



Register today
for our 25th
Annual Child
& Adolescent
Mental Health
Conference.

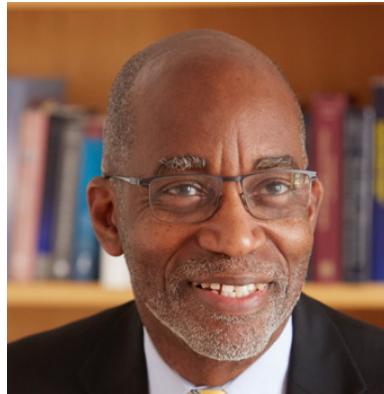
Featuring
more than 50
workshops and
the opportunity
to earn up to
18 CEHs, our
conference is
designed for
everyone who
works with
or cares for
infants, children,
adolescents and
their families.

Many of the
webinars from
our conference
will be recorded,
and registered
attendees will
be able to view
them for 30 days
following the
event.



Child & Adolescent Mental Health Conference

April 18 - 20, 2021
Online | Up to 18 CEHs
[Register Here](#)



David Williams, PhD, MPH, MA, Professor –
Harvard School of Public Health

Monday Keynote Presentation

Addressing Racism to Create
Healthy Environments for All of
Our Children



Tuesday Keynote Presentation

The Other Healing: Trauma and
Mental Recovery After COVID

John Moe, Author & Creator – The
Hilarious World of Depression Podcast

Registration

Our new pricing structure allows you to register for a specified number of hours. All participants will receive a Continuing Education (CEH) Certificate on Tuesday, April 20 by 7 p.m. Workshops will be recorded and registrants will have access to the recordings for 30 days following the event.

Hours Attending	Price
6 Hours or 1 Full Day	\$90.00
12 Hours or 2 Full Days	\$180.00
18 Hours or 3 Full Days	\$270.00

[CLICK HERE TO REGISTER](#)

Discounts are available for students and groups of 5+ from the same organization.

Workshops

Target Audience

Professionals: Psychologists, marriage and family therapists, clinical social workers, counselors, mental health professionals, educators and those working in the school setting, health care professionals, corrections professionals, infant and early childhood professionals

Caregivers: Family members, parents, grandparents, foster parents

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 indicating the knowledge attendees should have to derive the greatest benefit from their workshops.

Level 1: Introductory material and background information is covered. Audience needs no prior knowledge of topic.

Level 2: Material builds on existing knowledge and goes well beyond basics. Audience should have some background knowledge of topic.

Level 3: Complex, in-depth concepts or features highlighted; basic and background information will not be covered. Audience should have an intermediate understanding of topic.

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

All times listed are in Central Standard Time (CST).

Sunday, April 18

9:00 – 3:30	Supervision Series
10:00 – 12:00	Symposia A – D
12:15 – 1:45	Legislative Update
2:00 – 3:30	Symposia E – J
4:00 – 5:00	MHED Talks®

Monday, April 19

7:15 – 8:15	Morning Yoga
8:25 – 10:00	Keynote
10:15 – 11:45	Workshops 1 – 8
12:15 – 2:00	Workshops 9 – 15
2:30 – 3:45	Workshops 16 – 22

Tuesday, April 20

7:45 – 8:45	Morning Yoga
8:55 – 10:00	Keynote
10:15 – 12:15	Workshops 23 – 29
12:45 – 2:15	Workshops 30 – 37
2:45 – 4:15	Workshops 38 – 44

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. Pending board approval:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC)
- MN Board of Marriage & Family Therapy
- MN Board of Social Work
- MN Board of Psychology
- MN Board of School Administrators

The MN Board of Nursing, MN Board of Education and ND Board of Social Work all require independent submission to your board for CEH approval. Professionals in other related disciplines, as well as those working outside of Minnesota, can submit CEH certificates to their corresponding boards for independent 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 18

Concurrent Symposia 10:00 am – 12:00 pm

Symposium A

Why Being "Gender Affirming" Isn't Enough: Exploring the Nuances and Unique Therapeutic Supports Involved in Care of Prepubescent Gender Diverse Children

Often the phrase "gender affirming care" is used with no accompanying explanation of what it means in practice. Designed for clinicians, this workshop will explore assessment and therapeutic interventions for gender diverse children and their parents. The presenters will discuss the importance of a nuanced approach to the available research; introduce the Gender Affirmative Lifespan Approach (GALA) guiding work at the University of Minnesota's National Center for Gender Spectrum Health; and discuss strategies for developing gender literacy, building resilience, moving beyond the binary, and promoting building blocks of positive sexuality.

Dianne Berg, PhD, LP & Caroline Maykut, PhD – Prog. in Human Sexuality, Univ. of MN

Level: 3 | For: Professionals & Caregivers | Clinical Content

Symposium B

Historical Trauma and Intergenerational Themes in Parenting

What is the impact of the past on parenting today? We all know, or fear, that our experiences growing up affect the way we parent our children. But how far back does it go – to our grandparents? Great grandparents? This presentation will discuss current research into how historical trauma is passed through the generations culturally and biologically and how that knowledge can inform how we interact with parents and children.

Carol Siegel, PhD, LP, IMH-E®(IV), Private Practice & Instructor in Infant and Early Childhood Certificate Prog. – U of MN

Level: 3 | For: Professionals & Caregivers | Clinical Content

Legislative Update 12:15 – 1:45 pm

Learn what happened in the 2020 legislative session and the key issues being addressed during the 2021 session. Explore how you can be part of a movement to create change and how to make your voice heard.

Sue Abberholden, MPH, Exec. Dir. – NAMI Minnesota

Level: 1 | For: Professionals & Caregivers

Symposium C

Burden of Care: Caregiver-Focused Interventions

Providing care to a child diagnosed with a mental health disorder can be challenging due to unfamiliar roles, increased responsibilities and heightened stress. This presentation will provide an overview of the factors that amplify the caregiver burden and mental health symptoms. It will also explore strategies to assist caregivers in leveraging resources to help cope with the caregiving burden.

