



MACMH's 2002 Child & Adolescent Mental Health Conference

April 23 & 24, 2002

**DECC (Duluth Entertainment Convention Center)
Duluth, MN**

A statewide conference designed to provide parents and service providers a forum to share new information, state-of-the-art techniques and strategies that have been proven to be successful when working with children with mental health needs and their families. This is an excellent opportunity for participants to present research findings and innovations in family-centered service.

Keynote Speakers



Dr. David Satcher

Dr. David Satcher, the 16th Surgeon General of the United States, was sworn in on February 13, 1998. He also held the post of Director of the Centers for Disease Control and Prevention and Administrator of the Agency for Toxic Substances and Disease Registry. Dr. Satcher is the recipient of more than 25 honorary degrees and numerous distinguished honors including top awards from the

American Medical Association, the American College of Physicians, and the American Academy of Family Physicians. He would like to be known as the Surgeon General who listened to the American people and who responded with effective programs. As Surgeon General he issued the *Surgeon General's Call to Action to Prevent Suicide* and *Mental Health: A Report of the Surgeon General*. These landmark documents provide an overview of the public health role in promoting mental health.

Dr. Eli Newberger

Eli Newberger, M.D., author of *The Men They Will Become*, teaches at Harvard Medical School and is the founder of the Child Protection Team and Family Development Program at Children's Hospital in Boston. He is a pediatrician and the author of many influential works on child abuse. A leading figure in the movement to improve the protection and care of children, he is renowned for his ability to bring together good sense and science on the main issues of family life. Dr. Newberger's presentation will address *Transformations in the American Family and Children's Character*.



Pre-conference: Monday, April 22

Advanced Training Symposium

This pre-conference day is hosted by the MN Dept. of Human Services (DHS). Advanced training for Parent Leaders and Case Managers will be offered in two separate tracks.

Advanced Parent Leadership

Vera Pina* and Carolyn Nava from the Federation of Families will bring their top-notch training, previously only available on a national level, to Minnesota. Attendees of the Parent Leadership Summit 2000, and all of Minnesota's parent leaders are strongly encouraged to participate. This exciting learning opportunity will strengthen your leadership skills for helping other families and improving the children's mental health system of care.

Parents, if you fit the criteria of a parent leader (see below), you may register for this training on the MACMH registration form on page 10 of this brochure. This is a free training, and a limited number of scholarships are available to assist with hotel and child-care expenses. Call the MACMH office for scholarship information at 651-644-7333 or 1-800-528-4511. Space is limited.

Parent Leader Criteria

A parent of a child with a mental health disorder who is contributing to the improvement of the children's mental health system of care. This effort goes beyond the care and needs of the parent's own child and family, and more broadly benefits other families who are struggling to raise a child with a mental health disorder.

Case Manager Training

This training will focus on the most critical skills needed by all children's mental health case managers: effectively communicating, advocating, and networking within multiple systems of care. More information, including registration forms, have been sent out to every county -- please check with the _____ at your county's Social Services Agency; or you may call John Marino of DHS at 651-297-5242. Cost is \$25.00 and training is from 10:00am - 4:30pm for case managers on this pre-conference day. Case managers attending the MACMH Conference must register separately on MACMH's registration form.

Helping One Another

At the end of the day, both parent leaders and case managers will use knowledge and cooperation to facilitate the process of working together to improve the children's mental health system of care.

*Vera Pina will also be presenting an Introduction to Parent Leadership (workshop #13) at MACMH's Conference

SCHEDULE

PRE-CONFERENCE

Monday, April 22

Advanced Parent Leadership
8:00- 9:00.....Registration
9:00-12:00Training
12:00 -1:00.....Lunch
1:00- 3:15.....Training
3:15- 3:30Break
3:30- 4:30.....Training

MACMH CONFERENCE

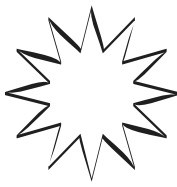
Tuesday, April 23

7:30- 8:50Registration
8:50- 9:00.....Welcome
9:00- 9:20.....Poster Contest Awards
9:20- 10:20.....Keynote
10:20-10:35Break
10:35-12:35.....Workshops 1-12
12:35-1:30.....Lunch
1:30- 3:00.....Workshops 13-24
3:00- 3:10Break
3:10- 4:40.....Workshops 25-36

MACMH CONFERENCE

Wednesday, April 24

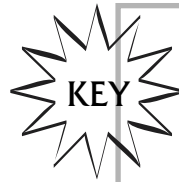
7:30- 8:50.....Registration
8:50-10:00 .Announcements/Keynote
10:00-10:15.....Book Signing/Break
10:15-12:00.....Workshops 37-48
12:00-1:00.....Lunch
1:00- 2:30.....Workshops 49-60
2:30- 2:40Break
2:40- 4:10Workshops 61-72



Keynote Speaker

9:20 - 10:20

Dr. David Satcher



Technical Levels

Introductory	Intro/Inter	Intermediate
Inter/Adv	Advanced	Any level

Target Audience

Professional	Parent	Open
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I. Tuesday 10:35 - 12:35

Concurrent Workshops 1 - 12

1 Families of Immigrants

Manijeh Daneshpour —PhD, LMFT, Coord., Marriage and Family Prog., St. Cloud State Univ.

Important considerations when working with immigrant and refugee families are their multiple losses including homeland, significant family members, social status, cultural possessions, and other meaningful sources of identity and validation. This presentation will discuss these issues and offer clinical strategies and interventions.

2 ABC's of GLBT: School-Based Services for Gay, Lesbian, Bisexual and Transgender Youth and Families

Lauri Appelbaum —Coord. Out4Good, Mpls. Public Schools
This interactive workshop will present GLBT youth and families from a new perspective. Resilience factors will be examined, as well as information on coming out, being out, how this impacts youth development, family systems, schools and communities, and the need for responsive services for GLBT youth and families.

