

41 Minnesota Thrive Initiative: Promoting Healthy Social and Emotional Development of Our Youngest Children

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The Minnesota Thrive Initiative is implementing community-driven solutions for infant and early childhood mental health in six pilot sites in greater Minnesota. Hear Thrive Action Team Managers describe their unique local plans for expanding access, improving service, and putting a continuum of care into their communities. Learn what you can do in your community!

Lin Backstrom, MS, Early Childhood Specialist—Northwest MN Foundation & **Lynn Haglin**, MA, Vice President and Kids Plus Dir.—Northland Foundation

42 Asperger's Disorder from Early Childhood to Young Adulthood

All
This session will review the main features and life course of Asperger's Disorder from preschool years through young adulthood. Complicating condition's of anxiety, ADHD, tics, OCD, and learning disabilities will be discussed, as well as new information from genetics and brain science that is offering treatment strategies.

Susan C. Jenkins, MD, Child and Adolescent Psychiatrist—Bluestem Ctr. for Child and Family Development

43 My Adolescent is Self-Injuring/Suicidal: How Can DBT Help?

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This workshop will discuss self-injury, suicidality, and disorders of emotional regulation. Parents will learn the basics of an authentic Dialectical Behavior Therapy (DBT) program and how it can help their child. They will be led through a mindfulness activity and introduced to each of the sets of skills learned in adolescent DBT.

Jaime Monson, MSW, LICSW, Mental Health Therapist & **Katie Troyak**, MSW, LICSW, Mental Health Therapist—Volunteers of America of MN, Mental Health Clinics

44 Changing Lifetime Outcomes Through the Prevention of Child Abuse and Neglect

All
Preventing infant and child maltreatment will have lifetime impacts on individuals and our society. Learn how understanding the long term impact of abuse, neglect, and prevention efforts, as well as making an informed commitment to do what one can, will help us move beyond unconscionable spending on prisons and health care to a safer and more healthy environment for our children.

Connie Skillingstad, MBA, LSW, CVA, Executive Dir.—Prevent Child Abuse MN

45 Skills Training for Children's Mental Health

All
This session will describe the integration of skills training for children's mental health services with the evidence-based practices protocols for anxiety, depression, and disruptive behavior disorders. How these training activities fit into the entire treatment package for children,

as well as skills training vs. psychotherapy and how they compliment each other will be covered.

Glenace Edwall, PSYD, PHD, LP, MPP, Dir. of Children's Mental Health & **Patricia Nygaard**, PHD, Mental Health Program Consultant—DHS

46 Reciprocal Storytelling

Pr
Children are natural storytellers; the characters they select and develop represent an aspect of their own psychodynamic make up and can assist us in understanding their needs. Learn how to engage children in this technique that will help therapists gain knowledge of a child's circumstances, concerns, or conflicts, and provide a natural course for response within the story metaphor.

Ira Fedelman, MSSW, LICSW, DAPA, School Social Worker—ISD #15-St. Francis

47 Transforming the Challenging Child: The Nurtured Heart Approach

All
Wonder why typical parenting and teaching techniques are ineffective with some children? Learn strategies for children ages 2 – 18 that emphasize their physiological responses to emotional input, which can help adults avoid triggering opposition. These methods are especially helpful for children with ADHD, ODD, and autism; specific approaches for auditory or sensory integration issues, anxiety, and perfectionism will also be included.

Tina Feigal, MSED, Parent Coach, Trainer, and Owner—Ctr. for the Challenging Child, LLC

48 Support Group Facilitator Training for Parents and Caregivers

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It's easy to become overwhelmed with the idea of starting a support group. Learn how to start a group from the ground up—find a place to meet, advertise the group, organize the meetings, and keep it running successfully. This workshop will give parents and caregivers the tools and the confidence they need to move forward in helping themselves and others by creating a support group in their community.

