



MACMH's 2006

Child & Adolescent Mental Health Conference

A statewide conference designed to give parents, caregivers, and professionals 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.

April 30, May 1, and May 2, 2006 • Duluth Entertainment Convention Center • DECC

Keynotes



L. Read Sulik, MD, 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. He worked closely with the CentraCare Health Foundation to develop child and adolescent behavioral health services at St. Cloud Hospital, including Clara's House, a new intensive partial hospitalization facility for children and adolescents with mental health and chemical dependency problems. In a keynote address entitled "Understanding and Promoting Mental Health in our Children," Dr. Sulik will present a thought-provoking overview of what is meant by mental health and how we can better promote the development of mental health, wellness and even "mental fitness" in our children.



Charlie Appelstein, MSW, has worked with troubled children and youth for more than 25 years. Robert Lieberman, former president of the American Association of Children's Residential Centers, calls Charlie the "best youth care trainer in America." Warm, funny, and inspiring, Charlie brings great passion to the podium and will leave you with ready-to-use insights and tools that will make a difference. Charlie has authored three youth care books that are widely used within the field. His keynote address is titled "The Glass Ain't Full, Heck it's Overflowing!: The Power of a Strength-Based Environment in Reshaping the Lives of Troubled Children and Youth."



Bebe Moore Campbell, novelist and journalist, is the author of several *New York Times* bestsellers, including her latest novel, *72 Hour Hold*. In this provocative novel, Campbell explores our culture's treatment of mental illness through the story of one mother's desperate attempts to save her manic-depressive teenaged daughter. Campbell's interest in mental health was also the catalyst for her first children's book, *Sometimes My Mommy Gets Angry*, for which she received the NAMI Outstanding Literature Award for 2003. In the story Campbell tells of how a little girl copes with being reared by her mentally ill mother. Ms. Campbell's first play, "Even with the Madness," debuted in New York in June 2003. This work revisited the theme of the mental illness and the family. Ms. Campbell is a member of the National Alliance for the Mentally Ill and a founding member of NAMI-Inglewood.

Minnesota Association for Children's Mental Health

165 Western Avenue North, Suite 2, Saint Paul, MN 55102-4613 • www.macmh.org • 800-528-4511 (MN only)

Conference Registration

Please use one form per person. Duplicate as needed or download from www.macmh.org.

Name _____

Agency _____

Job Title _____

Home Work Address _____

City _____

State _____ Zip _____ County _____

Phone (H) _____ (W) _____

E-mail _____

*Registration confirmation/receipt will be sent via e-mail only.
Please print clearly.*

ATTENTION

- MACMH will send out registration confirmations via e-mail to anyone who provides a legible, accurate e-mail address. Retain the e-mail as your receipt. No other form of confirmation will be sent.
- On-site registration will be available **only** if space allows.
- The conference fee includes continental breakfast, lunch, and CEHs.

PAYMENT AND REGISTRATION INFORMATION

Payment Policy: Checks (payable to MACMH), Visa & Mastercard, vouchers, and POs are welcome. If paying with a credit card, voucher, or PO, include the billing address in the box titled BILLING INFORMATION.

Mail Registration to: MACMH, 165 Western Avenue N, Suite 2
St. Paul, MN 55102

Fax Registration to: 651-644-7391 (*credit card, voucher, & PO payments only*)

Cancellation Policy: Registration fees, minus a \$50.00 administrative fee, will be refunded if the cancellation is made by contacting the MACMH office on or before **April 17th, 2006**. Fees are non-refundable after this date, but registration can be transferred to another person.

SCHOLARSHIPS

For scholarship information visit www.macmh.org and click on "2006 Conference."

ROLE

I am a:

- Parent
- Grandparent
- Foster Parent
- Other Relative _____
- Social Worker
- Psychologist
- Psychiatrist
- Marriage & Family Therapist
- Educator
- Administrator
- Counselor
- Nurse

I work in:

- Early Childhood
- Education
- Corrections
- Health Care
- Social Services
- Other _____

(Please check all that apply)

SUNDAY EVENING OPENING EVENT

I will be attending
Sunday, April 30, 2006
(see page 3 and 4).

Yes No

LUNCH

I require a vegetarian lunch.
• *May include dairy*
• *We cannot grant special requests*

Yes No

ATTENDANCE

I am attending the MACMH
conference for the first time.

Yes No

WORKSHOP INTEREST

Choose one workshop only from each time period. NOTE: You are NOT registering for these workshops; you are indicating your interest only.

MONDAY, MAY 1

10:15 – 12:15 • Workshops 1 – 13 # _____

1:15 – 2:30 • Workshops 14 – 26 # _____

3:00 – 4:30 • Workshops 27 – 39 # _____

TUESDAY, MAY 2

9:00 – 10:45 • Workshops 40 – 52 # _____

11:15 – 12:30 • Workshops 53 – 65 # _____

2:15 – 3:45 • Workshops 66 – 78 # _____

REGISTRATION FEES

Register By March 31st

- \$280 Full
- \$170 Monday ONLY
- \$170 Tuesday ONLY

Register After March 31st

- \$295 Full
- \$175 Monday ONLY
- \$175 Tuesday ONLY

BILLING INFORMATION

Amount _____

Visa Mastercard # _____ Exp. date _____

Signature _____

Billing Address _____ City _____ State _____ Zip _____

For office use only: Paid by _____

Check # _____

Date Received _____

Sunday Evening Opening Event

April 30
4:30 – 8:30 pm

Harborside
Ballroom at the
DECC

Everyone
Welcome!

Poster Sessions

Featured Speaker—L. Read Sulik, M.D.

Early Conference Registration

Award Presentations

Hors-d'Oeuvres

Networking

Join us Sunday evening for this dynamic,
exciting prelude to the conference.

4:30 – 7:30 pm

Early Registration

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

5:00 – 6:30 pm

Welcome & Recognitions

Speaker – L. Read Sulik, M.D.

Dr. Sulik will present *Understanding and Promoting Mental Health in our Children*, a thought-provoking overview of what is meant by mental health and how we can better promote the development of mental health, wellness and even "mental fitness" in our children.

6:30 – 8:30 pm

Poster Sessions & Hors-d'Oeuvres

This year – new expanded location!

A unique opportunity to speak one-to-one with presenters, gather materials and information, and connect with other conference attendees. See page 4 for poster sessions scheduled to-date. Visit www.macmh.org for an up-to-date list.

Cost

The Sunday Evening Opening Event is free for conference attendees. The event will be open to the public at a cost of \$15.00 per person.

Recognitions include winners of the 2006 Children's Mental Health Poster Contest and MACMH's Outstanding Service Award. To download a nomination form for the Outstanding Service Award – visit www.macmh.org.

MACMH Board of Directors

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Tonya White, MD

The following acronyms are used
throughout this brochure:

DECC = Duluth Entertainment and
Convention Center
EBD = Emotional or Behavioral
Disorder
MDE = Minnesota Department of
Education

This conference is partially
funded with federal funds
awarded to Minnesota
Department of Education through
the grant entitled, Special
Education—Grants to States,
CFDA 84.027A

Understanding Tourette Syndrome

Mindy Thompson Sipe, Educational Specialist – Tourette Syndrome Assoc. of MN

Introduction to the often misunderstood neurological disorder of TS, including diagnostic criteria for TS and tic disorders, and various types/examples of tics.

School-Based Mental Health Services for Deaf, Deaf Blind and Hard of Hearing Children and their Families

Linda M. Oberg, MA, LMFT, Licensed Marriage and Family Therapist, Christine Harnack, MA, LP, LMFT, Dir. of Mental Health Clinic, & Tara Brower, MA, Intern – Volunteers of America

Information on a program designed to provide a variety of mental health services to help strengthen the emotional, behavioral, and social functioning of deaf and hard of hearing children.