3 Group Work with Abusive Adolescents: Ending the Intergenerational Cycle of Domestic Abuse

Diane L. Davis —MA, LP, Dir. of Therapy, Domestic Abuse Project, Mpls.
The speaker will focus on the basics and advantages of group work with abusive adolescents. She will discuss the necessity of grounding oneself in theory, and provide an overview of a 14-week program and its goals.

4 Healing the Hurt: Children and Grief

Roxann Storms —MS, LSW, Coord., & Emilee Coffey —Life Transitions Services, Catholic Charities, St. Cloud
The most important factor in how children react to loss is the response of concerned adults. This session will explain how to build "helping-healing" relationships with grieving children, typical grief expression for developmental stages, how to talk with children about death and activities to help children express grief.

5 Evaluation & Treatment of Bipolar Disorder from Age 3-83...Continuing Developments

Larry F. Dailey —MD, Child/Adolescent/Adult Psychiatry, Hennepin Co. Medical Center, Mpls.
Attendees will learn about the diagnosis of Bipolar Disorder from early ages on. The diagnosis in children is not difficult to make. Learn how to distinguish from ADHD, up-to-date information about medication, and emerging legal considerations.

6 Why Should You Care About FAS?

Amy Olson-Treptow —MS, FAS Community Prevention Specialist, Fetal Alcohol Syndrome Consortium, Mankato; & Joyce A. Holl —MA, Executive Dir., MN Organization on Fetal Alcohol, StP.
It may be surprising to learn what a difference an FAS/FAE diagnosis can make for a child as well as what a difference prevention efforts can make on society! Also learn common misconceptions, and characteristics of FAS/FAE in the absence of a diagnosis.

7 A Vision for Children's Mental Health: Parents and Professionals Working Together

Jenny Tobin, Lori K. Bakker, Cathy Ferrazzo, Therese Gilbertson, & Lucy Hollingshead —Parents, Washington Co. Children's Mental Health Collab. Parent Advisory Group

Parents from Washington Co. will present a skit called "Who Wants to be a Parent of an SED Child?" and explain how their Collaborative is training parents in advocacy and leadership skills. They will also tell how Placement Teams and their community have partnered to meet the needs of children and their families.

8 Adopting a Public Health Approach to Children's Mental Health

William Dikel —MD, Consulting Child Psychiatrist, St. Louis Park
This seminar provides a blueprint for a public health approach to children's mental health issues. It will describe professional roles, coordination strategies, legal liability, data privacy, outcome analysis and potential funding stream issues in a cost-effective public health model of service integration and early intervention strategies.

9 Fire Up! Battle Burnout by Rekindling the Flame: the Process of Appreciative Inquiry

Julie Tilsen —MA, LP, President, 2 Stories, PLC, Mpls.
By the time professionals yell "burnout!" they often have a distorted view of their work and themselves. The process of appreciative questioning will help participants reclaim their purpose, discover when they are at their best, what others most value about them, and what it is that can keep them going.

10 Creating a Therapeutic Preschool

Diane Foy —MEd, LP, Psychologist, Scott Co. Mental Health Ctr; & Lisa Rapke —LSW, Carver Co. Social Services
This presentation will outline a therapeutic summer preschool called Social Butterflies designed and implemented in two counties. Participants will learn how to create a therapeutic environment, teach social skills, encourage positive behaviors, resolve conflict within the classroom, and involve parents.

11 What Is All This Sensory Processing Mumbo Jumbo?

Moria Malat Gallagher -Occupational Therapist; & Cheryl A. Loesch —Parent, Maplewood
This presentation will guide you through the complicated maze of sensory processing dysfunction. A parent/professional team will present a case scenario of diagnosis, treatment, and follow up. Included will be strategies to ensure an individual's optimal functioning, and a videotape of how families cope with this unique condition.

12 Nature in Counseling and Therapy

Linda Nebbe —PhD, CADC, LMHC, Assistant Professor of Counseling Education, Drake Univ., Des Moines, IA
Treatment programs that include nature and animals are gaining in popularity. Although attractive, such programs done poorly can cause more harm than good. Explore the rationale for this adjunct therapy, discover how to manage risks, and experience the application through video and experiential activities.

Tuesday

II. Tuesday 1:30 – 3:00

Concurrent Workshops 13 - 24

13 Introduction to Parent Leadership

Vera Pina —National Consultant, Wraparound Milwaukee

The difficult journey that is made by a parent of a child with a mental health disorder leaves him/her with unique insight into raising these special children. This session will show parents how they can use their exclusive knowledge to improve the children's mental health systems of care.

14 IIP-Coordinating Services for Children and Youth With Disabilities

Cindy Shevlin-Woodcock —Special Ed. Prog. Consultant; Sue Benolken —MN Dept. of Human Services; & Lola Jahnke —MN Dept. of Health

Presenters will preview the Individualized Interagency Prevention Plan (IIP) and the MN System of Interagency Coordination, a coordinated system of planning and service delivery for ages Birth-21. Included will be a discussion about implementation and the role of local mental health services, parents and others, as well as time for questions.

15 Mental Health Issues in the Educational System: A Lawyer's Viewpoint*

Laura Tubbs Booth —JD, Rider, Bennett, Egan & Arundel, LLP, Mpls.

The presenter is an attorney who represents several MN school districts. Participants will do a brief self-assessment before she reviews the legal requirements of IDEA. She will also cover state law and the new E/BD criteria, summarize some real MN cases to discuss "gray areas" in the law, and include an opportunity to ask questions.

* For another perspective see workshop #26

16 The Impact of Mood Disorders in Children / Adolescents on Family

Anthi Menzel & Kathy Bensend —Cofounders, & Gretchen Collins —

MA, LP, Facilitator, Parents Helping Parents; Char Myklebust — PsyD, Supervisor, Mental Health Services & Paul Sterlacci —MA, LP, Mental Health Coordinator, District 287, St. Louis Park

This session will discuss the issues that families have to face when a child has a mood disorder: diagnosis, symptomology, treatment, school, community response, and other challenges inherent in the journey to wellness and acceptance. Audience input invited.

