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

# **2003 Child & Adolescent Mental Health Conference April 14 & 15, 2003**

**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**



#### **Martha B. Straus, PhD.**

Author of the forthcoming *All the Rage: Adolescent Girls in Crisis*, Dr. Straus is a clinical psychologist with a private practice in New Hampshire, and Clinical Associate/Instructor in Psychiatry at Dartmouth-Hitchcock Medical Center, where she directs the Kids In Transition Evaluation Service (K.I.T.E.S). In her postdoctoral training at Children's Hospital and Harvard Medical School she specialized in child forensic psychology; she is also the author of several influential works on child abuse and teen violence. Her research interests currently focus on the roles of attachment and executive functioning in outcomes for adoptive and foster children; resilience in traumatized children and adolescents; and girl rage.

**Second keynote to be announced!**

# Discover the Possibilities

## You can make a difference in someone's life.

If you know of someone who would benefit by attending our conference but cannot afford to, you may sponsor them to attend. Simply have them fill out the registration form and send it in with your payment or billing information. If you do not have someone in mind, but still want to help, we can apply your sponsorship to our parent or teacher scholarship funds.

## Attention Parent Leaders

### Preconference Meeting

If you consider yourself a parent leader (see criteria below), join us for a pre-conference get together on Sunday, April 13th from 3-5 pm at the Holiday Inn, Duluth. We will feature speaker Vera Pina from Milwaukee Wraparound, as well as brief presentations from Minnesota Parent Leaders who are making ground breaking efforts to improve the lives of children and families living with mental health disorders. All parent leaders are welcome.







### Parent Leadership Luncheon (sign-up is required)

Parent Leaders are invited to a special luncheon giving them the chance to meet, eat, and socialize! Don't miss this unique opportunity to share the joys, challenges, and frustrations of parent leadership. The lunch will take place on Monday during the regularly scheduled lunch period. Check the registration desk for location and sign-up information!

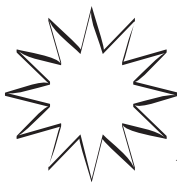
**Parent Leader Criteria:** A parent of a child with a mental health disorder who is contributing to the improvement of children's mental health systems of care. This effort goes beyond the care and needs of the parent's own child and family, and more broadly benefits other families who are struggling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

## Ask the Advocate (sign-up is required)

Available at the conference for the first time — personal time with an advocate that specializes in your particular area of interest or need. Barb Sorum, Education Advocate, MACMH; Cynthia Moore, Parent Advocate, MACMH; Linda Bonney, Legal Advocate, MN Disability Law Center; and more advocates to be announced, will be available Monday afternoon, 3:15-5:45 for 15-minute time slots. **Sign-up beginning Monday morning at registration, space is limited.**

| Technical Levels |  | Target Audience  |
|------------------|--|--|
| KEY              | Introductory .  No previous knowledge of the subject needed   | Professional . . . . .  |
|                  | Intermediate .  Some previous knowledge of the subject needed | Parent . . . . .        |
|                  | Advanced . . .  Extensive knowledge of the subject needed     | All . . . . .           |

| SCHEDULE | Monday, April 14   | Tuesday, April 15  |
|----------|--|--|
|          | 7:30- 8:50 .....Registration<br>8:50- 9:00 .....Announcements<br>9:00- 9:20 .....Poster Contest Awards<br>9:20- 10:30 .....Keynote<br>10:30-10:45 .....Book Signing/Break<br>10:45-12:30 .....Workshops K & 1-12<br>12:30-1:30 .....Lunch<br>1:30- 3:00 .....Workshops 13-24<br>3:00- 3:15 .....Break<br>3:15- 4:45 .....Workshops 25-36<br>3:15- 5:45 .....Ask the Advocate<br>4:30- 6:00.....Poster Sessions | 7:30- 8:50 .....Registration<br>8:50-9:00.....Announcements<br>9:00-10:00.....Keynote<br>10:00-10:15 .....Book Signing/Break<br>10:15-12:15 .....Workshops 37-48<br>12:15-1:15 .....Lunch<br>1:15- 2:30 .....Workshops 49-60<br>2:30- 2:45.....Break<br>2:45- 4:00.....Workshops 61-72 |



## Keynote Speaker

9:20 - 10:30

Martha B. Straus, PhD

## Monday 10:45 - 12:30

### Concurrent Workshops K & 1 - 12

#### **K** Keynote Workshop: No Talk Therapy

Martha Straus, PhD, Clinical Psychologist, Instructor in Psychiatry - Dartmouth-Hitchcock Medical Center, Lebanon, NH

Straus will describe an innovative approach to treatment of young clients who won't or can't respond to conversation-based therapy. For kids whose only communication is not talking, therapists need a language that doesn't depend on words. Through empathy and respect, games, activities, community involvement, and little pleasures, no-talk therapy begins to provide these sullen, anxious, enraged, and confused kids with the self-esteem, self-confidence, and self-awareness to develop a voice of their own.

#### **1** Post Traumatic Stress Disorder in Children and Adolescents

L. Read Sulik, MD - Behavioral Health Clinic, St. Cloud Hospital

Through case presentations and interpretation of the latest research, Dr. Sulik will demonstrate how chronic stress leads to neurophysiological changes that impair brain development and lead to Post Traumatic Stress Disorder (PTSD). He will present examples of how appropriate medical and psychosocial interventions in children can foster healing.

#### **2** Fetal Alcohol Syndrome/Effects: the Causes, the Damage, and the Outcomes

Lynne R. Frigaard, FAS/FAE Specialist - Arc Northland, Duluth

Learn about the potential fetal damage caused from maternal use of alcohol, and identifying characteristics that could be indicative of someone with Fetal Alcohol Syndrome/Effects. This interactive workshop will also provide participants with tools, techniques, and strategies for working with individuals who exhibit these characteristics and behaviors.

