contest Winners Honored

During the opening festivities of MACMH's 2005 Child and Adolescent Mental Health Conference, Dr. Charlotte Ryan presented the five winning artists with their awards. (See sidebar for photos of the winners with their posters.) Each artist received a 2006 calendar featuring their poster's design, a wonderful selection of art supplies from our neighbors at Local Color Art Supply, and Certificates of Commendation from Governor Pawlenty. The artists and their families were also guests of MACMH at the Holiday Inn the evening of the awards ceremony, and they received complimentary passes (provided by the Duluth Convention and Visitor's Bureau) to several Duluth area attractions.

After receiving their awards, the artists delighted conference attendees by autographing copies of their posters, which were then available for purchase during the conference. In addition to the posters, MACMH also adapted Alison Dols' design, "Express Yourself in a Good Way," and featured it on the cover of a writing journal. (Order form is available from our website.)

In addition to the top five artists, the judges also awarded two honorable mentions—these artists received a Governor's Certificate of Commendation, a 2006 calendar featuring their poster's design, and copies of their posters for their classroom.

Classroom Visits

A key element of the poster contest project is the opportunity for MACMH staff members to visit schools throughout the state to discuss the importance of reducing the stigma that surrounds mental illness. This year Wendy Mahoney and Matt Jenson visited several 4th – 8th grade classrooms in Chaska, Mound, Minneapolis, Blue Earth, and Winnebago, Minn. Though their approaches to the classroom visits were very different, each reported a great deal of enthusiasm for the content they presented.

Wendy began her lessons by reading the book *Edward the "Crazy Man,"* which is a story of Edward, a homeless man with schizophrenia who becomes a very successful costume designer due to the help he receives from an understanding friend and his own gift for designing unique clothing. Using this prompt, Wendy engaged the students in a discussion about how using words like "crazy" to describe people with mental health disorder is hurtful. After describing several common mental health disorders, Wendy encouraged the children to share their own stories about friends or family members with mental health disorders. This helped the students to realize that mental health disorders are not something that affects only other people. Wendy also shared with the students a list of celebrities who struggle with mental health disorders—some of the names on the list surprised the students. By the end of the lesson, students said they gained a deeper knowledge of mental health disorders and the need for understanding.

Matt began his lessons by engaging the students in a discussion about stress, its emotional and physical causes and effects, and ways to reduce it. He then led the students through a creative movement exercise in which each student created a gesture that expressed a symptom of stress (for example, frustration, tension, headaches, or stomachaches). Once the students were warmed-up, they talked about how they could read each other's body language to understand how they were feeling. The individual movements were then put together to create a "Stress Dance." Students discussed what it felt like to express others' movements with their own bodies and what it was like to see fellow students perform their movements. At the conclusion of Matt's lesson, students noted that they had a better understanding of the concept of empathy and understood how necessary it is when working to build a healthy community.



Express Your Feelings in a Good Way

Allison Dols, 6th Grade
 New London-Spicer Middle



Don't Explode! Share Your Feelings

Brooke Montpetit, 5th Grade
 New London-Spicer Middle



Good Mental Health Is Not a Puzzle

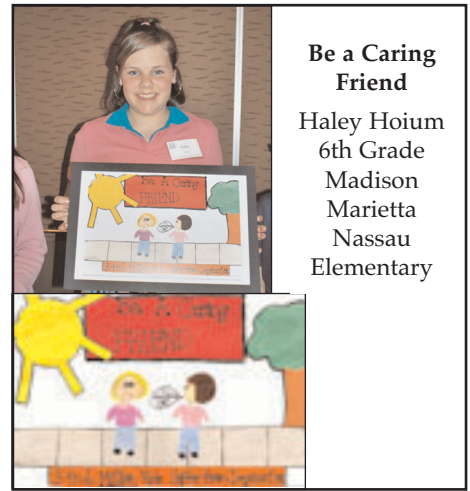
Stina Ostlie, 4th Grade
 Ramsey Elementary

12th Annual Poster Contest

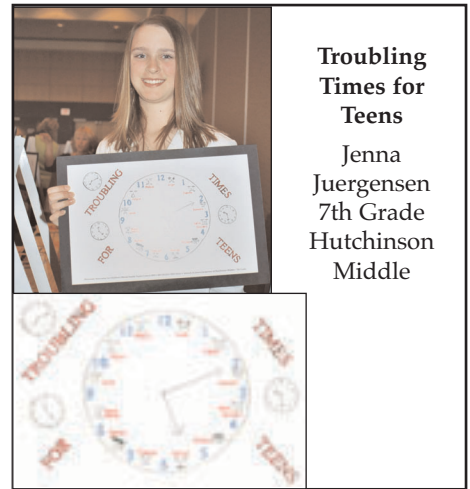
We are pleased to announce the kickoff of the 12th Annual Poster Contest, which will again be open to 4th through 8th grade students. Entry forms and informational packets—which will include a complimentary copy of our recently revised and updated *Classroom Activity Book*—will be available September 2005. Check www.macmh.org for details.

