



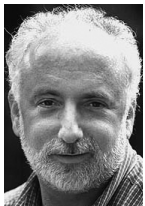
MACMH's 2008

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 27 - 29 • Duluth Entertainment Convention Center • DECC

Keynote Speakers



Laurence Steinberg, PhD, is the Distinguished University Professor and Laura H. Carnell Professor of Psychology at Temple University and current Director of the John D. and Catherine T. MacArthur Foundation Research Network on Adolescent Development and Juvenile Justice. A nationally recognized expert on psychological development during adolescence, Dr. Steinberg's research has focused on the study of contemporary adolescence, including parent-adolescent relationships, adolescent employment, high school reform, and juvenile justice. Dr. Steinberg has frequently served as a consultant to state and federal agencies and lawmakers on issues related to child labor, secondary education, and juvenile justice policy. He is also the author of more than 200 articles and essays on growth and development and the author or editor of ten books. Dr. Steinberg's presentation, "**Adolescent Brain and Behavioral Development: Implications for Mental Health and Juvenile Justice**" will look at what has been learned in recent years about brain development during adolescence and its impact on behavior.



Richard Whitfield, PhD, scientist, educator, and poet, was originally an antibiotic chemist who became a Dean of Social Sciences and Humanities and Director of UK Child Care at the Save the Children Fund. Known for his inspirational presentations, Dr. Whitfield deftly uses the latest research findings to underscore one of his key themes: that our inter-dependence is no mushy sentiment, but a prime law of human motion and emotion. In his presentation, "**Reliable Love: Innate Need, but Learned Capability**," Dr. Whitfield will explore the nature of human connectedness and how it is both formed and sustained. Dr. Whitfield is author/co-author of more than two dozen books and some 100 papers and contract reports in the fields of science education, curriculum planning and performance evaluation, family and youth policy, human relations and life-skills education, parenting, and community development. Before embarking on his current career as a freelance social scientist, lecturer, and writer, Dr. Whitfield's last full-time post was Warden of St. George's House, Windsor Castle.

Minnesota Association for Children's Mental Health

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

Conference Registration • Now Available Online!

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

Name _____

Agency _____

Job Title _____

Home Work Address _____

City _____

State _____ Zip _____ County _____

Phone H W C _____

E-mail _____

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

Sunday Events *(see pages 5 – 7 for details)*

2:00 – 4:00/4:30

Sunday Symposia *(choose 1)*

- A** Understanding and Treating the Overlap of Anxiety and Somatic Symptoms
- B** Anxiety Disorders in Children: What Do Parents Need to Know?
- C** Applying Infant and Early Childhood Mental Health Principles within the Practice of Consultation

4:00 – 5:30

Poster Session

I will be attending the Poster Session:

- Yes
- No

Monday & Tuesday Workshops *(see pages 10 – 15 for details)*

Help us determine room sizes by choosing one workshop from each time period. Note: you are not registering for these workshops, just noting your interest.

- Monday April 28**
- 10:15 – 12:15 • Workshops 1 – 14 # _____
- 1:15 – 2:30 • Workshops 15 – 27 # _____
- 3:00 – 4:45 • Workshops 28 – 40 # _____
- Tuesday April 29**
- 10:00 – 11:30 • Workshops 41 – 53 # _____
- 12:30 – 1:45 • Workshops 54 – 67 # _____
- 2:00 – 3:30 • Workshops 68 – 80 # _____

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 **Billing Information** box.

Online Registration: www.macmh.org

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

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

Cancellation Policy: Conference Registration fees minus a \$50 administration fee per registration will be refunded if cancellation is made in writing (fax to 651-644-7391 or e-mail info@macmh.org) to the MACMH office by **April 14th, 2008**, but registration can be transferred to another attendee. Please contact MACMH if you need to transfer your registration.

Questions: Call 651-644-7333 or 800-528-4511

Register on/before March 28th

- \$30 Sunday only
- \$305 Monday + Tuesday
- \$185 Monday
- \$185 Tuesday

Register After March 28th

- \$30 Sunday only
- \$320 Monday + Tuesday
- \$190 Monday
- \$190 Tuesday

Sunday events are complimentary if attending Monday and/or Tuesday.

**SAVE 10% on groups of 5 or more!! Does not include Sunday only registrants. All registrations must be submitted together.*

Role *(Please check all that apply)*

I am a:

- Administrator
- Advocate
- Counselor
- Educator
- Marriage & Family Therapist
- Nurse
- Paraprofessional
- Psychiatrist / Physician
- Psychologist
- Social Worker
- Parent
- Grandparent
- Foster Parent
- Other Relative

I work in:

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

Attention

- MACMH sends 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 as space allows.
- The conference fee includes continental breakfast, lunch, and CEHs.

Lunch

This meal may include dairy (sorry we are unable to accommodate special requests).

- Vegetarian
- Standard

Attendance

I am attending the MACMH conference for the first time.

- Yes
- No

Billing Information

- Visa
- Mastercard

Card # _____ 3-digit verification code _____ Exp. date _____ Amount _____

Name as appears on card _____ Signature _____

Billing Address _____ City _____ State _____ Zip _____

For office use only: Paid by _____

Check # _____

Date Received _____

Things To Know

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.

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, 2008. 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.

On-site Registration

On-site registration will be available as space allows.

Cancellation

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Scholarships

For scholarship information visit www.macmh.org and click on "2008 Conference".

Schedule Changes

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

Exhibits

Monday, April 28 • 8:00 am – 3:00 pm

Tuesday, April 29 • 8:00 am – 12:30 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.

Technical Level

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

- Basic**
 - introductory, informative material
 - audience needs no prior knowledge of topic
- Intermediate**
 - material builds on existing knowledge and goes well beyond basics
 - audience needs some background knowledge of topic
- Advanced—General**
 - complex, in-depth concepts or features highlighted; basic and background information will NOT be covered
 - audience needs substantial understanding of topic
- Advanced—Technical**
 - therapeutic techniques, methodology, or research with application to a professional setting; technical/clinical language will be used
 - audience needs advanced understanding of topic

Target Audience

- Pa** Parents
- Pr** Professionals
- All** Parents & Professionals
- EC** Early Childhood Specific

The following acronyms are used throughout this brochure:

CEH = Continuing Education Hour

EBD = Emotional or Behavioral Disorder

DHS = Department of Human Services

MDE = Minnesota Department of Education

MDH = Minnesota Department of Health

Schedule

Sunday, April 27

1:30Registration
 2:00 – 4:00Symposia A & B
 2:00 – 4:30Symposia C
 4:00 – 5:30Poster Session

Monday, April 28

8:00Registration/Breakfast
 8:50 – 9:00Announcements
 9:00 – 10:00Keynote
 10:00 – 10:15Exhibits/Break
 10:15 – 12:15Workshops 1 – 14
 12:15 – 1:15Lunch
 1:15 – 2:30Workshops 15 – 27
 2:30 – 3:00Exhibits/Extended Break
 3:00 – 4:45Workshops 28 – 40

Tuesday, April 29

8:00Registration/Breakfast
 8:30 – 9:30Keynote
 9:30 – 10:00Exhibits/Extended Break
 10:00 – 11:30Workshops 41 – 53
 11:30 – 12:30Lunch/Exhibits
 12:30 – 1:45Workshops 54 – 66
 12:30 – 3:30Workshop 67
 1:45 – 2:00Break
 2:00 – 3:30Workshops 68 – 80

More Things To Know

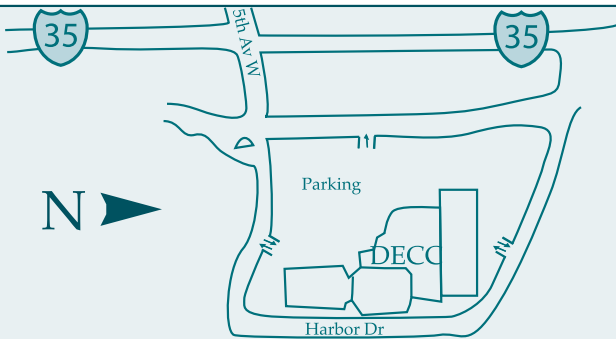
DECC

Duluth Entertainment Convention Center
350 Harbor Drive • Duluth, MN • 1-800-628-8385
www.duluthconventioncenter.com

Directions:

Take I-35 (north or south) to exit 256B.
Turn east at 5th Avenue West and follow
signs to DECC parking.

