



MACMH's 2010

Child & Adolescent Mental Health Conference

April 25 – 27 • Duluth, MN

Keynote Speakers



Heather T. Forbes, LCSW, is the co-founder and owner of the Beyond Consequences Institute. She is an internationally published author on the topics of parenting children with difficult and severe behaviors, creating healing environments for traumatized children, and self-development.

Forbes lectures, consults, and coaches parents and professionals throughout the U.S., Canada, and Europe. She is passionate about supporting families by bridging the gap between academic research and "when the rubber hits the road" parenting. Much of her experience and insight on understanding trauma, disruptive behaviors, developmental delays, and adoption-related issues comes from direct mothering experience of her two internationally adopted children.

Her keynote address, "Helping Children Heal – Understanding the Attachment-Challenged Child," will discuss how we often underestimate the impact of trauma on a child's development. When children experience trauma, their internal survival mechanisms can become activated, dedicating all the body's resources to remain alert in "survival mode." They perceive the world as threatening from a neurological, physical, emotional, cognitive, and social framework and operate from a paradigm of fear to ensure their safety and security. This state of fear and stress is often demonstrated through difficult, severe, and socially inappropriate behaviors. Traditional behavioral techniques are not only ineffective for these children, but often escalate the intensity of the behaviors and drive them further away from parental relationships and from participating in treatment. A fresh perspective with loving options for parents, teachers, and professionals will be discussed to not only help change behaviors, but to begin the path of deep healing.



Martha Farrell Erickson, PHD has had a long career at the University of Minnesota, linking research, practice, and policy in the areas of parent-child attachment, child abuse prevention, and children's mental health. Building on her research on parent-child attachment and attachment-based interventions

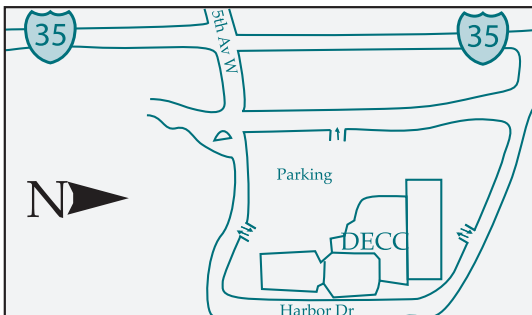
developed with colleague Byron Egeland, Dr. Erickson speaks and consults extensively throughout the U.S. and abroad. The author of many academic articles and books, she also reaches out to general audiences as a child and family commentator on KARE-TV (NBC) and as host (with her daughter Erin) of the weekly talk show, Good Enough Moms™, now available in podcast at www.goodenoughmoms.com.

Dr. Erickson will address how accepting the validity of attachment as a potent influence on development does NOT mean blaming the parent when things go wrong. Mental health problems in children can arise for many different reasons -- biological, environmental and/or an interaction of both. Knowing how challenging it can be for parents trying to build a good-enough attachment with a baby who is not responding or developing typically -- and knowing that some parents are further challenged by their own relationship history, mental health issues or other risk factors -- Marti will focus this presentation on two related themes: 1) the power of attachment in helping children and youth with mental health problems adapt more successfully to their family and other environments; and 2) what parents need for themselves in order to provide those protective attachment experiences for their children, even in the face of major challenges. Whether grieving the "loss of the hoped-for child," trying to read confusing cues given by a baby, feeling judged by others for their child's difficulties, or struggling to learn parenting behaviors they never experienced themselves, parents need the full support of the community to ensure their child's best possible development and their family's health and wellbeing.

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 at the DECC is \$4.00 per day.
Parking at the hotels is free.

Lodging

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

Canal Park Lodge	\$99	800-777-8560
Holiday Inn*	\$79	800-477-7089
Inn on Superior	\$94	218-726-1111
Radisson*	\$82	800-333-3333
South Pier Inn	\$65 – 97	800-430-7437
The Suites	\$89 – 249	800-794-1716

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

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

Minnesota Association for Children's Mental Health

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

2010 Conference Registration • 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.

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
- Public Health
- 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

- Standard
- Vegetarian
(May include dairy)

Sorry we are unable to accommodate special requests.

Attendance

I am attending the MACMH conference for the first time.

- Yes
- No

Sunday Events *(see pages 4 – 5 for details)*

2:00 – 4:00

Sunday Symposia *(choose 1)*

- A The Cradle to Prison Pipeline**
- B The Roots of Antisocial Behavior in Youth**
- C Early Childhood Mental Health: The Use of Multiple Perspectives in Assessment and Intervention**

4:00 – 6:00

Sunday Events

- Poster Session**
- Fidgety Fairy Tales 2**
- Not attending**

Monday & Tuesday Workshops

(see pages 6 – 11 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 26 | 10:15 – 12:15 • Workshops 1 – 13 # _____ |
| | 1:15 – 2:30 • Workshops 14 – 26 # _____ |
| | 3:00 – 4:45 • Workshops 27 – 39 # _____ |
| Tuesday
April 27 | 10:30 – 12:00 • Workshops 40 – 53 # _____ |
| | 1:00 – 2:15 • Workshops 54 – 66 # _____ |
| | 2:30 – 4:00 • Workshops 67 – 79 # _____ |

Payment and Registration Information

Payment Policy: Checks (payable to MACMH), Visa, Mastercard, Discover, 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 12th, 2010**, 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 26th

- \$30 Sunday only
- \$319 Monday + Tuesday
- \$190 Monday
- \$190 Tuesday

Register After March 26th

- \$30 Sunday only
- \$334 Monday + Tuesday
- \$195 Monday
- \$195 Tuesday

Sunday events are complimentary if attending Monday and/or Tuesday. Call for Student/Senior rate.

**SAVE \$25 per registrant for groups of 5 or more!!
Does not include Sunday only registrants; all registrations must be submitted together.*

Billing Information

- Visa
- Mastercard
- Discover

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 _____

Look for location information in the conference folder

MAIECMH Reception



Join the fun with Minnesota Association for Infant & Early Childhood Mental Health (MAIECMH, pronounced 'make me²') for a celebration of infant & early childhood activities from across the state. Stop by to meet MAIECMH members, enjoy refreshments, and learn more about MAIECMH—a division of MACMH that promotes the social and emotional development of children, prenatal through age five.

Town Hall Meeting: Mental Healthcare in Minnesota with Read Sulik, MD

An opportunity for parents, teachers, and other professionals to share their thoughts and experiences with Read Sulik, MD, Assistant Commissioner – Chemical and Mental Health Services Administration, DHS, in regards to mental healthcare in Minnesota. This is a time for Dr. Sulik to hear from you—ßwhat you most want him to know and understand about children's mental health services, what is needed, and what is working in Minnesota.

U of MN Special Presentation Series

Research to Practice: New Approaches to Diagnosis, Assessment, and Intervention in Fetal Alcohol Spectrum Disorders (FASD)

Faculty from the University of Minnesota present a special three-part series that will take an in-depth look at how current research is informing and changing the way we diagnose, treat, and educate children with FASD; workshop numbers 41, 54, and 67.

See Tuesday Workshop pages 9, 10, 11.