Cathy Ferrazzo, Parent Advocate, Support Group Leader, and Board President—Tourette Syndrome Association of MN & **Kathy Cedarleaf**, Parent Advocate and Support Group Leader

49 Healthy Marriages Journey Guide: Especially for Parents Who Have Children with Special Needs

Pa
This workshop will present a marriage guide created for parents who have children with disabilities or ongoing health conditions. It will address the pressures placed on parental and marital relationships and will offer ways to build understanding and manage the stressors in a creative and engaging manner.

Diane Hovey, PHD, CPT, Executive Dir.—Family Institute for Creative Well-Being

50 Mental Illness Goes Off to College: Unpacking the "Bags" of First-Year College Student Distress

All
Students with mental illness who start college face challenges beyond what typical first-year students face. This workshop addresses mental health concerns in the college setting, including factors that negatively impact vulnerable students and strategies that facilitate a successful transition to college.

Sara Fier, PHD, LP, Assistant Professor of Counseling—Southwest MN State Univ. & **Lynda Brzezinski**, PHD, LP, Counselor and Associate Professor—Winona State Univ.

51 The Social Emotional Learning (SEL) Toolbox

Pr
Supporting the social and emotional learning needs of students with disabilities is a unique challenge; learn how one school district is meeting this challenge. This presentation will provide an overview of SEL, including evidence-based curricular strategies and resources available to all educators to help meet the diverse needs of their students.

Ginny Nyhus, LSW, Coord. of Social Emotional Learning & **Annie Staby**, MSE, EDS, NCSP, LSP, School Psychologist—Intermediate District #287

52 Building Cultural Connections and Competence in School-Based Mental Health

All
This workshop will describe an innovative public/private partnership formed to develop culturally appropriate children's mental health services in Minneapolis, with particular focus on Latino and African communities. Five primary areas of unmet needs for immigrant and refugee communities will be discussed, as well as effective strategies to engage and partner with key community leaders, spiritual leaders, and parents.

Mark Sander, PSYD, LP, Mental Health Coord.—Hennepin Co./Minneapolis Public Schools; **Martha Olsen**, MA, Co-Director—Mental Health Collective; **Roberto Avina**, MSW, Executive Dir. of Clinical Services—La Familia Guidance Ctr.; & **Karim Behim**, Executive Dir.—African Aid

53 "Let's Talk" Family Conversation Circles

All
Families in the juvenile justice system are recovering from harm on many levels: individual choices, historical trauma, and institutional damage. This interactive discussion will share simple practices that can open conversation and strengthen the connection in families, with a focus on rebuilding families dealing with trauma and change.

Laura LaBlanc, Founder & **Long Vang**, Facilitator—FullThought

**54 Rethinking Childhood:
Why the Early Years Matter**

All EC This workshop will highlight the critical importance of the care received by very young children in their first years of life. Learn how those early experiences impact the developing brain and a young child's capacity to learn, to form relationships, and to regulate his or her emotions and behaviors.

Molly H. Minkinen, PhD, Assistant Professor—U of MN Duluth

55 Reducing Stress for Teenage Parents

All EC Teenage parents face high levels of stress as they try and cope with their new role. Learn how to help young parents reduce risk factors that lead to parental distress, dysfunctional parenting behavior, and negative interactions between parent and child with a research-based prevention program for parents and their infants age 0-3.

Deb Malesevich, Certified FAST Trainer—FAST National Training and Evaluation Ctr.

56 Understanding Autism Spectrum Disorders (ASD) & Simple Strategies for Inclusion

All The dramatically increasing growth of ASD challenges educators who do not have special education experience or education. Characteristics of ASD often challenge even experienced special education teachers. This interactive session will include simple inclusion strategies to use in the classroom, and through simulated activities show participants how individuals with ASD experience the world.

L. Lynn Stansberry-Brusnahan, PhD, Assistant Professor—Univ. of Saint Thomas

**57 Tourette Syndrome (TS):
Understanding the Breadth and
Variability of Symptoms**

All Far more people have heard of TS than know what it actually looks and sounds like, and it is among the most frequently misdiagnosed and mistreated neurological disorders. Experience a change in perception as you recognize the full spectrum of symptoms and the associated behavioral disorders of TS.