Promoting Children's Mental Health and Adjustment in the Elementary Setting Using Positive Strategies and Proactive Tools

Sara Jensen-Fritz, MS, LP, School Psychologist, Paula Jones-Johnson, MA, ED, School Social Worker, & Jerry Hanson, MA, ED, Elementary Principal – ISD 22

Programming of creative strategies for promoting staff and student belonging in the elementary setting; practical ideas will be provided.

Building Youth Capacity for Suicide Prevention

Darren Reed, Youth/Community Proj. Coord. & Rachel Schott, Exec. Dir. – Yellow Ribbon Suicide Prevention Prog.

Ways to involve youth, a tremendous and often under recognized resource, in your community efforts for suicide prevention.

Suicide Prevention Screening: The Teen Screen Program

Jim Youngman, MA, LP, Clinical Prog. Spvsr. & Jason Brandt, MSW, LICSW, Children's Community Prog. Spvsr. – Carlton Co. Human Development Ctr.

A program used to identify and provide service referral to students in grades 7-10 who are at-risk for suicide or harm to others.

The Structured Teaching (TEACCH) Approach to Working with Children with Autism

Brigitte N. King, PHD, LP, Licensed Psychologist & Katherine Quie, PHD, LP, Licensed Psychologist – Fraser Child and Family Ctr.

An approach that focuses on improving adaptation and modifying or structuring the learning environment for children with autism; examples and information for application will be offered.

School-Based Social Skills Program for Special Education Students (with Varying Neurobiological Challenges)

Danny Porter, MSW, LICSW, Clinical School Social Worker & Zehra Ansari, MA, LP, School Psychologist – Northeast Metro Intermediate School Dist. 916

An innovative program for students with varying special education needs that focuses on social skills in five domain areas.

Meeting the Mental Health Needs of Children in Rural MN: Woodland Centers Youth Partial Hospitalization Program

Karen Oswood, MHP, Mental Health Practitioner & Jeanne Whitney, MHP, Mental Health Practitioner – Woodland Ctrs.

An alternative to inpatient or residential treatment for children experiencing severe psychiatric symptoms, disturbances of conduct, and decompensating conditions that seriously compromise or impair their ability to function.

EC Bring the Pieces Together in Early Childhood Mental Health: Collaboration between Head Start & Fraser Child Family Center Preschool Mental Health Program

Susan Conlin, MS, MSSW, LICSW, Prog. Mgr. Child and Family Mental Health Prog., Julie Boone, MSW, LICSW, Preschool Mental Health Prog. Lead Therapist – Fraser Child and Family Center; Linda Diaz, MA, Child Development Specialist – Community Action Partnership Head Start

A unique collaboration that provides day treatment services to young children diagnosed with a serious emotional disturbance and their families.

Making Our Lives Independent and Productive

Rebecca Rooker, parent, Chair – Statewide Steering Committee on System Redesign for Children with Developmental Disabilities

With funding reductions, where can we look? Common sense and not-so-costly practices, as well as services generally offered to "other" disability groups and how they can work for anyone.

Shooting Your Pain

Bruce O'Leary, MA, LMFT, Therapist, Area Serv. Coord. – Therapeutic Servs. Agency

An intervention program for self-injury and depression, designed to help people gain awareness, control, and understanding of their internal experiences, utilizing photography as a metaphor.

Title IV – E Foster Care

Lynn K. Olund, MED, NE Region Eligibility Determination Trainer – U of M School of Social Work, Foster Care Eligibility Determination Training System

Training and technical assistance for social service agency staff to clarify the policy and practice requirements related to federal financial support for children at risk of placement or in placement.

EC ABCD II/Great Start Minnesota Project

Antonia Wilcoxon, MIM, Project Coord. – MN Dept. of Human Servs.

A project drawing on several initiatives to create a primary care model of service delivery and Medicaid financing that supports young children's healthy mental development.

Transition Services Through Vocational Rehabilitation

Wayne Whitmore, MS, CRC, Senior Rehabilitation Counselor & Michele Rydeen, MS, CRC, Senior Rehabilitation Counselor – MN Dept. of Employment and Economic Development Rehabilitation Servs.

Services from the Department of Employment and Economic Development available to youths with disabilities to aid in their transition from high school to life after high school.

Miller-Dwan Medical Center Child/Teen Partial Hospitalization

Sally Anderson, LICSW, Coord. of Child/Teen Partial Hospitalization, Laura Pinsonnault, Teen Partial Hospitalization Health Technician, Terrie Zylka, Child Partial Hospitalization Prog. Nurse, Dan Theis, RN, Teen Partial Hospitalization Prog. Nurse, & Kim Pedersen, Child Partial Hospitalization Behavioral Health Technician – Miller-Dwan Medical Ctr.

A daily outpatient program that helps children and teens in grades K-12 overcome emotional and behavioral problems that interfere with their ability to get along and be successful at school and home.

The Movie Making Process

Linda Flanders, CEO, Educational Dir. – Taproot, Inc.

An easy to learn and ideal way to engage the interest of lower functioning or very young children that incorporates early childhood development processes while offering therapeutic learning of new skills quickly.

AD/HD: The Teen Years

Linda Checky, RN, MBA, Assist. Prog. Mgr. – Twin Cities Health Professionals Education Consortium; Melissa Checky & Brianna Branham – Girl Scout Award Recipients

Information and personal experiences of two Senior Girl Scouts and their Leader; what they learned as they confronted issues as teenagers and began to plan for life after high school.

Minnesota Parent Leadership Network Diane Draper, Beth Johnson, & Brenda Caya – MN Parent Leadership Network

A network of parent leaders committed to making a difference in the lives of Minnesota families with children who have mental health needs. Find out how to get connected in your region.

Parent-to-Parent

Tovarich Bourne, Exec. Dir. and Coord. – The Destiny Ctr. & Julie Ainsworth, Prog. Coord. – MACMH

A program that provides parents of children with mental health disorders from all cultural communities with the encouragement, support, and education they need to effectively navigate the mental health care system.

Children's Mental Health Grants – Lessons Learned Through PACT 4 Families Collaborative

Rick Loseth, LICSW, Clinical Dir. – PACT 4 Families

"Lessons learned" and the impact on services for children and families from three major Federal Grants (all focusing on children's mental health) received by a children's mental health and family service collaborative serving four rural counties.

MOFAS SOS: Seeds of Success – Increase Our Impact, Reduce Barriers

MaryAnn Bernard, Regional Resource Coord. – MN Organization on Fetal Alcohol Syndrome (MOFAS)

An organization on fetal alcohol syndrome that supports families, helps professionals support families, and emphasizes collaboration.

The Ultimate Element: Motivating Social Skills

Rachel Gardner, MA, Mental Health Practitioner & Pat Pulice, MA, LP, Psychologist – Fraser Child and Family Ctr.

A model of social skills building that shapes goals and activities according to group interests and developmental levels and can be used with a broad range of children.

Characteristics of Gifted and Talented Behavior in African American Children

Willie B. Garrett, ED.D, MS, Chief Professional Officer – MN Psychological Assoc. and President – MN Assoc. of Black Psychologists

Information on the affective needs and alternative cultural behaviors presented by African-American gifted and talented children.

BlueSky:

A Minnesota Online Public School
Tom Ellis, MS, Dir./Principal, Jennifer Knutson, Sp. Ed. Teacher, & Julie Wicklund, English Teacher – BlueSky Online School

Online learning, an option for students with disabilities – what it's about, how it works, and what it has to offer. Lessons use Microsoft's Class Server and Nova Net.

