



Minnesota Association for Children's Mental Health



MACMH's 2009 Child & Adolescent Mental Health Conference

April 26 - 28 • Duluth Entertainment Convention Center • DECC

Offering professionals and families opportunities to

- improve policy and enhance practices for children (birth to 21) who have or are at risk for mental health disorders;
- acquire skills and strategies that will improve outcomes for children with mental health needs;
- gain knowledge of best practices and latest research in children's mental health and related fields;
- enrich understanding of different perspectives and common goals in support of all children.

Conference presentations from professionals, family members, and youth support these vital goals for the well-being of our children.



Keynote Speakers



Chandra Ghosh Ippen, PhD, is Associate Research Director of the Child Trauma Research Program at the University of California, San Francisco and the Early Trauma Treatment Network, a member of the National Child Traumatic Stress Network (NCTSN). She has worked on seven longitudinal studies and has conducted treatment outcome research on the effectiveness of psychosocial intervention programs with Spanish-speaking children and parents. Dr. Ghosh Ippen is co-author of *Losing a Parent to Death: Guidelines for the Treatment of Traumatic Bereavement in Infancy and Early Childhood* (2003).

Her keynote presentation will focus on attachment, culture, and trauma as key forces that shape development and perspective, and the need for our treatments and service settings (school, juvenile justice, and social welfare) to be aware of and responsive to these key forces. She will specifically address how trauma can shape development and the importance of addressing trauma as soon as possible.

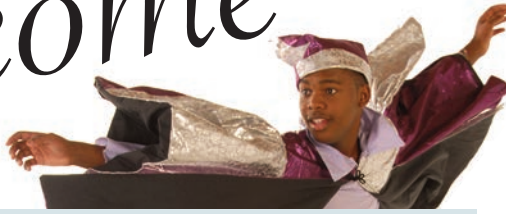


Ted Bowman is a frequent trainer, consultant, and speaker throughout Minnesota, across the United States, and internationally. He specializes in change and transition, whether it occurs in families, an organization, or the community. He appears at this year's conference by popular demand from many who have heard him speak before on these issues.

Mr. Bowman has taught Family Education courses at the University of Minnesota since 1981. He is also the author of over 80 articles and chapters, and 3 books.

In his practical keynote session, "Meeting At a Busy Intersection: Disruptive Changes, Shattered Dreams, and Resiliency," participants will be presented with a framework of resiliency that includes attention to change and loss. Too many children face losses, adversity, and disruptive events including death, divorce, violence, chronic health conditions, and poverty. Resources and tools that parents and professionals can use in their work with children to promote resiliency and hope will be presented, demonstrated, and discussed.

Welcome



Things To Know

Continuing Education

The conference is designed to meet CEH credits for many disciplines: psychology, social work, education, education administration, nursing, marriage and family therapy, and behavioral health and therapy. CEH certificates are 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.

Message Board

A public message board is available in the registration area for you to leave or retrieve messages.

Weather

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

Handouts Online

Presenters have been invited to post their handouts on our website. Go to www.macmh.org (annual conference page) for available handouts.

Schedule Changes

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

Questions?

For facility-specific questions, see a DECC staff at the front-lobby kiosk. For conference-specific questions, see a MACMH staff at the conference registration area.

Exhibits

Monday, April 27 • 8:00 am – 3:00 pm

Tuesday, April 28 • 8:30 am – 1:00 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:

ASD = Autism Spectrum Disorders
CEH = Continuing Education Hour
EBD = Emotional or Behavioral Disorder
DHS = Minnesota Department of Human Services
MDE = Minnesota Department of Education
MDH = Minnesota Department of Health

Things to Do • Monday Evening



MAIECMH Reception • 4:45 – 6:00 PM • HARBOR SIDE ROOM 202

Join the fun with Minnesota Association for Infant & Early Childhood Mental Health (MAIECMH, pronounced "make me") for a celebration of infant & early childhood activities from across the state.

Stop by for conversation, refreshments, and to learn more about MAIECMH, a division of MACMH that promotes the social and emotional development and mental health of children, prenatal through age five, and their families and caregivers.

Town Hall Session: Bridging Research, Practice, and Policy in Children's Mental Health

4:45 – 6:00 PM • HARBOR SIDE ROOM 303

Sponsored by the Center for Excellence in Children's Mental Health (CECMH) at the University of Minnesota. CECMH's mission is to promote children's mental health by integrating research, training, practice and policy.

Take part in an interactive discussion regarding how we are moving research to practice and policy in children's mental health within Minnesota. Hors d'oeuvres will be served.

Sunday Afternoon • April 26, 2009

Concurrent Symposia • 2:00 – 4:00 PM

Symposium A • French River

■ Diversity: A New Paradigm

Pr This is not your same old diversity lecture – last year's attendees remarked that Koen's workshop was "Splendid!" and "The BEST of the Conference." This session will take a look at diversity from a different angle.

Our mindset matters as practitioners and human beings. People will rise and fall to our expectations and if we do what we have always done, we get the same results. We need to reexamine impacts of social media, the education system, and our own personal (often hidden) bias. This session will move us from "diversity" as our old paradigm, to instead look at where we fall on a continuum of "cultural competence." Mr. Koen will introduce a cultural competence model that can shape and shift attitudes to improve how we work with children and families.

Andre Koen, MA, Cultural Coordinator – Anoka County Government Center

Symposium B • Ballroom J

■ Understanding Depression and Anxiety: Impact on Learning and Functioning

Pa This symposium will provide a supportive learning environment especially for parents and caregivers.

Attendees will view two 30-minute parts of the newly created video training series "Understanding Children's Mental Health Disorders and the Impact on Learning and Functioning," created by the Minnesota Department of Education in collaboration with Dr. Sulik.

The first video on depression will outline the common characteristics of depression and how it impacts children and adolescents. The second video on anxiety will help adults recognize that children with anxiety disorders behave and communicate their distress in many ways. After each viewing there will be opportunity for questions and dialogue with the audience.

