



2015 MACMH

Child & Adolescent Mental Health Conference

April 26 – 28 | 19th Annual Conference

Register before April 1st for a discount!
Registration closes April 23rd at 5pm.

Duluth Entertainment Convention Center (DECC) • Duluth, MN

Monday, April 27, 2015



Anne R. Gearity, PhD, LICSW

Dr. Anne Gearity has a mental health practice in Minneapolis and is on the clinical faculty of the University of Minnesota Department of Child Psychiatry, School of Social Work and Post-graduate Certificate Program for Infant and Early Childhood Mental Health. Dr. Gearity designed and wrote *Developmental Repair* with colleagues

at the Washburn Center for Children. *Developmental Repair* is an intervention model for at risk children with complex trauma; however, it is being used in many settings as a guide to a changing paradigm for working with children. In addition to mental health work, she is also consulting extensively with schools and child welfare to promote a parallel shift.

Dr. Gearity's keynote speech, *What Constitutes Kindness - and Why Do We Lose It so Often?*, will address how at risk children and adolescents need adults to regulate stress, to make sense of experiences and to move towards better adaptation. Adults who work with vulnerable children must develop reflective capacity: the ability to see the child's point of view. But there is one step more: to assure that all of our interventions are delivered with a foundation of kindness.

Tuesday, April 28, 2015



Abi Gewirtz, PhD, LP

Dr. Abi Gewirtz is an Associate Professor in the Department of Family Social Science and Institute of Child Development, as well as Director of Graduate Studies, Prevention Science Minor at the University of Minnesota. Dr. Gewirtz is the Principal Investigator for several federally funded research projects including Ambit Network's Minnesota Continuum of Care

for Child Trauma and ADAPT-After Deployment: Adaptive Parenting Tools.

Over the past fifteen years there has been increasing awareness of the impact of exposure to traumatic events on children. In her keynote speech, *Trauma and Children's Mental Health: What Do We Know and What Are We Doing About It?*, Dr. Gewirtz will address how our awareness of the impact of trauma has changed and what legislation, practices, and policies at state and federal levels now make it easier for us to identify and respond to children exposed to violence and other traumatic events. She will also discuss what treatments and prevention programs work, particularly for underserved and minority families?

Keynotes

Minnesota Association for Children's Mental Health • MACMH

165 Western Ave N, Suite 2, Saint Paul, MN 55102-4613 • www.macmh.org • 800-528-4511

Key

- ### Technical Levels
- Basic
 - ▒ Intermediate
 - Advanced

- ### Target Audience
- P Parents
 - Pr Professionals
 - A Parents & Professionals
 - Ec Early Childhood Focus

Look for this key on the session pages to help you find the right workshop!



Technical Level

Presenters chose levels that best described their material and the knowledge they thought attendees should have to derive the greatest benefit from their presentation.

Basic: Broad background information and introductory material is covered

- audience needs no prior knowledge of topic

Intermediate: Material builds on existing knowledge and goes well beyond basics

- audience needs some background knowledge of topic

Advanced: Complex, in-depth concepts or features highlighted; basic and background information will not be covered

- audience needs intermediate understanding of topic

Conference Track List

The track list (included in our 2014 Conference Brochure) is now available on our website. The track list is organized by profession, hot topics and age group. We hope this helps you get the most out of your conference experience.

Download your copy at

macmh.org/tracks

Things to Know

Meals

Continental breakfast (in the exhibit hall) and lunch are provided Monday and Tuesday to registered conference attendees at no additional charge. Lunch is served from 12:15 pm to 1:15 pm in the ballroom. Lunch choices include vegetarian (may include dairy) and gluten free options. Dinner is not included.

Weather

Spring weather in Duluth and temperatures within the DECC facility may fluctuate. We suggest wearing light clothing and bringing a sweater or jacket to workshops.

Exhibits

Monday, April 27 • 7:30 am – 3:00 pm

Tuesday, April 28 • 7:30 am – 1:15 pm

Don't miss the wide variety of exciting exhibits we have this year in the Edmund Fitzgerald Exhibit Hall. Please note extended break periods in the schedule for extra exhibit viewing time.

Schedule Changes

MACMH reserves the right to substitute presenters, cancel workshops, and/or reschedule due to unforeseen circumstances.

Accessibility

If you need a reasonable accommodation (e.g., wheelchair accessibility, interpreter, braille, or large print materials), such accommodations will be made available upon advance request. Please contact the MACMH office on or before April 3, 2015. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

Cancellation

The deadline to receive a refund for your registration is on or before April 10th, subject to \$50 USD administrative cancellation fee. Refunds will be credited back to the original credit card used or a check will be sent to the original check address.

- Cancellations received after April 10th will not be eligible for a refund.
- Written cancellation is required by fax 651-644-7391 or email info@macmh.org.
- You can transfer your registration to a future workshop or conference if you meet the cancellation deadline. All transfer credits must be used within 2 years of the original event date.
- After the cancellation deadline you can transfer your registration to another person for the same event.

On-site Registration

On-site registration will be available as space allows.

Continuing Education

The conference is designed to meet CEH (Continuing Education Hours) credits for many disciplines: psychology, social work, education, education administration, nursing, marriage and family therapy, and behavioral health and therapy. CEH certificates will be available to document participation. **Post tests are provided in each workshop for social workers needing clinical clock hours required for LICSW license eligibility.**

Clinical Content Workshops

Social Workers – Get Your Clinical Content Hours!

Sunday:

- Symposium: A, B, C

Monday:

- Session 1: 1, 3, 4, 6, 7, 8, 10, 11, 12, 13
- Session 2: 14, 16, 19, 21, 22, 23, 24, 25, 27
- Session 3: 28, 29, 30, 31, 33, 34, 35, 36, 38, 39, 40

Tuesday:

- Session 4: 41, 43, 44, 45, 46, 47, 48, 51, 52, 54
- Session 5: 56, 57, 58, 59, 60, 62, 64, 67, 68
- Session 6: 70, 71, 72, 73, 76, 77, 78, 79, 80, 81, 82

Cost

Sunday is FREE if attending both Monday & Tuesday.

- \$90 Sunday only • \$99 after April 1
- \$190 Monday only • \$199 after April 1
- \$280 Sunday & Monday • \$298 after April 1
- \$190 Tuesday only • \$199 after April 1
- \$280 Sunday & Tuesday • \$298 after April 1
- \$340 Monday & Tuesday • \$359 after April 1
- \$340 Sunday, Monday, Tuesday • \$359 after April 1

NEW: More CEHs available on Sunday!

This annual conference is for people who care for or work with children and youth. It offers professionals and families opportunities to:

- Improve policy and enhance practices for children (birth to 21) who have or are at risk for mental health disorders
- Acquire skills and strategies that will improve outcomes for children with mental health needs
- Gain knowledge of best practices and latest research in children’s mental health and related fields
- Enrich understanding of different perspectives and common goals in support of all children

Who should attend?

Social Workers, Psychologists, Special Education & Classroom Teachers, Therapists, Counselors, Parents & Caregivers

Sunday, April 26th

- 10:30 Supervision Registration
- 11:00 – 6:00. **Supervision Workshop**
- 1:30 – 5:30. General Registration
- 2:00 – 4:00. **Symposia A, B, & C**
- 4:00 – 4:15. Break
- 4:15 – 6:45. **MHED Talks**

Monday, April 27th

- 7:30 Exhibits/Registration/Breakfast
- 8:50 – 9:00. Announcements
- 9:00 – 10:00. **Keynote**
- 10:00 – 10:15. Exhibits/Break
- 10:15 – 12:15. **Workshops 1 – 13**
- 12:15 – 1:15. Lunch/Exhibits
- 1:15 – 2:30. **Workshops 14 – 27**
- 2:30 – 3:00. Exhibits/Extended Break
- 3:00 – 4:45. **Workshops 28 – 40**

Tuesday, April 28th

- 7:30 Exhibits/Registration/Breakfast
- 8:50 – 9:00. Announcements
- 9:00 – 10:00. **Keynote**
- 10:00 – 10:30. Exhibits/Extended Break
- 10:30 – 12:15. **Workshops 41 – 54**
- 12:15 – 1:15. Lunch/Exhibits
- 1:15 – 2:45. **Workshops 55 – 68**
- 2:45 – 3:00. Break
- 3:00 – 4:15. **Workshops 69 – 82**

Thank You Sponsors



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Duluth Entertainment Convention Center • DECC
 350 Harbor Drive • Duluth, MN
 1-800-628-8385 • www.decc.org

Directions: Take I-35 (north or south) to exit 256B. Turn east at 5th Avenue West and follow signs to DECC parking.

