



## Child & Adolescent Mental Health Conference

April 18, 19, & 20, 2004  
Duluth Entertainment Convention Center

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 who have mental health needs and their families.

Minnesota Association for Children's Mental Health



## Sunday Evening Opening Event

April 18  
5:45 – 9:00 pm

Harborside  
Ballroom at  
the DECC

Everyone  
Welcome!

Poster Sessions

Featured Speaker—L. Read Sulik, M.D.

Ask the  
Advocate

Early Conference Registration

Award

Presentation

Hors-d'Oeuvres

Networking

Join us Sunday evening for this new prelude to the conference.

### Early Registration! • 5:45 – 8:00 pm

No waiting in line on Monday morning! (On-site conference registration available, space permitting.)

### Poster Sessions • 5:45 – 9:00 pm

A unique opportunity to speak one-to-one with presenters, gather material and information, and connect with other conference attendees. See the adjoining page for a list of poster sessions.

### MACMH Awards • 6:10 – 6:30 pm

The MACMH Outstanding Achievement Award, as well as the new MACMH Youth Award and MACMH Parent Award will be presented.

### Speaker – L. Read Sulik, M.D. • 6:30 – 7:30 pm

Back by popular demand, this engaging speaker will present *The Presence of Fear in the Lives of Children and Adolescents Today: An Introduction to Anxiety Disorders*; he will also present a workshop on Tuesday. Dr. Sulik is the Medical Director of Child and Adolescent Psychiatry of St. Cloud Hospital Behavioral Health Services where he oversees the development of inpatient and outpatient psychiatric programs for children and adolescents. Dr. Sulik is involved in numerous community-based interdisciplinary projects in Central Minnesota and speaks extensively on depression, trauma, suicide, anxiety, and violence in children and adolescents. Dr. Sulik is the President-elect for the Minnesota Society for Child & Adolescent Psychiatry.

### Ask the Advocate • 7:30 – 8:30 pm

Sign up for personal time with an advocate that specializes in your area of need. Four advocates are confirmed at this time: Cynthia Moore (parent advocate), Wendy Mahoney (education advocate), Linda Bonney (legal advocate), and Cathy Ferrazzo (parent advocate); additional advocates may be added. Sign-up sheets for 15-minute time slots will be available when doors open at 5:45.

## Poster Sessions Sunday 5:45 – 9:00 pm

- 1 Classroom Strategies for Addressing the Mental Health Needs of Children and Adolescents  
*Marilou H. Bade, MSW, LISW – Northwestern Mental Health Center*  
A school-based curriculum designed for children of all ages; provides techniques that are prevention-based, psycho-educational, and allow for the emotional expression of children through easy and fun activities.
- 2 Minnesota Yellow Ribbon Youth Boards in Action  
*Rachel Schott, Exec. Dir. & Darren Reed, Youth Coord. – Yellow Ribbon Suicide Prevention Prog.*  
Youth Boards in Minnesota schools that plan regional and statewide events such as summer parades, SPAN Advocacy letter campaign, and Youth Day on the Hill.
- 3 Online Training in Infant Mental Health: A Pilot Program  
*Christopher Watson, Coordinator of Ctr. for Ed. and Human Dev. – U of M*  
A self-paced online course offered by CEED at the U of M, Introduction to Infant Mental Health is directed to all professionals interested in the field of infant mental health (IMH) intervention with infants, toddlers, and their families.
- 4 Behavior Intervention Services in an Outpatient Rehabilitation Therapy Clinic  
*David McNamee, M.ED, Pediatric Behavior Consultant – Polinsky Rehabilitation Therapy Clinic*  
An outpatient clinic providing behavior consultation services to families and therapists who are working with children who have challenging behavior.
- 5 Adaptation of STEEP™ Home Visiting Model for Teen Moms  
*Kate Dando, MSW, LGSW, STEEP™ Case Manager & L. Suzanne Fust, PHD, MPH, Teen STEEP™ Coord. and Parent Education Coord. – St. David's Child Development and Family Servs.*  
Introduction to research-based STEEP™ (Steps Toward Effective Enjoyable Parenting) model and how this relationship-based program has been adapted to address the needs of teen moms.
- 6 Homeopathy Remedies  
*Beth Knudtsen-Spears, Homeopathic Practitioner, Owner and Practitioner – Classical Homeopathy*  
Information about homeopathic remedies that are safe and effective for AD/HD and other behavioral and learning problems.
- 7 Connecting Families, Supporting Communities: Building Advocacy Skills in Families  
*Reenie Engstrom, MS, Family Servs. Dir. & Brenda Caya, MS, Children's Mental Health Family Advocate – Arc Northland; Nancy Christian, Parent*  
A program that supports, educates, and networks parents, teaching them to advocate for themselves, their families, and their communities.
- 8 The Risks of Under-Identifying the Emotional Needs of Girls  
*Melissa Ries, MS CANDIDATE & Charlotte Ryan, PHD, LP, Asst. Prof. – St. Cloud State Univ.*  
Research on the pattern of emotional disorders experienced by girls and how this compares to boys. Strategies to reverse the risks and improve the outlook for girls.
- 9 Minnesota Parent Leadership Network (MPLN)  
*Carolie Collins & Pamela Baldwin – MPLN Advisory Board Members*  
This network connects and supports a community of parents who are making a difference in the lives of Minnesota families who have children with mental health needs.
- 10 Conflict Resolution through Mediation  
*Patricia McGinnis, Alternative Dispute Resolution Coord. – MNSEMS*  
Free mediation services available from Minnesota Special Education Mediation Service (MNSEMS).
- 11 Unlocking the Mysteries of Children's Mental Health: An Introduction for Future Teachers  
*Cindy Shevlin-Woodcock, Interagency/Mental Health Specialist – MDE*  
A curriculum for higher-education instructors to use with students in teacher-training programs. Provides strategies to successfully educate children with special learning needs due to mental health disorders.
- 12 Visions for Tomorrow  
*Shelley White, Prog. Dir. – NAMI-MN*  
An eight-week education course designed for parents or direct caregivers of children with brain disorders. Information on workshop topics and training materials will be available.
- 13 Parent Voices for C.E.A.S.: Putting the Pieces Together for Children's Mental Health  
*Lisa Peterson Moschkau, RN, BSN, Parent, Coalition Member, Steering Committee Member, Chair of Parent Voices & Julie Carpenter, Parent – C.E.A.S. (Children's Emergency Assessment System); & Tom Braatz – Caritas In-Home Family Servs.*  
A partnership of families and organizations working for children in mental health crisis to create system change for a community-based, family-centered, culturally competent system of care in central Minnesota.
- 14 The Role of Diet and Nutrients in Behavior, Learning, and Development  
*Laura McDaniel, RN – Health Research Institute/Pfeiffer Treatment Ctr.*  
Research and information on the impact of diet and nutrients on behavior, learning, and development.
- 15 Resource Center for Fathers and Families  
*Arnie Engelby, Dir. & Jerome Schoenecker, MSW, Psychotherapist – Resource Center for Fathers & Families*  
A program that offers resources to help couples stay together, with specific attention to fathers' needs within family structure.
- 16 Mothers and Fathers: Pregnancy after Perinatal Loss  
*Joann O'Leary, PHD, MPH, MS, Parent-Infant Specialist, Consultant*  
Results of a descriptive phenomenological study done with mothers and fathers who are in a pregnancy that follows a perinatal loss.
- 17 Use of Experiential and Problem Solving Therapy for Improving Self-Efficacy in SED and EBD Children and Adolescents  
*Steven M. Smith, PSYD, LP, Clinical Dir. – Ain Dah Yung Ctr. and Spirit Guides, Inc. & Rebecca Quintela-Smith, MA, LP – Calvin Academy and Spirit Guides, Inc.*  
A program and model for improving social judgment and interpersonal problem-solving skills within an experiential therapy modality utilizing horses.
- 18 Is It a Package Deal? Impaired Mental Health & Violence Victimization  
*Ayo Adeniyi, MBBS, MPH, Violence Epidemiologist & Maureen Holmes, MPH, Surveillance Coord. – MN Dept. of Health*  
Minnesota data addressing violence-related injuries sustained by youth; comorbidity of mental illness indicators and victimization reported by 9<sup>th</sup> graders; and an interactive website providing state- and county-specific data.
- 19 Grandparents and Relatives Raising Children  
*Sharon Durken, MS, Statewide Outreach Dir. – MN Kinship Caregivers Assoc.*  
Minnesota Kinship Caregivers Association training and outreach to agencies supporting Minnesota's relative caregivers.