NOTE: Parking charge at the DECC is \$4.00 per day.
Parking at the hotels is free. The Holiday Inn &
Radisson are both attached to the DECC by skyways.



Lodging

Hotels are offering special conference rates! Blocks of rooms are reserved (for a limited time) at:

Canal Park Lodge	\$89 – 109 . . .	800-777-8560
Hampton Inn	\$89 . . .	800-426-7866
Holiday Inn*	\$75 . . .	800-477-7089
Inn on Superior	\$87 . . .	218-726-1111
Radisson*	\$78 . . .	800-333-3333
The Suites (Hawthorne) \$69 – 139 . . .	877-766-2665	

All hotels offer free parking.

* The Holiday Inn & Radisson are both attached directly to the DECC by skyways.

For your convenience, the Holiday Inn has their special conference rate available through their online registration. Please visit our website for more information.

MACMH Board of Directors

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Minnesota Association for Infant & Early Childhood Mental Health • MAIECMH

MAIECMH Is One Year Old!

We may be toddlers with a very long name but we are growing strong in capacity and relationships. With generous funding from the Bush Foundation, MACMH added a new early childhood division in 2007 to promote the healthy social and emotional development of infants and young children and to provide an early start toward optimal mental health outcomes. In its first year, MAIECMH accomplished the following:

- Formed a 32-member statewide Advisory Board and Committees
- Identified its mission and completed a strategic action plan
- Purchased and received training to implement the professional endorsement program, *Endorsement for Culturally Sensitive, Relationship-Based Practice Promoting Infant Mental Health (IMH-E)*, in Minnesota
- Presented at state and national conferences
- Began forging statewide and national collaborative relationships focused on education and policy activities
- Established a communication network of 200+ professionals statewide to share information related to infant and early childhood mental health

This year's conference features more infant and early childhood mental health learning opportunities than ever! Many of them meet selected criteria toward MAIECMH competency-based endorsement. Find out more about these competencies and the endorsement program at Sunday's MAIECMH Poster Session and at the MAIECMH exhibit.

MAIECMH 2007-2008 Advisory Board

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JoAnn O'Leary
Nancy Reed
Susan Schultz
Norma Taylor
Megan Waltz
Antonia Wilcoxon
Chris Wing

Sunday Afternoon • April 27, 2008

Registration • 1:30 pm

No waiting in line Monday morning! On-site conference registration available, space permitting. Sunday only CEHs will be available after the Symposia.

Concurrent Symposia A — C

2:00 – 4:00

Pr ■ Symposium A

Understanding and Treating the Overlap of Anxiety and Somatic Symptoms

This session will review somatic complaints commonly seen in pediatric practice (e.g., abdominal pain, headaches, nausea, vomiting, dizziness, joint or limb pain) and examine the overlap of these with clinical and subclinical anxiety disorders. Developing treatment plans informed by a mind-body perspective will be addressed.

Hilary Stecklein, MD is a pediatrician with over 23 years experience and a special interest in family dynamics, literacy, and violence prevention. Trained at Wellesley, State University of New York and Harvard Children's Hospital, she practices in St. Paul and teaches clinical medicine at the University of Minnesota.

Kate Pfaffinger, MSPH, PHD, LP is a pediatric psychologist who has a practice in St. Paul. Trained at the University of Minnesota, her practice included many children and teens with anxiety disorders and/or somatic complaints. She routinely incorporates mind-body therapies including biofeedback, hypnosis, and relaxation training into treatment.

2:00 – 4:00

Pa ■ Symposium B

Anxiety Disorders in Children: What Do Parents Need to Know?

This presentation will provide an overview of anxiety disorders as well as illustrate for parents how to recognize anxiety in their child. What to expect from treatment based on current evidence-based approaches will also be included. There will be opportunity for questions and dialogue.

Cosima Swintak, MD is board certified in both child and adolescent, as well as adult psychiatry. She is currently the associate training director for the child and adolescent psychiatry fellowship at Mayo Clinic in Rochester, MN. Prior to joining the staff at Mayo, Dr. Swintak was on active duty in the United States Army. She was stationed in Germany where she had the opportunity to work with the family members of soldiers serving overseas.

Dr. Swintak's symposium will provide a supportive learning environment especially designed for our parent and caregiver attendees. The speaker is experienced in understanding concerns and responding to questions that are unique to families of children with mental health disorders.

2:00 – 4:30

Pr ■ Ec ■ Symposium C

Applying Infant and Early Childhood Mental Health Principles within the Practice of Consultation in Preschool Settings

This session will offer an approach to consultation anchored in an infant and early childhood mental health perspective that attends to the extensive web of human inter-relationships that make up and affect children's development. This understanding of social and emotional development will be linked to essential elements of an effective consultative stance and to program practices that support it, including suggestions for improving relationships among directors, staff, parents, children, and mental health consultants.

Following will be a question and answer period, after which participants will identify strategies to enhance access to consultation and reflective practice grounded in these core infant and early childhood mental health principles. Strategies will build upon existing opportunities and will support the roles of a range of professionals touching the lives of young families.

Kadija Johnston, LCSW, is Director of the Infant-Parent Program/Daycare Consultants, a University of California, San Francisco program based in the San Francisco General Hospital Department of Psychiatry. Daycare Consultants is a select program model of SAMHSA (Substance Abuse and Mental Health Services Administration). Working in the field of early childhood mental health since 1985, she designed and implemented a project aimed at training mental health and early childhood professionals in providing consultation to childcare. Ms. Johnston has served as faculty for the Program for Infant/Toddler Care, a relationship-based curriculum, and is co-author of the handbook, Mental Health Consultation in Child Care: Transforming Relationships with Directors, Staff, and Families.

Poster Session 4:00 – 5:30

The Poster Session is an opportunity for presenters to disseminate and display information about programs, research projects, newly developed curricula, etc. Presenters will be able to discuss their topic directly with conference participants and may have flyers, brochures, and other handouts available. (Sorry, no product sales will be permitted.) Light snacks and refreshments will be served. See pages 6 & 7 for a listing of poster presentations.

Poster Session is back!

Open•Up—MACMH’s New Arts-Based Community Outreach

Reduce stigma and raise awareness of children’s mental health through innovative art projects that both educate and entertain. See the first issue of our new *Open•Up* magazine, view the video documentary of the making of Fidgety Fairy Tales, and talk with *Open•Up* staff about starting your own community arts projects.

Matt Jensen, Community Arts Outreach Liaison, **Julie Peck**, Adolescent Program Coord., & **Jane Reilly**, Publications Coord.—MACMH

Minnesota Association for Infant & Early Childhood Mental Health Endorsement for Culturally Sensitive, Relationship-Based Practice Promoting Infant Mental Health (IMH-E)

This new Minnesota professional endorsement program is centered on relationship-based, infant and early childhood mental health principles. Learn about the framework of competencies offered for a range of professional disciplines touching the lives of infants, very young children, and their families and caregivers.

Candy Kragthorpe, MSW, Dir.—Minnesota Association for Infant and Early Childhood Mental Health (MAIECMH), a division of MACMH

Working Across Disciplines in Infant Mental Health: One Community’s Experience

Explore various lenses through which different disciplines view infant mental health, based on the experience of launching a university-based professional learning community across five disciplines. Hear about the project and lessons learned.

Jane Ellison, MS, LMFT, Project Mgr.—Greater St. Cloud Area Thrive & **Glen Palm**, PhD, Professor—St. Cloud State Univ.

Redefining Zero: What Prenatal/Perinatal Psychology Is Learning about Human Psychological Development from Conception through the First Years of Life

A new paradigm for psychological/mental health development is emerging. Discover how early experiences from conception through the first years of life shape psychological development. Learn about supportive parenting and professional practices based on what this growing branch of psychology is contributing.

Patricia Lucas, MA, PhD, Prenatal/Perinatal Psychotherapist—Private Practice

Families at Risk, Kids at Risk – The REAL Approach

This continuum of early intervention/prevention programming for at-risk populations works with the entire family to effect change using a relationship-based approach. Learn about this approach, as well as risk factors and how stressors impact a parent’s ability to parent and a child’s social/emotional development.