#### **3** The Child with Bipolar Disorder: Aspects of Treatment and Controversy

Larry F. Dailey, MD - Child/Adolescent/Adult Psychiatry, Hennepin County Medical Center

This advanced session is for those individuals who are seeking more technical information about bipolar disorder: brain biochemistry, neuroanatomy, heredity, treatment algorithms, and emerging information will be covered. The politics and economics of acknowledging and treating the child with bipolar disorder will also be discussed. (Also see #27)

#### **4** The Use of Functional Behavioral Assessment (FBA) and Positive Behavioral Supports for Children with Mental Health Disorders

Charlotte A. Ryan, PhD, LP, Assistant Professor - St. Cloud State U

This workshop will provide an overview of the Functional Behavioral Assessment (FBA), and its important components as they relate to children's mental health. Positive Behavioral Support plans (PBS), essential practice in responding to a child's behavior, will also be discussed.

#### **5** Working Together to Resolve Conflicts so Students Can Be Successful

Patricia McGinnis, Alternative Dispute Resolution Specialist - MN Special Ed. Mediation Service (MNSEMS), MN Dept. of CFL

The state offers several alternative dispute resolution processes for resolving conflicts in the writing and implementation of an IEP/IIIP/IFSP (special education plans). Learn when to use each process to build relationships, improve communication, and solve problems so school staff, parents, and service providers can effectively work together to assist students.

#### **6** Building On-Site Behavioral Assistance Teams

Judy K. Swanson, Community Program Specialist - Center for Early Education and Development, U of M



The Behavior Assessment Team assists early childhood programs by training trans-disciplinary technical assistance teams to aid in the prevention, assessment, and intervention of challenging behavior. This session includes an overview of Functional Behavioral Assessment (FBA) and how to link the information to interventions that address the needs of children.

#### **7** Neurotransmitters: Our Steering, Gas, and Brakes...

Dr. Gary Johnson, PhD, LP, Dir.; Joanne Search, MA, LMFT; Deby Samson; & Marcy Allen Melissa - Clinic for Attention, Learning, and Memory (CALM)

In simple yet accurate terms, the presenters will explain the major functions of the brain's neurotransmitters and how the proper functioning of our brain-based systems (learning, memory, mood, and self-regulation) is essential to success. Dr. Johnson will focus on real life examples and practical solutions to deepen our understanding of ourselves and our children.

#### **8** Healing the Hurt: Children and Grief

Roxanne Storms, MS, LSW; & Karen D. Becker, LICSW, LMFT - Catholic Charities Life Transition Services, 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.

#### **9** Counseling Self-Harming Adolescents

Melissa Hemmestad-Cronin, Counseling Graduate Student - South Dakota State University

This presentation will define and examine self-harming behavior in adolescents, including different kinds, levels, warning signs, and underlying factors. Perspectives from adolescents who self-harm will be given as well as suggestions for the role parents and supporting persons can take. Intake assessment and treatment options will also be covered.

#### **10** Horses as Partners in Therapy

Steven M. Smith, MA, PsyD, LP, Clinical Dir. - Ain Dah Yung Center and Guided by the Spirit; & Rebecca Quintela Smith, LP

This workshop will present an innovative program using horses as a part of psychotherapy designed to help troubled youth and their families cope with anxiety, depression, behavior, and communication problems. Presenters will review specific techniques and activities, and share examples with slides and video clips.

#### **11** ACE (All Children Excel): A Comprehensive Intervention for Very Young Offenders

Ed Frickson, LP; & Jody McElroy - Ramsey County Human Services

Accurately identifying and working with very young children most at risk of becoming serious, violent, chronic juvenile (SVJ) delinquents is key to prevention. ACE, one of the few research-based programs in the world working with child delinquents, will present its intervention model and current findings.

#### **12** Child and Adolescent Crisis Intervention and Assessment

Joan Najbar, Therapist; Patrick Greene, Therapist; & Rebecca Hoversten-Mellem, Therapist - Child and Adolescent Mental Health Unit, Miller Dwan, St Mary's Duluth Clinic

An effective process of assessment and intervention has been developed at Miller Dwan over 17 years of working with children and families in crisis. This workshop emphasizes the importance of appropriately assessing children who are in a mental health crisis to assure that their needs are addressed.

# Monday

# Monday 1:30 – 3:00

## Concurrent Workshops 13 - 24

### 13 Intensive Early Behavioral Intervention for Individuals with Autism Spectrum Disorders

Jodi K. Dooling-Litfin, PhD, LP; Eric V. Larsson, PhD, LP, BCBA, Exec. Dir.; John Miller, MS; & Kara Riedesel, BCABA - Families for Effective Autism Treatment of MN (FEAT)

This presentation will briefly cover the nature of deficits exhibited by young children with autism and the research on intensive early behavioral intervention, followed by a presentation of their home-based model. Time will be allowed for questions from the audience.

### 14 10 FAScinating Steps to Help a Multi-Labeled Child

Jodee Kulp, Executive Director - Better Endings, New Beginnings; & Liz Myhrez Kulp, 16 year old adopted teen with Fetal Alcohol Syndrome

Jodee and Liz, co-authors of *The Best I Can Be: Living with Fetal Alcohol Syndrome or Effects (FAS/FAE)*, share creative, hands-on ways to help children you love and care for become the best they can be in spite of FAS/FAE. Practical techniques for helping children grow and families cope will be presented.

### 15 Schools as Communities of Concern for Young People with Eating Disorders

Nancy M. Haugen, RN, MS, Licensed School Nurse - Mounds View School District, Mounds View

Explore how struggling with an eating disorder affects academic, co-curricular, social, and community experiences for adolescents. This session will give participants strategies for creating supportive school environments for these youth.

### 16 A Vision for Today: Blending Educational and Therapeutic Services in a School Setting

Marcia Engel, Special Ed. Coord.; Rhonda Halunen, Special Ed. Teacher - Bloomington Schools; Rachel Gustin, MA, LMFT - The Storefront Group; & other Classroom Therapists and Special Ed. Teachers

The Vision Program is a level 3 EBD Special Education Program that provides co-located special education and mental health services to students in elementary, middle, and high school classrooms. Each therapeutic classroom is staffed with a special education teacher, paraprofessional, and full-time mental health therapist.