Sunday

# MACMH's 2004 Keynotes



**Dr. Ross W. Greene**, author of the internationally acclaimed *The Explosive Child*, provides a contemporary understanding of inflexible, easily frustrated, explosive children, and describes a new way to help these children at home and school. His approach is aimed at decreasing adversarial parent-child interactions, reducing family hostility, and improving children's capacities for flexibility, frustration tolerance, communication, and self-regulation. Dr. Greene is the Director of Cognitive-Behavioral Psychology at the Clinical and Research Program in Pediatric Psychopharmacology at Massachusetts General Hospital in Boston, where he specializes in the treatment of these children and adolescents and their families.

New this year, we will have a luncheon keynote speaker on the second day of the conference. **Dr. Bertice**



**Berry**, author, educator, social activist, and comedienne, will speak on "Finding Your Purpose." She earned her Ph.D. in sociology from Kent State University where she later taught sociology and statistics. At Kent, she demonstrated that by using humor in her lectures to address difficult subjects such as racism and sexism she was able to make a more profound impact. Berry is the best-selling author of an inspirational memoir, *I'm On My Way, But Your Foot Is on My Head*, and the hilarious bestsellers *Straight From the Ghetto, You Might Be Ghetto If*, and the sequel *You STILL Ghetto*. She is also the author of two well-received works of fiction; recipient of the coveted National Comedian of the Year Award

from 1991 through 1994; and was named Campus Lecturer of the Year and Campus Entertainer of the Year while at Kent.

## Children's Mental Health Poster Contest Awards

### Top 5

Monday 9:00 - 9:20 am

- ***Positive Words Let Everyone Blossom***  
by Megan Clemenson, 8th grade, RCW Middle School, Danube
- ***Don't Drown Yourself In Your Own Emotions, Rescue Yourself: Talk It Out!***  
by Kelly Hannah, 8th grade, RCW Middle School, Danube
- ***People Who Are Depressed Aren't Lazy . . . You Can Help!***  
by Brooke Herring, 6th grade, GFW Middle School, Fairfax
- ***Worried About A Friend? Tell Someone***  
by Morgan Schoenfelder, 4th grade, Blue Earth Elementary, Blue Earth
- ***You Need To Talk As Well As Listen About Feelings***  
by Rachel Wales, 8th grade, RCW Middle School, Danube

### Honorable Mention

- ***When Friends Are Stressed Give Them The Best!***  
by Becky Hayek, 8th grade, RCW Middle School, Danube
- ***Some KEY Ways To Deal With Stress***  
by Molly Bratson, 7th Grade, RCW Middle School, Danube
- ***Join Hearts & Hands: Learn To Understand Mental Health Issues***  
by Katie Louisiana, 4th Grade, Cedar Mountain Elementary, Franklin
- ***Don't Let Your Feelings Get Built Up!***  
by Amber Jansen, 8th grade, RCW Middle School, Danube
- ***Mental Health: It's What's Inside***  
by Joseph Bednar, 4th grade, Sanford Elementary, Montevideo

# Things To Do

## Parents Meeting Parents

Monday, April 19 • 5:30 – 7:30 pm • Holiday Inn

All parents are encouraged to attend. This event will include networking, social time, and hors-d'oeuvres. Meet other parents, find encouragement, share stories, and exchange information.

## Exhibits

Don't miss the exciting exhibits we have this year! There will be a wide variety of exhibits on display throughout the conference. Please note extended break periods for exhibit viewing.

## Raffle

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

# Things To Know

## Continuing Education Credits

The conference is designed to meet CEU credits for many disciplines. We have credits for psychology, social work, education administration, nursing, marriage and family therapy, as well as certificates for general participation.

## Vegetarian Meals

Visit the onsite registration area to reserve your vegetarian meal. This alternative is available in limited numbers, on a first-come first-served basis. Menus and tickets for each day will be available starting at 7:30 am.

## Message Board

A public message board will be available again this year in the registration area. Leave messages or retrieve them between sessions.







## REMINDER!!!

Please make a point of arriving at the Lake Superior Ballroom immediately following Workshops 49 – 60 at 12:30 pm. This will ensure that everyone is served by 1:00 pm, which will allow plenty of time for our keynote

**The following acronyms are used throughout this brochure:**

MDE = Minnesota Department of Education • DHS = MN Department of Human Services

EMDR = Eye Movement Desensitization & Reprocessing

Key	Technical Levels		Target Audience	
	Introductory	Intermediate	Professional	Parent
	 No previous knowledge of the subject needed  Some previous knowledge of the subject needed  Extensive knowledge of the subject needed		 Professional . . . . .  Parent . . . . .  All . . . . .	
Schedule	Monday, April 19		Tuesday, April 20	
	7:30– 8:50	Registration/Breakfast	7:30– 9:00	Registration
	8:50– 9:20	Announcements/ Poster Contest Awards	9:00– 10:45	Workshops 37 – 48
	9:20– 10:20	Keynote	10:45– 11:15	Extended Break
	10:20– 10:30	Book Signing/Break	11:15– 12:30	Workshops 49 – 60
	10:30– 12:30	Workshops 1 – 12	12:30– 2:00	Lunch/Keynote
	12:30– 1:30	Lunch	2:00– 2:15	Book Signing/Break
	1:30– 2:45	Workshops 13 – 24	2:15– 3:45	Workshops 61 – 72
	2:45– 3:15	Extended Break		
	3:15– 4:45	Workshops 25 – 36		

# Monday, April 19, 2004

- 7:30 - 8:50 Registration  
Continental Breakfast • Fitzgerald Hall
- 8:50 - 9:20 Announcements/Poster Contest Awards  
• Lake Superior Ballroom



**Ross W. Greene, Ph.D.**

9:20 - 10:20 Keynote Speaker

10:20 - 10:30 Book Signing

• Lake Superior Ballroom

- 10:20 - 10:30 Refreshments / Break  
• Fitzgerald Hall & Harbor Side 2nd floor

## 10:30 - 12:30 Concurrent Workshops 1-12

- 1 "Dancing Lessons": More Multi-Sensory Ways to Challenge and Nurture Youth with Attachment Trauma  
*Krista Nelson & Wendy Baker: Room 303*
- 2 Understanding and Managing Executive Function and Behavioral Disorders in Adolescents Following Traumatic Brain Injury  
*Gregory J. Murrey & Floyd Hale: Gooseberry 1*
- 3 Managing Challenging and Aggressive Behavior  
*Michael Favor, Rick Williams, & Taj Rich: Room 304 - 305*
- 4 Safety, Relationships, and Community  
*Kate O'Brien & Deborah Clemmensen: Split Rock 1*
- 5 Pre-School Stress Relief: Helping Children Cope  
*Gloria S. Elder: French River Room*
- 6 The Prevention Role of Intervening with Mentally Ill Parents Who Have Children 0-to-3 Years Old  
*Glenace Edwall, Terri Rose, Matthew Majeski, & Joan Peterson: Gooseberry 3*
- 7 Functional Behavioral Assessment - Foundation of Behavior Change  
*Jan Ostrom & Wendy Selmes: Room 301 - 302*
- 8 The Cruise to College and Career Success: Exploring the Transition Issues of Clients with Mental Health Needs  
*Sue Smith: Gooseberry 2*
- 9 Children in Placement  
*Barbara Brody: Room 203*
- 10 The Developmental Influences of Juvenile Sex Offenders  
*David X. Swenson & ElizaBeth Carver: St. Louis River Room*
- 11 How Loss Changes Families and Children  
*Joann O'Leary, Darrell Peterson, & Wanda Borman: Split Rock 2*
- 12 Neurotransmitters: Our Steering, Gas, and Brakes  
*Gary G. Johnson & Deby Samson: Room 204 - 205*