NOTE: Parking at the DECC is \$5.00 per day. Parking at your hotel is free.

LODGING

Hotels are offering special conference rates! Blocks of rooms are reserved (for a limited time) at:

- Canal Park Lodge. \$104+. 800-777-8560
- Holiday Inn* \$89+. 800-477-7089
- Inn on Lake Superior. \$99+. 888-668-4352
- The Suites \$81+. 800-794-1716
- Hampton Inn \$109+. 218-720-3000

* The Holiday Inn is attached directly to the DECC by skyway.

For your convenience, the Holiday Inn and the Inn on Lake Superior have their special conference rate available through their online registration. Please visit our website for more information.

Sunday, April 26th • Concurrent Workshops

General Registration • 1:30 – 6:00 pm

Option 1 - Symposia & MHED Talks 2:00 - 6:45pm - 4.5 CEHs | Option 2 - Supervision Workshop 11:00am - 6:00pm - 6 CEHs

OPTION 1 | Concurrent Symposia • 2:00 – 4:00 pm

A Leading Individuals through a Process of Change and Personal Health Transformation

Much of what social workers, psychologists, therapists and psychiatrists are charged to do is leading an individual through their own process of change. Yet when treatments are prescribed to individuals, we may not be adequately preparing them for the change they must undergo. This symposium will present practical principles of leading children and adults through change and introduce a framework to guide individuals through “the Work” they need to do in undergoing their own personal health transformation, regardless of what their underlying health condition is.

L. Read Sulik, MD, Chief Integration Officer – PrairieCare

B Mastering the Details—Blending Attachment and Trauma Treatment in Children’s Mental Health: DSM-5 Treatment Goals, Plans and Selected Interventions

Plenty of trainings for therapists today cover what trauma is, but few move into the “nitty-gritty” of writing treatment plans for youth and families with attachment disruptions and complex trauma. This workshop will illustrate ways to organize complex histories, write plans and target treatment for clients with Posttraumatic Stress Disorder and Reactive Attachment Disorder diagnoses, incorporating DSM-5 language and neuro-sequential trauma treatment methods. Participants will leave with a step-by-step map of how to deliver key components of trauma-focused treatment to some of our most challenging situations in community mental health.

Krista Nelson, LICSW, LMFT, Project Coord. – Wilder Foundation’s Ctr. for Attachment and Trauma Education

C Before the ABCs: Promoting Self-regulation for School Readiness

An essential part of school readiness is the ability to regulate emotions and behavior, communicate and get along with others. Grounded in infant and early childhood mental health and communication-based strategies, this multidisciplinary workshop will offer an overview of the development of self-regulation and the role of communication skills, as well as evidence-based strategies for promoting self-regulation.

Michele Fallon, LICSW, IMH-E® (IV), Co-Chair – MAIECMH & Christine Wing, PhD, SLP, CCC, Trainer and Consultant

MHED Talks® • 4:15 – 6:45 pm



MHED Talks® Mental Health Exploration & Discovery

MHED Talks is a presentation series in the spirit of TED Talks. Using stories – both personal and experiences from the field – speakers will be given 18 minutes to share their expertise on new concepts, programs, treatment models, research and healthcare trends.

DIRT GROUP: Growing to Learn, Learning to Grow

Kenneth Turck, MSW, LGSW, CEO – Crow River Family Servs.

How Do Adverse Childhood Experiences Affect Later Mental and Physical Health, and What Can Parents Do to Intervene?

Tina Feigal, MSEd, Director of Family Engagement – Anu Family Servs.

We Teach People How to Treat Us: Parent Child Relationships and Our Relational Selves

Carol F. Siegel, PhD, LP, IMH-E® (IV)

Q & A networking session will immediately follow the presentation. There will be the opportunity to speak with the presenters, receive additional resources on the presented topics, and network with attendees. Hors d’oeuvres and refreshments will be available, as well as a cash bar.

OPTION 2 | Supervision Series • 11:00 am – 6:00 pm

New this year! This workshop is FREE with full conference registration.

SW Essentials of Effective Supervisory Relationships and Application to Cross-Cultural Supervision

This six-hour workshop introduces participants to a conceptual model that explains the context within which supervision takes place, with an emphasis on the fundamental elements of the supervisory relationship—the dynamics of power and the establishment of shared meaning and trust—including an application of these concepts to a cross-cultural supervisory relationship.

In addition to lecture and the use of video role plays, participants will have an opportunity both to work with self-reflection questions about the elements of the relationship and to review a self-assessment tool that they can use with their supervisees in order to develop a deeper understanding of each other’s cultural context and the impact of that context on their work. ***Extended description with learning objectives is available at macmh.org/supervision. Content covered is also applicable for professionals working with adults and is not child-specific.**

This workshop is designed to help social work supervisors meet the MN Board of Social Work’s requirements in the practice of social work licensing supervision.

Tamara L. Kaiser, PhD, LICSW, LMFT, is Professor Emeritus at the St. Catherine University/University of St. Thomas School of Social Work and is the co-founder and co-director of the School’s Supervision Institute.

Supervision registration will open at 10:30am. You will be able to check in for the full conference at that time. A box lunch is available for \$13, otherwise, plan on bringing your lunch or walking to Canal Park for lunch options.

**6 CEHs | Check in opens: 10:30am
11:00am – 6:00pm, 1 hour break for lunch**

If you are only attending the supervision series, the cost is \$99. Register early for a discount. Value of \$159!

1 Moving Through the Invisible Wall with Mind-Body Literacy for Catalyzing Change

 When working with clients do you sometimes feel as though you have hit an “invisible wall”? This workshop will look at barriers to change stemming from unconscious and sabotaging beliefs that contribute to helplessness, anxiety and depression. The core skills of applied mindfulness will be explored and embedded in a practical, therapeutic, skill-based approach to help clients move beyond the “invisible wall” to achieve change and growth.

Lora Matz, MS, LICSW, Clinical Education Specialist and Psychotherapist – PrairieCare

2 The World Is All Around Us: Creating a Culturally Responsive School Community

 How can we help transition our schools into truly multicultural environments, creating an atmosphere where every student and staff member is seen and valued? In this dynamic workshop, participants will explore ways to access the cultural richness inherent in the gifts and contributions of our diverse students and staff. They will also learn and practice developing relationships by sharing and honoring spiritual, emotional and traditional differences.

Lee Mun Wah, MS, MA, Diversity Trainer – StirFry Seminars and Consulting

3 The Development and Treatment of Borderline Personality Disorder Across the Lifespan

 This presentation will focus on working with children and families using the Linehan Adherent DBT model. Systems, development, family history, attachment/temperament, parental attunement, reinforcement strategies, and client symptoms across the lifespan are essential in this work. The research literature, diagnostic criteria, bio-social model, and best practices will be discussed, as well as important developmental, relational and contextual considerations impacting the treatment of Borderline Personality Disorder across the lifespan.

Christina Kress, MSW, LICSW, Clinician & Jennifer Rothschild, MA, PsyD, Post-Doctorate Clinical Psychology Fellow – MN Ctr. for Psychology

4 The Neurobiology of Attachment Trauma

 This presentation will explore the basics of brain development and the various styles of parenting and its effects on brain development, attachment and future behavior. Understanding behavior from a neurophysiological perspective can help us develop empathy and understanding for our clients as well as appropriate interventions for both children and adults.