Michael Thompson, LICSW, Mental Health Therapist & **Jacob Christensen**, Mental Health Worker—Family Networks, Inc.

101 Ways to Celebrate Life

Find out 101 ways to celebrate life during National Suicide Prevention & Awareness Week. Lesson plans of activities to use in the school and community will be available as well as information about Yellow Ribbon Suicide Prevention Program.

Marissa Lachmiller, Youth and Community Project Coord. & **Jody Becker**, Executive Dir.—Yellow Ribbon Suicide Prevention Program

Children’s Stress Responses to Live Action and Animated Fantasy Violence as Indicated by Cortisol Levels

There is significant discussion in literature suggesting that exposure to media violence may have a desensitizing effect on children, resulting in greater acceptance of violence. This study explored the response within the hypothalamic-pituitary-adrenal axis as a potential avenue to this habituation.

Katherine Butler & **Marsha Driscoll**, PhD, LP, Psychology Professor—Bemidji State Univ.

Family-based Approaches with Homeless and Runaway Youth

The road to homelessness for youth has many twists and turns; at any of these intersections, youth workers and mental health professionals have opportunities to intervene and engage youth and their families. Learn family and community strengths-based intervention strategies that can make a difference for youth.

Nancy M. Cusack, MA, LP, Clinical Dir. & **Ann Gaasch**, MA, Program Dir.—The Bridge for Runaway Youth, Inc.

The Vision Instrument: An Interactive, Visual, Systems Model

This tool was developed to facilitate clients’ understanding of how change in one person’s life affects their systemic relationships. It is designed to bring a visual image to theoretical concepts that the individual can see, process, interact with, and internalize to produce change.

Todd Monger, MA, LPC, NCC, ACS, Dir. of Student Success Ctr.—North Central Univ.

Acculturation Status, Coping Strategies, and Depressive Symptoms Among Latino Adolescents

Acculturation to mainstream culture in the United States may negatively affect the mental health of Latino adolescents. View findings from a cross-sectional study of 101 urban and rural Latino youth specific to acculturation, coping, and depressive symptoms. Learn interventions that may positively influence coping behaviors.

Amy Leite, MPH, Mental Health Educator—SAVE & **Carolyn Garcia**, PhD, MPH, RN, Assistant Professor—U of MN School of Nursing

Missing Mama: The Experience of Mother Absence in African American Communities

Explore the historical and contemporary absence of black mothers in the lives of their children through personal stories of its author. The impact of father absence is documented. What is the impact of mother loss and absence? Where is mama?

Amake’ Awele Kubat, M.Ed, ECFE Teacher—Minneapolis Public Schools

Grandparents Raising Grandchildren: Common Mental Health Risks and Challenges

Look closely at the topic of children in kinship homes—the children’s background and behaviors, and the impact on the grandparents or relatives raising them. Hear from one of the presenters about her experiences of being raised in a kinship home.

Sharon Durken, MS, Executive Dir.—MN Kinship Caregivers Assoc. & **Linda Hammersten**, MSW, LCSW, Program Mgr.—Lutheran Social Services, GrandFamily Connection

When a Parent Dies

A Special Way, of remembering—when a parent dies tells Ashlee Kephart’s true story, in her own words, of how she grieved for her deceased father. This book was developed for elementary school children to deal with the loss of a parent. Learn the benefits of allowing children to follow their own personal path of grief resolution.

Sylvia Horwitz, LICSW, Clinical Social Worker, Photographer & **Stephen Peters**, MA, Writer, Speaker, Storyteller

“Who Asked Me?”

This is a moving and eye-opening journal created by adolescents who have siblings with a variety of disabilities including Asperger’s Disorder and Autism. Community resources and information regarding important support services for children with brothers and sisters with disabilities will also be available.

Kimberly Bateman, PSYD, LP, Licensed Psychologist & **Rachel Gardner**, MA, LPP, Licensed Psychological Practitioner—Fraser Child and Family Ctr.

Minnesota Parent Leadership Network (MPLN)

Find out how this parent-driven organization connects, educates, and supports parent leaders, as well as offers assistance and trainings to professionals who work with these leaders. Learn how to get support in your work to build a system of care that is responsive to the unique needs of children and families.

Kathy Dewey, Parent & **Cindy Markowski**, Preschool Teacher, Youth Program Coord.—MPLN

Navigating Disability Services for Children

Find out how to access various statewide services that are available to children with disabilities that can help them live in the community, become more independent, and find meaning in their lives.

Rebecca Slininger, MA, Training and Education Policy Consultant & **Audrey Fischer**, Home Care Policy Consultant—DHS, Disability Services Division

Volunteers of America Mental Health Clinics Deaf and Hard of Hearing Programs

These clinics provide school- and community-based mental health services to strengthen the emotional, social, and behavioral functioning of deaf, hard of hearing, and deaf blind youth. Their Family Focused services work with deaf and hard of hearing adults whose children are at risk for abuse or neglect.

Jaime Monsen, MSW, LICSW, Mental Health Therapist & **Rebecca Goffman**, MSED, Mental Health Therapist—Volunteers of America (VOA)

Supporting Children's Oral Health: Creative Strategies for Educating and Supporting Children with Special Needs

Oral health is critical to a child's overall health. Children with special needs can have unique sensory challenges that make dental visits or good oral health habits difficult, which can put them at great risk. Gather information, strategies, and tools for successful oral health.

Christine Bentley, ECSE, Dir.—The Fraser Institute

Let's Get Visual

Many individuals with Autism Spectrum Disorders (ASD) process what they see more efficiently than what they hear. Learn how and when to use visual tools for people with ASD to assist with communication, organization, and anxiety management.

Emily Honken, MSW, LICSW, Licensed Independent Clinical Social Worker & **Jody Hofer Van Ness**, MA, Visual Strategies Consultant—Fraser Child and Family Ctr.

Autism and Relationship Development Intervention (RDI): A Closer Look

Get an in-depth look at Autism Spectrum Disorders (ASD), defining them by their core deficits versus their symptoms. Learn about current approaches and research, the theory of under connectivity, and the autistic brain. Explore the ideas of Guided Participation and RDI as options for improving outcomes.

Leanne Mairs, LCSW, Therapist & **Shellie Mercier**, Autism Advisor, Trainer, Speaker—Crossroads: Solutions for Life

Functional Skills: How Are Adolescents and Young Adults with Asperger's Doing?

View a summary, based on parent survey, of the issues families encounter during transition of their adolescents with Autism Spectrum Disorders into adulthood. This data is an initial phase of a study through Fraser and provides implications for treatment as well as a second phase of research.

Pat Pulice, MA, LP, Licensed Psychologist & **Kim Klein**, PHD, LP, Neuropsychologist—Fraser Child and Family Ctr.

The Resilience of Youth with Asperger's: Coping with Our Challenges into Adulthood

Observe a video of adults with Asperger's Syndrome as they speak of their struggles to be understood and appreciated as children. They discuss their resilience from bully behaviors and misunderstanding from their peers and adults.

Paul Johnson, MA, Psychotherapist—Autism Society of MN

Transition Resources/Curriculum For Students With Autism Spectrum Disorder (ASD)

The development of a transition plan provides a framework for preparing individuals to live, work, and play in their community as independently as possible. Gather practical activities, resources, and strategies for parents and educators to help youth with ASD create successful transition plans.

Amy Reid, MA, Autism Teacher & **Kim Busse**, MA, Autism Specialist—K2A Skills Ctr.

Vocational Rehabilitation with Transition Students

Learn general information regarding vocational services provided to youth with disabilities through Rehabilitation Services, a branch of DEED. Find answers to questions specific to the transitional planning from high school to vocational goals after graduation.

Michele Rydeen, MS, CRC, Career Rehabilitation Counselor & **Kendra Grunig**, MS, CRC, Career Rehabilitation Counselor—MN Dept. of Employment and Economic Development (DEED), Rehabilitative Services

MN School Social Workers' Association "The Vital Link"

School social workers are the vital link between home, school, and community and possess expertise of children's mental health disorders and how they manifest in schools. Find out how school social workers promote academic success by reducing social, emotional, economic, and environmental barriers to learning.