45 Minute Transition Plans and Shortcuts to Compliance

Steven M. Benson, MS, Rehabilitation Counselor, Vocational Evaluator – Workable Assessments & Thomas Bott, MA, Sp. Ed. Teacher, Work Experience Coord. – Two Harbors High School Dist. 381

A complementary, comprehensive, fill-in-the-blank transition plan—a tool that promotes compliant, student-centered transition planning.

Things To Know

New This Year—Handouts Online

Want to attend more sessions than you have time for? Or do you simply want the handouts from the sessions you did attend? Some presenters' handouts will be posted on our website after April 17th. They will remain available a full month following our conference.

Continuing Education

The conference is designed to meet CEH credits for many disciplines: psychology, social work, education, nursing, marriage and family, and behavioral health and therapy. CEH certificates will be available to document participation.

Meals

Continental breakfast and lunch are provided Monday and Tuesday to registered conference attendees at no additional charge. Dinner is on your own.

Parking

Parking at the DECC is \$3.00 per day. Parking at the hotels listed on the back cover is free of charge for hotel guests.

Accessibility

If you need a reasonable accommodation for a disability (e.g., wheelchair accessibility, interpreter, Braille, or large print materials), such accommodations will be made available upon advance request. Please contact the MACMH office on or before April 10, 2006. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

Weather

Early spring weather in Duluth can be unpredictable. We suggest wearing light clothing and bringing a sweater or jacket to workshops.

Cancellation

Registration fees, minus a \$50.00 administrative fee, will be refunded if the cancellation is made to the MACMH office on or before April 17, 2006. Fees are non-refundable after this date, but registration can be transferred to another person. Please notify our office if you would like to transfer your registration.

Schedule Changes

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

On-site Registration

On-site registration will be available **only** if space allows.

Things To Do

Exhibits

Monday, May 1 • 8:00 am – 3:00 pm

Tuesday, May 2 • 8:30 am – 2:15 pm

Don't miss the wide variety of exciting exhibits we have this year in the Edmund Fitzgerald Exhibit Hall. Please note extended break periods in the schedule for extra exhibit viewing time.

Raffle

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

Outstanding Service Award Nominations

This year's award will recognize a teacher who has demonstrated courage, compassion, and creativity in their work educating children with mental health disorders. To nominate a teacher go to www.macmh.org. Teachers of children ages 0–21 are eligible.


2006 Poster Contest

Winning posters from our 2006 poster contest, will be on display throughout the conference.



Key	Technical Levels		Target Audience	
	<input type="checkbox"/>	Introductory	No previous knowledge of the subject needed	<input type="checkbox"/> PRO
<input type="checkbox"/>	Intermediate	Some previous knowledge of the subject needed	<input type="checkbox"/> PAR Parent
<input type="checkbox"/>	Advanced	Extensive knowledge of the subject needed	<input type="checkbox"/> ALL All
<input type="checkbox"/> EC	Early Childhood Focus		Special Interest	

Schedule	Monday, May 1	Tuesday, May 2
		8:00 – 8:50.....Registration/Breakfast
	8:50 – 9:00.....Announcements	9:00 – 10:45Workshops 40 – 52
	9:00 – 10:00Keynote	10:45 – 11:15Extended Break/Exhibits
	10:00 – 10:15.....Exhibits/Break/Book Signing	11:15 – 12:30Workshops 53 – 65
	10:15 – 12:15Workshops 1 – 13	12:30 – 2:00.....Lunch/Keynote
	12:15 – 1:15.....Lunch	2:00 – 2:15Exhibits/Break/Book Signing
	1:15 – 2:30Workshops 14 – 26	2:15 – 3:45Workshops 66 – 78
	2:30 – 3:00Extended Break/Exhibits	
	3:00 – 4:30Workshops 27 – 39	


1 Innovations in Treating Child Trauma

 **Willie Winston** PhD, Day Treatment Spvsr., **Tom Steinmetz**, MA, Dir. of Prog. Management, & **Lauren Nietz**, LICSW, Day Treatment Spvsr. – Washburn Child Guidance Ctr. This session presents a new intervention for young children affected by early traumatic experiences who display aggressive and disruptive behaviors. The intervention model addresses the roots of emotional and behavioral problems, helps children to internalize self-regulation, and supports the development of adaptive skills that promote resiliency in the face of continuing instability.


2 Arousal and Anxiety: A Ten Part Treatment Approach

 **L. Read Sulik**, MD, FAAP, Medical Dir. – Child and Adolescent Psychiatry, St. Cloud Hosp. Behavioral Health Servs. The presenter will give an overview of the neurophysiology of arousal as a basis for understanding anxiety disorders. Using this framework, he will review a 10-part treatment protocol for the management of anxiety disorders in children and adolescents. 


3 Fetal Alcohol: A Unique Challenge

 **Lynne R. Frigaard**, Fetal Alcohol Specialist – Arc Northland Individuals with fetal alcohol spectrum disorders present us with unique challenges. Participants in this workshop will learn practical strategies for working with children, teens, and adults who may have fetal alcohol damage. This interactive and dynamic presentation will provide necessary and relevant information for recognizing and increasing the potential of these individuals.


4 Supporting the Development of Social Relationships, Social Skills, and Social Coping in Children with Asperger Syndrome and High Functioning Autism

 **Sheila Merzer**, MA, LP, Psychologist/Consultant & **Karen Cass Felling**, MA, LPC, Autism Specialist – Sheila Merzer, MA, LP Regardless of their intellectual and academic level, students with autism spectrum disorders struggle to establish relationships and effectively navigate the social world. Interventions can help these children negotiate conflict and resolve problems to improve their ability to function successfully as a member of society. This session will broaden understanding of social skill development and curriculum planning for students with autism spectrum disorders.


5 The Silent Witness— Domestic Violence and Its Impact on Children

 **Donna McDonald**, LSW, Violence Prevention Coord. – Anoka Co. Community Health; **Daphne Dokter**, Family Serv. Worker – Anoka/Washington Co. Head Start Prog.; & **Marlene Jezierski**, RN, Violence Education Consultant Only in the last decade has research been done on the effects on children witnessing family violence. This workshop will provide introductory information regarding the dynamics of domestic violence and how it may impact a child’s emotional, behavioral, and cognitive development; and suggest skills and resources to assist families.


6 Profile of a Bully

 **Kristin Wheeler Highland**, Trainer/ Consultant – Heads, Hearts, and Hands Consulting and Training Have you wondered exactly what bullying is? Do you know what traits add up to a bully or their victims? Do you know why common conflict resolution strategies may not work to reduce bullying? This interactive workshop will explore research on bullying, the profile of a bully, and strategies to change behaviors and support everyone involved. Information will cover preschool and school age children.


7 Queer as Youth: Courageous Transgressions, Blurred Lines, and Expanded Possibilities

 **Julie Tilsen**, MA, LP – 2 Stories & **Lauri Appelbaum**, MSW, Coord. – Out 4 Good, Minneapolis Public Schools Working respectfully with queer and trans youth demands first that we check ourselves in order to be true allies. Through experiential activities, use of popular culture, and structured conversations, participants will examine their beliefs about gender and sexuality.


8 Parenting Assessments for Families in Crisis

 **Elizabeth Bergman**, LICSW, Exec. Dir. & **Amy Moeller**, LICSW, MA, Child and Adol. Therapist – Ctr. for Child Abuse Prevention and Treatment This interactive workshop is designed to offer professionals methods for assessing strengths and weaknesses in families. Participants will learn to assess five key areas, use specific assessment tools, and put it all together in report form.