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 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 9, 2010. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

Weather

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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Schedule Changes

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

Exhibits

Monday, April 26 • 8:00 am – 3:00 pm

Tuesday, April 27 • 8:00 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

Acronyms

The following are used throughout this brochure:

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

Sunday Afternoon • April 25, 2010


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 • 2:00 – 4:00 PM

Symposium A

The Cradle to Prison Pipeline

 Imagine coming into this world with a prison cell already reserved in your name. That is the tragedy that awaits at least one in three Black boys and one in six Latino boys. A Black girl has a 1 in 17 chance of going to prison in her lifetime and a Latino girl has a 1 in 45 chance. Millions of poor American children are condemned to prison by the time they reach their teens because they are failed at every turn in their lives – failed by their family, the child welfare system, and the juvenile justice system. The Children's Defense Fund's report entitled "America's Cradle to Prison Pipeline," explores the intersection of race, poverty and the juvenile justice system.

Joel A. Franklin, JD, Diversion / Behavior Intervention Program Manager – St. Paul Youth Services

Symposium B

The Roots of Antisocial Behavior in Youth

Antisocial and psychopathic behavior in adults has its roots in childhood and adolescence. In this presentation, we will examine clinical and research findings about how these influences shape oppositional defiant and conduct disorders, and antisocial personality development. We will discuss emerging research on inheritance, brain development, attachment, family and peer dynamics, and how these are related to empathy, learning problems, criminal behavior, and amenability to treatment.

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

Symposium C

Early Childhood Mental Health: The Use of Multiple Perspectives in Assessment and Intervention

One principle of early childhood mental health is the use of multiple perspectives. Interventionists must consider the perspectives of the child, the parent, and the relationship when assessing social and emotional concerns. When intervening, the 'person of the practitioner' is a key component of the intervention. This symposium will explore the theoretical basis for the use of multiple perspectives, along with concrete examples in practice.

Jane Ellison, LMFT, IMH-E® (IV), Early Childhood Mental Health Specialist – Sauk Rapids/Rice Early Childhood Programs

Poster Session 4:00 – 5:15 PM

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 page 5 for a listing of poster presentations.**

Fidgety Fairy Tales 2 – Another Mental Health Musical 5:15 – 6:00 PM

Three new stories about mental health performed by actors ages 9 – 17 :

- The Prince and the Pea (*Autism*)
- Gretel and Hansel (*Post traumatic stress*)
- The Frog Prince
(*Collaborative problem solving inspired by Dr. Ross Green*)

Written by **Matt Jensen**, Music and Lyrics by **Marya Hart**

Conference Schedule

Sunday, April 25

1:30 – 4:30.....Registration
2:00 – 4:00.....Symposia A, B, & C
4:00 – 5:15.....Poster Session
5:15 – 6:00.....Fidgety Fairy Tales 2

Monday, April 26

8:00.....Exhibits/Registration/Breakfast
8:45 – 9:00.....Opening Remarks
9:00–10:00.....Keynote
10:00 – 10:15.....Exhibits/Break
10:15–12:15.....Workshops 1 – 13
12:15 – 1:15.....Lunch
1:15 – 2:30.....Workshops 14 – 26
2:30 – 3:00.....Exhibits/Extended Break
3:00 – 4:45.....Workshops 27 – 39

Tuesday, April 27

8:00.....Exhibits/Registration/Breakfast
8:50 – 9:00.....Announcements
9:00–10:00.....Keynote
10:00 – 10:30.....Exhibits/Extended Break
10:30–12:00.....Workshops 40 – 53
12:00 – 1:00.....Lunch/Exhibits
1:00 – 2:15.....Workshops 54 – 66
2:15 – 2:30.....Break
2:30 – 4:00.....Workshops 67 – 79

Sunday 4:00 – 5:30 • Poster Session

Fidgety Fairy Tales 2 - Another Mental Health Musical

These stories re-imagine familiar fairy tales to raise awareness about mental health and show positive portrayals of children with mental health disorders. Check out this sequel to the hit that has already been performed more than 80 times in Minnesota, Guam, and Washington, DC.

Matt Jensen – Playwright, Director, Community Arts Liaison – MACMH

Supporting Military Connected Children and Youth: Impact of Deployment

Thousands of Minnesota children have parents and loved ones serving in the Guard and Reserve. Learn how children and youth are impacted in the pre-deployment, deployment, and reintegration phases; issues surrounding geographically dispersed military families; impacts of the media; and how to foster resilience.

Laura Poppen, MA, State Youth Coord. – MN National Guard; & **Sarah Stille**, OMK Youth Specialist – Operation Military Kids

Military Families and Mental Health

Children in military families are dealing with significant transition and a whole host of emotional issues as they struggle to adjust to the “new normal.” Discuss the common problems observed with military youth along with helpful interventions and suggested resources.

Sara Jensen-Fritz, MA, LP, School Psychologist & **Paula Jones-Johnson**, MS, ED, LSW, School Social Worker – ISD #22

Environmental Impacts on Children's Mental Health and How You Can Prevent Exposures

Ever wonder what toxins your children are exposed to? Did you know that some toxins are linked to mental health issues in children? Learn about safe products you can buy and how to take meaningful action for preventing exposure to harmful toxins for everyone.

Kathleen Schuler, MPH, Co-Director – Healthy Legacy & Senior Policy Analyst – Institute for Agriculture and Trade Policy; & **Peter Starzynski**, Coalition Coord. – Healthy Legacy

Familyconnect: Promising Practices for Family Visits that Build and Sustain Relationships

Frequent, healthy family visits have been linked through research as a key factor to better long-term outcomes for children living in foster care. Review outcomes from a 3-year pilot project and practical tools developed to support children in out-of-home-placements, foster parents, and birth families that address attachment, trauma, and the importance of birth family connections.

Wendy Wolff, MS, Familyconnect Project Coord. – Family Alternatives

Elementary Counseling Project Improves Student Outcomes

A two year study on the elementary counseling program in the St. Cloud School District showed positive trends in social/emotional development, attendance, and academic progress. A summary of evaluation data as well as sample classroom strategies for promoting mental health will be available.

Nancy Streng, MS, LPC, P/MHNP-BC, School Counselor – ISD 742

Endorsement for Culturally Sensitive, Relationship-based Practice Promoting Infant Mental Health (IMH-E®)

Learn about the requirements, process and framework for professional development in this competency-based endorsement program promoting social and emotional development. Endorsement recognizes the unique expertise of a range of professionals who work with infants, toddlers and their parents and caregivers.

Candace Kragthorpe, MSW, IMH-E® (IV), Director – MN Association for Infant & Early Childhood Mental Health (MAIECMH)

Guiding Principles & Models for Early Childhood Pre-service Training Promoting Social & Emotional Development

Learn about the 7 guiding principles for pre-service early childhood training advanced by the MN Association for Infant & Early Childhood Mental Health (MAIECMH), a division of MACMH. MN models will be highlighted.

Jane Ellison, LMFT, IMH-E® (IV), Early Childhood Mental Health Specialist – Sauk Rapids/Rice Early Childhood Programs

Parent Perception of Preschool Problem Behavior: The Role of Parent Knowledge of Child Development

Although parents' knowledge about child development and child rearing are central concepts in family therapy, very little is known about preschool parents' knowledge. To fill this gap in research, this study examined the correlation between parent knowledge of child development and the perception of their child's behavior.