Kathy Lombardi, MSW, LICSW, School Social Worker—MN School Social Workers' Assoc. (MSSWA)

Diagnostic Predictive Scales (DPS)

Prairie St. John's is helping pilot the use of DPS in Twin Cities schools. The DPS can help school counselors identify possible mental illness in students through an easy and accurate audible computer program. Learn about this program that will allow counselors to become more effective and help students get the support they need.

Todd Archbold, LSW, Twin Cities Operations Dir.—Prairie St. John's

Student-Teacher Interactions and Perceptions of Child's Stress

This study was implemented in six Duluth elementary schools. The variables studied were determined competence and nurturance of student-teacher interactions, and actual and perceived stress in children. Explore the findings of this study regarding student-teacher interactions and perceptions of child's stress.

Sarah Kopp, Research Assistant & **Erica Kahn**, Research Assistant—U of MN Duluth, Psychology Dept.

Student Stressors and Their Relation to Classroom Behaviors

View findings of this study that specifically examined aggression, hyperactivity, leadership, and social skills among kindergarten through third grade students. Learn about ways in which student stressors are displayed through their behaviors in the classroom.

Kelsey Canton, Research Assistant & **Meggie LaValley**, Research Assistant—U of MN Duluth

School Based Social Skills Program for Special Education Students With Varying Neurobiological Challenges

This innovative school-based program incorporates social skills in 5 domain areas: cooperation, assertion, responsibility, empathy, and self-control. Learn practical strategies and how to implement this social skills program for students with varying special education needs.

Danny Porter, MSW, LICSW, Licensed Independent Clinical Social Worker, School Social Worker & **Megan MacLeod**, EBD, SLD, DCD, OHD, DD, Special Education Teacher—Northeast Metro 916

Supporting and Nurturing Children's Mental Health at School

Teachers and school staff are in a pivotal place to support and nurture the mental health of children. Learn practical strategies to use in elementary classrooms and how schools can play a larger role in the mental health development of children.

Nancy Streng, MS, P/MHNP, LPC—Saint Cloud Area Schools

Infant & Early Childhood Track

This year's conference features more infant and early childhood mental health learning opportunities than ever! Many of them meet selected criteria toward Minnesota Association for Infant and Early Childhood Mental Health's (MAIECMH) competency-based endorsement. Find out more about these competencies and the endorsement program at Sunday's MAIECMH Poster Session and at the MAIECMH exhibit.



Sunday Symposium C • 2:00 – 4:30



Pr Applying Infant and Early Childhood Mental Health Principles within the Practice of Consultation in Preschool Settings

Kadija Johnston, LCSW, Director of the Infant-Parent Program/Daycare Consultants—University of California San Francisco

This session will offer an approach to consultation anchored in an infant and early childhood mental health perspective that attends to the extensive web of human inter-relationships that make up and effect children's development. See page 5 for more information.

Sunday Poster Sessions • 4:00 – 5:30 (see pgs. 5 – 7)

MAIECMH Endorsement for Culturally Sensitive, Relationship-Based Practice Promoting Infant Mental Health

Redefining Zero: What Prenatal/Perinatal Psychology is Learning About Human Psychological Development From Conception Through The First Years of Life

Working Across Disciplines in Infant Mental Health: One Community's Experience

Families at Risk, Kids at Risk, The REAL Approach

Monday Workshops (see pgs. 10 – 12)

10:15 – 12:15

- 1** **Pr** Infant and Early Childhood Mental Health Consultation to Child Care: Enhancing Quality through Prevention and Intervention

1:15 – 2:30

- 15** **Pr** Application of DC: 0-3R Clinicians' Experiences

- 16** **All** Emotionally Healthy Environment 101

3:00 – 4:45

- 28** **All** Parent Awareness Training

- 29** **Pr** Building and Sustaining a Local Early Childhood Mental Health Continuum of Care

Tuesday Workshops (see pgs. 13 – 15)

10:00 – 11:30

- 41** **All** Minnesota Thrive Initiative: Promoting Healthy Social and Emotional Development of Our Youngest Children

12:30 – 1:45

- 54** **All** Rethinking Childhood: Why the Early Years Matter

- 55** **All** Reducing Stress for Teenage Parents

Tuesday Special Session • 12:30 – 3:30

- 67** **Pr** Promoting Infant & Early Childhood Mental Health: Reflective, Relationship-Based Practice for Non-Traditional Mental Health Providers

- **Cathy Carter, MSW, LSW**—Early Head Start, CAP of Ramsey and Washington Cos. and Lifetrack Resources
- **Maris Gilbert, MA, LAMFT**—Family and Children's Service
- **Scott Harman, MSW, LICSW**—St. David's Child Development and Family Services and U of MN CEED
- **Sharon Hesselstine**—Child Development/Infant Mental Health, MN Dept. of Health
- **Jolene Pearson, MS**—Interagency Early Intervention, Minneapolis Schools and U of MN CEED
- **Jill Simon, MSW, LICSW**—Lifetrack Resources and U of MN CEED and School of Social Work

2:00 – 3:30

- 68** **Pr** Building a Healthy Emotional Environment in the Early Childhood Setting

THANK YOU INFANT and EARLY CHILDHOOD TRACK SPONSORS!

- Minnesota Department of Health
- John S. and James L. Knight Foundation on behalf of Foundations for Success
- Bush Foundation

Juvenile Justice Track

About the Juvenile Justice Track Sponsor

Minnesotans for Improved Juvenile Justice (MIJJ), a nonprofit organization created in 1985 to address the needs of youth in the juvenile justice system, officially closed its doors in 2007. One of the Board's last business decisions was to put the organization's remaining treasury towards this conference track that focuses on the mental health and co-occurring health needs of youth in the juvenile justice system. This track was designed for anyone working with or within the juvenile justice system. As MIJJ's motto says: We can do better!

Monday Keynote • 9:00 – 10:00



Adolescent Brain and Behavioral Development: Implications for Mental Health and Juvenile Justice

Laurence Steinberg, PhD, Distinguished University Professor, Laura H. Carnell Professor of Psychology – Department of Psychology, Temple University

It is widely known that adolescence is a time of heightened vulnerability to mental health problems, risky behavior, and involvement in crime and delinquency. This lecture will provide an overview of what scientists have learned in recent years about brain development during adolescence, its impact on teenagers' behavior, and the implications of these changes for adolescents' mental health, risk-taking, and involvement in antisocial activity.

Monday Workshops (see pgs. 10 – 12)

10:15 – 12:15 • Keynote Workshop

14 Adolescent Development and Juvenile Justice

1:15 – 2:30

27 Multi-Systemic Therapy (MST) Overview

3:00 – 4:45

40 Juvenile Justice in Minnesota

Tuesday Workshops (see pgs. 13 – 15)

10:00 – 11:30

53 "Let's Talk" Family Conversation Circles

12:30 – 1:45

66 What Works with Juvenile Offenders with Mental Health Needs

2:00 – 3:30

80 Gender-responsive Programming for Adolescent Girls in the Juvenile Justice System

Thank You

Juvenile Justice Track Sponsor

Minnesotans for Improved Juvenile Justice (MIJJ)

IT'S ALL ABOUT ART

Open • Up Magazine

a literary & visual arts magazine that fosters healthy emotional expression

Open • Up TV

a fresh, multidisciplinary television program created by teens, for teens

Open • Up Theatre

promoting positive portrayals of children with mental health disorders

Open•Up

MACMH's arts-based
community outreach
projects

- create safe spaces for children and adolescents to open up and talk about mental health and mental illness.
- convey accurate information about mental health.
- encourage youth to open up and express themselves in a healthy way through the many languages of the arts.

To learn more, visit the **Open•Up Poster Session** Sunday or stop by the Open•Up **Exhibit Booth**.

"Art is not what you see but what you make others see." Edgar Degas

1 Infant and Early Childhood Mental Health Consultation to Child Care: Enhancing Quality through Prevention and Intervention

This session will describe a model of mental health consultation to childcare as a strategy to enhance the quality of care for young children by integrating principles of infant and early childhood mental health practice. Case examples will be used to illustrate the strengths and challenges of mental health consultation in childcare as program enhancement and intervention.