### 17 Decision-Making Process: Mental Health Related Services in Special Education

Kristine Melloy, PhD, Professor - St. Thomas University; & Cindy Shevlin-Woodcock, Special Ed. Program Consultant - MN Dept. of Children, Families, and Learning

This presentation will share a process and strategy developed for helping education teams determine when mental health related services should be included in a child's Individualized Education Program (IEP, IFSP, or IHP). Attendees will receive a copy of the manual describing this process.

### 18 Journey to Independence: Working with Teens with Mental Illness

Janet Sarver, MA, LISW - Isanti County Family Svcs., Cambridge

From a case managers viewpoint, this session will discuss transition to independent living for youth with mental health disorders, especially those in residential treatment and/or foster care. Addressing special needs, creating an independent living focus in treatment, and how to access resources in the community will be covered.

### 19 The Nature of Nurture: Principles and Practices in Promoting Infant Mental Health with Families of Newborns

Jolene Pearson, MS, Inter-agency Facilitator; & Jean Menenhall, Inter-agency Coord. - Minneapolis Early Education Special Ed.

Professionals can play a key role in alerting parents to the capabilities, individuality, and developmental needs of newborns. This workshop will highlight information from the Parent-Infant Pathways (PIP) training guide and curriculum to assist professionals in creating interactions and conversations that empower and support parents of very young infants.

### 20 Parent Leadership: Continuing the Journey

Vera Pina, National Consultant - Wraparound Milwaukee

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

### 21 Chemical Abuse Intervention Strategies with Children of Color

Derrick Crim, Clinical Training Specialist - Hazelden Foundation

This workshop will discuss the complexity of cultural issues, and the difficulties of using traditional approaches when addressing chemical abuse issues with children of color. With a strong focus on African American youth, explore key factors in rapport building, the essential ingredient for success and positive working atmospheres.

### 22 Suicide Prevention: Using a Community Based Public Health Approach

Rachel Schott, Exec. Dir.; Darren Reed, Youth Project Coord.; & Pat Shortall, Youth Outreach Specialist - Yellow Ribbon Suicide Prevention Program, 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.

### 23 Magical Thinking in Children's Mental Health Services: A Critique of Complementary and Alternative Methods







David X. Swenson, PhD, LP, Forensic Psychologist, Associate Professor of Management - College of St. Scholastica, Duluth

The growth of complementary and alternative methods (CAM) in mental health has led parents and therapists to seek unconventional treatments such as herbal preparations and "power therapies" when conventional approaches have failed. The presenter will overview varieties of CAM and criteria for critically evaluating claims and procedures.

### 24 Understanding the Psychological Impact of Family Violence on Children

Sandra Peterson, LGSW - Northwest Medical Center, Pennington County Family Preservation Project; & Bruce Reeves, MSW - Violence Intervention Project

This presentation will define family violence, focusing on its impact on children. Interventions that include identifying symptoms and reducing future risk will be addressed, along with societal attitudes and practices that influence family violence.

| KEY  | Technical Levels   | Target Audience   |
|--|--|---|
|  | (see criteria on pg 2)   |   |
|  | Introductory . . .  | Professional. . .  |
|  | Intermediate . . .  | Parent. . . . .    |
| Advanced . . . . .  | All . . . . .       |   |



# Monday

# Monday 3:15 – 4:45

## Concurrent Workshops 25 - 36



### 25 Parenting the Child w/Attachment Difficulties

*Krista Nelson, LICSW, LMFT, Proj. Coord. - Wilder Foundation, Children's Residential Program; & Wendy Baker, LICSW - Bush Children's Ctr.*

  Living with a child with attachment difficulties typically creates family strain, with discipline, control battles, and little emotional return. Anyone involved in transitioning these traumatized children from out-of-home back to a family setting will benefit from this workshop. Multi-sensory methods will be identified that structure, engage, nurture, and challenge children to increase their capacity to feel safe and connect with caring adults.



### 26 Autism Spectrum Disorders: an Educational Model

*Katherine Trottier, Districtwide Elementary Autism Specialist - Robbinsdale School Dist.*

  This speaker will present an educational model of Autism Spectrum Disorders, including assessments, levels of service, role of support staff on the special education team, behavioral management, and classroom strategies. Self-contained, mainstream and mixed service settings will also be discussed.



### 27 The Child w/ Bipolar Disorder: Fact or Fashion?

*Larry F. Dailey, MD - Child/Adolescent/Adult Psychiatry, Hennepin County Medical Center*

  This introductory workshop will describe aspects of childhood-onset bipolar disorder, including how to differentiate from major depression. A brief summary of developments in treatment and information sources will also be offered. (Also see #3)



### 28 Mental Health Needs of Children and Adolescents with Chronic Illness

*John W. Seymour, PhD, LMFT, Assistant Professor of Counseling and Student Personnel - Minnesota State University, Mankato*

  Children and adolescents with chronic physical illnesses and their families often need assistance coping with the psychological and relational aspects of living with the illness. Parents and providers will learn about current research on families successfully coping with serious childhood illnesses. Practical strategies and examples will be described.



### 29 Ways to Make a Child's Educational Program Work

*Lory Perryman, Program Manager - Family Service, Inc.*

  An educational program that takes the "whole" child into account is imperative for a positive experience and outcome. Learn how to incorporate family and community considerations along with the student's preferences into an educational program.



### 30 A Fitting IDEA: Mental Health Needs on the IEP

*Renelle Nelson, EBD Project Coord.; & Debbie Carlson, EBD Advocate - PACER Center*

  This interactive workshop will use principles of federal special education law in developing an IEP addressing mental health needs. Presenters will cover appropriate assessment, measurable mental health goals, functional behavior assessment, positive behavior interventions, coordination of community and school mental health services.



### 31 Transition Issues in Juvenile Justice

*Judith Moses, MA, Proj. PRIDE Coord.; & Lili Garfinkel, Juvenile Justice Project Coord. - PACER Center*

  Youth with mental health disabilities in the juvenile justice system offer the greatest potential for successful integration into the world of work and community. Presenters will speak about federal mandates, opportunities within a corrections setting, and community integration.



