

# Networker

Minnesota Association for Children's Mental Health

Volume 15

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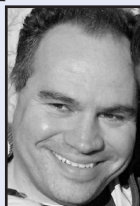
## MACMH's 2006 Child and Mental Health Conference

April 30, May 1, and May 2, 2006 • Duluth Entertainment Convention Center • DECC

### Featured Speakers

**L. Read Sulik, MD**

*Sunday Evening  
Keynote*



**L. Read Sulik, MD**, is the Medical Director of Child and Adolescent Psychiatry of St. Cloud Hospital Behavioral Health Services where he oversees the development of inpatient and outpatient psychiatric programs for children and adolescents. In his Sunday Evening address entitled "Understanding and Promoting Mental Health in Our Children," Dr. Sulik will present a thought-provoking overview of what is meant by mental health and how we can better promote the development of mental health, wellness, and even "mental fitness" in our children.

**Charlie Appelstein, MSW**

*Monday Keynote*



**Charlie Appelstein, MSW**, has worked with troubled children and youth for more than 25 years. Robert Lieberman, former president of the American Association of Children's Residential Centers, calls Charlie the "best youth care trainer in America." Warm, funny, and inspiring, Charlie brings great passion to the podium and will leave you with ready-to-use insights and tools that will make a difference. Charlie has authored three youth care books that are widely used within the field. His keynote address is titled "The Glass Ain't Full, Heck It's Overflowing!: The Power of a Strength-Based Environment in Reshaping the Lives of Troubled Children and Youth."

**Bebe Moore Campbell**

*Tuesday Luncheon  
Keynote*



**Bebe Moore Campbell**, novelist and journalist, is the author of several *New York Times* bestsellers, including her latest novel, *72 Hour Hold*. In this provocative novel, Campbell explores our culture's treatment of mental illness through the story of one mother's desperate attempt to save her manic-depressive teenaged daughter. Campbell's interest in mental health was also the catalyst for her first children's book, *Sometimes My Mommy Gets Angry*, for which she received the NAMI Outstanding Literature Award for 2003. Her other bestselling books include *Brothers and Sisters*, *Singing in the Choir*, and *What You Owe Me*. Campbell is also a regular commentator on NPR's Morning Edition, and she has written articles for *Essence*, *Ebony*, *The Los Angeles Times*, and several other publications.

MACMH  
Training Services  
PRESENTS

## Treating Challenging Disorders

Professional Development Opportunities  
for Every Schedule  
Attend 1, 2, 3, or all 4!

February 28, 2006

8:30-11:30 AM

**SESSION I: Effective Strategies for  
Dealing with Hard to Reach Youth**  
**L. Read Sulik**

1:00-4:00 PM

**SESSION II: Beyond Rewards and  
Consequences**  
**Sheila Merzer**

March 1, 2006

8:30-11:30 AM

**SESSION III: Preventing and Intervening:  
Body Image, Eating, and Weight Concerns**  
**Kathy Kater**

1:00-4:00 PM

**SESSION IV: Self-Injurious Behavior in  
Adolescents: Review of Etiology and  
Treatment**  
**Nicole Larson**

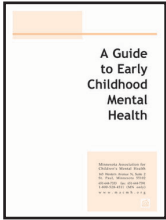
Monticello Community Center

February 28 – March 1, 2006

For more information and other trainings visit [www.macmh.org](http://www.macmh.org)



## A Guide to Early Childhood Mental Health Now Available



In 2002, MACMH published *A Teacher's Guide to Children's Mental Health* so that educators of children ages 5–18 would have accurate, reliable, and easy-to-understand information

about children's social and emotional development. Ever since that publication, we have been asked by early childhood professionals when there would be a comparable publication that addressed the healthy social and emotional development of children ages 0–5. We are pleased to announce that such a guide is now available!

Our latest publication, *A Guide to Early Childhood Mental Health*, presents information about the importance of healthy social and emotional development and emphasizes the need for early intervention when a problem does become apparent. The early childhood guide, because it recognizes that mental health exists on a continuum, examines both the common, everyday concerns that caregivers address on a daily basis (such as aggressive

behavior, eating, and temper tantrums), but it also provides detailed information about what to do when a caregiver becomes concerned that a child might be exhibiting symptoms of a mental health problem.