Gary Johnson, PhD, Clinical Dir. & Kotatee Tamba, PsyD, Postdoctoral Neurocognitive Clinician – Clinic for Attention, Learning and Memory (CALM)
Level: 1 | For: Professionals & Caregivers | Clinical Content

Symposium D

Formulating Diagnostic Impressions and the Pitfalls of Self-Report

The self-report of an examinee who is experiencing symptoms of a major mental illness may be unreliable, leading to diagnostic formulations that are often erroneous. Objective data (e.g. behavioral functioning) is more reliable than subjective data (self-report). This presentation will include clinical vignettes that demonstrate the diagnosis of a major psychiatric disorder is more often found in the background than the foreground. The presenter will explore clinical signs that clinicians will recognize.

Catherine A. Carlson, PsyD, LP, Forensic Psychologist – Private Practice

Level: 2 | For: Professionals | Clinical Content

TRAININGS THIS WINTER



Winter 2021 Training Series

Now – March 25

[CLICK HERE TO LEARN MORE](#)

We still have a few workshops remaining for our Winter Training Series! Not able to join us live? No problem. Each webinar is recorded and will be available to watch for 30 days following the live event.

Concurrent Symposia 2:00 – 3:30 pm

Symposium E

Radically Benevolent Skepticism: A Stance for Working with Parents When Challenges Arise

Working with parents who experience multiple challenges can elicit strong feelings in us. As professionals, our own thoughts, feelings and perspectives may differ from those of the families we work with. When parents share information that goes against what we believe to be true, feelings of mistrust may happen. How do we help the parent feel seen, heard and supported while holding the possibilities that: I acknowledge your truth AND yet I may not agree; I see it's not safe here AND I see that you are suffering. This workshop will address the importance of relationships with parents and strategies for strengthening these relationships.

Michele Fallon, LICSW, IMH-E® & Jane Ellison, LMFT, IMH-E®

Level: 2 | For: Professionals | Clinical Content

Symposium F

Building Your Own Community of Support

Experiencing ongoing, intensive stress can feel overwhelming and exhausting. Our minds, bodies and emotions may become depleted in a way that results in lowered resilience, diminished problem-solving capacities, challenged relationships and susceptibility to depression, exhaustion, illness or addiction. In this presentation, we will learn together how to build a healthy, restorative and effective community of support for ourselves and our families.

Jennie Clare, K-12 Education Dir. - Jennie Clare Consulting

Level: 1 | For: Caregivers

Symposium G

Recovering with Mom: Children's Response to Living with Their Mother in a Co-Occurring Treatment Program

There are a handful of co-occurring treatment centers in Minnesota that allow parents to bring their children to live with them while in residential co-occurring treatment. This session will explore case studies of children who live with their mother at Recovering Hope Treatment Center, their response to this unique setting, and the outcomes associated with receiving services.

Carmen Finn, MA, LADC, ADCR-MN, Sr. Dir. of Treatment Services & Sadie Broekemeier, MA, LPCC, LADC, Exec. Dir. - Recovering Hope Treatment Ctr.

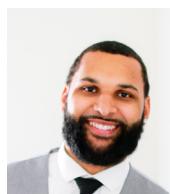
Level: 2 | For: Professionals | Clinical Content

MHED Talks® 4:00 – 5:00 pm

Mental Health Exploration & Discovery

MHED Talks is a presentation series in the spirit of TED Talks. Using stories—both personal and experiences from the field—each speaker has 18 minutes to share their expertise on new concepts, programs, treatment models and research.

Level: 1 | For: All



Revising Adversity

As the saying goes, experience is the greatest teacher. Typically, with adversity, the experience is rarely seen in a positive light. MHED Talk presenter

Gaelin Elmore believes that we can revise our beliefs and approach through a small perspective shift that leads to a transformed view of the hard things we go through. During this talk, he will share concepts and personal stories about his own experiences with adversity.

Gaelin Elmore, TFI Advocate Coach – The Forgotten Initiative



From Legos to Sims and Beyond: Learning to Ride the Emotional Waves

"You can't teach what you don't know and you can't lead where you don't go." (Jesse Jackson) As a young mother with high Adverse Childhood Experiences,

Susan thought parenting better was as simple as using different discipline than she experienced as a child. Little did she know it would require her to learn to feel and be present in ways she had never experienced, diving into a well of repressed emotions and fears that spanned nearly 40 years.

Susan Beaulieu, MPP, Tribal Community Facilitator – Univ. of MN Extension



What's Overlooked in the Mind-Body Connection: Turning on Your Inner Healer

For some people, mental health triggers are easily identified, while for others, identification is much more challenging. Through real-life stories of kids with complex diagnoses, Dr. Tye Moe will share a revealing perspective on how stress gets "stuck on" within the body. Learn about a commonly overlooked neurological process that, when turned on, brings relief and hope – including for his own newborn son!

Tye Moe, DC, Chiropractor – Whole Family Chiropractic

Symposium H

Suicide Survivors: What Mental Health Professionals Can Do To Help

Survivors of suicide – those who are close to someone who has died by suicide – often experience complicated and disenfranchised grief and may be in need of unique support. This presentation will provide mental health professionals with suggestions for supporting survivors as they grieve.

Marc A. Markell, PhD, CT, Professor – St. Cloud State Univ.

Level: 1 | For: Professionals

Symposium I (Pre-Recorded Session)

Partnering with Families to Identify Needs and Opportunities to Improve Policies, Service Quality and Child Well-Being

This pre-recorded session addresses the following questions: What have we/I done to address the challenges we face in our organization/community related to Adverse Childhood Experiences (ACEs) and promoting flourishing for children and families? What new opportunities do we/I have to further promote healing and flourishing? What mindsets, resources and structures must be maintained or enhanced? What new is needed? What can we do now versus what changes in policy are needed?

Christina Bethell, PhD, Child & Adolescent Health Measurement Initiative Professor – Bloomberg School of Public Health at Johns Hopkins Univ.

