

Open•Up—MACMH’s New Arts-Based Community Outreach

Reduce stigma and raise awareness of children’s mental health through innovative art projects that both educate and entertain. See the first issue of our new *Open•Up* magazine, view the video documentary of the making of Fidgety Fairy Tales, and talk with *Open•Up* staff about starting your own community arts projects.

Matt Jensen, Community Arts Outreach Liaison, *Julie Peck*, Adolescent Program Coord., & *Jane Reilly*, Publications Coord.—MACMH

Minnesota Association for Infant & Early Childhood Mental Health Endorsement for Culturally Sensitive, Relationship-Based Practice Promoting Infant Mental Health (IMH-E)

This new Minnesota professional endorsement program is centered on relationship-based, infant and early childhood mental health principles. Learn about the framework of competencies offered for a range of professional disciplines touching the lives of infants, very young children, and their families and caregivers.

Candy Kragthorpe, MSW, Dir.—Minnesota Association for Infant and Early Childhood Mental Health (MAIECMH), a division of MACMH

Working Across Disciplines in Infant Mental Health: One Community’s Experience

Explore various lenses through which different disciplines view infant mental health, based on the experience of launching a university-based professional learning community across five disciplines. Hear about the project and lessons learned.

Jane Ellison, MS, LMFT, Project Mgr.—Greater St. Cloud Area Thrive & *Glen Palm*, PhD, Professor—St. Cloud State Univ.

Redefining Zero: What Prenatal/Perinatal Psychology Is Learning about Human Psychological Development from Conception through the First Years of Life

A new paradigm for psychological/mental health development is emerging. Discover how early experiences from conception through the first years of life shape psychological development. Learn about supportive parenting and professional practices based on what this growing branch of psychology is contributing.

Patricia Lucas, MA, PhD, Prenatal/Perinatal Psychotherapist—Private Practice

Families at Risk, Kids at Risk – The REAL Approach

This continuum of early intervention/prevention programming for at-risk populations works with the entire family to effect change using a relationship-based approach. Learn about this approach, as well as risk factors and how stressors impact a parent’s ability to parent and a child’s social/emotional development.

Michael Thompson, LICSW, Mental Health Therapist & *Jacob Christensen*, Mental Health Worker—Family Networks, Inc.

101 Ways to Celebrate Life

Find out 101 ways to celebrate life during National Suicide Prevention & Awareness Week. Lesson plans of activities to use in the school and community will be available as well as information about Yellow Ribbon Suicide Prevention Program.

Marissa Lachmiller, Youth and Community Project Coord. & *Jody Becker*, Executive Dir.—Yellow Ribbon Suicide Prevention Program

Children’s Stress Responses to Live Action and Animated Fantasy Violence as Indicated by Cortisol Levels

There is significant discussion in literature suggesting that exposure to media violence may have a desensitizing effect on children, resulting in greater acceptance of violence. This study explored the response within the hypothalamic-pituitary-adrenal axis as a potential avenue to this habituation.

Katherine Butler & *Marsha Driscoll*, PhD, LP, Psychology Professor—Bemidji State Univ.

Family-based Approaches with Homeless and Runaway Youth

The road to homelessness for youth has many twists and turns; at any of these intersections, youth workers and mental health professionals have opportunities to intervene and engage youth and their families. Learn family and community strengths-based intervention strategies that can make a difference for youth.

Nancy M. Cusack, MA, LP, Clinical Dir. & *Ann Gaasch*, MA, Program Dir.—The Bridge for Runaway Youth, Inc.

The Vision Instrument: An Interactive, Visual, Systems Model

This tool was developed to facilitate clients’ understanding of how change in one person’s life affects their systemic relationships. It is designed to bring a visual image to theoretical concepts that the individual can see, process, interact with, and internalize to produce change.

Todd Monger, MA, LPC, NCC, ACS, Dir. of Student Success Ctr.—North Central Univ.

Acculturation Status, Coping Strategies, and Depressive Symptoms Among Latino Adolescents

Acculturation to mainstream culture in the United States may negatively affect the mental health of Latino adolescents. View findings from a cross-sectional study of 101 urban and rural Latino youth specific to acculturation, coping, and depressive symptoms. Learn interventions that may positively influence coping behaviors.