The *Guide* also describes the most common mental health disorders experienced by children ages 0–5 and provides effective strategies and resources to help childcare providers respond appropriately and effectively to the children in their care.

Although the book is written primarily to early childhood care providers, we hope it will also be useful for parents and other caregivers. In fact, we had several parents review a draft of the book and they commented that the "Common Concerns" sections and the mental health disorder fact sheets were especially informative. To order a copy, visit [www.macmh.org](http://www.macmh.org) where you can download an order form.

### Thanks to All Those Who Helped Make This Guide Possible!

As we set about to write *A Guide to Early Childhood Mental Health* we knew we would need the support and expertise of many people. Funding from the Minnesota Department of Education (MDE) made much of this publication possible and Kate Shields Stenzinger took on the task of researching and writing much of the text.

We were also fortunate to have several professionals in the field of early childhood mental health contribute both their time and expertise to the project. Thanks to Terrie Rose, Ph.D., L.P.; Tonya White, pediatrician, psychiatrist, and assistant professor of psychiatry at the University of Minnesota; Glenace Edwall, Psy.D., Ph.D., L.P. and director of Children's Mental Health at the Minnesota Department of Human Services; and L. Read Sulik, M.D. and medical director of Child and Adolescent Psychiatry of St. Cloud Hospital Behavioral Health Services.

## Mental Health Day on the Hill

Let your voice be heard! March 28, 2006

- 10:00 a.m. Legislative Briefing: Christ Lutheran Church, 105 University Avenue W, St. Paul (note NEW location)
- 12 noon Rally: Rotunda of the Capitol
- 1:00 p.m. Visit with your Legislators

Come to the Capitol and demonstrate your support for increased funding and improved policies for mental health services. We need access to healthcare services and medication, more affordable housing, employment opportunities, community mental health services, and family supports. We need better educational outcomes and fewer people ending up in the criminal justice system due to untreated mental illness. Let's advocate for children, adolescents, adults, and families.

Please call ahead and make appointments with your legislators. For more information, go to [www.leg.state.mn.us/leg/Districtfinder.asp](http://www.leg.state.mn.us/leg/Districtfinder.asp) and click on "who represents me," then enter your address. Also invite your legislators to attend the rally. For more information, call the Mental Health Association of Minnesota at 612-331-6840 or 1-800-862-1799; or call the National Alliance on Mental Illness (NAMI) of Minnesota at 651-645-2948 or 1-888-473-0237.

Sponsored by the Mental Health Legislative Network

## MACMH's 2006 Outstanding Service Award

Each year MACMH recognizes a family member or professional for their work on behalf of children with mental health needs. This year the MACMH Board of Directors has decided to recognize a teacher for the Outstanding Service Award. The winner will be announced at MACMH's 2006 Child and Adolescent Mental Health Conference held in Duluth, Minnesota, April 30 – May 2, 2006.

**Award Criteria:** The Outstanding Service Award will be given to a Minnesota teacher who works with children ages 0–21 in a general or special education setting. The teacher must demonstrate compassion, creativity, and courage in their work educating children with mental health needs or disorders.

**How You Can Nominate a Special Teacher:** Write a statement of support—based on the award criteria—telling us why you are nominating this teacher to receive the 2006 Outstanding Service Award. There is no page limit, but please be concise.

**How to Submit Your Nomination:** Send your statement of support along with your name and address as well as the name and address of the person you are nominating to MACMH at 165 Western Avenue N, St. Paul, MN 55102; or fax it to 651-644-7391. Nominations are due by April 11.