17 Girls: Reframing Risk, Increasing Options

C'ana Petrich —Planner for Juvenile Females, MN Dept. of Corrections

Learn how to tap into the strengths of girls who are considered "at risk" and assist them in developing lifelong skills to make healthy choices. We will cover "reframing resistance," seeing problem behaviors as survival skills, developmental information, and practical applications.

18 Queer Youth/Supportive Allies: A Youth Panel

Shirley Duke —Prog. Coord., Andy Olson & Anna Hartshorn —participants, Together for Youth, Lutheran Social Services, Duluth

The coordinator will introduce the LSS's social and support group for gay, lesbian, bisexual and transgender teens and those questioning their sexual orientation. Teens present their own stories, a dramatic reading that gives historical context, suggestions about how to be supportive, a slideshow, and will answer audience questions.

19 Understanding the Body, Mind, and Spirit of an Abused Child

Sandy Thibault —President, & Dr. Ken Olson —Selma's Spirit,

Savage

This workshop will give an understanding of the physical, emotional and spiritual impact of child abuse, and show how abused children can be helped to imagine healthy possibilities for their lives. Participants will leave with practical tools for demonstrating acceptance and care, encouraging hope, and honoring the intrinsic worth of the abused child.

20 Art Therapy: Assessment and Intervention in Child/Adolescent Day Treatment

Craig Balfany —MPS, Registered Art Therapist, Fairview Univ.

Medical Ctr., Mpls.

Art therapy has proven to be an effective treatment modality in child/adolescent day therapy programs and can be utilized in many treatment and educational settings. This presentation will outline how the art therapy assessment, tools and techniques are used to facilitate positive outcomes.

21 25 Years as a Day Treatment Provider: What We Have Learned

Don May —Dir., LifeSpan Behavioral Health Services, Inc., Eagan;

Traci Hackmann —Dir., Youth Transition Prog.; & Jill Buckingham

—Dir., Family Centered Youth Services

YTP, created in 1977, is a community based alternative to residential placement of youth with mental health issues. A second program (FCYS) was added in 1982. Presenters will discuss the philosophy, structure, funding and outcomes of the programs; evolving issues in day treatment; and issues for the future.

22 Promoting the Parent-Infant Relationship from Pregnancy to Preschool

Jillayn Lindahl, Marian Keuhn & Joann O'Leary —Ramsey Co.

Public Health, StP.

Presenters will discuss a pilot program using in-home visits to support psychosocially at-risk families, with outcomes that show increased bonding and less maternal depression. Tools and training materials will be presented, and support of siblings will also be discussed.

23 The Rise of the McTherapies: a Critical View of the "Power Therapies"

David Swenson —PhD, LP, College of St. Scholastica, Duluth

This session critically examines the proliferation and claims of over 30 increasingly popular "power therapies" used for a variety of mental health problems. The reasons for their popularity, explanation of their assumptions, risks and problems in their use, and questions for parents and professionals to ask promoters are covered.

24 Building Bridges: University Research Supporting Local Communities

Joan Sykora —MSW, PhD, Public Ed. Coord., & Jess Seibenbrune —

Children, Youth and Family Consortium, Univ. of MN, Mpls.; &

Mary Sue Hansen —MA, Suburban Ramsey Family Collab.

See actual results from a collaborative, research-based effort at supporting system change. Presenters will show materials their organizations developed jointly, covering youth needs and recommendations for those involved in early childhood. Presenters will explain the collaboration involved and how their project products can be used in other communities.



Technical Levels

Introductory Intro/Inter Intermediate
 Inter/Adv Advanced Any level

Target Audience

Professional Parent Open



Tuesday

4 Discover the Possibilities: Child & Adolescent Mental Health



III. Tuesday 3:10 – 4:40

Concurrent Workshops 25 - 36

25 Understanding the New Criteria for E/BD (Emotional/Behavioral Disorder)



  Charlotte Ryan —PhD, E/BD Consultant, MN Dept. of Children, Families & Learning, Roseville
Eligibility criteria for several special education categories have been changed over the past year. The presenter will explain the new criteria for E/BD and how the changes will impact children at risk or with a mental health diagnosis.

26 Mental Health Issues in the Education System: Another Perspective*



  Amy Goetz —JD, Center for Education Law, LTD, StP; Jan Ostrom —MS, LP, Brih Design, LLC, Mpls.
Goetz is an attorney in the area of education law, who represents students and their families fighting for access to services. She will discuss the need for and availability of mental health services to children in public schools, including information on IDEA, and state law. Ostrom specializes in behavior change and will cover Functional Behavior Assessments and positive behavior interventions.

* For another lawyer's perspective see workshop #15



27 Advocacy Skills for Parents and Students

  Nicolle Tunheim Hren —Special Education Teacher, StP.
This session will show parents how to be strong advocates for their children, and how to teach their children to advocate for themselves. As a learning disabled student herself, the presenter found that being a self-advocate was very important to her success.



28 You Can Change the System — Through your Local Advisory Council

  Michael Stetzler —Local Advisory Council (LAC) Liaison, MN Department of Human Services, StP; & LAC members
Find out how to help change the system through your local mental health advisory council, a group of parents, consumers, former consumers, providers, and other interested people who advise the county board and other policy makers on how to improve mental health services.



29 Culturally Competent Care with a Native American Perspective

  Philip St. John —Cultural Case Coord., Fairview/University Behavioral Services Mpls.
This session will highlight Fairview's Cultural Services Program that considers a child's self-identified cultural, ethnic and social factors along with physical and psychological. Cultural liaisons consider themselves "translators" who help patients and staff understand each other. St. John will also describe working toward "tribally appropriate care" and involving communities in developing programs and policies.



30 Your Adolescent Diversion Program

  Derrick E. Crim —Clinical Training Specialist, Hazelden Foundation, Center City
This session will offer participants strategies and tools to provide effective programming for adolescents who are in community diversion programs. Topics covered will be the theory behind diversion, strategies for effective parent/family involvement, and keys to reducing recidivism rates.