Tracy Schreifels, Graduate Student – St. Cloud State Univ., Marriage and Family Therapy Program; & **Manijeh Daneshpour**, PhD, LMFT – St. Cloud State Univ.

Harmony Works: Fitting the Puzzle Pieces Together for Fetal Alcohol Spectrum Disorder (FASD) Families

In 2006 Meeker-McLeod-Sibley Community Health Services (CHS) was awarded a grant to provide education and awareness for FASD in rural MN. Learn about the creative partnership they have formed with local healthcare to create a unique assessment clinic that serves FASD families as well as other diagnosis.

Rhonda Buerkle, MS, Project Director – Meeker-McLeod-Sibley CHS; & **Diane Bias-Mosel**, LSW, Social Worker – GRHS PDAC, Sibley East Schools

Tele What? Enhancing Clinical Practice with Telecommunications

In the age of electronic communication, many clinicians are trying to grasp how telecommunications may add to our work with children and families. Hear about one agency's journey in sorting through pros and cons of integrating telehealth into practice.

Pat Pulice, MA, LP, Licensed Psychologist & **Rochelle Brandl**, PhD, LP, Clinical Director – Fraser Child & Family Ctr.

Diagnosing and Treating Anxiety Symptoms in Children and Adolescents with Asperger's Disorder

Many individuals with Asperger's Disorder struggle with significant anxiety. Learn about diagnostic tools and strategies for working with children and adolescents with Asperger's Disorder who demonstrate anxiety symptoms.

Brigitte King, PhD, LP, Licensed Psychologist & **Karin Hampton**, PhD, LP, Licensed Psychologist – Fraser Child & Family Ctr.

Use of Biofeedback in Autism Treatment

Biofeedback in video game format can be helpful for children with autism to increase awareness of regulation and mind/body wellness. Try regulating your own energy with this game and get ideas for using biofeedback with treatment modalities such as skills training, psychotherapy, or social skills groups.

Barb Klatt, LCSW, Clinical Social Worker & **Emily Honken**, MSW, LCSW, Clinical Social Worker – Fraser Child & Family Ctr.

Vocational Rehabilitation Services for Youth

Vocational Rehabilitation Services, a branch of DEED, provides vocational services to youth with disabilities throughout the state. Obtain resources on services that are available and find out how to contact rehabilitation professionals in your area.

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

Resources to Connect, Support, and Educate LGBTQ Youth

Matching LGBTQ youth with community resources that help them connect and receive support has a positive effect on their resilience with homo-negativity in their environments. Discover resources that help with issues such as isolation/alienation, violence, negative attitudes from peers and adults, school drop-out, health issues that include alcohol/drug abuse, and depression.

Troy Weber-Brown, MS, LAMFT, Psychotherapist & **William Weber-Brown**, LADC, Counselor – Element Mental Health Services

Child and Adolescent Crisis Intervention Training

The MN CIT Officers Association is expanding crisis intervention training (CIT) for law enforcement to include a specific class focusing on issues of children and adolescents. Learn about this class directed at school liaison officers, juvenile and probation officers, or any law enforcement professional interested in expanding their knowledge and skills.

Steve Wickelgren, MA, MFT, Sgt. MSP PD and President of MN CIT – MN CIT Officers Association

Rule 25 Chemical Dependency Assessment

Individuals who meet clinical and financial requirements under Rule 25 are eligible to have treatment paid for by the Consolidated Chemical Dependency Treatment Fund. Find out who qualifies for an assessment and how to arrange for an appointment.

James Klingner, LSW, Principal Planner, Block Grant and County Monitor – Alcohol/Drug Abuse Division, DHS

Opening Remarks • 8:45 – 9:00 • **Read Sulik, MD**

Keynote Speaker • 9:00 – 10:00 • **Heather T. Forbes, LCSW**

Monday 10:15 – 12:15 • Concurrent Workshops 1 – 13

**1 Workshop by Keynote —
Effective Strategies for Severe
Behaviors in the Classroom**

School environments can challenge children with histories of trauma. Getting to the root of their internal working models is the key to helping them succeed. Strategies for breaking negative patterning from peers and adults, stopping behavioral outbursts when things don't go their way, and building learning environments that foster a love for learning will be discussed in this workshop.

Heather T. Forbes, LCSW, Author, Co-founder, and Owner – Beyond Consequences Institute

**2 Soothe: Calming Your Anxious,
Angry and Defiant Child**

In our rapidly changing and fast-paced world, the most common mental health problem children and adolescents experience is anxiety. Anxious children are often unable to soothe or regulate their increased arousal, and wind up being misunderstood and misinterpreted. This workshop will help parents understand how the arousal of anxiety can contribute to behavior problems, and provide guidance to help their child self-soothe and self-regulate.

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

**3 There is More Than One Way
to Look at Bipolar Affective Disorder:
Diagnosis & Medication
in Children and Adolescents**

This session will address the current controversy around diagnosis of bipolar affective disorder in children and adolescents, as well as epidemiologic findings, genetic contributions, and the likely neuroanatomical and neuropsychological correlates that have been defined. Treatment through medication approaches and long-term outcomes will be explored, including the current state of evidence in treating this disorder.

Jonathan B. Jensen, MD, Associate Professor, Director of Residency Training – Dept. of Psychiatry, Division of Child and Adolescent Psychiatry, U of MN

4 Mysteries and Challenges of FASD

Individuals with Fetal Alcohol Spectrum Disorders (FASD) present us with some unique challenges, yet the disability is usually invisible and misunderstood. This interactive and dynamic workshop will provide participants with practical strategies for working with individuals who have or may have fetal alcohol damage.

Lynne R. Frigaard, Fetal Alcohol Specialist – Arc Northland

5 Self Harm - The Bright Red Scream

This workshop will examine the psychological experience of the person who seeks relief from mental anguish through self-inflicted physical pain. The presenter will

discuss components that can predispose a person to self harm: genetics, family experience, childhood trauma, and parental involvement, and will address interventions and recovery.

Gary Eustice, MS, LP, Director of Community Based Services – Range Mental Health Ctr.

**6 “It’s not just how you say it,
but what you say!” The Hidden Role
of Language Skills in Emotional, Social,
and Behavioral Disorders**

Children with social and behavioral problems may have an unrecognized language deficit which contributes to failure of traditional behavioral- and language-based interventions. To self-regulate, a child must develop skills for accurate “inner dialogue” to generate alternative behavioral choices. This session will address neurobiology of these deficits, development of behavioral disorders, and specific interventions for this comorbidity.

Gary Johnson, PHD, LP, LMFT, Psychologist, Clinical Director—Clinic for Attention, Learning, and Memory (CALM), Loring Family Clinic; & Nancy Foster, MA, Educational Coord. – CALM, Loring Family Clinic, and Family Innovations

7 Youth Cycles of Violence

This session will offer insight from formal and experimental methods in how to identify and address adolescent cycles of violence. Identifying triggers, setting limits, and addressing faulty thinking will be discussed. Led by a family specialist and mentor coach that uses humor and magic as his trademark, participants will take part in intermediate discussions and practical demonstrations.

