Join us at our 27th Annual Child & Adolescent Mental Health Conference, one of the largest of its kind in the country, happening in Duluth, Minnesota, at the Duluth Entertainment Convention Center.

**Featured Speakers**

Sheletta Brundidge  
Dr. BraVada Garrett-Akinsanya  
John Moe  
Erin Walsh

www.macmh.org/conference
Join Us

Featuring more than 85 workshops and the opportunity to earn up to 18 CEHs, our annual conference is designed for everyone who works with or cares for infants, children and youth prenatal to age 24. Join us this April to explore cutting-edge information and learn practical strategies you can apply directly to your work with children and families.

Registration

Reserve your spot online at www.macmh.org/conference by April 16. Early-bird rates ends March 26. Students and groups of 5+ from the same organization are eligible to receive a discount. For more information, reach out to us at info@macmh.org.

Days Attending | By March 26 | After March 26
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One Day | $190.00 | $199.00
Two Days | $360.00 | $379.00
Three Days | $410.00 | $429.00

Register now at www.macmh.org/conference. We are using a new registration system. Please connect with us at info@macmh.org or call 651-789-3147 if you experience issues while registering.

Things to Know

M e a l s
A light continental breakfast will be available in the Exhibit Hall from 7:30 – 8:50 am on Monday and Tuesday. Lunch will be available on Sunday, Monday and Tuesday. (Times vary). If you have dietary needs, please note that when registering.

W e a t h e r
Spring weather in Duluth and temperatures within the Duluth Entertainment Convention Center facility may fluctuate. We suggest wearing light clothing and bringing a sweater or jacket to workshops.

O n - S i t e R e g i s t r a t i o n
On-site registration will be available as space allows, please email info@macmh.org to check availability.

S c h e d u l e C h a n g e s
MACMH reserves the right to substitute presenters, cancel workshops and/or reschedule due to unforeseen circumstances.

Exhibits
Move in: Sunday, April 23, 2:00 – 6:00 pm
Monday, April 24 • 7:30 am – 1:15 pm
Please note break periods in the schedule for extra exhibit viewing time. Breakfast is served in the exhibit hall.

A c c e s s i b i l i t y
If you need an accommodation (e.g., wheelchair accessibility, interpreter or large print materials), such accommodations will be made available upon advanced request. Please contact the MACMH office on or before April 1. For TTY, contact Minnesota Relay Service at 1-800-628-8385.

C a n c e l l a t i o n
Refund requests must be made in writing by email to info@macmh.org at least 14 days in advance of the conference (April 19) and are subject to 15% administrative cancellation fee. Please read our full policy at www.macmh.org/cancel.

S c h e d u l e

Sunday, April 23
10:30 – 11:00 Supervision Registration
11:00 – 6:00 Supervision Series
11:30 – 5:30 General Registration
12:15 – 1:15 Workshops 1-9
2:00 – 4:00 Workshops 10-18
4:00 – 4:15 Break
4:15 – 6:45 Networking Reception

Monday, April 24
7:30 – 3:00 Registration
7:30 – 8:50 Exhibits/Continental Breakfast
8:50 – 9:00 Featured Speakers
10:00 – 10:15 Exhibits/Break
10:15 – 12:15 Workshops 19 – 29
12:15 – 115 Lunch/Exhibits
1:15 – 2:45 Workshops 30 – 40
2:45 – 3:15 Exhibits/Break
3:15 – 4:45 Workshops 41 – 54

Tuesday, April 25
7:30 – 3:00 Registration
7:30 – 8:30 Exhibits/Continental Breakfast
8:50 – 9:00 Keynotes
10:00 – 10:15 Exhibits/Break
10:15 – 12:15 Workshops 55 – 66
12:15 – 115 Lunch/Exhibits
1:15 – 2:45 Workshops 66 – 77
2:45 – 3:00 Break
3:00 – 4:30 Workshops 78 – 85

W o r k s h o p D e s c r i p t i o n s

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

A ll: Suitable for all attendees

C l i n i c a l C o n t e n t
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
Preservers chose levels that best describe their material and the knowledge attendees should have to derive the greatest benefit from their presentation.

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.

T a r g e t e d C o n t e n t
The Minnesota Board of Marriage and Family Therapy has approved our conference for the following:

- Ethics Content (up to 6.5 CEHs) – denoted with an 🍁 by each workshop description
- Supervisory Content (up to 15.5 CEHs) 🍁
- Cultural Competency Content (up to 3.5 CEHs) 🍁

Watch for content designations under each workshop.

C o n t i n u i n g E d u c a t i o n
Our conference is designed to meet continuing education requirements for many disciplines. CEHs that have been pre-approved include:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): Approved up to 18 CEHs
- MN Board of Marriage & Family Therapy: Approved up to 18 CEHs
- MN Board of Social Work: Approved up to 18 CEHs
- MN Board of Psychology: Approved up to 18 CEHs
- MN Board of School Administrators: Approved up to 18 CEHs
- MN Board of Nursing: 18 CEHs★
- MN Board of Education: 18 CEHs★
- ND Board of Social Work: 18 CEHs★

*CEH approval requires independent submission to your board.

Location
Our conference takes place at the Duluth Entertainment Convention Center in picturesque Duluth, Minnesota.

Address: 150 Harbor Drive, Duluth, MN
Contact Info: 1-800-628-8385, www.decc.org
Parking: Duluth Entertainment Convention Center parking is $10.00 per day.

Lodging
Check out our website to see a list of hotels that are offering special rates to conference attendees.

Continuing Education
Our conference is designed to meet continuing education requirements for many disciplines. CEHs that have been pre-approved include:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): Approved up to 18 CEHs
- MN Board of Marriage & Family Therapy: Approved up to 18 CEHs
- MN Board of Social Work: Approved up to 18 CEHs
- MN Board of Psychology: Approved up to 18 CEHs
- MN Board of School Administrators: Approved up to 18 CEHs
- MN Board of Nursing: 18 CEHs★
- MN Board of Education: 18 CEHs★
- ND Board of Social Work: 18 CEHs★

*CEH approval requires independent submission to your board.
1 - Legislative Update
Learn what happened in the 2022 legislative session and the key issues being addressed during the 2023 session. Explore how you can be part of a movement to create change and how to make your voice heard.
Sue Alderferholen, MPA, Exec. Dir. - NHW-MN
Level 1 | For: Professionals & Caregivers
Gooseberry 1