Amy Leite, MPH, Mental Health Educator—SAVE & *Carolyn Garcia*, PhD, MPH, RN, Assistant Professor—U of MN School of Nursing

Missing Mama: The Experience of Mother Absence in African American Communities

Explore the historical and contemporary absence of black mothers in the lives of their children through personal stories of its author. The impact of father absence is documented. What is the impact of mother loss and absence? Where is mama?

Amake’ Awele Kubat, M.ED, ECFE Teacher—Minneapolis Public Schools

Grandparents Raising Grandchildren: Common Mental Health Risks and Challenges

Look closely at the topic of children in kinship homes—the children’s background and behaviors, and the impact on the grandparents or relatives raising them. Hear from one of the presenters about her experiences of being raised in a kinship home.

Sharon Durken, MS, Executive Dir.—MN Kinship Caregivers Assoc. & *Linda Hammersten*, MSW, LCSW, Program Mgr.—Lutheran Social Services, GrandFamily Connection

When a Parent Dies

A Special Way, of remembering—when a parent dies tells Ashlee Kephart’s true story, in her own words, of how she grieved for her deceased father. This book was developed for elementary school children to deal with the loss of a parent. Learn the benefits of allowing children to follow their own personal path of grief resolution.

Sylvia Horwitz, LCSW, Clinical Social Worker, Photographer & *Stephen Peters*, MA, Writer, Speaker, Storyteller

“Who Asked Me?”

This is a moving and eye-opening journal created by adolescents who have siblings with a variety of disabilities including Asperger’s Disorder and Autism. Community resources and information regarding important support services for children with brothers and sisters with disabilities will also be available.

Kimberly Bateman, PSYD, LP, Licensed Psychologist & *Rachel Gardner*, MA, LPP, Licensed Psychological Practitioner—Fraser Child and Family Ctr.

Minnesota Parent Leadership Network (MPLN)

Find out how this parent-driven organization connects, educates, and supports parent leaders, as well as offers assistance and trainings to professionals who work with these leaders. Learn how to get support in your work to build a system of care that is responsive to the unique needs of children and families.

Kathy Dewey, Parent & *Cindy Markowski*, Preschool Teacher, Youth Program Coord.—MPLN

Navigating Disability Services for Children

Find out how to access various statewide services that are available to children with disabilities that can help them live in the community, become more independent, and find meaning in their lives.

Rebecca Slininger, MA, Training and Education Policy Consultant & **Audrey Fischer**, Home Care Policy Consultant—DHS, Disability Services Division

Volunteers of America Mental Health Clinics Deaf and Hard of Hearing Programs

These clinics provide school- and community-based mental health services to strengthen the emotional, social, and behavioral functioning of deaf, hard of hearing, and deaf blind youth. Their Family Focused services work with deaf and hard of hearing adults whose children are at risk for abuse or neglect.

Jaime Monsen, MSW, LICSW, Mental Health Therapist & **Rebecca Goffman**, MSED, Mental Health Therapist—Volunteers of America (VOA)

Supporting Children's Oral Health: Creative Strategies for Educating and Supporting Children with Special Needs

Oral health is critical to a child's overall health. Children with special needs can have unique sensory challenges that make dental visits or good oral health habits difficult, which can put them at great risk. Gather information, strategies, and tools for successful oral health.

Christine Bentley, ECSE, Dir.—The Fraser Institute

Let's Get Visual

Many individuals with Autism Spectrum Disorders (ASD) process what they see more efficiently than what they hear. Learn how and when to use visual tools for people with ASD to assist with communication, organization, and anxiety management.

Emily Honken, MSW, LICSW, Licensed Independent Clinical Social Worker & **Jody Hofer Van Ness**, MA, Visual Strategies Consultant—Fraser Child and Family Ctr.

Autism and Relationship Development Intervention (RDI): A Closer Look

Get an in-depth look at Autism Spectrum Disorders (ASD), defining them by their core deficits versus their symptoms. Learn about current approaches and research, the theory of under connectivity, and the autistic brain. Explore the ideas of Guided Participation and RDI as options for improving outcomes.