### 32 Children Who Hurt, Children Who Challenge: Calming and Teaching the Overwhelmed Child

*Julie Nelson, Senior Early Childhood Teacher - Lifetrack Resources*

  Training in early childhood education leaves many teachers and caregivers unprepared to meet the needs of the highly stressed or traumatized child. This workshop will focus on successfully including these children in early childhood settings. Underlying emotions, relationship based intervention, and supporting distressed children will be discussed.



### 33 Where's the Money? – Funding Options for Children's Mental Health Services

*William Dikel, MD, Child and Adolescent Psychiatrist*

  This presentation will outline multiple sources of potential funding that can be used by providers, school districts, counties, and collaboratives for providing comprehensive mental health services to children, adolescents, and their families.



### 34 QPR: CPR for Suicide Prevention

*June Henning, School Psychologist; & Christine Ullom, PhD, LP - Carver-Scott Educational Co-op*

  QPR is not a form of counseling, but a method to enhance suicide prevention by raising awareness of suicide and acquiring three basic intervention skills: Question, Persuade and Refer. This session will teach early recognition of warning signs, active intervention, and referral to those who can help — the keys to suicide prevention.



### 35 An Integrated Treatment Approach to Adolescents with Co-occurring Disorders

*Kristi Dick, LICSW; & Sheila Becking, MA - Hazelden Center*

  Research suggests that 70 to 75% of adolescents entering chemical dependency treatment have co-existing mental health disorders. This presentation will explore key challenges in the area of differential diagnosis and review an integrated multidisciplinary approach to treating adolescents with co-occurring disorders.

### 36 Therapy Groups for Difficult Kids

*Linda Waldstein, MS, LP - Hutchinson Area Health Care, Hutchinson*

  This session offers information and practical examples for working with difficult children ages 8-13, in a group therapy setting. Topics include working through defiance and resistance, structuring group activities for success, building social skills, and implementing a group behavior plan.

## Monday 3:15 – 5:45

Ask the Advocate (see page 2 for details)

## POSTER SESSION • Monday 4:30 – 6:00

*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.*

#### P1. Kids Don't Gamble...Wanna Bet?

*Elizabeth M. George, Chief Executive Officer - North American Training Institute*

#### P2. Use of Psychotropic Meds w/ Kids in Foster Care in St. Louis Co., MN

*Donald Ferguson, PhD; & David Glesener, MSW - St. Louis Co. Social Services*

#### P3. Designing Powerful Experiences for Families

*Steven Rippe, MS - Ctr for Experiential Learning; & Inez Bersie-Mize, LMFT - University Day Community*

#### P4. Mental Health Connection to Suicide Prevention

*Pat Shortall, Youth Outreach Specialist; Kristin Hildebrand; & Rachel Schott - Yellow Ribbon Suicide Prevention Program*

#### P5. The Caring Within – ESGD Made a Difference in the St. Cloud Schools

*Nancy Streng, School Counselor - St. Cloud School District*

#### P6. Access to Firearms and Suicide Among Youth

*Rebecca Mitchell, Intern; & Rebecca Thoman, MD - Citizens for a Safer Minnesota*

#### P7. Visions for Tomorrow

*Shelly White, Program Director - NAMI-MN*

#### P8. Title IV-E Foster Care Reimbursement Possibilities- Need To Know

*Lynn K. Olund; & Deborah Trotter, Reg Eligibility Determination Trainers - U of M School of Social Work Eligibility*

#### P9. A New Direction: Communities Understanding Mental Health

*Wendy Mahoney - WBW Consulting; & Kate Shields - MACMH*

#### P10. MN Parent Leadership Network and Parent-to-Parent Program

*Cynthia Packer, LICSW - Wilder Child Guidance Clinic; & Julie Ainsworth - MACMH*

#### P11. MACMH Membership

*MACMH Board Members*

#### P12. Hurt, Hope & Healing: Home Visit for Highly Stressed Families

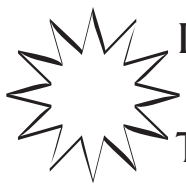
*Georgia Boehlke, Early Childhood and Family Serv Program Mngr.; Elizabeth Nickels, Home Visitor; & Julie Nelson, Senior Early Childhood Teacher - Lifetrack Resources*

#### P13. Services to GLBT Youth and Families

*Janet Bystrom, Therapist - Face to Face Health and Counseling Services*

#### P14. Empowered Parents

*Becky Romosz, Chair - Parent Advisory Comm; & Rosa Eddy - Pact 4 FOCUS, Willmar*



Keynote Speaker

9:00 - 10:00

To be announced

## Tuesday 10:15 – 12:15

### Concurrent Workshops 37 - 48

#### 37 Anxiety Disorders in Children: What Every Parent and Professional Needs to Know

L. Read Sulik, MD - Behavioral Health Clinic, St. Cloud Hospital

An overview of anxiety and its components will be presented along with specific information on each of the many types of anxiety disorders. Approaches to treatment strategies including information on medications will be presented.

#### 38 Brain Imaging Techniques and Neurocognitive Deficits in Childhood and Adolescent Onset Schizophrenia

Tonya White, MD; Jeff Wozniak, PhD; Adityanjee, MD - Div. of Child Psychiatry, UofM; & Patricia J. Pardo, PhD - Brain Sciences Ctr, UofM

This advanced session will be broken down into two separate, but overlapping segments. First, an overview of state of the art brain imaging techniques will be provided. There will also be a discussion of the current use of these tools in a clinical setting and their application to childhood and adolescent onset schizophrenia. The second segment will provide an overview of neurocognitive deficits in schizophrenia, followed by a panel discussion taking questions from the audience.

#### 39 Differentiating Higher Level Autism Spectrum Disorders (ASD) from Emotional or Behavioral Disorders (EBD)

Sheila Merzer, MA, LP; & Karen Cass Felling, MA - Autism Specialists

This video illustrated presentation will reveal the underlying difficulties in language processing, reasoning, social and affective perception and theory of mind that contribute to why students with ASD generally do not respond with improved behavior to interventions that are frequently effective with other EBD students at home and at school.