## 12:30 - 1:30 Lunch • Lake Superior Ballroom

## 1:30 - 2:45 Concurrent Workshops 13-24

- 13 From Timeouts to Hard Time: Developmental Perspectives on Conduct Disorder  
*Charles Orsak: Room 304 - 305*
- 14 The Human Factor of Obsessive-Compulsive Disorder  
*Stephen Cook: Gooseberry 1*
- 15 Training Children to be Emotionally Healthy: What Adults Need to Know  
*Kathryn Pearson: Room 301 - 302*
- 16 Culturally Competent Guidelines for the Provision of Mental

Health Services to American Indians  
*Ellen Durkin, Les Gibbs, & Jessica Gourneau: Split Rock 1*

- 17 Promoting Infant Mental Health: Postpartum Education and Support  
*Jolene Pearson, Joann O'Leary, & John McCarthy: Split Rock 2*
- 18 Conflict Resolution through Better Communication  
*Patricia McGinnis: Room 203*
- 19 Multimodal Intensive Treatment Homes (MITH): A Community-Based Model for Treatment of High-Need SED Youth  
*Dawn Witthaus & Cynthia Packer: Gooseberry 2*
- 20 More than Just a Label: Youth Speak About Their Mental Health Disabilities and Becoming Self Advocates  
*Renelle Nelson, Debbie Carlson, & MSFN Youth Advisory Board Members: Gooseberry 3*
- 21 Words Do Hurt: A Proactive Approach to Bullying  
*Jan Haugrud & Stephanie Goerger Sandahl: French River Room*
- 22 A Solution-Focused Approach to Trauma and Self-Injury  
*Melissa Hemmestad: Room 303*
- 23 You Can't Give What You Don't Have!  
*Patricia J. Sullivan: St. Louis River Room*
- 24 Is This Just a Stage? Early Warning Signs of Mental Illness in Children and Adolescents  
*Shelley White & Mary Jean Babcock: Room 204 - 205*

2:45 - 3:15 Refreshments/Extended Break  
• Fitzgerald Hall

## 3:15 - 4:45 Concurrent Workshops 25-36

- 25 Bipolar Disorder in Children and Adolescents: Adventures in Mythology  
*Larry F. Dailey: Room 304 - 305*
- 26 Making Connections: AD/HD  
*Jeanne Erickson: Room 301 - 302*
- 27 Introduction to Psychiatric Medications: What Every Parent Should Know  
*Marcia J. DeValk: Split Rock 1*
- 28 Advanced Psychopharmacology and Treatment Strategies  
*Mark I. Holub: French River Room*
- 29 Discovering Your Strengths - Turning Strengths into Action  
*Cindy Ostrowski, John Jordan, Jean Huebner, & Jon and James Huebner: Split Rock 2*
- 30 Chemical Abuse Intervention Strategies with Children of Color  
*Derrick Crim: Gooseberry 3*
- 31 Building on the Strengths of Children and Families: Early Childhood and WrapAround  
*Phyllis Harrington & Gail Larson: St. Louis River Room*
- 32 Learning Environments and Mental Health  
*# 31 This workshop has changed. See page 12  
Matthew Gundlach: Room 203*
- 33 Innovative In-Home Programming for Crisis  
*Kathleen Mathews, Pamela Solomon, & Debra Stack: Gooseberry 1*
- 34 Social Marketing: Outreach for Your Programs/Issues  
*Jerry Jaker: Gooseberry 2*
- 35 Mental Health vs. Chemical Health vs. Dual Diagnosis  
*Michael Van Cleve & Ann Becher-Ingwalson: Room 303*
- 36 How Your Past Affects You Today  
*George Dubie: Room 204 - 205*

# Tuesday, April 20, 2004

7:30 - 9:00 Registration  
Continental Breakfast • Fitzgerald Hall

9:00 - 10:45 Concurrent Workshops 37-48

- 37 Anxiety Disorders in Children: What Every Parent and Professional Needs to Know  
*L. Read Sulik: Room 304 – 305*
- 38 Understanding Tourette Syndrome  
*Mindy Thompson Sipe: Gooseberry 3*
- 39 Connecting with Kids through Stories  
*Denise B. Lacher: French River Room*
- 40 Homeopathy for the Treatment of Behavioral and Learning Difficulties in Children  
*Kate Birch: Room 303*
- 41 Understanding Trauma and Treating the Behavioral After-Effects in Children  
*Phyllis C. Solon: St. Louis River Room*
- 42 Working with Refugee Youth and Families  
*Christine Wheeler Doe: Gooseberry 2*
- 43 The Color and Sound of Postpartum Depression  
*Pam Stenhjem: Room 203*
- 44 Teacher's Guide to Children's Mental Health  
*Wendy Mahoney: Gooseberry 1*
- 45 Youth Teasing: Parents and Teachers Together Making a Difference  
*Charlotte A. Ryan & John Hoover: Room 204 – 205*
- 46 Parents and Professionals: Partners on the Journey  
*Sara Schoepf, Beth Jansen, & Deb Niedfeldt: Split Rock 2*
- 47 Illuminating the Fog: Using Creativity to Promote Family Well-Being  
*Joän Patterson, Yvonne Godber, & Nicholas Leonard: Split Rock 1*

- 48 • "The Secret Sorrow": Children Living in Foster Care  
*Katrina Tobey & Michele M. Gordon: Room 301 – 302*  
# 47 This workshop has changed: see page 13

10:45 - 11:15 Refreshments/Extended Break  
• Fitzgerald Hall

11:15 - 12:30 Concurrent Workshops 49-60

- 49 Understanding Depression in Children  
*Gerry Ouellette: Room 304 – 305*
- 50 Calming Techniques for Children  
*Joan Najbar & Rebecca Kali: Room 204 – 205*
- 51 Bibliotherapy in the Classroom  
*Heather Styve: Gooseberry 2*
- 52 Children's Mental Health: A Cross-Cultural Perspective  
*Socorro Felton: Gooseberry 3*
- 53 Children Who Hurt, Children Who Challenge: Supporting and Teaching Stressed and Traumatized Young Children  
*Julie Nelson: Gooseberry 1*
- 54 Spontaneous Teaching: Things To Have and Things To Do When Things Aren't Going Right  
# 53 Holly Mursch, *French River Room* page 14
- 55 The Invisible Disease  
*Thomas M. Latimer & Joe Petrie: Split Rock 2*
- 56 Suicide Prevention: Information for Individuals and Families  
*Cynthia N. Hart & Jo Zillhardt: Split Rock 1*
- 57 Minnesota Parent Leadership Network (MPLN)  
*Carolyn Strnad & Jeff Fromm: Room 202*

- 58 Navigating in Two Worlds: When Mental Illness Co-Occurs with Cognitive Delays  
*Cynthia Moore: Room 303*
- 59 Increasing Awareness of Sexual Abuse between Siblings  
*Linda Petsoulis & Jeff McConnell: Room 301 – 302*
- 60 Giving Difficult News to Parents – Guidelines for Educators and Mental Health Professionals  
*Rick Auger: St. Louis River Room*

Bertice Berry, Ph.D.