Cathy Ferrazzo, Parent Advocate, Support Group Leader, and Board President—TSA-MN

**58 Parental Trauma and Parental Absence:
Effects on Children and Adolescents
of Returning Veterans**

Pr Topics of intergenerational transmission of trauma and ambiguous loss will be used to discuss the effects of trauma and prolonged parental absence on children and adolescents. A developmental perspective will be used. Suggestions for mental health consultation and implications for academic performance will be reviewed.

Kathy Dowell, PhD, Assistant Professor—U of MN Duluth

**59 Self-esteem:
Addressing Adolescent Males**

All This session will examine effects of low self-esteem on boys, including its relation to depression, anxiety, and other mental health concerns. The difference between low self-esteem over compensation and egotism will also be explored. Participants will learn how to identify and address, or treat, low self-esteem.

Andrea Hendel, MA, LMFT, Clinical Coord. & Paula Minske, MS, LMFT, Clinical Coord.—Volunteers of America, Bar None Residential Treatment Ctr.

**60 Personal Body Safety
for Children and Teens**

All This presentation will deconstruct current child safety issues such as the internet and sex offender registration, as well as provide curriculum ideas and specific steps in prevention education methods for teaching children and youth how to make safer choices.

Alison Feigh, Child Safety Specialist—Jacob Wetterling Foundation

61 Positive “Rocks”

All A variety of positive behavior interventions that are successful in counseling, in the classroom, and at home will be modeled in this session. Participants will make their own rock necklace during this interactive workshop featuring therapeutic activities on awareness of individual traits and characteristics, facing personal challenges, and reducing stress and anxiety.

Don R. Zieman, ED, SP, School Psychologist—Bemidji School District

**62 Culturally Effective Clinical Interviewing:
Family Interviewing Strategies to Support
Accurate Childhood Assessment in
Mental Health and Medical Settings**

Pr This presentation outlines challenges in diagnostic interviewing within mental health and medical settings with families of diverse ethnic backgrounds. It examines the complexities of, and provides strategies for, interviewing about child development, behavior, language, and medical issues in the context of culture and the effects on diagnostic perspective.

Kathryn McGraw-Schuchman, MA, LP, Licensed Psychologist; Sue Pederson, MS, LP, Licensed Psychologist—Fraser Child and Family Clinic; & Armantina Espinosa, MD, Pediatric Neurologist—Minneapolis Clinic of Neurology

**63 Professionals and Parents –
Moving from Face-off to Partners**

All Too often communication between parents and professionals breaks down and becomes adversarial. This interactive session will help both recognize when and how this happens, develop a better understanding of each other, and teach new skills for reaching a positive outcome: a working partnership.

Carolee Collins, Systems Navigation Specialist—East Metro Adult Crisis Stabilization; Brenda Jacobson, Parent Educator—ND Extension and Behavioral Aide Trainer—DHS; Darlene Morgan, Out Reach Liaison—MN Adoption Support and Preservation; & Sharon Lussier, Family Advocate—Cass Lake Family Ctr. (NOTE: all presenters are Directors in MN Parent Leadership Network)

**64 Integrating Special Education
and Mental Health Diagnostic
Assessment Evaluation Data to Inform
Program and Treatment Planning**

Pr Multi-disciplinary evaluation and assessment includes collecting data from education and mental health sources. This presentation will guide school personnel and community mental health providers through policies and procedures used to integrate this data for eligibility and program planning.

Cindy Shevlin-Woodcock, MA, School-based Mental Health Specialist & Charlotte Ryan, PhD, EBD Specialist—MDE

**65 When the Crisis is Over: Picking Up
the Pieces and Getting back to Class**

All Learn a processing technique specifically designed for students with EBD that rebuilds their self-confidence after a crisis and gives them the ability to return to class with dignity. Theories and strategies from William Glasser, Diane Gossen, Howard Greene, St. Paul Schools, and the National Urban Alliance are integrated in this technique.