Leanne Mairs, LCSW, Therapist & **Shellie Mercier**, Autism Advisor, Trainer, Speaker—Crossroads: Solutions for Life

Functional Skills: How Are Adolescents and Young Adults with Asperger's Doing?

View a summary, based on parent survey, of the issues families encounter during transition of their adolescents with Autism Spectrum Disorders into adulthood. This data is an initial phase of a study through Fraser and provides implications for treatment as well as a second phase of research.

Pat Pulice, MA, LP, Licensed Psychologist & **Kim Klein**, PHD, LP, Neuropsychologist—Fraser Child and Family Ctr.

The Resilience of Youth with Asperger's: Coping with Our Challenges into Adulthood

Observe a video of adults with Asperger's Syndrome as they speak of their struggles to be understood and appreciated as children. They discuss their resilience from bully behaviors and misunderstanding from their peers and adults.

Paul Johnson, MA, Psychotherapist—Autism Society of MN

Transition Resources/Curriculum For Students With Autism Spectrum Disorder (ASD)

The development of a transition plan provides a framework for preparing individuals to live, work, and play in their community as independently as possible. Gather practical activities, resources, and strategies for parents and educators to help youth with ASD create successful transition plans.

Amy Reid, MA, Autism Teacher & **Kim Busse**, MA, Autism Specialist—K2A Skills Ctr.

Vocational Rehabilitation with Transition Students

Learn general information regarding vocational services provided to youth with disabilities through Rehabilitation Services, a branch of DEED. Find answers to questions specific to the transitional planning from high school to vocational goals after graduation.

Michele Rydeen, MS, CRC, Career Rehabilitation Counselor & **Kendra Grunig**, MS, CRC, Career Rehabilitation Counselor—MN Dept. of Employment and Economic Development (DEED), Rehabilitative Services

MN School Social Workers' Association "The Vital Link"

School social workers are the vital link between home, school, and community and possess expertise of children's mental health disorders and how they manifest in schools. Find out how school social workers promote academic success by reducing social, emotional, economic, and environmental barriers to learning.

Kathy Lombardi, MSW, LICSW, School Social Worker—MN School Social Workers' Assoc. (MSSWA)

Diagnostic Predictive Scales (DPS)

Prairie St. John's is helping pilot the use of DPS in Twin Cities schools. The DPS can help school counselors identify possible mental illness in students through an easy and accurate audible computer program. Learn about this program that will allow counselors to become more effective and help students get the support they need.

Todd Archbold, LSW, Twin Cities Operations Dir.—Prairie St. John's

Student-Teacher Interactions and Perceptions of Child's Stress

This study was implemented in six Duluth elementary schools. The variables studied were determined competence and nurturance of student-teacher interactions, and actual and perceived stress in children. Explore the findings of this study regarding student-teacher interactions and perceptions of child's stress.

Sarah Kopp, Research Assistant & **Erica Kahn**, Research Assistant—U of MN Duluth, Psychology Dept.

Student Stressors and Their Relation to Classroom Behaviors

View findings of this study that specifically examined aggression, hyperactivity, leadership, and social skills among kindergarten through third grade students. Learn about ways in which student stressors are displayed through their behaviors in the classroom.

Kelsey Canton, Research Assistant & **Meggie LaValley**, Research Assistant—U of MN Duluth

School Based Social Skills Program for Special Education Students With Varying Neurobiological Challenges

This innovative school-based program incorporates social skills in 5 domain areas: cooperation, assertion, responsibility, empathy, and self-control. Learn practical strategies and how to implement this social skills program for students with varying special education needs.

Danny Porter, MSW, LICSW, Licensed Independent Clinical Social Worker, School Social Worker & **Megan MacLeod**, EBD, SLD, DCD, OHD, DD, Special Education Teacher—Northeast Metro 916

Supporting and Nurturing Children's Mental Health at School

Teachers and school staff are in a pivotal place to support and nurture the mental health of children. Learn practical strategies to use in elementary classrooms and how schools can play a larger role in the mental health development of children.

Nancy Streng, MS, P/MHNP, LPC—Saint Cloud Area Schools