

## 53 Mindfulness: The Pathway to Peace

This presentation will offer strategies to help attendees create a positive and calm climate in their homes and workplaces. The techniques presented will help to reduce runaway thoughts, manage big emotions, reduce stress, facilitate better decision-making skills, provide insight into personal triggers and create thoughtful responses in order to enhance relationships. Tools are appropriate for adults and children.

*Kathy Matthews, MBA, MEd, Licensed Parent Educator, Certified Professional Coach - Peace Factors*  
Level: I | For: All

## 54 Anxiety Disorders in Children: Perplexing Parents and Professionals

During this session, attendees will meet Ellie, the presenter's 12-year-old who has generalized anxiety and selective mutism. Having presented her with one of the greatest challenges as a parent, and a great learning opportunity, the presenter will use her own personal experience and research to discuss this growing epidemic in our youth, explore differential diagnoses and common conditions that might surface simultaneously, and consider ways to help.

*Christy Alten-Osmera, MS, LAC, LPCMH, QMHP, Adolescent Unit Prog. Dir. & Therapist - Keystone Treatment Ctr.*

Level: II | For: Professionals | Content: Clinical

## 55 Child-Centered Reunification Therapy

The Child-Centered Reunification Therapy workshop introduces a reunification therapy model designed to integrate children into relationships with estranged parents or other caregivers using a unique two-therapist approach. The model uses a step-by-step process integrating Filial Therapy, parent education and relationship building techniques. This workshop will outline the entire reunification therapy process from start to finish using this model.

*Nicole Ross-Hauser, MS, Creative Arts Psychotherapist - The Creative Therapy Ctr. & Sarah Cross, MSW, Child Therapist - Joining Hands Child and Family Svcs.*

Level: II | For: Professionals | Content: Clinical

## 56 Fetal Alcohol Spectrum Disorders: What Mental Health Providers Need to Know

Did you know that one in 20 children is suspected of having a Fetal Alcohol Spectrum Disorder (FASD)? This presentation will introduce the basics of FASD, identify red flags for diagnosis and delve into various strategies that can be used when working with children and families who are living with an FASD.

*Barb Clark, BIS, Youth Studies/Sociology, FASD Consultant - North American Council on Adoptable Children*

Level: II | For: Professionals

## 57 The 7 Essential Ingredients of Trauma Sensitive Schools

The 7 Essential Ingredients of Trauma Sensitive Schools (TSS) is a framework that SaintA has trained and coached in countless schools nationally over the past decade. This training will provide concrete resources and strategies for school-wide practice.

Many tools will be shared. Guidance will be given on how to integrate TSS into existing initiatives, such as multi-tiered systems of support, to promote seamless implementation.

*Sara Daniel, MSW, LCSW, Dir. of Clinical Svcs. - SaintA*

Level: II | For: Professionals

## 58 Sent Away: Learning Empathy and Empowering Parents of Youth in the System

Many parents are often confused, resistant and scared when their children enter the system. This interactive presentation will help attendees step into parents' shoes and get an in-depth look at their thoughts and feelings while learning strategic tips for connecting and collaborating with them from the beginning of this experience through community transition.

*Stephen Johnson, MDiv, Aftercare Coord. & Christina Veerkamp, Parent Partner - Mille Lacs Academy*

Level: I | For: Professionals

## 59 A Cross-Discipline Exploration of Trauma-Informed Practice

Trauma-informed practice is a central focus in many fields, from mental health, to education, to legal practice and beyond. But what does it actually mean, and how do you know if a person/agency is truly "trauma-informed?" This presentation will explore key components of trauma-informed practice, regardless of the field, and highlight ways to assess the level at which a person/agency is trauma-informed.

*Pete Singer, MSW, LICSW, Clinical Sprosr. - Clearwater Counseling*

Level: II | For: Professionals | Content: Clinical

## 60 Implementing Restorative Practices in the Classroom with Special and Regular Education Populations

During this hands-on presentation, attendees will not only learn the main components about restorative practices, District 287's involvement in restorative practices, and the special populations within District 287, but will also experience a Community Building Circle, a Circle to Repair Harm, and learn how to use restorative justice cards to facilitate a mediation.

*Jimmie Heags, Jr., MA, LSC, LPCC, Clinical Professional, Linda Seifried, MSW, LICSW, Clinical Sprosr. and Mental Health Practitioner & Doris Moylan, MSW, LICSW, School Social Worker - Intermediate Dist. 287*

Level: II | For: Professionals

## 61 What is the Difference Between Psychoeducational, Neurological, and Psychological Testing?

Have you ever wondered how various types of assessment reports differ? It can be confusing to determine what type of assessment you need or to read and understand an assessment you've already had done. This workshop will go over the differences between evaluations along with what is commonly included in these reports.

*Mary Beth Kelley, MA, Prog. Developer - Learning Disabilities Assoc. of MN*

Level: I | For: All

## 62 The Cost of Intolerance: The Inter- sectionality Between Race, Culture and Mental Health

This workshop will address race, cultural diversity and their implications for educators and counselors. It will consider the psychological impact of factors such as race, ethnicity and culture on the mental health of students. Through the 10 C's model of diversity awareness and change, participants will understand the benefits of developing strategies for culturally responsive teaching and learning.

*Gayl Swaby, EdD, Clinical Social Worker/Asst. Professor - Springfield College*

Level: I | For: Professionals | Content: Clinical

## 63 Students Offering Support: Youth Leading their Community in Building Protective Factors

Most youth who are suicidal talk with peers about their concerns rather than adults, yet few peer confidants tell adults about suicidal peers. Students Offering Support (SOS) is a youth-led program that destigmatizes mental illness, supports members and raises awareness of issues that might lead to suicide. SOS holds weekly meetings with adults and youth from diverse backgrounds and gets them connected to resources available in their community.

*Anne Parish, MEd, Prog. Coord. & Dakota Koski, Exec. Dir. - REACH Mentoring Prog.; & Raven Sevilleja - Cloquet High School Student*

Level: I | For: All

## 64 Cloud Chasing and Blueberry Delight: The Changing World of Youth Tobacco Use

This session will discuss the rapidly evolving trends in youth tobacco use. The presenters will cover the impact of nicotine on the adolescent brain, the new tobacco product landscape, and tobacco use trends and disparities among Minnesota youth. They will also address misconceptions about tobacco use among individuals with mental health and substance use conditions, and provide recommendations on best practices for tobacco cessation with adolescent clients.

*Pete Delmel, MD, Medical Dir. & Annie Krapek, Proj. Coord. - Physician Advocacy Network of Twin Cities Medical Society*

Level: I | For: All

### Infant & Early Childhood Series

## 65 Supporting Immigrant and Refugee Families through the Use of Story and Song

This workshop will discuss two programs focused on supporting immigrant and refugee parents and young children. The Lullaby Project embeds children's songs from multiple cultures into child care environments. The Immigrant and Refugee Fathers and Literacy Project develops refugee fathers' stories into children's books for their families. Workshop participants will explore songs and stories, and discover how they could initiate similar programs in their communities.

*Jane Ellison, MS, LMFT, IMH-E®(IV), Infant Mental Health Specialist - Nurturing Possibilities & Glen Palm, PhD, CFLE, Parent Educator, Professor Emeritus - St. Cloud State Univ.*

Level: I | For: All