MACMH is currently looking for funding to continue our classroom visits. If you are interested in scheduling a classroom visit, call or email MACMH to be placed on our waiting list. When we secure funding, we will contact you to schedule a visit (first come, first served).

To request a poster contest packet or to be placed on our classroom visit waiting list, please contact MACMH at info@macmh.org or 651-644-7333.



Be a Caring Friend
 Haley Hoium
 6th Grade
 Madison
 Marietta
 Nassau
 Elementary



Troubling Times for Teens
 Jenna
 Juergensen
 7th Grade
 Hutchinson
 Middle

MACMH online

Visit www.macmh.org for all the latest information

MACMH Changes Membership Requirement

MACMH has long benefited from the generous support of its members and other financial supporters. During 2004, however, MACMH's Board began to evaluate whether being a membership organization was the most effective way to serve the parents and professionals who rely on our services.

After reviewing the financial commitment needed to maintain membership services, the Board determined that the costs were limiting our ability to provide our services to the widest possible audience. The Board, therefore, changed MACMH's

status from a membership organization to a non-membership organization, effective February 1, 2005. All current memberships will, of course, be honored until they expire.

MACMH does, however, welcome support from those who are committed to our mission. We invite you to continue to support MACMH financially by becoming a sponsor of our organization.

For more on sponsorships, visit www.macmh.org.

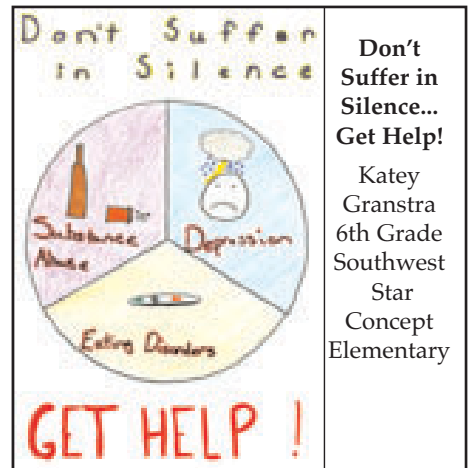
MACMH Board Welcomes Three, Says Goodbye to Two

As with most organizations, MACMH relies on the talents and expertise of many people to accomplish its goal. We have been especially fortunate over the years to have Board members who are dedicated and passionate about our mission. So it is with sincere gratitude and appreciation that we bid farewell to Patricia Buss and Donna McDonald—both have given generously of their time and professional expertise. We thank them both and wish

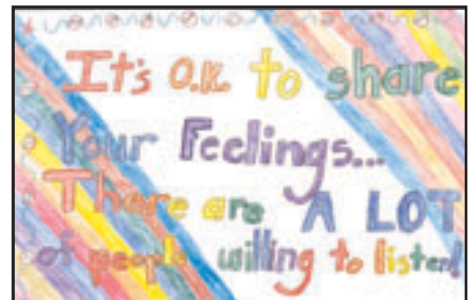
them continued success in their personal and professional endeavors.

While we know neither Donna nor Patty could ever be "replaced," we are pleased to welcome three new members to our Board: Inez Bersie-Mize, Caromyr Figueroa, and Lisa Peterson Moschkau.

For more on our new board members, visit www.macmh.org.



Don't Suffer in Silence... Get Help!
 Katy
 Granstra
 6th Grade
 Southwest
 Star
 Concept
 Elementary



It's O.K. to Share Your Feelings...
 Amber Jansen, 6th Grade
 Renville County West Middle

MACMH Updating Mailing Lists and Going Digital

Every year our mailing list grows—we now have more than 10,000 entries. Some we know are duplicates, others may not be current. In an effort to clean it up, we have sent out postcards asking for any changes or updates. If you are not already in the mail list but would like to be included or perhaps you used to be on our list and no longer receive mailings, please contact the office and we'll set you up. Please know, we do not give out our e-mail or mail lists to anyone!