Marit Appeldoorn, MSW, LCSW, Dir., Early Childhood Outreach and Consultation—St. David's Child Development and Family Services & **Michele Fallon**, MSW, LCSW, Dir.—Ctr. for Early Education and Development, U of MN

2 2008 Update: Complex ADHD – Differential Diagnosis and Treatment

Although substantial evidence exists for treating ADHD with psycho-stimulants, there is growing concern about long-term toxic effects of the brain if improperly used for misdiagnosed children. Recent research supports new technologies for the diagnosis and treatment of ADHD complicated by comorbid disorders. This workshop will discuss these recent advances using video, humor, and actual case examples.

Gary G. Johnson, PHD, LP, LMFT, Licensed Psychologist, Clinical Dir.—Clinic for Attention, Learning and Memory (CALM); **John F. Drozd**, PHD, Clinical Psychologist—The NeuroAssessment Centre LLC; **Joanne Search Johnson**, MA, M.ED., LMFT, Early Childhood Special Education Teacher—Hopkins ISD #270; & **Nancy Foster**, MA, Pre-Doctoral Intern, Teaching and Training Supervisor—CALM

3 Roadblocks to Learning: Is it ADHD or What?

This session will focus on the evaluation process for identifying ADHD and other learning and behavioral disorders. Parents will review the testing and the reasons for each test—and learn what questions to ask. A brief outline of other disorders that can appear to be ADHD or that can exist along with it will be included. Behavioral interventions and strategies for addressing symptoms of ADHD will also be presented.

Gerry Ouellette, MS, LP, Psychologist—Polinsky Rehabilitation

4 Eating Disorders 101: Recognizing, Treating, and Preventing

This session will explain the multi-dimensional nature of eating disorder development and maintenance. Signs and symptoms, appropriate screening approaches, and how to access specialized care will be addressed, as well as strategies for using at home and in school to promote positive body image and self-esteem regarding weight and physical appearance.

Jillian Croll, PHD, RD/LD, MPH, Dir. of Education, Research, and Program Development; **Sue Babcock**, PSYD, LP, Dir. of Trainings; & **Kirsten Nielsen**, RD/LD, Registered Dietitian—The Emily Program

5 Bullying and Children's Mental Health

Bullying is an everyday word with serious mental health implications for our children. Whether a child is the bully, the victim, or the bystander, a bully incident draws all into the circle

of influence. This workshop identifies the role each child plays in the bully circle (wittingly and unwittingly) and provides strategies to keep schools and communities safe.

Donna McDonald, LSW, Violence Prevention Coord.—Anoka Co. Community Health

6 Lying, Stealing, Hoarding...Oh My!

Working with children who have experienced early childhood neglect and/or trauma can be totally perplexing. Constant stress in infancy impacts the brain's development, which can result in a compromised ability to control emotional reactions or behavioral impulses. Learn a new framework for understanding and handling this type of challenging behavior.

Katherine Porter, MS, LP, Licensed Psychologist—Bluestem Ctr. for Child and Family Development

7 Fostering Your Adolescent's Capacity for Self-Reflection and Skillful Thinking

This workshop will explore several ways for parents to guide their adolescents in learning to: define their needs; ask self-reflective questions that support personal growth and autonomy; and resolve conflicts that provide mutually satisfactory solutions. Anecdotes, metaphors, and creative group exercises will demonstrate how to foster these strengths and skills in your teen.

Joyce Lynne Juster, MA, LP, Licensed Psychologist—Private Practice

8 Racial Identity Development and Sociorace: The Impact of Cultural Competence in Counseling

This session will discuss major aspects of a graduate course in counseling psychology that utilizes racial identity development as a theoretical base. This is an ongoing exploration of ways to develop cultural competence in predominantly white populations/institutions, the focus to understand cultural competence beyond just knowing theory.

Kerry D. Frank, PHD, Associate Professor—Univ. of St. Thomas

9 Developing a Shared Care Model to Address Mental Health Needs of Children and Adolescents

Learn about this project addressing improvement needed in the children's mental health service delivery system including identification, triage, referral, and treatment. With severely limited child and adolescent psychiatry, this model redesigns the service delivery system in order to maximize the available resources and improve health outcomes.

Dave Stern, MSLP, LCSW, Coord.—Douglas Co. Children's Mental Health Collaborative; **Sandra Tubbs**, RN, PHN, Public Health Dir.—Douglas Co. Public Health; **Catie Lee**, MBA, Business Mgr.—Douglas Co. Hospital Mental Health Unit; & **Jeanne Barlage**, RN, Disease Management Care Coord.—PrimeWest Health

10 Vicarious Trauma: How it Affects the Treatment Team as Well as the Treatment Milieu

This workshop will explain how to identify the experience of vicarious trauma and how it affects the individual, the team, and the treatment milieu.

Participants will learn self-care techniques that will help them deal with the day-to-day stress of their work as well as ways to build team unity.

Denise Dallas, Unit Coord. & **Michelle Kimman**, MS, Sexuality Therapist—Mille Lacs Academy

11 Who Pays? Taking the Maze Out of Funding

This session will discuss the five major public funding programs for children with special needs: Medical Assistance (MA), MinnesotaCare, TEFRA, Home and Community Based Services (HCBS), and SSI. Helpful strategies to assist families will be included. A 250-page manual will be given to each participant.

Nadine R. Taylor, PHN, M.N., Public Health Nurse Consultant—MN Children with Special Health Needs (MCSHN), MDH

12 When Kids with FASD Grow Up

Two remarkable young men share their stories of striving for independent and meaningful lives while coping with Fetal Alcohol Spectrum Disorders (FASD). Then, participants will have a chance to ask questions—the really hard questions—of a team of three parents who between them are assisting more than a dozen youth with FASD to find their futures.

Ken Moore & **Mike Howell**, Young Adults with FASD; **John Hays**, Parent, Executive Dir.—Hays Kids; **Jodee Kulp**, Parent, Executive Dir.—Better Ending, New Beginnings; & **Ann Yurcek**, Parent, Author

13 Difficult Behaviors and Mental Health in the Classroom

Serving students with mental health diagnoses presents unique challenges to educational teams. Considerations beyond disability categories and social variables identified through common Functional Behavior Assessment (FBA) practices are needed. Presenters will highlight a comprehensive approach to FBA, which identifies variables inclusive of internal status and personal characteristics and will lead to more complete and effective interventions.

Jan Ostrom, MS, LP, Psychologist & **Wendy Selnes**, MA, BCBA, Senior Behavior Analyst—Brih Design

Keynote Workshop

14 Adolescent Development and Juvenile Justice

This workshop will examine several topics relevant to the treatment of juvenile offenders in the juvenile and criminal justice systems. New research on adolescents' competence to stand trial, their criminal responsibility, and the factors associated with desistance from crime will be presented. The implications of this research for policy and practice will also be discussed.

Laurence Steinberg, PHD, Distinguished Univ. Professor, Laura H. Carnell Professor of Psychology—Dept. of Psychology, Temple Univ.

15 Application of DC:0-3R Clinicians' Experiences

Pr EC
A study was implemented to investigate how licensed professionals apply their learning after receiving training on the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-3R). This session will present information clinicians reported including what changed, what benefits they found, and how it has impacted their practice.

Antonia M. Apolinario-Wilcoxon, MIM, Mental Health Program Consultant—DHS, Children's Mental Health & Jo Hittner, MA, PHD, LP—Hiawatha Valley Mental Health Ctr.

16 Emotionally Healthy Environment 101

All EC
This interactive, hands-on workshop focuses on the knowledge and skills needed to create and maintain an intentionally-integrated, emotionally healthy learning environment for all children. An exploration of milestones commonly found in infants, toddlers, and preschoolers will be followed with strategies for relationship and skill building.

Nancy Kaczrowski, MS-ECE, MELF/KinderPrep/Family School Coord.—Bloomington Public Schools

17 Aggression in Children and Adolescents: ODD and Conduct Disorder

Pr
Diagnostic criteria, neuroscience, and treatment strategies, including psychopharmacology of maladaptive aggression, will be reviewed in this workshop. Consequences of bullying and exposure to violence will be analyzed. Considerations associated with comorbid conditions like depression and anxiety will also be covered.

Caromyr Figueroa, MD, Medical Dir. of Child and Adolescent Psychiatry—Hennepin Co. Medical Ctr.

