Register today for our 24th Annual Child & Adolescent Mental Health Conference, designed for everyone who works with or cares for infants, children and youth prenatal to age 24. Join us from your own space to explore cutting-edge information and learn practical strategies you can apply directly to your work with children and families.

**Monday Keynote Presentation**
Imagine The Possibilities: Rethinking Mental Health and Wellbeing
L. Read Sulik, MD, FAAP, DFAACAP

**Tuesday Keynote Presentation**
Moving from Diagnosing What Children Have to What’s Missing from the Environment that Children Need
Clay Cook, PhD

www.macmh.org/conference
Registration

<table>
<thead>
<tr>
<th>Days Attending</th>
<th>Pricing</th>
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<tbody>
<tr>
<td>Sunday Only</td>
<td>$120.00</td>
</tr>
<tr>
<td>Monday or Tuesday Only</td>
<td>$190.00</td>
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<tr>
<td>Combine 2 days or the full 3 days</td>
<td>$200.00</td>
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</tbody>
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Register now at www.macmh.org/conference.

Workshop Descriptions

Target Audience

Professionals: Psychologists, marriage and family therapists, clinical social workers, counselors, mental health professionals, education professionals (e.g., special education & classroom teachers, paraprofessionals, school nurses, school counselors, school psychologists & school social workers), health care professionals, corrections professionals, infant and early childhood professionals

Parents: Family members, parents, caregivers, grandparents, foster parents

All: Suitable for all attendees

Clinical Content

Social workers and psychologists are often required to obtain CEHs with clinical content. The sessions marked with this designation qualify for the Board of Social Work’s clinical content requirement.

Level

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

Level I: Introductory material and background information is covered. Audience needs no prior knowledge of topic.

Level II: Material builds on existing knowledge and goes well beyond basics. Audience should have some background knowledge of topic.

Level III: Complex, in-depth concepts or features highlighted; basic and background information will not be covered. Audience should have an intermediate understanding of topic.

Things to Know

Virtual Exhibit Hall

Check out the wide variety of exhibitors participating in our Virtual Exhibit Hall by clicking here or visiting macmh.org/exhibitors.

Portages Subscription

Attendees will receive access to a free 6-month subscription to Portages, a new science-based, personalized mental health and wellbeing improvement program designed to overcome stress, anxiety and depression, build resilience, and guide transformation of health behaviors and habits.

Accessibility

If you need a reasonable accommodation, it will be made available upon advanced request. Please contact the MACMH office on or before April 1. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

Schedule

Sunday, April 26
11:00 – 6:00 .......... Supervision Series
12:15 – 1:45 .......... Legislative Update
1:45 – 2:00 ............ Break
2:00 – 4:00 .......... Symposia A, B, C, D
4:00 – 4:15 .......... Break
4:30 – 7:00 .......... MHED Talks

Monday, April 27
8:50 – 10:00 .......... Keynote
10:00 – 10:15 .......... Break
10:15 – 12:15 .......... Workshops 1 – 5
12:15 – 1:15 .......... Break
1:15 – 2:30 .......... Workshops 6 – 10
2:30 – 3:00 .......... Break
3:00 – 4:45 .......... Workshops 11 – 15

Tuesday, April 28
8:50 – 10:00 .......... Keynote
10:00 – 10:30 .......... Break
10:30 – 12:15 .......... Workshops 16 – 20
12:15 – 1:15 .......... Break
1:15 – 2:45 .......... Workshops 21 – 25
2:45 – 3:15 .......... Break
3:15 – 4:30 .......... Workshops 26 – 29

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. Pending board approval, CEHs are typically as follows:
- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): 195 CEHs
- MN Board of Marriage & Family Therapy: 175 CEHs
- MN Board of Social Work: 175 CEHs
- MN Board of Psychology: 175 CEHs
- MN Board of School Administrators: 18 CEHs

The MN Board of Nursing, MN Board of Education and ND Board of Social Work (175 CEHs) all require independent submission to your board for CEH approval.

Post-Tests

Electronic post-tests will be available for social workers working toward their LICSW to help them meet clinical clock hour requirements.
Sunday, April 26 | Option 1 | 12:15 – 7:00 pm

Legislative Update 12:15 – 1:45 pm

Learn what happened in the 2019 legislative session and the key issues being addressed during the 2020 session. Explore how you can be part of a movement to create change and how to make your voice heard.