#### 40 Teacher's Guide to Children's Mental Health

Mitch Leppicello, MSW, LICSW - Counseling Psychologists of Woodbury

Based on the popular MACMH publication, *Teacher's Guide to Children's Mental Health*, this session will focus on specific mental health disorders that affect children and tips for managing behavior in the classroom. Participants will also acquire understanding of the relationship between the mental health disorder and a child's behavior.

#### 41 Mental Health Services in Minnesota Schools

Amy J. Goetz, JD; & Margaret O. Kane, JD - Center for Education Law, Ltd.

This session will offer information from the perspective of attorneys who fight for student access to mental health services in order to achieve school success, and to avoid discrimination, increasingly restrictive placements, and juvenile delinquency responses.

#### 42 Educational Interventions for Students with Mental Health Issues

Gretchen C. Collins, MA, LP, Supervisor - Small Tuition Prog., Hopkins Schools; & Charlene Myklebust, PsyD, Supervisor - ISD #287

Participants in this multimedia and interactive presentation will gain an understanding of brain-based causes, prevalence, symptomology, behavioral manifestations and impact on learning of several mental health disorders. Interventions appropriate for classroom teachers and resource/support staff will be recommended.

#### 43 Bridging Education and Mental Health in Early Childhood Programs

Christopher Watson & Judy K. Swanson, Community Program Specialists - Ctr. for Early Education and Development, U of M

The presenters of this session will describe a training process that seeks to link behavioral methods of meeting the needs of young children (including Functional Behavioral Assessment) to those that are based in infant/early childhood mental health and relationship-based practice. The goal of this effort is to understand and address the full range of social and emotional needs in young children.

#### 44 Understanding the Body, Mind, and Spirit of an Abused Child

Sandy Thibault, President, Founder; Kenneth P. Olson, MD; & Laura Pingry-Kile, Special Ed. Case Facilitator - Selma's Spirit

Gain an understanding of the physical, emotional, and spiritual impact of child abuse, and 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.

#### 45 Creativity: A Family Technique for Weaving Gold Out of Straw

Diane Hovey, PhD, Executive Director - Family Institute for Creative Well-Being

When families live with difficult situations, particularly those related to mental health, creativity provides a means to make sense out of the unimaginable and provide new direction for life. Both families and professionals will explore the role of creativity in building healthy families through this interactive workshop.

#### 46 Narrative Therapy with Children

Nancy Hertz, MA, LMFT, Youth and Family Counselor - Youth Service Bureau; & Trenton J Peterson, MA, LMFT - Generations: Community Support Services

This workshop will discuss the process of narrative therapy, including externalizing the problem, using stuffed animals as colleagues, and using therapeutic letters and certificates. Cases studies and a demonstration of the therapy will also be presented.

#### 47 Our Vision for Developing Partnerships – Parents and Professionals Working Together

Jenny Tobin, Washington Co. Children's Mental Health Collaborative; Emmanuel Dolo, Director; Lucy Hollinshead, LISW, LP - Human Services Inc; Barbara Troolin, PhD - South Washington Co. Schools; Kristin Tuenge, MA - Washington Co. Court Servs.; & Parents: Lori Bakker; Carolie Collins; Cathy Ferrazzo

Using the Family Involvement Model designed by Washington County, this panel will discuss goals achieved from parent and professional partnerships. They will share lessons learned, future challenges, and strategies for building a service delivery model that strengthens the collaborative team.

#### 48 Compassion Fatigue and Burnout: The Critical Issue of Staff Resiliency

Ted Bowman, Trainer, Educator

Promotion of resiliency and positive morale of front-line professionals in agencies, schools, hospitals, and community settings are too often overlooked. This speaker will address and provide practical suggestions to combat professional burnout, compassion fatigue, and the impact of secondary traumatization.

MACMH has many new & revised publications available. Call the office for an order form.

Tuesday

6 Minnesota Association For Children's Mental Health • 1-800-528-4511

# Tuesday 1:15 – 2:30

## Concurrent Workshops 49 - 60

### 49 ADHD and Addiction

Susan Pye Brokaw, LICSW, LMFT, Exec. Dir. - Attention Deficit Support Services, Minnetonka

This presentation will explain why many adolescents with ADHD are prone to becoming addicted to drugs and/or alcohol and why they struggle more in overcoming addiction. How to best work with these youth and how to help reduce relapse will also be addressed.

### 50 Using the “A” Word: Talking to a Child about His/Her Autism Spectrum Disorder

Dr. Barbara Luskun, PhD, LP, Behavior Consultant; & Jane Hubbard - Autism Society of Minnesota

This presentation will address how and why to share information with a child about his/her diagnosis on the autism spectrum. Reasons for sharing information with a child or adolescent and ideas to help parents with this process will be discussed.

### 51 Helping Children with ADHD to be Successful in School

Patrick Chesla, School Social Worker - Milaca Elementary School

School success is recognized as the number one resiliency factor for helping ADHD children avoid “at risk” behaviors. Stressing an ecological approach to understanding ADHD, this workshop will outline a variety of strategies to help these students reach their social and academic potential.

### 52 So, What Do You Really Want Me to Do?: An Educator’s Role in Mental Health

Holly Ann Munson, EBD Teacher - St. Cloud School District

With over 20 years of experience with emotionally disordered students, this presenter will discuss the difficult task of keeping all students up to grade level requirement in an EDB classroom. Working on “mainstream curriculum,” graduation standards, and mental health needs, she shares one practitioner’s guide to mental health in the classroom.

### 53 EBD Criteria: Questions, Answers, and Issues

Cathy Gibney, State EBD Coord. - MN Dept. of CFL

This presenter will explain the existing criteria for Emotional or Behavioral Disorders (EBD) and how it impacts educators and children at risk or with a mental health diagnosis. She will also briefly discuss the current Regulated Behavior Intervention Rule.