31 Project SUCCEED and the PECFAS Screener: Promoting Positive Mental Health in Early Childhood

  Sara Carlson —Coord. Project SUCCEED; & Toni Brasness— Collaborative Coord., PACT4Families Collab., Willmar
PACT4Families, a rural children's mental health and family services collaborative, has piloted an innovative early childhood mental health screener. Screener statistics helped secure funding for an early childhood intervention/prevention program, Project SUCCEED. Discussion will center on the screener and Project SUCCEED efforts.



32 Emotions: The Building Blocks of Identity

  Amy J. Donnan —MA, LP, Head Start Consultant, Language of the Heart, Hibbing
This workshop will cover information about emotional development and its healing stages. Experiential exercises, research on emotions, and case studies will be used to demonstrate the importance of emotional expression and how an assessment of emotional functioning can be made in young children.



33 Freeing Our Families from Perfectionism

  Thomas S. Greenspan —Ph.D., LP, LMFT, Greenspan Associates, P.A., Mpls.
Overcoming perfectionism involves more than just cognitive and behavioral interventions. After describing perfectionism and its origins, the presenter will suggest specific guidelines, based on his recent book, which can be useful for parents as well as for professionals working with families in moving beyond perfectionism.



34 Biofeedback as a Therapy Tool

  Kathy Samilo —MA, LP, Therapist; & Paul Meunier —MA, Central Ctr for Family Resources
This presentation will address the use of peripheral biofeedback in treating children and adolescents with anger management issues, anxiety problems, and impulse control concerns. The presenters have been using biofeedback in a day treatment facility and in an outpatient mental health setting. Demonstrations will be available for volunteers.

35 Self-Care for Mental Health Professionals

  Mary Z. McGrath —PhD, Reflections Resources, Ltd.
Through an interactive lecture format, participants will be encouraged to identify areas of challenge and growth in their professional lives. They will name job stressors, develop a personally effective self-care plan, and list action steps for immediate application. Handouts included.

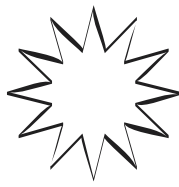
36 Growing Up with Bipolar

  Thomas M. Latimer —LICSW, Aslan Institute, P.A., Eagan; & Joe Petrie —Dir., CHANCE, Mpls.
Tom and Joe will present Joe's life as a recent high school graduate diagnosed at age 9 with bipolar. Joe will share his insights, frustrations and accomplishments, plus the impact of CHANCE, a game night for children with mental illness, their siblings and friends. Tom, who is Joe's in-home therapist, will add his perceptions.

POSTER SESSION

A unique opportunity to speak one on one with presenters, gather material and information, and connect with other conference attendees, while enjoying refreshments and hors d'oeuvres.

- 1 Changing Behavior Through the Art of Making Movies**
Linda Flanders -Educational Dir., Taproot, Inc., Bay City, WI
- 2 A Small Group Approach to the Social-Emotional Needs of Middle Level Students**
Cheryl Markowitz -Dir. & others, Concordia Creative Learning Charter Academy StP
- 3 Gender Discrimination: Making Schools Safe for Gay, Lesbian, bisexual and Transgender Students and Staff**
Laura Tubbs Booth -JD, Rider, Bennett, Egan & Arundel, LLP, Mpls.
- 4 Culturally Consonant Treatment of Adolescent Substance Abuse Among Native Hawaiians**
Carole E. Wright -MA, LMFT Prog. Dir., & others, Substance Abuse & Resid. Treatment, Maui Youth & Family Serv., Paia, HA
- 5 Getting Everybody on the Same Page: Reducing Conflict Among Agencies and Providers**
Bruce H. Miles, EdD -Researcher, Big River Group, St. Cloud
- 6 Building Youth Resiliency Through Puppetry**
Barb Lamson -Prevention & Health Communities Network Coord. & others, Region 9 Development Commission, Mankato
- 7 The Mental Health Bookshelf: An Opinionated Bibliography**
Cynthia B. Moore & Mary Andrews -MN Parent Leadership Network, StP
- 8 FAQ(Frequently Asked Questions): Waivers for Children's Mental Health**
Kerry Udvig -MA Specialist, Children's Mental Health Div., MN Dept of Human Services, StP
- 9 Community Awareness: A Parent Mobilization Project**
Nancy Petrie & others -Parent Mobilization, NW Hennepin Co.
- 10 Cops & Counselors in the High School**
Dr. Ane K. Fitzgerald, LMFT -Guidance Counselor, Glencoe-Silver Lake High School; Officer: Wyatt L. Bienfang -Glencoe Police Dept.
- 11 Temper Tamers: an 8-Session Anger Management Pull-Out Program**
Kathryn Pearson -MS, LP, Braham Elem. School, Braham, MN
- 12 Adolescent School Groups**
Cindy Hommer -LGSW, Therapist, Volunteers of America Mental Health Clinics, Anoka
- 13 Introducing the Parent Leadership Network**
Advisory Committee and Coord., Parent Leadership Network, StP.
- 14 I've Got Character**
Marlys Dickmeyer -Pres., & Tricia Haynes - Visions Expressed, Inc., Burnsville



Keynote Speaker

9:00 - 10:00

Dr. Eli Newberger

IV. Wednesday 10:15 – 12:00

Concurrent Workshops 37 - 48

37 ADHD: Misdiagnosed, Mistreated, Misunderstood

Gary Johnson —Ph., DLP, LMFT, Clinical Dir., Clinic for Attention, Learning, and Memory, Loring Family Clinic, Mpls.

This workshop will review recent research on diagnosis and treatment of ADHD including altropane, OPTAX, and neurocognitive training. The speaker will identify six areas of the brain affected by ADHD and the most advanced treatment for each brain sub-type.

38 Fetal Alcohol: Working with Kids Who May Have It

Lynne Frigaard —Administrator and Fetal Alcohol Specialist, Arc Northland, Duluth

Children and adolescents with Fetal Alcohol Syndrome or Effects present us with some unique challenges. This dynamic, interactive workshop will provide participants with practical strategies for working with individuals who have or may have FAS/FAE and is especially relevant for those who provide services.

