

REGISTRATION NOW OPEN



Child & Adolescent Mental Health Conference

April 28 – 30, 2024
Duluth, Minnesota

Harmony in Connection



Nurturing Mental Wellness Together

www.macmh.org



Dear #MACMHcon24 Attendees,

I'm delighted to warmly welcome you as we gather for the Children's Mental Health Conference, #MACMHcon24. It's an honor to have you here, and I'm excited to share in this incredible journey towards nurturing mental wellness in children.

Harmony in Connection: Our 2024 Theme

This year's conference theme, "Harmony in Connection: Nurturing Mental Wellness Together," underscores the importance of coming together to create a harmonious environment that supports the mental well-being of our children. By fostering connections and collaboration, we can make a lasting impact on the lives of the youngest members of our community.

What to Expect

Throughout this event, you can anticipate:

1. **Inspiring Keynotes:** Renowned experts will share their insights and experiences, offering fresh perspectives on children's mental health.
2. **Interactive Workshops:** Engage in hands-on learning, where you can gain practical knowledge and skills that can be applied immediately.
3. **Networking Opportunities:** Connect with like-minded professionals, share ideas, and build lasting relationships.
4. **Exhibitor Showcase:** Explore the latest tools, resources, and solutions that support children's mental wellness.

Promoting Inclusion and Respect

At #MACMHcon24, we firmly believe that inclusion and respect are at the core of our mission. We value the diversity of perspectives, backgrounds, and experiences that each attendee brings to the table. It's essential that we create an environment where everyone feels valued and heard. Please join us in upholding a culture of inclusivity, where differences are celebrated, and respect for one another is paramount. Let's ensure that every participant feels comfortable and respected throughout our time together, as this is key to fostering the collaboration and harmony we seek in nurturing mental wellness. Together, let's set an example of unity and understanding for the benefit of all.

Your Role Matters

Your presence at #MACMHcon24 is pivotal. Your expertise, dedication, and commitment to improving the lives of children make a significant difference. Together, we can shape a future where mental wellness is at the forefront of our society's priorities.

Stay Connected

Stay updated throughout the conference by following our social media channels and using our official hashtag: **[#MACMHcon24]**.

Final Thoughts

Thank you for being a part of #MACMHcon24. Your dedication to children's mental health is admirable, and I have no doubt that together, we'll take significant steps toward nurturing mental wellness in our community.

Should you have any questions or need assistance during the conference, please don't hesitate to reach out to our helpful staff.

Let's embark on this journey towards harmony in connection and the nurturing of mental wellness together.

Warm regards,

Brandon Jones

Executive Director, MACMH

Join Us

Featuring more than 70 workshops and the opportunity to earn up to 19 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 by April 16. Early-bird rate ends March 29. Students and groups of 5+ from the same organization are eligible to receive a coupon rate. For more information, reach out to us at info@macmh.org.

Days Attending	By March 29	After March 29
One Day	\$190.00	\$199.00
Two Days	\$360.00	\$379.00
Three Days	\$410.00	\$429.00

Register now at www.macmh.org.

This is our second year using our new user/registration system.

Instructions are included on pages 23–25. Please connect with us at info@macmh.org or call 651-644-7333 if you experience issues while registering.

Things to Know

Meals

Sunday: Lunch will be available on Sunday for Supervision Attendees ONLY.

Monday & Tuesday: A light continental breakfast will be available in the Exhibit Hall from 7:30 – 8:50 am on Monday and Tuesday. Monday and Tuesday lunch is included for all attendees.

Weather

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.

On-Site Registration

On-site registration will be available as space allows; please email info@macmh.org to check availability.

Schedule Changes

MACMH reserves the right to substitute presenters, cancel workshops and/or reschedule due to unforeseen circumstances.

Exhibits

Move in: Sunday, April 28, 10:00 – 5:00 pm

Monday, April 29 • 7:30 am – 5:00 pm

Tuesday, April 30 • 7:30 am – 1:15 pm

Please note break periods in the schedule for extra exhibit viewing time. Continental breakfast is served in the Exhibit Hall.

Accessibility

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 Amanda Xiong at axiong@macmh.org on or before April 1. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

Cancellation

Refund requests must be made in writing by email to info@macmh.org at least 14 days in advance of the conference (Sunday, April 14) and are subject to 10% administrative cancellation fee. Read our full policy at www.macmh.org.

Schedule

Sunday, April 28

9:30 – 10:00Supervision Registration
10:00 – 5:00Supervision Series
11:30 – 5:30General Registration
11:00 – 12:00Legislative Update
12:00 – 12:15Break
12:15 – 1:45Workshops 1-10
1:45 – 2:00Break
2:00 – 4:00Workshops 11-20
4:00 – 4:15Break
4:15 – 6:45MHED Talks® Plus
.....followed by Networking Reception

Monday, April 29

7:30 – 3:00Registration
7:30 – 8:50Exhibits/Continental Breakfast
8:50 – 10:00Keynote
10:00 – 10:15Exhibits/Break
10:15 – 12:15Workshops 21 – 31
12:15 – 1:15Lunch/Exhibits
1:15 – 2:45Workshops 32 – 41
2:45 – 3:15Exhibits/Break
3:15 – 4:45Workshops 42 – 52

Tuesday, April 30

7:30 – 3:00Registration
7:30 – 8:50Exhibits/Continental Breakfast
8:50 – 10:00Keynote
10:00 – 10:15Exhibits/Break
10:15 – 12:15Workshops 53 – 63a/b
12:15 – 1:15Lunch/Exhibits
1:15 – 2:45Workshops 64 – 73
2:45 – 3:00Break
3:00 – 4:30Closing Keynote

Location

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

Address: 350 Harbor Drive, Duluth, MN
Contact Info: 1-800-628-8385;
www.decc.org

Parking: Duluth Entertainment Convention Center parking is \$10.00 per day.
decc.org/parking-directions

Lodging

[Visit our website](#) to see a list of hotels that are offering special rates to conference attendees on our conference information page. *Be certain to identify that you are registering under the Minnesota Association for Children's Mental Health (MACMH) block of rooms.*

Workshop Descriptions

Target Audience

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

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

All: Suitable for all attendees

Clinical Content

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

Level

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

Level 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.

Targeted Content

Targeted content has not been preapproved but may aid you in reaching your boards requirement in specific topics. Look for these icons throughout the brochure to see how workshops have been classified. Earn up to 19 CEH for all targeted content.

- Ethics Content ■
- Supervisory Content ●
- Cultural Competency Content ♥
- Clinical Content ✓
- Culture Responsiveness ♥

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. CEHs that have not been pre-approved include:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): approved up to 19 CEHs
- MN Board of Marriage & Family Therapy: up to 19 CEHs
- MN Board of Social Work: approved up to 19 CEHs
- MN Board of Psychology: approved up to 19 CEHs
- MN Board of School Administrators: approved up to 19 CEHs
- MN Board of Nursing: 19 CEHs*
- MN Board of Education: 19 CEHs*
- ND Board of Social Work: 19 CEHs*

*CEH approval requires independent submission to your board.

Option 1

Supervision Series | 10:00 am - 5:00 pm

Illuminating Paths to Effective Supervision and Dynamic Leadership

This 6-hour lecture is a comprehensive exploration of key skills and knowledge essential for effective supervision and leadership in the field. Participants will gain insights into foundational principles of supervision, honing their abilities in ethical decision-making and communication. The lecture will emphasize cultural humility, addressing the diverse backgrounds encountered in social services. Additionally, attendees will acquire valuable tools for conflict resolution, team building, and motivation, empowering them to create a positive and productive work environment. The lecture will conclude with a focus on personal and professional development planning, fostering a commitment to continuous growth in the dynamic field of social services. Overall, this session aims to equip professionals with the leadership skills necessary to excel in their roles and positively impact their communities. [This series is designed to help social work supervisors meet the Minnesota Board of Social Work's requirement in the practice of licensing supervision.](#) 6.0 CEH (continuing education hours)

Lunch will be served within the classroom from 12:15 - 1:15pm.

Brittany Clausen, MSW Founder & Visionary Strategist-Envision Greatness

Level: 1 | For: **Social Services Professional**

6 hours Supervision ●

3 hours CULTURAL COMPETENCY ♥



THANK YOU SPONSORS



Option 2 | Session 1



Legislative Update | 11:00 - 12:00

Learn what happened in the 2023 legislative session and the key issues being addressed during the 2024 session. Explore how you can be part of a movement to create change and how to make your voice heard.

Learning Objectives:

1. Learn the major bills before the legislature focused on mental health and education
2. Learn the key bills passed in 2023
3. Understand what you can do to create change

Sue Abderholden, MPH, Executive Director-NAMI Minnesota

Level: 1 | For: Everyone

Concurrent Workshops 1 - 10 | 12:15 - 1:45 pm

01 - Promoting Gender Diverse Youths' Mental Health Through Creating Supportive Environments

While conversations around gender diversity are becoming more visible, many still lack comfort in navigating these topics. Studies show that gender diverse individuals face discrimination across the board, which leads to astonishing mental health disparities. In this presentation, participants will learn more about the connection between gender-inclusive spaces and positive mental health outcomes and will gain several strategies for making spaces more gender-inclusive.

