Register today to receive access to the full lineup of webinar recordings from our 24th Annual Child & Adolescent Mental Health Conference.

Featuring 36 webinars and the opportunity to earn up to 19.5 CEHs, the content is designed for everyone who works with or cares for infants, children and youth, prenatal to age 24.

www.macmh.org/conference
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.

Save the Date

Join us for our 25th Annual Child & Adolescent Mental Health Conference April 18 – 20, 2021 at the Duluth Entertainment Convention Center (DECC) in Duluth, Minnesota.
Legislative Update | 1.5 hour workshop
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 |

Symposia | 2 hours per workshop

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 complement 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 – Anamaura
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., Jeffrey Wozniak, PhD, LP, Professor FASD Research & 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

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

MHED Talks© | 2.5 hour workshop
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
The Science of Mindfulness and 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

We're All in This Together: Providing Therapeutic Support When The Crisis is Everyone’s
Anne Garity, PhD, LICSW

Click Here to Register
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 Coler 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™, 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.
### Workshop Details

**Workshops 1 – 5 | 2 hours per workshop**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Title</th>
<th>Description</th>
<th>Presenter(s)</th>
<th>Level</th>
<th>For:</th>
<th>Clinical Content</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>Presented by Keynote</strong></td>
<td>Moving from Anxiety to Optimal Wellbeing</td>
<td>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.</td>
<td>L. Read Sulik, MD, FAAP, DFAACAP, Founder, Chief Exec. Officer - Praestan Health</td>
<td>2</td>
<td>All</td>
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<td>2</td>
<td>Adolescent Substance Use and Harm Reduction</td>
<td>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.</td>
<td>Sara Polley, MD, Psychiatrist - PrairieCare Medical Group</td>
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<td>All</td>
<td>Clinical Content</td>
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<tr>
<td>3</td>
<td>Non-Suicidal Self-Injury: Redefining Pain</td>
<td>It is painful to watch those in our care in pain, even more so when it is physically visible. In this presentation we will take time to explore what non-suicidal self-injury is, its prevalence and risk factors, co-occurring conditions, contagion phenomena and special considerations needed when we try to help.</td>
<td>Christy Alten-Osmera, MS, NCC, LPC-MH, LAC, Prog. Dir., Therapist - Keystone Treatment Ctr.</td>
<td>1</td>
<td>All</td>
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<td>4</td>
<td>Embedding School-Linked Mental Health Services into a School-Wide System of PBIS</td>
<td>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.</td>
<td>Mary Hunt, MA, NCSP, Related Svs. Specialist - MN Dept. of Education, Kris Lofgren, School Linked Mental Health Project Lead - Dept. of Human Svcs. &amp; Mark Sander, PsyD, Dir. of School Mental Health - Hennepin Co./Minneapolis Public Schools</td>
<td>1</td>
<td>Professionals</td>
<td>Clinical Content</td>
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<tr>
<td>5</td>
<td>Infant &amp; Early Childhood Focus</td>
<td>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, child(ren) 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.</td>
<td>Anna Clavin, MA, LMFT, IMH-E, Clinical Therapist &amp; Tracy Schrefels, MS, LMFT, IMH-E, Dir. and Therapist - Ellison Ctr.</td>
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<td>All</td>
<td>Clinical Content</td>
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<tr>
<td>Workshop Number</td>
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<td>6</td>
<td>Evidence-Based Practices Addressing Comorbid Depression and Anxiety in Adolescents</td>
<td>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. &amp; Kelly Donohue, PhD, ABPP - Counseling Psychologist, Licensed Psychologist, Behavioral Health Administrator - Division of Developmental Disabilities, Dept. of Economic Security, AZ Level: 2</td>
<td>Click Here to Register</td>
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<td>7</td>
<td>Deconstructing Self Care: Helping Professionals Thrive in a Weary World</td>
<td>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 &quot;why&quot; and leave feeling excited to get back to work! Jennifer Londgren, EdD, LMFT, NCC, Asst. Professor &amp; Coord. of Alcohol and Drug Studies - MN State Univ., Mankato Level: 1</td>
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<td>8</td>
<td>Tools to Support Children with Anxiety and Build Emotional Regulation</td>
<td>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</td>
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<td>9</td>
<td>Making a Case for School-Based Digital Wellbeing: From Research to Action</td>
<td>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 &amp; Katherine Myers, MEd, Co-Founder, Exec. Dir. School Partnerships - LiveMore ScreenLess &amp; Karin Hampton, PhD, Psychologist - Fraser Level: 1</td>
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<td>10</td>
<td>Relationship-Building and Educational Outcomes for Students with Emotional/Behavioral Disorders</td>
<td>This presentation will identify the significance of having school leaders, specifically in an elementary school setting, who develop positive relationships with students identified as having an Emotional/Behavioral Disorder, and the impact it has on positive outcomes for those students. Carrie Jones, MEDL (May 2020), School Social Worker. Catherine Hebert, MA in Special Education, MEd in Psychology, Special Education Teacher &amp; Jamie Patrick, MEd, Special Education, Instructional Coach - Rochester Public Schools Level: 2</td>
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Workshops 11 – 15 | 1.75 hours per workshop