Level: 2 | For: Professionals | Clinical Content

Symposium J (Pre-Recorded Session)

Protective Factors for Suicide in African American Adolescents and Young Adults

This pre-recorded workshop focuses on suicide prevention strategies for adolescents and young adults from communities of color. It presents epidemiological data on the scope of suicidal thoughts and behaviors, describes risk and protective factors and shares research on treatment engagement. Prevention in faith communities will be used as an example of an upstream approach, and the development of suicide prevention in a predominantly Black church will be shared.

Sherry Davis Molock, PhD, MDiv – Dept. of Psychological Brain Sciences, George Washington Univ.

Level: 1 | For: Professionals | Clinical Content

Sunday, April 18 | 9:00 am – 3:30 pm includes 30 minute lunch break



Supervision Series

Harry Potter and the Supervisor's Stone

An updated and expanded version of last year's Supervision Series, this presentation will look 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. code of ethics) for two hours of ethics credit. New magical techniques for supervision will be covered, such as supervision via telehealth. 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. The presenters also denounce J.K. Rowling's anti-trans statements, and stand with the trans community in fighting for equality and speaking out against hate. (Visit the [Trevor Project](#) for ways to take action against transphobia and to support transgender and gender nonconforming youth.) *This series is designed to help social work supervisors meet the Minnesota Board of Social Work's requirements in the practice of licensing supervision. This workshop contains two hours of ethical content.*

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

Level: 2 | For: Professionals | Clinical Content

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**Children's
Mental
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Sheets**

Download our free fact sheets covering the most common mental health disorders experienced by children and youth, including classroom strategies and accommodations.

**An Educator's Guide to
Children's Mental Health**



**CLICK HERE TO DOWNLOAD
YOUR BUNDLE**

Monday, April 19

7:15 – 8:15 am

Morning Yoga

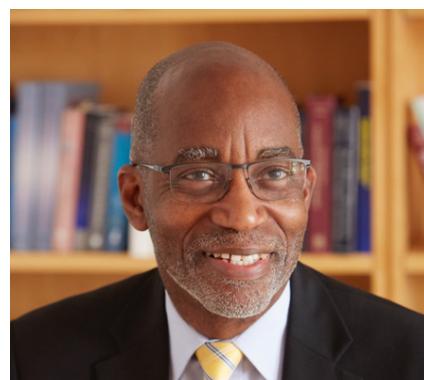
Join Kathy Flaminio for a virtual 60-minute yoga mat practice to connect to your mind, body and heart. Walk away refreshed, present and ready to learn. All levels from beginner to the seasoned student are welcome with many options available.

**Kathy Flaminio, LGSW, MSW,
E-RYT, Founder and CEO
MoveMindfully® – 1000
Petals, LLC**



Monday, April 19 | 8:25 – 10:00 am

Keynote Presentation



David Williams, PhD, MA, MPH, Professor – Harvard University

Addressing Racism to Create Healthy Environments for All of Our Children

This presentation will explore research on the adverse effects of racism on children and persistent racial/ethnic inequities that impact child well-being, including both mental and physical health. Drawing on existing research, it will highlight that distinctive social exposures linked to race—at the individual and institutional level—adversely affect access to needed opportunities for children of color to reach their full potential. It will examine interventions targeted at individuals that can dramatically close gaps in mental health and educational outcomes for children and youth. It will also explore interventions in upstream factors (such as housing, neighborhood conditions, economic well-being and investing in early childhood development) that can effectively enhance the potential for all children.

About the Keynote Speaker

Dr. David R. Williams is the Florence and Laura Norman Professor of Public Health and Chair, Department of Social and Behavioral Sciences, at the Harvard T.H. Chan School of Public Health. He is also a Professor of African and African American Studies at Harvard University. His research has enhanced our understanding of the ways in which socioeconomic status, race, stress, racism, health behavior and religious involvement can affect physical and mental health. He is the author of more than 475 scientific papers and the Everyday Discrimination Scale that he developed is the most widely used measure of discrimination in health studies. He is currently working on identifying a comprehensive but brief measure of the key stressors and resilience resources that contribute to the levels and impact of toxic stress on the health of infants and children.

Dr. Williams is an elected member of the National Academy of Medicine, the American Academy of Arts and Sciences and the National Academy of Sciences. He was a key scientific advisor to the award-winning PBS film series, *Unnatural Causes: Is inequality Making Us Sick?* His research has been featured in the national print and television media and in his TED Talk.



[Click here to watch Dr. Williams' TED Talk: How Racism Makes Us Sick](#)

Monday, April 19 | Workshops 1 - 8 | 10:15 – 11:45 am

Workshop # 1

Rethinking Challenging Kids

Conventional wisdom tells us that kids do well if they want to. On this belief we have built discipline systems in schools, families and residential settings that exist to motivate kids to want to do better. Conventional wisdom is wrong and, in this session, the presenter will explore the root causes of challenging behavior and an unconventional truth: where there's a skill, there's a way.

Ed Morales, MSW, MPP, LICSW, Dir. – Socorro Consulting

Level: 1 | For: Professionals & Caregivers | Clinical Content

Workshop # 2

Centering People of Color - Growing Our Collective Strength

This presentation will focus on best practices for centering people of color from an individual and organizational standpoint. Specifically, the presentation will explore topics related to fostering better customer and therapeutic services, openness and egalitarianism, ethical treatment and aspirational norms. Participants will walk away with a breadth of knowledge related to serving BIPOC clients and the development of Canopy Mental Health & Consulting.

Jimmie Heags, Jr., MA LSC, LPCC, LADC, ACS, Licensed Mental Health Provider & Cherie Hanson, MA, Licensed School Counselor, School & Mental Health Counselor – Canopy Mental Health & Consulting

Level: 2 | For: Professionals | Clinical Content

Workshop # 3

MoveMindfully®: Integrating Trauma-Responsive Practices Into Crisis Mental Health Settings for Adolescents and Young Adults

Mindfulness, breathing and movement teach important self-regulation skills to adolescents and young adults seeking crisis mental health treatment. A trauma-responsive and inclusive approach to mind-body work is essential in these environments. Learn the MoveMindfully®'s signature "BREATH-MOVE-REST" method for teaching stress management skills in therapeutic settings. Many organizations support staff's self-care by integrating these strategies, which include activities for all abilities.