Logan Sand, M. Ed. Human Sexuality, – Lutheran Social Service of MN

Level: 1 | For: Educators and Others Working in Schools & Parents and Caregivers

1.5 hours SW CULTURE RESPONSIVENESS 🍋

1.5 hours MFT CULTURAL COMPETENCY 🍋

02 - Youth Wellness Strategies for Successfully Navigating Life's Challenges

Presenters will provide participants with wellness strategies to equip adolescents to better manage their mental health and lives. The strategies provided are designed to help adolescents navigate daily life challenges in an increasingly chaotic world. Participants will acquire ten strategies for youth that will help shield them against individual, cultural and systemic barriers as they navigate their world.

Aaron Suomala Folkerds, EdD, MS, Mdiv, LMFT, Assistant Professor of Counseling – Minnesota State University-Moorhead

Diane Coursol, PhD Counseling Psychology, Professor of Counseling – Minnesota State University-Mankato

Luke Montgomery, BS, Intern/Graduate Assistant – Mankato Psychology Clinic/ Minnesota State University-Mankato

Level: 1 | For: Psychologist, Marriage and Family Therapist, Clinical Social Workers, Counselors and Parents and Caregivers

1 hour SW CLINICAL CONTENT ✓

03 - Decolonizing Mental Health Care: The Journey of Personal Reflections for Inclusive Care

Colonization and white supremacy are rooted in America's healthcare system. Western mental health has left people of color with limited access to culturally affirming care. Eurocentric and Western therapeutic strategies contribute to the cycle of generational trauma, restricted access to care, and discriminatory therapeutic practices. By utilizing anti-racist approaches, clinicians can address limitations imposed by harmful, white-centered, heteronormative ideologies.

Henrietta Couillard, MSW, LICSW, Mental Health Counselor II – City of Minneapolis Government

Cecilia Hardacker, MA, Pre-licensed Mental Health Therapist – City of Minneapolis Government

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS 🍋

1.5 hours MFT CULTURAL COMPETENCY 🍋

04 - Connecting Sensory Processing and Trauma in Early Childhood

Early Childhood trauma is traumatic experiences that occur before age five. The effects of trauma impact a child's ability to appropriately regulate and organize their sensory systems. This session will review the eight sensory systems (vision, hearing, taste, touch, smell, vestibular, proprioceptive, and interoception) and trauma informed sensory integration intervention techniques.

Michelle Fyle, MAOT, OTD, OTR/L, Early Childhood Occupational Therapist – St. Paul Public Schools

Michelle Mercado, MAOT, OTD, AOTA BCP, Lead Resource for Occupational and Physical Therapy, Developmental Adapted Physical Education

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

05 - Professional Dangerousness: Expanding our Awareness for a More Connected World

This training comprehensively addresses four key aspects of Professional Dangerousness—identifying/defining it, recognizing its manifestations in practice, understanding its underlying causes, and exploring actionable solutions—while guiding participants in supportive strategies for organizational resolution. With a focus on expanding self-awareness, attendees deepen their professional resilience by understanding neurobiological responses to chronic emotional erosion. Relevant examples facilitate reflection, providing insights into maladaptive practices rooted in cognitive functions, social adaptations, and systemic conditioning.

Jessica Hoeper, MSW, LISW IMH-E@/Infant Family Specialist

Bre McMullen, Consultant, Trainer

Level: 1 | For: County Child Protection Workers, Case Managers, and Social Workers & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

06 - You Can't Pour from an Empty Cup...Ethics and Self-Care

We have been hearing about self-care for years, it is now in the Board of Social Work Code of Ethics. What does this mean? Come to our presentation to learn more about the ethical component of self-care and then participate in creating your own self-care plan.

Stephanie Silgjord, LICSW, Director of Children and Families – Northern Pines Mental Health Center

Sami Cross, LPCC, Director of Children and Families – Northern Pines Mental Health Center

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍋

1 hour SW/MFT ETHICS 🟡

1 hour MFT CULTURAL COMPETENCY 🍋

Sunday, April 28

Concurrent Workshops 1 - 10 | 12:15 - 1:45 pm

07 - Building Social Skills for Neurodiverse Adolescents with Parent Assistance - is it Helicoptering or Helpful?

This seminar focuses on evidence-based methods for improving adolescent social skills, particularly involving parents. The seminar focuses on neurodiverse adolescents. It uses PEERS social skills training methods and provides examples of specific skills and how parents can support without "helicoptering". The seminar is intended for social skills training providers, individuals who work with families affected by autism, and parents.

Joan Blackman, MA, LICSW, — Strengthen Social skills

Angie Zachrisson, LMFT, MA, post graduate certificate in marriage and family therapy, — Strengthen social skills

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours MFT CULTURAL COMPETENCY ♥

08 - Unlocking the Power of the Vagus Nerve: Its Crucial Role in Mental Health

Are your clients perpetually trapped in fight/flight/freeze mode, despite their best efforts? Join this insightful presentation where we unravel the key to their healing journey: the vagus nerve. Social interactions, mood management, behavior control and physical well-being, are all influenced by the transformative potential of the vagus nerve. Learn why activating this essential neural pathway is crucial for shifting clients out of perpetual stress and into the realm of recovery.

Tye Moe, Doctor of Chiropractic, Chiropractor — Whole Family Chiropractic

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals

09 - Increasing the Success Rate of Reunification: An Innovative Collaboration

Join us for an enriching experience that bridges the worlds of parenting and county child protection, adding a key piece to a community dedicated to the well-being of children. By hearing the journey of this collaboration, participants will understand the synergy needed between parent coaching and county child protection and the positive impacts to empower parents through innovative strategies.

Angie Ellsworth, MS, LSW, LSC, Owner/Parent Coach/Trainer — Timeout Behavior Coaching, LLC

Chad Kirschbaum, Program Supervisor — Olmsted County Health and Human Services

Tara Braun, Program Supervisor — Olmsted County Health and Human Services

Level: 2 | For: Child Protection Workers, case managers, and social workers & Educators and Others Working in Schools

10 - Beyond Breathing: Classroom Mindfulness and Teacher Self-Compassion

During this presentation, participants will learn about mindfulness and self-compassion techniques to help students and educators focus and manage their own emotions. Activities will include a formative assessment, videos, practicing simple mindfulness techniques, and developing an easy-to-use action plan to implement in classrooms or other environments.

Judi Roux, Ed.D., Licensed in 7-12 Life Science, Assistant Professor — The College of St. Scholastica

Level: 1 | For: Educators and Others Working in Schools & Parents and Caregivers



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Save the Date

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Sunday, April 28

Option 2 | Session 2

Concurrent Workshops 11 – 20 | 2:00 – 4:00 pm

11 – A Mind-Body Approach to Suicide Prevention Using QPR

With the increase of suicide, especially among teens, awareness of the frequency and seriousness of death by suicide is a first step. We believe greater success in suicide prevention is possible when evidence-based tools for assessing suicide risk and referral for support are combined with mind-body practices. During this workshop participants will learn how to ask the difficult and uncomfortable questions to individuals at risk, while integrating *movemindfully*® trauma-responsive Breathe Move Rest practices.

Renee Penticoff, PsyD, LP, LGSW MSW, –
Sojourn Counseling

Kathy Flaminio, MSW, LGSW, E-RYT 200,
Founder/CEO – movemindfully

Level: 2 | For: **Everyone**

.75 hour SW CLINICAL CONTENT ✓

12 – Cringe! An Exploration of Embarrassment

Cringe, embarrassed, mortified. We've all been there and we know the shame and anxiety these emotions can create in the lives of youth. Why do we remember embarrassing incidents so vividly? How do we help others to let them go? In this serious yet playful inquiry, we will discuss all things embarrassing. Practical applicable interventions will be presented.

Brad Hanson, LICSW, Manager of Student
Services – PPL Schools

Level: 3 | For: **Psychologists, Marriage and
Family Therapists, Clinical Social Workers,
Counselors & Educators and Others
Working in Schools**

2 hours SW CLINICAL CONTENT ✓

0.5 hour SW CULTURE RESPONSIVENESS ♥

0.5 hour SW CULTURAL COMPETENCY ♥

13 – Supporting Children's Mental Health through Promoting Teacher Well-Being and Classroom Environments

Teachers' health and well-being have been linked to children's social-emotional development, academic outcomes, teacher behaviors, and job-related factors. This presentation will explore intervention strategies for promoting teacher wellness, introduce a well-being program that has shown positive results, and identify factors, such as teachers' adversity history and demographics, that relate to outcomes (motivation, stress, resilience). Organization- and classroom-level strategies will be discussed.

Katie J. Stone, Ph.D., LP, Assistant Professor
– University of Minnesota Medical School

Level: 2 | For: **Educators and Others Working
in Schools & Psychologists, Marriage and
Family Therapists, Clinical Social Workers,
Counselors**

14 – Supporting Parents and Children in Families who Have Suffered a Perinatal Loss

This presentation explores helping parents with their children when the family experiences a perinatal loss. Information for professionals working with their children will be addressed. An overview of the research on bereaved parents' experience at the time of loss and in a pregnancy that follows will be discussed with a parent panel sharing their stories from two different cultures.

Joann O'Leary, PhD, Consultant/Facilitator
*of Bereavement Groups – Star Legacy
Foundation*

Amy Fullenkamp

Hamdi Abdi, MPH, bereaved mother/
graduate student

Level: 1 | For: **Parents and caregivers &
Educators and Others Working in Schools**

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS ♥

2 hours SW/MFT ETHICS ■

2 hours MFT CULTURAL COMPETENCY ♥

15 – Remembering Resilience

This series highlights Native American resilience through and beyond trauma, exploring concepts, science, history, culture, stories and practices that we are working with as we seek to shape a future for our children and our grandchildren that is defined not by what we have suffered, but what we have overcome. We will introduce Neuroscience, Epigenetics, Adverse Childhood Experiences, & Resilience (NEAR Science).

