

14 Parent-Based Attachment Intervention Targeting Adolescent Depression: Development and Preliminary Research Findings

Adolescent depression is a significant public health concern. Insecure parent-child attachment is an important mechanism of risk for adolescent depression (Sroufe, 2005). Thus parent-adolescent attachment may be an important target for treatment of depression during adolescence. Interventions for depression have primarily targeted the adolescent, with virtually no attention to parents. This workshop will describe the theoretical model and treatment components of our newly developed parent-based intervention.

Kristina Reigstad, PsyD, LP, Asst. Professor, Child & Adolescent Psychologist - Univ. of MN, Dept. of Psychiatry

Level: I | For: Professionals | Content: Clinical

15 Effective Responses to Trauma Reactions in Our Kids and Youth

Traumatic experiences alter the inner workings of a child's neurological system, leading to complicated behaviors and beliefs about themselves and the world around them. In this session, attendees will discuss the impact of trauma on memory, behavior and personality, and consider multiple interventions to respond compassionately and effectively.

Heather Boorman, MSW, LCSW, Therapist - Boorman Counseling & The Fringy Bit

Level: I | For: Professionals | Content: Clinical

16 Supporting Children and Adolescents Following Inpatient Hospitalization

Inpatient hospitalization often comes at a time of crisis and confusion for patients, their families and the professionals that support them. In an effort to shed light on hospitalization's role in children's mental health, this presentation will discuss criteria for inpatient hospitalization, inpatient hospitalization services, after care planning and how to support children who have been recently hospitalized.

Sarah Quinn, MSW, LICSW, Clinical Treatment Coord. & Amanda Woelfel, MSW, LGSW, Clinical Treatment Coord. - Univ. of MN; & Prachi Agarwala, MD, Doctor and Medical Dir. - Natalis Counseling and Psychology Solutions

Level: II | For: Professionals | Content: Clinical

17 ADHD Update 2018

Back by popular demand, this workshop will review the most important new research published on ADHD since last year's conference. Attendees will learn about diagnostic trends, new medications, non-pharmaceutical treatments and other interventions for attention problems.

Chris Bedford, PhD, ABSNP, Licensed Psychologist & Gary Johnson, PhD, Licensed Psychologist - Clinic for Attention, Learning, and Memory (CALM)

Level: II | For: Professionals | Content: Clinical

18 Healing Justice: How Intersections of Identity and Culture Shape Mental Health Care

This workshop will explore the intersections of social identity, culture and mental health to help attendees better understand and leverage these components to best promote long-term recovery and healing. Participants will be introduced to specific

tools and frameworks they can use to evaluate their own practices and client relationships.

Omkar Sawardekar, MSW, LGSW, Therapist - PrairieCare/Reclaim

Level: II | For: Professionals | Content: Clinical

19 De-Escalating Anger: Helping Helpers De-Escalate Intense Anger and Facilitate Treatment Engagement

This workshop will explore specific skills needed to de-escalate intense anger, and strategies for treatment engagement. In addition, participants will learn short-term interventions, including how to keep clients in treatment and students safely in the classroom.

Samantha Franklin, MA, LMFT, Marriage and Family Therapist - Eagan Psychotherapy & Assessment Ctr. & Stanley Thiele, JD, MA, Licensed Psychologist - Private Practice

Level: I | For: Professionals | Content: Clinical

20 Healing From the Mat: A Journey Within

In order to maintain empathy with boundaries in our work we must learn ways to soothe our own nervous systems. In this body-based workshop, participants will be guided through a mind-body practice in a chair or on a yoga mat to begin to heal trauma within. Using mindfulness practices, breath work and yoga-based movement, participants will explore the power of mind-body practices for healing and community connection and walk away with practices for themselves and their clients/students. If participants have their own yoga mat it is suggested they bring it to the workshop.

Kathy Flaminio, MSW, LGSW, E-RYT-200-President & Founder - 1000 Petals LLC, National Director of Training Development for Yoga Calm®

Level: I | For: Professionals

21 What Everyone Should Know about Minnesota's New Psychiatric Residential Treatment Facility Level of Care

We continue to develop services that will meet the needs of children with complex conditions. The Psychiatric Residential Treatment Facilities (PRTF) being implemented this year provide a new service in our continuum. It is a level of care between inpatient hospitalization and children's residential care. This session will review the PRTF needs assessment, legislation, stakeholder input, program design, physical plant design, partnership development, and metrics development.

David Hartford, MSM, Administrator - The Hills Youth and Family Svs. & Sue Abderholden, MPH, Exec. Dir. - NAMI MN & Jeff Bradt, MSM, President and CEO - The Hills Youth and Family Svs.

Level: II | For: Professionals | Content: Clinical

22 Exceptional Leaders, Exceptional Learners

Cultivating student leadership skills in special education settings promotes building-wide student engagement and achievement. This presentation will provide practitioners a model for implementing student leadership, review data collected on outcomes and discuss this intervention in relation to Positive Behavioral Intervention and Supports (PBIS), Multi-tiered System of Support (MTSS),

restorative practices and trauma-sensitive school care. The presentation will include opportunities to engage in a variety of learning styles.

Cara McGlynn, MSW, LICSW, School Social Worker & Britt Prokop, MSW, LICSW, School Social Worker - Dist. 916

Level: II | For: Professionals

23 Social and Emotional Learning: Creative Interventions, Recent Findings in Neuroscience, and Applied Theory in Practice

This workshop will identify and explore recent findings in the neurosciences, as well as effective, practical strategies grounded and informed in applied theories related to developing social and emotional intelligence in children and adolescents.

Kenny Turck, MSW, LICSW, Chief Creative Officer - Crow River Family Svs., LLC

Level: II | For: Professionals | Content: Clinical

24 The Emotional Power of Music

Think of a song that resonates deep down in your being. As simple as it sounds, scientists have found that listening to particular genres of music changes the way we perceive the world. Modern research supports conventional wisdom that music impacts emotional and physical reactions. This workshop will explore music's beneficial effects on mental health and discuss how to use music to impact the classroom/work environment.

Jeremy Schreifels, BA, Drummer, Producer, Speaker - Music By Jeremy

Level: I | For: All

25 The Clinician's Guide to Autism Spectrum Disorder: Differential Diagnosis, Treatment Planning and Interventions

Many clinicians are unfamiliar with the diagnostic criteria and approaches to therapy for children and teenagers with Autism Spectrum Disorder (ASD). This leads to many with ASD being misdiagnosed or undertreated. This session will provide clinicians and therapists with information on differential diagnosis and treatment within their competency for work with this population.

Carolyn Giamone, PhD, Licensed Psychologist - Lakeland Mental Health Ctr.

Level: II | For: All | Content: Clinical

Infant & Early Childhood Series

26 Introduction to Reflective Supervision/Consultation for Multidisciplinary Infant and Early Childhood Professionals

Working with young children and their families is inherently arousing and the capacity for reflecting on one's own feelings, reactions and behaviors, and those of others is an essential competency for infant and early childhood professionals. Therefore, this complex work is best accomplished with supports that include reflective supervision/consultation. This workshop offers an introduction to this professional development process.

Michele Fallon, MSW, LICSW, IMH-E® (IV), Infant and Early Childhood Mental Health Consultant - MACMH-IEC

Level: I | For: Professionals | Content: Clinical