Coach Nakumbe, PHD, PCC, CPC, Family Relationship Strategist, Mentor Coach, Founder – Coach Nakumbe’s Education for Change

8 Energy Drinks—The Other Six Pack

This session will explain the effects of ingredients found in so called “energy drinks” on metabolism and central nervous system stimulation. Attention will be paid to subtle differences between caffeine intoxication/withdrawal and symptom clusters for ADHD and other common diagnoses. Finally, combining “energy drinks” with other common substances like alcohol, dextromeporphan, and nicotine replacement medication to intentionally alter mood and perception will be discussed.

Rick Moldenhauer, MS, LADC, ICADC, LPCC, Treatment Services Consultant – Alcohol and Drug Abuse Division, DHS

**9 What Are You Thinking?
How Are You Breathing?**

What are you thinking? It makes a difference! Visually see what words and thoughts produce energy/movement. How are you breathing? Experience the healing power of breath to restore energy to the body and promote

peace and harmony within. This session will provide ideas for self care and for sharing with others in your life.

DeeAnn Geiseke, Spring Forest Qigong Master Healer, Wellness Coach – Integrative Health

**10 Expanding our Tool Box:
Learning and Sharing Social Skills
Strategies that Work with
Elementary Special Needs Students**

This interactive workshop will provide professionals and parents with a well stocked tool box to address social and emotional needs of children, including those with EBD, ASD, and ADHD. Resources to foster the five areas of social-emotional development will be shared, and include games, books, and activities that really engage with students.

Catherine Thomas, LISW, MS.ED, School Social Worker & Scott Graham, LSW, MS.ED, School Social Worker – St. Michael-Albertville Schools

**11 Advancing a State-wide Effort for
School Mental Health**

This workshop will present a number of key policy and program elements that are required to advance a state-wide effort for school mental health, as well as local and national resources that are available. Presenters will also discuss the essential role program evaluation plays in building clinically effective and financially sustainable school mental health programs.

Mark Sander, PSYD, LP, Mental Health Coord. – Hennepin Co./Minneapolis Public Schools; Marcia Tipperly, PHD, LP, Mental Health Consultant, & Anna Lynn, MPP, Research Analysis Specialist Sr. – DHS

12 What Happened Before I Met You?

In this session, participants will learn how and why early interventionists should strive to learn about the prenatal and neonatal experiences of both parents and babies as they enter into early intervention services.


Jolene Pearson, MS, IMH-E® (IV), Interagency Facilitator & Early Childhood Special Educator – Minneapolis Public Schools & Joann O’Leary, PHD, IMH-E® (IV), Independent Consultant and Researcher

**13 Connecting the Very Young with Part C
Early Intervention:
Roles for Minnesota’s Interagency
Early Intervention Committees in
Infant Mental Health**

Severe emotional and behavioral problems among very young children can be prevented or improved with early access to infant mental health services and supports. This panel of state staff will discuss how child and family risk factors can be used to determine eligibility for these services via IDEA-Part C.


Catherine Wright, MS, Early Childhood Mental Health Program Coord., Sue Benolken, State Interagency Facilitator – DHS; & Shawn Holmes, Part C Planner – MN Dept. of Health

14 An Isomeric View of ADHD, in Both Etiology & Treatment

 Two systems, norepinephrine and dopamine, combine in the etiology of ADHD symptoms. This presentation will address why psychopharmacologic agents produce change in these two systems and therefore improve functioning of individuals with ADHD. Further, information on brain centers that are involved in impaired processing of information leading to inattention, distractibility, impulsivity, and off-task behavior will be discussed.


Jonathan B. Jensen, MD, Associate Professor, Director of Residency Training – Dept. of Psychiatry, Division of Child and Adolescent Psychiatry, U of MN

15 Using Technology and Pop Culture as Intervention Tools for Adolescents with Asperger's Disorder

 This workshop will explore the use of iPod technology and other popular media as a means of teaching strategies to adolescents who have Asperger's Disorder. The challenges facing teens with Asperger's will be presented, as well as ideas for addressing these needs using materials that are peer-typical.


Sue Pederson, MS, LP, Licensed Psychologist, Rachel Gardener, MA, LP, Licensed Psychologist, & Bill Clifton, PsyD, LP, Licensed Psychologist – Fraser Child & Family Ctr.

16 An Insider's View of Obsessive-Compulsive Disorder: Childhood Through Adulthood

 This presenter has lived with obsessive compulsive disorder (OCD) since the age of three and offers an in-depth personal account of living with this very challenging illness. He explains how the illness affects multiple aspects of personal development and the personal impact of different treatment methods, while giving a greater understanding of the human factor of OCD.


Stephen Cook, Experiential Speaker

17 How to Help Your Teen With Anxiety: Hear It From One!

 As a teen with anxiety, this presenter founded AnxietyInTeens.com as a source of education, refuge, and connection for teens with anxiety and stress issues. Now age 20, she will present her personal story of her struggle and tell parents what she has found to be the most effective anxiety remedies for helping teens and their families.


Solome Tibebu, President – Anxiety In Teens

18 LGBTQ Youth: Matching Highly Effective Interventions to High Risk Populations

 LGBTQ youth are coming out at a younger age, which has been linked to increased homo-negativity in their environments. This workshop will identify LGBTQ youth's experiences that can lead to critical issues such as homelessness, substance abuse, and depression. We will explore highly effective interventions to help overcome these issues, lower internalized homo-negativity, and increase self-esteem.


Troy Weber-Brown, MS, LAMFT, Psychotherapist & William Weber-Brown, LADC, Counselor – Element Mental Health Services

19 Treating Children who have Experienced Early Complex Trauma and Effectively Engaging Their Families

 Complex trauma refers to children's experiences of multiple traumatic events that occur within the caregiving system. Treating children with complex trauma is challenging due to intergenerational attachment disturbances, history of abuses, and arrested developmental milestones. This session describes how to join a child in the moment of dysregulation and engage families to promote effective treatment and provide increased resiliency in children.


Lauren Nietz, MSW, LICSW, Day Treatment Supervisor & Matthew Witham, MA, LMFT, Assist. Day Treatment Supervisor – Washburn Ctr. for Children

20 Who Should Work With Girls? Identifying the Characteristics of Effective Girls' Group Facilitators

 This workshop will offer insights from experience and literature identifying core facilitator characteristics and the challenges and joys of engaging girls in group-based programs. Content will inform program planning and implementation as well as evaluation or identification of an effective facilitator for group-based girls' programming.


Carolyn Garcia, PhD MPH, Assist. Professor – U of MN; Sandi Lindgren, MSW, Social Worker – El Colegio High School; & Jessie Kemmick Pintor, MPH, Doctoral Student – U of MN School of Public Health

21 Dialectical Behavioral Therapy (DBT) Experiential Learning Workshop

 This therapy aims to help people who struggle with emotional, interpersonal, behavioral, or cognitive skills, or self-dysregulation. DBT skills are focused in four core areas: Mindfulness, Emotion Regulation, Interpersonal Effectiveness and Distress Tolerance. Participants will experience using a number of these skills and will gain a first hand understanding of how the skills are helpful.