9 Parent to Parent – “You are not alone”

 **Tovarich Bourne**, Exec. Dir. and Coord. – The Destiny Ctr. Have you gone through a challenge with your child, thinking you’re the only one? You are not alone. Someone has gone through what you’re experiencing and can help you. Learn about Parent to Parent groups—how they offer support and mentoring to parents and caregivers, and how to get one started.


10 Child and Adolescent Behavioral Health Services Program and Dialectical Behavior Therapy

 **Mark Holub**, MD, Child and Adol. Psychiatrist, **Julie Eggers Huber**, PSYD, LP, Clinical Psychologist, **Kimberly Steffes**, MA, Behavior Analyst II, **Patricia Gorman**, MS, LSW, Case Coord. and Family Therapist, **Jennifer Holdredge**, MA, LMFT, Continuing Care Therapist, **Heidi Carlson**, MS, LMFT, Psychology Intern, & **Tommie Nuesse**, Behavior Analyst I – CABHS This workshop, presented by the treatment team from the Child and Adolescent Behavioral Health Services (CABHS) Dialectical Behavioral Therapy (DBT) program in Brainerd, will outline basic DBT principals and review the treatment program elements in detail. Also included will be information about the referral and selection process of appropriate patients and a question and answer period.



11 School-based Interventions for Children and Youth with Mental Health Disorders

 **Cindy Shevlin-Woodcock**, Interagency/Mental Health Specialist – MDE & **Charlene Myklebust**, PSYD, Spvsr. of Behavior, Interventions, and Partnerships – ISD 287 The presenters will describe the impact of mental health disorders in children on mood, cognition, and academic performance, and share many brain-based strategies and interventions to use in an educational setting. The interventions will be most effective for the three most prevalent disorders in children: anxiety, depression, and AD/HD.

12 Meth - It’s Impact on a Community

 **Heidi M. Hahn**, MS, Teacher, Counselor, and Foster Parent – ISD 181, Brainerd Public High School; **Janine LePage**, JD, Asst. Attorney – Crow Wing Co.; & **Lynnda K. Erickson**, Spvsr. – Crow Wing Co. Social Servs. This workshop will discuss the impact of methamphetamine’s use and manufacture on children and communities. A panel from Crow Wing County including a foster parent/teacher, an assistant county attorney, and a social worker will provide information and a question and answer period. A list of resources for learning more information and types of services available will be provided.

13 “Use the Force Luke”: Staying Motivated to Do the Job

 **Charlie Appelstein**, MSW, President, – Appelstein Training Resources, LLC Children’s behavior often elicits feelings that compromise a caregiver’s performance. This workshop examines why the task is so important yet challenging, and offers strategies that help adults remain effective and motivated. Key topics are how NOT to take it personally, the power of support, and the need to form appropriate expectations. 

14 Pre-toddler Day Treatment: Scaffolding Early Development
 ALL EC
Pat Pulice, MA, LP, Psychologist, Rachel Gardner, MA, Mental Health Practitioner, & Jane Keller, PhD – Fraser Child and Family Ctr.
 This presentation reviews a day treatment model for very young children. The model means to interface the collection of information for diagnosis, support families through the emotional journey, and set the stage for ongoing intervention needs.

15 Weaving Together Common Threads: A Multidisciplinary Approach to Childhood Dysregulation Disorders
 PRO
Susan Fuchs Hoeschen, MSW, LICSW, Katie Kinzer, MA, Art Therapist, & Laura Amundson, OTR – Clara's House Child Partial Hospitalization Prog.
 Explore an application of multidisciplinary treatment for childhood dysregulation disorders. Members of Clara's House Child PHP Team will describe this effective treatment approach using art, play, and occupational therapy interventions.

16 Pediatric Bipolar Disorder: Review of Etiology and Treatment
 ALL
Nicole Larson, MA, APRN-BC, PMH-NP, Family Psychiatric-Mental Health Nurse Practitioner – Allina Behavioral Health, Abbott Northwestern Hosp.
 Bipolar disorder, previously known as manic depression, is becoming more frequently diagnosed in pediatric populations. This workshop will examine the difference between bipolar I, bipolar II, cyclothymia, and other mood disorders, as well as review history, etiology, and current guidelines for treatment.

17 The Good News/Bad News for Divorce, Reducing the Risk for Children
 PRO
Jo Musich, MED, Family Relations Specialist – U of M Extension Serv.
 Divorce can have long-term negative effects on children; however, it doesn't have to be that way. Targeted toward professionals who work with families, this workshop will actively engage participants in learning research, implications for practice, and interventions that can benefit children affected by divorce.

18 Enhancing Adolescent Sex Offender Treatment by Utilizing Experiential Therapy
 PRO
Nicole Ross, MS, Clinical Spvsr. & Angela Hopkins, Case Mgr. – Mille Lacs Academy
 This interactive session will demonstrate several experiential therapy techniques and discuss how to properly implement them into any treatment program that emphasizes working with the developmentally cognitively delayed population. Participants will have the opportunity to engage in some of the play therapy techniques and ask questions.

19 Culturally Competent Mental Health Counseling with African American Clients
 PRO
Pamela B. Harris, PhD, Clinical Dir. – African American Family Servs.
 Participants in this session will analyze the importance of culturally diverse communication styles in a professional therapeutic environment; learn to plan counseling interventions that incorporate an understanding of intercultural differences; and evaluate their personal and professional values and ethics as related to multicultural counseling.

20 Awakening Communication in the Family Through Therapeutic Art Interventions
 PRO
Barbara Skodje-Mack, MS, LPC, Licensed Prof. Counselor – Mankato Psychology Clinic & Diane Coursol, PhD, Professor – MN State Univ. Mankato
 This workshop will describe therapeutic art interventions for working with children and families. Clinical examples will be discussed and participants will engage in hands-on application of these strategies that serve as an adjunct to talk therapy.

21 Deflecting Children from the Path of Violence – Ramsey County ACE: Intensive Early Intervention for Very Young Offenders
 ALL
Leslie Norsted, JD, Asst. Ramsey Co. Attorney, Antuana Belton, ACE Case Mgr., St. Paul Youth Servs., & Jody McElroy, Social Worker – Ramsey Co. ACE Prog.
 ACE (All Children Excel) identifies children under age 10 at high risk for serious, violent, and chronic criminality. Learn how ACE determines best interventions, engages resistant families, and works collaboratively with mental health, child welfare, corrections, and education professionals to break multigenerational cycles of criminal behavior.

22 Emotion Regulation Skills For Children and Youth: A DBT Skills Model for Parents and Foster Parents
 ALL
Cynthia Packer, MSW, LICSW, Clinical Coord., Robin Rodenberg, Licensed Foster Parent, Linda Lane, Parent, & Joe Lane, Parent – Child and Adolescent Behavioral Health Servs. Intensive Treatment Homes Prog.
 Parents, foster parents, and professionals will learn how Dialectical Behavior Therapy (DBT) skills training has been adapted to help youth in an Intensive Treatment Homes Program. This presentation will present adapted skills training in emotion regulation, interpersonal effectiveness, distress tolerance, and mindfulness.

23 Preparing Kids for Court
 PAR
Lili Garfinkel, Juvenile Justice Proj. Coord. – PACER Ctr.
 Increasingly, children are referred to the corrections system for school-based infractions. If a child has a behavioral, cognitive, or learning disability there is some basic information that child and his/her parents should know before they are questioned by the police. This presenter will discuss this information, as well as how prepare for court.


24 The School to Prison Pipeline for Students with Mental Health Needs
 ALL
Amy J. Goetz, JD, Attorney at Law – School Law Ctr., LLC
 Students with mental health disabilities are increasingly diverted out of the public schools and into juvenile courts when the public schools fail to provide adequate special education services. This workshop will present information regarding the need for and rights to appropriate mental health services and other special education related services for children in public schools.

