

## 40 Trauma Across Generations: The Impact of Historical Trauma

This workshop will increase awareness of the link between historical and/or intergenerational trauma, and the challenges in moving toward effective, sustainable change. The presenter will discuss Adverse Childhood Experiences (ACEs) and explore culturally-sensitive, trauma-informed strategies that can be implemented collectively and individually. Participants will leave the session better aware of the way in which conscious and subconscious perceptions and biases can have unintended consequences.

*Samuel Simmons, AA, LADC, Founder - Samuel Simmons Consulting*

Level: II | For: All

## 41 EMDR: An Effective Treatment for Children Who Have Experienced Trauma

Attendees will gain a basic understanding of how Eye Movement Desensitization Reprocessing Therapy (EMDR) can be an effective treatment method for children who've experienced trauma. Participants will learn about the impact of trauma on the brain and how EMDR prompts a physiological change on a neurological level. Fundamentals of EMDR will be discussed, a video will be shown and case examples will be shared.

*Kathleen Mathews, MSW, LICSW, Outpatient Therapist and Clinical Trainer & Jenny Britton, MSW, Assoc. Clinical Dir. of the Crisis Stabilization, Intensive In-Home and Case Management Progs. - Washburn Ctr. for Children*

Level: I | For: Professionals | Content: Clinical

## 42 Cognitive Behavioral Play Therapy: For All Ages!

This session will explore and demonstrate how to bring Cognitive Behavioral Play Therapy (CBPT) concepts and techniques to children of all ages. Bringing CBPT to younger children necessitates being able to utilize non-directive (child-led) CBPT, understanding meta-communication of cognitive schema through symbolism and metaphor, and understanding the latest neurology research demonstrating a new understanding of mind and brain.

*Rob Winkler, MA, LP, RPT, Psychologist - Playmore & Prosper*

Level: II | For: Professionals | Content: Clinical

## 43 All Things School: A Guide to the Language, Services and Expectations Within Schools

This session will provide information on language used within school initiatives at the local, district-wide and state-wide levels. Highlights will include a better understanding of ESSA, PBIS, Worlds' Best Work Force (WBWF), Multi-Tiered Systems of Supports (MTSS) and other initiatives used every day in schools. This session will be informative for school and non-school staff.

*Mary Hunt, MA, NCSP, Education Specialist, Ellen Nacik, MA, Implementation Science Specialist - MN Dept. of Education & Kris Lofgren, School Mental Health Project Lead - MN Dept. of Human Svs.*

Level: I | For: All



## 44 How Did it Get So Bad? One Perspective of Complex Mental Health Needs

ODD, Anxiety Disorder, Persistent Depressive Disorder and ADHD, all diagnosed in a 12-year-old. A 17-year-old with no treatment history who yells, throws things and storms out of classrooms when she is asked to take down her hood. How did it get so bad? This presentation will offer one perspective from the front lines of mental health residential and day treatment programs.

*Christine Squier, MA, LPCC, LADC, Outpatient Clinical Sprosr. & Gina Flannigan, Prog. Dir. - The Hills Youth and Family Svs.*

Level: II | For: Professionals | Content: Clinical

## 45 Ethical Thinking and Practice for Parent and Family Life Educators

Are you facing challenging questions in your work with families? During this workshop, participants will learn ethical perspectives for working with families; ethical principles for parent and family educators; how to identify the difference between an ethically challenging situation and an ethical dilemma; and a five-step case study analysis process to determine ethical responses to challenging situations. *This course partially fulfills the MN Board of Social Work requirement of 2 clock hours in social work ethics. You will need to complete an additional 15 minutes of ethics training to complete your requirement.*

*Glen Palm, PhD, CFLE, Professor Emeritus, Parent Educator - St. Cloud State Univ. & Mary Maher, MSW, Parent Educator - MN Council on Family Relations*

Level: I | For: Professionals

## 46 In Plain Sight: The Need for Cooperative Professional Communities for Differential Diagnoses

This session will use ADHD as a sample diagnosis, to explore how a diagnosis is derived, contrasting the process and conclusions from several professional communities, and points in the process that can lead to an incomplete or inconsistent diagnosis and programming. This presentation will propose a more integrated model to support educators in recognizing, differentiating and properly programming for students' identified needs.