## MACMH Training Services Offers Two-Day Seminar February 28-March 1

MACMH Training Services (MTS) will host a two-day seminar, "Treating Challenging Disorders," beginning February 28. This series of workshops will address several specific disorders that are sometimes difficult to treat. Dr. L. Read Sulik, Medical Director of Child and Adolescent Psychiatry of St. Cloud Hospital Behavioral Health Services, will lead off the seminar with "Effective Strategies for Dealing with Hard to Reach Youth." In his presentation, Dr. Sulik will discuss Attention-Deficit/Hyperactivity Disorder (AD/HD) and Oppositional Defiant Disorder (ODD) and describe strategies he uses when working with oppositional, defiant, and hard to reach youth. Dr. Sulik's overall goal for the workshop will be to guide professionals to develop strategies (beyond consequences) that successfully deal with these especially complex mental health problems. He has found that by emphasizing a whole-family approach in his treatment of these disorders, he can help family members understand how certain responses to problems with self-regulation can sometimes lead a child with AD/HD or ODD to develop oppositional behaviors.

The afternoon workshop, "Beyond Rewards and Consequences," will be presented by Sheila Merzer, a licensed psychologist in private practice. Her presentation will broaden participants' awareness of the multiple factors that can contribute to challenging behaviors in children who have a wide range of mental health and developmental issues. Understanding these factors leads to management and teaching strategies that go beyond the traditional "motivational" use of rewards and consequences and are often far more successful.

The second day, March 1, will begin with "Preventing and Intervening: Body Image, Eating, and Weight Concerns" by Kathy Kater, a LICSW who has specialized in the treatment of body image and eating disorders for over 20 years. In this workshop Kater will present a comprehensive prevention curriculum that was designed to address weight-related attitudes and reduce the risk factors for disordered eating in pubescent children. Participants will learn to deal with the challenges that today's youth face, such as unhealthy body images, eating, and weight problems.

The afternoon presentation on March 1, "Self-Injurious Behavior in Adolescents: Review of Etiology and Treatment," will be given by Nicole Larson, a Registered Nurse in the Child/Adolescent Behavioral Health Department at Abbott Northwestern Hospital. This workshop will address the rapidly growing epidemic of self-injurious behavior among adolescents. The adolescent years pose many difficulties and challenges for teens. As a way of coping with complex feelings, teens are increasingly engaging in self-injurious behaviors. This workshop will review the history and etiology of self-injurious behavior as well as accompanying diagnoses, common forms of self-injury, and various treatment options available for teens who use this negative coping skill.

To find out more information (as well as registration information) about MTS workshops, visit [www.macmh.org](http://www.macmh.org) or call the MACMH Training Services Coordinator at 651-644-7333.

## Ross Greene Kicks Off New Year for MACMH Training Services

MACMH Training Services (MTS) kicked off a new year of workshops and programs by hosting the widely acclaimed author and child psychiatrist, Dr. Ross W. Greene on January 19. During this full-day workshop Dr. Greene, using the framework described in his recent book *Treating Explosive Kids*, guided mental health professionals in successfully implementing his collaborative problem-solving approach when treating "explosive kids."

Dr. Greene's message and method were well-received by the more than 250 workshop attendees. One participant summed up the presentation this way: "Dr. Greene is so skilled as a presenter and adept at applying his principles to real-life situations." After the presentation, participants had an opportunity to chat with Dr. Greene as he signed copies of his new book.

## Minnesota Department of Education Names New Director of Special Education Policy

Barbara Troolin has been named Director of Special Education Policy at the Minnesota Department of Education (MDE), effective January 2, 2006. Dr. Troolin is committed to a strong and effective system of early intervention for young children and their families throughout Minnesota.

Most recently Dr. Troolin served as the Director of Special Services with the South Washington County Public Schools. Before that time, she was the Manager of Monitoring and Compliance at the Minnesota Department of Education.

## Mail List Updates

Thank you to everyone who sent back their post card with mail list updates. We have updated more than 2,000 entries! If you still have your card, feel free to return it—we are always looking to update more entries.

If you have previously received e-mails from us but are not currently, please e-mail [info@macmh.org](mailto:info@macmh.org) and put "add to e-mail mail list" in the subject line so we can get you back into our e-mail list.

If you are not on our e-mail list but would like to receive e-mail notices of our upcoming events, please e-mail [info@macmh.org](mailto:info@macmh.org) and put "add to e-mail mail list" in the subject line.