Michelle Hunt-Graham, MA, LMFT – Inside Out Life Development

22 Meeting the Mental Health Needs of Rural Communities

 A supervisor/supervisee team will provide information about the Minnesota Consortium for Advanced Rural Psychology Training (MCARPT), an innovative project designed to reduce the shortage of psychologists practicing in rural communities. Learn about the program benefits and challenges so far, and considerations for the future.


Nicholas Leonard, PhD, School Psychologist, Psychology Resident – MN Consortium for Advanced Rural Psychology Training (MCARPT); & Sara Jensen-Fritz, MA, LP, School Psychologist – ISD 22

23 Beyond Time-out: A Wellness Approach to Guidance and Discipline

 Explore healthy forms of behavior guidance as an alternative to punitive forms of discipline. The focus of this interactive training will be to provide strategies that are non-punitive in nature in order to enhance the child-caregiver relationship and to help eliminate power struggles.



David J. Erickson, MS, Coord., Colleen Beck, LICSW, Clinical Supervisor/Assist. Coord. – Stellher Human Services; & Fran Rethwich, Disabilities Coord. – Mahube Head Start

24 Strategies for Creating a Consistent, Predictable, and Positive Classroom Environment

 This presentation will describe a variety of classroom strategies to support students with mental health disorders. Presenters will use visual examples of real classrooms and teachers implementing strategies such as visual schedules and prompts, transition strategies, and positive interactions with students.



Shelley Neilsen Gatti, PhD, Assist. Professor – Univ. of St. Thomas; & Kim Adams, PhD, Director of EBD Programs – Minneapolis Public Schools

25 Infant Mental Health Reflective Supervision PART I - "Fish Bowl" Demonstration

  In this two-part session, participants will observe a demonstration and participate in a discussion of reflective supervision. Learn how the ability to remain open and curious and to regularly examine and understand one's thoughts, feelings, strengths and growth areas can impact your relationships with families of infants and very young children. Number of participants will be limited; arrive early.









Jill Simon, MSW, LICSW, IMH-E® (IV), Reflective Practice Consultant – MN Dept. of Health & "Supervisee(s)"

26 Infant Crying, Sleeping and Feeding: Windows into Regulation and Relationships

  Crying, sleeping, and feeding are the primary behavioral domains where regulation and relationship can be observed, areas that concern parents most during their infant's first year. Understanding these domains helps the practitioner provide anticipatory guidance and developmentally appropriate intervention when needed. Learn why this is important to infant mental health.

Karen Lindberg, PHN, MPH, Field Faculty – U of MN CEED and NCAST Instructor

For online registration and exhibitor information visit www.macmh.org

Key	Technical Levels	Target Audience
	Basic	 Parents
	Intermediate	 Professionals
	Advanced—General	 Parents & Professionals
	Advanced—Technical	 Early Childhood Specific

(see criteria on pg 3)

27 Beyond Behavior Basics: Developing Behavior Supports for Children with Autism Spectrum Disorders (ASD)

This video illustrated presentation will identify underlying skill deficits that contribute to frequently challenging patterns of behavior in children and adolescents with ASD as well as share related strategies for supporting behavior change. While the content of this session is specific to ASD, examples will be provided of how to apply the concepts to a broader population of children.

Sheila Merzer, MA, LP, Licensed Psychologist—Sheila Merzer, MA, LP

28 Tourette's Syndrome from a Clinical and Personal Perspective

This session will give an overview of Tourette's Syndrome (TS) and describe historical perspective, societal implications, and common misconceptions. The presenters will share personal experiences of living with TS and offer information to assist families and providers to work more effectively with individuals with Tourette's Syndrome.

Todd Mehlhoff, PsyD, LP, Psychologist – Washburn Ctr. for Children; & Carsen Turner, student

29 Trauma-Focused Cognitive Behavioral Therapy: An Evidence-based Treatment Model for Children and Adolescents (TF-CBT)

This presentation will provide an introductory overview of TF-CBT and its use with traumatized children and adolescents. The interactive lecture will include information on identifying appropriate candidates for this therapy, a description of core components, and illustrations of its use through a case presentation and technical demonstrations.

David Hong, PsyD, LP, Psychologist – Washburn Ctr. for Children

30 Grief: A Natural Disaster of the Heart – Helping Children Through Loss

This workshop will help participants understand how children may experience grief from numerous losses in life such as death of a loved one, divorce, moving, health issues, or even loss of hopes and dreams. The presenter will define normal grief and how to recognize signs of complicated grief, as well as give key elements to help children deal with grief in healthy ways.

Kris Linner, Pastor of Care Ministries

31 Therapeutic Assessment and Treatment of Children Who May Have Gender Identity Disorder

This session will discuss the assessment protocols and treatment interventions used with children who are struggling with issues related to gender identity. To lay the foundation, we will review the literature to examine current diagnostic controversies, atypical gender development, and the pros and cons of other treatment approaches being used.

Dianne Berg, PhD, LP, Assist. Professor/ Psychologist – Ctr. for Sexual Health/Program in Human Sexuality, U of MN

32 Promoting a Healthy Therapeutic Alliance with Adolescents in School-based Psychotherapy

Motivated by research that suggests the key factor in keeping adolescents in psychotherapy and promoting change is a quality therapeutic alliance, interviews with adolescents in school-based mental health settings offer insight into what variables help promote this alliance. This session will examine clinical implications of these findings including how they inform a therapist's stance in forming a healthy therapeutic alliance with adolescents.

Colin Hollidge, MSW, PhD, LICSW, Associate Professor of Social Work – St. Catherine Univ./Univ. of St. Thomas School of Social Work

33 Racial Identity Development: Cultural Competence Through A Different Set of Lenses

This presentation discusses major aspects of a graduate course in counseling psychology that utilizes racial identity development as a theoretical base in the multicultural competence training of counseling psychologists. The Helms (1990) and Cross (1991) models will be presented as will data collected to determine what students felt were the most effective tools utilized in the course/training, though more research is needed.

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

34 Introduction to Psychiatric Medications: What Every Parent Should Know

When medication is prescribed, parents are left with many questions. Does my child really need this? What are the medication's effects and/or side effects? Is it safe? Is it working? This workshop will provide guidelines for answering these questions and other information needed to monitor medications.

Marcia J. DeValk, APRN, BC, CNS, Clinical Nurse Specialist in Child Psychiatry – Wilder Child Guidance Clinic

35 Intensive Needs Kids — Be Their Hero

Kids with intensive mental health needs and their families struggle to find appropriate services within their communities. In this presentation, professionals can learn how to effectively support the families they serve while making inpatient treatment more family driven. Parents will learn about community resources so they can be more informed advocates. All present will gain an understanding of the value of parent-to-parent support.

Lynne Peterson, Program Director, Parent, and Advocate – NAMI MN

36 Environmental Toxins and Their Impact on Children's Mental Health

Heard a lot about toxic toys lately? Many synthetic chemicals we are exposed to are linked to adversely affecting brain development and behavior. This involuntary exposure is compromising the mental health of our children and adding to the rise of learning and developmental disabilities. Learn about the links and what you can do to prevent these unnecessary exposures.