2 - Supervising for Staff Wellbeing: Addressing Traumatic Stress and Work Sustainability
The supervisory relationship plays a vital role in supervisee professional development, offering concrete skills, in combination with support, to make meaning from difficult client and workplace experiences. Traumatic stress due to workplace exposure is one of the greatest ethical concerns and workforce challenges in the social services. Administrative and Clinical Supervisors participants will learn best practice interventions to ensure supervisee work sustainability and professional longevity.
Angela Lewis-Drimko, MSW, LCSW, President and CEO - Northeast Youth and Family Sv.
Level 2 | For: Professionals
5 hours of Ethical Content | 2 hours of Supervisory Content
French River

3 - TikTok, It Won’t Stop: Disrupting Social Media’s Negative Impact on Mental Health
The benefits of social media are vast, offering opportunities for personal growth or support groups to connect. However, excessive use of social media can be detrimental to mental health. This presentation will explore the negative impact of social media on mental health and techniques for clients to develop a healthy relationship with social media.
Rebecca Murphy, PsyD, Licensed Psychologist & Katie Carrigan - Murphy Psychological Sv.
Level 2 | For: Professionals
1 hour of Ethical Content | 2 hours of Supervisory Content
Harborside 202

4 - Growing the Strengths of Youth: A Trauma-Sensitive, Strengths-Based Approach
Today’s youth report increasing levels of stress. Youth need opportunities to identify and develop their strengths, to fill their toolboxes with skills to decrease life stressors and to increase a positive outlook on life. Participants will recognize the effects of stress on body systems, experience tools for self-regulation, and be introduced to activities to assist youth in identifying strengths for increased well-being.
Kathy Magnusson, MEd, Founding Dir. - Willowbrook Learning Coaching and Consulting
Level 1 | For: Professionals
Lake Superior K

5 - Analyzing Trauma-Informed Fiction for Children Who are Grieving
Trauma-informed care focuses on what has happened to someone, instead of what is wrong with them. Trauma therapy can help children to express their own grief and loss challenges. The presenter analyzed 16 fictional books for children and how well they met the “Six Guiding Principles of Trauma-Informed Care.”
Kathryn Mannell, PhD, Professor - Anoka Ramsey Community College & Marc Mannell, PhD, CT, Professor Emeritus - Wartburg College of Mortuary Science
Level 1 | For: Professionals & Caregivers
Includes Clinical Content
St. Louis River

6 - The Impact of Climate on Children: An Update
Climate change is occurring and we are seeing significant storms, floods, droughts and wildfires that are increasing in intensity. These present significant challenges to youth and can affect their emotional and physical health, learning and behavior. This presentation explores climate change impacts on youth and what can be done by parents and practitioners to mitigate these effects.
David Swainson, PhD, LP, Psychologist - College of St. Scholastica
Level 2 | For: Professionals & Caregivers
Harborside 202

7 - Breathwork for Anxious Kids
We breathe over 20,000 times a day, but most of us breathe in a way that increases stress and anxiety. Our nervous system hasn’t caught up to the modern world and is working overtime to protect us. This presentation will explore using the breath to modulate the nervous system and boost self-regulation and resilience, and how to teach it to children in a fun, sustainable and trauma-sensitive way.
Stephanie Ezer, MEd, RYT200, Certified BREATHE Coach, Oxygen Advantage Functional Breathing Coach, Founder/Owner - Balancing Elephants
Level 1 | For: Professionals
Split Rock
10 - Validation Skills for Adolescents and Families
In Dialectical Behavioral Therapy (DBT), validation is defined as the ability to empathize with the experience of others paired with clear communication that the individual’s experience is valid and understandable. This approach helps support clinicians, social supports and patients to implement validation for others and self-validation. This workshop will cover the six steps of validation. Behavioral rehearsal will be incorporated to provide modeling on how to deliver validation strategies.

Ajeng Puspitasari, PhD, LP, ABPP, Clinical Psychologist; MA, Graduate Student & Clinic Director; Kortuem, LPCC, Therapist - Rogers Behavioral Health
Level 1 | For Professionals & Caregivers
Includes Clinical Content
French River

11 - Demystifying the Connection Between ADHD, Emotional Dysregulation and Rejection-Sensitivity Dysphoria
It has been recognized that individuals with ADHD also have difficulties with emotional regulation. But lack of consensus on conceptualizing this clinically challenging domain has resulted in a lack of understanding. This presentation explores the concepts of emotional dysregulation and rejection-sensitivity dysphoria, and it will review emerging trends from cognitive neuroscience research on the leading causes of these in the ADHD brain.

Gary Johnson, PhD, Clinical Director; Benjamin Kortuem, PsyD, Licensed Psychologist & Kirthale Tamba, PsyD, LCSW, Post-Doctoral Clinical Associate - for Attention, Learning, & Memory (CALM)
Level 1 | For Professionals & Caregivers
Includes Clinical Content
Lake Superior K

13 - Community-Based Tribal Suicide Prevention
Suicide prevention in many tribal communities begins with healing from historical trauma. Each tribal community has its own traditions, stories and unique strength-based cultural perspectives to support suicide prevention. Tribal communities hold stories of how the Minnesota Department of Health works in partnership with tribal communities to prevent suicide.

Luther C. Talks, Tribal Suicide Prevention Coordinator - MN Dept of Health
Level 1 | For Professionals & Caregivers
Includes Clinical Content
Cultural Competency
Harborside 202

14 - Amplifying Community Voice and Advancing Health Equity Through Co-Creation of Mental Well-Being Resources for Youth
Change to CHI by Allina Health is a free, mental wellbeing resource for teens and supportive adults. During the COVID-19 pandemic, Change to CHI applied health equity principles to rethink program engagement to meet the needs of underrepresented and disproportionately impacted populations. Through ongoing community co-creation, this work continues to ensure that teens of all cultures, abilities and identities see their experiences reflected in program resources.

Sydney Habot, MPH, AAPS Community Health Improvement Specialist - Allina Health
Level 1 | For Professionals & Caregivers
Cultural Competency
Harborside 202

15 - Stopping the School-to-Prison Pipeline
Our most vulnerable children are regularly being penalized, marginalized and criminalized by the systems and adults which are supposed to be serving them. Antwon Morris lived this healthy life. From his experiences, and together with therapist Heather Boorman, recontextualized his children’s behaviors, discovered alternate strategies to support them effectively and gain advocacy skills to do your part to stop the school-to-prison pipeline.

Heather Boorman, MSW, LCSW - Boorman Counseling and the U of St Thomas & Antwon Morris
Level 1 | For Professionals
Includes Clinical Content
Cultural Competency
Split Rock

16 - Responding to Student Behavior: Preparing to Teach
Responding to pandemic is the most challenging dilemma facing schools today, with teachers losing 50% of their teaching time responding to student behavior. Ineffective teacher responses can escalate disruptions and conflicts that could have been avoided. This presentation will introduce educators to a system for responding to behavior that has proven to dramatically decrease classroom disruptions. The presentation includes instructor dramatizations of classroom situations.