Carin Wilson, DSW, LCSW, Staff Lecturer – Univ. of WI Superior

5 School Mental Health Service and Payment Opportunities

 Through lecture, panel and audience discussion, participants will hear about different mental health service models available in Minnesota schools. Upcoming changes to Children’s Therapeutic Service and Supports (CTSS) affecting providers delivering IEP mental health services will be reviewed. Additionally, special education directors will share the options they are utilizing to implement mental health services in school settings across the state.

Jill Johnson, PN, Mental Health Consultant – MN Dept. of Human Servs., Children’s Mental Health Division, George

Holt, EdD, Supervisor, Spec. Ed. Funding and Data – MN Dept. of Ed., Division of School Finance, Ann Bettenburg, EdS, Student Servs. Dir. – Mounds View Schools, Dan Porter, MSW, LICSW, Dist. Lead School Social Worker – Northeast Metro Intermediate Dist. 916, & Reggie Engebretson, EdD, Exec. Dir. – Northland Learning Ctr.

6 Neurotherapy: Training Young Brains for Improved Mental Health

 This interactive workshop will provide an introduction to neurotherapy and neurofeedback and their applications in the children’s mental health field. Research suggests that neurotherapy and neurofeedback can be powerful tools in empowering young people with additions, ADD/ADHD, ASD, anxiety, depression, seizure disorders, developmental and other trauma, TBI, various cognitive processing disorders, sleep issues and many other conditions.

Arlen Carey, PhD, MSW, LICSW, Assoc. Professor of Social Work – Winona State Univ., AMAR Wellness Servs., Stevan Huber, MSW, LICSW, Therapist – Olmsted Co. Community Servs. Youth Behavioral Health & Amy Carey, MSW, LICSW, Therapist – AMAR Wellness Servs.

7 Can You Keep a Secret? Ethics and Mandated Child Abuse Reporting

 This interactive workshop will explore the professional’s ethical responsibility as a mandated reporter of sexual abuse, physical abuse and neglect. Participants will learn how to respond without compromising any future investigations when children begin to disclose abuse. Learn strategies to manage difficult choices related to the reporting of child abuse. *This course fulfills the MN Board of Social Work requirements of 2 clock hours in social work ethics.*

Elizabeth Bergman, LICSW, Exec. Director – Family Enhancement Ctr. & Nancy Seger, LGSW, Forensic Servs. Director – Cornerhouse

8 Moving from Anxiety to Optimal Wellness: Soothing Arousal and Transforming Wellbeing

 This interactive session will present a framework for understanding the physiological arousal experienced in anxiety in children as well as in adults. Participants will come to understand how the sustained arousal of chronic stress, trauma and anxiety leads to significant emotional, physiological, and cognitive changes. This workshop will also review approaches to prepare an individual to change the conditioned patterns that often develop as a result of chronic anxiety and introduce a framework for a personal health and wellness transformation.

L. Read Sulik, MD, Child and Adolescent Psychiatrist, Chief Integration Officer – PrairieCare

9 You’re Outta Here!

 This workshop will discuss the grim reality of the impact of exclusionary practices in schools on children with mental health disorders and special education needs; particularly students of color and those living in poverty. Several alternatives to punishment and exclusion will be reviewed. This presentation is based on the *Guiding Principles: A Resource for Improving School Climate and Discipline*, published last year by the U.S. Department of Education.

Charlene Myklebust, PsyD, Exec. Director of Mental Health and Partnerships, MDE School Administrator – Intermediate Dist. 287 & Wendy Loberg, Administrator – Osseo School Dist.

10 50 Techniques for Working with Difficult, Defiant and Aggressive Adolescents

 Often defiant, resistant and aggressive youth are prematurely discharged from school, residential treatment or other programs because of their behavior. It is vital that therapists, social workers and counselors maximize their clinical tools to facilitate successful retention. This workshop will provide participants with a better understanding of the underlying causes of difficult behavior and offer several strategies to increase retention in programs.

Fred Dyer, PhD, CADC, Consultant and Trainer – Dyer Trains

11 Using Play Therapy with Families Going Through Divorce or Separation

 Many play therapists working with children of parents going through divorce and separation encounter unique and challenging family dynamics. This interactive workshop will cover ways to use both directive and non-directive techniques when working with children, as well as working more effectively with parents. Experiential activities to apply these techniques will also be included. Previous knowledge of play therapy is required.

Megan Oudekerk, PsyD, LMFT, RPT-S, Owner & Christina Corwin, MA, LMFT, Co-Owner – Cedar Valley Ctr. for Child & Family Therapy

12 Keynote Session: Understanding the Research and Clinical Dimensions of Kind Practice

 A disposition for kindness must be much more than being nice to children and adolescents; it is an intentional stance and state of mind that allows clinicians to access the child’s perspective and to use our own to provide energy for change. Motivation often becomes a significant obstacle to clinical interventions, and clinicians frequently must supplement children to move forward. Kindness is also a safeguard against professional burnout. This workshop will be an active exploration of the affective and communicative aspects of the therapeutic relationship, allowing participants to practice being effective with challenging and challenged children and adolescents.

Anne Gearity, PhD, LICSW, Clinical Faculty – U of MN Dept. of Child Psychiatry, School of Social Work and Post-graduate Certificate Program for Infant and Early Childhood Mental Health

13 Strengthening Families, Strengthening Communities: Implementing the Circle of Security®

  As a framework for understanding attachment theory and the essential features of attachment patterns, this presentation will introduce participants to Circle of Security®, a relationship-based early intervention program designed to enhance attachment security between parents and children. Presenters will describe the connection between access to reflection and program sustainability, implementation with different populations, and translating concepts into application across organizational settings in the Duluth area.

Deidre Quinlan, MSW, LICSW, IMH-E® (III), Teen Parent Specialist – Duluth Public Schools, Jessica Schilling, PhD, LP, Psychologist – Essential Health Polinsky Medical Rehab. Ctr. & Mary Ann Marchel, PhD, LGSW, Assoc. Professor – UMD

14 You Don't Know Me: The Therapeutic Alliance with Challenging Youth

An introduction to the clinical adolescent population, this interactive workshop will examine therapeutic alliance factors, identify implications in adolescent psychotherapy, and summarize existing literature on process and outcome research. This workshop will also provide therapeutic alliance building strategies for clinicians to implement in their clinical work with challenging adolescents. Active learning, discussion and lecture will engage attendees in this educational presentation.

Becca Thompson, MS, LAMFT, NCC, Doctoral Student, Mental Health Practitioner – MN State Univ. Mankato & **Casey Baker**, MS, LMFT, Marriage and Family Therapist – Journeys Toward Healing Counseling Ctr.

15 Create Calm: Without the Storm!

Are you frustrated with your child's poor listening, defiance and lack of self-control? Discover the number one reason for intense behavior and what you may be doing that unintentionally fuels the fire. In this interactive presentation participants will receive the top 3 holistic strategies from the innovative 5 Polka Dot Potion™ to calm behaviors associated with ADHD, Autism and FASD.

Samantha Moe, MA, SLP, Parent Coach and Life Coach – Brightening Connections

16 Helping Families Define "A Different Dream" as Part of the Grief Process

This presentation will provide an understanding of the grief process that many parents of children with special needs experience. It will explore stages of grief and how to best support parents and caregivers during their grief process, as well as provide a framework for sharing difficult information with parents. How culturally diverse families may understand and experience various diagnoses will also be discussed.

Brigitte King, PhD, LP, Psychologist, **Kristi Swenson**, PsyD, LP, Psychologist & **Amy Robinson**, MS, LPCC, BCBA, Clinical Counselor – Fraser

17 Strategies for Teaching Children and Youth about Mental Health

When working with children and adolescents, abstract activities can assist in initiating communication and enhancing learning. Through audience participation, this session will explore hands-on learning strategies and demonstrate "easy to make" tools for teaching or enhancing your mental health lessons.