L. Read Sulik, MD, Assistant Commissioner – Chemical and Mental Health Services Administration, DHS

Symposium C • Gooseberry 1

■ Introduction to Reflective Practice: An Experience-based Approach to Reflective Supervision and Consultation (Part 1 of a series of 7)

This 2½-day series on infant and early childhood mental health reflective supervision combines group experience, required reading, seminars, and journal writing. Attendees participate in groups with the same facilitator and group members throughout the series. Completing all activities will accrue 10 hours of reflective supervision and consultation toward MAIECMH endorsement, and strategies to continue reflective supervision will be discussed. Attendees of this series must commit to 2½ days. Register early; the number of participants will be limited.

Carol F. Siegel, PhD, LP, IMH-E® (IV), Infant Mental Health Mentor; additional consultants will be announced

Poster Session • 4:00 – 5:30 PM • BALLROOM L,M,N,O

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.

- Minnesota Association for Infant & Early Childhood Mental Health: Endorsement for Culturally Sensitive, Relationship-Based Practice Promoting Infant Mental Health (IMH-E)®
- Fidgety Fairy Tales – The Mental Health Musical
- Elementary Counseling: Caring Tips for Caregivers
- The REAL Approach: Improving Social-Emotional Development
- Kids in Kinship, The Impact on Children's Mental Health: Stability, Attachment, and Family Connections
- Anniversary Grief Reactions in Children
- Quality Assurance: Myth, Reality, Buzzword
- Parents' Beliefs About Their Child's Psychotherapy Treatment: Preliminary Findings
- Child and Family Skills Training for ASD
- Using iPods to Individualize Treatment within Adolescent Group Day Treatment
- Latino Adolescent's Perceptions of Mental Health Resources: Uncovering Actual and Potential Barriers and Facilitators to Care
- Vocational Rehabilitation with Transition Students
- The Zone at MN WorkForce Centers
- MACMH Publications: Look Again
- Stable Thinking - Equine Assisted Education and Therapy
- Advocacy Strategies for Students on a 504 Plan or IEP
- Environmental Impacts on Children's Mental Health
- Advocating for Children with Tourette's Syndrome
- Boys and Girls Resiliency Mentoring Program
- Addiction and Mental Health Intervention for Adolescents

Conference Schedule

Sunday, April 26

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

Monday, April 27

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

Tuesday, April 28

8:30.....Registration/Breakfast
8:50 – 9:00Announcements
9:00–10:00Keynote
10:00 – 10:30.....Exhibits/Extended Break
10:30–12:00Workshops 41 – 53
12:00 – 1:00Lunch/Exhibits
1:00 – 2:15.....Workshops 54 – 67
2:15 – 2:30Break
2:30 – 4:00.....Workshops 68 – 80

28 Adolescents and Reactive Attachment Disorder: Advances in Treatment and Parenting Strategies

All This workshop is for anyone who cares for or works with teens with attachment trauma histories, who is asking, "What do I do now?" Content will include a summary of research and evidence-based practices, dilemmas of younger teens vs. older teens, and creative therapy strategies. Learn tools to help teens transform destructive behavior into safer ways of coping, communicating, and connecting to others.

Krista Nelson, MA, LCSW, LMFT, Project Coord. – Wilder Foundation Ctr. for Children w/ Reactive Attachment Disorder; & Wendy Baker, LCSW, Psychotherapist and Co-Director – Family Service Counseling ROOM 304

29 Neuroimaging and Neuropharmacology: An update on research in schizophrenia and bipolar affective disorder in youth

Pr The U of MN Dept. of Psychiatry studies severe persistent forms of mental illness in children and adolescents, with goals to better understand causal mechanisms and find interventions that could either prevent or decrease disease morbidity. This session will provide updates on the neuroimaging studies of schizophrenia and bipolar disorder and the recognition and treatment of these disorders.

Tonya White, MD, Assist. Professor & Sanjiv Kumra, MD, Assoc. Professor – U of MN ROOM 302

30 Supporting Behavioral Regulation with Responsive Interactive Strategies: The Play to Talk Protocol

All Supporting a child's behavioral regulation in home, school, and community settings is often a critical and pressing concern for clinicians and parents. This workshop will present six responsive interactive strategies that transform negative behaviors into opportunities for relationship building. These tools will enhance and support development of positive relationships for children of any age.

Andy Paulson, PHD, Psychologist & Karin Hampton, PHD, LP, Psychologist – Fraser Child and Family Ctr. FRENCH RIVER

31 Recapturing Dreams: Narrative Work with Teens & Families

Pr Narrative therapy is an approach rooted in what really matters to people – their relationships, beliefs, passions, and dreams. This presentation, with videotaped examples, will offer twenty practical ways of putting the problems in their place and making our work more respectful, rewarding, and fun.

Mike Niehans, MD, Therapist, Psychiatrist, Parent – Parkdale Therapy Group, LLC

32 The NEATS: A Child and Family Assessment for Children's Mental Health

Pr This session will feature an assessment for children who have experienced adversities or trauma that also directs attention to the child's family. It guides practitioners to assess within

five areas that research and practice experience have identified as fundamental to child and family development: Neurobiology, Executive function, Assessment, Trauma, and Self-regulation (NEATS).

Jane Gilgun, PHD, LCSW, Professor – U of MN GOOSEBERRY 2

33 NEW!! Sleep: The Unconsidered Factor in Behavior Problems

Replaces Child Sexual Abuse: How Shame Influences Adaptation Over Time

Pr Sleep deficits are considered a "national epidemic" by the National Sleep Foundation. This presentation will describe the physiological stages and need for sleep, psychological deficits and behavior problems that can arise from sleep deficits, and how deficits can confound proper diagnosis of mental health conditions. Sleep assessment methods and recommendations will be presented.

David X. Swenson, PHD, LP, Professor of Management - College of St. Scholastica, and Forensic Psychologist - Private Practice ROOM 303

34 The Intersection of Culture and Evidence in Children's Mental Health

Pr There has been a great increase in evidence-based treatments (EBTs) in children's mental health. However, children of color are notably under-represented in the research that has created these treatments. This session will review the concepts of EBTs, present current research on their effectiveness and availability for mainstream children and children of color, and discuss the need for culturally adapted EBTs.