25 "It's Just Down the Hall": A Successful School-Based Mental Health Model
 ALL
Thaddeus Lesiak, MSW, LGSW, Site Coord. & Sharon Salgado, Family Liaison – South Area Family Resource Ctr.; Carla S. Mortensen, MSW, LICSW – The Mental Health Collective; & Denise Arnette Carter, Site Coord. – North Area Family Resource Ctr.
 The Family Resource Centers are a collaborative, bi-cultural, multi-disciplinary approach to service delivery. This panel presentation will focus on collaborative structure, relationship building between schools and providers (specifically mental health), outcomes and benefits, mental health service model and realities, and financial considerations.

26 Continuing the Journey Towards Hope: A Family Dialogue
 ALL
Rebecca Oachs, Experiential Speaker & Leslie Oachs, MA, Parent
 This presentation offers an account of the everyday challenges of mental illness, from a college student who was diagnosed in childhood with anxiety and depression. Her mother co-presents with a parent's perspective and personal examples of how to effectively support children with mental illness and their families. They will describe how families journey towards health and hope.


Key	Technical Levels (see criteria on pg 5)	Target Audience
	Introductory..... <input type="checkbox"/>	Professional..... <input type="checkbox"/> PRO
	Intermediate..... <input type="checkbox"/>	Parent..... <input type="checkbox"/> PAR
	Advanced..... <input type="checkbox"/>	All..... <input type="checkbox"/> ALL
	Early Childhood Specific..... <input type="checkbox"/> <input type="checkbox"/> EC

27 Supporting Stressed and Traumatized Young Children

 **PRO** *Julie Nelson, Senior Early Childhood Teacher – Families Together/Lifetrack Resources*


The needs, emotions, and behaviors of stressed and traumatized children can create stressed classrooms, teachers, and caregivers. This workshop will present practical tools for understanding and teaching children who are hurting. Forming secure relationships with insecure children, the stress-response continuum, and emotional regulation will be discussed.

28 Autism Spectrum Disorders: Challenges in Diagnosis and Treatment

 **ALL** *Muhammad Waqar Azeem, MD, Clinical Dir. – Child and Adolescent Behavioral Health Servs.-Brainerd*


This dynamic presentation will discuss the history, epidemiology, etiology, diagnosis, assessment, and management of autism spectrum disorders. Multimodal treatment will be presented including behavioral strategies and recent pharmacological research focusing on target symptoms including aggression/self injury, hyperactivity/inattention, and ritualistic behaviors.

29 Understanding Tourette Syndrome

 **ALL** *Mindy Thompson Sipe, Educational Specialist – Tourette Syndrome Assoc. of MN*


This workshop will give an introduction to the often misunderstood neurological disorder of Tourette Syndrome (TS). Various types and examples of tics will be identified; diagnostic material for TS and tic disorders will be given; and the effect of co-morbid disorders, with emphasis on OCD and AD/HD, will be discussed.

30 Obesity in Child Psychiatry – An Overview

 **ALL** *William Dikel, MD, Consulting Child and Adolescent Psychiatrist – North Point Mental Health Clinic*


This interactive workshop will describe psychiatric disorders and medications that lead to obesity, and cultural factors that cause mental health disorders in overweight children and adolescents. We will review best practice methods of treating obesity and psychiatric disorders when they co-occur.

31 Youth Cycles of Violence and Cognitive Distortions

 **ALL** *Victor Nakumbe, PHD, CDC, Program Dir. – Status One Educational Servs.*


Participants of this workshop will gain insight on how to identify, understand and address adolescent cycles of violence. Content of this workshop will include: identifying triggers, boundaries and limit setting, faulty thinking, substance abuse, effective communication and utilizing appropriate resources.

32 Walking the Middle Path: Working with Adolescents Who Engage in Self-Injurious Behavior

 **ALL** *Kristin Schmidt-Shay, MSW, LICSW, Administrative Prog. Dir. – Eagan Counseling Clinic/Minneapolis Counseling Clinic & Ann Becher-Ingvalson, MA, LADC, Clinical System Mgr. – U of M Medical Ctr., Fairview*


This workshop will provide an overview of the practical application of Dialectical Behavior Therapy (DBT) when working with adolescents who self injure. Adolescent development and common mental health diagnosis that occur in adolescents will also be discussed.

33 Parenting the Defiant Child

 **ALL** *Luke Spiegelhoff, LICSW, Therapist – Families, Adolescents, and Children Therapy Servs.*


Whether you are a parent or professional, this workshop will provide useful strategies for improving the behavior of defiant kids. Based on Parent Management Training principles, learn what works and what doesn't for helping defiant kids.

34 “2+2=WOOF” How Therapy Dog Teams Are Assisting Students

 **ALL** *Tanya K. Welsch, MSW, LGSW, Administrator & Molly DePrekel, MA, LP, Clinical Dir. – MN Linking Individuals, Nature, and Critters (MN LINC)*


Data suggests that using therapy dogs in the classroom helps teachers develop a rapport with difficult students, helps students redirect negative actions and comments, and helps improve the overall classroom climate. This presentation will outline aspects involved in developing and implementing an animal-assisted intervention program by MN LINC with ISD 287. Outcome data about the efficacy of providing such a program will be provided.

35 Shared Care Psychiatry: Increasing Capacity and Quality

 **PRO** *Michael Stewart, MD, Shared Care Psychiatrist – Lakeland Mental Health Ctr. & Don Janes, MS, LP, Co. Social Servs. Spvsr. – Becker Co. Human Servs.*


Shared care psychiatry is a five-agency effort—a psychiatrist is based in primary care clinics and shares patient records and care with the family physician. This workshop will discuss the role of the shared care psychiatrists, how shared care has developed, and the value of integrated psychiatric care and service capacity.

36 Staying Together: The Law and Issues of Custody Relinquishment

 **ALL** *Kathy Kosnoff, JD, Attorney and Consultant – Solutions and Resolutions: Advocacy and Consulting & Barbara Lindberg, RN, JD, Systems Transformation Parent Liaison – National Alliance on Mental Illness (NAMI-MN)*


This interactive presentation will discuss the law, money, and inter-personal dynamics behind the issue of custody relinquishment in the provision of services to children with mental illnesses.

37 A Fitting IDEA

 **PAR** *Renelle Nelson, MA, Parent Advocate, Coord. of EBD Proj. – PACER Ctr.*


In a recent study, the rate at which children with an identified health disability were found to have an existing mental health problem was 37%. This workshop will provide information for parents about educational rights for children with health disabilities and co-occurring mental health disorders. Special attention will be paid to the interagency planning process through IEPs and IIIPs.

38 Helping Children with AD/HD to be Successful in School








 **ALL** *Patrick Chesla, MSW, LGSW, School Social Worker – Milaca Elementary School*



Many children with AD/HD eventually fall into a number of “at-risk” categories. School success is recognized as the number one resiliency factor for these children. This workshop stresses using an ecological approach to understanding AD/HD, and outlines a variety of strategies to help students with AD/HD reach their social and academic potential.

39 The Power of Mothering - Psychology Doesn't Have All the Answers


 **ALL** *Maureen Campion, MS, LP, Psychologist – MN Valley Psychologists*

An inspiring and refreshing look at the power of a child's primary relationship from the perspective of a parent of a mentally ill child—a parent who also happens to be a psychologist. Recommendations for strengthening the role of mothers in the treatment of their children will be included. This presentation will allow flexibility for questions and sharing of experiences.