Nancy Streng, MS, PMHNP-BC, Nurse Practitioner and School Counselor – ISD 742 & **Steve Streng**, MS, Rehabilitative Counselor – Streng Consulting

18 Supplemental Security Income: What, How, Why

Learn about Supplemental Security Income and what benefits low-income families with children with disabilities can receive. This workshop will cover not only the determination process and selection criteria, but also your role in the determination as a professional, a caregiver, or a teacher to identify families in need and make them aware of this benefit.

Emily Olson, EDPNA, Non-Attorney Representative – Disability Specialists

19 Somatic Interventions in Childhood Trauma

In addition to emotional and cognitive interventions, somatic interventions provide a holistic approach to treatment in childhood trauma. This workshop will focus on the themes of trauma and provide specific, practical somatic interventions that can be used at home, in the classroom or in therapy. Working with traumatized children requires self-care that will be included as part of this presentation.

Coral Popowitz, MSW, LCSW, CT, Exec. Director – Children's Grief Connection

20 True Life: Living with Fetal Alcohol Spectrum Disorders

What is it like to live with the challenges of Fetal Alcohol Spectrum Disorders (FASD)? A panel of articulate young adults will share their personal perspective about which interventions and supports are beneficial and which ones have failed them in the past. Their incredible journey provides insight and hope while exploring common challenges and long-term impacts for individuals with FASD.

Nancy Beyer, Family Resource Coord. – MN Organization on Fetal Alcohol Syndrome & Youth Panel

21 Working with Children in Supportive Housing: The Impact of Dialectical Behavioral Mindfulness Strategies

This workshop will explore the unique mental health challenges experienced by children living in supportive housing and how mindfulness skills address these challenges. The presentation will identify best practices of basic DBT mindfulness skills in professional capacities, and participants will have the opportunity to engage in mindfulness activities that may be applicable to their field of work.

DeBorah Smith, MEd, LACD, MBA, Prog. Director, **Daisy Lor**, Children's Servs. Coord. & **Alicia Koenig de Felipe**, MA, Art Therapist – New Foundations Prog., Proj. for Pride in Living

22 Complex Dual Diagnostic Processes: Children with Autism Spectrum Disorder and Down Syndrome

Children with down syndrome (DS) have a 10% risk of also being diagnosed with autism spectrum disorder (ASD). By outlining similarities and differences in the developmental and behavioral profiles of children with dual diagnoses, and by providing information on testing tools and resources, this presentation will help attendees to identify and support accurate diagnosis of ASD for children who have DS.

Sue Pederson, MS, LP, Psychologist, **Pat Pulice**, MA, LP, Psychologist & **Karin Hampton**, PhD, LP, Psychologist – Fraser

23 The Power of Early Intervention: A Day Treatment Model

Day treatment for preschoolers can be a powerful intervention for children with disturbed attachments, poor social skills or a history of trauma. Providing children with a supportive, nurturing environment can create a positive foundation for future success and healthy attachments. Through presentation, case example and activity, therapists and families will gain valuable information on the process and progress of the day treatment model.

Anne List, MSW, LICSW, Site Svpr., **Sami Auger**, MSW, LICSW, Mental Health Professional & **Christina Bast**, MSW, LICSW, Mental Health Professional - Fraser

24 Adaptive Therapy for Clients with Autism Spectrum Disorder

This presentation will focus on ways to adapt more traditional therapy sessions and strategies for children and adolescents who have been diagnosed with autism spectrum disorder (ASD). Strategies will span from working with very young children and their families to young adults.

Rachel Gardner, MA, LP, Psychologist, **Emily Honken**, MSW, LICSW, Independent Clinical Social Worker, **Gretchen Weber**, MSW, LICSW, Clinical Social Worker & **Brooke Anderson**, MA, LMFT, Marriage and Family Therapist – Fraser

25 Getting the Most and Giving the Most: What Truly Motivates the Human Heart

Author of *Getting the Most and Giving the Most: Why Self-Help Books Don't Work* will lead this interactive presentation. Participants in this workshop will better understand the importance of focusing on the inner life and how foundations of motivation are formed through supportive and emotionally intimate relationships. Participants will learn how building these strong relationships, which are critical during childhood years, increase human motivation. This is the first part in a 2-part series.

George Dubie, MS, LP, MDiv, CEO – Greater MN Family Servs.

26 What's so Special About Working with Infants and Toddlers?: Introduction to MAIECMH's Multidisciplinary Endorsement Process

Working with young children and their families requires a specialized set of competencies, firmly grounded in the unique developmental and relational needs of the earliest years. In this session, participants will learn about the Minnesota Association for Infant and Early Childhood Mental Health (MAIECMH) multidisciplinary system of evidence-based core competencies and endorsement that formally recognizes an individual's qualifications for working with children prenatal to five.

Michele Fallon, LICSW, IMH-E® (IV), Co-Chair – MAIECMH

27 A Model of Early Childhood Mental Health Consultation

Early childhood mental health consultation is an essential component for improving the mental health of young children and their families. Participants will be introduced to a working model of early childhood mental health consultation that has been implemented in a Head Start agency. This workshop will highlight specific strategies and curricula recommended for use with the early childhood population.

Tracy Schreifels, MS, LMFT, IMH-E® (III), Mental Health Specialist – Reach Up Inc.

Conference registration on page 11 or register online at macmh.org/confreg

28 Connecting Mind and Body:
Creating Integrative, Holistic Treatment
Plans for Children and Families



How can professionals successfully weave holistic, mind-body interventions into their everyday clinical work? A review of integrative children's mental health domains (such as physiological self-regulation, nutrition and sleep, parental stress and others) will be provided. Participants will practice intervention design for each domain and discuss strategies for fitting these into the traditional diagnostic assessment and treatment plan format.

Marit Appeldoorn, MSW, LICSW, Psychotherapist and Consultant – Private Practice

29 The Embodied Therapist: Therapy Skills
for Developing Kinesthetic Empathy and
Healing Trauma



How can embodied information enhance therapeutic efficacy? This experiential workshop will present theoretical frameworks and somatic techniques that promote nonverbal attunement and interoception. It will also introduce observation tools that can be used to understand the subtleties of nonverbal expression. Workshop participants will learn simple and practical tools applicable for a range of clinical and work settings.

Barbara Nordstrom-Loeb, MFA, MA, LMFT, BC-DMT, CMA, Marriage and Family Therapist and Dance/Movement Therapist – Embodying Psychotherapy & **Patricia Lucas**, PhD, R-DMT – Private Practice, Joining Hands Counseling

30 Trauma-Informed Parenting: An Innovative
Approach to Healing Children's Hearts



Traumatized, grieving children behave in mystifying ways. When equipped with the proper knowledge to help traumatized children heal, the results can be profound. Through lecture and small group discussions, participants will learn about the effects of trauma in children and understand how to bypass blame and provide encouragement.

Tina Feigal, MEd, Director of Family Engagement – Anu Family Servs.

31 Burdened Children: Children with
Mentally Ill, Substance Abusing and
Incarcerated Parents



Mentally ill, chemically dependent or incarcerated parents receive the attention of various services, but their children are often overlooked. Neglected, overwhelmed, abused, misunderstood and isolated, many of these children suffer from living with a parent whose behavior is compromised. This presentation will examine recent research on compromised parenting, risk and protective factors, impact on children and adolescents, and effects on developmental stages and later behavior.

David Swenson, PhD, LP, Psychologist and Professor – College of St. Scholastica

32 Fidgety Fairy Tales:
The Mental Health Musical



In its seventh original installment, tales are reimagined to raise awareness and reduce the fear and misunderstanding surrounding children's mental health issues. This session includes a 45-minute musical performed by a talented cast of young actors. Stories include: *Robin Hood and His Band of Anxious Men* (managing anxiety), *Bluebeard* (the negative effects of stigma), and *The Myth of Demeter and Persephone* (coping with the loss of a sibling).