Joel Hetler, PHD, LP, Director – Ctr. for Excellence in Children's Mental Health, U of MN SPLIT ROCK 1

35 Don't Give Up — There's Always #44

All There are boundless possibilities that occur when a youth's case management team stops being re-active and starts working together to be proactive. This session will account the personal journey of a young girl, Mia, through the "system." Mia shares her experience to remind parents and professionals not to give up—even if it means going through 44 therapists.

Angela Mateski, Parent; Mia Mateski, Youth; & Tammy Thompson, LSW, Children's Mental Health Case Mgr. – Kandiyohi Co. Family Services ROOM 301

36 It's A Long Journey – Developmental Stages of Parents of Special Needs Children

Pa Parents of children with emotional or behavioral disorders experience continuous stress and change. This workshop will explain how understanding parents' own stages of adjustment can help the family to survive intact and improve their ability to work with service providers. Successful and unsuccessful coping strategies will be discussed and participants will receive handouts for reference.

Susan Jenkins, MD, DFAPA, Director – Bluestem Ctr. for Child and Family Development ROOM 203

37 Yoga Calm: An Integrated Approach to Learning

All Learn how to successfully bring the benefits of yoga and mindfulness activities to students in your therapeutic or educational setting. Through experiential learning, this session will address how to recognize, support, and deepen healthy emotional expression. Participants will further their knowledge of best practices involving classroom behaviors, concentration, and adaptations for specific populations.

Kathy Flaminio, MSW, School Social Worker & Julie Hurtubise, MA, Occupational Therapist – Minneapolis Public Schools ST. LOUIS

38 Social Emotional Learning (SEL): The Connection Between Reading, Writing, Arithmetic, and Relationships

All This workshop will feature evidence-based practices that support social and emotional development of children, from pre-school to teen. The most important concepts of SEL, along with the research and connection between academic and social learning, will be discussed. Participants will experience the most commonly used SEL curricula, as well as innovative and customized interventions.

Charlene Myklebust, PSYD, Director of SEL, Virginia Nyhus, MA, LCSW, SEL Coord., Katherine Utter, LCSW, SEL Coord., & Linda Oberg, MA, LMFT, SEL Coord. – Intermediate District 287 ROOM 204

39 Improving Educational Outcomes for Students with FASD through Interagency Collaboration

All This panel presentation will discuss a collaborative partnership representing educational, medical, and community perspectives that is working jointly to effectively address all aspects of Fetal Alcohol Spectrum Disorders (FASD) when providing services to students. The program strives to improve educational outcomes and future successes for children with FASD.

Christopher Boys, PHD, LP, Pediatric Neuropsychologist, Assist. Professor – U of MN Dept. of Pediatrics; Kay Dole, MS, OTR/L, District Prog. Facilitator – Mpls. Public Schools; Sue Terwey, MS, Prog. Dir. – MN Organization on Fetal Alcohol Syndrome; & Pi-Nian Chang, PHD, LP, Assist. Professor – U of MN Dept. of Psychiatry, Pediatrics, and Adolescent Health GOOSEBERRY 3

40 Introduction to Reflective Practice, Part 4

Pr **EC** A 2½-day series on infant and early childhood mental health reflective supervision. See full description on page 4 (Symposium C). Participants must begin this series on Sunday and commit to all 7 parts through Tuesday afternoon. **GOOSEBERRY 1**



Keynote Speaker • 9:00 – 10:00 • **Ted Bowman**

Tuesday 10:30 – 12:00 • Concurrent Workshops 41 – 53

41 AD/HD 2009 Update: Stimulant Dangers, Diagnostic Accuracy, and a Potential New Sub-Type



Diagnostic accuracy for ADD has become even more critical given new concerns of long term effects of stimulant use. New research concerning diagnosis, stimulant risk, prescription abuse and Omega 3 will be discussed. Inattentive children, who also present as being over-aroused, may actually be part of a potential new variant of ADD, calling for new treatments (e.g. Intuniv).

Gary Johnson, PH.D, LP, LMFT, Licensed Psychologist, Clinical Director & **Deby Samson**, Education Coord. – Loring Family Clinic, CALM Clinic **ROOM 304**

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



This presentation consists of two components. The first component will take you through an in-depth look at Autism Spectrum Disorders (ASD) in terms of core deficits and dynamic intelligence, rather than symptoms. The second component will present the basic tenants of RDI® as a remedial solution for ASD.

Leanne Mairs, MSW, LICSW, Owner & **Shellie Mercier**, Parent, Marketing & Training Director – Crossroads: Solutions for Life **ROOM 204**

43 Transforming the Challenging Child: The Nurtured Heart Approach



Ever wonder why typical parenting and teaching techniques are ineffective with some children? Learn ways to bring about real change with proven techniques. This approach is especially helpful for children with AD/HD, ODD, autism, or anyone, ages 2-18, who does not respond to typical methods.

Tina Feigal, MS,ED, Parent Coach, Owner – Ctr. for the Challenging Child, LLC **ROOM 203**

44 Positive “Rocks”



This workshop will feature a variety of positive behavior interventions for use in counseling, classrooms, or at home. Activities on awareness of individual traits, facing personal challenges, and reducing stress and anxiety will be presented. Participants will make (and keep) their own rock necklace.

Don R. Ziemann, ED,SP, School Psychologist – Bemidji School Dist. **FRENCH RIVER**

45 Mental Health, Culture, and Evidence-Based Practice: Towards an Inclusive Model of Practice



This presentation will address the dilemma of traditional cultural practices in interface with empirically condoned treatments. A model will be offered that challenges our current narrow adherence upon evidence-based practice and offers a more generous vision of treatment options.

Braden Canfield, LICSW, Mental Health Liaison – Minneapolis Public Schools, and Adjunct Professor – St. Thomas School of Social Work **ROOM 302**

46 What Works – What Helps: Treatment Options in Children’s Mental Health



This session will address common behaviors in children, how to recognize and document behavior, and the state diagnostic assessment tool. Information on evidence-based practices effective with children and adolescents will be provided. Learn how to use this information to get the most effective treatment for your child.