18 Educating Trainman: The Story of a Young Man with Autism

All
This is the story of a young man with autism—in his own words! What began as a goal in self-advocacy and disclosure has evolved into a tag-team presentation between mother and son. They will talk about how autism affects their lives, as well as what schools, teachers, and parents can do to help a child with autism navigate the world. Their message is one of hope and that the journey continues.

Stefan Kavan, Student & **Barb Kavan**, Mom, Special Education Coord.—New Prague Schools

19 Military Children: Impact and Issues

All
More than 12,000 Minnesota children have a parent serving in the National Guard. Deployments of Guard and Reserve are at record levels and these children are faced with challenges unlike any other life experience. Learn their unique issues as we explore the deployment cycle, separation anxiety, media impact, reintegration challenges, and how to support and foster resiliency.

Gail Mossman, State Youth Coord.—MN National Guard

20 Serving Homeless Youth: Best Practices with At-Risk Children and Adolescents

All
The path to homelessness is often paved with trauma, mental illness, chemical dependency, and/or limited social supports. This session will give a general framework for best practices with at-risk youth that will renew a sense of purpose and hope, and help service providers be purposeful, intentional, and accountable in their work.

Leslie Blessing, MSW, UCSW, Mental Health Services Mgr. Clinical Supervisor—Youthlink

21 An Ounce of Prevention: Proactive Behavior Strategies

All
Educators and parents can face difficult situations when standard approaches for responding to challenging behaviors fail. This workshop will describe how to identify the causes of challenging behaviors and give proactive strategies to help reduce their occurrence. Participants will learn research-based practical strategies and tools that can easily be implemented into positive behavior intervention plans.

Karin Marquardt, MS-EBD, LD, EL. ED., Regional Autism Cooperative & **Tammy Stahl**, MS-EBD, LD, DCD, EL. ED., Consultant for Severely Multiply Impaired—SW/WC Service Cooperative

22 Executive Functioning Differences in Children and Adolescents: Associated Disorders, Evaluation, and Intervention Strategies

All
Executive functions involve goal directed behaviors such as planning, inhibiting, initiating, and shifting. This presentation will discuss diagnoses associated with executive functioning deficits (ADHD, Asperger's disorder, Tourette's disorder and nonverbal learning disabilities) and provide a framework for assessing executive function. Strategies for addressing these deficits in children and adolescents will be included.

Katherine Quie, PHD, LP, Licensed Psychologist, **Brigitte King**, PHD, LP, Licensed Psychologist, & **Karin Hampton**, PHD, LP, Licensed Psychologist—Fraser Child and Family Ctr.

23 Latina Adolescent Coping: Discovering Successes of a School Based Intervention

Pr
This presentation will describe recent findings from a feasibility study examining a culturally tailored coping intervention for Latina adolescents. Developed in Minnesota by individuals representing education, social work, and nursing, the school-based intervention has potential to positively influence the health trajectory of Latina adolescents.

Carolyn Garcia, PHD, MPH, RN—U of MN School of Nursing; **Jessie Kemmick-Pintor**, Research Assistant, U of MN; **Sandi Lindgren**, MSW, Social Worker—El Colegio High School; & **Sandy Naughton**, Health Educator—West Side Community Health Services

24 Outside the Lines

All
This session will offer unique insight for anyone who interacts with children touched by abuse, alcoholism, neglect, poverty, and/or foster care. The presenter will describe her journey from all of these experiences to her current position as a social worker, offering perspectives as both a child and a professional in the system. Hear the powerful story of her childhood and the empowering story of her rise above.

Karen K. Wussow, LSW, MFIP Outreach Specialist—Crow Wing Co. Social Service Dept.

25 Extreme Parenting: Helping Families Support Themselves

All
This program began 7 years ago with one group that met once a month. It has now grown to 9 groups a month, each group specializing in an area of concern, culture, or age. This session will include an overview of the program; a discussion of the successes, failures, and dreams for the future; and time for questions. This model is proof that parents can make an "extreme" difference!

Brenda Caya, MSED, Children's Mental Health Family Advocate—Arc Northland; **Lisa Bomey** & **Wendy Eliason**—Extreme Parenting Panelists

26 Overcoming Challenges: Creating Awareness and Identifying Students at Risk

Pr
How can schools go further in identifying students at risk? One way is for several students to tell their stories through video as a way to destigmatize the subject of mental health and getting help, encouraging other students to come forward. This session will show how one school did this and how others can make it happen.

Rebecca A. Halvorson, MSW, LISW, School Social Worker & **Alec Albee**, MA, LISW, School Social Worker—Wayzata Public Schools

27 Multi-Systemic Therapy (MST) Overview

Pr
This workshop will provide a broad overview of MST, which has been identified as a highly promising, evidence-based treatment model by reviewers in the fields of child and adolescent mental health, juvenile justice, adolescent violence, and substance abuse. Several features of MST that account for this will be presented.

Daniel Bachicha, PHD, LPC, MST Consultant—MST Services, Inc.

Key	Technical Levels	Target Audience
	<input type="checkbox"/> Basic	<input checked="" type="checkbox"/> Pa Parents
	<input type="checkbox"/> Intermediate	<input checked="" type="checkbox"/> Pr Professionals
	<input checked="" type="checkbox"/> Advanced—General	<input checked="" type="checkbox"/> EC Early Childhood Specific
	<input checked="" type="checkbox"/> Advanced—Technical	<input checked="" type="checkbox"/> All Parents & Professionals
(see criteria on pg 3)		

41 Minnesota Thrive Initiative: Promoting Healthy Social and Emotional Development of Our Youngest Children



The Minnesota Thrive Initiative is implementing community-driven solutions for infant and early childhood mental health in six pilot sites in greater Minnesota. Hear Thrive Action Team Managers describe their unique local plans for expanding access, improving service, and putting a continuum of care into their communities. Learn what you can do in your community!

Lin Backstrom, MS, Early Childhood Specialist—Northwest MN Foundation & **Lynn Haglin**, MA, Vice President and Kids Plus Dir.—Northland Foundation

42 Asperger's Disorder from Early Childhood to Young Adulthood



This session will review the main features and life course of Asperger's Disorder from preschool years through young adulthood. Complicating condition's of anxiety, ADHD, tics, OCD, and learning disabilities will be discussed, as well as new information from genetics and brain science that is offering treatment strategies.

Susan C. Jenkins, MD, Child and Adolescent Psychiatrist—Bluestem Ctr. for Child and Family Development

43 My Adolescent is Self-Injuring/Suicidal: How Can DBT Help?



This workshop will discuss self-injury, suicidality, and disorders of emotional regulation. Parents will learn the basics of an authentic Dialectical Behavior Therapy (DBT) program and how it can help their child. They will be led through a mindfulness activity and introduced to each of the sets of skills learned in adolescent DBT.

Jaime Monson, MSW, LICSW, Mental Health Therapist & **Katie Troyak**, MSW, LICSW, Mental Health Therapist—Volunteers of America of MN, Mental Health Clinics

44 Changing Lifetime Outcomes Through the Prevention of Child Abuse and Neglect



Preventing infant and child maltreatment will have lifetime impacts on individuals and our society. Learn how understanding the long term impact of abuse, neglect, and prevention efforts, as well as making an informed commitment to do what one can, will help us move beyond unconscionable spending on prisons and health care to a safer and more healthy environment for our children.

Connie Skillingstad, MBA, LSW, CVA, Executive Dir.—Prevent Child Abuse MN

45 Skills Training for Children's Mental Health



This session will describe the integration of skills training for children's mental health services with the evidence-based practices protocols for anxiety, depression, and disruptive behavior disorders. How these training activities fit into the entire treatment package for children,

as well as skills training vs. psychotherapy and how they compliment each other will be covered.

Glenace Edwall, PSYD, PHD, LP, MPP, Dir. of Children's Mental Health & **Patricia Nygaard**, PHD, Mental Health Program Consultant—DHS

46 Reciprocal Storytelling



Children are natural storytellers; the characters they select and develop represent an aspect of their own psychodynamic make up and can assist us in understanding their needs. Learn how to engage children in this technique that will help therapists gain knowledge of a child's circumstances, concerns, or conflicts, and provide a natural course for response within the story metaphor.