Holly Anderson, MA, Teacher—Central Middle School

**66 What Works with Juvenile Offenders
with Mental Health Needs**

All The philosophy of Dakota County Juvenile Corrections is changing from a risk control model to addressing the pathways to delinquency. This presentation will address evidence-based practices found effective with juvenile offenders, how these approaches interface with mental health services, and how probation can move towards a clinical supervision approach.

Al Godfrey, Deputy Dir. & Linda Hansen, MA, LP, Mental Health Coord.—Dakota Co. Community Corrections

**12:30 – 3:30
Infant & Early Childhood
Special Session**

**67 Promoting Infant & Early
Childhood Mental Health:
Reflective, Relationship-Based
Practice for Non-Traditional
Mental Health Providers**

Pr Reflective practice is a core competency for professionals working with infants and very young children and their families. A “fishbowl” example of a relationship-based, reflective supervision session will demonstrate how infant and early childhood mental health principles can be integrated into public health, early childhood special education, Head Start, and other programs. Reflective practice opportunities will be discussed.

Cathy Carter, MSW, LSW—Early Head Start, CAP of Ramsey and Washington Cos., and Lifetrack Resources; Maris Gilbert, MA, LMFT—Family and Children's Services; Scott Harman, MSW, LICSW—St. David's Child Development and Family Services, and U of MN CEED; Sharon Hesselstine—Child Development/Infant Mental Health, MDH; Jolene Pearson, MS—Interagency Early Intervention, Minneapolis Schools, and U of MN CEED; & Jill Simon, MSW, LICSW—Lifetrack Resources, and U of MN CEED and School of SW

68 Building a Healthy Emotional Environment in the Early Childhood Setting

This session will examine the key elements to building a healthy emotional environment in early childhood programs in order to support the mental health of young children through developmentally appropriate practices and activities, including emotional literacy strategies. A 7-point self-assessment on your program's emotional environment will be included.

Cindy Croft, MA, Dir.—Ctr. for Inclusive Child Care, Concordia Univ.

69 Reactive Attachment Disorder (RAD) Update 2008: A Multi-disciplinary Approach to Diagnosis and Treatment for Children with Severe Needs

This workshop will outline ways to think about diagnosis case formulation and core treatment components for children who have a complex array of issues and histories of attachment disruption and maltreatment. Case study, existing treatment research, and lively audience discussion will be used to provide promising ways to think comprehensively and focus treatment for clients.

Krista Nelson, MA, LICSW, LMFT, Project Coord. of Ctr. for Children with RAD & Joshua Newman, MD, Medical Dir.—The Amherst H. Wilder Foundation

70 Sexual Exploitation and Victimization of Homeless and Runaway Youth in Minnesota

Runaway and homeless youth are at significant risk for being sexually victimized and exploited. Intervening effectively requires communication and coordination between all professionals involved. Sensitivity to cultural issues is also imperative. This session will address these issues and describe a multi-disciplinary protocol that was developed to improve outcomes.

Kirsten Jann, PHD, LP, Associate Professor, Psychology Dept.—Metropolitan State Univ. & Theresa Dolezal, MA, Program Coord.—Partners for Violence Prevention

71 Shifting Perspectives for Communication and Relationship Success

This presenter will humorously examine practical strategies for parents and professionals (who have or work with teens) that will build upon their resiliency and utilize professional and life experience to develop consciousness, build upon strengths, and motivate others. Participants will learn communication techniques and tools, emotional management, and how to shift perspectives and reframe thinking.

Victor “Coach” Nakumbe, PHD, CDC, CFRC, Executive Dir.—Status One Educational Services

72 Children’s Anger Revisited – A Unique Approach

Children who struggle with anger may not respond to traditional behavioral approaches. This interactive workshop will explain why children struggle with anger and demonstrate how to use de-escalating techniques. Ways to improve frustration tolerance and a unique reward system will be included. Techniques specifically for working with angry adolescents will also be described.