MACMH's 2005 Annual Conference Wrap-Up

This year the Minnesota Association for Children's Mental Health hosted its 9th annual conference, and the event once again attracted hundreds of people dedicated to providing children with the highest quality mental health care. More than 1,250 people attended this year's conference in scenic Duluth, and many agreed with one conference attendee's assessment that the conference was "the best mental health conference I have attended—I received worthwhile information from every workshop I attended." Other participants noted that it was "another great conference!" and commended MACMH for the "good work!" One conference goer let us know that she "hears from people all around the state how much they need, anticipate, and appreciate this conference." We did have one complaint, however, and that was that people couldn't be two places at once!

The conference featured three keynote speakers, 72 concurrent workshops, and more than 50 exhibits. We also continued our very well-attended Sunday Evening Opening Event, which some attendees recognized as their "favorite part of the conference." This year Dr. David G. Fassler addressed the audience on the topic of his recent book, *Help Me, I'm Sad: Recognizing, Treating, and Preventing Childhood and Adolescent Depression*. The evening's activities also included MACMH's annual children's mental health poster contest awards, 18 informative and interactive poster sessions, delicious hors d'oeuvres, and extensive networking opportunities for parents and professionals.

Monday's keynote address "Dying to be Saved: Strategies for Addressing Adolescents and Violence," delivered by Kenneth V. Hardy, Ph.D., outlined a model for understanding violence in the lives of young children. Dr. Hardy's address recognized that, both as victims and perpetrators, more and more young children have observed, endured, and inflicted acts of aggression and violence that result in deep and traumatic physical, emotional, and psychological scar. Dr. Hardy identified and examined the mental-health related factors that underlie this violence, and he presented ideas about how therapists and other mental health practitioners can address the violence that plagues our young people. Dr. Hardy's words were both timely and poignant in the aftermath of the Red Lake tragedy.

Barbara Strauch, Tuesday's lunchtime keynote and author of *The Primal Teen: What the New Discoveries about the Teenage Brain Tell Us about Our Kids*, drew upon the latest scientific discoveries to make the case that the changes the brain goes through during adolescence are as dramatic and crucial as those that take place in the first two years of life. Conference participants were especially pleased with the way she used anecdotes to illustrate her points and one attendee offered "a mighty thank you to Strauch for writing this incredibly important book, and to MACMH for bringing her here today."

As in years past, MACMH was especially fortunate to receive funding from a variety of agencies to support portions of the conference. We sincerely thank the Miller-Dwan Foundation, Northland Foundation, Abbott Laboratories, Blue Cross and Blue Shield of Minnesota, St. Mary's Duluth Clinic/Health Services, and Shire. We also extend a sincere thank you to the Minnesota Department of Education—the conference was partially funded with federal funds awarded to MDE through the grant entitled, Special Education—Grants to States, CFDA 84.027A. In fact, their scholarship dollars provided funding for 77 parents to attend the conference. Several other agencies and collaboratives also provided much needed support for parents to attend. (For a complete list of MACMH 2005 conference sponsors, see next page).

Plans for the 2006 conference are underway—we will post details on our website as they become available.



The six photos on the right are from our Sunday Evening Opening Event.

Conference Scholarships

For several years parents have eagerly read this notice in our newsletter to learn how and when they would be able to apply for a scholarship to attend MACMH's annual conference. This year, unfortunately, we have to convey a different message. The funds that we have relied on to provide scholarships for the past several years are no longer available; therefore MACMH will not be able to offer parent scholarships for the 2006 MACMH Child and Adolescent Conference. We are extremely disappointed that we cannot offer these scholarships because we know how much the families we support value the information they gain and the connections they make at the conference.

If you are a parent who was planning to apply for a scholarship to attend the 2006 MACMH Child and Adolescent Conference, please read on for suggestions of where you might find funding.

- You can request funding from your child's school. Ask the Special Education Director in your district about possible funds set aside for parent training. Also try the PTA.
- CADI, MR/RC and Consumer self-directed waiver dollars can be used to fund the conference fee and possibly some associated expenses. Be sure to contact your social worker early so the funding is included in your annual budget.
- Try contacting your local Children's Mental Health Collaborative, Family Service Collaborative, Local Advisory Council (LAC), Local Coordinating Council (LCC), and other local parent organizations. In fact, if you get involved now you can campaign for scholarship money to be part of the group's annual budget. For phone numbers and contacts at these organizations call MACMH.
- Many corporations have local community support programs. For example, try calling your local Wal-Mart, Target, Cub Foods, or Rainbow Foods! Ask to speak to a manager who should be able to tell you about their giving program.
- Contact your church, synagogue, mosque, or other religious organization.
- Try local civic organizations such as the American Legion, VFW, Elks Club, and Masonic Lodge. Many of these groups are involved in children's causes. These organizations are often more willing to give if you offer to "report back" on your experience—this also opens up another opportunity to spread awareness about children's mental health.
- Ask your insurance company to contribute to your cost. It may be a slim chance, but a good idea. Make the case that your access to the information and resources presented at the conference is preventative care they should subsidize, just like they offer discounts on exercise programs and other preventative care.