Kathleen Schuler, MPH, Co-Director – Healthy Legacy and Senior Policy Analyst – Institute for Agriculture and Trade Policy; & Peter Starzynski, Coalition Coord. – Healthy Legacy

37 The Journey – Transition for Youth with Mental Health Needs

This session will focus specifically on transition planning for youth with mental health needs. The presenter will utilize a worksheet tool for planning, explain the importance of interagency linkage, and give suggestions for soft skills students need to be successful on the job. She will also briefly discuss services and support to adults with mental illness needs.

Linda Bonney, Legal Advocate – MN Disability Law Ctr.

38 Making Connections: The Brain and Social Emotional Learning (SEL)

There are unique challenges in supporting the SEL needs of children. This session will help participants understand the links between SEL interventions and impacts on positive brain development. It will encompass current research on brain development and practical SEL strategies that everyone can utilize with children to better support brain development.

Ginny Nyhus, MA, LSW, Social Emotional Learning Coord., Linda Oberg, MA, LMFT, Social Emotional Learning Coord., & Charlene Myklebust, PsyD, Director of Mental Health – Intermediate District 287

39 Infant Mental Health Reflective Supervision PART II - Discussion

In this two-part session, participants will observe a demonstration and participate in a discussion of reflective supervision. Learn how the ability to remain open and curious and to regularly examine and understand one's thoughts, feelings, strengths and growth areas can impact your relationships with families of infants and very young children. Number of participants will be limited; arrive early.

Jill Simon, MSW, LICSW, IMH-E® (IV), Reflective Practice Consultant – MN Dept. of Health & "Supervisee(s)"

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	<input type="checkbox"/> Advanced—Technical	<input type="checkbox"/> Early Childhood Specific
(see criteria on pg 3)		

40 Workshop by Keynote — A Developmental Framework for Understanding and Promoting Children's Optimal Mental Health

For anyone who works with children and families, a solid working knowledge of child development is essential to best practice. Understanding development is key to: making sense of a child's observed behavior; knowing how to support the child's successful achievement of major developmental tasks; and determining what risk and protective factors should be targets of supportive intervention. This interactive session offers a developmental framework for children's mental health.

Martha Farrell Erickson, PHD, Consultant and Director Emeritus – Irving B. Harris Training Programs, U of MN

41 U of MN Series — FASD: The Real Deal, Imitators, and What Lies Ahead

This session will cover risks and trends in prenatal alcohol use, as well as the latest techniques, tools, and guidelines used to clinically diagnose the various types of Fetal Alcohol Spectrum Disorders (FASD). Clues to look for that separate these diagnoses from disorders that mimic FASD; an overview of recent research investigating the developmental trajectory of the varying forms of FASD; and thoughts on outcomes for children and families will be discussed.

Judith Eckerle Kang, MD, Assist. Professor – U of MN Dept. of Pediatrics

42 Diagnosis and Treatment of Depressive Disorders in Children and Adolescents

Depressive disorders can cause substantial morbidity and mortality when they occur in children and adolescents. This workshop will review the presenting symptoms of several depressive disorders as they occur in youth. Treatment options will be reviewed, including both psychotherapeutic and pharmacotherapeutic modalities. Recent research regarding antidepressant-related suicide risk will also be presented. Time will be available for questions.

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

43 Balanced Behaviors: An integrated look at the vestibular system, emotional regulation, and children's mental health

This session describes recent findings in neuroscience that show strong associations between core components of the social-emotional well being of children and the sensory-motor system. This has sparked a number of interventions and provided a stronger evidence base for the role of movement in pediatric mental health practice. Review research data and experience interventions developed to strengthen this pathway between movement and behavior.

Andy Paulson, PHD, Psychologist & **Kathryn McGraw Schuchman, MA**, Psychologist – Fraser Child and Family Ctr.

44 EMDR – Who, What, When, Where, and Why

Eye movement desensitization reprocessing (EMDR) therapy is relatively new in its use for

treating trauma. This therapy allows the child to feel in control of the treatment process lessening the potential of being re-traumatized. Learn how trauma affects brain development, when EMDR is appropriate to use, and how it is effective with children who have experienced trauma. Case studies involving this treatment will be discussed.

Kathleen Mathews, MSW, LICSW, Crisis Stabilization/In-Home Supervisor & **Jennifer Britton, MSW, LICSW**, Case Management Supervisor – Washburn Ctr. for Children

45 Attachment and Play: Strategies and Interventions for Children and Adolescents in a Mental Health Crisis

This workshop will give concrete de-escalation techniques to use with children and adolescents in a mental health crisis. Learn how negative behaviors are often a result of dysregulation, and how trauma and attachment impact functioning and development. Attachment theory in relation to traumatized and emotionally dysregulated children will be described. Explore creative play strategies and other techniques and learn why they work for de-escalation.

Sarah Cross, LICSW, Children's Clinical Supervisor & **Kathleen Kane, LICSW**, Mental Health Professional – People Incorporated

46 Current Chemical Trends and the At-Risk Student

This session will focus on chemical use patterns in Minnesota, impacts on the at-risk student, and treatment considerations. Hear about treatment motivation and planning, aftercare planning, and complicating factors for the dual-diagnosed. Ideas for developing community-based resources including community recovery organizations, recovery school programs, and school-based support services will be included.

Michael McGinnis, LADC, Program Director/Co-Owner – Addiction Recovery Technologies, Inc

47 DISORDERED [thy name is teenager] — A play

"Oh you're just acting like a teenager!" Ever muttered this? View this play written and performed by teenagers, that tells the diagnostic stories of young persons journeying through the rich and tumultuous stage of life we call "adolescence." Get a glimpse of what it's like to be inside the brain of a teenager, and what it's like to be a teenager diagnosed with a mental health disorder. (*Strong language will be used.*)

Johnny Coleman, Sarah Goldberger, & Hannah Linsk – Teenagers and members of Blank Slate Theatre

48 Parenting Strategies for Neuro-atypical Children

Parenting neuro-atypical children is a very difficult challenge; typical consequence-based behavior modification does not achieve the desired results. In this session, parents who have children with mental health issues will get a new toolbox of techniques that can help them maneuver through a less than perfect, but very meaningful, journey.

Claudia Fletcher, M.ED, Author, Speaker – Third Degree Parenting, LLC; **Bart Fletcher, M.Div**, Pastor – United Methodist Church; & **Kari Fletcher**, Adoptive Parent, FASD Trainer

49 School Mental Health Policy

For school mental health interventions to be

successful, school districts need to create effective mental health policies, procedures, and guidelines. This session will outline examples including staff's roles, pre-referral interventions, special education evaluation protocols, mental health related services, accommodations, and legal and financial firewalls. Collaboration with medical and mental health professionals and child-serving public systems will also be discussed.

William Dikel, MD, Independent Consulting Child & Adolescent Psychiatrist

50 Adolescence and Mental Health: Building Independent Living Skills

So much of adolescence is "an intolerable waiting, a longing for another place and time"—Theodore Roethke. Building independent living skills is challenging for youth with mental health issues. This session will describe how to support youth by connecting them to resources, helping them build caring networks, and engaging in goal-setting. Hear how independent living skills curricula can be adapted to be relevant for youth.