Chrissy Mignogna, E-RYT, Lead Trainer and Dir. of Education & Kathy Flaminio, MSW, LGSW, E-RYT, Founder and CEO MoveMindfully® – 1000 Petals, LLC

Level: 1 | For: Professionals

Workshop # 4

Beyond Diversity Training: Best Practices in the Development of Measurable and Sustainable Race Equity Action Plans

This session is a call to action. Participants will be guided through the process of developing a Race Equity Action Plan using the lens of experienced panelists. The workshop will include discussion of mental health impacts related to equity and inclusion, story-sharing of lived experiences, interactive engagement and best practices and resources to develop an Equity Action Plan within attendees' work settings.

Molly Heisenfelt Eller, MSW, LCSW, High School Social Worker – Community of Peace Academy, Jill Castle, Diversity and Inclusion Practitioner, Founder and Exec. Dir. & Barbara Retic, UC Berkeley BEETLES Certified Educator, Community Liaison, Diversity and Inclusion Practitioner – The Lockstep Collaborative

Level: 2 | For: Professionals

Workshop # 5

Understanding and Mitigating the Impact of Trauma from the Collective Trauma of Dual Pandemics

Participants will learn principles of traumatic stress and adverse childhood experiences (ACEs) contextualized within current dual pandemics (racial injustice and COVID-19). A brief introduction to impacts of trauma on biological, social-emotional and behavioral development will be discussed along with suggestions for intervention. Equity and anti-racism lenses will be applied to consider specific contexts and needs of children and families of color.

Katherine Lingras, PhD, LP, Asst. Professor, Child Psychologist – Univ. of MN

Level: 2 | For: Professionals | Clinical Content

Workshop # 6

What Else Can FASD Look Like?

It is estimated that as many as one in 20 children has a Fetal Alcohol Spectrum Disorder (FASD). FASD is a lifelong condition that encompasses a range of physical and cognitive symptoms associated with prenatal alcohol exposure. Due to the overlapping symptoms between FASD and other mental health disorders, it is commonly misdiagnosed. This presentation will discuss the differences between FASD and common misdiagnoses.

Shauna Feine, LSW, Senior Training Coord. – Proof Alliance

Level: 2 | For: Professionals | Clinical Content

Monday, April 19 | Workshops 1 - 8 | 10:15 – 11:45 am

Workshop # 7

Using the Crucial Cs in School to Understand and Motivate Children to Learn and Regulate

Misbehavior is like candy; it provides quick satisfaction but does not have a long-term nourishing effect. Participants will learn strengths-based reframing strategies to motivate students to regulate and learn. The Crucial Cs will be reviewed and specific strategies applying the Crucial Cs in the classroom and school setting will be discussed.

Staci Born, EdD, LMFT, RPT-S, Asst. Professor - SD State Univ.

Level: 2 | For: Professionals | Clinical Content

Workshop # 8 (Pre-Recorded Session)

Child Suicide Risk, Assessment and Prevention: What We Know so Far

This pre-recorded panel discussion with researchers from the National Institute of Mental Health explores the epidemiology of suicide among children age 11 and younger. The panelists summarize what research tells us about risk and protective factors, how to screen for and assess suicide risk, as well as evidence for intervention and prevention. Gaps in clinical and research knowledge and ethical considerations are highlighted.

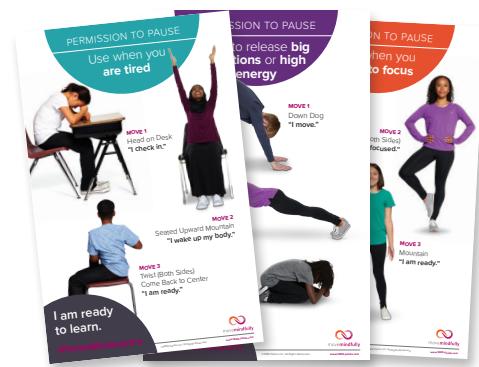
Lynsay Ayer, PhD – RAND & National Institute of Mental Health (NIMH); Lisa Colpe, PhD – NIMH; Lisa Horowitz, PhD – NIMH; & Eve Reider, PhD – NIMH

Level: 2 | For: Professionals | Clinical Content

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Use code 10MACMH for 10% off. Free resources available!

Monday, April 19 | Workshops 9 – 15 | 12:15 – 2:00 pm

Workshop # 9

Understanding PANDAS and PANS: Clinical Presentation, Prevalence & Treatment Strategies

PANDAS and PANS are conditions characterized by sudden onset of OCD and/or tics that develop in the wake of strep or other infections. This webinar will focus on how PANDAS and PANS present clinically, how common these presentations are in clinical settings and strategies to manage both the infection and psychiatric symptoms. The presenter will differentiate empirically supported treatments from other interventions.

Martin Franklin, PhD, Associate Professor Emeritus of Clinical Psychology in Psychiatry - Univ. of PA School of Medicine & Clinical Dir. - Rogers Behavioral Health

Level: 2 | For: Professionals | Clinical Content

Workshop # 10

ADHD: What's Motivation Got To Do With It?

Do your clients with ADHD ever have trouble getting or staying motivated? Is everyone frustrated with a child who won't "just do it"? With warmth and humor, the presenter will share key insights for understanding and igniting motivation. Attendees will leave more hopeful, inspired and armed with effective and practical techniques for fostering motivation and success in clients and their parents.

Cindy Lea, MA Psychology, LMFT - Succeeding with ADD

Level: 1 | For: Professionals & Caregivers | Clinical Content

Workshop # 11

Moral Injury and Its Impact on Children's Mental Health Services

This presentation will define moral injury: a profound change in, or betrayal of one's sense of right and wrong, and an injury to one's moral conscience resulting from an act of perceived moral transgression creating profound emotional shame. This workshop will explore the connection between moral injury and child-focused practice, and will provide strategies to protect against its impacts.