Jon Halpenny, MA, School Counselor - The Blake School & Jeff Fink, MA, Graduate Education School Faculty; Professor, retired - Hamline U
Level 2 | For Professionals
Harborside 203

17 - Food is Medicine: Food Justice Work as a Tool for Youth Empowerment
M Health Fairview and local community partners Urban Roots and Youth West Connect have worked together to increase access to healthy food for community members and patients for over six years. Join us to learn how intentional program elements make a lasting, positive impact on traditionally underserved youth through workshops, development, training, education and access.

Tawee HE, Supervisor, Food Systems Strategy – M Health Fairview & Hayley Bark, ERIC Dr - Urban Roots
Level 1 | For Professionals & Caregivers
Cultural Competency
Harborside 202

18 - Take 5! Practical Strategies to Reduce Reactivity and Improve Emotional Functioning
The presenter will introduce a 5-step model that can be structured for use by CSTS practitioners, or flexibly applied by mental health professionals looking for strategies which improve emotional functioning, based on what we know from attachment, development and trauma research.

Heather Boorman, MSW, LCSW - Boorman Counseling and the U of St Thomas & Antwon Morris
Level 1 | For Professionals
Includes Clinical Content
Cultural Competency
Split Rock

Sheletta Brundidge
The Power of Having a Positive Perspective
Minnesota’s Auntie Mom Sheletta Brundidge shares the story of how her son Brandon spotted a sign that changed his life and the power of having a positive perspective.

Sheletta Brundidge, Founder & CEO - SheLettaAForALife@Lough.com

John Moe
Sunny Skies for the Darkly Inclined: Why the New Openness About Mental Health Comes at a Perfect Time
In this talk, comedian John Moe traces his own mental health awakening and road to recovery and outlines how it tracks with the wider enlightenment.

John Moe, Author & Creator - The Hilarious World of Depression podcast

To read full bios for our MHED Talk presenters, please visit page 8.
19 - Ethics on the Record

Providers may often review the Code of Ethics and have worries about the consequences of not following them. This presentation aims to explore cases that have been reported to various licensure boards and issues related to the ethical dilemmas will be explored along with ways to prevent such occurrences. Emily Colon Hanson, LMFT, Clinic Dir., Supervisor, Therapist & Barb Stanton, PhD, LPC, LMFT, Therapist, Supervisor – Ellie Medical Health

Level: 3  |  For: Professionals & Caregivers

Includes Clinical Content

2 hour ethical content

Harborside 204 – 205

20 - Healing Together: A Mind-Body Approach to Suicide Prevention Using QPR

With the increase of suicide in both youth and adults, awareness of the frequency and seriousness of death by suicide is a first step. Greater success in suicide prevention can be possible when evidence-based tools for assessing suicide risk and referral for support are developed. This interactive class will review present aspects and practices. Participants will learn how to ask difficult and often uncomfortable questions to those at risk while integrating movement/k- trauma-responsive strategies.

Kathy Flamini, MSW, LGSW, E-RYT 200, CEO/Founder movementrvl & Renee Pandelidou, PsyD, LP

Level: 1  |  For: Professionals & Caregivers

Includes Clinical Content

French River


This workshop will provide definitions and prevalence rates for suicidal ideation and self-injurious behaviors within the adolescent population. Participants will learn about the function of these behaviors, risk factors and warning signs, safety planning, therapeutic relationships, and communication strategies. Focused on Dialectical Behavioral Therapy (DBT) techniques, Content is based on the Rathus Miller DBT manual (2014) and years of clinical experience.

Morgan Schwartz, PsyD, LP; Training Dir., Clinical Psychologist - Mental Health Systems, PC

Level: 2  |  For: Professionals & Caregivers

Includes Clinical Content

Lake Superior JP

22 - Youth Sexual Health: Historical Context, Consent and Meaning!

This workshop will empower participants to explore historical and interpersonal aspects of youth sexual health and wellbeing. This historical context is important to understand because it impacts the meaning of sexual health within family and community systems. This workshop will provide tools to guide families toward a sex positive understanding of consent, even when there are instances of boundary violations/sexual acting out.

Elizabeth Libby Bergman, LCSW, Exec. Dir. & Skyre Johnson, LGSW, Prog. Mgr. – Family Enhancement Ctr.

Level: 3  |  For: Professionals & Caregivers

Includes Clinical Content

Harborside Superior O

23 - The Impact of Trauma and Attachment on Children and Youth: Practical Application

Children and youth who are afraid to trust and impulsively act out can be challenging to work with. Therapeutic practices for caregivers and professionals related to development, trauma and attachment can make a difference. Please join this interactive workshop to learn more about attachment and ways to help children and youth by learning how to integrate therapy into practice.

Mary M McGowan, Exec. Dir. – Association for Training on Trauma and Attachment in Children

Level: 2  |  For: Professionals & Caregivers

Includes Clinical Content

Lake Superior JP

24 - Steps Toward Building Community and Empowering Youth

How do we ensure that every child is helped in a way that empowers them rather than making them feel they are an item on a checklist? This presentation will explore how to create a skill-building program that builds community while fostering self-worth. The presenter will discuss the Mountain Iron Fire Department’s Community Steps initiative, which is helping over 250 students.

Lauren Anderson, Community Outreach Coordinator - Mountain Iron Fire Department

Level: 2  |  For: Professionals & Caregivers & Caregivers

Includes Clinical Content

Harborside 304 – 305

Session 3

10:15 am – 12:15 pm

Concurrent Workshops 19 – 29

25 - Entering the Children’s Mental Health System: What Do Parents Experience? Can We Make it Easier?

In 2021-22, the Hennepin County Children’s Mental Health Collaborative conducted in-depth interviews with 49 parents about their experiences seeking mental health services and supports for their children. This presentation will share overall findings from this project, highlighting parents’ descriptions of their successes and challenges. The workshop will include recommendations for better supporting parents who are navigating this process.