Sue Abderholden, MPH, Exec. Dir. – NAMI MN | Level: 1 | For: All

Concurrent Symposia 2:00 – 4:00 pm

Symposium A

Relational Ethics: Ethical Decision-Making in a Diverse World

Relational ethics is a decision-making model that outlines five core principles: mutual respect, relational engagement, bringing knowledge back to life, creating environment and living questions. This workshop will define these principles and offer examples of their application. Particular attention will be paid to how relational ethics complements professional codes of ethics, allowing practitioners to create solutions that address a broad range of ethical dilemmas. This course fulfills the MN Board of Social Work requirement of 2 clock hours in social work ethics.

Jean Chagnon, PhD, LP, Owner – Anamoura
Level: 2 | For: Professionals | Clinical Content

Symposium B

Fetal Alcohol Spectrum Disorder in Children and Adolescents

Fetal Alcohol Spectrum Disorder (FASD) has a prevalence rate that surpasses many other well-known neurodevelopmental disorders, such as Autism Spectrum Disorder. However, it is often overlooked. This workshop will explore the clinical presentations, neurobiology, co-morbidity and potential interventions for FASD.

Alyssa Krueger, Clinical Research Coord., Maddy Rockhold, Clinical Research Coord. & Erik de Water, PhD, Post-Doctoral Fellow - Univ. of MN, Twin Cities – Dept. of Psychiatry
Level: 1 | For: All | Clinical Content

Symposium C

Talking with Children About Race: Moving Beyond ‘We Don’t See Color’

Current events have increased awareness of the need for conversations about race/ethnicity and identity with children. Although research tells us children notice, recognize and identify difference as well as racism/discrimination, many adults do not feel confident about discussing these topics. This workshop will discuss relevant research and provide tools for engaging in conversation with children about race and other social identities.

Katherine Lingras, PhD, LP, Asst. Professor, Child Psychologist – Univ. of MN, Dept. of Psychiatry and Behavioral Sciences
Level: 2 | For: All | Clinical Content

MHED Talks® 4:30 – 7:00 pm

Mental Health Exploration & Discovery

Using personal stories and experiences from the field, each speaker will share their expertise on new concepts, programs, treatment models and research.

Level: 1 | For: All

Cultivating Self Compassion

Anjali Goel, MD, MPH, Assist. Professor of Pediatrics - Developmental and Behavioral Pediatrics, Univ. of MN

Music Care for Those Who Provide Professional Support to Our Children

Jeremy Schreifels, Music Producer & Educator - Empty Page Studios

MHED Talk title coming soon

Anne Gearty, PhD, UCSCW

Symposium D

The Rise of Mobile Device Addiction and Responding to the Addiction

Addiction to various technologies is a recent phenomenon, with "Internet addiction disorder" only having been coined in 1995. Excessive use of tech devices by children, teens and adults creates social problems, psychological disturbances and even neurological changes. This presentation will describe beneficial aspects of device use, potential physical and cognitive problems, symptoms and assessment, and intervention strategies for individuals, parents and therapists.

David Swenson, PhD, LP, Psychologist & Brandon Olson, PhD, Professor - College of St. Scholastica
Level: 1 | For: All | Clinical Content

Sunday, April 26 | Option 2 | 11:00 am – 6:00 pm

Supervision Series

Harry Potter and the Supervisor’s Stone

This presentation looks at the development of a clinician and the journey it takes to become a supervisor, particularly when your supervisees are at different places in their careers (graduate interns, those pursuing licensure and licensed clinicians). Defense Against the Dark Arts (aka Ethics) will be discussed along with advice from Hermione (state law vs. rules and regulations). Despite the clever title of this presentation, the presenters understand supervision is a significant and important part of the profession, and will do their best to make it interesting and fun. This webinar will include multiple breaks and the content will cover a total of six hours. This series is designed to help social work supervisors meet the Minnesota Board of Social Work’s requirements in the practice of licensing supervision.