Suzette Scheele, Parent Educator – NAMI-MN **SPLIT ROCK 2**

47 Outside the Lines



This session will provide unique insight and deeper understanding of the at-risk family dynamic. The presenter will describe her own journey from growing up with abuse, alcoholism, neglect, poverty, and foster care to her current position as a social worker, offering perspectives as both a child and a professional in the system. This powerful story will especially benefit anyone who interacts with at-risk children and families.

Karen K. Wussow, LSW, MFIP Outreach Specialist – Crow Wing Co. Social Services **ROOM 303**

48 “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 – FullThought **GOOSEBERRY 3**

49 Truancy and Mental Health



This session will address the prevention of truancy petitions and demerits in the education setting. The presenter will explain state and federal laws that pertain to truancy, the MN compulsory attendance requirements, and proper documentation for necessary absences to help ensure that truancy does not become an issue in a child’s education.

Margaret O’Sullivan Kane, Attorney – Kane Education Law, LLC **ROOM 202**

50 SW-PBIS 101 – Understanding School-Wide Positive Behavior Interventions and Supports: Parent Involvement Strategies



School-wide PBIS is a discipline concept made up of systems of interventions that define, teach, and support appropriate behaviors based on the premise that behaviors can be taught and reinforced in positive ways. This session will explain PBISs and the value of parent involvement as an essential component to the success of a school-wide PBIS program.

Renelle Nelson, MA, EBD Project Coord. & **Lili Garfinkel**, JI Project Coord. – Pacer Ctr. **GOOSEBERRY 2**

51 Successfully Expanding School Mental Health Programs



School mental health programs continue to grow across Minnesota and the country. As programs grow and expand, they face numerous issues around sustainability, fidelity, and evaluation and data systems. This presentation will focus on the lessons learned in responding to these challenges and opportunities.

Mark Sander, PSYD, LP, Mental Health Coord. – Hennepin Co. / Minneapolis Public Schools; & **Tom Steinmetz**, MA, Prog. Director – Washburn Ctr. for Children **ST. LOUIS**

52 Nurturing the Difficult-to-Nurture Infant and Toddler to Promote Healthy Attachment: Key Concepts for Foster Parent Training



This session is for foster parents and professionals who work with foster parents and young children in foster placement. Very young children in placement often present challenges that make it difficult to provide the consistency and nurturing they need for healthy attachment and development. An intervention that targets these children and their caregivers will be described, including strategies that promote optimal developmental outcomes.

Michele Fallon, LICSW, IMH-E® (IV), Infant & Early Childhood Mental Health Consultant & Trainer; & **Becky Richardson**, MSW, Hennepin Co. Foster Care Trainer & Placement Coord. – Hennepin Co. Human Services/Public Health Dept. **SPLIT ROCK 1**

53 Introduction to Reflective Practice, Part 5



A 2½-day series on infant and early childhood mental health reflective supervision. See full description on page 4 (Symposium C). Participants must begin this series on Sunday and commit to all 7 parts through Tuesday afternoon. **GOOSEBERRY 1**

Key	Technical Levels	Target Audience
	<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Advanced—General <input type="checkbox"/> Advanced—Technical (see criteria on pg 2)	<input type="checkbox"/> Pa Parents <input type="checkbox"/> Pr Professionals <input type="checkbox"/> All Parents & Professionals <input type="checkbox"/> Ec Early Childhood Specific

SAVE THE DATE

MACMH’s 2010 Conference

April 25, 26, 27, 2010
Duluth

54 Keynote Workshop

Pr **Dwell in Possibility:
The Place of Hope
in Work with Children**

Caring helpers want to stop the bleeding, lighten the load, promote resiliency, or protect children. Reactive approaches can, however, overlook overt attention to hope. In this session, participants will be guided in a realistic, routine use of hope in work with children.

Ted Bowman, Trainer & Educator **FRENCH RIVER**

All **55 A Systematic Review of
Psychoactive Substances
and Their Psychiatric Effects**

Chemical use, abuse, and dependence often result in significant morbidity and mortality. This workshop will examine commonly used psychoactive chemicals including alcohol, marijuana, cocaine, methamphetamine, opioids, and ecstasy. An emphasis will be placed on understanding each chemical's mechanism of action and the psychiatric symptoms resulting from use.

Joel V. Oberstar, MD, Assist. Professor of Psychiatry – U of MN Medical School **ROOM 302**

All **56 Military Children:
Deployment Cycle Impact**

More than 17,000 Minnesota children have a parent serving in the National Guard or Reserves. With deployment of Guard and Reserve at record levels, 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 **ROOM 303**

All **57 Building Bridges:
Working Together to Help Children
with Social/Emotional Learning**

To foster positive social and emotional growth in children, it is essential that school, home, and involved community resources work together. This session will look at building consistent messages across environments and address common communication pitfalls. How social emotional learning and developmental stages relate to appropriate discipline strategies for home and school will also be discussed.

Catherine Thomas, LISW, School Social Worker & **Scott Graham**, LISW, School Social Worker – St. Michael-Albertville Public Schools **ROOM 204**

All **58 Funding of Assistive Technology**

Assistive technology can help people with mental illness address problems with attention, memory, safety, task completion, communication, and socialization. However, too often funding is denied. In this presentation, participants will learn about the obligations of funding sources for assistive technology, such as Medical Assistance and schools, and what to do if funding is denied.

Jennifer Giesen, JD, Staff Attorney – MN Disability Law Ctr. **ROOM 301**

All **59 Specialized Mental Health
Hospital Services:
Child and Adolescent Behavioral
Health Services Transformation**

How tailored are the setting/environment, support services, integration issues, and treatment approaches for youth with complex mental health disorders? What specialized approaches are necessary? This session will explore individualized care for youth with severe mental illness. Changes taking place in State Operated Services that aim to address the needs of youth with complex mental health disorders will be discussed.