Ira Fedelman, MSSW, LICSW, DAPA, School Social Worker—ISD #15-St. Francis

47 Transforming the Challenging Child: The Nurtured Heart Approach



Wonder why typical parenting and teaching techniques are ineffective with some children? Learn strategies for children ages 2 – 18 that emphasize their physiological responses to emotional input, which can help adults avoid triggering opposition. These methods are especially helpful for children with ADHD, ODD, and autism; specific approaches for auditory or sensory integration issues, anxiety, and perfectionism will also be included.

Tina Feigal, MSED, Parent Coach, Trainer, and Owner—Ctr. for the Challenging Child, LLC

48 Support Group Facilitator Training for Parents and Caregivers



It's easy to become overwhelmed with the idea of starting a support group. Learn how to start a group from the ground up—find a place to meet, advertise the group, organize the meetings, and keep it running successfully. This workshop will give parents and caregivers the tools and the confidence they need to move forward in helping themselves and others by creating a support group in their community.

Cathy Ferrazzo, Parent Advocate, Support Group Leader, and Board President—Tourette Syndrome Association of MN & **Kathy Cedarleaf**, Parent Advocate and Support Group Leader

49 Healthy Marriages Journey Guide: Especially for Parents Who Have Children with Special Needs



This workshop will present a marriage guide created for parents who have children with disabilities or ongoing health conditions. It will address the pressures placed on parental and marital relationships and will offer ways to build understanding and manage the stressors in a creative and engaging manner.

Diane Hovey, PHD, CPT, Executive Dir.—Family Institute for Creative Well-Being

50 Mental Illness Goes Off to College: Unpacking the "Bags" of First-Year College Student Distress



Students with mental illness who start college face challenges beyond what typical first-year students face. This workshop addresses mental health concerns in the college setting, including factors that negatively impact vulnerable students and strategies that facilitate a successful transition to college.

Sara Fier, PHD, LP, Assistant Professor of Counseling—Southwest MN State Univ. & **Lynda Brzezinski**, PHD, LP, Counselor and Associate Professor—Winona State Univ.

51 The Social Emotional Learning (SEL) Toolbox



Supporting the social and emotional learning needs of students with disabilities is a unique challenge; learn how one school district is meeting this challenge. This presentation will provide an overview of SEL, including evidence-based curricular strategies and resources available to all educators to help meet the diverse needs of their students.

Ginny Nyhus, LSW, Coord. of Social Emotional Learning & **Annie Staby**, MSE, EDS, NCSP, LSP, School Psychologist—Intermediate District #287

52 Building Cultural Connections and Competence in School-Based Mental Health



This workshop will describe an innovative public/private partnership formed to develop culturally appropriate children's mental health services in Minneapolis, with particular focus on Latino and African communities. Five primary areas of unmet needs for immigrant and refugee communities will be discussed, as well as effective strategies to engage and partner with key community leaders, spiritual leaders, and parents.

Mark Sander, PSYD, LP, Mental Health Coord.—Hennepin Co./Minneapolis Public Schools; **Martha Olsen**, MA, Co-Director—Mental Health Collective; **Roberto Avina**, MSW, Executive Dir. of Clinical Services—La Familia Guidance Ctr.; & **Karim Behim**, Executive Dir.—African Aid

53 "Let's Talk" Family Conversation Circles



Families in the juvenile justice system are recovering from harm on many levels: individual choices, historical trauma, and institutional damage. This interactive discussion will share simple practices that can open conversation and strengthen the connection in families, with a focus on rebuilding families dealing with trauma and change.

Laura LaBlanc, Founder & **Long Vang**, Facilitator—FullThought

54 Rethinking Childhood: Why the Early Years Matter

All EC This workshop will highlight the critical importance of the care received by very young children in their first years of life. Learn how those early experiences impact the developing brain and a young child's capacity to learn, to form relationships, and to regulate his or her emotions and behaviors.

Molly H. Minkinen, PhD, Assistant Professor—U of MN Duluth

55 Reducing Stress for Teenage Parents

All EC Teenage parents face high levels of stress as they try and cope with their new role. Learn how to help young parents reduce risk factors that lead to parental distress, dysfunctional parenting behavior, and negative interactions between parent and child with a research-based prevention program for parents and their infants age 0-3.

Deb Malesevich, Certified FAST Trainer—FAST National Training and Evaluation Ctr.

56 Understanding Autism Spectrum Disorders (ASD) & Simple Strategies for Inclusion

All The dramatically increasing growth of ASD challenges educators who do not have special education experience or education. Characteristics of ASD often challenge even experienced special education teachers. This interactive session will include simple inclusion strategies to use in the classroom, and through simulated activities show participants how individuals with ASD experience the world.

L. Lynn Stansberry-Brusnahan, PhD, Assistant Professor—Univ. of Saint Thomas

57 Tourette Syndrome (TS): Understanding the Breadth and Variability of Symptoms

All Far more people have heard of TS than know what it actually looks and sounds like, and it is among the most frequently misdiagnosed and mistreated neurological disorders. Experience a change in perception as you recognize the full spectrum of symptoms and the associated behavioral disorders of TS.

Cathy Ferrazzo, Parent Advocate, Support Group Leader, and Board President—TSA-MN

58 Parental Trauma and Parental Absence: Effects on Children and Adolescents of Returning Veterans

Pr Topics of intergenerational transmission of trauma and ambiguous loss will be used to discuss the effects of trauma and prolonged parental absence on children and adolescents. A developmental perspective will be used. Suggestions for mental health consultation and implications for academic performance will be reviewed.

Kathy Dowell, PhD, Assistant Professor—U of MN Duluth

59 Self-esteem: Addressing Adolescent Males

All This session will examine effects of low self-esteem on boys, including its relation to depression, anxiety, and other mental health concerns. The difference between low self-esteem over compensation and egotism will also be explored. Participants will learn how to identify and address, or treat, low self-esteem.

Andrea Hendel, MA, LMFT, Clinical Coord. & Paula Minske, MS, LMFT, Clinical Coord.—Volunteers of America, Bar None Residential Treatment Ctr.

60 Personal Body Safety for Children and Teens

All This presentation will deconstruct current child safety issues such as the internet and sex offender registration, as well as provide curriculum ideas and specific steps in prevention education methods for teaching children and youth how to make safer choices.

Alison Feigh, Child Safety Specialist—Jacob Wetterling Foundation

61 Positive "Rocks"

All A variety of positive behavior interventions that are successful in counseling, in the classroom, and at home will be modeled in this session. Participants will make their own rock necklace during this interactive workshop featuring therapeutic activities on awareness of individual traits and characteristics, facing personal challenges, and reducing stress and anxiety.

Don R. Zieman, ED, SP, School Psychologist—Bemidji School District

62 Culturally Effective Clinical Interviewing: Family Interviewing Strategies to Support Accurate Childhood Assessment in Mental Health and Medical Settings

Pr This presentation outlines challenges in diagnostic interviewing within mental health and medical settings with families of diverse ethnic backgrounds. It examines the complexities of, and provides strategies for, interviewing about child development, behavior, language, and medical issues in the context of culture and the effects on diagnostic perspective.

Kathryn McGraw-Schuchman, MA, LP, Licensed Psychologist; Sue Pederson, MS, LP, Licensed Psychologist—Fraser Child and Family Clinic; & Armantina Espinosa, MD, Pediatric Neurologist—Minneapolis Clinic of Neurology

63 Professionals and Parents – Moving from Face-off to Partners

All Too often communication between parents and professionals breaks down and becomes adversarial. This interactive session will help both recognize when and how this happens, develop a better understanding of each other, and teach new skills for reaching a positive outcome: a working partnership.

Carolee Collins, Systems Navigation Specialist—East Metro Adult Crisis Stabilization; Brenda Jacobson, Parent Educator—ND Extension and Behavioral Aide Trainer—DHS; Darlene Morgan, Out Reach Liaison—MN Adoption Support and Preservation; & Sharon Lussier, Family Advocate—Cass Lake Family Ctr. (NOTE: all presenters are Directors in MN Parent Leadership Network)

64 Integrating Special Education and Mental Health Diagnostic Assessment Evaluation Data to Inform Program and Treatment Planning

Pr Multi-disciplinary evaluation and assessment includes collecting data from education and mental health sources. This presentation will guide school personnel and community mental health providers through policies and procedures used to integrate this data for eligibility and program planning.