Emily Colet Hanson, MS, LMFT, CGP, Mental Health Therapist & Barb Stanton, PhD, LPCC, LMFT, Mental Health Therapist – Anne Carlsen Therapy Ctr.
Level: 2 | For: Professionals | Clinical Content
Imagine The Possibilities: Rethinking Mental Health and Wellbeing

As humans, we are overly skilled at focusing on negative emotions and experiences, and as a result we have an underdeveloped ability to focus on positive emotions and experiences. When we think about mental health, we often think about illness and problems. However, mental health also encompasses our ability to engage in various practices that affirm our potential and improve our wellbeing. Imagine the possibilities if we were to redefine mental health as the thoughts, emotions and actions that determine our wellbeing. Imagine if we were to practice building the skills needed to master our internal, physical, external and spiritual worlds. Recognizing patterns of thoughts and behaviors as habits that can be changed is a critical step on the journey to becoming our best selves and feeling happy, healthy and fulfilled. This keynote address will guide attendees in taking effective steps to move from focusing on negative experiences and problems to seeing and pursuing the potential and opportunities in everyone.

Dr. Read Sulik is the Founder and Chief Executive Officer of Praestan Health. He is a Child and Adolescent Psychiatrist, Adult Psychiatrist and Pediatrician, who has for over 20 years passionately pursued the vision, design, development and delivery of innovations in technology, education and care delivery needed to improve mental health and wellbeing for individuals, families and communities. He has developed numerous approaches to integrate behavioral health and primary care and launched Praestan Health to accelerate the development and expand the reach of Portages(r), to power a more accessible and effective whole-person mental health and wellbeing solution. He is a popular speaker on numerous topics related to mental health and wellbeing and is a dedicated clinician committed to improving the lives of children, adolescents and adults through excellence in collaborative, compassionate and engaging clinical psychiatric care.

Monday, April 27 | Keynote Presentation | 8:50 – 10:00 am

L. Read Sulik, MD, FAAP, DFAACAP

1 Presented by Keynote

Moving from Anxiety to Optimal Wellbeing

This workshop will explore the “Exploding Canvas of Anxiety” and examine four steps for helping young people gain control of the chaos they experience. Participants will learn to recognize the signals of rising arousal and the emotional, physical and cognitive changes and problems that can ensue. The presenter will explore proven practices that calm arousal and change the patterns of thinking that perpetuate anxiety, as well as discuss the “superpower” qualities that people with anxiety have that must be harnessed to manage anxiety most effectively.

L. Read Sulik, MD, FAAP, DFAACAP, Founder, Chief Exec. Officer - Praestan Health
Level: 2 | For: All | Clinical Content

Adolescent Substance Use and Harm Reduction

This presentation will review trends in adolescent substance use, how substances impact the developing brain and why adolescence is a critical period for the development of addiction. Time will be spent discussing evidence-based treatments for young people with substance use disorders, including the harm reduction model.

Sara Palley, MD, Psychiatrist – PrairieCare Medical Group
Level: 1 | For: All | Clinical Content

Monday, April 27 | Session 1 | 10:15 am – 12:15 pm | Concurrent Workshops 1 – 5

3 Mad Boys: Reframing Anger and the Angry Young Man

Angry presentations/behaviors from boys and young men flood our schools, our practices and our media. Too often, anger is misunderstood and elicits unhelpful responses. In this lively discussion, the presenters will explore how we can refocus our lens and our interventions with the ultimate goal of better understanding anger and our biases around anger, while minimizing its negative repercussions.

Brad Hanson, MSW, LICSW, Social Worker - Project for Pride in Living & James Towns, MSW, LICSW, Mental Health Professional - Ramsey Co.
Level: 3 | For: All | Clinical Content

4 Embedding School-Linked Mental Health Services into a School-Wide System of PBIS

This session will describe core features of School-Wide Positive Behavioral Interventions and Supports (SW-PBIS) and School-Linked Mental Health grants. The presenters will explore how a coordinated, collaborative approach can improve implementation and service delivery to students. Data collection and analysis from the Dept. of Human Services and the Minnesota Dept. of Education will be shared along with local examples to illustrate efforts.

Mary Hunt, MA, NCSP, Related Svs. Specialist - MN Dept. of Education, Kris Lofgren, School Linked Mental Health
Level: 2 | For: All | Clinical Content

5 Infant & Early Childhood Focus

Parental Mental Health: Keeping the Baby in Mind

Postpartum Mood and Anxiety Disorders (PMAD) are major health issues for many women. Often due to stigma, this condition remains undiagnosed. Without support, it yields long-term consequences for the parents, children and family. This presentation will provide participants an opportunity to learn/discuss risk factors, detection and prevention, effects on the parent-infant/child relationship, treatment and impact on child development.