George Realmuto, MD, Medical Director – State Operated Services, Child & Adolescent Behavioral Health Services **GOOSEBERRY 2**

All **60 In Our Own Words:
This is Who We Are**

Join Youth Advisory Board members as they share their personal stories and incredible journeys. They have developed their leadership skills to advocate for improved understanding of youth with mental health disabilities. This workshop will give insights on how to support youth with mental health needs at home, in school, and in the community.

Renelle Nelson, MA, EBD Project Coord. & Youth Advisory Board Members **SPLIT ROCK 2**

Pa **61 Survival Tips Learned
from Parenting 12 Children**

Parents -- You'll laugh and learn as these parents of 12 discuss how your responses to your child can affect your thinking. Shift your focus from changing your child to changing your responses to the behavior you see. You'll find new ways of coping that can ease your tension, find better balance, and keep you from reaching your breaking point.

Claudia Fletcher, M.ED, Adoption Worker & **Bart Fletcher**, M.Div, Pastor, Parent – Third Degree Parenting, LLC **ROOM 203**

Pr **62 Addressing Student
Mental Health Needs in Our
Culturally Diverse Schools:
Lessons Learned from State Initiatives**

This presentation will address the challenging issues and obstacles faced by school districts as they seek to increase the intercultural competence of teachers and administrators. An overview of theory and research on intercultural development and competence, and a discussion of culturally sensitive training tools will be included.

Daria Paul Dona, PHD, Professor – MN State Univ.-Mankato & **Lisa Bardon**, PHD, Assist. Professor – Univ. of Wisconsin-Stevens Point **ST. LOUIS**

All **63 Promoting and Impacting
Healthier Lives for African-American
Boys and Their Families**

Project Imani is a culturally-specific school-based mental health program designed for parents and teachers to help African-American boys to become strong, self-reliant, and independent. Learn about this program that utilizes African-American Rites of Passage, family values, community, and religion to empower and educate.

LaRone Greer, Director – Project Imani **SPLIT ROCK 1**

All **64 The Therapeutic Support Program
(TSP) in Washington County**

This session will focus on a mental health based collaborative project between Human Services Inc. (HSI) and the five Washington County school districts. The school-based mental health program services children and adolescents who have, or are at risk for, mental health disorders. It helps cover gaps in services and promotes practical skill building to support functioning in school, at home, and in the community.

Stacia Hanson, MA, LPP, Mental Health Practitioner, **Anne St. Martin**, MA, LP, LMFT, Supervisor of TSP – HSI; **Ron Runke**, MSE, Licensed School Psychologist, Special Service Coord. – District Special Services, So. Washington Co. Schools; & **Stacey Junghans**, MA, LP, Therapeutic Assist. Prog. Supervisor – HSI **ROOM 202**

All **65 What Works for
Students with ASD and EBD**

A variety of similarities and unique differences exist between the characteristics of, and services for, students with Autism Spectrum Disorders (ASD) and Emotional or Behavioral Disorder (EBD). This session will compare and contrast evidence-based strategies for EBD and ASD to outline the unique needs of each and to help participants design effective programs.

Shelley Neilsen Gatti, PHD, Assist. Professor & **L. Lynn Stansberry Brusnahan**, PHD, Assist. Professor – Univ. of St. Thomas **ROOM 304**

Pr **66 A Collaborative Effort across Systems
to Assure Quality Social-Emotional/
Mental Health Screening**

The implementation of social-emotional/mental health screening in practice settings increases referral rates to early intervention services for best outcomes. This workshop will describe current collaborative efforts and activities in the state that promote quality social-emotional/ mental health in young children. Resources for professionals and parents will be identified.

Meredith Martinez, MPH, Policy Specialist – DHS; **DebbyKay Peterson**, MS, RN, Early Learning Services Specialist – MDE; & **Katie Tastad**, Child & Teen Check-up Student Worker – MDH **GOOSEBERRY 3**

Pr **67 Introduction to Reflective Practice,
Part 6**

A 2½-day series on infant and early childhood mental health reflective supervision. See full description on page 4 (Symposium C). Participants must begin this series on Sunday and commit to all 7 parts through Tuesday afternoon. **GOOSEBERRY 1**



68 iBrain: The Effect of Technology on Brain Development, Function, and Social Interaction



Children today have never known a world without computers, video games, internet, and cell phones. Recent research indicates that early and excessive electronic stimulation not only alters brain functioning, but may actually change brain development. As our brains shift towards new technological skills, fundamental social skills become less developed. This session will explore that important phenomenon and its potential impact on children's mental health.

Gary Johnson, PHD, LP, LMFT, Licensed Psychologist, Clinical Director & **Deby Samson**, Education Coord. – Loring Family Clinic-Clinic for Attention, Learning, and Memory (CALM) **ROOM 304**

69 Attachment in a Developmental Framework



This workshop will provide hope and understanding for children with fragile attachments. Information presented will utilize the developmental model of attachment regardless of age; maladaptive behaviors often reflect lost or missed developmental experiences. Participants will learn strategies for identifying developmental stages, as well as interventions for helping children progress to stages of higher functioning.

Mary J. Carpenter, MSED, LP, Clinical Psychologist – Range Mental Health Ctr. **ROOM 303**

70 Narrative Approaches in Group Therapy



This workshop is designed for professionals interested in advanced practice ideas that will enhance work with adolescents in groups. Narrative approaches will enliven and enrich group therapy in any setting. Videos will illustrate narrative practices in a partial hospitalization program, and a group activity will provide an opportunity to practice this approach.

Andrea Vasquez, MSW, LICSW, Therapist and Prog. Supervisor & **Tiffany Leuthold**, MS, LMFT, Therapist – Prairie St. Johns

71 Strategies for Treating Young Children with Complex Trauma



Complex trauma refers to experiences of multiple traumatic events within the caregiving system. Children with this type of trauma are especially challenging to treat due to attachment disturbances. Joining a child in the very moment of dysregulation, and reading the meaning behind a behavior are central to the child's healing. This session will describe steps and tools for this therapeutic process, useful to professionals and parents.