*Dana Flanders-Turman, MAT, Special Education Teacher - Centennial Schools Dist. & Patricia Gould, PhD, EdS, School Psychologist - Lakeville Area Public Schools*

Level: I | For: Professionals | Content: Clinical

## 47 Psychiatric Assistance Line - Free Consultation for Providers

PrairieCare Medical Group established the Psychiatric Assistance Line (PAL) in 2014 in response to the Minnesota Department of Human Services' desire for a partner to provide statewide psychiatric consultations. For prescribers, PAL provides immediate access to psychiatry for medication consultation. For the community, PAL provides mental health resources and help determining what type of treatment is needed. Attendees of this session will learn more about this valuable resource.

*Sarah Baker, MSW, LICSW, Triage Therapist, Allison Litzenberg, MSW, LICSW, Triage Therapist - PrairieCare; & Linda Vukelich, Exec. Dir. - MN Mental Health Community Foundation*

Level: I | For: All

## 48 Fidgety Fairy Tales: The Mental Health Musical

Enjoy a performance of MACMH's 10th original musical that uses familiar fairy tales to raise awareness about children's mental health and provide strategies for working with challenging behaviors. Performed by talented youth ages 8 - 18, this production includes: The Three Billy Goats Gruff (ADHD), Little Miss Muffet (meltdowns), Pinocchio (lying).

*Matt Jensen, Co-director, Dir. of Arts Programming - MN Assoc. for Children's Mental Health, Marya Hart, Co-director & Youth Cast*

Level: I | For: All

## 49 Meltdown Management

Meltdowns can be a part of life for some children who struggle with emotional regulation. The presentation of a meltdown can also vary based on the age/stage of the child. This session will cover the stages of a meltdown, ways to cope, and ways to prevent meltdowns in the future for kids of all ages.

*Emily Coler Hanson, MS, LMFT, CGP, Therapist & Barb Stanton, PhD, LPCC, LMFT, Therapist - The Anne Carlsen Ctr.*

Level: I | For: All | Content: Clinical

## 50 Care with a Trans Person in Mind

Many of us provide quality and excellent care, however, very few of us provide care that is accessible to many who need it. This workshop will provide insight into ways organizations and clinics can make minor adjustments to increase their accessibility, not just for transgender and gender non-conforming individuals, but for many individuals with barriers in receiving care.

*Laine Mohnkern, MSW, LICSW, Mental Health Spvsr. & Felicia Washington Sy, PhD, MSW, LICSW, Exec. Dir. - Reclaim*

Level: I | For: Professionals | Content: Clinical

## 51 Culturally Responsive Assessment Practices with Latinx Clients: Lessons from the Field

This presentation will explore the definitions of culture; the impact of culture and current events on clinical assessment and formulation; and client and provider expectations for services. The presenters will use their experiences working with first- and second-generation Latinx clients to explore ways of reducing the imposition of white normativity in services, reduce bias and provide more equitable and inclusive assessment and service planning.

*Elizabeth Franklin, MSW, LICSW, Children's Mental Health Case Management Sprosr. and Psychotherapist - Comunidades Latinas Unidas en Servicio (CLUES), Lily Ramey, MSW, LICSW, Mental Health Prof. - Fraser & Macarena Corral, PsyD, LP, RYT, Bilingual Clinical Psychologist - Ctr. for Collaborative Health*

Level: II | For: Professionals | Content: Clinical

### Infant & Early Childhood Series

## 52 Play is the Way to Support Infant and Child Mental Health

In this presentation, participants will re-discover the power of play in fostering strong caregiver-child attachment through developmentally-appropriate activities. Discussions will focus on promoting play for ages 0 - 5 and there will be time for participants to create their own working definition of play in their practice.

*Heather Von Bank, PhD - MN State Univ., Mankato*

Level: I | For: All | Content: Clinical