Cheryl Holm-Hansen, PhD, Principal Consultant – Community Research Solutions

Level: 2  |  For: Professionals & Caregivers

Harborside 203

26 - Therapeutic Game Play: Creative Group Functions

In creative group play, kids and teens are given the opportunity to practice teamwork, conflict resolution, boundaries and other skills. This presentation will focus on the different aspects of therapeutic game play as well as the impact of co-leadership on the overall group dynamic. The therapeutic foundation of game play groups will also be discussed, plus adaptations that can be made for different client populations. Bailey Weber, MSW, LGSW, Outpatient Therapist & Christine Fike, MA, LPC, Outpatient Therapist

Level: 2  |  For: Professionals

Includes Clinical Content

Lake Superior LM

27 – Encouraging Safety and Connection in Children and Families Through Neurosequential-Informed Interventions

During this session, mental health providers will learn research-based strategies for helping children and families meet developmental needs for safety and connection, and for improving emotional and behavioral regulation, relationships, parenting and stress. Techniques discussed will be informed by neurobiology, stress physiology, attachment and mindfulness, as well as Conscious Discipline.

Natalie Anderson, MA, Family Svs Specialist – Fernbrook Family Ctr.

Level: 2  |  For: Professionals

Includes Clinical Content

Harborside 301 – 303

28 - Trauma-Informed Community Engagement and Data Collection Processes

In this session participants will discuss how trauma-informed practices apply to community engagement, including noticing responses in our own bodies, in the bodies of those we are engaging, and how to mitigate continued harm. The presenter will share practical tips to practice body-based self-awareness, promote safety and maximize participant power in the context of engagement and data collection with those who have experienced trauma.

Katie Fritz Fogel, MPH, Evaulator – MN Dept. of Health

Level: 1  |  For: Professionals & Caregivers

Harborside 200

29 - ADHD Research Update 2023

Lively and fast-paced, the presenters will review how ADHD teams are wired differently, preferred medications for children vs older adolescents, what stimuli help behavior but not learning, new concerns over medication effects, why ADHD often in girls and people of color, the rapid acceptance of alternative treatments and effectiveness, risk factors and sleep. The workshop will include research on neurological factors of ADHD with an emphasis on treatment.

Gary Johnson, PhD, Licensed Psychologist; Kotawata Tamba, PsyD, MSW, Post-Doctoral Practitioner; Benjamin Kortuem, PsyD, LP; & Rebecca Cerr, Doctoral Psychology Student, Psychometrics; Researcher - Clin. for Attention, Learning & Memory (CALM)

Level: 2  |  For: Professionals & Caregivers

Includes Clinical Content

Lake Superior KQ

Moderator

Brandon Jones, MACMH, Executive Director, brings a down-to-earth and compassionate attitude to mental health. He specializes in Adult Childhood Experiences (ACEs), historical and intergenerational trauma, social/emotional intelligence (EI), leadership and youth justice. Born and raised in Saint Paul, Brandon has survived living in a home of domestic violence and various other forms of trauma. Brandon holds a B.A. in Sociology from the University of Minnesota, a Master’s in Community Psychology from Metropolitan State University, and a Master’s in Psychotherapy (MFT) from Adler Graduate School. Brandon is also a 2005 Bush Foundation Leadership Fellow. He lives by the motto “Live Life with Purpose on Purpose.”
30 – Fidgety Fairy Tales – The Mental Health Musical
Since 2008, MACMH’s series of original touring musicals have helped kids and grown-ups have important conversations about mental health. See a live performance of The Three Little Pigs, a story about anxiety, and learn more about the arts as an important aspect of increasing acceptance around mental health and neurodiversity.
Matt Organisak Jensen, Dir. of Arts Programs – MACMH, MFA, MPP, Mgr. of Eng. – MN Assoc. for Children’s Mental Health, France
Holder, Fidgety Fairy Tales Music Dir., Laura Delwiche, Fidgety Fairy Tales Production Support & Youth Cast
Level 1 | For: Professionals & Caregivers

French River

31 – Developmental Repair and the Intersection of Culture, Race, and Trauma Systems
Each individual who uses Developmental Repair as an intervention brings their own lived experiences to the therapeutic relationship. In order to help a young person heal from toxic stress we must hold space for the individual’s stress biology and attachment while respecting the child and family’s experience of culture, race, trauma and interaction with systems.
Lauren Netl, MSW, LCSW, Training Institute Dir. – Washburn Ct for Children, Jaton White, Dir. of Community LFT, Northside Achievement Zone & Chantell Johnson, Community Wellness Prog. Mgr., Northside Achievement Zone
Level 2 | For: Professionals & Caregivers

Includes Clinical Content
Cultural Competency
Lake Superior KQ

This workshop will include a review of commonly prescribed medications for the treatment of various mental health challenges, such as depression, anxiety, mood disorders, ADHD, psychosis and others. Emphasis will be placed on providing a framework for understanding psychiatric medications from the non-prescriber’s point of view. Discussion will include the importance of holistic biopsychosocial treatment and long-term support for optimal patient outcomes.
Joshua Stein, MD, Child and Adolescent Psychiatric Consultant, PhamCare/PhamCare Psychiatric Assistance Line
Level 1 | For: Professionals
Includes Clinical Content
Harborside 300 – 303

33 – Legalized or Not? The Impact of THC on the Adolescent Brain
As of July 1, 2022, edibles containing delta-9-tetrahydrocannabinol (THC), the psychoactive agent, found in cannabis, are legal for purchase in Minnesota. The effect of this change in law has for reaching clinical consensus on the health of adolescents. This workshop will examine the impact of THC on the developing brain. An emphasis will be placed on how participants can take the information and apply it into practice within their respective field.
Shah Shurruk, LMFT, LPC, ACS, CCC/MA, Associate Professor & Pridee Jones, Student Researcher – MN State Univ, Minneapolis
Level 1 | For: Professionals & Caregivers
Harborside 204 – 205

34 – Communicating About Suicide: The Importance of Safe Messaging
Individuals, agencies, schools and communities all play an important role in shaping and guiding people’s perceptions of suicide. This presentation will cover important components to consider when communicating and messaging about suicide publicly. The presentation will walk suicide attempt survivors, suicide loss survivors, media partners and audience members through best practice guidelines, tools and resources to create successful suicide prevention language and messaging.
Tanya Carter, Supervisor – MN Dep’t of Health
Level 1 | For: Professionals & Caregivers
Lake Superior O

35 – Supporting Autistic Youth: Insights from the Autism Mentorship Program
Designed by autistic adults and allies in Minnesota, the Autism Mentorship Program (AMP) pairs autistic teens with autistic adults in 1-to-1 mentoring relationships to provide emotional support, help develop their strengths, advocate for their needs and support a sense of identity and belonging. AMP staff, participants and researchers will share what they’ve learned about how best to support autistic youth.
Roshaki Hatchick, PhD, PA, Assistant Prof., Dept of Pediatrics – U of MN, Emily Goldberg, Founder – Autism Mentorship Program, AJ Holland, Prog Consultant – Autism Mentorship Program & Zabludowski Ahmed, Research Assistant – U of MN
Level 1 | For: Professionals & Caregivers
Harborside 304 – 305