Lauren W. Nietz, UCSW, Day Treatment Supervisor & **Matt Withman**, LMFT, Assist. Day Treatment Supervisor – Washburn Ctr. for Children **ROOM 204**

72 Lessons on Effective Hands-Off De-escalation: From an Inpatient Setting to the Home



This dynamic presentation will provide information on successful hands-off de-escalation for children and adolescents through lecture, stories, and collaborative discussion. The three levels of escalation and appropriate intervention for each in various settings will be identified. Participants will have the opportunity to practice different techniques.

James Holden, Behavioral Health Associate, **Jan Roux**, CTRS, Therapeutic Recreation Specialist, **Karen Canfield**, RN, MA, Care Coord., & **Jane Otte**, RN, MA, Community Educator – Child & Adolescent Mental Health Services, Abbott Northwestern Hospital **GOOSEBERRY 2**

73 Easy, Fun, and Effective Strategies to Help Children and Adolescents (and Adults) Manage Stress



Stress has become an epidemic and is impacting our children on a daily basis. Stress often has negative effects on students' academic, social, emotional, and physical performance. Learn techniques to manage stress and increase a sense of well-being. Interactive techniques presented will include art, movement, sound, relaxation, and guided meditation.

Paula Hetfield, MA, Instructor, Special Ed. Lead - Intermediate School Dist. 916, and Director – Human Energy Matters **FRENCH RIVER**

74 Family Perspective on the Impact of Culturally Sensitive Providers



What happens when a provider isn't aware of the cultural differences of the child and family they are serving? How do family members feel when cultural differences aren't incorporated into the treatment plan? This workshop will feature parents discussing the real world impact of receiving culturally sensitive services.

Amelia Ortega, Parent Liaison – DHS, Children's Mental Health Division; **Kristy Collier**, Parent; **Bart Fletcher**, M.Div., Pastor, Parent; & **Paula Dunham**, Parent **SPLIT ROCK 1**

75 Youth Lead – Making Change



How can youth become leaders in their communities? How can we reach out to youth to get them involved? Experience an anti-stigma, mental health documentary for young people and learn how to replicate this authentic youth engagement process in your community or school.

Donna Gillen, Executive Director, **Rachel Stanke**, High School Intern, **Erica Oehlert**, College Student, **Abdiqaalaq Ahmed**, AmeriCorps VISTA, & **Tracina Coward**, College Student – Youthrive / Peers in Partnership **SPLIT ROCK 2**

76 Supporting Dads, Supporting Marriage, Supporting Kids



This session will look at the research on how fatherhood, healthy marriage, and divorce affects children as well as the impact on children's mental health struggles on marriages. The developmental stages and challenges marriages face will be discussed, along with positive, helpful information to improve your own marriage and support the relationships in your family and community.

Maureen Campion, MS, LP, Psychologist – Parenting Oasis **GOOSEBERRY 3**

77 Personal Body Safety for Children and Teens



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 Resource Ctr. **ROOM 202**

78 Cognitive Behavioral Treatment of Depression Groups in a Secondary School Setting



This workshop describes a recent pilot study in which school social workers piloted an empirically supported curriculum for the treatment and prevention of depression for students in a secondary school setting. The curriculum will be introduced as will initial data from the pilot study. This innovative prevention and treatment model can be similarly implemented in other schools.

David Roseborough, PHD, LICSW, Assist. Professor of Social Work – Univ. of St. Thomas; **Shelley Theisen**, LICSW, School Social Worker, **Sarah Roehrich**, LICSW, School Social Worker, & **Cindy Barriga**, UCSW, School Social Worker – Bloomington Public Schools **ST. LOUIS**

79 Evidence-Based Interventions for Students on the Autism Spectrum



Educators are required to use scientifically-based research and best practices when instructing students with special needs. This session will discuss how to evaluate whether or not an intervention is evidence-based. A number of interventions currently available to students on the autism spectrum will be evaluated to determine if they are fads or evidence-based.

Michael J. Ruprecht, MSED, LP, BCBA, Autism Consultant & **Rodney Schaefer**, EDS, School Psychologist – Rum River Special Education Cooperative **ROOM 203**

80 Introduction to Reflective Practice, Part 7



A 2½-day series on infant and early childhood mental health reflective supervision. See full description on page 4 (Symposium C). Participants must begin this series on Sunday and commit to all 7 parts through Tuesday afternoon. **GOOSEBERRY 1**

Key	Technical Levels	Target Audience
	Basic	Parents
	Intermediate	Professionals
	Advanced—General	Parents & Professionals
	Advanced—Technical	Early Childhood Specific
(see criteria on pg 2)		