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Advanced..... 	All..... 	
Early Childhood Specific..... 		


40 Introduction to Diagnostic Classification System DC:0-3R
 
Glenace Edwall, PHD, PSYD, Dir. of Children's Mental Health – Dept. Human Servs.

The presenter will provide an overview and practical application of the DC:0-3R (2005), which is a framework of descriptive categories within a multiaxial system, and a guideline for clinicians to facilitate clinical diagnosis, planning, and communication for very young children.


41 From Fear to Safety, From Alienation to Belonging: Key Therapy Tools to Build Attachment Behavior Between Parents and Youth with Attachment Disorders


Krista Nelson, LICSW, LMFT, Proj. Coord. – Wilder Foundation Ctr. for Children with Reactive Attachment Disorder & Helga Dale, LMFT, Dir. – Child and Family Specialty Clinic P.A.

This beyond the basics workshop for mental health professionals profiles three processes for individual and family therapy designed to spark developmental growth and build secure attachment behaviors between parents and children—strategic reframing, developmental play therapy, and storytelling. Participants will have an opportunity to apply these concepts to their own practice challenges in group exercises and discussion.

42 De-Mystifying FASD Diagnosis and Referral


Jeannette Lang, Dir. – Fetal Alcohol Diagnostic Prog. & Mary Carpenter, MS,ED, LP, Licensed Psychologist – Range Mental Health Ctr. Fetal alcohol spectrum disorder (FASD) is often a hidden disability—why is it that many professionals have a hard time determining who may be at risk? These presenters, who have been working in FASD diagnostics for over six years, will share guidelines for referral, diagnosis, and intervention in clear and concise terms.

43 An Inside Look at Asperger's Syndrome and Autism: A Panel of Adults Talk About Their Experience


Barbara Luskin, PHD, LP, Psychologist – Autism Society of MN & panel of adults with high-functioning autism

A panel of adults with Asperger's Syndrome and high-functioning autism will share their childhood experiences living on the autism spectrum. This will be an interactive session with questions from the audience guiding the discussion.

44 Childhood Psychosis: Assessment and Treatment



Laura Lee Voldahl, MSW, LICSW, Clinical Social Worker & Linda Jo Volness, MS, CNS, CHTP, Clinical Nurse Specialist – Lakeland Mental Health Ctr.

This presentation will provide an overview of psychotic symptoms in children, evaluate psychosis versus grief reactions or cultural influences, and address various treatment modalities. This session will also look at how play therapy, healing touch, and psychopharmacology can be used in culturally sensitive ways to help children stay in the present and cope with internal and external stimuli.

45 Social Dyslexia: Neuroscience Update 2006



Gary Johnson, PHD, LP, LMFT, Licensed Psychologist & Deby Samson, Education Coord. – Clinic for Attention Learning and Memory; Ruth Gregory, Chemical Health Specialist/School Counselor – David Hoy and Associates

Social dyslexia, a term coined by John Ratey, MD, describes problems in brain circuitry that lead to deficits in coding and decoding social interactions. The recent explosion of brain research has finally shed light on social problems common to many children's mental health disorders. Discussion, demonstration, new diagnostic procedures, and treatments will be presented.

46 Self-Injurious Behavior


Nancy M. Cusack, MA, LP, Family Counseling Spvsr. – Bridge for Runaway Youth

If you are fortunate enough to engage in a therapeutic relationship with youth, you will undoubtedly come across self-injury. Self-injury is a message—an external manifestation of pain and anguish. This presentation will address the clinical realities of self-injury, offer ways to talk to youth about what self-injury represents to them, and provide avenues to assist them with disrupting the cycle of self-abuse.

47 Racial Identity Development as a Tool in the Development of Cultural Competence in Counseling


Kerry D. Frank, PHD, Associate Professor – University of St. Thomas

This workshop will discuss major aspects of a graduate course in counseling psychology that utilizes racial identity development as a theoretical base. Three racial identity models that reflect specific groups' sociopolitical and social psychological experiences in the United States will be presented.

48 Orientation to Family Group Decision Making


Carla Miller, Family Group Decision Making Facilitator, Rebekah Kirgis, LSW, Family Group Decision Making Facilitator, & Amy Oian, LSW, Family Group Decision Making Facilitator – Family Serv. Rochester/Olmsted Co.

This session is designed to stimulate local interest and create a basic understanding of Family Group Decision Making philosophy. It encourages critical thinking about how to create a new kind of collaborative partnership among families and professionals when developing plans for children's well being.

49 The Impact of Language and Communication on Behavior



Katherine Utter, LICSW, Social Worker/Autism Specialist, Tressa Reisetter, PHD, Neuropsychologist, & Laura Moore, MA, CCC-SP, Speech Language Pathologist/Autism Specialist – Intermediate Dist. 287

The majority of students with EBD have language deficits. This presentation will address the neurological underpinnings of behavior and language disorders, examine behavior as a means of communication, and explore the relationship between language development and self-regulation. Research and interventions will be introduced.

50 Collaboration: The Never Ending Journey



Rick Loseth, LICSW, Clinical Dir. – PACT 4 Families Collaborative

As the word "collaboration" has grown in use, so has confusion on just what it means. As collaborative relationships continue over time, maintaining old relationships and including new members into the process adds to the complexity. This interactive workshop will explore collaboration, common barriers, and strategies to help the collaborative process.

51 The Courage to Succeed: Implementing Circle of Courage Curriculum Ideas into Setting III EBD Classrooms


Jennifer Ureña, MA, LMFT, Prog. Coord., Rachel Gustin, MA, LMFT, Prog. Dir., Karen Morgan, MA, LPC, Therapist/Case Mgr., & Kelly Kraus, MA, LPC, Therapist/Case Mgr. – The Storefront Group; Marcia Engel, MA, Special Ed. Spvsr., Rhonda Halunen, Teacher, Brianna Giorgi, Teacher, & Judy Petersen, Teacher – Bloomington Public Schools

This workshop will provide a strength-based approach to working with at-risk youth and families implementing Circle of Courage curriculum ideas. Presenters are staff from a setting three EBD program that provides co-located mental health services to students who meet criteria for severe emotional disturbance. Attendees will walk away with knowledge and worksheets on how to incorporate this with their students.

52 Helping Students with Disabilities Transition to Post-Secondary Educational Life: Making Choices and Finding Resources


Marsha Driscoll, PHD, LP, Assist. Professor & Kathryn Hagen, MA, Coord. of Disability Servs. – Bemidji State Univ.

This workshop will describe typical services available for students with disabilities, requirements for achieving eligibility for services, limits of services, and realistic expectations. The presenters will provide decision-making models including assessment of students' abilities and assessment of how colleges and universities offer services.

53 **The Incredible Years: An Approach to Group Therapy with Preschool Age Children**

ALL **EC** *Gael Thompson, MSW, LICSW, Coord. of Early Childhood Intervention Progs. & Patricia Landy, Proj. Coord. for The Incredible Years Prog. – Wilder Child Guidance Clinic; Judy Ohm, Dir. – Wilder Child Development Ctr.*

The Incredible Years are research-based, proven effective programs for reducing children's aggression and behavior problems and increasing social competence at home and at school. The program includes parent training, teacher training, and child social skills training. This session will be an overview of the Incredible Years training components.

54 **Depressed Parents, Depressed Babies: Assessment and Treatment Strategies for Clinicians and Home Visitors**

ALL **EC** *Carol E. Siegel, PHD, LP, Clinical Psychologist – Private Practice*

Infants need consistent, empathetic, and interactive relationships with their caretakers in order to thrive. Parents who are depressed may respond inconsistently, which can cause an infant to withdraw and become depressed as well. This workshop will focus on the assessment of depression in parents and children, as well as look at the effects of depression on the parent/child relationship, and how it may affect the developing child. Intervention strategies to help the parent-infant dyad will be included.