Matt Jensen, Co-director, **Marya Hart**, Co-director & **Youth Cast**

33 Educational Programming for Students
with Attachment Disorders and Histories
of Trauma



This session is designed to inform professionals about the diverse learning needs of students with attachment disorders or histories of trauma and to provide strategies to improve educational outcomes. Presenters will review research and best practices in the areas of assessment, classroom programming and school-based mental health supports for children with reactive attachment disorder.

Caitlyn Willis, MA, Spec. Ed. Teacher, **Kelly Meir**, EdS, School Psychologist & **Cara McGlynn**, MSW, LCSW, School Social Worker – Northeast Metro Intermediate Dist. 916

34 Violent Youth and Mental Health



Many youth with mental health struggles are more likely to be sent to a juvenile corrections facility than a mental health treatment program. This session will explore how untreated mental health conditions can lead to aggression and violence, and the importance of incorporating mental health treatment into corrections to help youth reach their maximum potential.

Hal Pickett, PsyD, Director of Client Servs. – Headway Emotional Health Servs.

35 A Practical Review of
Psychiatric Pharmacotherapy



This workshop will review the psychiatric medications commonly prescribed for the treatment of mental illnesses in children and adults. Emphasis will be placed on explaining the major classes of medications, their mechanism of action and common side effects.

Joel V. Oberstar, MD, CEO and Chief Medical Officer – PrairieCare

36 Developing Resiliency in Youth Exposed to
Drugs in Their Homes and Communities



Many children and adolescents have been exposed to the stresses of alcohol and drugs in their homes and communities. Without help they are vulnerable to developing drug abuse, delinquency and violence. This interactive workshop will give teachers, social workers and other school personnel the tools needed to help build resiliency in children and adolescents who are at risk.

Fred Dyer, PhD, CADC, Consultant and Trainer – Dyer Trains

37 Behavioral Health Homes: A Planned New
Care Coordination Model for Children



The "health home" option in the Affordable Care Act provides the opportunity to build a better system of health care integration and coordination to achieve improved health outcomes for children experiencing emotional disturbances and adults experiencing serious mental illness. This presentation will provide an overview of the health home option and Minnesota's planning for behavioral health home services.

Richard Seurer, MS, Mental Health Policy Specialist – MN Dept. of Human Servs. – Chemical and Mental Health Servs. Administration, **Jennifer Blanchard**, MPH, Interim Health Policy Director & **Lisa Cariveau**, MSW, LISW, Care Integration Planning Coord. – MN Dept. of Human Servs. – Health Care Administration

38 The Prognosis on Porn:
Research and Treatment of Adolescents
with Porn Addiction



Summarizing research surrounding the prevalence and impact of pornography abuse and addiction in adolescent boys and girls, this session will highlight the physical, social, and emotional consequences of pornography addiction as well as best practices in treating clients struggling with the issue. This session will include hands on strategies for working with this population.

Jennifer Londgren, MS, LMFT, NCC, Therapist – MN State Univ. Mankato & **Thad Shunkwiler**, MS, LMFT, LPCC, RPT, Clinical director – Sioux Trails Mental Health Center

39 Getting the Most and Giving the Most:
What Truly Motivates the Human Heart



2-part series in sessions 2 and 3

Author of *Getting the Most and Giving the Most: Why Self-Help Books Don't Work* will lead this interactive presentation. Participants in this workshop will better understand the importance of focusing on the inner life and how foundations of motivation are formed through supportive and emotionally intimate relationships. Participants will learn how building these strong relationships, which are critical during childhood years, will increase human motivation. This is the second part in a 2-part series. Participation in part 1 is not required to attend part 2.

George Dubie, MS, LP, MDiv, CEO – Greater MN Family Servs.

40 Self-Regulation: Quick and
Easy Strategies to Implement



What is self-regulation and how can we help children develop it? In this session attendees will learn the definition of self-regulation and an overview of development, including why relationships are key instruments in the development of self-regulation. Specific calming strategies will be demonstrated for the following common behavioral challenges: anger outbursts, anxiety, attention problems, mood disorders, social skills and sensory issues.

Tracy Schreifels, MS, LMFT, IMH-E® (III), Mental Health Specialist – Reach Up Inc.

Save the Date:

2016 Annual Conference
April 24, 25, & 26, 2016

Key	Technical Levels	Basic
		Intermediate
		Advanced
Target Audience		Parents
		Professionals
		Parents & Professionals
		Early Childhood Focus

details on page 2

41 U of MN Research to Practice Series:

A. What Does it Mean to Be “Trauma-Sensitive” in Our Work? Engage with Colleagues to Share Definitions, Practices and Wisdom
B. Healing Through Relationships - with Individuals, Organizations, Communities

There are many ways to be “trauma-sensitive” in our work. Participants will engage in discussion about our varied definitions of trauma-sensitive practice. Relationship building is critical for healing. Learn how to build therapeutic relationships in all settings, repair relationships and avoid retraumatization, and teach healing practices for everyday life. Join colleagues in interactive conversations that begin to create a community of learning. *Limited seating - select this workshop during registration to reserve your spot.*

Cari Michaels, MPH, Extension Educator – Extension Children, Youth and Family Consortium, U of MN & **Jessica Gourneau**, PhD, Interim Clinical Director – American Indian Family Ctr.

42 Mindfulness Based Education: Yoga Techniques for Managing Stress and Cultivating Strength in Students

Growing evidence shows that yoga therapy serves as an effective curriculum for increasing achievement and self-awareness, managing and reducing stress, and enhancing concentration and emotional balance. Learning about the science of yoga, participants in this interactive workshop will discover simple movements and breathing techniques that are tailored to different types of learners based on their unique and individual behaviors.

Jenn Nelsen, Spec. Ed. Teacher and Yoga Therapist – Augsburg Fairview Academy and One O Eight Solutions, LLC

43 EMDR - An Effective Treatment for Children Who Have Experienced Trauma

In this workshop, participants will gain a basic understanding of the impact of trauma on the brain and how Eye Movement Desensitization Reprocessing (EMDR) promotes a physiological change on a neurological level, which can be an effective treatment method for children who have experienced trauma. Fundamentals of EMDR will be discussed, along with case studies and a simulated, videotaped EMDR session.

Kathleen Mathews, LICSW, Crisis Stabilization Spvsr. and Therapist & **Jenny Britton**, LICSW, Intensive In-Home Spvsr. and Therapist – Washburn Ctr. for Children

44 Therapeutic Language: Relating to Dysregulated Children and Setting Goals in Treatment

Many children in mental health treatment and in EBD school settings need their caregivers and educators to pinpoint goals and name what is underneath behavior. When children become dysregulated, language is the first skill to deteriorate in times of stress. Parents, teachers and caregivers can help challenging children by learning therapeutic language, reading the feelings underneath behavior, being concise with requests, and remaining attuned to the children’s needs.

Lauren Nietz, LICSW, Therapist, Consultant and Trainer & **Joel Hansen**, LICSW, Day Treatment Spvsr. – Washburn Ctr. for Children

45 Treating Adolescent Trauma: Mindfulness-Based Cognitive Therapy

Adolescents can be especially vulnerable to the effects of trauma. This workshop will help professionals, practitioners and others working with adolescents better understand how to use Mindfulness-Based Cognitive Therapy (MBCT) when treating teen survivors of trauma. Through small group discussions and experiential activities, participants will learn the key points and ways to practice MBCT with teens.

Allen Lipscomb, MSW, LCSW, Faculty – USC School of Social Work

46 Helping Families Find Hope in Helping Their Child Recover from an Eating Disorder

Anorexia Nervosa is the third most common chronic illness in adolescents and the most lethal psychiatric illness. This session will introduce DSM-5 eating disorder diagnoses, prevalence, and screening tools that can be used in general mental health practice. An evidence-based treatment model for adolescents with eating disorders will be discussed, including specific case examples and role-plays for practical application.

Heather Gallivan, PsyD, LP, Clinical Director and Psychologist & **Kelly Senesac**, MA, LMFT, Marriage and Family Therapist – Melrose Ctr.