Michelle Seymore, MPNA, Human Service Mgr. - Hennepin County & Ed Morales, MSW, Dir. - Socorro Consulting

Level: 2 | For: Professionals | Clinical Content

Workshop #12

Changing the Narrative on Suicide Prevention

Saying the word suicide brings up different feelings, beliefs and attitudes for everyone. Attendees in this workshop will begin a conversation about how we can further change the narrative about suicide prevention.

Kelly Felton, Suicide Prevention Coord. & Jenilee Telander, Suicide Prevention Health Systems Coord. - MN Dept. of Health

Level: 1 | For: Professionals & Caregivers

Workshop # 13

Tools to Calm Intense Behavior & Help Your Most Challenging Kids Succeed

Discover the 3 Cs that are rooted in neuroscience and essential to calming challenging behavior. Attendees of this webinar will learn specific language to use with parents to increase their awareness of how behavior contributes to meltdowns, defiance and disrespect. In addition, they will become familiar with parent coaching techniques that get to the root of challenging family dynamics and shift parents into positive connections with their children for lasting change.

Samantha Moe, MA, Creator of Mad2Glad Blueprint, Certified Parent Coach and Owner - Samantha Moe and Associates

Level: 1 | For: Professionals & Caregivers

Monday, April 19 | Workshops 9 – 15 | 12:15 – 2:00 pm

Workshop # 14

What Parents of Children With Intensive Emotional-Behavioral Challenges Want You To Know

Based on a nationwide survey of over 400 parents and guardians and over 10 years of working with guardians of children in crisis, this workshop will explore a paradigm for understanding the unique challenges of parenting impacted by chronic domestic trauma, and offer fresh tools for effective collaboration and communication.

Jennie Clare, K-12 Education, Dir. - Jennie Clare Consulting

Level: 2 | For: Professionals & Caregivers | Clinical Content

Workshop # 15

Advocating for a Trauma-Sensitive School Environment

When a child is exposed to overwhelming stress, they can respond in a way that challenges educators. Students' adaptations to stress can be confusing and frustrating, resulting in a punitive response. This workshop will give strategies to work with educators to inspire understanding and empathy, as well as support the development of skills to help students succeed.

Sara Daniel, MSW, LCSW, VP of Educational Services - SaintA

Level: 2 | For: Professionals



Is your child on track?

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(And helps you know what to do next.)

HelpMeGrowMN.org

1-866-693-4769

Help Me Grow is an interagency initiative of the State of Minnesota (Departments of Education, Health and Human Services) in partnership with school districts and local service agencies.



Monday, April 19 | Workshops 16 – 22 | 2:30 – 3:45 pm

Workshop # 16

Practical Tools for Engaging and Supporting Youth: Trauma and Substance Use

This workshop will explore the latest substance use trends and provide evidence-informed approaches to supporting Generation Z. Attendees will receive practical tools and resources for supporting youth in building a sense of safety, trust, control and self-esteem. Topics covered will include trauma-informed care, replacement behaviors and effective prevention.

Gabrielle Mark, CPP, Prevention Education Mgr. & Noelle Faye, Youth Prevention Advocate - Know the Truth Prevention Prog.

Level: 2 | For: Professionals & Caregivers | Clinical Content

Workshop # 17

Virtual Body-Centered Therapies for Sexual Abuse

The body can be used to process sexual abuse trauma as part of the therapeutic process. With the impact of COVID, providers are now seeing clients virtually and this creates both challenges and new opportunities for the use of body-based techniques. This workshop will offer strategies for the treatment of youth with trauma.

Elizabeth Bergman, LICSW, Exec. Dir. & Ambryn Melius, LPCC, Body Based Therapeutic Mgr. - Family Enhancement Ctr.

Level: 2 | For: Professionals & Caregivers | Clinical Content

Workshop # 18

Online Groups: A Framework for Ethical Practice

Learn the ins-and-outs of planning for online groups for elementary to high school students. In this workshop, the presenters will share their process of developing group procedures, practices and curriculum. They'll offer a framework to help practitioners feel supported, competent and confident in their group work.

Lisa Xiong, MA, LMFT, MN Board Approved Spvsr, Clinical Dir., Lauren Meaney, MA in Marriage and Family Therapy, School-Based Mental Health Practitioner & Ana Lewis, MA, LMFT, MN Board Approved Spvsr, Clinical Spvsr. - Change Inc.

Level: 1 | For: Professionals

Workshop # 19

When They Can't Unplug: Understanding Video Game Addiction in Adolescents

From Super Mario Bros. to Fortnite, the popularity of video games has never been greater. Within the gaming community, there is a growing number of adolescents who simply cannot put the controller down. This workshop will examine the phenomena of Gaming Disorder, as defined by the World Health Organization's ICD-11. Participants will learn about symptoms and best practices in treating Gaming Disorder.

Thad Shunkwiler, EdD (ABD), MS, LMFT, LPCC, CCMHC, ACS, Professor - MN State Univ, Mankato

Level: 1 | For: Professionals & Caregivers | Clinical Content

Workshop # 20

Getting It Right: Mental Health, Special Education and Section 504

Children and youth with mental health disorders may have behaviors that interfere with their learning or the learning of others. This presentation will focus on identifying behaviors related to anxiety, depression, ADHD and PTSD that create barriers to educational progress and tips and strategies on how to provide instruction and support at school.

Renelle Nelson, MA, Children's Mental Health and Emotional or Behavioral Disorders Proj. Coord. and Parent Advocate & Maleenia Mohabir, MA, Children's Mental Health and Emotional or Behavioral Disorders Specialist and Parent Advocate - PACER Ctr.