*Please Note: To receive e-mails from MACMH, be sure to add [macmh.org](http://macmh.org) to your safe list and address book.*





## The Parent-To-Parent Program in Cultural Communities

Several years ago MACMH began to receive a growing number of requests from different communities to develop culturally specific Parent-to-Parent Programs. In response to this community interest and with support from The Saint Paul Foundation, The Minneapolis Foundation, and the Blue Cross Blue Shield of Minnesota Foundation, we began Parent-to-Parent pilot programs in Hispanic, African American, Somali, and Hmong communities. During the past two years, these programs have served more than 100 parents of children with mental health disorders.

To establish these programs, MACMH, as the sponsor organization, worked with members from each of the interested communities to begin the process of building self-sustaining parent support and advocacy groups. We found that the most effective way to start a Parent-to-Parent group is to collaborate with a community-based organization within each of the cultural communities. Once a host organization is found, a facilitator—who has experience working with parents and is knowledgeable about children's mental health—begins to work with the parents to build trust and to bridge cultural gaps so that parents are better able to understand the mental health care systems they need to navigate to get the services they need for their children. Together with the host organizations and facilitators, MACMH has, in just two years, successfully established safe and culturally sensitive environments where parents are building strong relationships with other families and receiving the education and resources they need to advocate for and support their children.

While it has taken time and persistence to build trust and bridge cultural views on mental health, the parents who are participating in the Parent-to-Parent groups are now more able to understand children's mental health problems from a western standpoint, and they are also able to reconcile western views and practices with their own cultural background. Additionally, parents are beginning to understand the nature of American schools and the mental health care system.

Though each of the groups established has made enormous progress and is well on its way to becoming self-sustaining, they still need guidance and support to continue to build on the foundation that was established during the pilot phase. Our organization's role now is to find continued funding to support each group until it is truly ready to be independent.



## Barbara Schneider Foundations Hosts C.I.T. (Crisis Intervention Team) Training in February – Improving Mental Health Response in Minnesota

The Barbara Schneider Foundation (BSF) and the Minneapolis Police Department (MPD) have been working together to improve mental health crisis response since June 2000 when Barbara Schneider, who had bipolar disorder, died in a tragedy that they both vowed to never let happen again. To further this effort, the Barbara Schneider Foundation is sponsoring the First Annual Minnesota CIT (Crisis Intervention Team) Conference on Monday, February 27, at the Holiday Inn Select in Bloomington, Minnesota. This one-day conference is being organized in cooperation with the Burnsville Police Department and MPD's CIT Unit.

The conference will be an opportunity for law enforcement leadership and officers from around Minnesota to learn more about the CIT model. It will also be an opportunity for stakeholders in mental health crisis response from health care, mental health, courts, criminal justice, and corrections to learn more about CIT and have a chance to develop stronger relationships with law enforcement to improve the response to those in mental health crisis in their communities.

The one-day conference will include exciting speakers on CIT training, the overlap of mental health and public safety response, communication, and de-escalation skills. A highlight of the day will be a demonstration of role-playing by Crisis Company actors that simulate mental health crisis response scenarios and response techniques and strategies that are used in CIT training. This day-long conference will serve as the first day of a 40 Hour CIT Training that will continue Tuesday–Friday of the same week.

The fee for the First Annual Minnesota CIT Conference on February 27 is \$75 (\$65 for those who register before February 1) and includes all presentations, lunch, afternoon snack, and free parking. The fee for the 40 Hour CIT Training is \$400 and includes the Monday conference plus the Tuesday–Friday training, lunch all five days, free parking and all training materials and presentations. For more information, call Mark Anderson, Executive Director, Barbara Schneider Foundation at 612-801-8572, or call Officer Paul Gillies, Minneapolis PD CIT Coordinator at 612-673-5776.



## The Jordan Bot Memorial Fund

In September 2005 MACMH received a generous financial contribution from more than 80 family members and friends in memory of Jordan Charles Bot, who died at the young age of 24.

In life, Jordan is remembered by his sister Erin as someone who "understood that he was dealt a lot of obstacles but never let any of them keep him from reaching for the stars." To his parents, Fran and Joan Bot, Jordan was "a talented and valued young man whose wide beautiful smile, his blue eyes, his love of animals, his place in our family, his gentleness, leaves a huge hole in our lives."