12:30 - 2:00 Keynote Speaker/Lunch  
(lunch served 12:30 - 1:00)

2:00 - 2:15 Book Signing

• Lake Superior Ballroom



2:00 - 2:15 Refreshments / Break

• Fitzgerald Hall & Harbor Side 2nd floor

2:15 - 3:45 Concurrent Workshops 61-72

- 61 Autism: Classroom Strategies That Work  
*Katherine Trottier: Room 301 – 302*
- 62 Hope for Children with Reactive Attachment Disorder  
*Raymone Kral & Stephen Olmsted: Room 204 – 205*
- 63 Hands-On Techniques for Fetal Alcohol Families  
*John G. Hays Jr: Gooseberry 1*
- 64 Experiential Alternatives in Therapeutic Intervention  
*Michelle Patterson & Kate Foley: Room 303*
- 65 Designing and Implementing Mental Health Supports for African Immigrant Students  
*Kate Onyeneho, Richard Oni, & Diana Tharalson: Split Rock 1*
- 66 The Journey from School to Work  
*Linda Bonney: St. Louis River Room*
- 67 Working with Teen Parent-Infants Dyads in the Childcare Setting: The Parallel Process of Facilitating Healthy Attachments  
*Michele Fallon, Barbara Belzer, & Family Facilitators: Room 202*
- 68 Mental Health and the Schools: A Primer for Educators, Mental Health Professionals, and Families  
*William Dikel: Room 304 – 305*
- 69 In-Home Behavioral Family Support Services: A Five-Year Project Review  
*Ronald L. Odden & Sharon Staton: Split Rock 2*
- 70 Characteristics of Victims of Abuse and Molestation: Implications for Assessment, Intervention, and Treatment  
*Scott A. Johnson: French River Room*
- 71 2003 Children's Mental Health Legislation: Screening and Minnesota Health Care Programs Benefits  
*Glenace Edwall: Room 203*
- 72 How Is Adoption Different?  
*Linda M. Brynjulfson: Gooseberry 3*

# 71 This workshop has changed: see page 15

Key

City Side Rooms / Harbor Side Rooms

# Minnesota Association for Children's Mental Health



Enhancing Life for Children

## Advocacy

### Direct Parental Support and Guidance

MACMH's staff advocates provide direct advocacy to parents of children with serious mental health problems throughout the state of Minnesota. Emotional and practical support from MACMH's advocates helps parents know they are not alone. Advocates provide phone support and may also provide in-person support when it is critical to the well-being of a family. Our advocates explain the complex service systems, how to access the services, and ensure that parents know their rights within those systems.

### Information and Referral

MACMH staff provides **information, support, and referrals** that help parents choose and access resource options that best fit their needs. This includes resources in the mental health, education, and social service systems. We also provide information to mental health professionals. Teachers, school nurses, and county workers are just a few of the professionals we frequently communicate with about children's mental health services and supports available.

## Education

### Trainings and Workshops

In the past year, MACMH has hosted trainings and workshops throughout the Twin Cities and Greater Minnesota for parents and professionals on several educational and advocacy topics. The workshops provide the most current and relevant information on the following topics:

#### For Parents

##### • Parent Advocacy

This training provides guidelines for advocating for individual children; advises parents about modifications they can make in school and at home that will help their child; and helps parents to develop effective communication skills.

##### • Education

This training discusses educational issues, such as provisions and revisions in IDEA, IIP, IEP's, behavioral assessments, suspension/expulsion issues, and laws that protect and serve children with EBD.

##### • Support Group Development

This training provides information about support-group development, facilitation, and maintenance.

##### • Accessing Services

This training discusses the Children's Mental Health Act and mandated services. It provides information about the systems that serve our children and how to acquire the mental health services a child needs.

##### • Parent Leadership

This training helps parents develop skills and tools for becoming involved in policy-level meetings and system change activities.

#### For Professionals

##### • The Teacher's Guide to Children's Mental Health

This training provides basic information on mental health disorders and demonstrates how they affect a student's ability to learn. Participants learn more about the relationship between a mental health disorder and a child's behavior and are offered strategies and modifications to use when working with children with mental health disorders.

##### • Mental Health Behavioral Aides Training

This training assists behavioral aides in developing skills to establish relationships with families. It also provides insights into understanding children's mental health disorders, developmental stages, and the impact these have on families.

Customized workshops on other topics may be available. Call MACMH's training coordinator for information

### Education and Intervention Program

This program is aimed at helping children to understand and nurture their own mental health and support others with mental health needs. Projects include: *Children's Mental Health Poster Contest*, *Children's Mental Health Activity Book*, *SuperMe: A Campaign To Stop Hurtful Teasing*, and MACMH staff visits to Twin Cities schools to teach about mental health.

### A New Direction—The Continuum of Mental Health

*A New Direction* is a model for schools and communities that will help teachers utilize successful classroom accommodations and instructional strategies that will improve a child's academic performance. The mission of the program is to reduce the stigma that children with mental health disabilities face, improve their interactions with others, and empower children to succeed in their school environment.

### Publications

Descriptions of our many popular publications can be viewed on the MACMH website at [www.macmh.org](http://www.macmh.org) or call our office for more details. You may also download an order form from our website.

**Thank You Conference  
Volunteers**

Brenda Berglund  
Christine Carney  
Kathy Dewey  
Bonita Donaldson  
Bonnie Fairbanks  
Cathy Ferrazzo  
Dennis Finnegan  
Jennifer Gervais  
April Gonzales-Moeller  
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Charlotte Ryan  
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David Schmidt  
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**Therapists, physicians, social workers -  
looking for a new tool to engage your clients?**

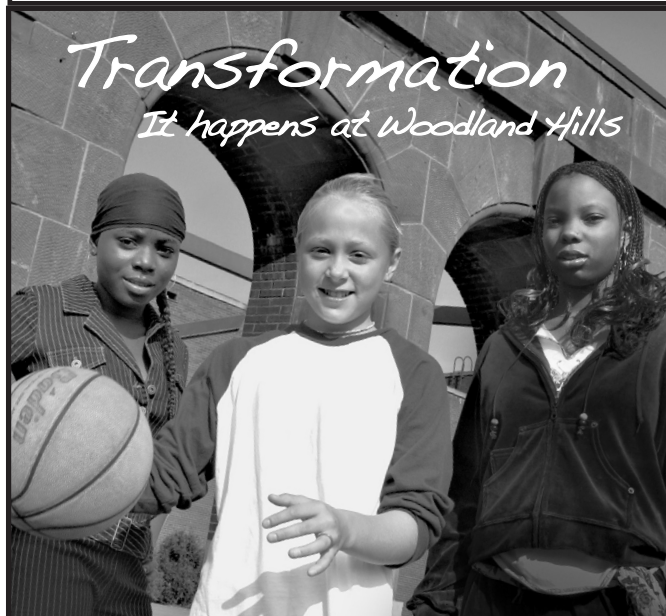


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Discovering the possibilities and recognizing the potential in all youth – we make it happen every day. Visit our booth for information on our programs that serve 1,100 youth, families and communities.



**Woodland Hills**

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**Thank you 2004  
Conference  
Sponsors**

We are grateful for the continued support of Minnesota Department of Education

•  
Abbott Laboratories sponsored our extended break

•  
Northland Foundation contributed to the printing of our program

•  
Novartis Pharmaceuticals supported conference preparations



•  
and the following organizations sponsored Parent Scholarships

- Aitkin County Family Services Collaborative
- Anoka County Children and Family Council
- Beltrami Area Service Collaborative
- Dodge County Family Services Collaborative
- Families Matter . . . Just Imagine
- Goodhue County Family Services Collaborative
- Human Services of Faribault and Martin County
  - Human Services Inc. of Washington County
- Minnesota Department of Human Services
  - Parent Support Network
- Ramsey County Children's Mental Health Collaborative
  - Sherburne County Human Services
- South Central Children's Project
  - South Hennepin County Children's Mental Health Collaborative
  - St. Cloud Hospital Behavioral Services
- West Central Education District





Keynote Speaker • 9:20 - 10:20  
 Ross W. Greene, Ph.D.



Monday 10:30 - 12:30  
 Concurrent Workshops 1 - 12

**1**   Anxiety Disorders in Children: What Every Parent and Professional Needs to Know  
 L. Read Sulik, MD – Behavioral Health Clinic, St. Cloud Hosp.  
 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 an overview of medications, will also be discussed.



Understanding Tourette Syndrome  
 Mindy Thompson Sipe, Resource and Education Specialist – Tourette Syndrome Assoc. of MN

**2**   This session will provide a basic introduction on Tourette Syndrome (TS). Diagnostic criteria for TS and other tic disorders will be given, and various types of tics will be identified. The speaker will also discuss numerous associated disorders, with an emphasis on OCD and AD/HD.



Connecting with Kids through Stories  
 Denise B. Lacher, MA, LP, Dir. of Attachment Programs – Family Attachment and Counseling Ctr.

**3**   Combining narrative and EMDR therapies with attachment principals, Family Attachment Narrative Therapy is a gentle, non-intrusive methodology for working with children who have attachment disturbances. Videos, as well as case examples from the audience, will be used to demonstrate claiming, trauma, developmental, and successful child narratives.