Level: 1 | For: Professionals & Caregivers

Monday, April 19 | Workshops 16 – 22 | 2:30 – 3:45 pm

Workshop # 21

Promoting Connectedness and Mental Health Among Adolescents with Autism Spectrum Disorder Through Strengths-Based Intervention

Mental health challenges are common among youth and young adults with autism spectrum disorder (ASD). In this session, the presenters will present a novel strengths-based intervention model, which pairs adolescents and young adults with ASD in mentoring relationships within an afterschool setting. The results of recent evaluation efforts, including factors associated with feasibility and program impacts on mental health, will be shared.

Rebekah Hudock, PhD, LP, Associate Professor & Lindsey Weiler, PhD, LMFT, Associate Professor – Univ. of MN

Level: 1 | For: Professionals & Caregivers

Workshop # 22

Cognitive Behavioral Therapy (CBTp) for Youth with Psychosis

Cognitive Behavioral Therapy for Psychosis (CBTp) is a therapy for individuals with psychosis that focuses on the individual's thoughts and behaviors and how these impact emotions. Psychosis informed CBT has been associated with a reduction in positive symptoms. This presentation is intended to give an introduction to CBTp and provide an opportunity to practice these techniques.

Aimee Murray, PsyD, Asst. Professor – Univ. of MN

Level: 2 | For: Professionals | Clinical Content

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Tuesday, April 20

7:45 – 8:45 am

Morning Yoga

Join Kathy Flaminio for a virtual 60-minute yoga mat practice to connect to your mind, body and heart. Walk away refreshed, present and ready to learn. All levels from beginner to the seasoned student are welcome with many options available.

Kathy Flaminio, LGSW, MSW,
E-RYT, Founder and CEO
MoveMindfully® – 1000
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Tuesday, April 20 | 8:55 – 10:00 am

Keynote Presentation



John Moe, Author & Podcaster – The Hilarious World of Depression

The Other Healing: Trauma and Mental Recovery After COVID

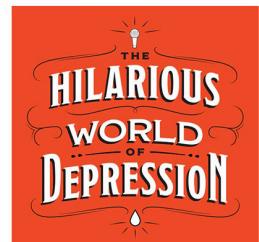
The impact of COVID-19 is usually measured by infections, hospitalizations and its economic devastation, but even those who do not personally contract COVID must grapple with long term mental health consequences. Long after a vaccine emerges and spreads, we as a society will need to deal with our trauma going forward. You simply can't go through all that depression, anxiety, despair and disruption unscathed. During this keynote presentation, author and podcaster John Moe will explain how to understand our individual and collective suffering and what can be done about it. Drawing from his experiences and conversations around simple and complex trauma, John tries to understand what it means in the short term, what it means in the long term, and how to address it.

About the Keynote Speaker

John Moe is the host and creator of the award-winning hit podcast, "The Hilarious World of Depression," as well as an in-demand speaker around the country. The author of three books (Dear Luke, We Need to Talk, Darth: And Other Pop Culture Correspondences; The Deleted Emails Of Hillary Clinton; and Conservatize Me), his writing has appeared in numerous humor anthologies as well as The New York Times Magazine, McSweeney's, The Seattle Times and many more publications. He has hosted nationally distributed public radio programs such as Wits, Weekend America and Marketplace Tech Report, and his radio work has been featured on Marketplace, All Things Considered and Morning Edition. He lives in St. Paul, Minnesota.

[Click here to check out the Hilarious World of Depression Podcast](#)

Depression is an incredibly common and isolating disease experienced by millions, yet often stigmatized by society. The Hilarious World of Depression is a series of frank, moving, and, yes, funny conversations with top comedians who have dealt with this disease, hosted by veteran humorist and public radio host John Moe. Join guests such as Maria Bamford, Paul F. Tompkins, Andy Richter, and Jen Kirkman to learn how they've dealt with depression and managed to laugh along the way.



Tuesday, April 20 | Workshops 23 – 29 | 10:15 am – 12:15 pm

Workshop # 23

Acceptance and Mindfulness Techniques for Anxious Youth

In this presentation, participants will learn how to apply the principles of Acceptance and Commitment Therapy (ACT) and mindfulness strategies to their work with anxious youth. Participants will learn how ACT differs from CBT; how to help youth identify and "unhook" from unhelpful thinking; how to teach mindfulness skills and mindfulness-based meditation to youth; and why strategies aimed at controlling anxiety often create more anxiety, and what alternatives exist.

Ann E. Layne, PhD, Licensed Psychologist – Anxiety Treatment Resources

Level: 2 | For: Professionals | Clinical Content

Workshop # 24

Effective Tier II/Tier III Behavioral Intervention Programming from Beginning to End

Founded in research, the practical application of matching, mapping, monitoring and meeting is a problem-solving process that increases the likelihood of success when delivering interventions for students with social, emotional and behavioral needs. Attendees will learn this research based approach to personalizing interventions for students with SEBD that has been shown to significantly increase the probability of achieving successful outcomes.

Clay Cook, PhD, Professor, Endowed Chair in Child and Adolescent Wellbeing, Assoc. Dir. of Ctr. for Applied Research and Educational Improvement – Univ. of MN & Megan Gruis, EdS, LSC, Educational Systems Consultant, Coaching & Evaluation Coord. – MN Metro PBIS

Level: 2 | For: Professionals

Workshop # 25

Stress and Trauma and Behaviors, Oh My!

This workshop will help educators and those working in schools make small shifts in response to student behavior in order to create calm, reduce stress and help everyone involved manage big feelings. It will help participants understand and explain how stress and trauma impact children and how that often leads to challenging behaviors. Attendees will leave with brain-based behavior techniques for self-regulation, improving focus and enabling you to do the thing you love - teach!

Lauren Spigelmeyer, MSEd, Founder and Exec. Dir. – The Behavior Hub and Professor – Univ. of PA

Level: 1 | For: Professionals & Caregivers

Workshop # 26

Cultivating Self-Compassion in Clinical Supervision of Children's Mental Health Professionals

Self-care may be futile if not coupled with compassion and completing the emotional cycle. Self-compassion is associated with greater emotional resilience, more accurate self-concepts, more caring relationship behaviors and decreased narcissism and reactive anger. In this workshop, participants will learn about self-compassion's connection to wellbeing, the neuroscience that supports moving through the emotion cycle, and interactive strategies for assessing and engaging in self-compassion in supervision.