Throughout his life, Jordan's parents confronted enormous obstacles to find appropriate services and support for their son who, though he faced many learning and developmental challenges, pursued his passion for simulating, operating, and building and modifying machines. In establishing a memorial in their son's name, the Bots' sincerest wish is for others to "Please remember our son." Their hope is that the memorial established to honor Jordan's memory will "be used in direct service to parents and children to provide adequate and appropriate mental health services" because, the Bots believe, "no parent and no child should have to struggle so hard to receive appropriate services."

The Jordan Bot Memorial fund will be used provide trainings that help parents learn how to find adequate and appropriate mental health services for their children.

*If you are interested in contributing to MACMH's parent trainings, please send your donation to MACMH at 165 Western Avenue N, Suite 2, St. Paul, Minn. 55102. Please write "parent training" in the memo line.*

### In Memory of Jordan Bot

1981-2005

**Minnesota Association for Children's Mental Health** would like to thank the following people. Your memorial contributions will be used in direct service to connect parents and children with adequate and appropriate mental health services.

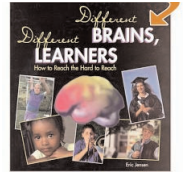
- |                                 |                             |
|---------------------------------|-----------------------------|
| Donald and Mary Ann Alcorn      | Gary and Joan La Voy        |
| Tim and Caroline Alcorn         | Bertha Laleman              |
| Jeff and Lois Bartz             | Corrine Lantgen             |
| John and Paulette Bauer         | Charles and Lavonne Lutz    |
| Martha Beck                     | Bruce Maeyaert              |
| Gaylen and Karen Bierman        | Ronald and Margaret Mann    |
| Ed and Marie Rose Boerboom      | Don and Rosita Miller       |
| Mark and Jo Boerboom            | Keith and Margaret Moat     |
| Ken and Alyson Bossuyt          | Leon and Ida Moser          |
| Arnold Bot                      | Jim and Mary Muchlinski     |
| Ben and Jan Bot                 | Wade and Terri Myhre        |
| Bruce and Juanita Bot           | Jules and Marlene Noyes     |
| Carl and Kim Bot                | Ray and Colleen Noyes       |
| Fran and Joan Bot               | Gary and Sandy Nuytten      |
| Neal and LeaAnn Bot             | Duane and Linda Oftedahl    |
| Raymond Bot                     | Tom and Gina Pederson       |
| Rick and Ruth Bot               | Bob and Arlene Polejewski   |
| Paul and Julie Choudek          | Jim and Gail Polejewski     |
| Howard and Mary Ann Christensen | Marlene Polejewski          |
| Roger and Deanna Coudron        | Butch and Jeannie Polman    |
| Cory and Amber Crowley          | Karl and Shirley Porisch    |
| Gary and Nancy Crowley          | Carol Przymus               |
| Betty DeVos                     | Joe and Brianna St. Aubin   |
| Edward and Violet DeVos         | Leo and Donna Schlumberger  |
| Sophia DeVos                    | Harlan and Carol Schwerin   |
| Matt and Donata Debruycker      | Marty and Tracy Seiffert    |
| Jack and Bev Dempsey            | Don and Mary Snorek         |
| Emerence Derynck                | Rob and Sharon Snorek       |
| Greg and Cheri Derynck          | Doug and Lois Spanton       |
| Florence Determan               | Dale and D'Ete Spies        |
| Marvin and Linda Determan       | Harold and Fran Stienessen  |
| Tom and Pat Determan            | Marie Stoks                 |
| William and Diane Doom          | Paul and Joanne Stoneberg   |
| Bob and Karen Egly              | Greg and Nadine Taylor      |
| Pete and Mary Janssen           | Joe and Cathy Theuninck     |
| Donna Johnson                   | Pat and Karen Van Keulen    |
| KARE (Kids Are Really Equal)    | Randy and Kathy Van Leeuwe  |
| Duane and Barbara Kerr          | Bernie and Louise Van Moer  |
| Dave and Jean Kimpe             | Tammy Van Moer              |
| Morgan and Margaret Kjer        | Ed and Bea Van Nevel        |
| Neil and Cindy Klapperich       | Tom and Jan Vandendriessche |



## On the Bookshelf, Winter 2006

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.