47 ADHD Update 2015

This workshop will look at recent developments in ADHD diagnosis, evaluation, research and treatment. This year’s update will have a special emphasis on new research related to autism and ADHD, as well as sleep and ADHD. Other recent developments regarding the role of exercise, nutrition, cognitive training and medication in the treatment of ADHD will also be reviewed.

Gary Johnson, PhD, LP, LMFT, Psychologist and Director & **Chris Bedford**, PhD, LP, Psychologist – Clinic for Attention, Learning and Memory

48 Managing the Pitfalls and Dilemmas in Treating Children and Families Experiencing High Conflict

Families with high levels of parental conflict create significant challenges that may overwhelm and compromise the effectiveness of mental health practitioners. Through interactive methods participants will identify common pitfalls and dilemmas faced when treating families with high conflict. Strategies and best practices will be discussed in the context of several case studies where conflict was a significant factor.

Michael Borowiak, MSW, LICSW, Therapist and Consultant & **Lori Thibodeau**, MA, LMFT, Marriage and Family Therapist – Phoenix Process Consultants Inc.

49 Mindfully Parenting the Spirited Child

This interactive presentation provides an overview of the neuroscience and practical applications of mindful parenting based on the work of Dr. Dan Siegel, Goldie Hawn, Dr. Shefali Tsabary and Susan Kaiser Greenland. Parents and caregivers will learn why mindfulness calms the brain and promotes thinking rather than reacting, and how simple exercises can be interwoven with daily life in order to improve familial relationships.

Charlene Myklebust, PsyD, Exec. Dir. of Mental Health and Partnerships, MDE School Administrator – Intermediate Dist. 287

50 Creating Trauma-Sensitive Schools 2.0

Exploring toxic stress and adverse experience on adolescents, this session will look at trauma’s impact on brain development, review findings from the Adverse Childhood Experiences study (ACEs) and propose what can be done to create more trauma-sensitive schools. Outlining opportunities to amplify and expand these efforts, the session will include an interactive discussion about possible next steps.

Mark Sander, PsyD, LP, School Mental Health Coord. – Hennepin Co. and Mpls. Public Schools & **Nancy Riestenberg**, Restorative Practices Specialist – MN Dept. of Education

51 Coming Out: Integration of LGBTQA Identity

Coming out is a highly individualized process for LGBTQA youth, and a difficult experience for families and professionals to understand the transition and what their role is. This presentation will explore the common experiences and reactions to coming out for LGBTQA youth and the meaning of this process in their cognitive and emotional development.

Troy Weber-Brown, MS, LMFT, Psychotherapist and Gender Therapist – Element Mental Health Servs.

52 Diagnosis and Treatment of Pediatric Depressive Disorders

Depressive disorders can cause substantial morbidity and mortality when they occur in children and adolescents. This workshop will review the presenting symptoms of several depressive disorders as they occur in youth. Treatment options will be discussed, including both psychotherapeutic and pharmacotherapeutic modalities. Recent research regarding antidepressant-related suicide risk will also be presented.

Joel V. Oberstar, MD, CEO and Chief Medical Officer – PrairieCare

53 Enrich Your Wellness with Meditative Movements

Are you looking for a simple way to enrich your own health and well-being? In a busy and stressful world, we often lack the self-care we need to prevent burnout; Meditative Movements integrates mindfulness, movement and affirmations so you can release negative stress, replenish your own positive energy and establish healthy emotional boundaries. The benefits of practicing are an empowered mind and fit body.

Ellie Peterson, Inspirer – Power of Positive Workouts

54 Just ASK! Screening for Prenatal Alcohol Exposure

Explore best practices when screening young children for histories of Prenatal Alcohol Exposure (PAE) and other drug exposures. Learn how professionals integrate universal and targeted screening into their routine process to better serve young children with exposure histories and the resulting challenges. Documentation and follow-up steps will be discussed. Learn about the effectiveness of the ASQ:SE to identify clusters of behaviors among children with PAE.

Susan Terwey, MS, Early Childhood Screening Proj. Manager – MN Organization on Fetal Alcohol Syndrome

55 U of MN Research to Practice Series:

Pr **Healing Through Self Care: How to Maintain Our Humanity in Difficult Situations**

Helping others heal from trauma is difficult work. Learn how to walk with others while taking care of ourselves. Explore how to approach relationships, set up organizations and engage with our communities in ways that model what we want for others. Revisit the importance of avoiding isolation and maintaining humanity in the midst of professional demands. Reflect on what detracts from healing and how to realign our practices when needed. *Limited seating - select this workshop during registration to reserve your spot.*
Shonda Craft, PhD, LMFT, Assoc. Dean, College of Health Community and Professional Studies – Metropolitan State Univ. and Therapist and Clinical Supervisor – Kente Circle, LLC

56 Autism-Specific Partial Hospitalization Program

Pr This workshop will highlight new research-based programming for children with Autism Spectrum Disorder (ASD) that addresses the lagging skills in areas of executive functioning and central coherence. Participants will explore how summer camps at Prairie St. John's utilize special interests such as space, science and videogames to develop social and executive functioning skills for youth with ASD. The development, foundation and evolution of this programming to start a partial hospitalization program will be discussed.

Barbara Stanton, PhD, LPCC, LMFT, Therapist & Emily Coler-Hanson, MS, LMFT, CGP – Prairie St. John's

57 Prevention and Early Intervention in Psychotic Disorders

Pr Emerging models and studies from around the world are demonstrating that many of the debilitating effects of psychotic disorders or perhaps even the disorders themselves can be prevented, leading to fewer long-term difficulties for those who live with these illnesses. Families play a particularly important role in many of these emerging models, as do intensive combinations of services and supports. This workshop will survey what families, providers and communities can do to build capacity for prevention and early intervention.

Glenace E. Edwall, PsyD, PhD, LP, MPP, Retired Director – Children's Mental Health, MN Dept. of Human Servs.

58 Dialectical Parenting: A Technique for Parenting Children with Mood and Behavior Regulation Disorders

Pr This interactive workshop will help those parenting or working with youth who have emotional or behavioral dysregulation. Participants will understand the underlying dynamics of dysregulation and explore a model to help address both mood and behavior in a more effective manner.

Allison Peterson, MA, LP, Psychologist and Owner – Mindful Families, LLC

59 The Adolescent Brain, Autobiographical Memory and Stories

Pr It is well established that the adolescent brain is significantly different than the adult brain. This workshop will present current research on this topic, as well as how we can adjust our interactions with adolescents. Highlighting the autobiographical memory system, participants will learn how to

co-create "stories" with adolescents to develop resilience and enhance self-esteem.

Russell Johnson, MSW, LCSW, ACSW, Social Worker & Matthew Jameson, MSW, LCSW, Social Worker – Meaningful Solutions

60 Notching Up The Nurtured Heart Approach

Pr Exploring the ways in which the Nurtured Heart Approach builds on strength and what is going right versus what is going wrong, participants will learn how this approach can impact and change the way one interacts with others and builds relationships that are supportive and nourishing. Participants will gain a better understanding of the method, learn specific techniques, and discover ways to teach the major concepts to others.

Jimmie Heags, Jr., MA, LSC, LPCC, School Counselor, Linda Seifried, MSW, LICSW, Restorative Justice Lead and Diploma on Young Moms Coord., & Doris Moylan, MSW, LICSW, School Social Worker – Intermediate Dist. 287

61 Through the Eyes of Adoptees: Adoption Identity and Competence for Caregivers and Professionals

This session will enhance adoption-competent practice via a panel of professionals engrossed in a mix of adoption-related work, such as child welfare, research, education, and post-adoption clinical services. Panelists, who also identify as adult adoptees, will share experiences and recommendations, and answer questions from both a professional and personal lens on matters related to adoption and identity.