Ann Gaasch, MA, Program Director – Genesis II For Families

51 Inner Knowing: A Heart-Centered Approach to Learning

Learn how to bring the benefits of yoga and mindfulness activities to students in your home-based, therapeutic, or educational setting. Participants will further their knowledge of best practices involving behavioral organization, development of community, and adaptations for specific populations. To recognize, support, and deepen healthy emotional expression, participants will be involved in the inquiry process through experimental learning.

Kathy Flaminio, MSW, RYT, School Social Worker & **Julie Hurtubise, MA**, Occupational Therapist – Minneapolis Public Schools

52 Keeping The Budget in Mind: Applying Principles of Reflective Practice & Infant Mental Health to Program Planning and Sustainability

This presentation will outline how applying developmental and early childhood mental health practice principles can increase program sustainability. Presenters will identify these principles, discuss St. David's experience, and facilitate an interactive discussion about how this might be applied in participants' work sites.

Marit Appeldoorn, MSW, LICSW, Senior Director of Early Intervention and Support Services & **Julie Sjoridal**, Executive Director, – St. David's Ctr. for Child and Family Development

53 Enhancing Very Early Relationships to Promote Social and Emotional Development and Positive Mental Health Outcomes (PART I)

Enhance your understanding of the meaning of infant and early childhood behaviors and their connection to healthy development and mental health outcomes. When and how to refer for consultation/ intervention will be discussed. Emphasis will be on the use of relationships to support and intervene in various preschool settings.

Maris Gilbert, MA, LMFT, IMH-E® (III), Early Childhood Program Manager – Family & Children's Services

54 U of MN Series — Can We Heal the Brain in Fetal Alcohol Spectrum Disorders?

This session will give a compelling look at recent brain imaging research at the U of MN that shows brain abnormalities in children exposed to alcohol during pregnancy. What these findings may suggest about the links between brain development and common cognitive and behavioral difficulties in children with FASD will be discussed. Hear about an exciting new study that is the first to investigate a nutrient-based treatment aimed at improving brain development in children with FASD.

Jeffrey Wozniak, PhD, LP, Assist. Professor – U of MN Dept. of Child and Adolescent Psychiatry

55 Tourette's Syndrome: Psychiatric Evaluation and Treatment

This workshop will describe assessment and treatment of Tourette's Syndrome (TS), including diagnostic criteria. Special attention will be given to cognitive and behavioral features of TS, most common comorbid conditions (e.g., ADHD, OCD, and ODD), and psychological and medical interventions.

Charles Orsak, PhD, LP, Clinical Psychologist – St. Mary's/Duluth Clinic

56 Reaching Latino Parents of Adolescents At Risk for Mental Health Problems Using a Multi-agency, University-Community Collaborative Approach

This session will offer practical insights from steps undertaken to develop and implement a collaborative school-based, community-linked, mental health intervention for Latino adolescents and their families. Gain a foundation for initiating a multi-agency collaboration and hear about specific actions taken to collaboratively seek funding, develop an intervention, and implement the intervention discussed from university and community perspectives.

Carolyn Garcia, PhD, MPH, Assist. Professor – U of MN; **Denise Herrmann, DNP, RN, LSN, CNP, FNASN, Student Wellness/District 504 Coord.** – Saint Paul Public Schools; **Evan Welo, Community Health Worker, & Estefania Alvarez, Community Health Worker** – U of MN/St. Paul Public Schools

57 Family Group Decision Making (FGDM): Assisting a Multigenerational Family Struggling with the Effects of Mental Illness

FGDM recognizes the importance of involving family and informal supports in decision making to keep children safe and protected on an ongoing basis. View a role play of an actual FGDM case that addresses the safety and well-being of two young children with mental health diagnoses, parented by a single mom with mental health struggles, and grandparents who are burning out as caregivers.

Julie Thompson, MS, EDPD, Social Services Manager, Sherrie Walter, Facilitator, Joanne Kleinschmidt, Social Worker, & Scott Ingalls, MS, Social Worker – Winona Dept. of Human Services

58 Youth As Experts: Using Life Coaching Skills to Move Youth Forward

In this interactive workshop participants will experience some basic life coaching skills they can practice and utilize immediately. The coaching skills covered will provide a basic framework for participants to use for engaging youth, and supporting them in their own knowledge and abilities while assisting them to move forward.

Sandi Lindgren, MSW, UCSW, ACC, Professional Life Coach – iAdelante Coaching!

59 Anniversary Grief in Communities of Children

Anniversary grief reaction may explain many misunderstood behaviors due to the misperceptions about how long grief lasts and how it impacts children differently than adults. This presentation will identify concepts of invisible grievers, disenfranchised grief, anticipatory grief, and survivor guilt, as well as reactions including PTSD responses and re-traumatization.

Coral Popwitz, MA, CT, CTS, Executive Director – Children's Grief Connection

60 Outside the Lines

This session will provide unique insight and deeper understanding of at-risk family dynamics. The presenter will describe her journey from growing up with abuse, alcoholism, neglect, poverty, and foster care to her current position as a licensed social worker, offering perspectives as both a child and a professional in the system.

Karen Wussow, LSW, MFIP Outreach Specialist – Crow Wing County

61 Using Key Concepts from Life-Coaching in Addressing Caregiver Burnout

This interactive workshop will address caregiver burnout using clinical and life coaching strategies. Participants will learn to identify the symptoms of burnout and shape positive strengths-based goals as opposed to simply minimizing stress. Key concepts will be the Life Wheel and task-centered strategies for success.

Mary Geidner, MA, LICSW, Social Worker – Harbor City Psychological Association

Emotion Regulation and Validation: A

62 Dialectical Behavioral Therapy (DBT) Skills Model for Parents and Caregivers

Originally developed to be used in foster homes serving children with severe emotional disturbance, this treatment model reflects how children with a variety of mental health diagnoses struggle to regulate their emotions and how DBT skills can help. Parents and caregivers will learn how emotional dysregulation manifests itself differently in different diagnoses, and will learn practical ways to address this emotional state in self and others.

Jeremy Mork, MSW, UCSW, Therapist; Cynthia Packer, MSW, UCSW, Clinical Coord., & Missy Butler-Fluth, LMFT, Therapist – MN Intensive Therapeutic Homes (MITH), DHS

63 The Use of Functional Behavioral Assessments in the Area of Children's Mental Health

The South Central Children's Mental Health Initiative is a pilot project to improve service delivery of children's mental health services in Minnesota. Children who receive these services may benefit from comprehensive functional behavioral assessments (FBAs); this project made FBAs available to youth in the 11 county region of the initiative. Review the evaluation summary and hear about implications this may have on the future use of FBAs.

Laurie Strunk, MSSW, LICSW, Assist. Professor & David Beimers, PhD, MSW, Assist. Professor – MN State Univ., Mankato

64 Restraint and Seclusion in Minnesota Public Schools: What's Known and What's Next?

This presentation focuses on a new report by MN Disability Law Center on the restraint and seclusion of children in Minnesota. The report discusses the extent and scope of restraint and seclusion use, promising practices to reduce these risky interventions, and common concerns. A comparison of current laws with new laws (effective in 2011) will also be provided.

Dan Stewart, MA, JD, Supervising Attorney – MN Disability Law Ctr.