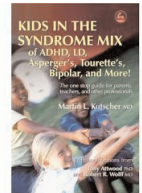
*Different Brains, Different Learners: How to Reach the Hard to Reach* by Eric Jensen, 2000. Jensen is an educator who has built his career on interpreting modern brain research in the context of the classroom. This slim volume concentrates on the learning difficulties of students with common mental health disorders and related conditions including dyslexia and learned helplessness. His suggestions are often simple, sometimes provocative, and always focused on the concept that every student can learn. Jensen's work is useful for parents as well as educators.



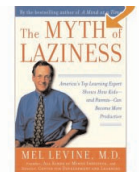
*Hope and Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma* by Kathleen Fitzgerald Rice and Betsy McAlister Groves, 2005. This book discusses the losses experienced by children who have faced trauma and the power of connections to develop resiliency and recovery. The authors also address the "invisible losses that can occur when children don't find order in the turmoil that surrounds them, don't find the care they need from traumatized parents and communities, and don't feel certain that they will be safe from harm."



*Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More!: The One Stop Guide for Parents, Teachers, and Other Professionals* by Martin L. Kutscher, with contributions from Tony Atwood and Robert R. Wolff, 2005. This is the first book to buy if the doctor has just added a second or third diagnosis for your child, or if you have a friend whose child has just been diagnosed. Dr. Kutscher has done a great job of meeting his goal, which was to write the "one-stop guide for parents, teachers, and other professionals." Most valuable are the first two chapters—they provide remarkable summaries of the process of evaluation and the general principles of treatment. Chapter 2, "Principles of Treatment," is a must-read for anyone who raises or works with children because it summarizes techniques and strategies for changing behavior patterns typical of children who experience these syndromes. Though it challenges many firmly held assumptions about why kids do what they do, the chapter is clear, easy to understand, and friendly in tone. In addition to the disorders included in the title, Kutscher, a pediatric neurologist, also covers anxiety and obsessive-compulsive disorders, sensory integration dysfunction, depression, oppositional defiance disorder, and central auditory processing disorders. There is also a full chapter on medications, a behavioral checklist, information on executive functioning, and a list of resources.



*The Myth of Laziness* by Mel Levine, 2004. Mel Levine, professor of pediatrics and author of the acclaimed book *A Mind at a Time*, tackles the problem that occurs when children's learning differences—such as inefficient handwriting, memory problems, as well as problems with organization and verbalizing thoughts—are seen as failures of student "output." Levine recognizes that these learning differences stem from neurodevelopmental problems and he compares these students' problems to the damage done to the heart muscle when it must strain to keep up with the expected output to the body: "We don't call a failing heart lazy," he says. Levine uses case studies to explain various deficits and outlines both successful and unsuccessful interventions. He also includes charts that are useful when assessing skill levels in the various output areas.



## Conference Scholarships No Longer Available Due to Funding Cuts

For several years, parents have looked to MACMH for scholarships to attend our annual conference. This year, unfortunately, we have already exhausted our conference scholarship resources for the 2006 Child and Adolescent Mental Health Conference. We are extremely disappointed that we cannot offer more scholarship assistance 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 conference, please read on for suggestions of where you might find funding.

- Some money has been set aside in Dakota County and in Washington County to pay partial costs for parents attending the 2006 MACMH conference. For information on Washington County funding, contact Jenny Tobin at 651-351-3120. For information about Dakota County funding, contact Dorothy at 651-455-1508 or Suzette Scheele at 651-645-2948.
- Both Dakota County and Ramsey County have announced the availability of one-time grants to help children with E/BD or SED supplement their formal treatment plans. In some cases, it may be possible to use this money to cover the costs of attending the 2006 MACMH conference. Dakota County parents who are interested should contact Suzette Scheele at 651-645-2948; Ramsey County parents should contact Marilyn Lucas at 651-291-4687 for information.