DeDe Drift, Director of Tribal Projects –
FamilyWise Services

Mi Ja Bergerson, LICSW, Lead Family
Specialist – FamilyWise Services

Anna VonRueden, , Chief Strategy Officer –
FamilyWise Services

Level: 2 | For: **Child Protection Workers, case
managers, and social workers & Educators
and Others Working in Schools**

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS ♥

2 hours MFT CULTURAL COMPETENCY ♥

Concurrent Workshops 11 - 20 | 2:00 - 4:00 pm

16 - Neurologic Music Therapy - Creating New Pathways to Health and Wellbeing

Music has the capacity to foster positive change and impact the brain in many ways. The pervasive nature of music stimulates many regions and networks of the brain, leading to neurogenesis and cerebral plasticity. A board-certified music therapist/neurologic music therapist will present on how music is processed in the brain and provide information and live examples on the use of music in the role of mental health healing and wellbeing.

Melissa Wenzell Samborski, MM, MT-BC, Neurologic Music Therapist - Fellow, Music Therapy Co-Founder and Senior Music Therapist - MacPhail Center for Music

Ella Terman, Children's Therapeutic Support Services Provider at North Homes Family Services and MacPhail Music Therapy Intern
Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour SW/MFT ETHICS 🟡

1 hour MFT CULTURAL COMPETENCY ❤️

17 - Supporting LGBTQ Youth Mental Health: Challenges, Myths, and Strategies

The presentation focuses on addressing personal bias, dispelling myths, providing facts, and offering practical suggestions for working with LGBTQIA+ children and youth. Five specific learning objectives guide this session, incorporating insights from recent studies, the American Association of Pediatrics, and The Trevor Project.

Jessi Robin, B.S. MSW Student, Intensive In-Home Counselor - Greater Minnesota Family Services

Heather Oxendale, LMFT ATR, Art Therapist - Greater Minnesota Family Services

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

18 - The Emergence and Management of Callous-Unemotional Behavior in Youth

A cluster of serious behaviors termed "callous-unemotional traits" in children show that some youth have a developmental pathway to antisocial behavior and even emergence of psychopathic personality disorder in late adolescence and adulthood. This program describes these features and influences of heredity, trauma, family dynamics, and brain functioning. Methods of assessment and best practice interventions will also be discussed.

David Swenson, PhD LP, Psychologist - College of St. Scholastica

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

2 hours SW CLINICAL CONTENT ✓

19 - Examining Complex Family Structures with the Power of Triangles and other Impactful Assessments

The overall objective is to equip therapists, social workers, case managers, teachers, counselors, healthcare workers, and all other professionals who work with families with the knowledge and skills to effectively utilize assessment tools to understand the relationship dynamics of complex families. By the end of the presentation, attendees will have a deeper understanding of the importance of assessment and intervention when working with complex families.

Michael Stensland, PhD, Clinical Psychology and Applied Quantitative Psychology, Chief Research Officer - Genograms

Kristine Stensland, MHA, MBA, Chief Executive Officer - Genograms

Level: 1 | For: Child Protection Workers, case managers, and social workers & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

2 hours SW CLINICAL CONTENT ✓

20 - Youth Firesetting - A Burning Issue

Youth engage in firesetting behavior for many reasons. Starting fires is not just something "little boys do". We will explore some myths and the myriad reasons why children and youth start fires, and discuss ways in which we can help. Firesetting is identified as a gateway crime. Successful intervention requires a multi-disciplinary approach. Mental health is a critical component in this effort. Learn how you can make a difference.

Kathi Osmonson, MS, Speaker, Trainer, Practitioner - Independent Contractor
Jeremy Berger, MA

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours SW/MFT ETHICS 🟡

2 hours MFT CULTURAL COMPETENCY ❤️

Option 2 | MHED Talks® Plus

4:15 – 6:45 pm

Mental Health Exploration & Discovery

MHED Talks® Plus is a presentation series in the spirit of TED Talks. Using stories—both personal and experiences from the field—each speaker has 23 minutes to share their expertise on new concepts, programs, treatment models and research. This year, we're introducing a musical component, so get ready to unwind and expand your knowledge. Following the presentations, there will be a Q&A and hors d'oeuvres networking reception.

Level: I | For: Everyone

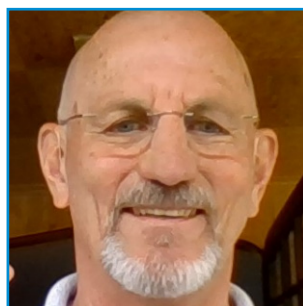


Deb Kline

Arts as Alchemy: Connecting Communities to Healing Resources through Public Performance

Description of Presentation: Community silence and public stigma persist for survivors of abuse, incest, rape, attempted suicide, and mental health diagnoses. While progress is evident, pushing for advocacy must continue to ensure momentum. Deb Kline shares her passion for paying her healing forward as a Healing Arts Fundraising Troubadour, challenging audience members to transform into agents of healing by: breaking the culture of silence through group listening; supporting survivors by bearing witness to lived experiences; replacing stigma bias with empathy and compassion; and deepening the capacity to create beloved community through connection. This feature presentation will address the roadblocks and victories when sharing trauma survival as performance art, while showcasing a sample of the music, poetry, prose, and art that encompass one woman's full-circle healing journey.

Deb Kline, Owner/Operator of Wellspring Wellness, LLC, Author, Healing Arts Fundraising Troubadour



Alan O'Malley-Laursen

Music and the Brain: The Power of Music in Healing, Learning and General Well-Being

Theologian and reformer Martin Luther once said that "Next to the word of God, the noble art of music is the greatest treasure in the world. It controls our thoughts, minds, hearts and spirits." Modern day research has documented the positive impact that music can have on mental health, emotional healing, memory, learning, and the body's physiology...and more. Citing research and sharing personal and professional experience [along with a little live music] the presenter will explore the deep connection between music and the brain and its subsequent influence on health and well-being, both for ourselves and for those we encounter in this important work that we do.

Alan O'Malley-Laursen, MSW, Active Emeritus LICSW



ShaShee Yang

Music, Identity, and Connection: The Benefits of Engaging in Music and How it Brings Us Together.

Listening to music can help individuals relax, decrease stress, and improve mood significantly. Playing a musical instrument has also been shown to demonstrate as a coping mechanism for stress and reduce cortisol levels. Music also plays a role in our identities and can be tied to our specific memories and unique experience. In this presentation, the presenter shares how music as a tool helped him navigate his identity of being a second-generation Hmong American. The presenter will also share about how music can be used to engage our clients in empowerment, mindfulness, and self-expression.

How we can use music as an aid to help our clients heal and be more connected with their identities and upbringing.

ShaShee Yang, Clinical Psychology Doctoral Student

The Minnesota Association for Children's Mental Health's Infant & Early Childhood Division is launching Reflective Supervision groups this spring for Endorsed professionals and/or those pursuing Endorsement.

Designed for professionals to discuss their work in small groups, this consultation is an opportunity to reflect on the ways in which one's beliefs, life experiences and values impact their work with young children and families.

[Learn More](#)

[Register](#)



MACMH is also growing its Registry list of IEC Endorsed professionals, some of whom offer Reflective Supervision.

[Click HERE to view the Registry.](#)

Interested in being added to the list or have questions about Endorsement? Contact endorsement@macmh.org.

SEE THE WORLD IN COLOR

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FARAH HARRIS

JOIN US



7th Annual Infant & Early Childhood Multidisciplinary Conference

2024

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

www.macmh.org



MINNESOTA
ASSOCIATION FOR
children's
mental
health

Featured Event

Doors open 8:15 am | Doors close 8:45 am

Mindful Moment with



Keynote | 8:45 – 10:00 am



Share the Hope

Almost immediately after Jacob was kidnapped, I began hearing from children with so many personal stories of their own victimization, their friend's trauma, and their fears. I watched the absolute terror in my own children's eyes and so badly wanted to take it all away, but I couldn't.

I will share lessons learned from children and the mental health challenges that followed after my son's kidnapping. My primary sources of information are from personal experience, talking to children in schools; their stories and their letters. Working with the National Center for Missing and Exploited Children, I learned everything I could about child abduction and child molestation/maltreatment and realized that there is no research to prove that scared kids are safer.

Throughout the very long search for Jacob, I treasured the children's letters the most. Their stories taught me, and are insightful to all who work with children.

My goal with this presentation is to share the children's perspective on a scary topic and how we as adults and caregivers can help them overcome great obstacles and be brave enough to hope. Together we can build a better, safer world for children.

Patty Wetterling, Co-Founder of Jacob Wetterling Resource Center

Patty Wetterling was a stay-at-home mother of four children when her world was rocked by the abduction of her 11 year old son Jacob, on October 22, 1989. With a shattered heart, Patty began studying child abduction and sexual exploitation. Who abducts children, how are they located, what can we do to prevent these horrible crimes? Her advocacy led her to passing Federal legislation requiring sex offender to register their addresses with law enforcement. She served on the Board of Directors for the National Center for Missing and Exploited Children for 22 years and was Chair of the board from 2012-2015.