### 54 The World of Work: Linking Schools, Vocational Rehabilitation, and Social Security Work Incentives

Barb Smith, MSW, LISW, ACSW, Project Director - MN Work Incentives Connection; & Linda Bonney, Legal Advocate - MN Disability Law Center, Grand Rapids

This session will focus on ideas and strategies for work experience and job training for high school students who receive special education transition services. The links between special education, vocational rehabilitation, and available services from MN Work Incentives Connection will also be discussed.

### 55 Working with Challenging Parents and Babies: The Art of Open Ended Questions

Terrie Rose, PhD, Assoc. Dir. - Irving B. Harris Training Center for Infant and Toddler Development, U of M

This presentation will highlight the use of this questioning method to help parents discover for themselves solutions to difficult problems. Using case demonstrations, professionals and paraprofessionals will learn to use gentle open-ended questions to invite parents to reflect on the experience of caring for a particular child or find a resolution to a personal struggle.

### 56 Diversity and Cultural Competency in Education

Dr. John Taborn Sr. - J. Taborn Associates

Dr. Taborn is recognized as one of our states leading experts in cultural competency and cross-cultural psychology. He consults with schools nationwide to determine the cultural inclusiveness of school environments. In this session, participants will learn models of cross cultural interactions and building relationships to enhance their own skills in these areas.

### 57 It Doesn’t Have to Hurt: Addressing Self-Inflicted Violence (SIV)

Jan Haugrud, MSW, LICSW; & Stephanie Goerger Sandahl, MA - Lutheran Social Services of MN

Responding appropriately to an individual’s self-injurious behavior is vital in modifying the behavior. This session will focus on defining SIV, providing knowledge and skills for addressing disclosure of SIV, and accessing helpful resources.

### 58 Breaking the Cycle of Negativity

Robert S. Wojack, MA, LP, Adolescent In-Patient Unit - Fairview University Hospital, Mpls.

Attendees will learn non-directive approaches in dealing with depression, oppositionality, borderline features, and immaturity in children and adolescents. This interactive lecture will explore fresh ways to address family conflict, oppositional behavior, and negative thinking.

### 59 Using the Wraparound Process with IIIP’s

Rhonda Nietfeld, Wraparound Coord. - PACT 4 Families Collaborative; Michelle Bethke-Kaliher - Meeker and Wright Special Ed. Cooperative; & Susan Benolker - MN Dept of Human Services

Gain insight on how PACT 4 Families Collaborative organized to train service providers on the use of the Wraparound Process with the Individualized Interagency Intervention Plan. Strategies used to build relationships and develop understanding across disciplines will be explained.

### 60 Ensuring Access and Coordination of Mental Health Services for Children and Youth with Disabilities

Cindy Shevlin-Woodcock, Special Ed. Program Consultant - MN Dept. of CFL; & Bill Wyss - Children’s Mental Health Division, MN Dept. of Human Services

This presentation will describe the mandated children’s mental health services that are available in every county and how, through use of coordinated interagency services processes (IIIP), education and county staff can collaborate to provide a continuum of mental health services to children and their families.

| KEY | Technical Levels<br>(see criteria on pg 2) | Target Audience    |
|-----|--|--------------------|
|     | Introductory . . .                         | Professional . . . |
|     | Intermediate . . .                         | Parent . . . . .   |
|     | Advanced . . . . .                         | All . . . . .      |



**Parent & Teacher Scholarships**  
 To request a scholarship application or for more information:  
 Contact Diane at Conference Hotline  
 1-800-811-0279 / 763-287-9860 diane@mispres.com  
 MACMH staff will NOT be taking any requests for applications.

# Tuesday

# Tuesday 2:45 – 4:00



## Concurrent Workshops 61 - 72

### 61 Project SOS: Seeds of Success – Creating Success for Children with Fetal Alcohol Spectrum Disorder



  Sara Messelt, Program Coord. - MN Org. on FAS; & Susan C. Terwey, Case Manager - U of M FAS Diagnostic Clinic

Children with Fetal Alcohol Spectrum Disorder (FASD) can be successful at home and at school with the right approaches. Project SOS is a collaborative project that addresses the unique needs of children with FASD, while providing information regarding home-based strategies; educational needs, rights, and responsibilities; parent-teacher communication; and advocacy techniques for parents and caregivers.



### 62 Chain of Custody: Collaborative Care for ADHD

  Theodore E. Lobby, LICSW, LMFT - BHSI, Mpls  
The Collaborative Care model for the assessment and treatment of ADHD unifies all those caring for a child in a chain of custody. One is accountable to all and each is supported by the whole. This presentation will illustrate simple collaborative strategies for all those involved in the diagnosis, treatment, and care of children with ADHD.



### 63 School-Based Intervention for Depressive Disorders

  Rick Auger, Assistant Professor - Dept. of Counseling & Student Personnel, MN State Univ., Mankato  
This workshop will provide practical school-based intervention ideas for students with depressive disorders. Practical strategies that can be incorporated into individual or group counseling sessions, as well as ideas for classrooms will be presented.



### 64 Positive-Based Approaches to Challenging Behaviors

  Jan Ostrom, MS, LP; & Wendy Selnes, LP, Behavioral Analyst - Brih Design  
A positive approach to challenging behaviors and behavior change, based on identifying the function behind the behavior, will be presented. Many of the strategies that will be presented are designed to prevent the occurrence of problematic behaviors, while reactionary strategies will also be addressed.



### 65 Infant and Early Childhood Mental Health: Training and Practice Issues

  Scott Harman, Program Director - St David's Child Development and Family Services; & Christopher Watson, Community Program Specialist - Center for Early Education and Development, U of M  
Join this roundtable discussion on the challenges early childhood professionals face in meeting the social and emotional needs of young children and their families in a fiscal and political climate that does not support expanded programming or new services. The presenters will moderate the conversation among a diverse group of early childhood professionals. Audience questions will be welcome.