36 – Where Have the Clinicians Gone? Leading Clinicians Back to Children’s Mental Health
With major staff shake-ups across our sector, youth mental health has been hit the hardest. Hiring and retaining clinical providers can be a problem for programs which this is needed, the process through which SMRT and the Social Security Administration evaluates disability, and what you can do to help clients, patients, families and community through the process.
Emily Olson, Program Specialist – Disability Analyst Supervisor, Carly Peterson, EDNYA, SMRT Mgr. & Amy Pearson, EDNYA, Appeals and Policy Lead – MN Dep’t of Human Svcs, State Medical Review Team
Level 1 | For: Professionals & Caregivers
Harborside 206

37 – Parenting an Intense Child: Essential Skills to Create Peace at Home
Parents of emotionally intense kids often feel “nothing is easy” with their child. Strategies that seem to work for other families don’t work for theirs. They wonder, “Is my child doing something wrong? Is my child going to be ok? Will it ever get easier?” In this workshop, participants will learn practical, brain-based parenting tools that are specifically designed to calm intense kids and create peace at home.
Samantha Moe, MA, SLP, Certified Parent Coach, creator of Mad to Glad Blueprint – Samantha Moe and Associates
Level 1 | For: Professionals & Caregivers
Includes Clinical Content
Lake Superior JH

38 – Play for All: Building Resilience through Play
This interactive workshop will help participants understand development and how it is affected by play, the power of play at all ages, and how play can assist in healthy development, attachment relationships and the development of resilience. The presenter will address what resilience is and how the development of it will have a positive effect on the child throughout their life span.
Karm Ready, MS, LMT, Therapist – Change Inc. & Aria Lewis, MA, LMT, Clinical Supervisor – Change Inc.
Level 1 | For: Professionals
Harborside Superior LM

39 – What You Need to Know About the State Medical Review Team (SMRT)
SMRT evaluates disability for individuals requiring a disability certification to access Medicaid and OHS programs. In this session, we will discuss the programs for which this is needed, the process through which SMRT and the Social Security Administration evaluates disability, and what you can do to help clients, patients, families and community through the process.
Emily Olson, Program Specialist – Disability Analyst Supervisor, Carly Peterson, EDNYA, SMRT Mgr. & Amy Pearson, EDNYA, Appeals and Policy Lead – MN Dep’t of Human Svcs, State Medical Review Team
Level 1 | For: Professionals & Caregivers
Harborside Split Rock

40 – A Legislative Success Story: Promoting Digital Wellbeing for and with Young People
On June 30, 2021 the nation’s first Digital Wellbeing bill was passed into law with bipartisan support. The law provides support for LiveMore ScreenLess, a MN nonprofit, to provide digital wellbeing education for young people, educators and families. Four projects include an online library, forming a network of organizations, online modules for educators and expansion of youth opportunities. The efforts are based on best practices in education and public health.
Mwayne Hampton, MEd, CHES, Co Exec. Dir. & Katherine Myers, PEd, Co Executive Director – LiveMore ScreenLess
Level 1 | For: Professionals & Caregivers
Split Rock

41 – Improving the Environment of Care in Child and Adolescent Mental/Behavioral Health Facilities
Oftentimes safety is seen as the primary concern in designing for child and adolescent mental behavioral health facilities. Yet by viewing a space through a Human-Centered Safety lens, a therapeutic environment can be shaped to promote safety through dignity and hope. This session will spotlight evidence-based strategies that can positively influence the interactions between patients and staff and encourage family engagement.
Melanie Bournhaver, AIA, LEED® AP, Principal – BWBR, Brian Zabloudil, AIA, ACHA, LEED® AP BD+C, Principal, St. Medica Planner – BWBR & Sophia Szabo, Planner – BWBR
Level 2 | For: Professionals
Harborside 203

42 – Sexual Abuse of Children with Disabilities: Considerations for Prevention and Intervention
CANCELED BY PRESENTER
52 - Shatter the Silence; Stop the Violence
This presentation will cover several areas related to childhood sexual abuse (theories, etiology, effects on brain/behavior, differential diagnoses, types of therapy). Attendees will explore real case studies that show the impact of childhood sexual abuse and look at ways to use therapeutic methods to help sexual abuse survivors release pain and regain related to their past.

Carol Follingstad, PsyD, LP, Licensed Clinical Psychologist - Lifetime Health & Jackie Sonnek

Level 2 | For Professionals
includes Clinical Content
Lake Superior O

53 - Be Aware, Be Prepared and Make a Difference: A Reflective Journey to Effective and Compassionate Helping
Working in the midst of pain and suffering can impact our own well-being and our effectiveness as helping professions. Through discussion and live music we will reflect on the emotional impact of this work and examine 5-specific skills for effective and compassionate helping - self-awareness, self-regulation, emotional reflection, compassion and compassion satisfaction. This workshop will provide reflection, affirmation and inspiration.

Alan O'Malley-Lauersen, MSW, LCSW, Employee Well-being Professional - Clinical Human Resources

Level 2 | For Professionals
includes Clinical Content
French River

54 - Evaluating the Effects of School-Based Mental Services in Hennepin County
This presentation will discuss a collaborative evaluation of school-based mental health services in Hennepin County between Hennepin County practitioners and academic economic researchers at the University of Minnesota. The presenters will discuss key findings and outcomes related to suicidality, substance use, mental health service use, school attendance, standardized test scores and juvenile justice involvement, along with lessons about conducting collaborative research.

Eva Golberstein, PhD, Associate Professor - U of MN & Mark Sanders, PsyD, LP, Senior Clinical Psychologist - Dir of School Mental Health - Hennepin County & Minneapolis Public Schools

Level 2 | For Professionals
includes Clinical Content
Gooseberry 3

Monday, April 24

It’s ok to not be ok
A mental health app that gives you the tools to battle depression at your fingertips.
Session 6
10:15 am – 12:15 pm

55 - MACMH's Fidgity Fairy Tales in Carlton County, MN

Last year, MACMH supported the REACH Program and Carlton County Collaborative in planting a Fidgity Fairy Tales Mental Health Musical at the Three Little Pig's at The County Seat Theatre. Join the presenters to hear from youth who were lead actors in the production and discover the positive effect this project had on the youth actors.