55 **Wild at Home, Wonderful at School: A Collaborative Approach to Support Family Strengths and Children's Development**

ALL *Sheila Thomas, LP, Licensed Psychologist – River City Clinic & Barbara Harrison, RN, MSW, LICSW, Clinical Social Worker and Clinical Resource Specialist – HealthEast Bethesda Hospital*

Some children have the gift and challenge of being able to compartmentalize their behaviors. Many parents have the experience of having their child walk through the door at 3 PM and explode after a "great day" at school. Professionals will often jump to the assumption that the child's behaviors are related to family dysfunction. This workshop will discuss how this pattern is related to loss, abandonment, anxiety, and neurobiological challenges.

56 **Build Your Skills: Mental Health Issues of the Learning Disabled Teen**

ALL *Elizabeth Fuller, PHD, Psychologist – Motivation Dynamics*

Become a better detective for the mental health needs of learning limited teens. This session will discuss these needs and how to help improve mental health for teens with learning disabilities. Participants will also build an interactive small group exercise, which can be used as a training design for parents, teachers, and other professionals.

57 **How Understanding and Responding to Children's Sexual Behaviors Can Help Prevent Child Sexual Abuse**

ALL *Ann Lindstrom, Outreach and Education Coordinator – Stop It Now! Minnesota*
This workshop will describe warning signs that can be recognized before an adult or adolescent acts in a sexually inappropriate way towards a child—before a child is harmed. Learn what you and your community can do to prevent child sexual abuse. Resources to aid in prevention efforts will also be discussed.

58 **Violence and Adverse Mental Health Indicators Among Adolescents: Their Cup Runneth Over**

ALL *Jon Roesler, MPH, Epidemiology Spvsr., Maureen Holmes, MPH, Surveillance Coord. & Deb Hagel, Research Analyst – MN Dept. of Health*
This workshop will examine Minnesota-specific data, addressing the frequency of violence related injuries; co-morbidity of mental illness indicators and violence in Minnesota students; and changes reported by the Minnesota Student Survey in 2004 as compared to 2001.

59 **Using Children's Movies in Child and Family Therapy**

ALL *Michelle Byrd, MA, LMHC, Child and Family Therapist – Ctr. for Human Servs.; Cathlene Ramsdell, MA, Homemaker; & Bill Forisha, PHD, LPC, LMFT, Chair of Child, Couple, and Family Therapy Prog. – Dept. of Psychology, Antioch Univ., Washington*

By viewing and discussing films, clients can access meaningful metaphorical content for their work in progress. Utilizing movies in therapy has emerged as an efficacious intervention for adults and adolescents. This workshop will discuss the rationale for, and ways to use, movies in therapy with children and their families.

60 **Fostering Sibling Relationships**

PAR *Kimberly Bateman, PSYD, LP, Licensed Psychologist & Sue Pederson, MS, LP, Licensed Psychologist – Fraser Child and Family Ctr.*
Parenting a child with a disability can be challenging as well as time and resource consuming for caregivers. Research has indicated that all family members, including siblings of children with disabilities, are impacted by the struggles and triumphs of an individual with a disability. This session will present parent considerations and strategies for fostering sibling relationships.

61 **The Evolution of a Community Social Service Agency into a Sustainable Prevention Service Provider: Dissemination of the Early Risers Prevention Program**

PRO *Michael Bloomquist, PHD, Assistant Professor, Gerald August, PHD, Professor, & Susanne Lee, PHD, Assistant Professor – Dept. of Psychiatry, U of M; Cheryl Jensen, MS, Dir. – Pillsbury House/Pillsbury United Communities*
Early Risers is an empirically validated targeted prevention program for aggressive children in grades K-2. This workshop will describe a three-stage process of gradually moving Early Risers from a research-supported program to a "real world" community-supported prevention service in a community agency.

62 **Education and Treatment: Three decades of co-location, what have we learned?**

ALL *Don May, Exec. Dir. & Traci Hackmann, MA, LP, CEO – LifeSpan Institute*
Three decades of partnering public education and mental health treatment have benefited children with SED and their families. Hear testimony from professionals, parents, and former clients regarding what has been learned from Minnesota's longest lasting co-location program.

63 **Family-Driven Services... Evidence Based? Or Just a Passing Fad?**

ALL *Carolyn Strnad, Board Chairperson and Region 2 Representative, Carolie Collins, Board Vice Chair and Region 7 Representative, Sue Greischar, Region 5 Representative, Barbara Harrison, RN, MSW, LICSW, Member – MN Parent Leadership Network*
This workshop will be an interactive discussion about what family-driven means when designing services; the definition of each partner's role in the process; and how to successfully implement the vision of family-driven in the children's mental health system of care.

64 **EBD and OHD: Common Legal Issues**

ALL *Dan Stewart, MA, JD, Adjunct Professor – U of M, and Exec. Dir. – MN School Training and Consulting Servs.*
Students with EBD and OHD in Minnesota have faced a number of special education legal issues. This presenter will discuss common and specific legal issues to help parents and school professionals avoid them and/or meaningfully address them an early stage. Data will also be presented on race and on disability categories in complaint and hearing decisions.

65 **How Harley-Davidson Saved Me From the Asylum**

ALL *Pete Feigal, Mental Health Consumer for 35 years, Speaker/Writer*
This national speaker will share insights of his own 35-year struggle with mental illness and the wisdom he's learned from hundreds of interviews and conversations with teens. He uses humor, personal stories, and individual examples to look at creative solutions and ideas for teens, family members, and professionals to work together as a team.

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Introductory.....	<input type="checkbox"/>	Professional..... PRO
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Advanced.....	<input checked="" type="checkbox"/>	All..... ALL
Early Childhood Specific.....	<input checked="" type="checkbox"/>	EC

**66 Why Worry About the Babies?
Infant Attachment Work
in the Context of a
Battered Women's Shelter**

Jane Ellison, MS, LMFT, Parent Educator – *Sauk Rapids/Rice Early Childhood Progs.*
“Luckily my baby wasn’t affected by our family violence, she’s too young to know what’s going on.” This workshop will address this myth, and what we know about the effects of stress and trauma on the very young. The presenter will share her experiences from a program she designed to positively impact infant/toddler mental health at a battered women’s shelter.

**67 Psychopathology:
Developmental Influences
and Family Interventions**

David X. Swenson, PHD, LP, Licensed Psychologist – *Private Practice and Associate Professor of Management – College of St Scholastica & ElizaBeth A. Carver, PSYD, LP, Licensed Psychologist* – *Arrowhead Psychological Clinic*
This workshop examines the family and developmental influences on shaping the psychopathic personality. It describes the impact of family risks, attachment, parenting style, family culture, trauma, and peer relationships. Emphasis will be on intervention points and evidence-based family therapy methods.

68 What's Next? My FASD Child Is 18

John Hays, Exec. Dir. – *Hays Kids and Parent Liaison – MNASAP*
The presenter will discuss raising older kids with fetal alcohol spectrum disorders (FASD) and life planning. There will be time for questions and answers, then sharing knowledge, ideas, frustrations, and successes. What the future looks like for kids with FASD will also be addressed.

**69 Arrowhead Suicide
Prevention Program**

Judy Gordon, MSW, Committee Chair & Julie Sims, Board Member and Youth Board Chair – *ISD 709; Brenda Caya, Board Member and Youth Board Support* – *Arc Northland*
Suicide is the leading cause of death in children ages 10 to 14. Depression is prevalent in a large portion of our children. These presenters will share their program, plan, successes, and challenges in facing this epidemic. In addition, a group of area students will present a play they developed to increase awareness and educate the community about depression and suicide.