Staci Born, EdD, LMFT, RPT-S, Asst. Professor – SD State Univ., Casey Baker, EdD, LMHC, RPT-S, Asst. Professor – Buena Vista Univ., & Jennifer Longgren, EdD, LPCC, Asst. Professor – MN State Univ., Mankato

Level: 2 | For: Professionals | Clinical Content

Workshop # 27

Aligned Initiatives: How Suicide Prevention & School Linked Mental Health Services Fit Into School-Wide Positive Behavioral Interventions & Supports

This session will overview how three state agencies collaborate to align initiatives in a cohesive rather than competitive framework. The Minnesota Department of Education will focus on PBIS, the Minnesota Department of Human Services will discuss School Linked Mental Health Services and the Minnesota Department of Health will discuss Comprehensive School Suicide Prevention Components.

Mary Hunt, MA, NCSP, Related Services Specialist – MN Dept. of Ed., Kristin Lofgren, School Linked Mental Health Project Lead – MN Dept. of Human Services, & Stephanie Downey, Suicide Prevention Coord. – MN Dept. of Health

Level: 1 | For: Professionals

Tuesday, April 20 | Workshops 23 – 29 | 10:15 am – 12:15 pm

Workshop # 28

What A Shame: How to Recognize It And What To Do About It

Participants will learn methods of identifying a history of trauma, even without having specific background information. The presenter will discuss a variety of adult responses, with a focus on increasing the desired behaviors. Participants will leave with resources that include quick-reference strategies for de-escalation, calming and resilience.

Tascha Just, EdS, School Psychologist – Just One Team, LLC & Kennedy Alstead, MS, Doctoral Student – MN State Univ., Mankato

Level: 2 | For: Professionals & Caregivers

Workshop # 29

Ethics and Telehealth

Like many providers, the presenters of this workshop were plunged into telehealth out of necessity and learned a lot—not only as therapists and supervisors, but as people too. This presentation will examine the ethical issues, pitfalls and lessons learned with telehealth, along with alternatives to in-person service delivery. *This workshop contains two hours of ethics content.*

Emily Coler Hanson, MS, LMFT, Mental Health Therapist & Barb Stanton, PhD, LPCC, LMFT, Mental Health Therapist – Anne Carlsen Ctr.

Level: 2 | For: Professionals | Clinical Content

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Tuesday, April 20 | Workshops 30 – 37 | 12:45 – 2:15 pm

Workshop # 30

Sleep: The Forgotten Diagnostic Consideration

As many as two-thirds of teens get less than the required eight hours of sleep, and the resulting deficits contribute to inattention, mood sensitivity and outbursts, aggression and poor learning. This presentation will explain the functions of sleep, sources of sleep disruption, impact of deprivation on mental health, differential diagnosis considerations and therapist/parent recommendations.

David Swenson, PhD, Psychologist – College of St. Scholastica

Level: 1 | For: Professionals & Caregivers | Clinical Content

Workshop # 31

Autism Evidence-Based Practices: Moving What Works in School into the Home and Community

In this session, the presenters will discuss the importance of working on skills in school, home and community environments to ensure generalization of skills for learners with autism. They will present and demonstrate how to implement common evidence-based practices used in schools that can also be used by parents and families in the home and community.

L. Lynn Stansberry Brusnahan, PhD, Professor, Emily Bedford, MA Spec. Ed., Autism Consultant & Univ. Adjunct – Univ. of St. Thomas & Erin Farrell, MA, BCBA, ASD Specialist – MN Dept. of Education

Level: 1 | For: Professionals & Caregivers

Workshop # 32

Social Emotional Learning with an Eye to Equity

Participants will explore social-emotional learning curriculum and tools with an equity lens for the school setting. The presenter will share strategies and lead discussion to help participants become more aware of biases about race, gender and language as we explore ways to enhance the social skills of our students. Participants will review curriculum and social-emotional tools in pursuit of equity for all students.

Beth Baker, MSEd, Counselor – International School of Dongguan

Level: 1 | For: Professionals

Workshop # 33

Surviving in a Screen-Saturated World: Children's Mental Health Considerations

How do we facilitate children's interactions with screens in a way that promotes, not hinders, their overall development and mental health? This presentation will explore the impact of screens on development, such as cognitive, language and social-emotional skills, and examine the rise in diagnoses such as depression and anxiety. Practical guidelines for positive screen interactions will be discussed.

Lani Jones, PsyD, HSPP, Clinical Psychologist – Providence Behavioral Group

Level: 2 | For: Professionals & Caregivers | Clinical Content

Workshop # 34

ADHD Update 2021

For over 10 years, this lively and popular workshop has reviewed the most recent ADHD research. This year's update will cover new natural and medical treatments including just-released information on the effects of ADHD on family members, including parents. Emphasis will be placed on practical information, application and extra time for clinical questions from participants.

Gary Johnson, PhD, Clinic Dir. & Kotatee Tamba, PsyD, Postdoctoral Neurocognitive Clinician – Clinic for Attention, Learning and Memory (CALM)

Level: 2 | For: Professionals & Caregivers | Clinical Content

Workshop # 35

Supporting School Staff in the Implementation of Trauma-Informed Practices

Implementing trauma-informed practices is challenging, and organizations and staff who do so are often impacted by the trauma, systems and emotional labor that surround them. ISD 916 has been expanding trauma-informed practices for several years and has partnered with Advanced Trauma Consulting to provide additional support and consultation. This presentation highlights the challenges and successes they have encountered since.

Pete Singer, MSW, LICSW, Clinical Spvsr, Lead Consultant – Clearwater Counseling, Advanced Trauma Consulting & Cara McGlynn, MSW, LICSW, Lead School Social Worker – Northeast Metro 916 ISD

Level: 2 | For: Professionals

Tuesday, April 20 | Workshops 30 – 37 | 12:45 – 2:15 pm

Workshop # 36

SMRT, RSDI and SSI: The 411 on Navigating the Disability Process

There are numerous programs available for individuals who are disabled. Who decides if someone is disabled and how is it done? How do you fit into the process as a provider, advocate or parent? Why would a child need to pursue a disability certification and what does that even mean? This workshop will address these questions and more.