Anna Parish, MSW, Prog. Coord. - REACH Prog., Youth-Adult Partnerships, Cloquet High School Student; REACH Youth Advisory Board Member - REACH Prog., Youth-Adult Partnerships & Allison Guanme Cloquet High School Student; REACH Youth Advisory Board Member - REACH Prog., Youth-Adult Partnerships
Level 1 | For: Professionals & Caregivers
Split Rock

56 - The Neurodevelopmental Lens of Development: The Brain and Beyond

The Neurodevelopmental Model of brain development was founded by Dr. Bruce Perry and it explains how brain development is impacted in utero and beyond when confronted with traumatic events, neglect and/ or abuse. This workshop will identify how such effects impact ongoing behavior and cognitive development later in life and will give participants a better understanding of how helpers and caregivers can best support children.

Angie Baratte, MA, Counseling Psychology & Licensed Professional Clinical Counselor, Mental Health Therapist & Chief Operations Officer, North Country Counseling
Level 3 | For: Professionals & Caregivers
Includes Clinical Content
Lake Superior JP

57 - How Secondary Trauma Affects Non-Offending Family Member in Cases of Child Sexual Abuse

CANCELED BY PRESENTER

58 - Post-Covid Legal and Ethical Implementation of Tele-Mental Health for Children and Adolescents

The legal and technical requirements for tele-mental health services to children and adolescents have been changing. The presenters will explore the current regulatory requirements for online unlicensed counseling.

Joy Ostrowski, LPC, BC-TRM, CEO - Behavioral Health Innovation
Level 2 | For: Professionals
Includes Clinical Content
Lake Superior O

59 - Learn to Coach: Embodying a Coaching Mindset While Working With Children and Adolescents

A foundation of being a good coach is being able to embody a coaching mindset. This workshop will teach attendees how to cultivate a coaching mindset by exploring exactly what coaching is, how it is different from therapy and how to bridge coaching and working with children and adolescents.

Liz Lasky, PhD MSW, LCSW ACC - The Coach Training Program, for Helping Professionals
Level 1 | For: Professionals
Includes Clinical Content
Harbor 304 - 305

60 - Promoting Gender Diverse Youth Mental Health Through Creating Supportive Environments

According to the most recent Minnesota Student Survey, there are gender diverse youth living in every county in Minnesota. While conversations around gender diversity are becoming more visible, many still lack comfort in navigating these topics. In this presentation, participants will learn that the connection between gender-inclusive spaces and positive mental health outcomes, introductory gender terminology and strategies for making spaces safer for gender diverse youth.

Logan Sand, MLP - Lutheran Social Service of MN
Level 1 | For: Professionals & Caregivers
Cultural Competency
Harbor 301 - 303

61 - Common Factors in Helping Relationships and Their Application to Supervision and Leadership

Common factors of helping have been studied for years and they have a great impact on therapeutic outcomes. This presentation will use findings of common factors research to inform and improve our supervision and leadership in the workplace. This workshop is interactive and experiential. Participants can expect an adult learner model and will have the opportunity to share expertise.

Ran Lake, MSW, LCSW, School Social Worker Lead Trainer, & Adjunct Instructor - Duluth Public Schools, MN Dept. of Education PBIS, St. Scholastica & Alexandria Schum, Supported Family Time Supervisor - Lutheran SocialSvs & Duluth Public Schools (Internship)
Level 1 | For: Professionals & Caregivers
2 hours of Supervisory Content
Harbor 203

62 - Food Fight: Eating Disorders in Children and Adolescents

Eating disorders in children and adolescents have the highest mortality and morbidity of any mental health disorder. They affect an estimated 12% of girls and boys, yet remain under recognized, diagnosed and treated. This presentation will provide an overview of the current research, warning signs to look for, best evidence-based treatments and how to refer for specialized care.

Hinmar Wagner, MPH, RN, CD, LN, Clinical Education Specialist - The Emily Prog.
Level 2 | For: Professionals & Caregivers
Includes Clinical Content
Harbor 204 - 205

63 - Building Healthy Connections: Using the Developmental Highway as a Problem-Solving Tool

This workshop introduces the Developmental Parenting Highway, a coaching tool that combines developmental stage tasks with parenting skills and problem-solving. By implementing this tool, caregivers build efficacy, confidence and resilience in themselves and their children. Using role-play and case studies, attendees will explore the Highway and learn to build custom roadmaps for adults and children.

Lisa Knaus, MA, CCLF, Certified Family Life Educator - Parent Coach Connection & Amanda Jahnke, MA, CYFE - Concordia Preparatory School
Level 1 | For: Professionals & Caregivers
Includes Clinical Content
Lake Superior LM

64 - Empowering Effective Teams: Building Organizations: Applying Clinical Principles at the Macro Level

Human service organizations rely on healthy workplace culture in navigating change with limited resources. Leadership must deliver services in more innovative ways. Effective teams make an investment in team norms, harness diversity, collaborate with accountability, innovate and practice resilience. This workshop is designed to introduce the macro principles of team wellness anchored in the same foundation that supports healthy adaptation at the micro level.

Stew Ritter, LCSW, Exec. Dir - Embrath Counseling
Level 1 | For: Professionals
2 hours of Supervisory Content
French River

65 - Domestic Violence Restorative Circles (DVRC)

DVRC at Men As Peacemakers in Duluth, MN is a unique program that is rooted in restorative justice. This program is specifically geared towards working with high risk repeat domestic violence offenders. This workshop will explore the history of this program as well as the application and impacts.

Emily Goazar, PhD, Director of the Center for Restorative Justice & Peacemaking - Univ. of MN - Duluth; Laura Anderson, Program and Carlton County Collaborative; Emily Gaarder, DVM - Emily Gaarder, Program at Men As Peacemakers
Level 1 | For: Professionals & Caregivers
Lake Superior KQ
Session 7
Concurrent Workshops 66 – 77 | 1:15 – 2:45 pm

66 - Suicide Support for Marginalized Youth: Data, Trends & Best Practices
Recent trends in data have suggested an uptick in suicidality among marginalized youth. Researchers have reported increased rates of suicide among Black, Latinx, and indigenous youth related to the racial discrimination, homophobia and transphobia, during the past five year period. The presenters will share recent data on protective factors, warning signs and best practices for working with marginalized youth.

Traci Ruthbeer Saff, LPCC, LMHC, Assistant Professor, Jorge Zelaya-Monteros, Graduate Student & Mary Prunt, Graduate Student - Michael Woods Campus
Level: 1 | For Professionals Includes Clinical Content
Cultural Competency • Split Rock

67 - Building Supportive and Healing-Centered Schools by Strengthening Staff Social Emotional Health
The last few years have been challenging for schools, impacting the mental health of both students and staff. Staff need support to enhance their well-being and capacity to meet students’ academic and emotional needs. The presenters will provide recommendations for promoting staff mental health based on published frameworks and their experience supporting 15 districts to assess staff stress and develop wellness plans.