Some organizations like to see materials about the conference to help them decide if they want to offer funding. If you need any such materials, please visit our website or contact our office. We wish all parents much success in securing funding and look forward to a lively and informative 2006 Child and Adolescent Mental Health Conference.

Save the Dates!
April 30 to May 2

2006 MACMH's
Child & Adolescent Mental Health Conference

Ensure you receive your copy of the brochure by signing up for our mailing list.

Thank You Conference Sponsors

Parent Scholarship Sponsors

Dakota County Children's
Mental Health Collaborative
HSI (Human Services, Inc.)
of Washington County
Suzanne Miller
Minnesota Department of Education
MPLN
(Minnesota Parent Leadership Network)
MACMH's Parent-to-Parent Programs
Deb Plumley
Beth Prewett
Ramsey County Children's
Mental Health Collaborative
Stevens Community Medical Center

Sunday Opening Event Sponsors

Abbott Laboratories
Blue Cross and Blue Shield
of Minnesota
Miller-Dwan Foundation
The Northland Foundation
Shire
St. Mary's/Duluth Clinic Health System

Thank You Conference Volunteers

Patti Aus
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Jo Thompson
Tovarich Bourne
Julie Bram
Amy Ortega
Christine Carney
Kathy Dewey
Wendi Eliason
Chuck Willert
Betsy Fish
Louise Goetz
Linda Hansen
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Mary Visneski
Loretta Nitsche
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April Gonzales Moeller
Darlene Morgan
Mary Beth Schafer
Marcus Schmidt
Victoria Olayinka
Rebecca Gustafson
Teresa Lamo-Nelson
Lisa Peterson Moschkau

MACMH Training Services Reaches Educators Across Minnesota

MACMH Training Services (MTS) is off to a great start. This newly created division of MACMH offers timely and relevant trainings to parents, educators, and other professionals who work with children and adolescents who have mental health disorders. These fee-for-service trainings are offered on a variety of mental health issues.

Since its inception in January 2005, MACMH Training Services staff have provided trainings throughout the state on the important subject of "Recognizing Early-Onset Mental Health Disorders: Key Warning Signs and Next Steps for Educators." Designed specifically to meet the requirements for teachers who are renewing their continuing license, MACMH hosted several regional sessions; these were held in Monticello, Eagan, Rochester, and Marshall, Minn. Several school districts have also scheduled district-wide trainings as well as trainings for staff in specific schools within their districts. Through these trainings, more than 1,000 school personnel have received valuable information about the continuum of mental health, key warning signs of mental health disorders, the educational implications of such disorders, and the next steps educators can take to address these issues.

MACMH has also had great success collaborating with Metro ECSU to provide a training session in the metro area. This training, held on April 26th in Golden Valley, was well attended and greatly appreciated by many metro-area educators. Another partner MACMH has worked with to make this content available to educators throughout the state is Through the Box, Inc., a specialist in offering on-line courses in professional development. The on-line course, which takes about 2 hours to complete, works especially well for those people whose schedules don't permit them to travel to various workshop sites. Both collaborative efforts have been proved beneficial for everyone involved.

For additional information about upcoming trainings, please visit www.macmh.org, or to schedule a training contact MACMH's Training Coordinator at 651-644-7333 or 800-528-4511.

MACMH Training Services

Fall 2005 Parent and Professional Workshops

Parent Workshops

Early Warning Signs of Mental Health Disorders

- September 20, Maple Grove
- September 27, Chaska
- September 29, Shoreview

Brain-Based Parenting: How Science Can Help Us Parent Our Very Challenging Children

- October 4, Maple Grove
- October 6, Shoreview
- October 11, Chaska

Professional Workshops

Brain-Based Parenting: A New Approach for Your Clients With Very Challenging Children

- October 25, Location TBD
- November 3, Location TBD

Visit www.macmh.org for more information about the workshop fees, dates, and locations or to download a registration form. Questions? Call 651-644-7333 or 800-528-4511 (MN only). Space is limited so register early!

Personalized Trainings

MACMH Training Services also provides trainings for any size group—you choose the topic and location and we'll provide the training. Following are some of our most frequently requested topics:

- Basic information on children's mental health disorders
- How mental health disorders affect a student's behavior and ability to learn
- Early-onset and understanding key warning signs of mental health disorders
- Classroom strategies, accommodations, and modifications
- Skills and understanding toward building positive relationships with parents



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