Cindy Shevlin-Woodcock, MA, School-based Mental Health Specialist & Charlotte Ryan, PhD, EBD Specialist—MDE

65 When the Crisis is Over: Picking Up the Pieces and Getting back to Class

All Learn a processing technique specifically designed for students with EBD that rebuilds their self-confidence after a crisis and gives them the ability to return to class with dignity. Theories and strategies from William Glasser, Diane Gossen, Howard Greene, St. Paul Schools, and the National Urban Alliance are integrated in this technique.

Holly Anderson, MA, Teacher—Central Middle School

66 What Works with Juvenile Offenders with Mental Health Needs

All The philosophy of Dakota County Juvenile Corrections is changing from a risk control model to addressing the pathways to delinquency. This presentation will address evidence-based practices found effective with juvenile offenders, how these approaches interface with mental health services, and how probation can move towards a clinical supervision approach.

Al Godfrey, Deputy Dir. & Linda Hansen, MA, LP, Mental Health Coord.—Dakota Co. Community Corrections

**12:30 – 3:30
Infant & Early Childhood
Special Session**

67 Promoting Infant & Early Childhood Mental Health: Reflective, Relationship-Based Practice for Non-Traditional Mental Health Providers

Pr Reflective practice is a core competency for professionals working with infants and very young children and their families. A "fishbowl" example of a relationship-based, reflective supervision session will demonstrate how infant and early childhood mental health principles can be integrated into public health, early childhood special education, Head Start, and other programs. Reflective practice opportunities will be discussed.

Cathy Carter, MSW, LSW—Early Head Start, CAP of Ramsey and Washington Cos., and Lifetrack Resources; Maris Gilbert, MA, LMFT—Family and Children's Services; Scott Harman, MSW, LICSW—St. David's Child Development and Family Services, and U of MN CEED; Sharon Hesselstine—Child Development/Infant Mental Health, MDH; Jolene Pearson, MS—Interagency Early Intervention, Minneapolis Schools, and U of MN CEED; & Jill Simon, MSW, LICSW—Lifetrack Resources, and U of MN CEED and School of SW

68 Building a Healthy Emotional Environment in the Early Childhood Setting

This session will examine the key elements to building a healthy emotional environment in early childhood programs in order to support the mental health of young children through developmentally appropriate practices and activities, including emotional literacy strategies. A 7-point self-assessment on your program's emotional environment will be included.

Cindy Croft, MA, Dir.—Ctr. for Inclusive Child Care, Concordia Univ.

69 Reactive Attachment Disorder (RAD) Update 2008: A Multi-disciplinary Approach to Diagnosis and Treatment for Children with Severe Needs

This workshop will outline ways to think about diagnosis case formulation and core treatment components for children who have a complex array of issues and histories of attachment disruption and maltreatment. Case study, existing treatment research, and lively audience discussion will be used to provide promising ways to think comprehensively and focus treatment for clients.

Krista Nelson, MA, LICSW, LMFT, Project Coord. of Ctr. for Children with RAD & Joshua Newman, MD, Medical Dir.—The Amherst H. Wilder Foundation

70 Sexual Exploitation and Victimization of Homeless and Runaway Youth in Minnesota

Runaway and homeless youth are at significant risk for being sexually victimized and exploited. Intervening effectively requires communication and coordination between all professionals involved. Sensitivity to cultural issues is also imperative. This session will address these issues and describe a multi-disciplinary protocol that was developed to improve outcomes.

Kirsten Jann, PHD, LP, Associate Professor, Psychology Dept.—Metropolitan State Univ. & Theresa Dolezal, MA, Program Coord.—Partners for Violence Prevention

71 Shifting Perspectives for Communication and Relationship Success

This presenter will humorously examine practical strategies for parents and professionals (who have or work with teens) that will build upon their resiliency and utilize professional and life experience to develop consciousness, build upon strengths, and motivate others. Participants will learn communication techniques and tools, emotional management, and how to shift perspectives and reframe thinking.

Victor “Coach” Nakumbe, PHD, CDC, CFRC, Executive Dir.—Status One Educational Services

72 Children’s Anger Revisited – A Unique Approach

Children who struggle with anger may not respond to traditional behavioral approaches. This interactive workshop will explain why children struggle with anger and demonstrate how to use de-escalating techniques. Ways to improve frustration tolerance and a unique reward system will be included. Techniques specifically for working with angry adolescents will also be described.

Elizabeth “Libby” Bergman, LICSW, Executive Dir. & Amy Moeller, LICSW—Family Enhancement Ctr.

73 Music Therapy in Adolescent Mental Health: Using Music to Express Ourselves and Create Opportunities for Achievement

Music therapy can aid in the development of healthy communication skills and coping skills, appropriate social skills, and emotional and behavioral self-management. This session will provide the basics of music therapy and ways to use music to further the therapeutic experience. Participants will experience techniques such as song writing, song analysis, and group improvisation.

Emma Moonier, MT-BC, Music Therapist—Fairview U of MN Medical Ctr.

74 Supporting the Sensory Needs of Young Children Ages 2-10

This interactive workshop will describe the characteristics of sensory sensitivities. Children have unique sensory preferences that sometimes can interfere with learning and social growth, and may result in challenging behaviors. Sensory activity ideas and strategies for supporting children with sensory processing disorders will be presented.

Christine Bentley, ECSE, Dir.—The Fraser Institute

75 The Process of Adlerian Play Therapy

This presentation will explain how to apply basic concepts of Adler’s Individual Therapy to play therapy with children and families as developed by Terry Kottman, PHD. Along with learning concepts of Adlerian Play Therapy, participants will actively engage in these techniques.

Susan Dannen, MSW, LICSW, RPT-S, Mental Health Professional—Washburn Ctr. for Children

76 Guilt is No Good: How to Be Allies to People of Color

Often in discussions of equity, people are made to feel guilty; guilt can paralyze people or cause them to be so cautious that action does not happen. Sometimes people talk about dealing with guilt or reaching affirmative action goals, but not about the culture of the organization. This session closes that gap, works to redefine the issues, and explores how to turn guilt into action on an everyday scale.

Andre Koen, MA, Cultural Coord.—Anoka Co.

77 Why Can’t I Have A “NORMAL” Life? Questions From The Trenches

Presenting to an average of 65,000 teens per year about mental health issues, this speaker has collected over 30,000 anonymous questions from the students. The top 10 questions asked will be shared and explored, giving families and professionals concrete ideas to help struggling teens.

Pete Feigal, National Inspirational Consumer Speaker and Writer

78 Caregiver Survival Guide

This interactive workshop will provide caregivers with practical tools, enhancing their ability to provide quality care to others while maintaining personal balance. Recognizing personal boundaries, dealing with external stressors, and creating a self-care plan will be included. There will be time for discussion and self-reflection.

Susie Koppel-Palmer, Program Mgr. & Michelle Rowilson, MA, LMFT, Mental Health Program Mgr.—The Common Link

79 Freedom School Update: 2nd Year and Growing

An update on the development of this collaborative sober school program will cover intervention strategies; access and funding issues; coexisting mental health needs and considerations in recovery planning; family issues; and satisfying socialization needs in ongoing recovery for an adolescent population. A discussion on replicating similar models in other communities will be included.

Michael McGinnis, LADC, Vice-president—Addiction Recovery Technologies, Inc. & Kathleen Johnson, MS, Special Education Teacher—District 77 Mankato ISD Freedom School and Adjunct Professor—U of MN

80 Gender-responsive Programming for Adolescent Girls in the Juvenile Justice System

This workshop will provide an overview of the specific needs of girls in the juvenile justice system and how they can be addressed in a gender-responsive way. The pathways of girls into the juvenile justice system, specifically related to trauma, will be discussed. Then RADIUS will be presented, an evidence-based model addressing the mental health needs of girls in the system.

Jennifer Baker-Jones, MA, LPC, LPP, Youth and Mental Health Services Dir. & Kathleen DuChene, Training Academy Dir.—AMICUS

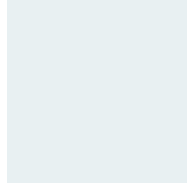
		Technical Levels	Target Audience
			Basic
Key		Intermediate	Professionals
		Advanced—General	Early Childhood Specific
		Advanced—Technical	Parents & Professionals
			(see criteria on pg 3)



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Richard Whitfield, PhD

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