Anna Clavin, MA, LMFT, IMH-E, Clinical Therapist & Tracy Schreifels, MS, LMFT, IMH-E, Dir. and Therapist – Ellison Ctr.
Level: 1 | For: Professionals | Clinical Content

Project Lead – Dept. of Human Svcs. & Mark Sander, PsyD, Dir. of School Mental Health – Hennepin Co./Minneapolis Public Schools

2

4
Evidence-Based Practices Addressing Comorbid Depression and Anxiety in Adolescents
Current research will be discussed regarding the identification and implementation of effective evidence-based practices in the treatment of comorbid depression and anxiety among adolescents. Topics include exploring the relationship between depression and anxiety as it relates to adolescent development and identification of reliable evidence-based practices to best serve youth.
Katie Mommaerts, MSW, LCSW, Asst. Clinical Professor - Northern Arizona Univ. & Kelly Donohue, PhD, ABPP - Counseling Psychologist, Licensed Psychologist/Behavioral Health Administrator - Division of Developmental Disabilities, Dept. of Economic Security, AZ
Level: 2 | For: All | Clinical Content

Deconstructing Self Care: Helping Professionals Thrive in a Weary World
Paperwork, crisis, paperwork, repeat. More and more, professionals are reporting the drain and exhaustion of serving students and clients in this turbulent culture. This presentation will deconstruct self-care and offer tangible strategies to help attendees feel revitalized in their respective professions. The goal is to help attendees rediscover their “why” and leave feeling excited to get back to work!
Jennifer Lorange, EdD, LMFT, NCC, Asst. Professor & Coord. of Alcohol and Drug Studies - MN State Univ., Mankato
Level: 1 | For: Professionals | Clinical Content

Tools to Support Children with Anxiety and Build Emotional Regulation
In this presentation, parents, caregivers and educators will learn how to use the three Ps (Patterns, Practice and Play) to encourage emotional regulation and improve a child’s social-emotional health. Participants will learn proactive and responsive strategies that can help children manage symptoms of anxiety.
Kate Bartlein, Parent Educator, Project Coord. – NAMI MN
Level: 1 | For: Professionals

Making a Case for School-Based Digital Wellbeing: From Research to Action
Social media use by young people is linked to increased rates of anxiety, depression and poor sleep. While research on social media is new, research on healthy youth development is well-established. This presentation will review adolescent development, highlight research about the impact of social media on adolescent wellbeing, discuss school advocacy for digital wellbeing and recommend strategies for schools.
Maree Hampton, MEd, Co-Founder, Exec. Dir. of Programs and Strategy & Katherine Myers, MEd, Co-Founder, Exec. Dir. School Partnerships – LiveMore Screenless & Karin Hampton, PhD, Psychologist - Fraser
Level: 1 | For: All

Nature as Therapist: The Healing Power of Mindful Forest Bathing
The presenters will discuss the importance of a journey away from the chaotic world of details, multi-tasking, stressful obligations, smartphones and noisy machines to a place that is unspoiled, tame and open to possibilities. Shinrin-Yoku Forest Bathing is a nature-based mindfulness practice that is an innovative and evidence-based wellness activity. It is free and readily available/accessible to almost everyone.
Charlene Myklebust, PsyD, President and Lead Consultant - Professional Education Pal, LLC & Thomas Bezek, Certified Shinrin-Yoku Forest Bathing Guide - self-employed
Level: 1 | For: All | Clinical Content

Incorporating Social-Emotional Learning into a Culturally-Responsive PBIS Framework
This workshop will focus on creating positive, safe, consistent and predictable environments with a systems-wide framework that encompasses Social-Emotional Learning (SEL) for all. Attendees will see how the Positive Behavioral Interventions and Supports (PBIS) framework and SEL work together and how both are necessary to develop a positive, supportive learning environment. Strategies will be presented that attendees can begin using right away.
Level: 1 | For: All

Beyond Talk: Strategies for Calming the Brain and Trauma-Induced Behavior
Trauma is often at the root of challenging behavior. Discover how electrical energies influence the brain and emotions. Learn why trauma is so complex and how to rewire the brain into a state of calm with brain-training and in-home strategies. The presenters will also discuss avenues for reimbursement of brain training programs, which can remove a substantial roadblock to receiving needed services.
Kelly Pittman, Advanced Neurofeedback Certified, Dir. of Neurotechnology - A Chance To Grow
Level: 1 | For: All | Clinical Content