Emily Olson, EDPNA, Disability Analyst, Natalie Ratzlaff, Appeals/Policy Attorney & Carly Pederson, EDPNA, Spvsr. – State Medical Review Team, MN Dept. of Human Services

Level: 1 | For: Professionals & Caregivers

Workshop # 37 (Pre-Recorded Session)

Adapting our Clinical Practice for Adolescent Mood Problems and Anxiety in Diverse Populations and Contexts Amid COVID-19

In the context of the global pandemic, this pre-recorded workshop presents evidence from empirical studies and systematic reviews exploring how disease containment measures could impact mental health in adolescents, including consideration of social isolation and loneliness. It also highlights what we know so far about how adolescents across the world are experiencing the pandemic. Implications for clinical practice, including evidence for remotely delivered interventions will be emphasized.

Dr. Maria Loades, Clinical Tutor for the Doctorate in Clinical Psychology – Univ. of Bath

Level: 3 | For: Professionals | Clinical Content

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Tuesday, April 20 | Workshops 38 – 44 | 2:45 – 4:15 pm

Workshop # 38

Addressing the Relationship Between Child Sexual Abuse and Bulimia Nervosa in Adolescent Girls: Best Practices for Assessment and Treatment

Research indicates 60% or more of people with bulimia experienced the fear and confusion of childhood sexual abuse. This presentation will explore the connections between child sexual abuse trauma and bulimic eating disorders among adolescent girls. Meaningful discussion will center on assessment and therapeutic interventions to best help clients address painful memories, manage or reduce symptoms and heal from trauma.

K. Suzanne Kramer-Brenna, MA, MSW, LMSW/LGSW, Prevention Education Spvsr. - Rape and Abuse Crisis Ctr. of Fargo-Moorhead

Level: 2 | For: Professionals | Clinical Content

Workshop # 39

Introduction to SMART: An Innovative Therapy for Children Affected by Complex Trauma

Sensory Motor Arousal Regulation Treatment (SMART) is an evidence-informed treatment for children and families affected by trauma and extreme stress. It takes a "bottom-up" focus on regulation, attachment-building, and the safe processing of trauma, without relying on language as an entry point. Participants will watch a video demonstrating SMART, hear about the core threads of SMART and learn about the science informing this approach.

Amie Summers, MSW, LICSW, Psychotherapist - Amie Summers, PLLC & Mariah Rooney, LICSW, RYT, Psychotherapist - LynLake Psychotherapy & Wellness

Level: 1 | For: Professionals | Clinical Content

Workshop # 40

Career Path Wellness for Helping Professionals: Aligning Your Professional Development With Your Strengths

This workshop is a recipe for aligning your career path with your strengths. A career journey that thrives begins with discovering your unique gifts and counterbalancing the unavoidable depletion of professional help. The presenter will examine the strengths most aligned with professional purpose, identify self-care strategies for addressing the drain of delivering trauma-informed care and identify career path options to fuel professional energy.

Steve Ritter, MSW, LICSW, Exec. Dir. - Midwest Institute

Level: 1 | For: Professionals | Clinical Content

Workshop # 41

Nature as Therapist: The Healing Power of Mindful Forest Bathing

This experiential presentation will focus on the practice of taking important journeys away from a chaotic world of details, multi-tasking, stressful obligations, smart phones and noise to places that are unspoiled, calm and free. Forest Bathing is a nature-based mindfulness and social emotional learning practice that is an innovative and evidence-based wellness intervention proven to reduce anxiety, lower blood pressure and lessen symptoms of depression.

Charlene Myklebust, PsyD, President and Principal Consultant - EQ Learn, Stone Arch Learning LLC & Thomas Bezek, Certified Shinrin-Yoku Forest Bathing Guide - Self-employed

Level: 1 | For: Professionals & Caregivers | Clinical Content

Workshop #42

Grief Comes to School

The death of a loved one is difficult no matter what your age. Young people are often confused when someone they love dies. Parents and teachers believe children should discuss grief and loss experiences; however, many adults feel they are unprepared to help grieving children and many teacher training programs do not address this. This workshop will explore options for supporting grieving students.

Kathryn Markell, PhD, Professor - Anoka Ramsey Community College & Marc A. Markell, PhD, CT, Professor - St. Cloud State Univ.

Level: 1 | For: Professionals & Caregivers

Tuesday, April 20 | Workshops 38 – 44 | 2:45 – 4:15 pm

Workshop #43

Reimagining Residential Treatment Revisited

Collaborative Intensive Bridging Services (CIBS) has revolutionized the model of effective services for youth in need of residential treatment. Learn the lessons the past 11 years have taught about what works with youth who have challenging behaviors and how a more integrated way to effectively treat youth and families can be created.

Luke Spiegelhoff, MSW, Clinical Dir. – Nexus-FACTS Family Healing

Level: 1 | For: Professionals | Clinical Content

Workshop # 44

The Feasibility and Efficacy of Tele-Music Therapy for Children with Autism

In light of the current COVID-19 pandemic, in-person services have often been suspended. This presentation will introduce the use of real-time video-conferencing platforms to provide music therapy to serve children with autism. A robust and reliable alternative method of music therapy creates a service delivery option while addressing an acute need caused by the pandemic.

Yue Wu, MM, MT-BC, Neurologic Music Therapy, Music Therapist - MacPhail Ctr. for Music

Level: 1 | For: Professionals & Caregivers | Clinical Content



Detail from "Miles" by
Jarrett VanderPoel, age 18



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Youth MOVE MN is a project of the Minnesota Association for Children's Mental Health and a state chapter of Youth MOVE National. Funding for youth programming is made possible by SOC and BHE grants from the MN Dept of Human Services, a sponsorship from Rogers Behavioral Health, and by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