Homeopathy for the Treatment of Behavioral and Learning Difficulties in Children



**4**   Kate Birch, RS HOM(NA), CCH, CMT, Homeopathic Practitioner – Hippocrates Ctr. for Holistic Healing  
 Directed to doctors, psychologists, and counselors, homeopathy and the basic tenants of homeopathic practice will be introduced, followed by case presentations of children with behavioral and learning difficulties and their homeopathic treatment. Case management issues and the possibilities in homeopathic practice for specific disorders will also be discussed.

Understanding Trauma and Treating the Behavioral After-Effects in Children

**5**   Phyllis C. Solon, PSYD, LP – Private Practice  
 Traumatic memories are stored differently from “everyday memories;” this will impact a child’s current behavior and arousal patterns. This workshop will show how the use of EMDR in play therapy can enhance parent-child relationships and reduce or eliminate behaviors that are the result of traumatic events.

Working with Refugee Youth and Families

**6**   Christine Wheeler Doe, MA, LMFT, MN Schools Proj. Coord. – The Ctr. for Victims of Torture  
 This session will outline the effects of war, relocation, and the indirect experience of torture on refugee children and youth. The physical, psychological, and social signs present in traumatized youth, as well as strategies for building a supportive environment in school and community will be addressed.



**7**   The Color and Sound of Postpartum Depression  
 Pam Stenhjem, MS, Assoc. Dir. of Youth and Family Network – Nat’l. Ctr. on Secondary Education and Transition (NCSET)



This interactive presentation will focus on the effect postpartum mood disorders have on the process of attachment and bonding with infants. The presenter will discuss myths surrounding postpartum depression; explain what friends, family, and professionals can do to help; and share her own journey with postpartum depression.

**8**   Teacher’s Guide to Children’s Mental Health  
 Wendy Mahoney, MS, Spec. Ed. Advocate and Trainer – MN Assoc. for Children’s Mental Health

Based on MACMH’s A Teacher’s Guide to Children’s Mental Health, this session (helpful for teachers and parents) will focus on early warning signs, when to refer for assessment, and classroom strategies. Specific mental health disorders that affect children will also be addressed, by audience request.

Youth Teasing: Parents and Teachers Together Making a Difference  
 Charlotte A. Ryan, PHD, LP, Asst. Professor & John Hoover, PHD, Professor and Chair of Dept. of Spec. Ed. – St. Cloud State Univ.

**9**   This session will discuss the nature and prevalence of teasing and bullying, gender differences in teasing actions, and outcomes with emphasis on associated mental health. Presenters will describe how schools and parents can intervene to support both children who are victims of bullying, and children who are bullies.



**10**   Parents and Professionals: Partners on the Journey  
 Sara Schoepf, MS, Coord., Beth Jansen, Trainer, Parent, & Deb Niedfeldt, Trainer, Parent – MN Technical Assistance for Family Support (MN\*TAFS)

Partnerships between parents and professionals are difficult to establish and complex to maintain, yet we see the most success in student outcomes when these partnerships are in place. Learn quick and easy-to-implement, practical strategies that will enhance your partnership efforts with parents and professionals.

**11**   Illuminating the Fog: Using Creativity to Promote Family Well-Being







Joän Patterson, PHD, LP, U of M faculty; Diane Hovey, PHD, Exec. Dir. of Family Institute for Creative Well-Being; Yvonne Godber, PHD & Nicholas Leonard, U of M Center of Excellence in Children’s Mental Health

Family life is challenged when children have emotional or behavioral disorders, or special health care needs, yet programs rarely focus on family well-being. This session highlights how child and family health mutually influence each other, and



**12**   describes a workshop model that uses creative arts with families to promote emotional, spiritual, and social health.



“The Secret Sorrow”: Children Living in Foster Care  
 Katrina Tobey, MS, LP, LMFT – Private Practice; & Michele M. Gordon, MS.ED, LICSW, LMFT, CADCI, Guardian ad Litem – Nokomis Gisiss



The attachment process is a promise to protect, guide, and nurture children unconditionally; this has been broken for children living in foster care. This session will explain how powerful healing keys—hope, permission, empathy, safety, communication, and honor—can unlock the sorrow this broken promise brings.



Key	Technical Levels (see criteria on pg 5)	Target Audience
	Introductory..... 	Professional..... 
	Intermediate..... 	Parent..... 
	Advanced.... 	All..... 



Monday 1:30 – 2:45  
 Concurrent Workshops 13 - 24



**13**   **Bipolar Disorder in Children and Adolescents: Adventures in Mythology**  
 Larry F. Dailey, MD – Child/Adolescent/Adult Psychiatry, Hennepin Co. Medical Ctr.  
 This fast-paced advanced session will expose troublesome myths about childhood bipolar disorder. Participants will learn about the bipolar diagnosis and how to clearly separate patients with other diagnoses, consequences for a child with bipolar who is not correctly diagnosed in a timely manner, and interventions for effective treatments—some may be surprising!



**14**   **Making Connections: AD/HD**  
 Jeanne Erickson, Early Childhood Brain Dev. Proj. Specialist – Wisconsin Council on Children and Families, Inc.  
 Attention-Deficit/Hyperactivity Disorder (AD/HD) tends to run in families, so there are likely genetic influences. Brain scans reveal structural brain differences and the neurotransmitter dopamine has been linked to AD/HD. This session will discuss what we know about AD/HD and what this knowledge means for treatment.



**15**   **Introduction to Psychiatric Medications: What Every Parent Should Know**  
 Marcia J. DeValk, CNS, MS, RN, Clinical Nurse Specialist in Child Psychiatry – Wilder Child Guidance Clinic  
 When medication is prescribed, parents are left with many questions. Does my child really need this? What are the medication's effects and/or side effects? Is it safe? Is it working? This workshop will provide guidelines for answering these questions and other information needed to monitor medications.



**16**   **Advanced Psychopharmacology and Treatment Strategies**  
 Mark I. Holub, MD, Child and Adolescent Psychiatrist at Child and Adolescent Behavioral Health Servs. – Brainerd Regional Treatment Ctr.  
 This session, directed toward professionals, will discuss the psychopharmacology used to treat severe behavior disturbances in children and adolescents. The presenter will also discuss the need for biological, social, psychological, environmental, family, and spiritual interventions in treatment plans.



**17**   **Discovering Your Strengths – Turning Strengths into Action**  
 Cindy Ostrowski, MS, Trainer, Mentor, Dir. of MN Region 10 Quality Assurance Commission, John Jordan, MA, Chairperson, Trainer, Parent, & Jean Huebner, Member, Parent – MN Region 10 Stakeholders Group; & Jon and James Huebner – Jean's twin sons  
 VOICE (Value Of Individual Choices and Experiences) is a community-developed, quality improvement process designed to evaluate the services an individual receives in the context of their strengths and life dreams. Presenters will describe this strength-based approach that was created to improve support services.



**18**   **Chemical Abuse Intervention Strategies with Children of Color**  
 Derrick Crim, LADC, CADCI, Clinical Training Specialist – Hazelden Foundation  
 This workshop will examine 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, the presenter will discuss key factors in rapport building—the essential ingredient for success.



**19**   **Building on the Strengths of Children and Families: Early Childhood and WrapAround**  
 Phyllis Harrington, LSW, Home-Based Family Therapist – NW Mental Health Center & Gail Larson, RN, PHN – North Valley Home Health  
 The presenters will describe a WrapAround model focused on early childhood. Based on the premise that parents are children's first teachers, this model seeks to empower parents to utilize their strengths in developing a plan to meet the needs of children and their families.

**20**   **Learning Environments and Mental Health**  
 Matthew Gundlach, LP, Psychologist – My Learning Partners  
 This workshop focuses on the promotion of good mental health through the creation of effective learning environments. Those attending will be presented with four basic conditions to consider and ways to implement these conditions in learning environments at school or at home.