## On the Bookshelf, Winter 2006 (continued)

*Peace Quest* by Kelly Guinan, 2002. Teachers or parents wishing to teach tolerance, peacekeeping, and self-esteem will want to review this book of activities. Many of the activities are suitable for adults as well as children, and the activities provide a wide variety of ways to discuss and share personal feelings. This is a nice companion to MACMH's newly revised *Classroom Activities* book.



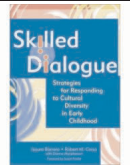
*Poems to Learn to Read By: Building Literacy with Love* by Betty S. Bardige and Marilyn M. Segal, 2005. Segal, a leader in preschool education and the early development of children with disabilities, shares a collection of poems designed for young children and the adults who love them. The book also offers information and ideas about how the verses can help children manage strong emotions, strengthen language learning, build literacy skills, and enhance relationships.



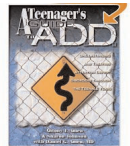
*Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In – When to Worry and When Not to Worry* by Perri Klass and Eileen Costello, 2003. Written by two pediatricians, this is a simple and reassuring guide about kids who are a little or a lot different. The doctors focus on the process of working with children who are on the autism spectrum as well as those who have nonverbal learning disabilities, sensory integration disorders, and mental health disorders. This book would be good reading for a parent who is concerned about their child's behavior but is not certain whether their child needs intervention and support; it would also be useful for someone who is just entering the world of evaluations and acronyms.



*Skilled Dialogue: Strategies for Responding to Cultural Diversity in Early Childhood* by Isaura Barrera with Robert M. Corso and Dianne Macpherson, 2003. This book presents a field-tested model for improving family/professional interactions, assessments, and interventions by working to improve cultural understanding and challenges of diversity. It also includes guidelines on using interpreters and offers information to help differentiate between behaviors that may be caused by trauma and those that may reflect cultural differences.



*A Teenager's Guide to ADD: Understanding and Treating Attention Deficit Disorders through the Teenage Years* by Antony J. Amen and Sharon Johnson with Daniel G. Amen, M.D., 2005. Teen authors and a leader in the field of neuroimaging explain ADD and handle difficult issues such as relationships, anger, driving, and drugs and alcohol. "These are real stories about real teenagers that will both inspire you and touch your heart," says one specialist who is using the book in her practice.



## Conference Scholarships (continued)

- 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 health 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 information about the conference to help them decide if they want to offer funding. You can download a Report of the 2005 Conference and a Funding Request Fact Sheet from our website that will give potential funders a clear idea of the costs associated with attending the conference. Go to [www.macmh.org](http://www.macmh.org) and click on "2006 Conference."

We wish all parents much success in securing funding and look forward to a lively and informative 2006 Child and Adolescent Mental Health Conference.



### MACMH Staff

Deborah Saxhaug  
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L. Read Sulik, MD

Tonya White, MD



Minnesota Association  
for Children's  
Mental Health

165 Western Avenue N, Ste. 2  
Saint Paul, MN 55102

Phone: 651-644-7333  
800-528-4511  
Fax: 651-644-7391  
www.macmh.org  
info@macmh.org

## MACMH's 2006 Child & Adolescent Mental Health Conference

### Sunday Evening Events

April 30 • Harborside Ballroom • DECC

4:30 – 7:30 pm

Early Registration

No waiting in line Monday morning!  
(On-site conference registration available, space permitting.)

5:00 – 6:30 pm

Welcome • Recognitions • Keynote

Speaker – L. Read Sulik, M.D.

Dr. Sulik will present *Understanding and Promoting Mental Health in our Children*, a thought-provoking overview of what is meant by mental health and how we can better promote the development of mental health, wellness and even "mental fitness" in our children.

6:30 – 8:30 pm

Poster Sessions • Hors-d'Oeuvres

*This year – new expanded location!*

A unique opportunity to speak one-to-one with presenters, gather materials and information, and connect with other conference attendees. Visit [www.macmh.org](http://www.macmh.org) for an up-to-date list.

### Everyone Welcome!

**In Concert with Nature**

wildlife photography by  
**Jim Brandenburg**

music by **Michael Monroe**

**A benefit for the Minnesota Association for Children's Mental Health**  
Monday, May 1 at 7:30 PM Reception and raffle at 6:30 PM Duluth Entertainment Convention Center