Cheryl Holm-Hansen, PhD, Co-Director - Midwest Ctr for School Mental Health, Aalbun Hoover, Behavioral & Mental Health Svcs. Regional Mgr - Northeast Service Cooperative & Mark Sandler, PsyD, Co-Director - Midwest Ctr for School Mental Health
Level: 2 | For Professionals
Lake Superior KQ

68 - Calming the Storm: Using Therapeutic Writing Circles for Student Regulation and Social Emotional Growth
In this session, the presenter will explore the use of writing circles with students with Emotional Behavioral Disorder (EBD) in the school setting. Learning objectives include challenges and benefits of this work in schools, learning about therapeutic writing, particularly poetry and how it can be used with students, observations and outcomes, and a demonstration of the writing circle process.

Michael O. Carlson, MSW, LICSW - St. Paul Public Schools
Level: 1 | For Professionals
Includes Clinical Content Harbor 203 – 301

69 - Managing Screens, Technology and Social Media: Applying the Principles of Harm Reduction
This session will explore the complex and often conflicting trends surrounding screen time for children, parents and families. These trends are often challenged by how to manage technology. The presenters will explore what harm reduction is and how we can use it to manage screen time for families with children of all ages.

Leah Pankey, PhD, CFLE, Mgr of Family Life Education & Addiction Recovery Svcs. - Jewish Family and Children’s Service of Minneapolis
Level: 1 | For Professionals & Caregivers
Lake Superior JP

70 - The Importance of Emotional Intelligence Within School-Based Teams
“A school team’s emotional intelligence might be the most important predictor of what it will do together and how conversations will go.” - Libra Aguilar. The goal of this session is to help participants define Emotional Intelligence (EI), recognize the impact of EI on achieving outcomes, understand indicators of emotionally intelligent teams and use tools and strategies to begin embedding EI into their teaming practices.

Level: 1 | For Professionals
Harbor 204 – 205

71 - 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 energy. The presenters will examine the strengths most aligned with professional purpose, identify self-care strategies for addressing the drain of delivering trauma-informed care and explore career options most likely to fuel professional energy.

Steve Eittert, LCSW, Exec Dir – Emnord Counseling
Level: 1 | For Professionals
Lake Superior O

72 - Reimagining Mandated Reporting through a Social and Racial Justice Lens
Professionals will learn their legal responsibilities under mandated reporting statutes and discuss ethical and cultural considerations. The workshop will explore alternatives to reporting that prevent child maltreatment while still complying with law. Attendees will be asked to challenge their previous beliefs and training, think about the legal and ethical implications and consider that their decisions can impact beyond just the reporting phone call.

Keith Olson, JD, Dir of Training & Mímir Italovitsz, MSW, LCSW, Dir of Trauma Informed Care - Institute to Transform Child Protection, Michelle Hannah, School of Law
Level: 2 | For Professionals
1 hour Ethical Content • Cultural Competency
Harbor 202 - 203

73 - Impact of Oral Health on Children’s Mental Health
The purpose of this presentation is to raise awareness about the relationship between oral health and children’s mental health; provide relevant resources to providers and stakeholders, and serve as a catalyst for expanded public health work that will identify ways to strengthen ties between the disciplines of oral and mental health.

Ellen Crepeau, MD, Vice President of Medical Svcs., Delta Dental of MN & Pedodontist – Hennepin Healthcare & Sarah Wovcha, JD, MN, Exec. Dir – Children’s Dental Svcs.
Level: 2 | For Professionals
Gooseberry 1

74 - Using Art Therapy to Support Anxiety Reduction in Adolescents with Autism and Other Neurodevelopmental Conditions
Individuals with autism spectrum disorder (ASD) and related neurodevelopmental conditions often have co-occurring anxiety disorders leading to increased challenges in diagnosis and treatment. Research shows that interventions treating symptoms of ASD and anxiety simultaneously are crucial. This presentation will discuss the use of a brief art therapy protocol with the empirically validated Facing Your Fears (FYF) cognitive-behavioral program to support decreased anxiety symptoms in adolescents with ASD.

Rebeah Habib, PhD, LP, NCSPP, Pedkatrasch-Schulz, Assistant Prof of Pediatrics – U of MN, Masonic Institute for the Developing Brain, Morgan Hagan, BS, U of MN, Masonic Institute for the Developing Brain, Carolynn Butler, MA, Mental Health Counseling & APT Therapy Specialty – Adler Graduate School, U of MN and for the Developing Brain, Ariana Green, MA, MN State Univ, Mankato & Angela Dink, MA – Art Therapy Consultant
Level: 2 | For Professionals & Caregivers Includes Clinical Content Harbor 204 – 305

75 - Revitalize Your Professional Hands-On Teen Toolbox
This presentation will cover a variety of hands-on therapy activities that attendees will practice and discuss during the workshop, as well as a list of resources. The majority of the therapeutic techniques will be based on 11 teen engagement and community activities that could be expanded into family, group or school-based therapy practices.

Chris Newall, MSW, LCSW, Mental Health Professionals/Psychotherapist – Nystrom & Associates
Level: 2 | For Professionals
Includes Clinical Content Harbor 304 – 305

76 - Hennepin County’s Utilization of System of Care Framework to Transform its Children’s Mental Health Services
Hennepin County strives to have comprehensive, integrated and culturally responsive services that meet the mental health needs of Hennepin County children, youth and their families. The last few years have been challenging. The presenters will explore strategies to engage families, slow children, especially the children. This session will receive training strategies and identify factors to foster full understanding, engage families and create the opportunity to incorporate strategies for improved outcomes for the whole family, especially the children. This session will receive training strategies to engage families, slow children, especially. The session will receive training strategies to engage families, slow children, especially the children.

Sade Broekemaier, MA, LPCC, LADC, President & Gretchen Raymer, MA, LAPT, Dr. Mgr of Residential Treatment Svcs. - Recovering Hope Treatment Ctr
Level: 1 | For Professionals
French River

77 - Impact of Father Engagement during Substance Use Disorder Treatment on Child and Adolescent Mental Health
Father engagement during a substance use disorder treatment episode is essential for improved outcomes for the whole family, especially the children. This session will receive training strategies to engage fathers, help children by addiction and barriers to involvement. Participants will be able to describe how socio-environmental factors often influence father engagement, leading to a lack of social support. Participants will be able to describe how socio-environmental factors often influence father engagement, leading to a lack of social support. Participants will be able to describe how socio-environmental factors often influence father engagement, leading to a lack of social support. Participants will be able to describe how socio-environmental factors often influence father engagement, leading to a lack of social support.