**21**   **Innovative In-Home Programming for Crisis**  
 Kathleen Mathews, MSSW, LICSW, Home Front Spvsr. & Pamela Solomon, Home Front Crisis Therapist – Washburn Child Guidance Ctr.; & Debra Stack, PHD, LP, Clinical Team Lead – United Behavioral Health (UBH)/Medica  
 The presenters will discuss the successful outcomes from the first year of their pilot project. The program provides crisis stabilization services for high-risk children and their families to prevent out-of-home placements, to stabilize them in the community, and to facilitate their transition to appropriate longer-term community services.

**22**   **Social Marketing: Outreach for Your Programs/Issues**  
 Jerry Jaker, MSE, EDS, Exec. Dir. – MN Institute of Public Health  
 Social marketing is the process of borrowing commercial marketing strategies to improve the health or safety behavior of clients and constituents. This skills-building session will provide information, practice, and interaction with a social marketing expert, as well as excellent resources and tools.

**23**   **Mental Health vs. Chemical Health vs. Dual Diagnosis**  
 Michael Van Cleve, MA, LP, LADC, Clinical Systems Manager & Ann Becher-Ingwalson, MA, LADC, Child Adolescent Therapist – Fairview Univ. Medical Ctr.  
 These presenters will explore the unique challenges of working with dual-diagnosed adolescents in a locked hospital setting. A review of case studies will show their assessment process and treatment plan design. The myriad of barriers that care systems present for sound clinical care will also be discussed.

**24**   **How Your Past Affects You Today**  
 George Dubie, MS, LP, Dir. – Greater MN Family Servs.  
 The way we were raised as children affect how we parent and live today. This session is not for those who think a simple, positive mental attitude fixes everything. This is a soulful exploration of how difficult childhood experiences affects one's personality, and the journey it takes to be whole.

**24**  

See the "At a Glance" on Pages 6-7 for Workshop Locations

Monday 3:15 – 4:45

Concurrent Workshops 25 - 36

**25** “Dancing Lessons”: More Multi-Sensory Ways to Challenge and Nurture Youth with Attachment Trauma  
 Krista Nelson, LICSW, LMFT, Proj. Coord. of Ctr. for Children with Reactive Attachment Disorder & Wendy Baker, LICSW, Social Worker II at Bush Memorial Children’s Ctr. – Wilder Foundation

Directed to social workers, therapists, and case managers working with older children with major attachment issues, this workshop will offer a wide range of multi-sensory methods that will help children increase their capacity to feel safe, build motivation for positive behavior, and connect with caring adults.

**26** Understanding and Managing Executive Function and Behavioral Disorders in Adolescents Following Traumatic Brain Injury

Gregory J. Murrey, PHD, LP, ABPN, Dir. of Neurobehavioral Serv. & Floyd Hale, MS, Behavior Analyst III – MN Neurorehabilitation Hosp.

This session will give an overview of executive dysfunctions following traumatic brain injury and resulting emotional and behavioral disorders. Appropriate behavioral and environmental approaches to the management of these disorders will be provided.

**27** Managing Challenging and Aggressive Behavior  
 Michael Favor, Asst. Principal, Rick Williams, Dean of Students, & Taj Rich, Youth Coord. – Mpls. Public Schools

Learn techniques to defuse escalating behavior in adolescents and how to deescalate at-risk situations. The presenters will use a combination of reality therapy, Crisis Prevention Institute (CPI), and real world experiences.

Safety, Relationships, and Community

Kate O’Brien, MA, Therapist, Proj. Coord. – Mpls. Dept. of Health and Family Support; & Deborah Clemmensen, LP, MEQ, Therapist – Washburn Child Guidance Ctr.

**28** Cultural perspectives on suicide prevention and intervention will be discussed. The speakers have developed a curriculum and gatekeeper training program that takes into account culturally specific belief systems and traditions regarding community, family dynamics, death, and suicide.

Pre-School Stress Relief: Helping Children Cope

Gloria S. Elder, MA, Deputy Dir. of Training Programs – Wholistic Stress Control Institute, Inc., Atlanta, GA

**29** High levels of stress have become a fact of life in our society. Children are not exempt from the effects of stress and anxiety—children with disabilities are at an even greater risk. This interactive presentation will address how to help all children and families cope positively with stress.

The Prevention Role of Intervening with Mentally Ill Parents Who Have Children 0-to-3 Years Old

Glenace Edwall, PHD, PSYD, Dir. of Children’s Mental Health – DHS; Terri Rose, PHD, Assoc. Dir. of Harris Training Ctr. for Infant and Toddler Dev. – U of M; Matthew Majeski, MA, Family Support Team Spvsr. – Olmsted Co. Soc. Serv.; & Joan Peterson, Public Health Nurse – Carlton Co. Public Health

**30** This session describes two pilot projects that support parents with serious mental illness who have children 0-to-3 years old. The projects promote a nurturing parent-child dyad by enhancing skills of professionals who work with this population.

**31** Functional Behavioral Assessment – Foundation of Behavior Change

Jan Ostrom, MS, LP, BCBA, Partner, Psychologist & Wendy Selnes, Partner, Senior Behavior Analyst – Brih Design

A functional behavior assessment (FBA) is essential for difficult-to-manage behaviors. This workshop will identify common and essential components of an FBA, strategies to conduct various activities of the FBA, and interventions most likely to be effective based on the outcome of assessment activities.

# 31 This workshop replaces “Infant Mental Health and Early Childhood Intervention: A Preventative Model”

**32** The Cruise to College and Career Success: Exploring the Transition Issues of Clients with Mental Health Needs  
 Sue Smith, MA, Grad. Intern – Loring Family Clinic: Clinic for Attention, Learning, and Memory (CALM)

This workshop is aimed at parents of and professionals who work with adolescents with mental health needs as they progress toward college or career. The presenter will explore the unique transition issues, discuss two specialized support resources, and distribute sample materials.

**33** Children in Placement

Barbara Brody, CSW-R, Retired – New York State Dept. of Mental Health

Whatever the reason a child is placed out of home, it is a traumatic experience for everyone involved. Through experiential exercises this workshop will appreciate parents and providers for their unique perspectives and look at effective ways they can work together to benefit the child and all involved.

The Developmental Influences of Juvenile Sex Offenders

David X. Swenson, PHD, LP, Assoc. Professor – College of St. Scholastica; & ElizaBeth Carver, PSYD, LP, Psychologist, Clinical Dir. – Northwood Children’s Servs.

**34** The presenters and audience will interactively build a composite model describing developmental influences that shape the behavior and thinking of a juvenile sex offender. Influences including early family risk factors, infant disabilities, parent-child attachment, and socialization will be explored.







**35** How Loss Changes Families and Children  
 Joann O’Leary, PHD, MPH, MS, Parent-Infant Specialist, Consultant; & Darrell Peterson, MED, Parent, Author; & Wanda Borman, Parent

Loss in a family changes parents and children forever. This session will focus on how perinatal loss and loss that occurs through adoption impacts a child’s development, with suggestions for helping based on the child’s developmental level. The perspective of parents from two families will be presented.

Neurotransmitters: Our Steering, Gas, and Brakes

Gary G. Johnson, PHD, LP, LMFT, Clinical Dir. & Deby Samson, Psychometrist – Loring Family Clinic: Clinic for Attention, Learning, and Memory (CALM)

In simple yet accurate terms, the presenters will explain major functions of the brain’s neurotransmitters and how proper functioning of our brain-based systems (learning, memory, mood, and self-regulation) is essential to success—for children and adults. Real-life examples and practical solutions will be used.

<b>Key</b>	Technical Levels (see criteria on pg 5)	Target Audience
	Introductory ..... 	Professional ..... 
	Intermediate ..... 	Parent ..... 
	Advanced .... 	All ..... 

Monday

**Tuesday 9:00 – 10:45**  
**Concurrent Workshops 37 - 48**

**37** From Timeouts to Hard Time: Developmental Perspectives on Conduct Disorder  
 Charles Orsak, PHD, LP, Clinical Psychologist – Human Dev. Ctr.

Conduct disorder is a relatively common and serious disorder that unfortunately often receives only superficial treatment. This workshop will explore its complex components, subtypes, and comorbidities. Usefulness and limitations of various assessment tools and how individual differences inform treatment planning will also be addressed.