Monday, April 27, 2009

Key CITY SIDE HARBOR SIDE

8:00 Registration/Continental Breakfast	FITZGERALD HALL
Announcements/Keynote Speaker	LAKE SUPERIOR BALLROOM
8:50 – 10:00 Dr. Chandra Ghosh Ippen	FITZGERALD HALL
10:00 – 10:15 Break/Exhibits	
10:15 – 12:15 Concurrent Workshops 1 – 14	
1. Keynote Workshop: Introduction to Child-Parent Psychotherapy (CPP): An evidence based treatment for young children who have experienced traumatic events • <i>Chandra Ghosh Ippen</i>	ST. LOUIS
2. Effective Family-Focused Skills Training Interventions for Youth With Disruptive Behavior • <i>Michael Bloomquist</i>	ROOM 304
3. The Mystery and Challenge of Fetal Alcohol Spectrum Disorders (FASD) • <i>Lynne R. Frigaard</i>	ROOM 204
4. Eating Disorders: Treatment Strategies and Awareness Building • <i>Jillian Croll & Sue Babcock</i>	GOOSEBERRY 2
5. Exploring Use of Photovoice Methods in Research and Practice with Adolescents • <i>Carolyn Garcia</i>	ROOM 202
6. Play Therapy 101 • <i>Susan Dannen</i>	ROOM 302
7. Trauma Focused Cognitive Behavioral Therapy (TF-CBT): An Evidence-Based Treatment Model for Traumatized Children and Adolescents • <i>David Hong</i>	SPLITROCK 1
8. Building Developmental Assets and Resiliency: A Strength-Based Model of Treatment • <i>Dean Grace</i>	ROOM 303
9. Somali Children and Families • <i>David McGraw Schuchman & Mustafa A. Mohamed</i>	ROOM 203
10. Keeping Families Together: Minnesota's New Approach to Children in Residential Placement and Their Families • <i>Kathy Kosnoff & Lynne Peterson</i>	SPLITROCK 2
11. I Used to Be a Good Mom • <i>Lisa Bardon & Daria Paul Dona</i>	GOOSEBERRY 3
12. What is the "E" in EBD? Identifying and Addressing Psychiatric and Behavioral Contributors • <i>William Dikel & Jan Ostrom</i>	FRENCH RIVER
13. Student Driven Transition Planning • <i>Rikki Trageton</i>	ROOM 301
Session Full	GOOSEBERRY 1
14. Introduction to Reflective Practice, Part 2	LAKE SUPERIOR/FITZGERALD
12:15 – 1:15 Lunch/Exhibits	
1:15 – 2:30 Concurrent Workshops 15 – 27	
15. Assessment of Self-Harm and Suicide Risk in Youth • <i>Joel V. Oberstar</i>	ROOM 304
16. Early Indicators of Autism Spectrum Disorders: Clinical Tools for Assessment, Intervention, and Progress Monitoring • <i>Pat Pulice & Brigitte King</i>	FRENCH RIVER
17. Emotion Regulation and Validation: A Dialectical Behavior Therapy (DBT) Skills Model for Professionals, Parents, and Foster Parents • <i>Cynthia Packer, Jeremy Mork, Robin Rodenborg, & Stearling Rucker</i>	ROOM 204
18. Environmental Impacts on Children's Mental Health • <i>Kathleen Schuler & Lindsay Dahl</i>	ST. LOUIS

19. Influencing Behavior: Primary Prevention Tools • <i>Jerry Jaker</i>	ROOM 302
20. Current and Future Mental Health Screening Initiatives in the Child Welfare and Juvenile Justice Systems • <i>Martha Aby & Bill Wyss</i>	GOOSEBERRY 3
21. It's Called "Going Out to Play": Among Girls' Perspectives on Running Away • <i>Carolyn Garcia; Laurel Edinburg; & Elizabeth Saewyc</i>	SPLITROCK 2
22. Mind, Body, Spirit Wholeness: An Approach to Self Care • <i>Sandy Thibault</i>	ROOM 203
23. Prescription for Success: Solution-Focused Practices • <i>Maure Ann Metzger, Richard Scott, & Students</i>	GOOSEBERRY 2
24. When Parents and Schools Disagree: Accessing the Minnesota Department of Education Conflict Resolution Systems • <i>Patricia McGinnis</i>	ROOM 202
25. Overcoming Challenges: Creating Awareness and Identifying Students at Risk • <i>Alec Albee & Becky Halverson</i>	SPLITROCK 1
26. Creating Partnerships: Blending Mental Health and Early Childhood Special Education • <i>Linda Diaz & James Andersen</i>	ROOM 303
Session Full	GOOSEBERRY 1
27. Introduction to Reflective Practice, Part 3	FITZGERALD HALL
2:30 – 3:00 Refreshments/Extended Break	
3:00 – 4:45 Concurrent Workshops 28 – 40	
28. Adolescents and Reactive Attachment Disorder: Advances in Treatment and Parenting Strategies • <i>Krista Nelson & Wendy Baker</i>	ROOM 304
29. Neuroimaging and Neuropsychology: An update on research in schizophrenia and bipolar affective disorder in youth • <i>Tonya White & Sanjiv Kumra</i>	ROOM 302
30. Supporting Behavioral Regulation with Responsive Interactive Strategies: The Play to Talk Protocol • <i>Andy Paulson & Karrn Hampton</i>	FRENCH RIVER
31. CANCELLED Recapturing Dreams: Narrative Work with Teens & Families • <i>Mike Niehans</i>	GOOSEBERRY 2
32. The NEATS: A Child and Family Assessment for Children's Mental Health • <i>Jane Cilgun</i>	ROOM 303
33. NEW!! Sleep: The Unconsidered Factor in Behavior Problems • <i>David X. Swenson</i>	ROOM 303
34. The Intersection of Culture and Evidence in Children's Mental Health • <i>Joel Hetler</i>	SPLITROCK 1
35. Don't Give Up — There's Always #44 • <i>Angela Mateski, Mia Mateski, & Tammy Thompson</i>	ROOM 301
36. It's A Long Journey – Developmental Stages of Parents of Special Needs Children • <i>Susan Jenkins</i>	ROOM 203
37. Yoga Calm: An Integrated Approach to Learning • <i>Kathy Flaminio & Julie Hurtubise</i>	ST. LOUIS
38. Social Emotional Learning (SEL): The Connection Between Reading, Writing Arithmetic, and Relationships • <i>Charlene Myklebust, Virginia Nyhus, Katherine Utter, & Linda Oberg</i>	ROOM 204
39. Improving Educational Outcomes for Students with FASD through Interagency Collaboration • <i>Christopher Boys; Kay Dole; Sue Terwey; & Ph-Nian Chang</i>	GOOSEBERRY 3
Session Full	GOOSEBERRY 1
40. Introduction to Reflective Practice, Part 4	