39 Helping Families When Their Child or Teen has Bipolar Disorder

John W. Seymour —PhD, LMFT, Assistant Professor, Counseling and Student Personnel, MN State Univ., Mankato

Families who have a child or adolescent with bipolar disorder can benefit from practical applications of current research findings in diagnosis, medical management, and psycho-therapeutic treatment. Coping strategies will be illustrated with examples. Suggested resources will be provided.

40 When a Child Needs Help: Recognizing, Differentiating and Treating Childhood Disorders

Mary Casey Hvistendahl —MA, LP, Associates in Psychiatry & Psychology, PA, Faribault

Participants will increase their awareness of common childhood stressors and specific disorders that have similar or overlapping symptoms. Information will cover several common childhood mental health diagnoses, along with related characteristics of Learning Disabilities, Pervasive Developmental Disorder, and Autism.

41 Family Sculpture: Using the Kvebæk Sculpture Technique with Individual Clients and with Families

Julie Thorsheim —MSW, ACSW, DCSW, LICSW, KST Associates, Northfield

KST engages visual, tactile and kinesthetic senses by using hardwood figures to represent family members and other significant persons. This technique adds value to most theoretical approaches, assists the professional to rapidly establish a connection with oppositional clients, and has multi-cultural appeal. Opportunity for hands-on experience will be included.

42 Working with Children of Battered Women

Naomi Kahn —MSW, LGSW, Children's Therapy Supervisor, Domestic Abuse Project, Mpls.

This presentation discusses how children are impacted by family violence. It will include an overview of a 10-week group program for child witnesses aged 4-teens impacted by domestic violence, as well as case studies, small group discussions, and experiential exercises.

43 Providing Culturally Competent Mental Health Care to Abused Gay, Lesbian, Bisexual and Transgender Youth

Caitlin Baldwin —Prog. Coord., GLBT-Kids: Abuse Intervention Network; Maureen Ulbee —MS, MSW, LICSW & Doug Petrie, MA, Family Children's Service, Mpls.

This workshop will focus on the relationship between identity development for GLBT youth and child abuse. It will identify techniques and models that address specific mental health concerns that may come into play when working with GLBT youth.

44 School Support Groups for Traumatized Refugee Students: A Model

Mirjana Bijelic —MS, MN Schools Project Coord.;& Linda Nielsen —MSW, Coord., Child Survivor Project, Ctr. for the Victims of Torture, Mpls

A school-based psych-educational group model will be outlined, including goals, group activities, and special considerations for facilitation. Attending to the unique needs of the youth, handling disclosed trauma experiences, and normalizing trauma reactions will be covered using short presentations, discussions, and small group exercises.

45 Beyond Behavior Management: Toward a Deeper Understanding of Emotionally Fragile Preschool Children — Classroom Implications

Scott Harman —MSW, Dir. of Mental Health Services, Jane Perry & Jane Bowers, former and current teachers, St. David's Child

This workshop will offer a relationship-based framework for working with behaviorally challenging preschool-aged children. The presenters will explore factors that contribute to a child's behaviors, and reflect upon opportunities for classroom-based interventions.

46 Mental Health in the Educational System

Sara Winter & Marikay Canoga Litzau — JD, Due Process Specialists, MN Dept. of Children, Families & Learning, Roseville

This presentation will include an overview of the legal issues facing students with mental health needs. Included will be a summary of state and federal laws, including recent MN Statutory and Rule changes.

47 Transition & Juvenile Justice: Meeting the Educational Needs of a Challenging Population

Lillie Garfinkel —Assistant Dir., National Ctr. on Education, Disability & Juvenile Justice -Coord., Juvenile Justice Project; Renelle Nelson & Judy Moses —PACER Ctr., Bloomington

This workshop will provide information on young adults with disabilities and the juvenile justice system, including a description of the young adults at risk, crimes associated with disability types, mandated services, and community responses.

48 Wraparound 101: The Basic Philosophy

Rhonda Nietfeld —LSW, Wraparound Coord. & Patty Butler —MS, Parent Involvement Coord., PACT4Families Collaborative, Willmar

Wraparound is a process (not a program) used to improve the lives of children and families with complex needs. This parent-professional interactive session will illustrate the eleven values used in wrap-around to demonstrate how this common-sense process is beneficial for communities and successful for families.

Wednesday

6 Discover the Possibilities: Child & Adolescent Mental Health

V. Wednesday 1:00 – 2:30

Concurrent Workshops 49 - 60

49 Building Character in Boys and girls: What Parents and Teachers Need to Know

Eli Neuberger —MD, Author, Professor, Harvard Medical School

From his research and practice the presenter has derived a philosophy that focuses on the strength and resilience of parent-child relationships and a practice oriented to compassion and understanding, rather than blame and punishment.

50 Cultural Competence in Health Care and Education

David B. Hunt —JD, President and CEO, Critical Measures (a subsidiary of Ryder, Bennett, Egan & Arundel Law Firm), Mpls.

The speaker will cover the rapid changes in demographics; the crisis of bias in special education and proposed solutions; and the legal and social implications of bias in mental health care. He will also review new cultural competence standards in health care developed after the Surgeon General's report on this topic.

51 Immigration - An Early Intervention Approach

Sue Esterbrooks —MA, LSW & Dora Robinson —St. David's Child Development & Family Services, Minnetonka

The speakers will describe a relationship-based model that helped immigrant families in adjusting to American society through partnerships with community agencies that provide them services. They will also discuss issues that immigrant families face and effective ways to work with them.

52 When Abused or Neglected Children Become Parents: Clinical Issues & Case Examples

Carol F. Siegel —PhD, Clinical Dir., Infant/Toddler & Family Focused Prog., Washburn Child Guidance Ctr., Mpls.

The presenters will discuss clinical issues observed through work with parents who are struggling not to repeat their own past abuse/neglect, including absence of internal norms, conflict around protectiveness, difficulty with boundaries and identification, and misinterpretation of normal developmental behavior.