**70 Girls, Culture,
and Relational Aggression:
What is a Person Supposed to Do?**

Melissa Ries, MS, Sp. Ed. Teacher – *Rice Lake Elementary School; Charlotte Ryan, PHD, EBD Consultant* – *MDE; & Janet Salk, PHD, Professor* – *St. Cloud State Univ.*
This workshop will define and discuss relational

aggression (gossip, teasing, forming cliques, meanness, and harassment) and how this type of bullying affects our nation’s youth. Practical research-based solutions and strategies that parents and educators can use to help girls become aware of this aggression and its effects on their emotional health will be offered.

**71 Understanding the Experience
of Transgender Youth**

Janet Bystrom, MA, MSW, LGSW, Therapist, GLBT Prog. Coord. & Sara Olson, GLBT Case Mgr. – *Face to Face Health and Counseling*
When it comes to gender identity issues a lot of service providers admit, “I just don’t get it.” This interactive presentation will emphasize the emotional experience of what it’s like to be a transgender youth, thereby enabling participants to empathize with potential clients. Developmental aspects and the impact on family relationships will also be addressed.

**72 “I Don’t Want to Talk About It!”
Creative Therapeutic Interventions
with Children**

Paula Achenbach, MS, LMFT, Family and Child Therapist – *MN Valley Psychologists*
This session will begin with a brief introduction to the functioning of the child’s emotional brain and why talk does not always work with children. Participants will learn when to provide a more direct approach and will experience several creative therapeutic interventions hands-on. Finally, there will be an opportunity for participants to share incidents and receive feedback regarding their emotionally “stuck” situations with children.

**73 Play Dough Therapy
for Traumatized Children**

Brenda L. Bergman, PHD, LP, Psychologist – *Brenda L. Bergman, PLLC*
This workshop will use oral presentation, role playing, and hands-on practice to cover how to start the play dough therapy process, common themes, and effective therapist responses to those themes. How to quickly make the most requested play dough animals will be included. This session is designed for professionals who have experience with play therapy.

**74 Mental Health Screening in Child
Protection: What Are We Learning?**

Ed Frickson, MS, LP, Mental Health Spvsr. & Jennifer Dynes, PSYD, LP, Clinical Psychologist – *Project ASSIST, Ramsey Co. Human Servs.*
This presentation will share how Project ASSIST, a Children’s Mental Health Services intervention program, has worked with Child Protection Services to develop and implement mental health screening, assessment, and connection to ongoing services for children and families involved with Protection. The program model and process, a summary of statistics, case examples, barriers, and next steps will be covered.

**75 A Journey Into Strength: Delta
Place Adolescent Day Treatment
Strategies and Interventions**

Rachel Gustin, MA, LMFT, Dir. of Delta Place, Shawn Neel, MS, LMFT, Prog. Spvsr, Nikki Arthur, MA, Prog. Therapist, Timothy Erickson, MS, Recreation/Milieu Therapist, Andrea Shellen, MA, LMFT, Prog. Therapist, Lois Fischer, MA, LMFT, Prog. Therapist, Marty Conaty, M.ED, Sp. Ed. Teacher, & Matt Witham, Prog. Intern – *The Storefront Group, Delta Place*
Delta Place staff will present a strength-based approach to working with severely emotionally disturbed adolescents in a day treatment setting. Innovative, practical, creative, and proactive strategies to connect with the highest-risk, hardest to reach kids will be presented.

**76 The Starry Night Collective:
Using the Arts to Help
Students with EBD Shine**

Dan Przybylski, MA, President & Paul Pirner, Treasurer – *The Starry Night Collective & Jessica Frantzen, Licensed EBD Teacher* – *Zumbro Education Dist. Futures/CHOICE*
This workshop will present a research base for the utilization of the arts as a modality to improve the academic, behavioral, and social performance of students with EBD. A pilot project titled “From Trenches to Terrorism” and its results will be described. Photos of art resulting from the project will be available for viewing.

**77 PRIDE 4
Young Adults in Transition**

Mary Ryan, PRIDE 4 Coord., Debbie Gerrety, PRIDE 4 Family Liaison, & a panel of youth – *PACT 4 Family Liaison*
PRIDE 4 is a rural model for facilitating the transition of young adults ages 17 to 24 with mental health concerns. Coaches assist youth to meet individual goals; a family liaison works to meet family needs. This workshop will cover strategic planning and implementation processes, including the roles of coach and family liaison and the development of a young adult group.

78 Make a Difference... I Dare You!

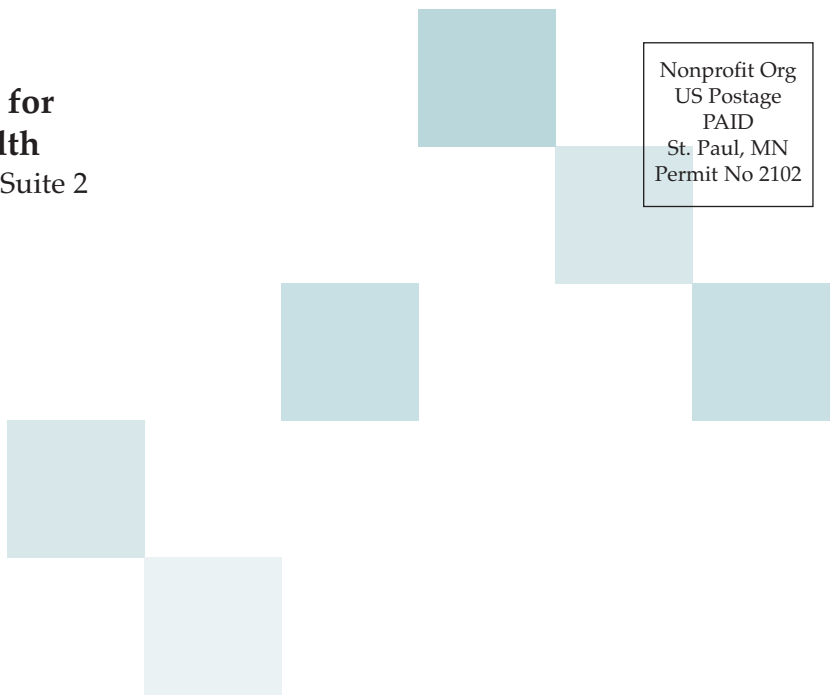
Terri Heggie, Motivational Speaker
This presenter will take you along the journey of her life. Feel her pains, failures, joys, triumphs, and SURVIVAL—from adoption, kidnapping, struggling teen years, domestic abuse, divorce, the impact of children, and the struggle of forming a blended family. You will leave with the courage to make it through the difficult times and fully enjoy the joys of life.



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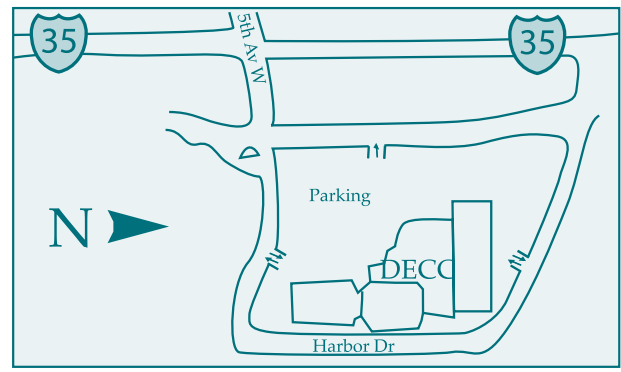
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