

27 Working on the Spectrum: ADHD, ASD and Sensory Processing

There is an elevated degree of comorbidity between ADHD and ASD. Approximately 50% of those with ASD also have ADHD, and 20% of those with ADHD also qualify for a diagnosis of ASD. Yet information regarding assessment and treatment of these two disorders is very sparse. This workshop will help both parents and professionals "untangle" these issues to promote greater understanding and efficacy.

Gary Johnson, PhD, Licensed Psychologist - CALM, Nick Spangler, PsyD, Post-Doctoral Fellow - Fraser, Joanne Search, MA, MEd, Early Intervention Special Education Teacher - Hopkins School Dist. & Amy Carrison, PsyD, Therapist - Autism Society of MN

Level: II | For: All | Content: Clinical

28 Calm Challenging Behavior: Professional Skills to Improve Your Practice and Get Parents on Board

Is there a "difficult" child who drains your energy and nothing seems to work? The brain research tells us that the "fight or flight" stress response is responsible for intense behavior but misses a critical piece – specifically, professional skills to more effectively calm challenging behavior and regain control. During this interactive workshop, participants will learn practical solutions rooted in neuroscience to enjoy work again.

Samantha Moe, MA, SLP, Certified Parent Coach - Mad2Glad

Level: I | For: Professionals | Content: Clinical

29 Bridging Mental Health and Applied Behavior Analysis

This presentation will provide a brief overview of Applied Behavior Analysis (ABA) and ideas for application when delivering mental health therapeutic interventions. Considerations for families and professionals when seeking ABA and mental health service provision will be discussed, along with a conversation about incorporating mental health and ABA to promote best practice strategies with individuals and their families.

Brooke Anderson, MA, LMFT, BCBA, Clinical Svs. Mgr. & Jenny Lillehei, MA, LMFT, BCaBA, Clinical Prog. Mgr. - Fraser

Level: I | For: Professionals | Content: Clinical

30 Working with Individuals Who Struggle with Executive Functioning

Poor executive functioning can have profound effects on individuals' mental and physical health, quality of life, school and job success, and public safety (Diamond, 2013). Individuals with a variety of mental health issues (including addiction, ADHD and ASD) may all struggle with executive functioning. This presentation will focus on identifying and addressing deficits in three common executive functions: flexibility, impulse control and working memory.

Joseph Falkner, MST/CCC-SLP, CAS, Speech Language Pathologist - Private Practice

Level: I | For: Professionals | Content: Clinical

31 Rethinking Challenging Kids

Kids do well if they are able, not solely because they want to. In this session, attendees will learn about the fundamentals of Collaborative Problem Solving, an evidence-based approach

to challenging behavior that is grounded in relationship and skill building, and how this approach may be used in schools, family systems, residential treatment facilities, mentoring agencies and even with adult staff as a relationship-based management tool.

Ed Morales, MPP, MSW, LICSW - Socorro Consulting

Level: I | For: All | Content: Clinical

32 Instructional and Behavioral Practices for Adolescents with Challenging Behaviors

This workshop will introduce participants to coaching emotionally challenged adolescents in an effort to respond instead of react to perceived injustices and help create structures/systems that encourage positive solutions to interpersonal problems. Led by a family relationship specialist and recovery coach that uses humor and magic as his trademark, participants will be able to take part in discussions and practical demonstrations.

Coach Nakumbe, MFT, LPCC, LADC, Relationship Specialist & Recovery Coach - Coach Nakumbe's Education for Change

Level: II | For: All

33 Building a Resilient Family

As parents, we want our home to be a place where our children can become healthy, happy and competent individuals. This workshop will present a resiliency model to help families enhance their social, physical, mental and emotional well-being. Parents will explore how resilience skills can be integrated into their family's daily life. Focus of the session will be developing effective and practical plans to help with issues including school performance, peer relationships, screen time, social media, transitions, managing emotions and sibling issues.

Kevin Harrington, PhD, Licensed Psychologist - Private Practice

Level: II | For: Parents

34 Quality of Mental Health in Adolescent Romantic Relationships

This session will explore how adolescent romantic relationships impact and are impacted by mental health. Participants will learn about the statistics of romantic relationships, rates of intimate partner violence, mental health data for adolescents in romantic relationships, and ways to help adolescents engage in mentally healthy relationships.

Jennifer Reinke, PhD, Prog. Dir. and Assoc. Professor of Human Dev. and Family Studies & MaKayla Pederson, Human Dev. and Family Studies Student - Univ. of WI, Stout

Level: I | For: Professionals

35 Creating Awareness and Identifying At-Risk Students

This presentation will describe tools used at Wayzata High School to identify students who may be in need of emotional and mental health support. These tools include a 10th-grade depression screening, an online Wellness Tip Line and a school-produced video, "Overcoming Challenges," which highlights stories of staff and students. Attendees in this session will learn tangible ways to identify at-risk students.

Alison McKernan, MSW, LICSW, School Social Worker & Cali Fielder, MSW, LICSW, School Social Worker - Wayzata High School

Level: II | For: Professionals

36 Building School/Community/County Partnerships to Sustain and Expand High Quality Comprehensive School Mental Health

Providing supports for positive student mental health within schools requires a partnership between many stakeholders (schools, mental health agencies, local governments, state government, etc.) This presentation will examine how Minneapolis Public Schools developed strong partnerships over the past 13 years to co-lead their comprehensive school mental health program to ensure high quality outcomes, consistency and sustainability.

Mark Sander, PsyD, LP, Dir. of School Mental Health - Hennepin County/Minneapolis Public Schools, Jody Nelson, EdD, LMFT, Associate Dir. - Guadalupe Alternative Progs. & Carolyn Felty, MA, LP, Sprsr. - Canvas Health

Level: II | For: Professionals

37 In-Between Cultures: Navigating Adolescent Years for Immigrant Families

Going through adolescence can be hard, and the additional reality of cultural misunderstandings and conflicts within immigrant families can make it even more challenging. This workshop will focus on immigrant family dynamics, how interpersonal neurobiology illumines the processes and strengths of that lived reality for adolescents, and challenges in using the DSM-5 for assessment.

Sophia Park, ThD, LMFT, Asst. Professor of Pastoral Clinical Mental Health - Neumann Univ. & Rev. Karin Craven, PhD, Teacher and Writer

Level: I | For: Professionals

38 Using Relationships and Regulation to Address Trauma

Trauma Focused Cognitive Behavioral Therapy is the evidence-based model for addressing trauma with adolescents. However, what happens when the client won't engage in it? This workshop will incorporate research-based practices, combining family trauma training, attachment work, body regulation work and narrative therapy to aid in addressing trauma with a new lens.

Laine Mohnkern, MSW, LICSW, Mental Health Sprsr. - Reclaim

Level: II | For: Professionals | Content: Clinical

Infant & Early Childhood Series

39 Best Practices for Supporting Infant/Toddler Social-Emotional Development in the Classroom

Geared toward providers and caregivers of young children, this workshop will discuss proactive strategies for preventing behavioral concerns as well as tips that can be used in infant/toddler classrooms to support very young children's social-emotional development. Particular attention will be paid to the role of positive relationships and supportive environments in preventing problematic behavior. Participants will benefit from interactive group discussion, video examples and small-group practice activities.

Katherine Lingras, PhD, LP, Asst. Professor, Child Psychologist - Univ. of MN Dept. of Psychiatry & Jan Merrell, MEd

Level: II | For: All | Content: Clinical