

66 Using Sand Tray Therapy in Clinical Work

Sand tray therapy is an excellent avenue for deeper exploration of our clients' inner world, both during the assessment and treatment phase. Attendees will review the basics of sand tray and considerations for implementing this technique with clients. This workshop will cover both theory and implementation of using sand tray therapy in the clinical setting.

Christina Kress, MSW, LICSW, Clinical Social Worker - Mnetonka Counseling

Level: II | For: Professionals | Content: Clinical

67 Effective Mental Health Crisis Intervention for Children

During this workshop, the effectiveness of the "Fusilier Behavioral Change Stairway," designed by Dr. C. Dwayne Fuselier, a clinical psychologist and retired FBI supervisor who was a member of the Columbine Investigative Team Task Force, will be discussed. Participants will learn how to recognize, prevent, manage and de-escalate children's mental health crises. They will also hear from a person in recovery about childhood mental health disorders.

Pam Tucker, MPA, MA, Crisis Intervention Team (CIT) Trainer & Erin Hauser, Training Coord. and Recovery Speaker - The Barbara Schneider Foundation

Level: II | For: All | Content: Clinical

68 Emotional First Aid: Supporting Students, Staff and the Community Following Critical Incidents

This presentation will offer a systematic approach to providing support following a traumatic event including the death of a student, staff member or consumer. Risks related to older debriefing models as well as benefits of a First Aid approach will be explored. Creative strategies for fostering resilience to trauma exposure will be shared as well as strategies to enhance team cohesion.

Gina Dixon, MA, Licensed Psychologist, Prog. Mgr. - Essential Health Grief Support Svcs.

Level: II | For: Professionals | Content: Clinical

69 Integrative Care for Trauma

Mindfulness and movement are pivotal in the process of healing trauma. This presentation will bridge the gap between the research and practical application. First, the presenters will provide education on the effects of trauma on the brain and different systems of the body, and the physiology behind the benefits of breathing, moving and mindfulness. Attendees will then practice the application of these methods.

Macarena Corral, PsyD, RYT, Licensed Psychologist & Mark Schneider, Life Coach, Nutrition Counselor - Ctr. for Collab. Health

Level: II | For: Professionals

70 A New Lens: Essential Elements of Trauma Informed Foster Care

This workshop will explore the ways in which evidence-based interventions can be delivered within a highly evolved system of care. This requires intentional coordination across the care continuum, incorporating screening, Adverse Childhood Experiences research, enhancing organizational elements of trauma informed care, and provision of trauma-specific therapy. Additionally, this session will address how to overcome system barriers, respond to crises and adhere to legal requirements.

Susan Fuchs-Hoeschen, MSW, LICSW, Senior Clinical Sprosr. - Lutheran Social Service of MN

Level: II | For: Professionals | Content: Clinical

71 Stress Less: Holistic Skills for Everyday Stress Management for Everyone

Stress is the reason humans get ulcers but zebras don't. Stress affects our entire body from head to toe. In this workshop, attendees will define psychoneuroimmunology and learn about the interaction between the brain, body, immune system and human stress response cycle. Attendees will be led through the practice of holistic strategies for stress management.

Monica Peterson, MA, MSW, LICSW, Social Worker

Level: I | For: All

72 Safe Harbor in the Storm: Minnesota's Response for Sexually Exploited Youth

The Safe Harbor Law has led to the implementation of a victim-centered system of response to identify youth victims of sexual exploitation and move them toward healing. Attendees will learn about sexual exploitation, MN Safe Harbor, and how they can join efforts to respond to youth victims with a trauma-informed approach and become an important part of the Safe Harbor system of care for youth.

Anne LaFrinier-Ritchie, NE MN Safe Harbor Regional Navigator - PAVSA/Prog. for Aid to Victims of Sexual Assault & Paula Schaefer, MS, MDH Safe Harbor Training Coord. - MN Dept. of Health

Level: I | For: Professionals

73 Teaching Outside the Box: Reaching and Teaching Your Most Misunderstood Students Through Experiential Education

Using case studies, examples and experiences from their work in a Residential Youth Mental Health Treatment program, the presenters of this workshop will share how they connect the dots between their students, academics and mental health. Through place-based learning and dynamic curriculum driven by student inquiry, they support their students to regulate emotions while maximizing their academic potential.

Ian Karl, Experiential Progs. Coord. & Brittany Bosak, Special Education Teacher - Northwest Passage

Level: I | For: Professionals

74 Compassion Fatigue/Secondary Traumatic Stress: The Musical

This unique workshop combines PowerPoint presentation, topic-specific live music, and energizing stress reduction techniques to explore compassion fatigue/secondary traumatic stress and how we can ultimately experience compassion satisfaction, the key to thriving in the midst of this difficult work that we do. Focus will be on real-time strategies for self-awareness, self-regulation, emotional reflection and the elicitation and amplification of good work - mostly in the key of "C".

Alan O'Malley-Laursen, MSW, LICSW, Prog. Mgr., Compassion Fatigue Educator - Olmsted County Community Svcs.

Level: I | For: All

75 Means Restriction Education

This evidence-based session will explore ways to educate families on the importance of restricting access to lethal means when a family member is at risk of suicide. Designed for crisis responders, medical professionals, and mental health professionals, this workshop will include ways to develop safe options for gun removal and storage and how to secure medications.

Kara Bennett, Coord. of Suicide Prevention Progs. - NAMI MN

Level: I | For: All

76 Behavioral Health Home Services with Children and Youth

This session will provide attendees with an overview of behavioral health home (BHH) services and important considerations for customizing BHH services for children and youth. The workshop will include a discussion by a small panel of certified BHH services providers who will address the unique activities and interventions they have implemented in order to better serve children, youth and families through this specific service.

Sophie Burnevik, MA, LMFT, Care Integration Liaison - MN Dept. of Human Svcs., Vimbai Madzura, MA, LGSW, Care Integration Liaison - MN Dept. of Human Svcs. & Tina Peters, MPH, RN, PHN, Senior Nurse Planner - MN Dept. of Health

Level: I | For: All



Stay tuned for the rollout of our new logo this spring!