53 Powerful Parents

Cynthia Packer —LICSW, Initial Response Team, Ramsey Co. Children's Mental Health Collab and Wilder Child Guidance Clinic; Donna Gillen —Coord., & parent members -Ramsey Co. Parent-to-Parent, St. Paul

No one truly understands the experience of parenting of a child with serious emotional and behavioral challenges like a parent who has already "been there." Parent participants join staff to discuss Ramsey Co. Parent-to-Parent program that connects parents in one-to-one mentoring relationships.

54 Teaching Adolescents IEP Self-Management

Robyn M. Spencer —Beck —MS, E/BD Teacher, YES Prog., Hudson School Dist., Hudson, W

This workshop discusses a curriculum that works as a tool for behavior management, giving youth the opportunity to explore themselves as they become active learners and participants in the development of their individual education plans. It will also supply more effective ways for youth to communicate their interests, desires, needs and rights.

55 Top Ten Tips for Parents: Advocates View

Barb Sorum & Cindy Klossner —Advocates, MN Assoc. for Children's Mental Health, StP.

The presenters, longtime educational advocates, will share their "top ten" list of ideas for parents, including classroom accommodations, placements and frequently asked questions.

56 The Strange and Wonderful World of Asperger's Syndrome

Susan Jenkins, MD, Child & Adolescent Psychiatrist, Associates 2000, PA, Rochester

The presenter, having first-hand experience working with children and adolescents with Asperger's Syndrome, will begin with case vignettes and detailed diagnostic criteria. She will also review diagnostic test instruments, introduce some basic treatment concepts, and include time for questions.

57 Understanding the Biochemistry of Medication Use in Children

Jonathan Jensen, M.D., Univ. of MN, Dept. of Psychiatry, Child & Adolescent Division

The presenter will begin by describing the organization of brain systems, and the understanding of how a biochemical imbalance disrupts the functioning of these systems, causing clinical symptoms. An approach of medication intervention to make these systems function more normally will then be discussed, including time for questions.

58 Diagnostic Interview Schedule for Children: A 21st Century Screening Tool

Dan M. Aune — LICSW, Prairie at St. John's, Fargo, ND

The Voice-DISC is a state-of-the-art computer tool used to engage children ages 9-18 in the screening for mental illness. The presentations offers a demonstration, supportive data, a community-based project profile, in addition to a Power Point presentation with research-based data and graphics.

59 Children's Emergency Assessment System: A Model for Service Delivery

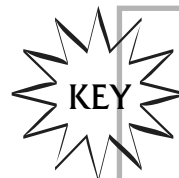
L. Read Sulik —MD, Medical Dir., Child & Adolescent Psychiatry, St. Cloud Hospital; & Joan Collins-Marotte —MS, LP, Caritas Family Services, St. Cloud

This system, a coalition of 12 separate agencies committed to providing a system of psychiatric triage and immediate emergency mental health assessment to children and adolescents in a five county area, will be reviewed. Data will also be presented from the Mental Health Crisis Triage Assessment System, a project of the Stearns Co. Family Collaborative.

60 User-Friendly Research from 2 Minnesota Counties: Measuring Services, Collaboration, & the Condition of Children

Bruce H. Miles —EdD, Researcher, Big River Group, St. Cloud

This session will detail efforts of two County Collaboratives within Minnesota to gather baseline data to better serve children. Participants will review all data collection tools and macro data trends from each county. Specific attention will be given to "lessons learned" and samples of data collection tools will be handed out.



Technical Levels

Introductory Intro/Inter Intermediate
Inter/Adv Advanced Any level

Target Audience

Professional Parent Open

Wednesday

VI. Wednesday 2:40 – 4:10

Concurrent Workshops 61 - 72

61 Understanding Childhood Disorders of Regulation and Trauma

Michael Harris —MA, LP, Indian Health Board, Mpls.

Participants will learn how the attachment relationship acts to regulate a child's emotional state; how early abuse or neglect (trauma) disrupts this process; how Theraplay® and Eye Movement Desensitization and Reprocessing (EMDR) work to alleviate trauma responses and dysregulation; and practical examples of Theraplay® principles.

62 Healing Arts and Group Work with Children

Joan Najbar —MSW, LICSW, Therapist and Consultant, Miller-Dwan Hospital, Duluth

This is a workshop designed for parents, teachers and social workers who use group work with elementary through junior high children. Drumming, story telling, movement and visual art is combined in an approach that can be a catalyst with children and rewarding for the adults who work with them.

63 Social Interaction Skills: an Alternative Model for Assessment and Instruction

Debra Swanson Schipper —MEd, Autism Specialist and Dir. of West

Metro Learning Connections, Minnetonka Schools, Minnetonka Children with Attention Deficit Hyperactivity Disorder, Asperger Syndrome, and other "high functioning" autism spectrum disorders tend to share a common frustration - difficulty with social communication and interactions. This session will discuss social interaction programs and the need to include developmentally designed curricula, with environmental, visual, and other sensory supports.

64 Community Based Suicide Prevention—Sharing a Successful Model

Rachel Schott —Executive Dir., & Pat Shortall, RNC —Youth Outreach Specialist, Yellow Ribbon Suicide Prevention Prog., Mankato

Addressing suicide is a must for every community. Through collaboration of key community partners, a program can be implemented in a cost effective, safe manner to provide a safety net for the community at large, especially youth.

65 Getting Your Ducks in a Row: What Parents Need to Consider Before A Child Turns 18

Cynthia Moore —parent and MACMH Advocate; & Jim Czechowicz —PASS Specialist, Social Security Admin., StP.

This workshop will assist families in the many decisions that have to be made for their child(ren) with mental health needs who are approaching adulthood. Legally, educationally and in the world of social services, major changes occur at the time of the 18th birthday. Handouts and resources will be included, as well as time for questions and discussion.

66 Project EXCEPTIONAL Minnesota: Resources for Child Care Providers

Chris Bentley —Coord. of On-site Consultation, Cindy Croft —Project EXCEPTIONAL MN; & Michelle Hahn —Healthy Childcare MN

Minnesota has been investing in various projects and systems to support children with special needs, including children with mental health needs, in childcare and school-age care settings. This presentation will highlight these projects. Sample products will be available.