**38** The Human Factor of Obsessive-Compulsive Disorder  
 Stephen Cook, Experiential Speaker

Stephen Cook has lived with OCD since the age of 4 and offers a personal account of living with this very challenging illness. He gives listeners an appreciation of the human factor of OCD, and encourages empathy and therapeutic action with the people they serve.

**39** Training Children to be Emotionally Healthy: What Adults Need to Know

Kathryn Pearson, MS, LP – Fairview Counseling Ctrs.  
 This presenter, a licensed psychologist who specializes in children's mental health, will discuss a preventative curriculum designed to help adults teach elementary-age children how to avoid problematic behaviors when their emotions make them act out or behave like victims and to learn productive behaviors in their place.

**40** Culturally Competent Guidelines for the Provision of Mental Health Services to American Indians

Ellen Durkin, MSW, LICSW, Behavioral Health Coord. & Les Gibbs, MSE, Mental Health Counselor – Fond du Lac Reservation; & Jessica Gourneau, LP – Ain Dah Yung  
 This session will assist human service providers, especially mental health professionals, who work with American Indian clients in rural/reservation or urban settings. The presenters, who are American Indian mental health professionals, will review Cultural Competency Guidelines and provide clinical considerations for treating American Indian families.

**41** Promoting Infant Mental Health: Postpartum Education and Support

Jolene Pearson, MS, IEIC Facilitator/Parent Educator – Mpls. Public Schools; Joann O'Leary, PHD, MPH, MS, Parent-Infant Specialist, Consultant; & John McCarthy, MD, Child Psychiatrist – NYU Child Study Ctr.

This presentation will discuss the parent-infant relationship from pregnancy into the first four months of life, and ways to help families build an emotionally healthy beginning. Strategies for implementing a successful postpartum group considering cultural differences, unanticipated outcomes, and postpartum depression will be presented.

**42** Conflict Resolution through Better Communication

Patricia McGinnis, Alternative Dispute Resolution Coord. – MN Special Ed. Mediation Serv. (MNSEMS)  
 Why does conflict cause so much stress? Learn what's good about conflict and how to resolve it by exploring collaborative vs. adversarial approaches. The seven challenges of communication

**43** Multimodal Intensive Treatment Homes (MITH): A Community-Based Model for Treatment of High-Need SED Youth

Dawn Witthaus, MSW, LICSW, Community Servs. Dir. & Cynthia Packer, MSW, LICSW, MITH Recruiter/Trainer – Child and Adolescent Behavioral Health Servs./State Operated Servs.  
 Child and Adolescent Behavioral Health Services/State Operated Services is currently implementing intensive treatment foster homes based on a highly successful model from Oregon for high-need SED youth. Learn specifics about this important addition to our system of care.

**44** More than Just a Label: Youth Speak About Their Mental Health Disabilities and Becoming Self Advocates

Renelle Nelson, Parent Advocate, Coord. – MN Statewide Family Network (MSFN) and EBD Proj. Coord. & Debbie Carlson, MA, EBD Parent Advocate, Trainer – PACER Ctr.; & MSFN Youth Advisory Board Members  
 This interactive workshop is presented by a group of youth with emotional and behavioral disabilities who will talk about their personal experiences with mental health disabilities in school and in the community. They will also discuss their work on Minnesota Statewide Family Network's Youth Advisory Board and their plans for future leadership.

**45** Words Do Hurt: A Proactive Approach to Bullying

Jan Haugrud, MSW, Mental Health Prof. & Stephanie Goerger Sandahl, MA, In-home Counselor – Lutheran Soc. Serv. of MN  
 Bullying has come to the foreground as a serious problem facing children and adolescents. This session will offer parents, teachers, and mental health workers effective interventions to reduce the harmful effects of bullying. How to respond to reports of bullying in a positive and supportive manner will be demonstrated.

**46** A Solution-Focused Approach to Trauma and Self-Injury

Melissa Hemmestad, MS, Counselor – Kilian Community College  
 This workshop will offer therapists an approach that can be used in a respectful manner with young people who have experienced trauma, abuse, and/or self-injurious behavior. The basic tenants, format, and tools of Solution-Focused Brief Therapy will be discussed; handouts and resources will be provided.

**47** You Can't Give What You Don't Have!

Patricia J. Sullivan, MA, Holistic Health Resource Consultant – Emerald Turtle, Inc.  
 Whether your challenging relationship with someone with a mental illness is personal, parental, or professional, the core beliefs you hold about yourself and your life influence your personal happiness and everyone around you. This "light"-filled session offers spiritual principles for personal growth and healing.



**48** Is This Just a Stage? Early Warning Signs of Mental Illness in Children and Adolescents



Shelley White, Prog. Dir. & Mary Jean Babcock, FaithWays Prog. Dir. and KidShop Coord. – NAMI-MN  
 The presenters will touch on the markers or major indicators of early mental illness in children and adolescents that parents are likely to notice. Meant as a gauge for deciding further assessment, this presentation recognizes that no one knows the child as well as the parent.



See the "At a Glance" on Pages 6-7 for Workshop Locations



and techniques used by the mediators of Minnesota's Special Education Mediation Service will also be presented.



**Tuesday 11:15 – 12:30**  
**Concurrent Workshops 49 - 60**

**49** Understanding Depression in Children  
 Gerry Ouellette, MS, LP, Psychologist – Polinsky Rehabilitation  
  This presentation will look at childhood depression, its causes, symptoms, and treatments. Unique behavioral needs will be discussed, along with practical strategies and interventions for dealing with the behavioral challenges of children with depression.



**50** Calming Techniques for Children  
 Joan Najbar, MSW, LICSW, Therapist – Small Circle Counseling Ctr.; & Rebecca Kali, Founder – Qigong Alliance  
  This workshop teaches simple calming techniques to help children of all ages (and adults) cope with stress or specific mental health issues. These “hands-on” strategies include tapping techniques, play and dance therapy, calming Qigong exercises, and meditation.



**51** Bibliotherapy in the Classroom  
 Heather Styve, EBD Teacher – Y.A.L.E. (Youth Alternative Learning Experience)  
  This presenter will describe bibliotherapy and provide many different methods by which to implement this reading therapy. She will also give an overview of the day treatment program used at Y.A.L.E. that meets the educational, mental health and behavioral needs of students.

**52** Children's Mental Health: A Cross-Cultural Perspective  
 Socorro Felton, Parent Liaison  
  This workshop will provide an overview of cultural influences and attitudes relevant to mental health in Mexican and Hispanic American populations, including traditional and religious influences that may contribute to the over-reporting of psychotic symptoms among Hispanic youth.



**53** Children Who Hurt, Children Who Challenge: Supporting and Teaching Stressed and Traumatized Young Children  
 Julie Nelson, Therapeutic Preschool Teacher for Families Together Prog. – Lifetrack Resources  
  Whether an angry child throwing chairs, a fearful child running away, or a sad child who never joins in play, the needs of stressed and traumatized young children can overwhelm their teachers and caregivers. Underlying beliefs and emotions, anxiety reduction, behaviors related to trauma, and relationship building will be discussed.  
 Spontaneous Teaching: Things To Have and Things To Do When Things Aren't Going Right  
 Holly Munson, MS, EBD Teacher – St. Cloud School Dist. #742



# 53 This workshop replaces “The First Year Collaborative: A Model for Delivering a Full Menu of Prevention and Mental Health Services to Parents of Infants”

**54** After 20 years of teaching EBD students, this presenter knows that crises, unmotivated learners or staff, and other unknowns can occur without a moment's notice. She will share her “bag of stuff”: interesting items that can relax and calm, motivate and excite, and get you and the class through those tough times.  
 



**55** The Invisible Disease  
 Thomas M. Latimer, MSSW, LICSW – Options Family and Behavior Servs.; & Joe Petrie – NW Hennepin Co. Children's Mental Health Collaborative  
 



Unlike physical disabilities, mental health disabilities cannot be easily seen, and stigma often keeps adolescents with mental illness from the supports they need. Joe is a 20-year-old consumer living with mental illness, who with the right supports has been able to live, and at times thrive, in the community.