Partnerships in Coping
Stress can negatively impact children’s cognitive, social and emotional development. A child’s ability to cope is enhanced with the support of caring adults who are partners in coping. This workshop will explore how to support children during times of stress, to partner with them in an effort to proactively build self-management skills and to help them practice self-awareness.
Kathleen Wessel, MSW, LICSW, Peer Coach – Wayzata Schools & Kirstjen Mickesh, CEO – ConnectHuman
Level: 1 | For: All

Mental Illness & Mental Health Crisis Intervention
Following a brief overview of how current mental illness services were created, this presentation will offer a variety of strategies for addressing mental illness. Recommendations for techniques that can be used when dealing with a difficult client, as well as healthy coping strategies for professionals will be offered.
Frank Weber, MS, LP, Clinical Psychologist - CORE Professional Svcs., PA
Level: 2 | For: All | Clinical Content
Moving from Diagnosing What Children Have to What’s Missing from the Environment that Children Need

Too often we focus on diagnosing what illness or problem children have based on symptoms they are expressing in certain settings, such as school and home. Most symptoms of mental and behavioral health problems manifest due the mismatch between what children need and what they are receiving from the environment. Rather than focusing on diagnosing what children have, there is a need to diagnose what is missing from the environment that the adults have control over to create a healthier developmental context that promotes children’s mental and behavioral health. This keynote presentation will engage the audience in exploring the main environmental ingredients that children need and that adults have control over to promote children’s mental and behavioral health.

Dr. Clay Cook is the John and Nancy Peyton Faculty Fellow in Child and Adolescent Wellbeing at the University of Minnesota and Associate Professor in the School Psychology Program. He has extensive research and practical experiences involving the implementation of multi-tiered systems of support to promote children’s mental and behavioral health. He co-founded the School Mental Health Assessment, Research and Training (SMART) Center at the University of Washington and is a core faculty member who helps direct the Institute of Translational Research in Children’s Mental Health at the University of Minnesota. He has received over 12 million dollars in external grant funding from multiple agencies and foundations. In addition to his research, he consults with several school systems throughout the US to integrate a continuum of social, emotional, and behavioral supports to enhance student academic and life success.

16 Presented by Keynote
Understanding and Supporting the Delivery of Cognitive Behavioral Interventions and Environmental Supports for Trauma-Exposed Children
Cognitive behavioral interventions (CBIs) have demonstrated a wide range of success for children who struggle to manage their emotions and behavior, including trauma-exposed students. Although many adults in children’s lives may not be the primary implementers of these interventions, they play a critical role in supporting children’s use of learned CBI skills, such as psychoeducation, coping, cognitive appraisal and problem-solving. Adults who understand the common elements of CBIs can then integrate them into various settings. This presentation will discuss specific environmental supports that address the needs of children with difficulties managing their emotions and behavior.
Clay Cook, PhD, Professor & John and Nancy Peyton Faculty Fellow – Univ of MN
Level: 2 | For: All | Clinical Content

17 Parenting Strong Willed Children: Practical Strategies and Resources
Parenting any child can be challenging, but when the child is strong-willed, parents can often feel overwhelmed and lost. This workshop will focus on practical strategies, aimed at parents and those working with parents. The presentation will provide information on research surrounding parenting strong-willed children and effective interventions.

18 Understanding What’s Causing Emotionally-Intense Kids to Act Out So You Can Calm Their Challenging Behavior
There’s nothing wrong with emotionally-intense children; they just need a different approach to learning and communication. Participants in this workshop will learn how to reduce defiance, tantrums and anxiety, while increasing peace, calm and enjoyment for entire classrooms and households. It takes mindfulness and a different kind of communication to learn and practice this positive approach.
Samantha Moe, MA, SLP, Owner & Founder – Mad2Glad
Level: 2 | For: All

19 Infant & Early Childhood Focus
Move Mindfully for Early Education: Mindfulness, Movement and Social/Emotional Learning (SEL)
Learn breathing practices, simple regulating movements, rest techniques and social/emotional skill development activities to incorporate into early childhood settings. This workshop will enable participants to deepen their understanding of the impact of trauma/stress on therapists, educators, parents and young children. It will also help attendees develop practical research-based interventions to assist children with self-regulation, focus, de-escalation, community connection and overall well-being.