11

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

12

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

13

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

14

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 & Kjirsten Mickesh, CEO – ConnectHuman

Level: 1 | For: All

15

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 to 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 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.
Workshops 16 – 20 | 1.75 hours per workshop

### Workshop Details

#### 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**

[Click Here to Register](#)

#### 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. It will also explore the importance of using an individualized treatment approach.

*Gary Johnson, PhD, Clinic Dir. & Kotatee Tamba, MSW, Pre-Doctoral Intern – Clinic for Attention, Learning, and Memory (CALM)*

**Level:** 1 | **For:** All | **Clinical Content**

[Click Here to Register](#)

#### 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

[Click Here to Register](#)

#### 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.

*Chissy Mignogna, E-RYT, Lead Trainer and Dir. of Education – 1000 Petals & Owner, Winged Heart Yoga & Kathy Flaminio, MSW, Founder/President – 1000 Petals LLC*

**Level:** 1 | **For:** All

[Click Here to Register](#)

#### 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 trauma. 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**

[Click Here to Register](#)
Workshops 21 – 25 | 1.5 hours per workshop

Workshop Details

21
Systemic Anxiety: Treating the Child Through a Systemic Lens CANCELED

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 fight/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 fight/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 CANCELED

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
**Workshops 26 – 29 | 1.25 hours per workshop**

### Workshop Details

**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

**Click Here to Register**

**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

**Click Here to Register**

**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

**Click Here to Register**

**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

**Click Here to Register**
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

Use Portages for Practitioners to guide your clients along a personalized path to their best outcomes.

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

FREE Individual Subscription for Conference Attendees

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

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<td>Supervision Series: Harry Potter and the Supervisor’s Stone</td>
<td>MHED Talks</td>
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<tr>
<td>**Keynote</td>
<td>L. Read Sulik</td>
<td>1 hour presentation**</td>
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### Workshop 1 - 5 | 2 hours per workshop

1. Moving from Anxiety to Optimal Wellbeing
2. Adolescent Substance Use and Harm Reduction
3. Non-Suicidal Self-Injury: Redefining Pain
4. Embedding School-Linked Mental Health Services into a School-Wide System of PBIS
5. Parental Mental Health: Keeping the Baby in Mind

### Workshop 6 - 10 | 1.25 hours per workshop

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

### Workshop 11 - 15 | 1.75 hours per workshop

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

### Keynote | Clay Cook | 1 hour presentation |

### Workshop 16 - 20 | 1.75 hours per workshop

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

### Workshop 21 - 25 | 1.5 hours per workshop

21. Systemic Anxiety: Treating the Child Through a Systemic Lens CANCELED
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 CANCELED
25. The Importance of Play: Supporting the Overall Development of Children

### Workshop 26 - 29 | 1.25 hours per workshop

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
Learn at your own pace from the convenience of your own location with our on-demand trainings.

www.macmh.org/OnDemandTrainings

SAVE THE DATE

Infant & Early Childhood Mental Health Conference

October 26 – 27, 2020
Coon Rapids, MN

For professionals who work with very young children and their parents and caregivers.

www.macmh.org/iecconference