65 Expanding School-wide PBIS in Minnesota: Implications for Children's Mental Health

This session will describe School-wide Positive Behavioral Interventions and Supports (PBIS) and the new regional models for scaling up statewide in Minnesota. Learn about this initiative that has particular implications for children with mental health needs and their families.

Char Ryan, PhD, LP, PBIS Coach and Evaluator – MACMH and Metro Regional Implementation Project; **Ellen Nacik, State PBIS Coord.** – MN Dept. of Education; & **Barbara Lindell, MS, Regional PBIS Coord.** – Northern Regional Implementation Project

66 Enhancing Very Early Relationships to Promote Social and Emotional Development and Positive Mental Health Outcomes (PART II)

Enhance your understanding of the meaning of infant and early childhood behaviors and their connection to healthy development and mental health outcomes. When and how to refer for consultation/intervention will be discussed. Emphasis will be on the use of relationships to support and intervene in various preschool settings.

Maris Gilbert, MA, LMFT, IMH-E® (III), Early Childhood Program Manager – Family & Children's Service

Key	Technical Levels	Target Audience
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67 U of MN Series — Coordinated Interventions with School, Home, and Healthcare for FASD

This session will provide a detailed description and rationalization of several practical, evidence-based intervention practices aimed at improving the lives of children with Fetal Alcohol Spectrum Disorders (FASD) in school, home, and healthcare environments. A case will be made that coordinating these efforts can lead to even better outcomes in all settings, and attendees will learn strategies to facilitate a successful coordinated intervention model for FASD.

Christopher Boys, PhD, LP, Assist. Professor – U of MN Dept. of Pediatrics

68 Children’s Mental Health Case Management – how effective case management can assist in relationship repair and trauma healing for children and families

Targeted case management is an effective intervention in treating children and families that have been exposed to trauma. This workshop will define case management services provided through the lens of relationship repair and trauma healing that can assist clients with preparedness for more intensive treatment, relationship building, and success across settings.

Jennifer Britton, MSW, LCSW, Case Management Supervisor & Sarah Dragsten, MSW, LCSW, Assist. Case Management Supervisor – Washburn Ctr. for Children

69 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.

Tiffany Leuthold, MS, LMFT, Therapist & Andrea Vasquez, MS, LCSW, Therapist, Program Supervisor – PrairieCare

70 Cost-Effective Early Intervention Strategies

Addressing substance abuse early on reduces the likelihood of continued mental and physical health problems. Early intervention strategies for substance abuse have been researched and proven to be effective across settings for nearly 50 years. This session will discuss the effectiveness of these evidence-based strategies as well as a specific cost-effective, culturally competent, early intervention program for first time substance abuse offenders.

Mike Coyne, MA, LADC, CPP, Senior Research Consultant, Licensed Alcohol and Drug Counselor & Kevin Spading, LCSW, LADC, MN Prevention Resource Ctr. Project Director – MN Institute of Public Health

71 Family Room Connections

This workshop will address the dynamics of sibling relationships and their impact on life development, particularly when one sibling has a mental illness. Strategies for parents and mental health professionals that enhance resiliency and minimize negative influences will be highlighted. The use of sibling support groups will be discussed.

Kenneth Flanagan, PhD, Assist. Professor – Univ. of North Dakota

72 So You Think You Are Finished Raising Kids, or Grandparents Caring for Grandchildren

You were looking forward to retirement—suddenly, you are caring for your grandchildren. Minnesota is ranked as the 6th fastest growing state for grandparents raising grandchildren. This session will explore obstacles, joys, and insights of raising grandchildren, as well as coping strategies and where to find help. Legal, educational, health, and emotional issues will also be addressed.

Betsy Hennen, MS, Owner – H.E.L.P. Kids! (Helpful Easy Lessons for Parents and Kids!)

73 They Call The Wind Miranda

This presenter will share her journey, which begins with her sister’s schizophrenia, descent into chemical dependency, and suicide. She will describe adopting her sister’s children—facing the challenges of their mental illnesses, persevering and advocating while confronted with difficult decisions such as residential treatment. Hear about her challenges and joys of success; leave with hope and encouragement.

Sandra Murray, Secretary, Parent – Parent Voices of NAMI St. Cloud & Miranda Murray, Youth

74 School and Agency Collaboration to Deliver Intensive Programming in the Most Productive Setting

Educators are confronted with maintaining a safe and civil learning environment as well as addressing the unique needs of each student. Disruptive and dangerous behaviors interfere with the educational process. This session will describe a service delivery system and learning strategies provided collaboratively by a public school system and private mental health provider to address behavior of students with severe social, behavioral, emotional, and mental health disorders.

Carol M. Beckerleg, ED.D, Educational Consultant – Action-Wheel Leadership; Ryan Minke, Lead Behaviorist – Provide Care, Inc; & Steve Blankenberg, MA, EBD Teacher, Robbinsdale Public Schools

75 Transitioning to Independence

This presentation will emphasize the imperative need of preparing young adults for transitioning to adulthood. The following topics will be covered: funding, guardianship, life skills training, job plans, social

skills, money management, housing, and the importance of completing school. Come learn about building these transition skills for older adolescents.

Karen Johnson, MA, CPRP, Program Director, Deb Reisner, Program Manager, & Deb Fjeld, Program Manager – Grandma’s Place

76 Positive Rocks - 2

This workshop will feature a variety of positive learning activities for use in counseling, classrooms, or at home. Activities for use with children and adolescents on facilitating change, building social skills, and resolving conflicts will be demonstrated. In small groups, participants will develop skills with hands-on experience completing an activity.

Amy Merschman, LSW, Elementary Social Worker & Don Ziemann, ED.SP, MA, School Psychologist – Bemidji Area Schools

77 Mental Health Concerns of Children and Adolescents

This session defines a variety of mental health disorders that are commonly found in children and youth. Learn how to differentiate normal behavior from behavior that may indicate a mental health concern, and how to properly respond to concerning behaviors. Community resource options and what might be involved in treatment for mental health disorders will also be discussed.

Jo Hittner, PhD, LP, Assist. Professor – Winona State Univ.

78 Evidence Based Practice in Early Childhood Mental Health: Report from an Ongoing Longitudinal Research Project

In this workshop, participants will actively engage in hands-on learning activities emphasizing brain functioning and development. Activities will be discussed within the context of an ongoing longitudinal research project on clinical interventions with children between birth to eight years old. Clinical interventions with empirical evidence of effectiveness will be highlighted.

James Geidner, PHD, LPC, LCPC, Assist. Professor – UW-Superior

79 Infant & Early Childhood Mental Health Systems of Care & The Medical Home: An Opportunity to Realize a Team-based Care Model

This session will review a model for reform of the early childhood services delivery system. Learn how the Medical Home model serves as a framework for comprehensive, developmentally-oriented care of the child and family and a “system of care” whereby young children and families seamlessly access services, resources, and programs.

Troy Hanson, MD, Family Physician, State Mental Health Advisory Council Member, Co-Chair – MAIECMH



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MACMH's 2010

Child & Adolescent Mental Health Conference

This annual conference is for people who care for or work with children and youth. It offers 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.

April 25 – 27 • Duluth Entertainment Convention Center • DECC