Tuesday, April 28, 2009

Key

CITY SIDE

HARBOR SIDE

59. Specialized Mental Health Hospital Services: Child and Adolescent Behavioral Health Services Transformation • <i>George Realmuto</i>	GOOSEBERRY 2
60. In Our Own Words: This is Who We Are • <i>Renelle Nelson</i>	SPLITROCK 2
61. Survival Tips Learned from Parenting 12 Children • <i>Claudia Fletcher & Bart Fletcher</i>	ROOM 203
62. Addressing Student Mental Health Needs in Our Culturally Diverse Schools: Lessons Learned from State Initiatives • <i>Daria Paul Dona & Lisa Bardon</i>	ST. LOUIS
63. Promoting and Impacting Healthier Lives for African-American Boys and Their Families • <i>LaKone Greer</i>	SPLITROCK 1
64. The Therapeutic Support Program (TSP) in Washington County • <i>Stacia Hanson, Anne St. Martin, Ron Runke, & Stacey Lughans</i>	ROOM 202
65. What Works for Students with ASD and EBD • <i>Shelley Neilsen Gatti & L. Lynn Stansberry Brusnahan</i>	ROOM 304
66. A Collaborative Effort across Systems to Assure Quality Social-Emotional/Mental Health Screening • <i>Meredith Martinez, DebbyKay Peterson, & Katie Tastad</i>	GOOSEBERRY 3
Session Full	GOOSEBERRY 1
2:15 – 2:30 Break	DECC LOBBY
2:30 – 4:00 Concurrent Workshops 68 – 80	
68. iBrain: The Effect of Technology on Brain Development, Function, and Social Interaction • <i>Cary Johnson & Deby Samson</i>	ROOM 304
69. Attachment in a Developmental Framework • <i>Mary J. Carpenter</i>	ROOM 303
70. CANCELLED Narrative Approaches in Group Therapy • <i>Andrea Vasquez & Tiffany Leuthold</i>	
71. Strategies for Treating Young Children with Complex Trauma • <i>Lauren W. Nietz</i>	ROOM 204
72. Lessons on Effective Hands-Off De-escalation: From an Inpatient Setting to the Home • <i>James Holden, Jan Roux, Karen Canfield, & Jane Otte</i>	GOOSEBERRY 2
73. Easy, Fun, and Effective Strategies to Help Children and Adolescents (and Adults) Manage Stress • <i>Paula Hetfield</i>	FRENCH RIVER
74. Family Perspective on the Impact of Culturally Sensitive Providers • <i>Amelia Ortega, Kristy Collier, Bart Fletcher, & Paula Dunham</i>	SPLITROCK 1
75. Youth Lead – Making Change • <i>Donna Gillen, Rachel Stanke, Erica Oehlert, Abdirqaalaq Ahmed, & Tracina Coward</i>	SPLITROCK 2
76. Supporting Dads, Supporting Marriage, Supporting Kids • <i>Maureen Campion</i>	GOOSEBERRY 3
77. Personal Body Safety for Children and Teens • <i>Alison Feigh</i>	ROOM 202
78. Cognitive Behavioral Treatment of Depression Groups in a Secondary School Setting • <i>David Roseborough, Shelley Theisen, Sarah Roehrich, & Cindy Barriga</i>	ST. LOUIS
79. Evidence-Based Interventions for Students on the Autism Spectrum • <i>Michael J. Ruprecht & Rodney Schaefer</i>	ROOM 203
Session Full	GOOSEBERRY 1
80. Introduction to Reflective Practice, Part 7	

8:30 Registration/Continental Breakfast	FITZGERALD HALL
Announcements/Keynote Speaker	LAKE SUPERIOR BALLROOM
8:50 – 10:00 Ted Bowman	
10:00 – 10:30 Break/Exhibits	FITZGERALD HALL
10:30 – 12:00 Concurrent Workshops 41 – 53	
41. AD/HD 2009 Update: Stimulant Dangers, Diagnostic Accuracy, and a Potential New Sub-type • <i>Gary Johnson & Deby Samson</i>	ROOM 304
42. Autism and Relationship Development Intervention (RDI®): A Closer Look • <i>Leanne Mairs & Shellee Mercier</i>	ROOM 204
43. Transforming the Challenging Child: The Nurtured Heart Approach • <i>Tina Feigal</i>	ROOM 203
44. Positive “Rocks” • <i>Don R. Ziemann</i>	FRENCH RIVER
45. Mental Health, Culture, and Evidence-Based Practice: Towards an Inclusive Model of Practice • <i>Braden Canfield</i>	ROOM 302
46. What Works – What Helps: Treatment Options in Children’s Mental Health • <i>Suzette Scheele</i>	SPLITROCK 2
47. Outside the Lines • <i>Karen K. Wussow</i>	ROOM 303
48. “Let’s Talk” Family Conversation Circles • <i>Laura LaBlanc</i>	GOOSEBERRY 3
49. Truancy and Mental Health • <i>Margaret O’Sullivan Kane</i>	ROOM 202
50. SW-PBIS 101 – Understanding School-Wide Positive Behavior Interventions and Supports: Parent Involvement Strategies • <i>Renelle Nelson & Lili Cairlinkel</i>	GOOSEBERRY 2
51. Successfully Expanding School Mental Health Programs • <i>Mark Sander & Tom Steinmetz</i>	ST. LOUIS
52. Nurturing the Difficult-to-Nurture Infant and Toddler to Promote Healthy Attachment: Key Concepts for Foster Parent Training • <i>Michele Fallon & Becky Richardson</i>	SPLITROCK 1
Session Full	GOOSEBERRY 1
53. Introduction to Reflective Practice, Part 5	LAKE SUPERIOR/FITZGERALD
12:00 – 1:00 Lunch/Exhibits	
1:00 – 2:15 Concurrent Workshops 54 – 67	
54. Keynote Workshop: Dwell in Possibility: The Place of Hope in Work with Children • <i>Ted Bowman</i>	FRENCH RIVER
55. A Systematic Review of Psychoactive Substances and Their Psychiatric Effects • <i>Joel V. Oberstar</i>	ROOM 302
56. Military Children: Deployment Cycle Impact • <i>Gail Mossman</i>	ROOM 303
57. Building Bridges: Working Together to Help Children with Social/Emotional Learning • <i>Catherine Thomas & Scott Graham</i>	ROOM 204
58. Funding of Assistive Technology • <i>Jennifer Giesen</i>	ROOM 301



Minnesota Association for Children's Mental Health

165 Western Avenue North, Suite 2, Saint Paul, MN 55102-4613



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