20 When Talking Isn’t Enough: Body Centered Therapies for Sexual Abuse Trauma
Trauma changes the brain and movement can heal neural pathways making recovery possible. The body is an entry point for processing through increasing a child’s awareness of their physiological state assists them in creating new pathways. Creative movement allows youth to make discoveries about their relationships and behaviors. This workshop offers hands on skill development as part of trauma treatment.
Elizabeth Bergman, MSW, Exec. Dir. & Ambryn Melius, MA – Dance and Movement Therapy, Mental Health Therapist – Family Enhancement Ctr.
Level: 2 | For: Professionals | Clinical Content
21 Systemic Anxiety: Treating the Child Through a Systemic Lens
Kids with anxiety often have caregivers who, at the very least, are anxious about their children's anxiousness. This presentation will explore systemic interventions for anxiety within the family system. Mathew Meyers, MA, LMFT, Marriage and Family Therapist & Michael Borowiak, MSW, Clinical Social Worker – Traverse Counseling & Consulting, GBC
Level: 2 | For: Professionals | Clinical Content

22 How Can We Be Helpful If We Are Not Feeling It: Five Critical Skills for Compassionate Helping
Compassionate helping entails intentional and empathic consideration of the other. Further, self-regulation of emotions and cognitions during challenging encounters is a prerequisite to the effective utilization of any helping skill. This presentation will discuss five fundamental elements of an effective helping relationship: self-awareness (including the impact of one's own life history), self-regulation, emotional reflection, radical compassion and compassion satisfaction. Alan O'Malley-Laursen, MSW, LICSW, Compassion Fatigue Educator/Therapist – Olmsted Co. Child and Family Svs
Level: 2 | For: Professionals | Clinical Content

23 Overcoming Anxiety: Uncovering Hidden Triggers of the Stress Response
Discover the primary factors that trigger the flight/flight/freeze response from inside the body. If your clients are working hard to hold it all together, but are still “walking on eggshells,” the presenter will look at what could be triggering a recurring flight/flight response, separate from their outside world. By uncovering common missing links, attendees will leave with a new sense of empowerment to help!
Tye Moe, DC, Chiropractor – Whole Family Chiropractic
Level: 2 | For: All

24 Discover Your True North
To portage means to carry your vessel and your gear from your current body of water to the next body of water on your journey. Praestan Health also defines portage as carrying your mind, body and spirit through a process of change on your journey to becoming your best self. During this interactive workshop, therapists from Praestan Health will share information about their evidence-based assessment and health improvement toolkit called Portages™—which all attendees received a free subscription to upon checking into the conference. Attendees will explore their mental health through four worlds of living and 12 health practices while discovering their “True North.” The presenters will identify steps to take to improve mastery of this critically important aspect of life. This workshop is to inform you about a product that you can use personally or with your clients. You do not need to purchase anything to participate, but it’s requested that you activate your free Portages™ subscription, complete your online self-assessment and review your guide prior to the workshop.
Jill Hubble, LPCC, LADC, Program Manager. Karen Chinoook, PhD, LP, Clinical Therapist; Becky Smith, MA, LPC, Clinical Therapist & L. Read Sulik, MD, FAAP, DFAPA, Founder, CEO – Praestan Health
Level: 1 | For: All | Clinical Content

25 Infant & Early Childhood Focus
The Importance of Play: Supporting the Overall Development of Children
Playing positively supports all areas of a child’s development, including social/emotional skills. Children need a plethora of positive play opportunities to develop these skills. However, despite the benefits derived from play for both children and caregivers, time for free play has been significantly reduced. This presentation will discuss ways to promote play in a child’s natural environment.
Lani Jones, PsyD, HSPP, Clinical Psychologist – Providence Behavioral Group
Level: 2 | For: All

26 Prioritizing Self Care When You Just Don’t Have Time
Your day is filled with unrealistic expectations and external demands. You know you should take better care of yourself but you don’t. You’re running on empty while trying to meet the needs of others who depend on you. Whether you have 20 seconds or 20 minutes to devote to your own wellbeing, this session will give you options for success.
Paula Forte, PhD, RN, Health Coach – Co-Create 4 Life
Level: 1 | For: All

27 Music is the Shorthand of Emotion: Musical Interventions with Youth
As Leo Tolstoy said, “Music is the shorthand of emotion.” In this workshop, clinicians will learn and practice techniques to support young clients in building mindfulness skills and emotional vocabulary. Strategies to support clients who are hard to reach and applications for music as assessment will also be addressed. This workshop will focus on applications for elementary and middle school children.
Jennifer Fuchs, MSW, LICSW, School Social Worker – Duluth Public Schools
Level: 2 | For: Professionals | Clinical Content