As a consultant with the US Department of Justice's Office of Juvenile Justice and Delinquency Prevention and an Associate with the National Criminal Justice Training Center of Fox Valley Technical College, Patty has presented countless victim impact sessions to law enforcement about AMBER Alert and long-term missing programs across the country. She has been a keynote speaker at conferences addressing crimes against children and child sexual abuse and continues to fight for a world where children have the right to grow up safe and follow their dreams.

Level: I | For: **Everyone**

Session 3

10:15 am – 12:15 pm

21 - Sitting in Ambiguity: Supporting Youth and Caregivers Through Exploration of LGBTQ+ Identities

In this training, Brianna Sigg, a licensed therapist, will provide an in-depth discussion on the unique impact holding an LGBTQ+ identity can have on youth's attachment and development. Exploring clinical presentations and how our own experience plays a role when clients explore identity. Brief review of terminology, LGBTQ youth statistics resources and practical tools for support/understanding trans and queer youth in care will all be explored throughout this training.

Brianna Sigg, MSW, LICSW, Psychotherapist – LynLake Centers for Wellbeing

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools**

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

22 - Introduction to Infant & Early Childhood Mental Health

When infants are born into this world, they come with a brain that is ready to learn through relationships. Working with infants & young children requires a specialized set of skills to support their development through the context of relationships. During this workshop, presenters will dive into the definition of IECMH, begin to understand how IECMH principles inform our work, and better understand the importance of reflection in our work.

Lauren Moberg, LMFT, IMH-E, Infant & Early Childhood Director – MN Association for Children's Mental Health

Arielle Handevit, MA, IMH-E, Director of Early Childhood – Northside Achievement Zone

Level: 1 | For: **Educators and Others Working in Schools & Health Care Professionals**

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

23 - ADHD Update 2024

For over ten years, this highly rated workshop will focus on clinical and practical aspects of new research on ADHD, including new treatments (TES-transcranial noise stimulation, micronutrient supplementation, types of physical exercise); three emerging key areas of research; significantly increased risk of addiction to cannabis and to video gaming (including suggested interventions); decreased risk of addiction to cocaine and meth with stimulant medication; new diagnostic methods.

Gary Johnson, PhD, Clinical Director – CALM (Clinic for Attention, Learning & Memory)

Kotatee Tamba, PsyD, LICSW, – CALM

Benjamin Kortuem, PsyD, LP, psychologist – CALM
Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers**

2 hours SW CLINICAL CONTENT ✓

0.5 hour SW CULTURE RESPONSIVENESS ♥

0.5 hour SW/MFT ETHICS ■

0.5 hour MFT CULTURAL COMPETENCY ♥

Concurrent Workshops 21 – 31

24 - Releasing the Pressure Valve

We are constantly bombarded with pressure from all sides, but are we so overwhelmed that we don't even notice it anymore? Releasing the Pressure Valve is about learning how to manage our internal pressure valve so that we can maintain a healthy balance in life.

Laura Thro, MPS

Level: 2 | For: Child Protection Workers, case managers, and social workers & Educators and Others Working in Schools

2 hours SW CULTURE RESPONSIVENESS 🍀

2 hours MFT CULTURAL COMPETENCY ❤️

25 - Breathwork as a Proactive Approach to Youth Mental Health

In this presentation, we'll explore the profound impact of breathwork on youth mental health. Discover the science behind breathing, its importance in tackling anxiety, and its proven benefits. You'll learn actionable strategies, engage in hands-on practice, and discover ways to integrate breathwork into your professional toolkit. Join us for an insightful journey toward proactively improving youth mental health through the power of the breath.

Stephanie Esser, MAEd., RYT200, Certified Breathing Coach, Founder/Owner – Balancing Elephants & BE Buddy® Creator

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

26 - Psychotropic Medications: Evidence Based Management of Adverse Effects and Monitoring Guidelines – A Systems Based Approach

In 2021 alone among children, aged 5 to 17 years, 14.9% received mental health treatment while 8% of the children received prescription medications. While these medications are essential to alleviate suffering and functional impairment, they also cause serious side effects. Adverse effects are a major reason for medication non adherence. Evidence based treatment of side effects and continued monitoring are essential for symptom improvement and alleviation of distress.

Afshan Anjum, MD, MS, Associate Professor – University of Minnesota

Raghu Gandhi, MD – Abbott Northwestern Hospital

Heba Sandozi, BA, Medical Student – University of Minnesota

Level: 3 | For: Health Care Professionals & Parents and Caregivers

2 hours SW CLINICAL CONTENT ✓

27 - Healing for the Trauma-Organized System: Systemic and Supervisor Interventions

Trauma-Responsive Organizations invest in the organizational culture and environment. Leaders are equipped to see trauma-organized system dynamics as they occur and are empowered to intervene for agency safety and stability. Participants will learn these dynamics, types of organizational trauma, and systemic and supervisory leadership interventions which ensure the health and well-being of clients, staff, and the organizational culture.

Angela Lewis-Dmello, MSW, LICSW, President and CEO – Northeast Youth and Family Services

Level: 3 | For: Health Care Professionals & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

2 hours SW Supervision ●

2 hours MFT Supervision ●

28 - Are We Helping or Harming? Understanding the Importance of Trauma-Informed Care for Immigrant/Refugee Youth

Discussion will include how trauma moves through the family system. Participants will learn to identify behaviors that might be related to trauma (direct or intergenerational). Participants will also learn important principles and interventions that can promote trauma-informed interactions with immigrant and refugee youth.

Zamzam Dini, MA, LAMFT, Parent Encouragement Specialist – WISE

Level: 1 | For: Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers

2 hours SW CULTURE RESPONSIVENESS 🍀

2 hours MFT CULTURAL COMPETENCY ❤️

29 - What is "Normal" Anyway? Building Self-Esteem, Identity, and Purpose in Neurodivergent Kids and Young Adults

The neurodiversity movement has drastically changed attitudes about autism, ADHD, and other neurodevelopmental differences. Many psychologists and teachers desperately want to help this population flourish, but may inadvertently communicate that neurodivergent individuals are "broken" and in need of fixing. This presentation discusses relational approaches to connecting with neurodivergent children, young adults, and their families to support them in reaching their own goals, and finding an identity of their own.

Carolyn Giannone, Ph.D., LP, CASDCS, – Lakeland Mental Health Center

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍀

1 hour MFT CULTURAL COMPETENCY ❤️

30 - School Wide (SW) Positive Behavior Support is Foundational for Non-Exclusionary Response

The School Wide Positive Behavior Support framework helps staff become clear about evidence-based practices that will bring valued outcomes to life. This session will explore the beliefs, mindset, language and practices embedded within the framework that are foundational for non-exclusionary response. [To build on this content, attend Workshop 50 'Application of Positive Behavior Support to Guide Non-Exclusionary Response'.](#)

Cheryl Cook, MN PBIS Lead Trainer and Educational Consultant

Debi Doran, PBIS MN Coaching & Evaluation Coordinator and Educational Consultant

Erin Engness, PBIS MN Regional Coordinator

Level: 1 | For: Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers

31 - Arrested at School: Youth Treated Rather than Defeated.

This presentation will provide an overview of an innovative Minnesota program funded by the State Legislature and designed to significantly reduce arrests that occur during the school day. Oftentimes, these arrests happen with students who have unmet mental and chemical health needs.

Dr. Charlene Myklebust, Psy.D, President and Principal Consultant – EQ Learn, LLC and Stone Arch Learning, LLC

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers

Session 4

Concurrent Workshops 32 – 42 | 1:15 – 2:45 pm

32 - Gambling and Gaming: The Effects on Youth and How to Prevent Harm

Gambling and gaming can impact an adolescent's mental and physical health, their education goals, and relationships with friends and family. This presentation will cover the current trends in gambling and gaming, the impacts of gambling and gaming on youth, and ways to prevent or reduce harm. Attendees will also learn about signs of problem gambling and ways to help deal with the normalization of gambling behavior in our communities.

Sonja Mertz, MLIS (Masters of Library & Information Science), CPP (Certified Prevention Professional), Community Educator – Minnesota Alliance on Problem Gambling

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour MFT CULTURAL COMPETENCY ❤️

33 - Developmental Repair and the Intersection of Culture, Race, Trauma, and Systems

Each individual who uses Developmental Repair as an intervention model brings their own lived experiences to the therapeutic relationship. In order to help a young person heal from toxic stress we must hold in mind components of stress biology and attachment while honoring the child and family's experience of culture, race, trauma and interaction with systems

Lauren Nietz, MSW, LICSW, Training Institute Director – Washburn Center for Children
Chantell Johnson, BS, Community Wellness Program Manager – Northside Achievement Zone

Amber Buck, MA, MBA, Director of Equity and Inclusion – Washburn Center for Children

Level: 1 | For: **Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers**

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour MFT CULTURAL COMPETENCY ❤️

34 - The Technology Paradox: Understanding The Influence Of Technology on The Minds

Digital technology has transformed communication and access to information. Social media platforms like TikTok, YouTube, Snapchat, and Instagram have become essential, even for children and adolescents. This raises questions about technology and social media's impact on developing brains and behavior. Neuroscientists are studying the links between technology usage and adolescent depression and anxiety. This presentation explores these connections, dispels misconceptions, and provides insight into promoting healthy boundaries and technology use.

Gary Johnson, PhD, Clinical Director – CALM (Clinic for Attention, Learning & Memory)

Kotatee Tamba, PsyD, LICSW, – CALM

Benjamin Kortuem, PsyD, LP, Psychologist – CALM

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

0.25 hour SW CULTURE RESPONSIVENESS 🍃

0.25 hour SW/MFT ETHICS 🟡

0.5 hour MFT CULTURAL COMPETENCY ❤️

35 - The Complex Management of Ambiguous Loss and Disenfranchised Grief in Adolescence

The experience of grief and loss in adolescents can be ambiguous in nature and can frequently be disenfranchised. This makes the grief experience especially confusing for the adolescent. Participants will learn about how the concepts of disenfranchised grief and ambiguous loss can help the grieving adolescent to name and manage their grief.

Diane Coursol, Ph.D. Counseling Psychology, Professor – Minnesota State University, Mankato

Aaron Suomala Folkerds, EdD, MS, MDiv, LMFT, Assistant Professor – Minnesota State University, Moorhead

Kaitlyn Kaus, Ed.D, LPCC, Pediatric Assessment Specialist – Great Lakes Neurobehavioral Center

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers**

1 hour SW CLINICAL CONTENT ✓

36 - Disparities in Mental Health Support for Transgender Youth in Rural High Schools

This presentation explores the high school experience for transgender/gender non-conforming youth, with a focus on rural high schools. These students are more likely to experience unsafe school environments and to have limited LGBT-related resources. We will discuss how legislation, school climate, and anti-LGBTQ victimization affect the mental health of these youth and how caregivers and school staff institute change.

Maya Bastian, DNP, APRN, CPNP, Assistant Professor – Minnesota State University Mankato

Lindsay Rohlik, DNP, MS, RN, PHN, Department Chair and Assistant Professor of Nursing – Southwest Minnesota State University

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

37 - Thank You for Telling Me: Responding to Youth Disclosures of Sexual Abuse

Many trainings pertaining to child sexual abuse focus on the legal and ethical requirements of practitioners following a disclosure. In this training, however, we will discuss immediate therapeutic responses to disclosures and participants will learn specific skills for intervening with youth and their caregivers who have experienced sexual abuse and trauma and may present with a variety of mental health symptoms.

Sarah Lockhart, MSW, LICSW, Mental Health Director – Northeast Youth and Family Services

Trisha Sargent, MSW, LGSW, Clinic Based Therapist – Northeast Youth and Family Services

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers**

1.5 hours SW CLINICAL CONTENT ✓

38 – Family Matters: Exploring Family Dynamics and Its Impact on Adolescent Behavior, Addiction, and Interventions

Explore the link between family dynamics and adolescent mental health in this detailed presentation. Understand how family dynamics can affect adolescent behavior and addiction. Learn strategies to evaluate and intervene in family dynamics for healthier adolescent development. Gain practical tools for building strong, supportive family systems that benefit young individuals. Don't pass up this opportunity to make a difference in the lives of adolescents.

Coach Nakumbe, PhD, LPCC, LADC, CFC, Relationship Strategist & Coach – Private Practice Coaching & Consulting

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

39 – Strategies to Cope with School Refusal and Anxiety for Students, Teachers, and Caregivers

School refusal is a common problem observed across children and adolescents. This phenomenon encompasses difficulties going to and staying at school for an entire day, and not participating in learning activities. Anxiety symptoms are common contributing factors to school refusal. Effective treatments to treat school refusal and anxiety exist. In this workshop, we will discuss different strategies that students, teachers and caregivers can implement to cope with school refusal.

Ajeng Puspitasari, PhD, LP, ABPP, Executive Director of Clinical Services – Rogers Behavioral Health

Nakia Natala, MD, Psychiatrist – Rogers Behavioral Health

Level: 1 | For: Health Care Professionals & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

40 – From Crisis to Hope and Healing: A Movemindfully® Experience

We live in complex and challenging times where individual and collective trauma will impact us all at one time or another – taking a toll on our physical, emotional, and mental health. Our brains and bodies are protective, buffering for experiences that overwhelm our nervous systems. Join Kathy Flaminio, founder and CEO of movemindfully, for an experiential mind-body session where you will explore the power of Breathe Move Rest practices.

Kathy Flaminio, MSW, LGSW, E-RYT 200, Founder/CEO – movemindfully

Level: 1 | For: Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

41 – Talking with Children about Marginalized Identities and Discrimination in a Dynamic and Complex World

Children see race and recognize differences among people. However, research shows that many adults desire more skills and confidence for navigating conversations about race and other social identities, as well as racism and discrimination that folks from marginalized backgrounds frequently encounter. This workshop will focus on the rationale and concrete skills for these important discussions. Various developmental levels will be discussed, with a particular focus on conversations with young children.

Katherine (Katie) Lingras, PhD, LP, Associate Professor, Child Psychologist – University of Minnesota – Psychiatry and Behavioral Sciences Department

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

42 – Self-Care, a Luxury or a Necessity?

Do you often ask yourself if self-care is a luxury or necessity? In this presentation you will learn the importance of self-care and wellness, identify potential self-care challenges, have opportunities for self-reflection, and explore strategies for self-care. We will also experiment with breathing exercises, positive affirmations and mindfulness to help build your personal self-care toolkit.

Jazlynn Paige, PhD, NCSP, School Psychologist – Paige Psychological Consulting

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

Session 5

Concurrent Workshops 43 – 52 | 3:15 – 4:45 pm

43 - Impact of Rising Anti-Asian Crimes during COVID-19 on Asian Adolescents' Mental Health.

Dive into the implications of rising anti-Asian crimes during COVID-19 on Asian adolescents' mental health. Explore the psychological toll of racial discrimination and prejudice, gaining insights into challenges and protective strategies. This knowledge holds critical implications for educators, clinicians, and parents, as we support the well-being of Asian American youth in the face of racial trauma.

Soyoul Song, MA, Ph.D. Student – University of Minnesota, Twin Cities

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS 🍃

1.5 hours MFT CULTURAL COMPETENCY ❤️

44 - 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 helping. We 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 most likely to fuel professional energy.

Steve Ritter, LICSW, Executive Director – Elmhurst Counseling

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals**

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍃

45 - Recess: Children's Rights and School's Responsibilities

The MN legislature passed a law in the 2023 session to support children's right to recess. The law prohibits schools from excluding a student from participating in recess as a consequence of behavior. Participants will understand the importance of play and recess for children's social emotional development and will find ways to advocate for children's right to play and recess.

Heather Von Bank, PhD, Professor – Minnesota State University – Mankato

Mary Kramer, Ph.D., M.P.H., MCHES, CHWC, NCTTP, Associate Professor – Minnesota State University – Mankato

Maren Hofer, Executive Director – Multicultural Autism Action Network

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

46 - Safe to Engage: Creating Safety in Early Education Settings with movemindfully®

Explore how trauma-responsive mind-body practices create feelings of safety for young children, staff, and parents in early education settings. Drawing upon Dr. Bruce Perry's work and the role of the vagus nerve in supporting feelings of safety and connection, discover how to address stress, distress, and trauma with movemindfully Breathe Move Rest practices. Experience strategies for managing stress/anxiety, balancing energy levels, and handling big emotions in early education environments.

Chrissy Mignogna, BA, E-RYT 200, Lead Trainer and Director of Education – movemindfully

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

47 - Parenting an Intense Child: Essential Skills to Create Peace at Home

Parents of emotionally intense kids often feel "nothing's easy" with their child. Strategies that seem to work for other families don't work for theirs. They wonder, "Am I 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 more peace at home!

Samantha Moe, MA, SLP, Certified Parent Coach – Samantha Moe and Associates

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

48 - Crisis Intervention: Beyond the Safety Plan

Following the pandemic, the quantity and intensity of mental health challenges youth are facing has escalated. Many conversations around crisis intervention focus on risk assessments and safety plans, which- while important- do not address the full picture of helping stabilize youth and families facing a mental health crisis. This discussion will expand on the crisis interventions that can be used when working with distressed youth and their families.

Libby Haight, MPP, MSW, LICSW, Director, Community-Based Services – Washburn Center for Children

Barb Kukuroboman, LMFT, Crisis Stabilization Program Supervisor – Washburn Center for Children

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW/MFT ETHICS 🟡

49 - Looking Under Shark Fins and Turtle Shells: Relationship, Regulation, and Resilience for Children with Trauma/ Attachment

During this interactive, multimedia presentation, participants will learn about the foundational principles of attachment and trauma, how trauma and attachment disruptions impact a child, and strategies for working with children who have had hard starts to life. Specific attention will be given to classroom strategies and therapeutic interventions that enhance relationships, promote regulation, and build resilience in children who have experienced trauma, grief/loss, and attachment disruptions.

Michael Benjamin, MSW, LICSW, Therapist – PrairieCare Medical Group

Level: 1 | For: **Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**

1.5 hours SW CLINICAL CONTENT ✓

50 - Application of Positive Behavior Support to Guide Non-Exclusionary Response

School exclusion is a common response to student conduct violations but is more likely to worsen future outcomes for the students affected. This session will provide school teams with concrete examples of alternative approaches whereby educators and behavioral health practitioners can reduce future conduct risk and improve school engagement.

Ellen Grossman, PBIS MN External Coach, Sped Director/School Psych

Erin Swoboda, Assistant Principal – Chanhassen High School

Lauren Sparr, PBIS Regional Coordinator – BrightWorks

Level: 1 | For: **Educators and Others Working in Schools**

51 - Neurodivergence in a Neurotypical World: The Inherent Trauma of ADHD and Autism

This presentation is designed to educate participants on systemic trauma experienced by autistic and ADHD individuals. This session will include a brief overview on neurodiversity affirming care, common misconceptions about autism and ADHD, how those misconceptions contribute to the systemic trauma neurodivergent individuals experience, and how to reduce our contributions to systemic trauma as providers.

Jessica Mertins, LICSW, – Fernbrook Family Center

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

52 - The School Nurse: Your Untapped Partner for Student Mental Health

What if the school nurse isn't just about band-aids and ADHD medicine? School nurses help students practice skills to manage life's big feelings and experiences, from the developmental to the diagnosable. Learn about the nurse's role in 504 and special education planning, building trust, and collaborative planning with the student and family for next steps in referral and care.

Katy Schalla Lesiak, Licensed School Nurse, District Program Facilitator – Health Related Services

Erika Yoney, Licensed School Nurse, RN, PHN and Health Services Supervisor – Moorhead Public Schools, Psychiatric Mental Health Nurse DNP student graduating in May

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓



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Featured Event

Doors open 8:15 am | Doors close 8:45 am

Mindful Moment with



Keynote | 8:45 – 10:00 am



Fostering Emotional Intelligence: Creating Safe Havens for Our Children

This session will delve into the critical role of emotional intelligence in effectively working with children from diverse backgrounds. We will explore the importance of practicing emotional intelligence while acknowledging and embracing diversity and how it directly contributes to improving children's emotional intelligence and fostering their overall well-being. Additionally, we will discuss the significance of creating psychologically safe environments to nurture the emotional growth of these children.

Our cultural background and identity influence our emotional intelligence and shape our relationships with others. We must understand this influence when working with children. Not only how our backgrounds impact our EQ but also recognizing how it impacts the historically and systemically marginalized children we serve.

Farah Harris, MA, LCPC

Farah Harris is a psychotherapist and workplace belonging and well-being expert dedicated to disrupting unhealthy work environments. She is the founder and CEO of WorkingWell Daily®, a company that approaches workplace belonging and well-being from a psycho-social and emotional intelligence lens. Farah has helped individuals and Fortune 500 companies develop healthier workplaces where employees want to stay and thrive because their leaders and teams have grown in empathy, self-awareness, social awareness, and cultural awareness.

As a mental health practitioner and consultant, Farah is aware of the intersectionality between well-being, equity, and inclusion. She is a sought-after expert on mental health, psychological safety, workplace culture, and emotional intelligence. Her work has been featured in media and podcast platforms such as Forbes, Fast Company, Business Insider, Harvard Business Review, Huffington Post, Essence, Good Morning America, Martha Stewart, Thrive Global, and Therapy for Black Girls.

Farah is also the author of the international bestselling book, *The Color of Emotional Intelligence: Elevating Our Self and Social Awareness to Address Inequities*, a groundbreaking exploration of how cultural background and identity influence our emotional intelligence and shape our relationships with others.

Session 6

10:15 am – 12:15 pm

53 - Let's Talk about Behavioral Methods in Child and Family Mental Health Treatment

There is debate surrounding the efficacy, appropriateness, and ethical standing of utilizing behavioral methods (e.g., reward and punishment) in response to children's behavioral difficulties, spanning psychological science, mental health, education, and parenting. A multifaceted and critical lens will be used to examine this debate, drawing upon theory and evidence in attachment, neurobiology, trauma, behaviorism, social learning, social justice, and lived experiences, to support clinical decision making.

Haeli Gerardy, MA, Family Engagement and Servs Specialist – Fernbrook Family Center

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

2 hours SW CLINICAL CONTENT ✓

2 hours SW/MFT ETHICS ■

54 - Staying Energized and Compassionate In The Midst of This Difficult Work That We Do

Reaching beyond self-care and delving into the moment-to-moment work that we do, this presentation will examine real time strategies to make your work energizing and fulfilling while guarding against secondary traumatic stress and burnout. Through discussion & live music we will reflect on the emotional impact of this work and examine 6 fundamental skills for effective and compassionate helping.

Alan O'Malley-Laursen, MSW, Emeritus Active LICSW, Employee Well-Being Professional – Olmsted County Human Resources

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

55 - Understanding Behavior Challenges in School; Tools for Reducing/Eliminating Suspensions

Participants will have an understanding of the basic elements and importance of a Functional Behavior Assessment (FBA). Hands on activities will demonstrate the importance of using the data from a FBA when developing a Positive Intervention Plan (PBIP). PBIP's are effective and proactive while increasing opportunities for inclusion. Plans which are reactive and punitive, or ineffective too often result in removal from general education.

Nicky Bohm, Over 15 years in education. BA for Augsburg College. Speaker for the National Tourette Association, Behavior Specialist – Cyber Village Academy

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers | [Bring a computer or a phone to participate.](#)

56 - Welcoming All Babies: Perspectives from New and Expecting Parents in Central Minnesota

The Welcoming All Babies project was a collaborative effort between Thrive Central Minnesota and community partners. A diverse team interviewed new or expecting BIPOC parents about experiences of pregnancy, birth, and raising infants in central Minnesota. We will discuss insights from the interviews and community co-learning sessions. Participants will reflect on themes and potential actionable steps within their communities.

Tracy Schreifels, MS, LMFT, IMH-E (III), Executive Director – Ellison Center

Sara Falk, MA, Program Coordinator – Ellison Center

Level: 1 | For: Infant and Early Childhood: Prenatal-preschool & Health Care Professionals

1 hour SW CULTURE RESPONSIVENESS ■

1 hour MFT CULTURAL COMPETENCY ♥

Concurrent Workshops 53 – 63

57 - Adoptive Youth and Parents in Therapy: Wisdom and Skills for Respectful Practice

This workshop is a three-part dialogue about: a) what makes adoption mental health unique, b) clinical decisions in specific case example, and c) what modalities to use and when. We highlight; navigating relational expectations through developmental stages, addressing grief/loss that both child and adult face; working with differences in class, culture, race, and mismatch of expectations; building emotional safety; moving through attachment rupture/repair; and finally when and how to "talk about" adoption and identity.

Wendy Baker, MSW, LICSW, Co-owner – Family Circle Counseling, PLLC

Krista Nelson, MA, LICSW, LMFT, Co-owner – Family Circle Counseling, PLLC

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS ♥

2 hours MFT CULTURAL COMPETENCY ♥

58 - Who You Are is as Important as What You Do: The RIOS Reflective Practice Framework

Join us to learn about a structure for implementing reflective practice in any discipline and with any ages served. Beginning with self-awareness, the Reflective Interaction Observation Scale (RIOS) framework connects critical components of reflective practice and extends to encompass perspective taking, cultural humility and power dynamics. When explored in combination, these components support improved professional relationships, problem-solving and service quality.

Christopher Watson, PhD, IMH-E®, Founding Director – Reflective Practice Center, University of Minnesota

Deborah Ottman, M.A., Coordinator of Professional Development – Center for Early Education & Development, University of Minnesota

Level: 1 | For: Child Protection Workers, Case Managers, And Social Workers & Educators and Others Working in Schools

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS ♥

2 hours MFT CULTURAL COMPETENCY ♥

59 - Ethics on the Record

The licensure board can feel ominous and intimidating but exists to protect the public. Providers will review ethical codes and learn to navigate the process of board complaints. Cases of disciplinary action will be reviewed and discussed.

Emily Coler Hanson, LMFT, Clinical Operations Director – Ellie Mental Health

Barb Stanton, PhD, LPCC, Clinic Director – Ellie Mental Health

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS ♥

2 hours SW/MFT ETHICS ■

2 hours MFT CULTURAL COMPETENCY ♥

60 - Responding to Student Behavior: Preparing to Teach

Responding to behavior may be 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 into 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 Halpern, MA – The Blake School

Jeff Fink, MA

Level: 2 | For: Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

61 - Providing Mental Health Services to Sub-Saharan African/ Refugee Families in the United States of America

People from sub-Saharan Africa throughout the world experience certain universal mental health disorders. What differs is the nature of their symptoms and the way these disorders are expressed. Providers need to see mental health disorders through the eyes of an African cultural perspective. The presentation will provide insights into the unique challenges faced in accessing mental health services, and the cultural factors that can influence their attitudes toward mental health.

Tolulope Ola, PhD; MPH, – Restoration for All Inc.

Richard Oni, Ph.D., – Progressive Individual Resources Inc.

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours MFT CULTURAL COMPETENCY ♥

62 - Educating Children about Death, Grief and Loss: Teachable Moments and Formal Education

Death is something that will happen to everyone, and yet it is a taboo subject for many people, especially as a discussion topic for children. Most parents and teachers agree that children need to be educated about death, but adults often feel ill-prepared to do it. This presentation will explore ways that adults can teach children about death and grief.

Kathryn Markell, PhD, Dr. – Anoka-Ramsey Community College

Marc Markell, PhD, CT, Professor Emeritus – Edgewood College, Worsham College of Mortuary Science

Level: 1 | For: Educators and Others Working in Schools & Parents and Caregivers

63A & B (1 workshop period)

63A- "How do I Support Transgender Youth?": Language, Care, and Current Events

In this workshop we will cover foundational knowledge relating to transgender, nonbinary, and gender expansive youth. First, we will learn and practice proper language usage. Next, we will discuss gender-affirming care and best practices for working with queer and trans youth. Finally, we will cover current events affecting our clients and the mental health field as a whole.

Maia Pruim, – Reclaim (Graduate Clinical Intern)

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals

63B- Affirming Mental Health Treatment for Queer and Trans Youth and Transition Age Youth

Reclaim has been a leader in providing specialized treatment for Queer and Trans youth and young adults in MN for 15 years. We use a strength based, feminist and multicultural lens in our work to support healing in the face of recovery from MH impacts of oppression. Learn about our unique approach to intersectional identity development and healing justice work.

Caitlin Baldwin, MBA, MSW, LICSW, clinical Director – Reclaim

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS ♥

2 hours MFT CULTURAL COMPETENCY ♥

Session 7

Concurrent Workshops 64 – 73 | 1:15 – 2:45 pm

64 – Connecting Indigenous Youth with Cultural Resilience

This training will help providers incorporate Indigenous culture into their work with Indigenous youth. Attendees will develop confidence to create culturally inclusive programming and encourage supportive dialogue. Attendees will learn how to draw on Indigenous tradition and culture to better support young people of various tribal connections through tools and activity examples.

Anne LaFrinier-Ritchie, Safe Harbor Regional Navigator – Someplace Safe

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

65 – Increasing Adoption Competency in our Schools

Together adoption scholarship, current school practice, and adult adoptee testimonials establish the need for adoption competent schools. Join for a brief overview of the history of adoption in the United States and relevant statistics for Minnesota. Through interactive conversations participants will engage with content concerning the identity development and sense of belonging for transnational and transracial/ethnic school-age adoptees.

Nasreen Fynewever, M.Ed, current PhD student – University of Minnesota

Level: 1 | For: **Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW/MFT ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥

66 – Treating Social Anxiety Disorder in Youth: An Exposure Based Approach

This presentation will broadly focus on best practices for the assessment and treatment of social anxiety disorder in youths. The program will broadly touch on the core components of treating social anxiety disorders in youth with an emphasis on formulating robust exposure exercises. The presentation will also discuss evidence-informed tips for parents on how to support their socially anxious child and how clinicians can incorporate parents into the process.

Samuel (Sam) Marzouk, Ph.D., L.P., Clinical Child Psychologist – Prometheus Psychology
Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools**

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW/MFT ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥

67 – Play Therapy and Childhood Mental Health concerns in a Medical Setting

Evidence from research shows infant and early childhood attachment and disorders are relationship specific. During this time of development, adaptive experiences, adversities and disruptions have an impact on development through a child's lifespan.

During this workshop, you will learn an overview of the science of play and a review of play therapy interventions for behavioral health clinicians working in pediatric medical settings.

M. Susan Pfau, LMFT RPT, – Lifespace

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals**

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours MFT CULTURAL COMPETENCY ♥

68 – The Neuroscience of Racism

Racism impacts our whole world, and has for as long as any of us have been alive. With the murder of George Floyd and the social uprising around it, the conversation of racism was brought further forward. The Brain Blown Podcast focused research to better understand why racism is so prevalent and violent, and what we can do to change it on a scientific level.

Laine Mohnkern, LICSW, Consultant – Brain Blown Podcast

Cherys Austin, LSC, – Brain Blown Podcast
Level: 2 | For: **Corrections Personnel & Health Care Professionals**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours MFT CULTURAL COMPETENCY ♥

69 – Sources of Strength: Promoting Peer Leaders to Model Well-being

Sources of Strength is a suicide prevention program that boosts resilience and builds protective factors in the lives of young people. Peer Leaders collaborate with Adult Advisors to organize initiatives in their school through messaging campaigns to increase resilience-promoting behaviors. Outcomes include increased connectedness to adults, school engagement, positive perceptions of adult support, and referring a suicidal friend to an adult.

Kathryn Magnusson, Masters of Education, 6-12 grade MN Teaching License, – Wildewood Learning

Level: 1 | For: **Educators and Others Working in Schools & Health Care Professionals**

70 – The Third Bucket: Meeting the Needs of Neurodiverse Youth Boarding in Hospitals

More and more young individuals with neurodiversity, developmental delay and ACES are brought into the hospital for safety and stabilization during mental and behavioral health crises and can reside there for months. Whose job is it to care for the array of human needs of these non-medical patients while they live in the hospital awaiting placement? It actually does take a village.

Kate Hanley, BA, CCLS, – M Health Fairview Ridges Hospital

Jen Hoernke, MBA, CCLS, – M Health Fairview Ridges Hospital

Level: 2 | For: **Health Care Professionals & Child Protection Workers, Case Managers, And Social Workers**

71 – Unleashing Resilience: Empowering Student Success

Over 2 in 3 children face trauma events by age 16, including poverty, racism, loss, incarceration, or substance misuse. Before the pandemic, students silently struggled with disengagement and depression. Explore recent research on grades 5-9 students, highlighting activity-based SEL programs and teamwork's impact on student success. The presentation features dynamic team-building activities and fresh insights into trauma-informed research.

Paula Schevers-Lumelsky, Director of Education

Denzel King, Program Manager

Tim Wofford, Director of Program Operations
Level: 2 | For: **Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers**

Tuesday, April 30

72 - Helping Supervisees Use Their Self in Their Clinical Work

One goal of good supervision is to help clinicians-in-training enhance their therapeutic effectiveness. Along with other training needs, supervisors want to help their trainees provide the most ethically sound and unbiased treatment. Many supervisors are interested in helping their supervisees use their own values in a clinical setting. This workshop will define self-of-the-therapist supervision, examine the positives and potential negatives, and lay out strategies for supervisors to use immediately.

Mark Wilde, LMFT, Marriage and Family Therapist – none

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW/MFT ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥

1 hour MFT Supervision ●

73 - The Privilege of Self Care

Mental health care has long advocated for the need for self-care, but many clients don't know what this means, have inaccurate ideas of what it means, or don't have access to it altogether. This presentation will identify what self-care is and isn't, and how providers can better meet their client's needs with accessible, culturally competent recommendations.

Emily Coler Hanson, LMFT, Clinical Operations Director – Ellie Mental Health

Barb Stanton, PhD, LPCC, Clinic Director – Ellie Mental health

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW/MFT ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥



Join us for our Children's Mental Health Training Series – continuing education designed for those who work with or care for infants, children and youth. New webinars are added regularly.

Not able to join us live? No problem. Each webinar will be recorded and available for registered attendees to watch for 45 days following the live session.

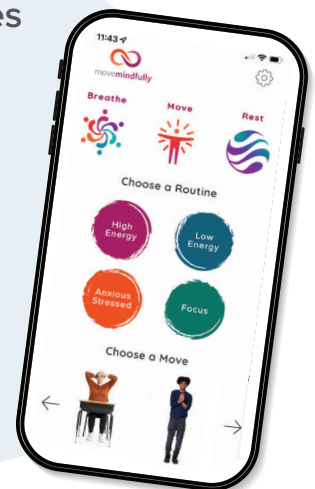
[Check out our Training Series](#)

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Featured Event

Mindful Moment with



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Keynote | 3:00 – 4:30 pm

Nurturing the Healers: Addressing the Emotional Needs of Mental Health Professionals Post-Pandemic and Beyond



In the wake of the unprecedented challenges posed by the global pandemic, mental health professionals have been on the front lines, providing crucial support to individuals navigating the complexities of mental well-being. This keynote panel (podcast) address seeks to illuminate the often overlooked emotional needs of these resilient healers who have dedicated their lives to caring for others. As we emerge from the pandemic, it is imperative to turn our attention to the emotional well-being of mental health professionals, recognizing and addressing the unique stressors they face. This keynote will explore the multifaceted dimensions of their emotional experiences and provide insights into fostering a culture of support, resilience, and self-care within the mental health community

Brandon Jones, MA, Executive Director – MACMH

Dr. Jazlynn Paige, PhD, NCSP – Founder of Paige Psychological Consulting

Liz Franklin, MSW, LICSW – Associate Director of Behavioral Health at Comunidades Latinas Unidas en Servicio (CLUES)

Level: 2 | For: **Everyone**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours MFT SUPERVISION ●

1.5 hours MFT CULTURAL COMPETENCY ♥

Brandon is the Minnesota Association for Children's Mental Health Executive Director. He has a consulting and therapy background in addressing Adverse Childhood Experiences (ACEs), Historical and Intergenerational trauma, Social/Emotional Intelligence (EQ), Leadership, and Intercultural Development Inventory (IDI). 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 2013 Bush Foundation Leadership Fellow. He lives by the motto of "Live life with Purpose on Purpose."