Elana Meesun Schuster, MSW, LICSW, Permanency & Adoptive Family Support Prog. Lead – Fraser, Robert L. O'Conner, MSW, LGSW, Assoc. Professor and Director of Multicultural Title IV-E Prog. – Metropolitan State Univ., Fintan Moore, MA, MSW, LGSW, Child Protection Social Worker – Hennepin Co. and Family Enhancement Ctr. & Shawyn Lee, MSW, LGSW, Doctoral Candidate and Lecturer – U of MN School of Social Work

62 Moving Mountains: A Mind-Body Tool Kit to Calm Explosive, Reactive and Anxious Children

Pr Sometimes well-planned interventions with children in distress don't work as planned, and can even make situations worse. In this presentation, participants will learn tools to assess a child's "zone" of agitation and to effectively intervene using a wide range of mind-body techniques and tools. During the workshop, participants will have a chance to create a tool kit binder of helpful interventions.

Marit Appeldoorn, MSW, LICSW, Psychotherapist and Consultant – Private Practice & Kathy Flaminio, LGSW, E-RYT 200, Owner – 1000 Petals, LLC

63 Your Adult Child's Human Rights: Independent Living, Work, Marriage and Family Planning

Pr This presentation will be hosted by a mother who is an advocate for independent living as well as a stepmother who is a family lawyer. Using a combination of lecture and story-sharing, this workshop will provide parents and other caretakers with the legal information, supports, and decision-making processes that the presenters have used to successfully support their son's dream of living independently.

Jennifer Moore, JD, Attorney – Moore Family Law, PA & Cynthia Moore, MS, Member – MN Statewide Independent Living Council

64 Creating a School District Mental Health Plan

Pr This session will describe the process of creating a mental health plan for a school district and tailoring that plan to the unique needs of the district. It will describe important characteristics to consider when designing the plan, illustrating the reasons for each component and outlining the methodology of implementing its various components.

William Dikel, MD, Independent Consulting Child and Adolescent Psychiatrist

65 Spare the Rod: Why American Parents Spank and How to Stop It

Pr Everyone agrees that physical abuse is harmful, but what are the effects of non-abusive use of physical punishment? What is the impact of physical discipline on a child's ability to learn and grow? What about children living in countries that have made it illegal? What stops parents from giving up physical punishment? This workshop will offer some answers to these questions.

Elizabeth Bergman, LICSW, Exec. Director & Amy Moeller, LICSW, Clinical Social Worker – Family Enhancement Ctr.

66 Academic Outcomes Among Youth with Incarcerated Parents in Minnesota

Pr Recent findings in the MN Student Survey (MSS) reveal new data on the educational outcomes for students with incarcerated parents. This session will include statistical analysis of the newly-added "incarcerated parents" variables in relation to students' attendance, behavior, achievement, engagement and school connectedness, and will include a discussion of next steps.

Julie Atella, MA, Research Scientist – Wilder Research, Tyler Reedy, MA, MSW, Research Consultant, & Rebecca Shlafer, PhD, Asst. Professor – U of MN

67 Healthy Identity and Understanding Bias and Stereotypes: Critical Foundations for School Success

Pr This workshop will explore ways to support a parent's ability to build on a child's innate sense of empathy and eager curiosity about differences. Through activities, lecture and discussion, participants will gain concrete literacy-based strategies for building healthy and comprehensive positive identity and protecting children from the harmful impacts of biases and stereotypes.

Meg Thomas, MA, Early Childhood Prog. Manager & Robin Starch, Prog. Manager Elementary and Classroom Dynamics – AMAZE

68 Making Reflective Practice Everyone's Approach: Minnesota's Maternal Infant Early Childhood Home Visiting Evaluation

Pr In this presentation, researchers will share findings from Minnesota's Maternal Infant Early Childhood Home Visiting Expansion Project Evaluation. Presenters will discuss findings on the importance of resources, professional development in knowledge and skills, beliefs and attitudes, and local and statewide support. Results from an additional study, looking at how home visitors develop skills in reflective practice, will also be included.

Karen Storm, PhD, Research Associate, Ann Bailey, MA, Research Fellow & Christopher Watson, PhD, IMH-E® (IV), Co-Director of Ctr. for Early Education and Development – U of MN

69 U of MN Research to Practice Series:

Pr A. Healing Through Engagement: Partnering in Thoughtful Program Development and Evaluation B. Trainings, Toolkits and Other Trauma-Sensitive Resources: Learn What They Are and How to Use Them

Participants will learn about the developing partnership between the U of MN and an urban St. Paul elementary school designed to create a trauma-sensitive school culture. Learn about changing school environments, modifying behavior dysregulation responses, and training for school personnel. Explore how to operationalize thoughtful and reflective program development and evaluation. Learn about resources from national and local organizations that can aid in creating trauma-sensitive practices, organizations and communities. *Limited seating - select this workshop during registration to reserve your spot.*

Judy Myers, MS, RN, Extension Educator – Extension Children, Youth and Family Consortium, U of MN & Chris Bray, PhD, LP, Co-Dir. – Ambit; Administrative Dir., Institute for Translational Research in Children’s Mental Health, U of MN

70 Parenting Kids with ADHD (Executive Dysfunction)

Pr A Effective parenting is a challenge, especially when a child has difficulty paying attention. This presentation will uncover common myths about parenting a child with ADHD and offer a set of guiding principles to help parents get back on track, including specific academic strategies.

Gary Johnson, PhD, LP, LMFT, Psychologist and Director & Chris Bedford, PhD, LP, Psychologist – Clinic for Attention, Learning and Memory

71 Parent and Child Contributions to Diagnostic Clarity: Differences and Biases Across Clinical Groups

Pr A Finding the most helpful diagnoses for children requires consideration of the contexts around them including the health and objectivity of those key adult informants, such as a parent or legal guardian, clinicians rely on for their perspectives on the child’s real-world risk and functioning, and best options for treatment. This presentation will review protocols for clinical practice including testing and interviewing options.

James Wojcik, PhD, LP, Chief Research Officer – Natalis Outcomes & Timothy Gibbs, MD, Chief Medical Officer – Natalis Counseling & Psychology Solutions

72 Basic Mindfulness for Self Care

Pr A In this presentation, participants will be introduced to mindfulness meditation practice and its many proven, positive effects on physical and mental health and overall wellbeing. The presenters will cover basic concepts and skills, as well as some of the research that informs this practice. Participants will also have the opportunity to practice a few mindfulness techniques for everyday application.

Carin Wilson, DSW, LCSW, Staff Lecturer – Univ. of WI Superior

73 Children at the Border... in Minnesota: Emotional Implications for those Children

Pr 57,000 unaccompanied children arrived to the United States in just the last year. 173 of them are currently located in Minnesota. This presentation will help participants understand what possible traumatic experiences these unaccompanied minors might have faced in their journey and what symptoms they may be presenting as a result. Psychotherapy treatment options will also be discussed.

Blanca Svedberg, MEd, LPCC, RPT, Clinical Psychotherapist – West Side Community Health Servs.

74 Implementing Trauma-Informed Care Practices in a Special Education School District

Pr Through a combination of lecture, case examples and discussion, this presentation will provide an overview of the implementation process of creating a trauma-informed care environment in a suburban special education district. Exploring overarching principals of the benefits and process, participants will learn specific implementation strategies, examine possible obstacles, and consider the initial steps towards creating a trauma-informed care environment in their own school districts.

Anne Byer-Rajput, PhD, LP, Psychologist & Jennifer Petersen, MSW, LICSW, Mental Health Coord. – Intermediate School Dist. 917

75 TXT4LIFE: Suicide Prevention Program

Pr A TXT4LIFE, a suicide prevention program that began in 2011, is now beginning a statewide expansion. By opening the Minnesota affiliate of the National Suicide Prevention Lifeline to text messaging, there has been a dramatic increase in youth and young adults reaching out for help during a crisis. Learn about the techniques and strategies that have made this program successful.

Meghann Levitt, Public Health Educator and TXT4LIFE Regional Coord., NE MN – Carlton Co. Public Health and Human Servs., Donna LeKander, Director – Carlton Co. Children and Family Servs. Collaborative & Eric McClellan, MA, LMFT, TXT4LIFE Prog. Spvsr. – Canvas Health-Crisis Connection

76 Creative Therapeutic Techniques

Pr This session will examine 13 hands-on activities to help aid the therapeutic relationship, as well as benefiting clients in the processing of their needs and issues.