Sadie Broekemaier, MA, LPCC, LADC, President & Gretchen Raymer, MA, LAPT, Dr. Mgr of Residential Treatment Svcs. - Recovering Hope Treatment Ctr
Level: 1 | For Professionals
French River
81 - Addressing Anxiety Disorders for High School and College-Aged Job Seekers

Anxiety disorders can affect many areas of clients’ lives, including the job search process. This interactive session will provide participants with useful frameworks such as self-authorship, trauma-informed care and appreciative advising, as well as strategies to assist clients in persisting through the impacts of anxiety disorders in the job search process. Participants will create an action plan with concrete steps for their work with clients.

Krista C. Pyki, MA, Employment Specialist - Wes Consulting & Jayme Sommers, PhD, Associate Professor and Prog. Dir. - Univ. of St. Thomas

Level: 1 | For: Professionals & Caregivers

French River

82 - Gaming Disorder (Video Game Addiction) and Its Impact on Children, Teens and Families

Over the last several decades, unhealthy video game use has skyrocketed from a relatively minor concern to one of the biggest issues facing children, teens and families. This presentation will explore the impact of gaming disorder, how screen-based content has evolved over the years to become more addictive and what parents, teachers and others can do to address this reality.

David Nathan, PsyD, L.F. Former Regional Lead / Licensed Psychologist - Allen Health

Level: 1 | For: Professionals & Caregivers

Includes Clinical Content

Lake Superior JP

83 - Safe Harbor Protocol Training: Identifying & Responding to Sexually Exploited Youth in Hennepin County

This is a comprehensive training on the Safe Harbor Protocol and how to identify and respond to youth who have been sexually exploited and trafficked in a trauma-informed, harm-reductive way. The training will cover a background on the issue of trafficking and exploitation in Minnesota, the Safe Harbor Law, the development and implementation of the Safe Harbor Protocol and the response in Hennepin County.

Linnnea Lindeman, Prog. Coad. of No Wrong Door Prog, Katia Eickson, Child Protection Investigator, Shannon Rohne, West Metro Regional Navigator - The Link, Katia Ueland, MSW, LCSW, Child Welfare Social Worker & Angela Musich, MSW, LCSW, Child Welfare Social Worker – Hennepin County

Level: 1 | For: Professionals & Caregivers

Cultural Competency

Lake Harborside 304 - 305

84 - Using African Proverbs and Picture Books to Teach Mental Health Concepts

This presentation will discuss how African proverbs and the use of picture books can be used to teach mental health concepts to children. A picture book written by the presenters will be used as an example of how stories can teach mental health concepts to children. Strategies that can help children with mental health concerns will be discussed.

Ahmed Hasson, MA, LPCC, BBHT Approved Supervisor – Summit Guidance Ctr. & Wes Ewein, PhD Counseling and Human Development, LPCC, BBHT Approved Supervisor

Level: 1 | For: Professionals & Caregivers

Includes Clinical Content

Cultural Competency

Lake Superior LM

85 - The Role of Natural Helpers: Building Listening Skills and Providing Support

Natural Helpers act as informal “listeners” for their peers. They do this by building helping and listening skills so that they can connect vulnerable peers to confidence, trusted adults or other appropriate resources. This session will expand on different levels of support, how to provide support and examples of active listening. Attendees will learn how to safely bridge peers to resources that promote mental well-being.

Jennifer Talinder, MS, Suicide Prevention Coord & Kelly Fulton, Suicide Prevention Coord - MN Dept. of Health

Level: 1 | For: Professionals & Caregivers

French River

86 - How to Utilize the MN Autism Resource Portal to Obtain Supports and Services

The focus of this interactive presentation is to support case managers, providers, caregivers, educators and advocates working with families with autism spectrum disorders (ASD) and related conditions. This session will provide a comprehensive overview of the MN Autism Resource Portal and what services are available in education, health care, public health and social services. There will also be ample time for questions and discussion.

Nicole Binning, MS, BCBDA, MN Autism Clinical Lead & Tingya Yang, Training and Outreach Coordinator, MN Dept. of Human Services

Level: 1 | For: Professionals

Harborside 301 - 303

87 - The Youth Care Worker Burnout Prevention Model: Strategies for Leaders to Implement

This presentation will share 13 strategies to mitigate burnout of youth care workers. The strategies were developed through research of youth care workers at children’s residential facilities in Minnesota. The strategies presented will help leaders understand the lived experience of youth care workers and provide a model for implementation within their facilities.

Holly Boon, PhD, Exec. Dir. - Prairie Lakes Youth Prog.

Level: 1 | For: Professionals

Lake Superior KQ

79 - Got Your Back: A Modern Approach to Universal Mental Health Support

The comprehensive smartphone app called Got Your Back was developed using a modern approach. This presentation will discuss the story of a family and community that were impacted by suicide, and how they came together to create a universal mental health tool. The presenters will share the app’s functionality and ideas for its use across the United States.

Teri Ellefson, Founder/Dire & Kurt Ellefson, VP-President - Jacob’s SWAG Foundation

Level: 1 | For: Professionals & Caregivers

Harborside 204 - 205

Training Series

New Workshops Added Regularly

Join us for our ongoing Mental Health Training Series – designed for those who work with or care for infants, children and youth. Upcoming workshop topics include ADHD, self-care, trauma, video gaming disorder, moving beyond behaviorism and more. New webinars are added regularly.

Not able to join us live? No problem. All webinars are recorded and available for registered attendees to watch for 45 days following the live session.

www.macmh.org/trainings
HOW TO REGISTER

We are using a new registration system. Please connect with us at 651-789-3146 or info@macmh.org if you experience issues while registering.

1. Scroll down the page. Ignore the "Are you a Member?" block.
2. Attendee Type: Choose which days you will attend. Please note any selection jumps you to the top of the page. Just scroll down again.
3. Click Next
4. Attendee Info: This is the registration information of the person attending. Scroll down to answer all required questions.
5. Click Next

HOW TO PAY

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1. Scroll down the page. Ignore the "Are you a Member?" block.
2. Recipient Information: fill out all required fields
3. Note Promo Code AKA Coupon Code
4. Payment Information: Required information changes based on Check, ACH or Credit Card
5. Click here if information you entered above is accurate for billing. Or don’t check if you want us to bill someone else.
6. Click Proceed to Confirmation

2. Confirm your purchase details than click Complete Order