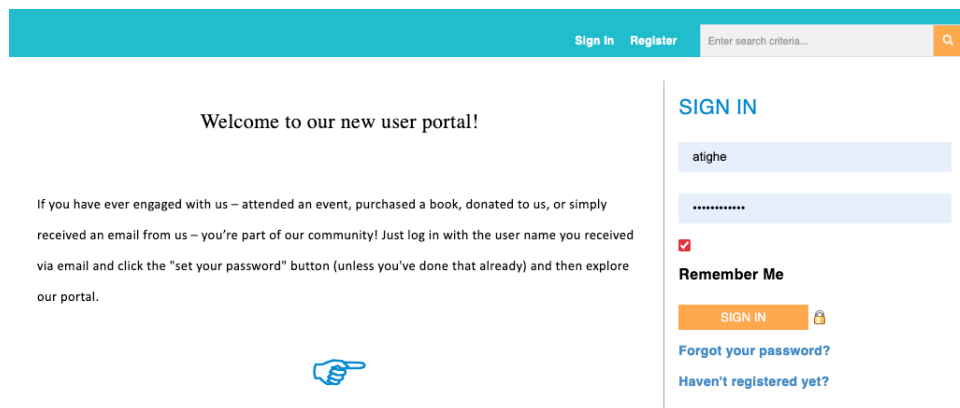
Jazlynn Paige is the founder of Paige Psychological Consulting and is a nationally certified licensed School Psychologist as well as a special education consultant for families, schools and organizations. She worked as a full time school psychologist for 6 years before starting her own business in 2019. Jazlynn contracts with school districts across MN providing a range of services including intellectual assessment, social skills, counseling and more. She also provides a range of training ranging from mental health to special education. Jazlynn loves building relationships with children and their families; she believes it is a prerequisite to the success of children during their academic journey. On her website you can purchase her affirmation card decks titled "Master Your Mindset" aimed to instill positivity and self-confidence for children and adults.

Liz Franklin is the Associate Director of Behavioral Health at Comunidades Latinas Unidas en Servicio (CLUES). Liz also teaches the Advanced Clinical Practice with Children and Adolescents course in the School of Social Work's graduate program at the University of Minnesota. Throughout her career, she has focused on working with kids and families, often in under-served communities, who have experienced complex trauma and/or symptoms of anxiety, depression, Autism, Attention-Deficit/Hyperactivity Disorder, and other learning or developmental differences. Liz is fluent in Spanish and frequently works with first, second, and subsequent generations of Latinx immigrants. Reducing barriers to inclusive, culturally responsive services through provider development has been a core part of Liz's work. Her professional experiences have demonstrated to her the importance and difficulty of navigating mental health, educational, and social service systems, and she is passionate about helping families and caregivers understand and work with the multiple systems that impact their children in a more empowered way. While working at Washburn Center for Children, Liz helped create an internal consultation group for the Spanish-speaking providers at Washburn in 2011, helped found the Twin Cities Spanish-speaking Provider Consortium in 2012, and co-developed the three-part Diversity, Inclusion, and Culturally Responsive Practice training currently offered through Washburn's Training Institute. Liz continues to facilitate the Twin Cities Spanish-speaking Provider Consortium, an interdisciplinary group of over 200 Spanish-speaking mental health providers, social service providers, medical social workers, and school social workers.

Have you tried out our new user portal? It's a location where you will be able to keep your information up to date, track your participation, and connect with others.

HOW TO LOG IN

1. Enter user.macmh.org into your preferred internet browser.
2. Click Sign In or scroll down to the sign in area
3. Been here before? Log in. First time? Click on forgot password and enter the email you received with this brochure.



The screenshot shows the user portal interface. At the top, there is a teal header with 'Sign In' and 'Register' links, and a search bar. Below the header, a teal banner reads 'Welcome to our new user portal!'. A paragraph of text explains the portal's purpose and includes a blue hand icon pointing to the sign-in area. On the right, a 'SIGN IN' section contains a username field (with 'atighe' entered), a password field (with dots), a 'Remember Me' checkbox (checked), and a 'SIGN IN' button. Below the button are links for 'Forgot your password?' and 'Haven't registered yet?'.

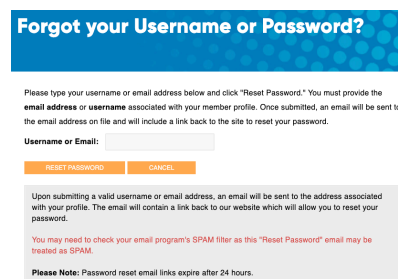
FAQ & TROUBLESHOOTING

Q. I am not receiving a response from my reset password request

A. If you've changed your email in any way or have received emails from us at any other email address please reach out to us, we may have your account linked to another email account.

Q. I can't get in because my membership has expired?

A. Choose free list subscriber or training & event attendee membership type after clicking renew. These are free memberships.



The screenshot shows a form titled 'Forgot your Username or Password?'. It includes instructions to type a username or email address and click 'Reset Password'. Below the instructions is a text input field labeled 'Username or Email:'. Underneath the input field are two buttons: 'RESET PASSWORD' and 'CANCEL'. A note states: 'Upon submitting a valid username or email address, an email will be sent to the address associated with your profile. The email will contain a link back to our website which will allow you to reset your password.' Another note says: 'You may need to check your email program's SPAM filter as this "Reset Password" email may be treated as SPAM.' At the bottom, a 'Please Note' states: 'Password reset email links expire after 24 hours.'

[Sign in to our User Portal](#)

Register Now

HOW TO REGISTER

We are using a new registration system. Please connect with us at 651-644-7333 or info@macmh.org if you experience issues while registering.

Child & Adolescent Mental Health Conference April 28 - 30, 2024 | Registration

1. Scroll down the page.
If you know your user information sign in first.

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

To register for the conference: Log in to your account. (If you do not have an account yet, please continue to registration below the member banner). Scroll down and enter information in the "attendee type" (days attending) and "attendee info" (your contact information) and "attendee selections" (choose your ticket type, workshops and lunches) tabs.

Are you a Member?

If you are a member, please [sign in](#) or consider [registering](#) before proceeding.

- Attendee Type Attendee Info Attendee Selections
- Please select one of the following
- ☒ A. 1 Day | 7 CEH: Sunday Apr. 28
 - ☐ B. 1 Day | 6 CEHs: Monday, Apr. 29
 - ☐ C. 1 Day | 6 CEHs: Tuesday Apr. 30
 - ☐ D. 2 Day | 13 CEHs: Sunday & Monday
 - ☐ E. 2 Day | 12 CEHs: Monday & Tuesday
 - ☐ F. 2 Day | 13 CEHs: Sunday & Tuesday
 - ☐ G. 3 Day | 19 CEHs: Sunday, Monday, Tuesday

NEXT

4. **Attendee Info:** This is the registration information of the person attending. Scroll down to answer all required questions.

5. Click Next

Attendee Type Attendee Info Attendee Selections

Registration Information

* Required Fields

Event Name
2023 Child & Adolescent
Mental Health Conference
April 23 - 25, 2023

Your Name *

First Name Last Name

NEXT

More Actions ▾

Attendee Type Attendee Info Attendee Selections

Please select one of the following (required)

3 Day Attendee/18 CEHs for **\$429 (more)** Regularly: ~~\$429.00~~ **Early Bird Price: \$410.00**

Please select any sessions you wish to attend

Sunday Lunch (Option 1 12:15 - 1:15pm) (Option 2 11:45am - 12:15pm)		Starts	Ends
<input type="checkbox"/> Sunday Lunch: Gluten-Free		12:00 PM	12:01 PM
<input type="checkbox"/> Sunday Lunch: No Lunch		12:00 PM	12:01 PM
<input type="checkbox"/> Sunday Lunch: Standard		12:00 PM	12:01 PM

☐ Sunday Lunch: Vegetarian 12:00 PM 12:01 PM

Sunday Option 1 - Supervision 11 am - 6 pm Starts Ends

Sunday Option 2 - Session 1 | 12:15 - 1:45 pm Starts Ends

☐ Sunday - 01 - Legislative Update | Sue Abderholden 12:15 PM 1:45 PM

☐ Sunday - 02 - Supervising for Staff Wellbeing: Addressing Traumatic Stress and Work Sustainability | Angela Lewis-Demallo 12:15 PM 1:45 PM

Tuesday Session 8 | 3:00 - 4:30 pm Starts Ends

SAVE & ADD ANOTHER ATTENDEE

SAVE & FINALIZE REGISTRATION

HOW OF PAY

We are using a new registration system. Please connect with us at 651-644-7333 or info@macmh.org if you experience issues while paying.

Checkout (Step 1 of 2)

1. Scroll down the page

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

Are You a Member?

You are not currently signed in. If you are a member, please [sign in](#) before proceeding.

Please enter your address and billing information in the form below.

Recipient Information

First Name:* 1

Middle Name:

Last Name:* 1

Business Phone:

Mobile Phone:

Email Address:* info@macmh.org

Confirm Email Address:* info@macmh.org

Payment Information

Total Amount: \$410.00

Promo Code: Apply

Payment Type:

☐ Check/Money Order

☐ ACH/E-Check

☒ Credit Card

Card Type:*

Check here if the billing address is the same as the recipient information

Phone:* 651-789-3147

PO: Only Alphanumeric Characters Allowed

Additional Customer Information

Please Enter Comments Below:

[PROCEED TO CONFIRMATION](#)

In 1989, MACMH is a 501(c)(3) nonprofit whose mission is to promote positive mental health for all infants, children, adolescents and their families.

09:50 Time left to complete the page.

Location: Alabama

Postal Code: 1

Country: United States

Phone: 651-789-3147

PO:

Additional Customer Information

Qty	Product	Price
1	3 Day Attendee/18 CEHs for \$429	\$429.00
Early Bird Discount Applied		(\$19.00)
Subtotal:		\$410.00
Grand Total:		\$410.00

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[COMPLETE ORDER](#)

In 1989, MACMH is a 501(c)(3) nonprofit whose mission is to promote positive mental health for all infants, children, adolescents and their families.

[Register Now](#)



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CEHs | \$45 | On Demand
Webinar | Clinical Content



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Expires January 15, 2025 |
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Webinar | Youth Panelists



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