67 Progress & Pitfalls in the Year of a Co-located Classroom

Kathleen Hemingway —MS, Early Childhood Supervisor & Kirsten Marsh —MA, Washburn Child Guidance Ctr, Maple Grove

Using the example of a preschool day treatment and ECSE co-located classroom, the presenters will discuss the integration of mental health and special education services. They will cover the history of the program, assessment and evaluation (including Functional Behavior Assessments), qualifying for services, and the use of IIPs, IEPs, and 504 plans.

68 Lessons Learned: Parenting Bipolar Teens from Pre-diagnosis to Prognosis

Karen Lindberg, parent, RN, MPH

The presenter is a nurse who has spent over two decades providing services to young families and troubled teens. Now on the receiving end of mental health services, this nurse and mother will share a very open account of her family's journey to provide insights and hope.

69 Family Advocacy in Children's Mental Health

Reenie Engstrom —Dir. of Family Services & Brenda Caya —MSED, ARC Northland, Duluth

Learn about ARC's Family Advocacy Program that teaches parents to be advocates for their own family as well as others. The program provides materials, connections and direction so families can take care of themselves, supporting the belief that families know what is best for them, and can best support each other.

70 Putting the Pieces Together: Accessing Help at School and in the Community for Your Child with Mental Health Needs

Renelle Nelson —Project Dir. & Debbie Carlson —Project Staff, PACER MN Statewide Family Network, Bloomington

Families whose children experience difficulty in school and the community due to mental health needs often experience isolation, feel helpless, and struggle to maintain their family unit. This presentation will give tips and tools for families to use when working with schools and mental health resources in the community.

71 Shortage of Culturally Appropriate Services

Mary Jo Avendano Bealka —MA, LAMFT, Dir. Family & Health Prog., Centro, Inc., Mpls.

Children coming from different cultures are easily misdiagnosed due to lack of cultural understanding. Latinos are creating solutions to their children's mental health care, including effective treatment systems and settings that are least restrictive and most cost-effective. The presenter will explain how this system can be implemented and why it is needed.

72 In the Trenches: Working with Delinquent Youth & Their Families

Luke Spiegelhoff —LICSW, Family Based Counseling, Inc., Bloomington

In this session, participants will learn the latest research as it relates to the formation and maintenance of delinquency and youth. Learn effective interventions (including MST therapy) with these youth and families to help them break the cycle of delinquency.



Technical Levels

Introductory Intro/Inter Intermediate
Inter/Adv Advanced Any level

Target Audience

Professional Parent Open

Wednesday

8 Discover the Possibilities: Child & Adolescent Mental Health

EXHIBITOR REGISTRATION

Registration Deadline: Monday, April 8th, 2002

Organization Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ Contact Person _____

Name of person(s) who will staff the booth _____

Description of products or services _____

Lunch Vouchers:

This year we are offering free lunch vouchers for up to 2 staff each day. Please check voucher quantity -- you must indicate number requested to receive vouchers. Tuesday, April 23: 1 2 Wednesday, April: 24 1 2

Exhibitor Packages:

• Price includes both days. • All exhibits are expected to be staffed throughout the conference. • Any food or beverages sold must be purchased through DECC, with the exception of candy or when using popcorn machines. • After sending in your registration, you will receive a confirmation letter with more exhibiting details.

(Please check choice)

- \$350 Includes: 10'W x 8'D space, 1 skirted 8' table, 2 chairs, and a hanging sign.
- \$450 Includes: 15'W x 8'D space, 1 skirted 8' table and 1 skirted 6' table, 2 chairs, and a hanging sign.
- \$195 Includes: Rate for small Nonprofits. Please call for criteria. (same package as \$350 rate above)

Enter Qualifying Criteria on line: # Staff _____ Annual Budget _____

Fill out this form and send with check or money order (payable to MACMH) for the Exhibit Package amount only* to:
MN Association for Children's Mental Health, 165 Western Avenue N., Suite 2, St. Paul, MN 55102

Direct any questions to: Lisa Wolf, Exhibit Coordinator at (651) 644-7333 Toll free 800-528-4511 or Fax (651) 644-7391

* NOTE: The package items will be automatically ordered for you. If you need additional items or services please call MACMH for an additional form, and send additional form directly to DECC

Additional Exhibitor Items or Services:

Direct any questions about these additions to your package to: Annette @ DECC Event Services 1-800-628-8385 ext 208.

- ✱ Phone service • Call Annette at DECC Event Services 1-800-628-8385 ext 208. Phone jacks are limited.
- ✱ Additional tables, chairs, or other items / Electrical service • Call MACMH 1-800-528-4511 for a double-sided order form.
- ✱ Freight Service • If you send freight, this service at DECC will deliver and remove your freight, right to and from your booth.
For order form call Annette at DECC.

Send forms and payment for these additional items only directly to DECC using address provided on the form.

MEMBERSHIP APPLICATION

By joining or renewing your membership you will be helping MACMH achieve its mission. You will receive a quarterly newsletter and discounted rates on conferences and workshops (including this conference). Please join us in helping children and adolescents with emotional / behavioral disorders and their families.

Name _____ Organization _____

I am a: Parent Teacher Nurse Psychologist Social Worker Other _____

I am: First Time Member Renewing Membership

Address _____ City _____

State _____ Zip _____ County _____

Phone (home) _____ Phone (work) _____

Yearly Membership Rate

- Individual / Family Membership \$25 (a person related to / or parenting a child with an emotional / behavioral disorder)
- Professional \$70 Association / Corporation \$250 (may send up to 3 staff to the conference at the member rate)

Mail Application with payment to: **MACMH at 165 Western Avenue, Suite 2, St. Paul, MN 55102 or Fax 651.644.7391**
Questions call: **651.644.7333 or 1.800.528.4511** • TTY / TDD contact the **Minnesota Relay Service at 651.297.5353 or 1.800.627.3529**

Preconference Registration

Parents, to register for the *Advanced Training Symposium* you must agree to the following statement.