### 66 Mental Health vs. Chemical Health vs. Dual Diagnosis

  Michael Van Cleve, MA, LP, LADC, Clinical Systems Supervisor; & Ann Ingvalson - Fairview University Medical Center  
The last decade has brought a strong push to identify and treat dual diagnosis (chemical dependency or chemical abuse and mental health disorders together) when both are prevalent. This presentation will focus on diagnosis and assessment, case studies, treatment program components and case management of dually diagnosed adolescents in a locked hospital setting.



### 67 Difficult Ground: Working with Families Following Divorce

  Charles Jorenby, MA, LP  
Working with families after the experience of divorce is a challenging situation for clinicians and the family members. Using humor, clinical experience, anecdotes, and analogies, this presenter will identify concerns that arise in the therapeutic setting and offer suggestions to help families redefine themselves.



### 68 Introduction to Psychiatric Medications: What Every Parent Should Know

  Marcia J. DeValck, MS, CNS - Wilder Child Guidance Clinic  
When medication is prescribed, parents are left with many questions. Does my child really need this? What do I need to know? What are the medication's effects and/or side effects? Is it safe? Is it working? This seminar will provide answers to these questions and information needed to monitor medications.



### 69 It Can Happen to Anyone: Messages from Parents of Suicidal Youth

  Jan Borman, PhD, MPH, RN, Board of Directors - SAVE, Mpls  
This presentation will outline the thoughts and messages from parents whose children attempted suicide or suffered from serious suicidal ideation between the ages of 12 and 18. The information was collected from five focus groups that were conducted throughout Minnesota as a first step in developing youth suicide preventions targeting parents.



### 70 Mental Health Services for Juvenile Corrections Clients through Culturally Specific Collaboration







  Judith B. Parr, LICSW, In-Home Service Coord.; Kathy Kartheiser-Paal, Counseling Psychologist - Wilder Child Guidance Center; & Sylvia Galvan-Kupke, LLP - La Familia Guidance Center  
Learn about a new collaboration between Ramsey County Juvenile Corrections and five culturally diverse mental health agencies formed to provide family therapy for youth on probation, and their families. Presenters will discuss particular strengths of this therapy model, give case examples, and offer preliminary outcome results.

### 71 An Inclusive Model of Day Treatment in Schools

  Martha J. Giles, MA, LP - South Central Human Relations Center; & Joy Carlson Martin - Owatonna Public Schools  
Examine an effective model of day treatment in the school setting that addresses both the educational and mental health needs of students in a regular school environment. This session will look at funding, collaboration, program design, and outcome.

### 72 A Soul Perspective of Mental Illness

  Patricia J. Sullivan, Holistic Health Resource Consultant - Emerald Turtle Inc.  
Explore a new approach to your relationship with someone who has a mental illness that actually promotes your own spiritual growth and healing. Is there a gift of opportunity amidst the pain? Find out what a soul perspective is, and how it can lead to peace and serenity.

| KEY | Technical Levels<br>(see criteria on pg 2)   | Target Audience  |
|-----|--|--|
|     | Introductory . . .  | Professional . . .  |
|     | Intermediate . . .  | Parent . . . . .    |
|     | Advanced . . . . .  | All . . . . .       |

# Tuesday

# Exhibitor Registration

**REGISTRATION DEADLINE: MONDAY, MARCH 31, 2003**

Direct questions to: April Lagarde, Exhibit Coordinator at 651-644-7333, 1-800-528-4511 or Fax 651-644-7391

Organization Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Contact Person \_\_\_\_\_

Name of person(s) who will staff the booth \_\_\_\_\_

Description of products or services \_\_\_\_\_

## Lunch:

This year we will be delivering lunch to your booth. Lunch for up to two staff each day is included in package price (additional lunches are \$15/day). You must request lunches by indicating at right.

### Please indicate lunch quantity

Monday, April 14 \_\_\_\_\_

Tuesday, April 15 \_\_\_\_\_

\_\_\_\_\_ extra lunches @ 15.00 = \$ \_\_\_\_\_

(please enclose payment)

## Exhibitor Packages:

- **All exhibits are expected to be staffed throughout the conference. (Monday 7:30 - 3:15, Tuesday 7:30 - 2:45)**
- Price includes both days.
- 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)

- \$385 Includes:** 10'W x 8'D space, 1 skirted 8' table, 2 chairs, and a hanging sign.
- \$485 Includes:** 15'W x 8'D space, 1 skirted 8' table and 1 skirted 6' table, 2 chairs, and a hanging sign.
- \$225 Includes:** Rate for small Nonprofits. Please call for criteria. (same package as \$385 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**

\* NOTE: The package items listed above will be automatically ordered for you. If you need extra tables, chairs, etc., or electrical service please call MACMH for an additional form. If you need phone or freight service, please call Annette at DECC at 1-800-628-8385, ext:206 for an order form.

## MEMBERSHIP APPLICATION

By joining or renewing your membership you will be helping MACMH achieve its mission. You will receive our newsletter and discounted rates on conferences and workshops (including this conference). Please join us in helping children and adolescents with emotional or 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** \$30 (a person related to, or parenting a child with an emotional or behavioral disorder)
- Professional** \$75
- Association / Corporation** \$275 (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 1-800-627-3529**

# 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 back of this page.

|                 | Members                           |                                   | Non-Members                       |                                   |
|-----------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
|                 | By 3/14                           | After 3/14                        | By 3/14                           | After 3/14                        |
| Full Conference | <input type="checkbox"/> \$220.00 | <input type="checkbox"/> \$235.00 | <input type="checkbox"/> \$250.00 | <input type="checkbox"/> \$265.00 |
| Daily Rate      | <input type="checkbox"/> \$140.00 | <input type="checkbox"/> \$150.00 | <input type="checkbox"/> \$150.00 | <input type="checkbox"/> \$155.00 |

For daily rates only please check:  Monday or  Tuesday

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

yes  no  
I am planning on attending the: **Parent Networking, MACMH Annual Meeting, Dinner, and Award Presentation**  
(4/13, 5:30-8:30 p.m.)