Elizabeth “Libby” Bergman, LICSW, Executive Dir. & Amy Moeller, LICSW—Family Enhancement Ctr.

73 Music Therapy in Adolescent Mental Health: Using Music to Express Ourselves and Create Opportunities for Achievement

Music therapy can aid in the development of healthy communication skills and coping skills, appropriate social skills, and emotional and behavioral self-management. This session will provide the basics of music therapy and ways to use music to further the therapeutic experience. Participants will experience techniques such as song writing, song analysis, and group improvisation.

Emma Moonier, MT-BC, Music Therapist—Fairview U of MN Medical Ctr.

74 Supporting the Sensory Needs of Young Children Ages 2-10

This interactive workshop will describe the characteristics of sensory sensitivities. Children have unique sensory preferences that sometimes can interfere with learning and social growth, and may result in challenging behaviors. Sensory activity ideas and strategies for supporting children with sensory processing disorders will be presented.

Christine Bentley, ECSE, Dir.—The Fraser Institute

75 The Process of Adlerian Play Therapy

This presentation will explain how to apply basic concepts of Adler’s Individual Therapy to play therapy with children and families as developed by Terry Kottman, PHD. Along with learning concepts of Adlerian Play Therapy, participants will actively engage in these techniques.

Susan Dannen, MSW, LICSW, RPT-S, Mental Health Professional—Washburn Ctr. for Children

76 Guilt is No Good: How to Be Allies to People of Color

Often in discussions of equity, people are made to feel guilty; guilt can paralyze people or cause them to be so cautious that action does not happen. Sometimes people talk about dealing with guilt or reaching affirmative action goals, but not about the culture of the organization. This session closes that gap, works to redefine the issues, and explores how to turn guilt into action on an everyday scale.

Andre Koen, MA, Cultural Coord.—Anoka Co.

77 Why Can’t I Have A “NORMAL” Life? Questions From The Trenches

Presenting to an average of 65,000 teens per year about mental health issues, this speaker has collected over 30,000 anonymous questions from the students. The top 10 questions asked will be shared and explored, giving families and professionals concrete ideas to help struggling teens.

Pete Feigal, National Inspirational Consumer Speaker and Writer

78 Caregiver Survival Guide

This interactive workshop will provide caregivers with practical tools, enhancing their ability to provide quality care to others while maintaining personal balance. Recognizing personal boundaries, dealing with external stressors, and creating a self-care plan will be included. There will be time for discussion and self-reflection.

Susie Koppel-Palmer, Program Mgr. & Michelle Rowlison, MA, LMFT, Mental Health Program Mgr.—The Common Link

79 Freedom School Update: 2nd Year and Growing

An update on the development of this collaborative sober school program will cover intervention strategies; access and funding issues; coexisting mental health needs and considerations in recovery planning; family issues; and satisfying socialization needs in ongoing recovery for an adolescent population. A discussion on replicating similar models in other communities will be included.

Michael McGinnis, LADC, Vice-president—Addiction Recovery Technologies, Inc. & Kathleen Johnson, MS, Special Education Teacher—District 77 Mankato ISD Freedom School and Adjunct Professor—U of MN

80 Gender-responsive Programming for Adolescent Girls in the Juvenile Justice System

This workshop will provide an overview of the specific needs of girls in the juvenile justice system and how they can be addressed in a gender-responsive way. The pathways of girls into the juvenile justice system, specifically related to trauma, will be discussed. Then RADIUS will be presented, an evidence-based model addressing the mental health needs of girls in the system.

Jennifer Baker-Jones, MA, LPC, LPP, Youth and Mental Health Services Dir. & Kathleen DuChene, Training Academy Dir.—AMICUS

Key		Technical Levels	Target Audience
	Basic		Parents
	Intermediate		Professionals
	Advanced—General		Early Childhood Specific
	Advanced—Technical		Parents & Professionals

(see criteria on pg 3)