I meet the criteria of a parent leader as stated on page 2.

Date _____

Conference Registration

Please use one form per person, duplicate as needed. Entire form must be filled out.

Call MACMH to find out your membership status or join today by filling out and mailing the membership form on the adjoining page.

Members

Non-Members

	Before 3/29	After 3/29	Before 3/29	After 3/29
Full Conference	<input type="checkbox"/> \$205.00	<input type="checkbox"/> \$220.00	<input type="checkbox"/> \$235.00	<input type="checkbox"/> \$250.00
Daily Rate	<input type="checkbox"/> \$130.00	<input type="checkbox"/> \$145.00	<input type="checkbox"/> \$140.00	<input type="checkbox"/> \$145.00

For daily rates only please check Tuesday or Wednesday

Are you planning on attending the: Parent Networking Dinner, MACMH Annual Meeting and Award Presentation (4/22, 5:30-8:30 p.m.) yes no

Name _____ Agency _____

I am a: Parent Teacher Nurse Psychologist Social Worker Other _____

I am: Attending the conference for the first time

Address _____ City _____

State _____ Zip _____ County _____

Phone (home) _____ Phone (work) _____

Mail Registration to: **MACMH at 165 Western Avenue, Suite 2, St. Paul, MN 55102**
or Fax: 651.644.7391

Questions call: 651.644.7333 or 1.800.528.4511 for TTY / TDD contact the Minnesota Relay Service at 651.297.5353 or 1.800.627.3529

Payment Policy: Checks (**Payable to MACMH**), Visa & Mastercard, Vouchers, and P.O.'s are welcome. If paying with credit card, voucher or P.O. you must include the billing address.

Refund Policy: Refund requests must be submitted before April 8, 2002. **There is a \$50.00 administrative fee on all requests for refunds.**

Visa Mastercard # _____ Exp. date _____ Amount _____

Signature _____

Please indicate Workshop Interest (*Please note you are not registering for these workshops you are indicating your interest only*)

Tuesday, April 23, 2002

10:35 - 12:35 Choose one from Workshop 1-11

Workshop # _____

1:30 - 3:00 Choose one from Workshop 12-22

Workshop # _____

3:10 - 4:40 Choose one from Workshop 23-33

Workshop # _____

Wednesday, April 24, 2002

10:15 - 12:00 Choose one from Workshop 34-44

Workshop # _____

1:00 - 2:30 Choose one from Workshop 45-55

Workshop # _____

2:40 - 4:10 Choose one from Workshop 56-66

Workshop # _____

The conference fee includes: continental breakfast, lunch, and CEU's

10 Discover the Possibilities: Child & Adolescent Mental Health

Registration Hours

Tuesday, April 23, 2002 from 7:30 - 8:50 a.m.
Wednesday, April 24, 2002 from 7:30 - 8:50 a.m.

Continuing Education Credits

The Conference is designed to meet CEU credits for many disciplines. We are currently pursuing credits for psychology, social work, education, nursing, and marriage and family. Certificates will also be available to document participation.

Cancellation Policy

Registration fees, minus a \$50.00 administrative fee, will be refunded if the cancellation is made in writing to the Minnesota Association for Children's Mental Health (MACMH) office on or before April 8, 2002. Fees are non-refundable after this date, but registration can be transferred to another person.

Accessibility

If you need a reasonable accommodation for a disability (e.g. wheelchair accessibility, interpreter, Braille, or large print materials) such accommodations can be made available upon advance request. Please contact MACMH on or before March 29, 2002.

MACMH: 651.644.7333 or 1.800.528.4511

TDD: Contact Minnesota Relay Service at 612.297.5353 or 1.800.627.3529

Exhibits

Don't miss the exciting exhibits we have at this year's conference. There will be a wide variety of exhibits on display throughout the conference.

Parent Scholarships

Parent scholarships for the MACMH conference and the DHS pre-conference can be obtained by calling MACMH. Scholarships are awarded on a first come, first serve basis. Funds are limited so call as soon as possible.

Teacher Scholarships NEW!

We are happy to announce that teacher scholarships will also be awarded this year for the MACMH conference. Call the MACMH office for a scholarship application. Scholarships are awarded on a first come, first serve basis. Funds are limited so call as soon as possible.

EVENTS

Parent Networking Dinner, MACMH Annual Meeting, and Award Presentation

All parents and/or members of MACMH are encouraged to attend. This event will include networking activities, social time, dinner, and the presentation of MACMH's Outstanding Achievement Award.

Raffle

Win great prizes and help support MACMH's mission. Take a chance and enter the raffle going on throughout the conference.





**Minnesota Association for
Children's Mental Health**

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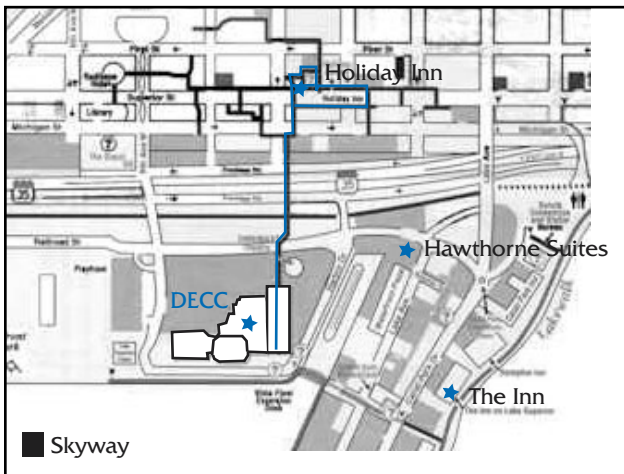


DECC (Duluth Entertainment Convention Center) • Duluth, MN

Lodging: Hotels are offering special conference rates! Blocks of rooms are reserved at:

- Holiday Inn 1-800-477-7089
- Inn on Lake Superior 1-888-668-4352
- Hawthorne Suites 1-800-527-1133

35 to the exit then right and follow to corner where you park.



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