**56** Suicide Prevention: Information for Individuals and Families  
 Cynthia N. Hart, RN, MSN, Nurse Evaluator & Jo Zillhardt, RN, C, Medical Review Coord. – Office of the Ombudsman for Mental Health and Mental Retardation  
  The Office of the Ombudsman for Mental Health and Mental Retardation investigated how clients and families are educated about suicide prevention, and developed a client education tool. They will present this tool along with information from a study of suicide deaths, a survey of treatment programs, and a review of literature.

**57** Minnesota Parent Leadership Network (MPLN)  
 Carolyn Strnad, Region 2 Representative, Advisory Board Member – MPLN and Parent Consultant for Regional Family Mentor Prog. – Arc Clay County; & Jeff Fromm, MA, Region 4 Representative, Advisory Board Member – MPLN  
 

This workshop will cover the history and future of the network as well as information on identifying, training, and supporting Parent Leaders in Minnesota. Professionals and parents will learn how to work together in our state's system of care for children with mental health needs.

**58** Navigating in Two Worlds: When Mental Illness Co-Occurs with Cognitive Delays  
 Cynthia Moore, MS, CCC-SP, Parent, Mental Health Advocate – MN Assoc. for Children's Mental Health  
  It is difficult to obtain an accurate diagnosis and access suitable services for children with both mental illness and cognitive delays. This workshop will provide training for families whose children receive services from both systems, from a mom who's been through it.

**59** Increasing Awareness of Sexual Abuse between Siblings  
 Linda Petsoulis, MA, LP, Psychotherapist, Dir. of Adolescent Servs. & Jeff McConnell, MSW, LGSW, Psychotherapist – The Institute for Psychological and Sexual Health  
  Sibling sexual behavior is a difficult, often minimized or misunderstood issue for families and professionals to address. This workshop will realistically address the problem by distinguishing normal sibling sexual interaction and sibling incest. Participants will have the opportunity to assess scenarios and brainstorm effective intervention strategies.

**60** Giving Difficult News to Parents – Guidelines for Educators and Mental Health Professionals  
 Rick Auger, PHD, Asst. Professor with Dept. of Counseling and Student Personnel – MN State Univ. at Mankato  
  School and mental health professionals often need to give parents news that may be disturbing (e.g. their child has a mental health disorder or may need an assessment). This session will describe the impact of this news on parents, and will present guidelines for appropriately presenting difficult news to parents.



## Luncheon Keynote Speaker

12:30 - 2:00

Bertice Berry, Ph.D.

Tuesday 2:15 – 3:45

Concurrent Workshops 61 - 72

61



**Autism: Classroom Strategies That Work**  
Katherine Trotter, M.ED – Special Ed. Consulting  
This presentation will focus on specific, practical classroom aspects of working with children who have Autism Spectrum Disorders. Topics will range from the environment of the classroom to increasing self-regulation through a variety of skills training. Participants will be able to create their own resource models by the session's end.

### Hope for Children with Reactive Attachment Disorder

62



Raymone Kral, PHD, Clinical Psychologist & Stephen Olmsted, PHD, LP – Duluth Family Attachment Clinic  
Successful treatment for Reactive Attachment Disorder (RAD) has been accomplished using an intensive, non-aggressive combination of Nurturing, Narrative, and EMDR Therapy. This interactive workshop will describe this treatment option, include videotaped segments of the therapy process, and give strategies for surviving and enjoying a child with RAD.

### Hands-On Techniques for Fetal Alcohol Families

63



John G. Hays Jr., Parent – HaysKids FASD Assisted Living Ctr. and Parent Liaison – MN Adoption Support and Preservation  
This session will look at understanding those with Fetal Alcohol Spectrum Disorders (FASD) and at parenting techniques that help the child and the parent/caregiver. Participants will learn how to deal with what frustrates them, fair vs. equal, can't vs. won't, and the future. Together we'll bring FASD into focus.

64



**Experiential Alternatives in Therapeutic Intervention**  
Michelle Patterson, CTRS, LSW & Kate Foley – St. Cloud Children's Home  
A practical, hands-on approach to incorporating experiential activities into your current therapeutic intervention. Learn easy-to-implement, low-budget activities that can be utilized with individuals, groups, families, and work teams.

### Designing and Implementing Mental Health Supports for African Immigrant Students

65



Kate Onyeneho, PHD, Coord. of African Immigrant Parent Support Group – Ctr. for Africans New to America; Richard Oni, PHD, Consultant – Progressive Individual Resources and Co-Facilitator & Diana Tharalson, MSW, SSW, LICSW, Co-Facilitator – NW Hennepin Family Serv. Collaborative's African Youth Support Group  
African immigrants are quickly reprogrammed to American values and little attention is given to their mental health needs. This workshop will look at how mental health services can be designed and implemented in homes, schools, and communities to help African immigrants function more effectively in their new culture.

66



**The Journey from School to Work**  
Linda Bonney, Legal Advocate – MN Disability Law Ctr.  
This workshop will provide a thorough overview of the transition planning required for students ages 14 to 21 who are receiving special education services. There will be an emphasis on work-related skills, ideas, interagency involvement, and problem-solving strategies.

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**Working with Teen Parent-Infants Dyads in the Childcare Setting: The Parallel Process of Facilitating Healthy Attachments**  
Michele Fallon, MA-SLP, MSW, LICSW, Dir. of Baby's Space Expansion Partnership and A Circle of Women & Barbara Belzer, MA, MSW, LICSW, Dir. of Baby's Space: A Place to Grow – Harris Training Ctr. for Infant and Toddler Dev., U of M; & Family Facilitators  
A panel of practitioners will share their experiences working with teen parents through programs serving primarily African American and Native American communities in Minneapolis. Using the STEEP™ (Steps Toward Effective Enjoyable Parenting) model, the programs integrate relationship-based family support services into the childcare setting.

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**Mental Health and the Schools: A Primer for Educators, Mental Health Professionals, and Families**  
William Dikel, MD – Consulting Child and Adolescent Psychiatrist  
This session will address classroom manifestations of students' disorders, mental health related services on IEPs, accommodations and modifications, role definitions of school professionals, co-located mental health treatment, maintaining legal firewalls, data practices, funding streams, co-occurring chemical health disorders, screening tools, potential collaborative roles, improving educational outcomes, and reducing expenses.

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**In-Home Behavioral Family Support Services: A Five-Year Project Review**  
Ronald L. Odden, MS, LP & Sharon Staton, MSW, LICSW, Clinical Director – Access of the Red River Valley, Inc.  
This session will present a model for direct behavioral intervention and training of primary caregivers in homes, day care centers, Head Start and school settings. Treatment outcome data and roadblocks to effective services will also be discussed.

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**Characteristics of Victims of Abuse and Molestation: Implications for Assessment, Intervention, and Treatment**  
Scott A. Johnson, MA, LP, DABPS, DAACCE, ACFE, Forensic Psychologist – Mending Path Relationship Ctr.  
This workshop examines the impact of abuse, sexual assault, and child molestation. Understanding how victims experience abuse or molestation is important when assessing, intervening, and treating the victim.

### 2003 Children's Mental Health Legislation: Screening and Minnesota Health Care Programs Benefits

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Glenace Edwall, PSYD, PHD, LP, MPP, Dir., Children's Mental Health, DHS  
The 2003 Minnesota Legislature enacted major changes in children's mental health, including screening of children in the child welfare and juvenile justice systems, and a reconfiguration of mental health benefits reimbursed through Medicaid. This workshop will cover rationale for the legislative initiative, the new programs and services established, and progress toward July 1, 2004, implementation.  
**How Is Adoption Different?**  
Linda M. Brynjulfson, LICSW, LMFT, Program Dir. of Post Adoption

# 71 This workshop replaces: "Compassionate Listening – Listening from the Heart"

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**Servs. – Children's Home Society and Family Servs.**  
Families created by adoption are different than families created by birth. This workshop is intended for anyone who is interested in knowing more about and understanding the issues of families who adopt domestically or internationally.

See the "At a Glance" on Pages 6-7 for Workshop Locations



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PLEASE NOTE: Presentations and exhibits at this conference are offered for your information only, and their inclusion does not represent an endorsement by the Minnesota Association for Children's Mental Health, our staff, or Board of Directors. Please consult a professional familiar with your child before changing a therapy modality.

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