Tamarah Gehlen, LMFT, LADC, CCTP, FLE, Prog. Director and Graduate Level Professor – WINGS

77 A Systemic Model of Family Intervention in Treatment Foster Care

Pr This presentation will focus on the utilization of systems theory in providing Treatment Foster Care services. This systemic model allows for the provision of services to the child and the family while exploring their needs within the context of the family’s history and community, thereby allowing continuity in services and the utilization of resources.

Dale Twedt, LICSW, LMFT, PATH COO & Bill Kerzman, MSW, Assoc. Director – PATH Family Institute

78 Equilibrium: Assertive Community Treatment Services for Ages 16-20

Pr This workshop will give participants an overview of Assertive Community Treatment (ACT) services for youth ages 16 - 20 and how these services are bridging the gap between children’s and adult mental health services. Youth ACT services are evidence based and new to the state of Minnesota as of 2014.

Grace Tangjerd Schmitt, President, C. Brien Godfrey, MD, Psychiatrist & Kristin Rotter, LICSW, MSW Team Leader, Equilibrium Youth Servs. – Guild Incorporated

79 The Family and Friends Plan: Not Just for Cell Phones

Pr Connection to important others is a core component of resiliency. Too often, we see that families and natural supports are not integrated where they are needed in school, care and treatment systems. In this workshop participants will learn how natural supports can be identified, engaged and utilized, leading to long-term sustainable results for children and youth.

Ann Gaasch, MA, Exec. Director, Jay Hunter, MA, LMFT, Clinical Spvsr. & Anna VonRueden, Family Servs. Manager – FamilyWise

80 Anxious Youth: The Practitioners Toolbox for Group Sessions

Pr Feeling anxious or worried is common among adolescents, yet sometimes anxiety becomes an exaggerated, unhealthy response. This interactive presentation will highlight a ten-session group counseling framework to assist students experiencing heightened anxiety. Participants will be provided with access to the curriculum, weekly lesson plans and activities, as well as formative and summative assessments used with middle and high school students in the school setting.

Molly Fox, MSW, LICSW, Social Worker & Amanda Bomstad, MS, NCC, NCSC, Counselor – Mankato Area Public Schools

81 Bullying: What Is it and What Can We Do?

Pr A Helping students, staff and families understand bullying is crucial, especially given recent Minnesota legislation: Safe and Supportive Minnesota Schools Act. This workshop will define bullying, including the fine line between bullying, teasing and peer conflict. Participants will learn ways to support students, including social skills games, books, and activities, and will have the chance to share their own ideas and strategies that have worked for them.

Catherine Thomas, MEd, LISW, School Social Worker & Scott Graham, MAEd, LSW, School Social Worker – St. Michael-Albertville Schools

82 DC: 0-3R in Practice

Pr A Ec Best practices for the diagnostic assessment of young children from birth to age five include the use of the DC:0-3R tool.

This presentation will describe how to implement the DC:0-3R process within a community mental health clinic, including specific assessment and observation tools, organization of visits, and the possible challenges of successfully involving caregivers. Diagnostic categorization and treatment recommendations will also be touched upon.

Kelly Haack, PhD, LP, Psychologist, Claire Hysell, MA, LPCC, Clinical Site Spvsr. & Renee Latterell, PsyD, LP, Psychologist – Fraser

Key	Technical Levels	Basic
		Intermediate
		Advanced
Target Audience	P	Parents
	Pr	Professionals
	A	Parents & Professionals
	Ec	Early Childhood Focus

details on page 2

2015 Conference Registration • Register Online at macmh.org

Please use one form per person. Duplicate as needed or download more at www.macmh.org.

First Name _____ Last Name _____

Email _____
must be attendee's email

Agency _____

Job Title _____

Home Work Address _____

City _____

State _____ Zip _____ County _____

Phone H W C _____

Registration confirmation/receipt will be sent via email only. Please print clearly.

This is my first MACMH conference.

I heard about this conference from: (circle)

MACMH: Brochure • Email • Website

Colleague Shared: Brochure • Email • Website

Other: _____

I am registering as: (choose best fit)

- Family Member—Parent, Grandparent, Caregiver
- Juvenile Justice Professional
- Early Childhood Professional or Educator
- Educator or working in schools including School Social Worker, Counselor, and Psychologist
- Health Care—Nurse, Doctor
- Mental Health Professional, Psychologist, Psychiatrist, Counselor, Therapist, Marriage & Family Therapist
- Social Services Professional
- Other _____

Payment and Registration information

Payment Policy: Checks (payable to MACMH), credit card payments, vouchers, and POs are welcome. If paying with a credit card, voucher, or PO, include the billing address in the Billing Information box.

Online Registration: www.macmh.org/confreg

Mail Registration:

MACMH, 165 Western Avenue N, Suite 2, St. Paul, MN 55102

Fax Registration: 651-644-7391

Cancellation Policy: Conference registration fees minus a \$50 administration fee per registration will be refunded if cancellation is made in writing (email info@macmh.org) to the MACMH office by April 10th, 2015. Registration can also be transferred to another attendee. Please contact MACMH if you need to transfer your registration.

Questions: Call 651-644-7333 or 800-528-4511

Sunday is FREE if attending both Monday & Tuesday.

I am attending:	before April 1	after April 1
<input type="checkbox"/> Sunday only	\$90	\$99
<input type="checkbox"/> Monday only	\$190	\$199
<input type="checkbox"/> Sunday & Monday	\$280	\$298
<input type="checkbox"/> Tuesday only	\$190	\$199
<input type="checkbox"/> Sunday & Tuesday	\$280	\$298
<input type="checkbox"/> Monday & Tuesday	\$340	\$359
<input type="checkbox"/> Sunday, Monday, Tuesday	\$340	\$359

Discounts available for Students and Groups of 5 or more, please call the office for details (Discounts not available to Sunday only attendees).

Session, Workshop & Lunch Choices

Check the session times you plan to attend, and **circle** your workshop choice.

Sunday Option 1

- Symposium** — 2:00 – 4:00 pm
(circle symposium letter choice below)
- A. Leading Individuals through a Process of Change
- B. Blending Attachment & Trauma Treatment: DSM-5
- C. Before the ABCs: School Readiness
- MHED Talks**® — 4:15 – 6:45 pm

Sunday Option 2

- Supervision Workshop**
11:00 am - 6:00 pm
- Boxed Lunch add \$13**

Monday

- Workshop Session 1** — 10:15 am (circle workshop choice)
1 2 3 4 5 6 7 8 9 10 11 12 13
- Lunch** — 12:15 pm (circle lunch choice)
Standard Vegetarian Gluten Free No Lunch
- Workshop Session 2** — 1:15 pm (circle workshop choice)
14 15 16 17 18 19 20 21 22 23 24 25 26 27
- Workshop Session 3** — 3:00 pm (circle workshop choice)
28 29 30 31 32 33 34 35 36 37 38 39 40

Tuesday

- Workshop Session 4** — 10:30 am (circle workshop choice)
41 42 43 44 45 46 47 48 49 50 51 52 53 54
- Lunch** — 12:15 pm (circle lunch choice)
Standard Vegetarian Gluten Free No Lunch
- Workshop Session 5** — 1:15 pm (circle workshop choice)
55 56 57 58 59 60 61 62 63 64 65 66 67 68
- Workshop Session 6** — 3:00 pm (circle workshop choice)
69 70 71 72 73 74 75 76 77 78 79 80 81 82

Attention

- Registration confirmations are sent via email to email address provided. The email is your receipt or invoice. No other confirmation will be sent.
- On-site registration will be available as space allows.
- The conference fee includes continental breakfast, lunch, and CEHs.
- Note: you are not registering for workshops, just noting your interest.

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**Minnesota Association for
Children's Mental Health**

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