Name \_\_\_\_\_ Agency \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work) \_\_\_\_\_

I am a:  **Parent**  **Professional:** (please  all that apply)  
 Foster Parent  Education  Corrections  
 Grandparent  Early Childhood  Health Professional  
 Other Relative  Social Services  Psychologist  
 Other \_\_\_\_\_

I am attending the conference for the first time

Questions Call: 651-644-7333 or 1-800-528-4511 for TTY / TDD contact the Minnesota Relay Service at 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 March 31, 2003. **There is a \$50.00 administrative fee on all refunds.**

Mail Registration to:

**MACMH**  
165 Western Avenue, Ste 2  
St. Paul, MN 55102

or Fax: 651-644-7391

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)

### Monday, April 14, 2003

10:45 - 12:30

Choose one from Workshops K or 1-12 # \_\_\_\_\_

1:30 - 3:00

Choose one from Workshops 13-24 # \_\_\_\_\_

3:15 - 4:45

Choose one from Workshops 25-36 # \_\_\_\_\_

4:30 - 6:00 Poster Session  yes  no

### Tuesday, April 15, 2003

10:15 - 12:15

Choose one from Workshops 37-48 # \_\_\_\_\_

1:15 - 2:30

Choose one from Workshops 49-60 # \_\_\_\_\_

2:45 - 4:00

Choose one from Workshops 61-72 # \_\_\_\_\_

(Sign-up for **Ask the Advocate** only available at the conference. See page 2 for details)

## Registration Hours

Monday, April 14, 2003 from 7:30 - 8:50 a.m.

Tuesday, April 15, 2003 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 March 31, 2003. 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 21, 2003.

MACMH: 651-644-7333 or 1-800-528-4511

TDD: Contact Minnesota Relay Service at 1-800-627-3529

## Exhibits

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

## Parent & Teacher Scholarships

We are happy to announce that parent and teacher scholarships are available once again. **Please note that the request process has changed from previous years (see below).** Scholarships will be awarded on a first come, first serve basis (for parents, priority will be given to those who have never received a scholarship to our conference). School staff who work with students are eligible for teacher scholarships. Funds are limited.

**To request a scholarship application  
or for more information:**

**Contact Diane at Conference Hotline  
1-800-811-0279 / 763-287-9860 [diane@mspres.com](mailto:diane@mspres.com)**

MACMH staff will NOT be taking any requests for applications.

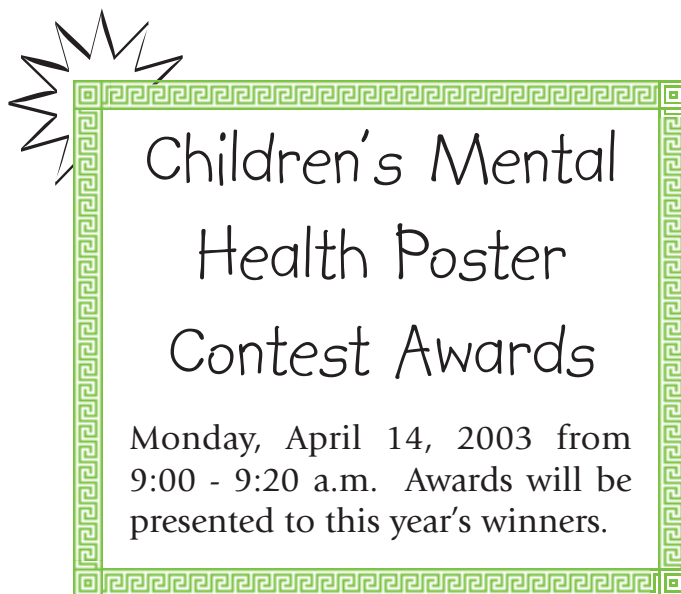
# SPECIAL EVENTS

## Parent Networking, MACMH Annual Meeting, Dinner, and Award Presentation

All parents and/or members of MACMH are encouraged to attend. This event will include networking activities, social time, dinner, entertainment, and the presentation of MACMH's Outstanding Achievement Award. Live music will be provided by MoAngels ([www.moangels.com](http://www.moangels.com)), a teen group who sing to make a difference. Their songs speak of: awareness and prevention of Fetal Alcohol Syndrome (FAS), relationships, peer pressure, acceptance, and being the best you can be. Their demo *FAS Affects* was played around the world for International FAS Day, and they are now working to complete *Makin' a Difference*, their first CD. We look forward to seeing you on Sunday, April 13th from 5:30 - 8:30 pm at the Holiday Inn.

## 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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St. Paul, MN 55102-4613

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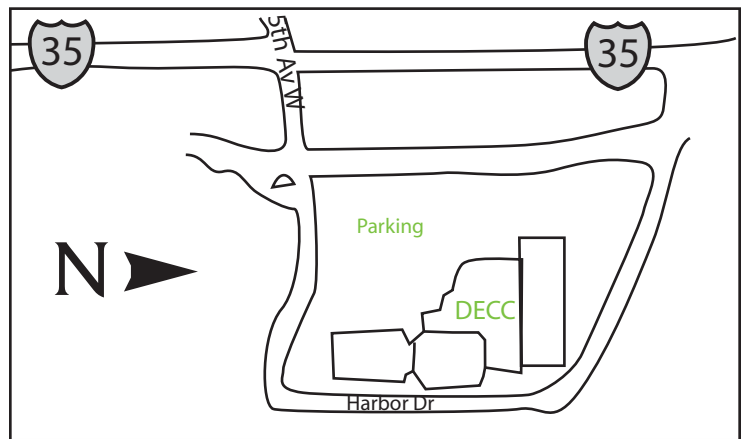


**MACMH Board of Directors**

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

Directions to DECC:  
Take 35 (north or south) to exit 256B. Turn east at 5th Ave W and follow signs to DECC parking.



**Sponsors:**  
*Minnesota Department of Children, Families and Learning*  
*Minnesota Department of Human Services*

**Lodging:** Hotels are offering special conference rates!  
Blocks of rooms are reserved (for a limited time) at:  
*Holiday Inn* .....1-800-477-7089  
*Radisson* .....1-800-333-3333  
*Inn on Lake Superior* .....1-888-668-4352  
*Hawthorne Suites* .....1-800-527-1133