28 Motivating the Unmotivated
This presentation is designed for professionals who need help identifying the core reasons behind the lack of motivation in the people they serve. The session will provide an opportunity to take a deeper look at the self, explore additional ways to be helpful versus harmful and evaluate when one’s work with a client or family is done.
Justin Lajoie, MA, MFT, Family Therapist – Nystrom and Associates & JuTone Lajoie, LGSW, Social Worker – Parent Mentor Network
Level: 2 | For: All

29 Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors
This presentation will review a recent study conducted with supervisors of social workers on how they address stress, burnout and resiliency with supervisees. The presenter will explain data collection and analysis procedures, and examine the findings that suggest the importance of relationships, communication, work/life balance, self-care and resources. Workforce wellness activities and resiliency-focused supervision strategies will be shared. This workshop fulfills 1.25 hours of Supervision credits per the MN Board of Social Work.
Brenda Mack, MSW, LICSW, Asst. Professor – Bemidji State Univ
Level: 2 | For: Professionals | Clinical Content
Portages™ is the new whole-person, science-based, personalized mental health and wellbeing improvement program designed to:

- overcome stress, anxiety and depression
- build resilience
- guide transformation of health behaviors and habits

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Optimize your practice and simplify your life by letting Portages do the hard work for you.

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FREE Individual Subscription for Conference Attendees

$500 DISCOUNT Portages for Practitioners Annual License with FREE Training!
## Workshop Content Matrix

### Sunday | 11:00 am - 7:00 pm

| Symposium A | Relational Ethics: Ethical Decision-Making in a Diverse World |
| Symposium B | Fetal Alcohol Spectrum Disorder in Children and Adolescents |
| Symposium C | Talking with Children About Race: Moving Beyond ‘We Don’t See Color’ |
| Symposium D | The Rise of Mobile Device Addiction and Responding to the Addiction |
| Supervision Series: | Harry Potter and the Supervisor’s Stone |

### Legislative Update

**Monday, Session 1 | 10:15 am - 12:15 pm**

1. Moving from Anxiety to Optimal Wellbeing
2. Adolescent Substance Use and Harm Reduction
3. Mad Boys: Reframing Anger and the Angry Young Man
4. Embedding School-Linked Mental Health Services into a School-Wide System of PBIS
5. Parental Mental Health: Keeping the Baby in Mind

### MHED Talks

**Monday, Session 2 | 1:15 - 2:30 pm**

6. Evidence-Based Practices Addressing Comorbid Depression and Anxiety in Adolescents
7. Deconstructing Self-Care: Helping Professionals Thrive in a Weary World
8. Tools to Support Children with Anxiety and Build Emotional Regulation
9. Making a Case for School-Based Digital Wellbeing: From Research to Action
10. Relationship-Building & Educational Outcomes for Students w/ Emotional/Behavioral Disorders

### Monday, Session 3 | 3:00 - 4:45 pm

11. Nature as Therapist: The Healing Power of Mindful Forest Bathing
12. Beyond Talk: Strategies for Calming the Brain and Trauma-Induced Behavior
13. Incorporating Social-Emotional Learning into a Culturally-Responsive PBIS Framework
14. Partnerships in Coping
15. Mental Illness & Mental Health Crisis Intervention

### Tuesday, Session 4 | 10:30 am - 12:15 pm

16. Cognitive Behavioral Interventions & Environmental Supports for Trauma Exposed Children
17. Parenting Strong Willed Children: Practical Strategies and Resources
18. Understanding What’s Causing Kids to Act Out So You Can Calm Challenging Behavior
19. Move Mindfully for Early Education: Mindfulness, Movement & Social/Emotional Learning (SEL)
20. When Talking Isn’t Enough: Body-Centered Therapies for Sexual Abuse Trauma

### Tuesday, Session 5 | 1:15 - 2:45 pm

21. Systemic Anxiety: Treating the Child Through a Systemic Lens
22. How Can We Be Helpful If We Are Not Feeling It: Five Critical Skills for Compassionate Helping
23. Overcoming Anxiety: Uncovering Hidden Triggers of the Stress Response
24. Discover Your True North
25. The Importance of Play: Supporting the Overall Development of Children

### Tuesday, Session 6 | 3:15 - 4:30

26. Prioritizing Self Care When You Just Don’t Have Time
27. Music is the Shorthand of Emotion: Musical Interventions with Youth
28. Motivating the Unmotivated
29. Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors