



2014 MACMH

Child & Adolescent Mental Health Conference

April 27 – 29 • Duluth, MN

17th Annual!

Program

Monday, April 28, 2014

Tuesday, April 29, 2014

Keynote Speakers



Jonathan Friesen, LT, MA

Jonathan Friesen is a nationally-known speaker, award-winning author and consultant for schools and universities better attempting to meet the varied needs of youth and young adults living with mental health issues. In this capacity, he has been hired by over three-hundred schools, universities, mental health service providers and juvenile justice facilities across North America. This comprehensive look at the multiple faces of mental illness allows Friesen the ability to keep his finger on the pulse of treatment successes. He is a faculty member of the Behavioral Institute for Children and Adolescents, and a board member of the Tourette Syndrome Association of Minnesota. His ability to break complex concepts into graspable pieces comes from his own experiences as a teen with Tourette syndrome, panic attacks, O/CD and epilepsy. He now resides on a Minnesota hobby farm with his wife and three children.

Friesen's keynote speech is **"The Whole in the Center: The Forgotten Beginnings of Our Mental Health Experience."** We are all on two journeys; a physical journey from birth to death, and a cognitive, emotional and social journey we take along the way. Our youth's mental health experiences are as varied as their faces, but are there any universals? What if, at the genesis of seemingly unrelated mental health issues, there existed a similar hole waiting to be filled? Discover the nature of this hole, and learn how you may be the one to bring wholeness to the hurting.



Rebecca J. Shlafer, PhD

Dr. Rebecca Shlafer is an Assistant Professor in the Department of Pediatrics at the University of Minnesota. Dr. Shlafer completed Bachelors and Masters degrees in Human Development and Family Studies at the University of Wisconsin — Madison, and her Doctorate in Child Psychology at the Institute of Child Development at the University of Minnesota. Dr. Shlafer's research focuses on the developmental outcomes of children with parents in prison. She is currently leading several research projects focused on incarcerated parents and their minor children, including an evaluation of a prison-based pregnancy and parenting support program for incarcerated mothers and the dissemination of Sesame Street resources for young children with incarcerated parents. In addition to her research and teaching activities, Dr. Shlafer is a volunteer guardian ad litem in Hennepin County where she serves as an advocate for abused and neglected children involved in juvenile court.

Dr. Shlafer's keynote speech is **"Parents in Prison – Collateral Consequences for Children and Families."** In her presentation, Dr. Shlafer will address the collateral consequences of mass incarceration for U.S. children and families. In addition, Dr. Shlafer will discuss risk and protective factors for children and families affected by incarceration, and implications for mental health professionals working with this population.

Minnesota Association for Children's Mental Health • MACMH

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

Key	Technical Levels	Target Audience
<input type="checkbox"/>	Basic	<input type="checkbox"/> P Parents
<input type="checkbox"/>	Intermediate	<input type="checkbox"/> Pr Professionals
<input type="checkbox"/>	Advanced	<input type="checkbox"/> A Parents & Professionals
		<input type="checkbox"/> Ec Early Childhood Pro

Look for this key on the session pages to help you find the right workshop!



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: Broad background information and introductory material is covered

- 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: Complex, in-depth concepts or features highlighted; basic and background information will not be covered

- audience needs intermediate understanding of topic

Target Audience

Indicates to whom the presentation is tailored.

Parents/Family Members

Professionals

Parents & Professionals

Early Childhood Pro (Professionals)

Continuing Education

The conference is designed to meet CEH (Continuing Education Hours) 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.

Post tests are provided in each workshop for social workers needing clinical clock hours required for LICSW license eligibility.

What is a post test?

A short test taken during a workshop session.

Who needs a post test?

Those seeking LICSW status.

Where will the post tests be given?

You can pick them up for the entire conference at Onsite Registration, or there will be extras available in the training rooms.

Where can I submit my post test?

Completed tests must be confirmed at Onsite Registration. Once you have signed off on your post test, you will receive a receipt of completion.

Weather

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

Schedule Changes

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

Message Board

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

Questions?

For building-specific questions, see a DECC staff at the front-lobby kiosk. For event-specific questions, see a MACMH staff in the conference registration area or watch for the **new Orange MACMH Shirts!**

Clinical Content Workshops

Social Workers – Get Your Clinical Content Hours! Effective 8/1/11 LICSWs must have 24 of 40 CE hours in clinical content.

MACMH has deemed the following workshops as meeting one or more of the required 6 clinical content criteria.

Sunday:

- Symposium: A, B

Monday:

- Session 1: 2, 3, 5, 6, 7, 8, 10, 11, 12, 13
- Session 2: 14, 16, 18, 21, 23, 25
- Session 3: 28, 29, 30, 31, 32, 34, 35, 36, 39

Tuesday:

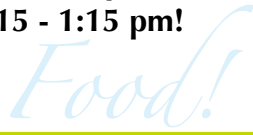
- Session 4: 42, 43, 44, 45, 46, 47, 49, 50, 51, 52
- Session 5: 54, 55, 60, 63, 64
- Session 6: 67, 70, 74, 76, 78

NOTE: Workforce Forum

Due to budgetary constraints HealthForce Minnesota will not be able to offer a continental breakfast and coffee as part of its forum on Mental Health Workforce Development held on Tuesday at 7:30 am. The MACMH conference offers complimentary continental breakfast both Monday and Tuesday in the exhibit hall.

Breakfast | Snacks | Lunch

Breakfast and snacks are available throughout the day in the Exhibit Hall and lunch is provided in the Superior Ballroom from 12:15 - 1:15 pm!



Sunday, April 27th

- 1:30 – 5:30 Registration
- 2:00 – 4:00 Symposia A, B, & C
- 4:00 – 4:10 Break
- 4:10 – 6:10 MHED Talks®
- 6:10 – 6:15 Break
- 6:15 – 7:00 Fidgety Fairy Tales

Monday, April 28th

- 7:30 Exhibits/Registration/Breakfast
- 7:30 – 8:45 Networking Breakfast
- 8:50 – 9:00 Announcements
- 9:00 – 10:00 **Keynote**
- 10:00 – 10:15 Exhibits/Break
- 10:15 – 12:15 **Workshops 1 – 13**
- 12:15 – 1:15 Lunch/Exhibits
- 1:15 – 2:30 **Workshops 14 – 26**
- 2:30 – 3:00 Exhibits/Extended Break
- 3:00 – 4:45 **Workshops 27 – 39**

Tuesday, April 29th

- 7:30 Exhibits/Registration/Breakfast
- 7:30 – 9:00 Workforce Forum
- 8:50 – 9:00 Announcements
- 9:00 – 10:00 **Keynote**
- 10:00 – 10:30 Exhibits/Extended Break
- 10:30 – 12:15 **Workshops 40 – 52**
- 12:15 – 1:15 Lunch/Exhibits
- 1:15 – 2:45 **Workshops 53 – 65**
- 2:45 – 3:00 Break
- 3:00 – 4:15 **Workshops 66 – 78**

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*We're happy
you are here!*

*Thank you
for attending the
MACMH 2014
Conference!*

Did you know that MACMH offers year around trainings? Learn more about upcoming events at macmh.org/events!

MACMH Staff

- Deborah Saxhaug, *Executive Director*
- Deborah Cavitt, *Project Director*
- Leah Hauff, *Conference Coordinator*
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- Michele Fallon **Keri Pinna**
- Bart Fletcher **Suzanne Renfroe**
- Kerry D. Frank **Michele Vance**
- Phillip Kampa

Sunday • April 27, 2014

Registration Hours • 1:30 – 5:30 pm | Conference Hours • 2:00 – 7:00 pm

Concurrent Symposia • 2:00 – 4:00 pm

A **Moving Toward Someone Who Hurts You: Effects of Family Violence on Children's Development**
• HARBOR SIDE ROOM 302 – 303

Parents teach their children to fear danger, protect themselves from harm, and move toward safety when threatened. But what happens when the danger is in the home, when children witness one beloved relative hurt another? This presentation will explore how witnessing violence can affect children's developing capacities to understand emotions, form healthy boundaries, and protect themselves and their own children in the future.

Carol F. Siegel, PhD, LP, IMH-E® (IV)

B **The New DSM-5: A Clinical Discussion Through a Developmental Lens** • HARBOR SIDE RM 304 – 305

May 2013 marked the release of the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which introduces changes in the fields of medicine, psychology, marriage and family therapy, and clinical social work. This workshop will discuss the publication's most recent and much-debated revisions—ranging from minor adjustments to major shifts in thought and assessment—and present methods to help professionals deconstruct, navigate and ultimately feel confident using the DSM-5.

Marit E. Appeldoorn, MSW, LICSW, Psychotherapist/Consultant – Private Practice

C **Children of Trauma: Helping Their Parents Heal Them**
• HARBOR SIDE ROOM 202 – 203

Traumatized, grieving children often behave in mystifying ways. Parents may reach out to them with love, only to be met with disrespect, anger, rage, and physical confrontation in return. What causes these frustrating interactions? Can we find an understanding and employ methods to heal the broken hearts of children and parents alike? Yes—and now is the time to start.

Tina Feigal, MSED, Director of Family Engagement – Anu Family Services/Center for the Challenging Child

NEW MHED Talks® • 4:10 – 6:10 pm • CITY SIDE BALLROOM O



MHED Talks®

Mental Health Exploration & Discovery

A Forum for Sharing Cutting Edge Mental Health Information

In lieu of our Sunday Poster Session we're hosting a presentation series in the spirit of TED Talks®. Speakers will be given 15 minutes to present their findings on cutting edge or new research, programs, models, healthcare changes or trends. A 40 minute Meet & Greet reception will immediately follow the presentations. There will be the opportunity to speak with the presenters, ask questions, and receive additional resources. Hors d'oeuvres and refreshments will be available during that time.

1. Minnesota's New FIND Registry: Working Together for Advances in Neurodevelopmental Disorders

Suma Jacob, MD, PhD, Associate Professor of Psychiatry & Pediatrics – U of MN

Mental health is increasingly complex because of the number of comorbidities and clinical heterogeneity. Recent advances have required many patients and large-scale collaborations. Colleagues in several states have started registries with the goal of discovering etiologies and new treatments in children. Learn how Minnesota will now join the voluntary registry effort. The goal is work with families to increase our understanding of neurodevelopmental disorders.

2. ADHD and Sensory Processing: Theory, Research, and Clinical Implications

Clayton "Joe" Egli, MA, PhD, Psychologist – St. David's Center

Learn how theory and research may explain similarities and differences between children with ADHD, sensory processing difficulties, or both. This presentation will guide attendees to a clearer understanding of these disorders and provide practical information for treatment planning and differential diagnosis.

3. Trauma: Most of Us Have Experienced It. How Can it Inform My Work and Parenting?

Keri Pinna, PhD, Research Scientist – U of MN

Estimates suggest that at least 80% of the general population has been traumatized at least once in their lifetime. Many people function well after a trauma. Some function poorly. Most of us fall somewhere in between. A brief overview trauma will be presented, followed by a review of the symptoms that often follow, and the physiology that may be driving those symptoms. Knowledge of trauma, associated symptoms and physiology may critically inform our work with and parenting of children who struggle with emotional and behavioral dysregulation.

4. Moving from Science to Service and Back Again: Developing Evidence-Based Programs and Practices in Children's Mental Health

Michael Bloomquist, PhD, Associate Professor in Psychiatry – U of M

Utilizing research-validated interventions in "real world" practice settings is fraught with challenges at the client, practitioner, organizational, and community levels. This presentation will highlight some of those challenges and suggest different approaches to deal with them. Different examples of evidence-based programs and practice models being used in children's mental health will be highlighted along with quality assurance methods to promote practitioner fidelity and optimize outcomes.



Fidgety Fairy Tales – The Mental Health Musical Hans Christian Andersen Edition

Three tales by Hans Christian Andersen are re-imagined to raise awareness about children's mental health:

The Snow Queen (depression)

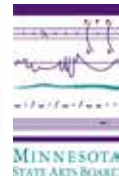
The Little Match Girl (autism)

The Emperor's New Clothes (brain damage)

Enjoy our sixth original production, featuring a cast of talented young actors, as they sing and use gentle humor to reduce the fear and misunderstanding around mental health disorders. This original production is written to delight audiences of all ages.



This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.



**In support of "May: Mental Health Awareness Month,"
please consider contributing to MACMH's Rubber Ducky Fundraiser.**

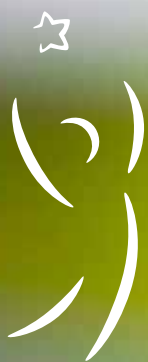
For only \$5 choose from a wide
variety of rubber duckyies.

All proceeds fund our
family support & coaching programs.



Visit our booth in the exhibit hall to see them all!





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Monday • April 28, 2014

Registration Hours • 7:30 am – 5:00 pm | Conference Hours • 7:30 am – 5:00 pm

Featured Series and Events

Networking Breakfast • HARBOR SIDE 3rd Floor

Monday, April 28th
7:30 – 8:45 am

Join in the conversation at MACMH's networking breakfast! This event is included in the price of the conference. Tables will be designated by topic to facilitate conversations with colleagues who have similar interests. Pre-registration is required.

Clinical Content Workshops

Social Workers – Get Your Clinical Content Hours!

Monday:

Session 1: 2, 3, 5, 6, 7, 8, 10, 11, 12, 13

Session 2: 14, 16, 18, 21, 23, 25

Session 3: 28, 29, 30, 31, 32, 34, 35, 36, 39

Supervision Workshop

5. Supervision in the Front Lines of Complex Trauma

This workshop is designed to help social work supervisors meet the MN Board of Social Work's requirements in the practice of social work licensing supervision.

This workshop is for children and adolescent service supervisors responsible for preparing supervisees to deliver complex trauma treatment in ways that sustain their learning, accountability to outcomes, and motivation to positively impact clients' lives. Specific strategies will be outlined and practically demonstrated to help trauma-informed supervisors address this challenge.

Krista Nelson, LICSW, LMFT, Social Worker — Wilder Foundation & **Shawn Schuette**, LMFT, Senior Clinical Supervisor — Amherst H. Wilder Foundation

Ethics Workshop

38. Ethics in the Use of Electronic Communication – Untangling the Personal and Professional

This course fulfills the MN Board of Social Work requirements of 2 clock hours in Social Work Ethics. (15 minutes longer ending at 5:00 PM)

Today's practitioners face many challenges in the use of electronic communication, from the necessity of work email to family pressures to "see the kids" on Facebook, Twitter, etc. This session will explore the agency, professional, and personal factors related to the ethical use of electronic communication in the delivery of social services for students of all ages and their parents.

Carol F. Kuechler, MSW, PhD, LISW, MSW Program Director at the School of Social Work & **Sarah K. Breyette**, MSW Student and Research Assistant – St. Catherine University/University of St. Thomas

Exhibits

Monday, April 28 • 7:30 am – 3:00 pm

A drawing for a free 2015 conference registration will be held during the extended break, 2:30 pm – 3:00 pm.

Keynote Speaker
Jonathan Friesen, LT, MA
Read more about Jonathan Friesen on his website:
www.jonathanfriesen.com



Jonathan was engaging and brought me to tears more than once; his story is the story of my life, of my children's life, and is the reason I entered this career. He was fabulous!

-Inclusion Specialist

1 Wrong Side of the Tracks: How Poverty Impacts Student Learning and Mental Health



Poverty is rapidly increasing among children in the United States. This workshop will explain the four types of poverty, the impact of poverty on children's mental health and learning, and educational and mental health interventions that can positively affect the brains of children living in poverty. Special emphasis will focus on the interactive dynamics related to poverty and their impacts on mind, body, and soul.

Charlene Myklebust, PsyD, Special Education Director – District 287 • ROOM 204 – 205

2 Preventative Mental Health: Maximizing the Capacity to Thrive



Increasing mind-body awareness and approaches have been shown to be effective in helping people of all ages enjoy a better quality of life. They provide the foundation of psychological and physical health and healing. This interactive session will explain the principals of mind-body medicine, provide an understanding of the research, and teach empowering, practical skills that are easy to learn and teach.

Lora Matz, MS, LICSW, Clinical Education Specialist/Therapist – PrairieCare • SPLIT ROCK 1

3 Understanding Applied Behavior Analysis: What We Can Learn from Children with Autism



This presentation will explore how behavioral principles have helped children with autism and other disorders. Most therapists have used behavioral techniques with clients, only to find mixed success. The presenter will explain about behavioral principles that are often misunderstood or overlooked by parents and professionals. Drawing from research and experience, the presenters will show how understanding human behavior can change lives.

James Rechs, MSW, LICSW, Clinical Social Worker & Jonathan Saifer, MEd, Agency Director – Rochester Center for Autism • GOOSEBERRY 3

4 Access to Mental Health Services: The Primary Care Clinics



Recent national and state recommendations are leading more primary care clinics to provide routine mental health screenings for children and youth. How can mental health professionals connect with clinics for more effective referrals and treatment? This workshop will include updates on state and national recommendations and legislation, emerging statewide mental health resources, and examples of successful partnerships between primary care and mental health professionals.

Katy Schalla Lesiak, MSN, MPH, CPNP, Child Health Consultant – DHS, **Glennace Edwall, PsyD, PhD, LP, Director of Children's Mental Health Division** – DHS, **Heather Winesett, MD, Pediatrician** – St. Luke's Pediatric Associates, & **Casey Ladd, SW, LICSW, LMFT, Director of Family/Child Services** – The Human Development Center • ROOM 202

5 Supervision in the Front Lines of Complex Trauma



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Board of Social Work's requirements in the practice of social work licensing supervision.

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Krista Nelson, LICSW, LMFT, Social Worker – Wilder Foundation & **Shawn Schuette, LMFT, Senior Clinical Supervisor** – Amherst H. Wilder Foundation • GOOSEBERRY 2

6 Expand Your Social Skills Tool Box!



Professionals and parents need a well-stocked tool box to address the social and emotional needs of children. In this interactive workshop, the presenters will share resources, including games, books and activities that engage students – including those with ASD, EBD, and ADHD. Audience participation is welcome and encouraged.

Cathy Thomas, MEd, LISW, & Scott Graham, MEd, LSW, School Social Workers – STMA Schools • ROOM 302

7 Therapeutic Language: Relating to Dysregulated Children and Setting Goals in Treatment



Many children in mental health treatment and in EBD school settings need their caregivers and educators to pinpoint goals and name what is underneath their behavior. When children become dysregulated, language is the first skill to decrease in times of stress. Parents, teachers, and caregivers will learn to help challenging children by interpreting the feelings underneath their behavior, being concise with requests, and remaining attuned to the child's needs.

Lauren Neitz, LICSW, Day Treatment Consultant, Matthew Witham, LMFT, Day Treatment Supervisor, & Joel Hansen, LICSW, Assistant Day Treatment Supervisor – Washburn Center for Children • ROOM 203

8 Explosive, Angry, and Irritable: Disruptive Mood Dysregulation Disorder – A New Diagnosis



Disruptive Mood Dysregulation Disorder (DMDD) is a new diagnosis for children recently introduced in the DSM-5. It is characterized by severe, recurrent temper outbursts that are out of proportion to the provocation. This addition to the DSM-5 presents opportunities for new understanding and more effective treatment. However, the symptoms also occur in several other disorders increasing the possibility of misdiagnosis. This workshop will examine this new disorder and consider how it co-occurs with, and can be distinguished from, other disorders.

Gary Johnson, PhD, LP, LMFT, Psychologist & Chris Bedford, PhD, LP, Psychologist – Clinic for Attention, Learning, and Memory – CALM • FRENCH RIVER

9 Change the Environment, Not the Child: FASD & Strategies for School Success



This workshop will provide a brief overview of the effects of prenatal alcohol exposure on cognitive, social, and behavioral functioning in children and adolescents. Evidence-based practices

to support elementary, middle, and high school students with Fetal Alcohol Spectrum Disorders (FASDs) will be discussed. This training will also include practical tips and interventions for students in a variety of school settings.

Julia Conkel Ziebell, PhD, LP, Pediatric Psychologist – Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) • ST. LOUIS

10 Moving Mountains: A Mind-Body Tool Kit to Calm Explosive, Reactive, and Anxious Children



Sometimes well-planned interventions with children in distress don't always work and can even make things worse. In this presentation participants will learn tools to assess a child's "zone" of agitation and to effectively intervene using a wide range of mind-body techniques and tools. Participants will leave with a tool kit binder of helpful interventions

Marit Appeldoorn, MSW, LICSW, Psychotherapist/Consultant – Private Practice & **Kathy Flaminio, LCSW, E-RYT-200, Owner** – 1000 Petals, LLC. • ROOM 304 – 305

11 Autism Spectrum Disorder in Childhood and Adolescence; From Understanding to Action



Explore what it means to go from "Understanding to Action" for obstacles that arise with Autism Spectrum Disorder (ASD). Core characteristics of ASD, updates and implications of the DSM-5, and the symptoms that often become as difficult for children to change as for adults to understand. An effective 5-step approach to taking better action when experiencing problems with ASD will be discussed.

Mitch Leppicello, MSW, LICSW, Clinical Social Worker, Owner – East Metro Family Counseling • ROOM 303

12 Got Grief? The Practitioner's Toolbox



This workshop will provide an overview of the Intensive Permanency Services model, which integrates best practices in grief, loss and trauma and prepares youth for permanency while seeking, engaging and developing caring adult connections. Participants will increase awareness of skills needed to guide youth in developing emotional readiness for permanence and will receive multiple tools/ activities to help youth resolve losses and develop healthy connections.

Mechele Pitt, BS, MSW, LICSW, LCSW, Chief Operating Officer & Brenda Anderson, LSW, Intensive Permanence Services Specialist – Anu Family Services • SPLIT ROCK 2

13 Trauma Informed Care in Early Childhood



What is trauma and how does it impact the developing child? In this session attendees will learn about the types of trauma, including their effects on infant and early childhood brain development. Learning how to interpret behaviors through the lens of trauma helps caregivers understand the function of the behaviors. Specific strategies to use when working with young children will be demonstrated and provided in a handout.

Tracy Schreifels, MS, LMFT, Mental Health Specialist & Pam Walz, MFT Intern – Reach Up Inc. • GOOSEBERRY 1

14 Working with Complex, Multi-Stressed Children and Families



Chronically stressed families have distinct and complex needs. Understanding the effect of stress on family functioning informs clinical intervention and promotes practice grounded in research. The challenges families experience can cause therapists to feel overwhelmed and confused about where to focus their clinical attention. This presentation will provide a logic model for therapeutic intervention grounded in theory and clinical experience.

Matthew Witham, LMFT, Day Treatment Supervisor and Training Institute Co-Director, **Maggie Klefsaas**, LMFT, Child and Family Therapist & **Laura Lundberg**, LICSW, School-Based Therapist — Washburn Center for Children • **ROOM 304 – 305**

15 Strategies to Help Struggling Students



Workshop attendees will learn tools to help students with ADHD identify their strengths and become successful. The presenters will demonstrate how the Montessori philosophy – based on movement and repetition combined with Brain Gym techniques – teaches students controlled movement that can enhance their ability to learn. The research of Dr. Russell Barkley will be presented, which shows how students with ADHD can be successful with the right support and tools.

Nicci Johnson, MEd, Lead/Mentor Teacher & **Janel Poser**, Special Education Teacher — Discovery Woods Montessori School • **ROOM 204 – 205**

16 Executive Functioning Challenges: Definition and Intervention Strategies



Executive functioning refers to the set of cognitive skills used to solve problems. It includes skills that provide the ability to regulate and control decision-making, management of time, and behaviors. This interactive workshop will outline the definition of executive functioning as well as strategies to address planning, flexibility, sequencing, emotional regulation, working memory, organization and self-monitoring.

Sue Pederson, MS, LP, Psychologist, **Valerie Lardinois**, PsyD, Psychologist, **Pat Pulice**, MA, LP, Autism Center of Excellence Director, & **Kathryn McGraw-Schuchman**, MA, LP, Psychologist — Fraser • **FRENCH RIVER**

17 Healing Spaces to Promote Well-Being



This workshop will look at design strategies that can enhance the care and treatment of patients in a child-adolescent mental health unit by looking at a case study of the newly renovated child-adolescent mental health unit at the University of Minnesota Amplatz Children's Hospital. Attendees will learn about the importance of the environment on the well-being of both patients and families and how to create a healing and calming environment using six key design strategies.

Karen Wendt, MA, RN, PHN, Program Director Child/Adolescent Inpatient Behavioral Health Unit — University of Minnesota Amplatz Children's Hospital & **Rick Dahl**, AIA, Principal — BWBR • **SPLIT ROCK 1**

18 Teens, Social Media, & Body Image



The vast majority of adolescent girls, and a growing number of adolescent boys, struggle with body image. They live in an increasingly weight obsessed society where social media plays a big role. This presentation will cover body image problems in adolescence, developmental milestones in the development of body image, the effects of social media, and strategies for promoting healthy body image in teens.

Heather Gallivan, PsyD, LP, Clinical Director — Park Nicollet Melrose Center • **ROOM 302**

19 Personal Outlook on Fetal Alcohol Spectrum Disorders



A panel of young adults living with an FASD will share their personal struggles from acceptance of the diagnosis to the support they rely on to get through each day. Audience members will have the chance to ask questions of the panel and receive advice on living or working with individuals prenatally exposed to alcohol.

Nancy Beyer, North Metro Area Family Resource Coordinator — Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) • **GOOSEBERRY 3**

20 Re-imagining Residential Placement for Youth



This workshop will introduce attendees to Collaborative Intensive Bridging Services (CIBS), an innovative service model that blends intensive community-based therapy services with a brief residential placement. This systemic model is showing dramatic cost reductions, increased collaboration between families and professionals, and a significant shift in services for at-risk youth.

Luke Spiegelhoff, MSW, LICSW, Clinical Director — Family Adolescent and Children Therapy Services, Inc. & **Leslie Yunker**, MA, Supervisor — Dakota County Social Services • **GOOSEBERRY 2**

21 Be/Coming Out and Sexual Minorities: It's Not A One-Time Thing



This interactive workshop focuses on LGBTQ youth identity development, the role of resiliency, and the potential for ambiguous losses. The "Be/Coming Out" model of sexual orientation and identity development will be discussed within the context of Ambiguous Loss Theory. Participants will learn terminology for culturally-sensitive dialogue when working with LGBTQ youth, factors associated with resiliency, and managing stressors.

Lake Dziengel, PhD, MSW, LICSW, Associate Professor — U of MN Duluth • **ROOM 303**

22 Shared Enjoyment With Your Young Child With Autism Spectrum Disorder (ASD)



This presentation will teach parents and caregivers of a child with ASD how to interact with their child for fun. By exploring stages of development as well as interactive activities, parents will gain an understanding of typical social milestones and find ways to creatively structure interactive activities to bring out children's smiles, laughter, and shared enjoyment with each other.

Heather Krug, MA, LPCC, Clinical Counselor, **Rachel Gardner**, MALP, Psychologist & **Ann Fisher**, MA, LMFT, Mental Health Professional — Fraser • **ROOM 202**

23 PCIT: An Overview of Evidence-Based Treatment for Children with Behavioral Concerns



Parent Child Interaction Therapy (PCIT) is an evidenced-based short-term treatment model that uses direct coaching to empower parents to be the agent for change in their child's behavior. This presentation will provide an overview of the components of PCIT, determine appropriate candidates, and explore research that supports long-term effectiveness. This presentation will include interactive components allowing participants to experience the treatment model.

Sarah Olitzky, PhD, LP, Psychologist & **Emily Honken**, LICSW, Social Worker — Fraser • **ROOM 203**

24 Talking about Mental Health with Educators: Listen, Observe, Understand, Emphasize, Express and Encourage



This interactive presentation will describe strategies for educators to use when working with students and their families. The presenter will discuss ways the LOUE3 Acronym (Listen, Observe, Understand, Empathize, Express, and Encourage) helps teachers support students with, or at-risk for, mental health conditions and their families.

Shelley Neilsen Gatti, PhD, Associate Professor & **Tim Balke**, PhD, Director of MA and Certificate Programs — University of St. Thomas • **ST. LOUIS**

25 Talking to Children about Adoption & Foster Care



Whether they verbalize it or not, children who have been adopted or are in foster care do think about their past. Many questions arise from their unique situation that can be difficult for caregivers to know how to discuss with them. This interactive session will include perspectives on talking about adoption/foster care throughout various developmental stages and practical tools to facilitate communication within a family or therapeutic environment.

Elana Meesun Schuster, MSW, LICSW, Permanency & Adoptive Family Support Program Lead & **Christina Bast**, MSW, LICSW, Associate Mental Health Professional — Fraser • **SPLIT ROCK 2**

26 Infants and Toddlers: Advances for Promoting the Healthy Development of Minnesota's Youngest Citizens




This workshop offers an update on some of the initiatives happening at the state level to support infants, toddlers, their families and caregivers. A panel representing DHS, MDE, MDH, and MAIECMH will share current multidisciplinary advances towards promoting the healthy development of Minnesota's youngest children.

Michele Fallon, LICSW, IMH-E® (IV), Chairperson — MAIECMH, **Megan Waltz**, MSW, Prenatal to Three Policy and Systems Advisor — MDH, **Lora Kussman**, MA, Professional Development Specialist — DHS & **Debbie Hewitt**, Early Childhood Specialist — MDE • **GOOSEBERRY 1**


Key	Technical Levels		Target Audience	
	Basic	Intermediate	Parents	Professionals
	Advanced		Parents & Professionals	Early Childhood Pro
	details on page 2			

27 Analyzing the Bully

 What makes a bully be a bully? To put an end to this ever-growing problem that continues to take the lives of youth, it is imperative to go beyond treating the symptoms of the bully's behavior and address the core purpose behind the actions. In this interactive session, learn about the latest research on bullying issues as well as suggested strength-based interventions regarding bullying.


Adam Arnold, MA, LMFT, LADC, Psychotherapist — Enliven Psychotherapy • GOOSEBERRY 3

28 Adolescent Suicidal Ideation and Self-Injurious Behaviors (SI/SIB): Safety Planning and Communicating Effectively with Teens

 This training will provide background information related to adolescent safety concerns, including definitions of suicidal ideation and self-injurious behaviors, associated mental health diagnoses, the function of these behaviors for teens, and warning signs for SI/SIB. This presentation will also discuss safety planning, common therapeutic interventions focused on Dialectical Behavior Therapy (DBT) techniques, and strategies for communicating with teens about safety concerns.


Megan Bona, PsyD, LP, Psychologist, Morgan Cusack, MHP, Doctoral Intern, Amy Dols, MA, MHP, LADC, & Jaime M. Pieschke, PsyD, MHP, — Mental Health Systems, PC • ROOM 204 – 205

29 Understanding Attachment and Rethinking Behavior: Healing for Children Who Have Experienced Trauma

 Children who have experienced significant or repeated trauma are often in “survival mode” and chronically dysregulated. Their behaviors, although appearing intentional and out of anger, are actually derived from a place of fear. By focusing on the relationship first and understanding behavior from the child's perspective, participants will learn how to bring about not only behavioral changes, but also healing.


Kara Rogers, MSW, LICSW, Clinical Supervisor & Heather Ley, MA, LMFT, MHP — Catholic Charities— Young Learners Program • ROOM 302

30 Evidence-Based CBT Skills Training for Adolescents with Emotional Disorders

 This presentation will highlight the Healthy Emotions Program for adolescents with emotional disorders. The program incorporates CBT (Cognitive Behavioral Therapy) components from the evidence-based Treatment for Adolescents with Depression Study (TADS) that have been adapted for delivery as part of an intensive outpatient mental health service at PrairieCare. This workshop will provide up-to-date information on emotional problems in adolescents, overview components of interventions, and highlight preliminary data.


Michael Bloomquist, PhD, Associate Professor in Psychiatry — U of M, Carrie Sweetser, PsyD, Postdoctoral Fellow & Elliot Borgstahl, After School Programs Supervisor — PrairieCare • ROOM 203

31 ADHD Update 2014

 This workshop will look at recent developments in ADHD diagnosis, evaluation, research, and treatment. The impact of new diagnostic criteria from the recently released DSM-5 will be reviewed, as well as recent developments regarding the role of exercise, sleep, nutrition, cognitive training, and medication in the treatment of ADHD.


Gary Johnson, PhD, LP, LMFT, Psychologist & Chris Bedford, PhD, LP, Psychologist — Clinic for Attention, Learning, and Memory — CALM • ROOM 304 – 305

32 Diagnosis and Treatment of Pediatric Depressive Disorders

 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. Attention will be paid to the revised DSM-5 diagnostic criteria. Treatment options will be reviewed, including both psychotherapeutic and pharmacotherapeutic modalities. Time will be available for questions.


Joel V. Oberstar, MD, CEO and Chief Medical Officer — PrairieCare • ROOM 303

33 The Mindful Classroom

 Workshop participants will be exposed to an arsenal of tools implemented in The Mindful Classroom at Hassan Elementary School. The Mindful Classroom's aim is to reduce stress, increase focus, and strengthen emotion regulation in students. This experiential session includes Breath Awareness, Meditation, Yoga, and Body Scan. Additionally, tools used with elementary-aged students including picture books, iPad applications, and CDs will be shared.


Mary T. Schmitz, MSW, LICSW, School Social Worker — Elk River Area Schools • GOOSEBERRY 2

34 Relational, Contextual, and Cultural: A Practice-Based Evidence Approach to School-Based Mental Health

 This workshop will introduce the Relational Diagnostic Assessment (RDA), a contextual and relational assessment-treatment process designed to facilitate culturally responsive, school-based individual and family therapy. The RDA is a practice-based evidence model utilizing feasible data collection methods for improving decision making in day-to-day clinical practice. Participants will learn and practice employing the RDAs theoretical underpinnings, core practice components, and evaluative/research methodologies.

John Souza Jr., DMFT, LMFT, Director of Research & Evaluation — Change Inc. & Dave Hesse, MA, LMFT, Marriage and Family Therapist — Transition Plus Collaborative/Change Inc. • SPLIT ROCK 1


35 Helping Children with Sexual Behavior Problems

 Children exhibiting inappropriate sexual behaviors in pre-school, elementary school, and home settings is becoming a more prevalent occurrence, particularly among special needs youth. These children may commit boundary violations with peers and adults. This interactive workshop will teach participants how to stop these behaviors

quickly and prevent them from happening in the first place.


Libby Bergman, MSW, LICSW, Executive Director & Amy Moeller, LICSW, Clinical Social Worker — Family Enhancement Center • GOOSEBERRY 1

36 Working with LGBTQ Youth

 Have you ever felt lost when working with adolescents who identify as lesbian, gay, bisexual, transgender, or questioning? Do you find yourself wishing you had a better grasp on the issues affecting LGBTQ youth? This interactive presentation will uncover the basics of working with LGBTQ adolescents, the problems affecting this population, and the solutions that can be implemented to better serve sexual minority students.

Jenny Andersen, MSW, LGSW, School Social Worker — Augsburg Fairview Academy • ROOM 202

37 Transitions: Supporting Your Young Adult with Mental Health Issues

 Transitioning to adulthood is complicated, and mental illness can add to the difficulty. Gain tools to prepare your teen or young adult for independence, and learn about special education, employment, college, scholarships, transportation, guardianship, and tips on managing daily life with a young adult in your home.

Andrea Lee, Transitions Project Director — NAMI Minnesota • SPLIT ROCK 2



38 Ethics in the Use of Electronic Communication – Untangling the Personal and Professional

This course fulfills the MN Board of Social Work requirements of 2 clock hours in Social Work Ethics. (15 minutes longer ending at 5:00 PM)








Today's practitioners face many challenges in the use of electronic communication, from the necessity of work email to family pressures to “see the kids” on Facebook, Twitter, etc. This session will explore the agency, professional, and personal factors related to the ethical use of electronic communication in the delivery of social services for students of all ages and their parents.

Carol F. Kuechler, MSW, PhD, LISW, MSW Program Director at the School of Social Work & Sarah K. Breyette, MSW Student and Research Assistant — St. Catherine University/University of St. Thomas • ST. LOUIS

39 Self-Regulation: The Role of Responsive Caregivers

  What is self-regulation and how can caregivers help children develop it? In this session, attendees will receive an overview of self-regulation and development, including why relationships are key instruments in the development of self-regulation. Specific calming strategies and unique techniques will be demonstrated for the following common behavioral challenges: anger outbursts, anxiety, attention problems, mood disorders, negative social skills, and children with sensory issues.

Tracy Schreifels, MS, LMFT, Mental Health Specialist — Reach Up Inc. • FRENCH RIVER

Key	Technical Levels	Target Audience
	 Basic	 Parents
	 Intermediate	 Professionals
	 Advanced	 Parents & Professionals
		 Early Childhood Pro

details on page 2

MACMH's 6th Annual
Silent Auction & Award Gala

An Evening of Heart

Save the Date
We are moving the Gala to the fall:

Friday, November 7th, 2014

Hosted at the historic
Town & Country Club of St. Paul
Enjoy panoramic views of the
Mississippi River & Minneapolis skyline

SAVE THE DATE

MACMH's Child & Adolescent
Mental Health Conference
April 26 – 28, 2015
Duluth

*Did you know MACMH offers
trainings throughout the year?*

MACMH's Summer School for Professionals Training Series

June – August, 2014

Variety of Dates & Locations!
New Webinar Options!

Watch macmh.org/events for more details on
events as they become available!

Early Bird & Group Discounts Available



PrairieCare

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Infant and early childhood mental health is synonymous with healthy social and emotional development, the foundation for all learning. The MN Association for Infant and Early Childhood Mental Health (MAIECMH), the multidisciplinary early childhood division of MACMH, acknowledges that working with young children, their families and caregivers requires a specialized set of competencies, grounded in the unique developmental & relational needs of the earliest years. **Watch for MAIECMH Training Services coming soon!**



Tuesday • April 29, 2014

Registration Hours • 7:30 am – 3:00 pm | Conference Hours • 7:30 am – 4:15 pm

Featured Series and Events

Workforce Forum • HARBOR SIDE 3rd Floor

Tuesday, April 29th
7:30 to 9:00 am

There is a critical shortage of mental health care workers in Minnesota. To address this crisis, the legislature asked MNSCU to convene a summit and develop a statewide mental health workforce plan to:

- Increase the number of qualified people working at all levels of our mental health system,
- Ensure appropriate coursework and training, and
- Create a more culturally diverse mental health workforce.

This forum is an opportunity for you to provide input about the workforce needs you see in the mental health field, possible solutions and resources needed to implement those solutions.

NOTE: Due to budgetary constraints HealthForce Minnesota will not be able to offer a continental breakfast and coffee as part of its forum on Mental Health Workforce Development. The MACMH conference offers complimentary continental breakfast both Monday and Tuesday in the exhibit hall.

Clinical Content Workshops

Social Workers – Get Your Clinical Content Hours!

Tuesday:

Session 4: 42, 43, 44, 45, 46, 47, 49, 50, 51, 52

Session 5: 54, 55, 60, 63, 64

Session 6: 67, 70, 74, 76, 78

Exhibits

Tuesday, April 29 • 7:30 am – 1:15 pm

A drawing for an assortment of door prizes will be held during the extended break from 10:00 am – 10:30 am.



U of MN Research to Practice Series

Strengthening Families in the Context of Incarceration

The Children, Youth and Family Consortium at the University of Minnesota has partnered with MACMH to create the 5th annual Research to Practice Series. These workshops provide participants with an in-depth review of applied research, best practices and translation of research to practice.

Tuesday – Workshop numbers 40, 53, & 66

40. Research and Reflections About Incarceration and Families: What Do We Know?

Rebecca Shlafer, PhD, Assistant Professor — University of Minnesota & Jason Marque Sole, ABD, Assistant Professor — Metropolitan State University

53. Mothers of Bedford: A Film by Jenifer McShane

Barbara “Bobby” Blanchard-Lewis, JD, Senior Research Associate — Center for Children and Families, Columbia University School of Nursing

66. Interactive Discussion about Incarceration: Mothers of Bedford Film Recap and Question/Answer Session

Barbara “Bobby” Blanchard-Lewis, JD, Senior Research Associate — Center for Children and Families, Columbia University School of Nursing, Jason Marque Sole, ABD, Assistant Professor — Metropolitan State University, & Rebecca Shlafer, PhD, Assistant Professor — University of Minnesota

“In the US today there are more children with an incarcerated parent than are diagnosed with autism or juvenile diabetes.”

This film is part of the U of MN Research to Practice Series • Session 53 • 1:15 pm

Mothers of Bedford presents five incarcerated mothers of diverse backgrounds and their families who manage in their absence. The film follows them as they strive to be engaged with their children’s lives while participating in an innovative parenting program at the Bedford Hills Correctional Facility. Mothers of Bedford received the 2013 Director’s Award at the Social Justice Film Festival.

U of MN Research to Practice Series:

40 Research and Reflections About Incarceration and Families: What Do We Know?

What do our own stories and the research tell us about how children and families experience incarceration? How can we make decisions based on their best interests? Hear one man's story about his journey from prison to a successful life and the resources and relationships that helped him succeed. Explore the state of the research, programs with demonstrated effectiveness and developmentally-informed best practices.

Rebecca Shlafer, PhD, Assistant Professor — University of Minnesota & Jason Marque Sole, ABD, Assistant Professor — Metropolitan State University • FRENCH RIVER

41 Adverse Childhood Experiences: the Research, the Data, and the Minnesota Response

Adverse Childhood Experiences (ACE) – experiences that cause toxic stress or trauma before age 18 are linked to poor physical, chemical and mental health, lower educational achievement and economic success, and impaired social success in adulthood. This session will cover national research on ACEs, state and local data on ACEs prevalence and outcomes, and strategies being implemented to reduce trauma and build resilience throughout Minnesota.

Autumn Baum, JD, Adverse Childhood Experiences Planner – MDH, Melissa Adolfsen, MS, Epidemiologist — EpiMachine, LLC, & Mikki Maruska, MSW, Strategic Prevention Framework State Incentive Grant Director — DHS • GOOSEBERRY 1

42 DBT for Teens & Adolescents

Have you known a teenager in crisis or in conflict with parents or friends? Have you struggled to support an adolescent dealing with suicidal thoughts or self-harm? Dialectical behavior therapy (DBT) offers intervention techniques that can be used with adolescents experiencing common interpersonal difficulties or serious safety concerns. This will include a panel discussion, during which the presenters will answer questions and facilitate practical use of DBT.

Sarah Janzen, MSW, LICSW, Clinic Supervisor, Julie Morin, MA, MHP, Michael Brill, MA, Primary Therapist, & Taryn Jensen, MSW, LGSW, Primary Therapist — Mental Health Systems • ROOM 304 – 305

43 Cultural Influences: Definitions and Examples

This technical presentation will focus on how to appropriately utilize the cultural influences specified in MN Rules 9505.0370-0372. Participants will learn the definition and application of cultural influence and clinical summary, as well as practice writing and assessing cultural influences in the diagnostic process. The presentation will contain a combination of lecture, discussion, and group work.

Martha Aby, MBA, MSW, LICSW, Clinical Capacity Development Specialist & Angie Hirsch, MSW, LICSW, American Indian Mental Health Consultant — DHS • SPLIT ROCK 1

44 Grief, Loss & Trauma For Youth Who Have Lived in Out-of-Home Care

Children and youth who encounter adverse childhood experiences and trauma, especially in the form of multiple moves and/or caregivers express their grief and loss in ways that are often undesirable to others. Learn why these behaviors exist and how to promote relational healing which helps to reduce these challenging behaviors by moving youth from surviving to thriving.

Amelia Franck Meyer, MS, MSW, APSW, LISW, CEO — Anu Family Services • GOOSEBERRY 2

45 Pigtails and Drama: Girls and Autism

Statistics show males outnumber females with diagnoses of autism. Boys and girls, however, do not exhibit the same characteristics when it comes to autism. The presenters will look at ASD criteria specific to girls, including the role of relationships, common diagnostic errors, dual diagnosis and treatment approaches.

Kim Busse, MEd, MA, Autism Specialist, Clinical Counselor & Amy Reid, MEd, MA, Clinical Counselor — Busse & Reid Professional Clinical Counselors • ROOM 204 – 205

46 Introduction and Application of Mental Health Consultation in Schools and Beyond

This interactive presentation will introduce mental health consultation services and their application in school settings, as well as other venues that work closely with children and adolescents. The presenters will define mental health consultation and explain the different types, discuss the pros/cons versus more “traditional” mental health services, and share approaches, tools and strategies to effectively bring consultation into practice.

Aric Jensen, PhD, LP, Director of Mental Health & Dana Turman, MA, LMFT, Clinical Supervisor –Fraser • GOOSEBERRY 3

47 Restoring Awareness, Belonging and Identity Through Body-Centered Psychotherapy

With advances in neuroscience, there is a renewed interest in using the body for accessing and transforming developmental, emotional, and psychological injuries. This workshop will look at the use of the body in treatment throughout history, the role and efficacy of a body-centered orientation to health and wholeness, and recent neuro-scientific research on body-centered therapy.

Kedar Brown, MEd, LPC, NCC, CHT, Program Manager and Senior Clinician — SUWS of the Carolinas and Phoneix Outdoors & Marie O. Davis, MA, LPC, NCC, Therapist/Field Supervisor — SUWS of the Carolinas • SPLIT ROCK 2

48 Creating Trauma Sensitive Schools

This presentation will discuss the impact of toxic stress and adverse experiences on brain development as well as findings from the Adverse Childhood Experiences (ACEs) study. The presenters will review what work is being done in other states related to building trauma sensitive schools. Opportunities in Minnesota will be outlined and an interactive discussion with the participants

about next steps will follow.

Mark Sander, PsyD, LP, Senior Clinical Psychologist — Hennepin County, Mental Health Coordinator — Hennepin County and Minneapolis Public Schools & Nancy Riestenberg, School Climate Specialist — MDE • ST. LOUIS

49 Signs of Safety with Children's Mental Health

This presentation will discuss some of the key points of the Signs of Safety philosophy and how it can assist in improving outcomes for children with mental health needs. Participants will learn tools for working directly with families, including ways to get to the heart of the issues while staying focused on the client's strengths, worries, and struggles. This family approach uses the client's language, putting their history and current situation in their own words to help them direct their future.

Angela Simon, LSW, Social Worker & Tammy Thompson, LSW, Social Worker — Kandiyohi County Family Services • ROOM 302

50 Trauma Informed Care 101

This interactive workshop will address the fundamentals of complex trauma, developmental trauma and trauma informed care. Parents and caregivers will leave this presentation with a thorough understanding of the brain science behind childhood trauma and practical hands-on tools to address the trauma in children and adults.

Gary Eustice, LP, Psychologist — Teermann Trauma Informed Care • ROOM 303

51 Eating Disorders: Not Just a Teenage Phase

Do you ever wonder if your student or client is struggling with an eating disorder? Is it “bad enough” to refer to a specialist? What help is available for adolescents with eating disorders? During this engaging interdisciplinary workshop, answers to these questions will be discussed in addition to details on the 3 types of eating disorders, when to refer adolescents to a specialist, and the four levels of interventions.

Christy Zender, MSW, MAT, LICSW, Senior Site Manager, Therapist — The Emily Program & Laure O'Keefe, EdS, Special Educator for Care and Treatment Programs — St. Paul Public Schools • ROOM 202

52 Rhythm of Engagement – Expressive Arts Therapies and Healing Trauma

This workshop will highlight concepts from Expressive Arts therapeutic models for working with children who have experienced trauma. The development of somatosensory awareness for practitioners/clients, creativity and the therapeutic relationship, and trauma related nonverbal patterns of behavior will be discussed. Pre/perinatal life will be emphasized as foundational to complex trauma patterns. Interactive exercises and practical tools will be given to provide practitioners with embodied experiences to implement in work settings.

Patricia Lucas, MA, PhD, R-DMT, Dance Movement Therapist — Private Practice & Elizabeth Grambsch, MA, Faculty — St. Thomas Conservatory of Music, Music Educator, Researcher, Coach — Crescendo Learning, LLC • ROOM 203

U of MN Research to Practice Series:

53 Mothers of Bedford: A Film by Jenifer McShane

[] [A] Mothers of Bedford presents five incarcerated mothers of diverse backgrounds and their families who manage in their absence. The film follows them as they strive to be engaged with their children's lives while participating in an innovative parenting program at the Bedford Hills Correctional Facility. Mothers of Bedford received the 2013 Director's Award at the Social Justice Film Festival.

Barbara "Bobby" Blanchard-Lewis, JD, Senior Research Associate – Center for Children and Families, Columbia University School of Nursing • FRENCH RIVER

54 Psychiatric Aspects of Youth Violence

[] [A] This presentation will provide an overview of the relationship between violence and child and adolescent psychiatric disorders, including psychiatric risk factors for being a perpetrator or a victim of violence; psychiatric disorders that increase the risk of violent behavior; family, school and social protective factors, psychological and pharmacological treatment interventions that reduce the risk of violent behavior; and the prediction of violent behavior.

William Dikel, MD, Consulting Child & Adolescent Psychiatrist – Independent • ROOM 204 – 205

55 Social Media Crisis Management in Day/Residential Treatment Programs

[] [Pr] Day/residential treatment programs work with high-risk youth who present safety challenges for themselves and others. A crisis can easily become a viral story through social media; being disseminated to millions of viewers in a matter of hours. This presentation will review a crisis case involving social media, describe the advantages/disadvantages of social media during crisis, and identify best practices for monitoring and responding to media.

David Swenson, PhD, LP, DABPS, Professor – College of St. Scholastica & Roger Laaksonen, MA, Healthcare IT/IS Analyst – St. Lukes Hospital and the College of St. Scholastica • GOOSEBERRY 1

56 Using Multiple Intelligence to Teach Group Social Skills

[] [Pr] Teaching social skills to youth in an academic setting can be difficult. Often times, the children who require social skills training have difficulty with a typical lecture and worksheet format. This workshop will provide several practical ways to incorporate multiple learning styles in a classroom setting.

Christine Morris, MS, LAMFT, MHPrac – Southwest West Central Service Cooperative • ROOM 304 – 305

57 Peer Family Specialists and Parent Teaming Trainers; Putting Experience To Work

[] [A] With great success family members are currently being employed across the country to provide support services to their peers. In this workshop presenters will discuss Parent Teaming Training (now free and open to all) and a new Peer Family Specialist certification for caregivers. Presenters will also explain how Minnesota is using skilled and experienced parents to deliver services within the system of care.

Amelia Ortega, Parent Liaison, Ann McMahon, Trainer, & Lucy Favorite, Trainer – DHS • SPLIT ROCK 2

58 Maximizing Funding for School IEP Mental Health Services

[] [Pr] Students experiencing mental health conditions often require significant resources. Different roles, responsibilities, and funding mechanisms can be challenging to navigate, resulting in potential audit risk. The presenters will share how MDE and DHS have worked together to assist schools and community providers to communicate effectively and secure appropriate funding to increase student access to necessary services.

Jill Johnson, PN, Children's Mental Health Consultant – DHS, George Holt, EdD, Supervisor, Special Education Funding and Data – MDE • ROOM 303

59 LiveAbilities: Making It as Adults with Fetal Alcohol Spectrum Disorders (FASD)

[] [A] Yes, youth with Fetal Alcohol Spectrum Disorders can overcome challenges and live independently! The new LiveAbilities program and strategies surrounding them have been making a difference and their younger peers thrive. Three case studies will be presented and include housing, relationships, services they receive, their growing self-employment, and advocacy careers.

Jodee Kulp, Executive Director – Better Endings/New Beginnings • SPLIT ROCK 1

60 Substance Abuse and Mental Health Disorders in Adolescents; Implications for Aftercare and Education

[] [Pr] Using a case study and grounded theory methodology, former students and staff members from four Sobriety High School campuses participated in group and individual interviews. An analysis of school and treatment data will be presented to provide insight into how school, peers, family, and treatment impact the students' success in academics and recovery.

Barbara Wornson, EdD, Executive Director – Main Street School of Performing Arts • ROOM 302

61 Culturally Affirmative Services: Going Beyond Cultural Sensitivity

[] [Pr] This workshop will address the difference between cultural sensitivity and cultural affirmation when providing health services to children and their families. Attendees will expand their understanding of culture as more than a person's ethnic and racial background to include disability, immigration experience, and other factors. Participants will also learn the need for self-awareness in the building of culturally affirmative services.

Rebecca Goffman, PsyD, LP, Director of Deaf and Hard of Hearing Program & Alice Tindi, MSW, LICSW, Functional Family Therapist – Volunteers of America Mental Health Clinics • GOOSEBERRY 3

62 Parents and Medical Professionals Partnering to Provide Parent Support

[] [A] This presentation will explore the formation of the My People parent support group, a collaboration between PrairieCare and a group of informed parents. Participants will have the opportunity to learn about the benefits of parent-to-parent support, as well as how a collaboration between medical professionals and parents can provide a much-needed service to families.

Joel Oberstar, MD, CEO and Chief Medical Officer – Prairie Care, Lynne Peterson, Diane Allen, & Michele Dahn, Co-Founders and Facilitators – My People • ROOM 202

63 DIRT GROUP – "Growing to Learn, Learning to Grow"

[] [Pr] DIRT GROUP is an experiential group-skills training program for at-risk youth experiencing mental health disorders. This workshop will identify and discuss assessment, treatment planning, applied strategies, and how participation in DIRT GROUP influences social skill development in at-risk youth. The utilization of DIRT GROUP to improve mental health through social skill development in the context of a gardening/farming program will also be discussed.

Kenny Turck, MSW, LGSW, Program Director/Founder & Joni Turck, Executive Director – Hooganaga Family Farms • GOOSEBERRY 2

64 Clinical Work with Gender Creative/ Non-Conforming Children: What's Been Learned Over the Last Five Years

[] [Pr] This workshop will discuss what has been learned in the last five years from clinical work at the U of MN with more than 30 children who are gender creative/gender non-conforming and/or have struggles related to gender identity. To lay the foundation for this discussion, the presenter will examine diagnostic controversies in this field, including changes in the DSM-5, and the philosophical underpinnings of various treatment approaches.

Dianne Berg, PhD, LP, Assistant Professor – Center for Sexual Health, U of MN • ST. LOUIS

65 The Development of the Self: The REAL Outcome of Relationship-Based Intervention in Early Childhood Special Education

[] [Pr] **[Ec]** Early childhood special education has traditionally been thought of as intervention in language, fine and gross motor development, and learning. For the past six years, Minneapolis ECSE has been incorporating infant mental health principles into its practice, including group and individual reflective consultation. As a result, the staff has learned that their impact on children and families is deeper than they had ever imagined. This presentation will examine how using an infant mental health lens has affected the scope, techniques, and meaning of early intervention in Minneapolis ECSE.

Carol F. Siegel, PhD, LP, IMH-E® (IV) & a Panel of ECSE Professionals • ROOM 203

Key	Technical Levels	Target Audience
	[] Basic	[Pr] Parents
	[] Intermediate	[Pr] Professionals
	[] Advanced	[A] Parents & Professionals
		[Ec] Early Childhood Pro
<i>details on page 2</i>		

U of MN Research to Practice Series:

66 **Interactive Discussion about Incarceration: Mothers of Bedford**
Film Recap and Question/Answer Session

Meet Barbara “Bobby” Blanchard-Lewis, shown in the Mothers of Bedford film in her role as Director of the Children’s Center at the Bedford Hills Correctional Facility for Women. Learn about their revolutionary work to keep mothers connected to their children. Engage in discussion with all three presenters about the importance of sustaining family relationships during incarceration and the challenges this work presents.

Barbara “Bobby” Blanchard-Lewis, JD, Senior Research Associate – Center for Children and Families, Columbia University School of Nursing, Jason Marque Sole, ABD, Assistant Professor – Metropolitan State University, & Rebecca Shlafer, PhD, Assistant Professor – University of Minnesota • FRENCH RIVER

67 **Anxiety Symptoms in Children and Adolescents: A Focus on Special Populations**

This presentation will discuss diagnosis and treatment of children and adolescents with anxiety concerns, with a special focus on the co-occurrence of autism spectrum disorders and anxiety, as well as anxiety in preschoolers and younger children. Participants will be presented with diagnostic tools and strategies for working with infants and preschoolers with anxiety disorders, in addition to children/adolescents with ASDs who show anxiety.

Brigitte King, PhD, LP, Psychologist, Karin Hampton, PhD, LP, & Judith Strommen, MA, LP, Psychologist – Fraser • ROOM 304 – 305

68 **Dealing With Bullying**

This presentation will provide an overview of the problem of bullying. The presenter will discuss the characteristics of a bully, warning signs that a child is being bullied, and the crucial role of the bystander. It will also include information related to cyber bullying, responses with which to assist children who are bullied, and information about protective factors that can help with prevention.

Maureen Tanis, MSW, LICSW, Behavioral Health Provider – Mayo Clinic Health System-Mankato Eastridge • ROOM 302

69 **A Journey with OCD: From Ritual to Hope**

Fifteen-year-old Emma Friesen will share her experience with OCD and provide insights on life with this frustrating and confusing condition. Her presentation will offer practical tips on how to stand by someone living with the disorder.

Emma Friesen, Student • ROOM 303

70 **Improving Brain Function With EEG Biofeedback and Audio Visual Entrainment**

EEG Biofeedback and Audio Visual Entrainment are effective tools in improving cognitive ability, attention, focus, behavioral issues, emotional instability, and sleep function. This presentation will describe how individuals, schools, and clinics are using these alternative health tools to assist people with brain injuries, PTSD, attention deficit disabilities, emotional and behavioral disorders, and other learning concerns.

Becky Aish, Director of Neurotechnology Services – A Chance To Grow • ROOM 203

71 **Completing the Circle: Looking Beyond the Needs of the Patient and Parent**

This presentation will highlight the nationally-recognized Sibshops, workshops for siblings of people with physical, mental, or emotional disabilities. Challenges and opportunities that siblings face will be discussed, as well as interventions for helping to support siblings. This workshop will be an interactive overview of sibling needs and the purpose of Sibshops. Workshop attendees should plan to participate in Sibshop activities during the workshop.

Sara Owens-Keenan, LICSW, Family Liaison Social Worker & Joel V. Oberstar, MD, CEO and Chief Medical Officer – PrairieCare • SPLIT ROCK 2

72 **Extreme Parenting – It’s Not Typical Parenting**

Extreme Parenting Support and Education Groups provide a successful model for parent-driven service planning and direction through the lifespan of children with behavioral health disorders. For 15 years, Extreme Parenting has helped families survive challenges of raising children with extra needs. Learn how to create new groups and take part in a sample group to see how the process works.

Brenda Caya, MEd, MSW, Behavioral Health Family Advocate – Arc Northland, Nancy Christian, Parent, Author, & Randy Bryant, MSW student, Child Welfare Scholar • GOOSEBERRY 2

73 **Transitioning in Healthcare: Reform, Requirements, and Revelations**

National health insurance programs such as Medicare and Medicaid have increased demands on expectations and overall quality of the services they cover. The issue of quality becomes apparent when examining how medical and mental healthcare systems transition adolescents into adult care. This session will provide data from research in central Minnesota and look at efforts being made through Youth Assertive Community Treatment.

Shelly Richardson, DSW, LICSW, Director of Quality Assurance & Kris Blake, MSW, LICSW, Programs Coordinator – Northern Pines Mental Health Center • ROOM 202

74 **Creative Therapeutic Techniques**

In this session, attendees will learn 12 different creative therapeutic techniques that can be used with clients individually or with family groups at every stage of life. These techniques range from art therapy, to role playing, to basic whiteboard activities that help clients reframe and gain perspective on their issues while having fun.

Tamara Gehlen, MA, LMFT, LADC, CCTP, FLE, Program Director – WINGS Treatment Center • ROOM 204 – 205

75 **Vision Program: Creating Circles of Courage for Students and Their Families**

The Vision Program, a therapeutic Setting 3 program for students with Emotional Behavior Disorders, is a partnership between Bloomington Schools and Headway Emotional Health Services. The underlying philosophy of the program is based on the theory of the Circle of Courage. This presentation will provide an overview of the program, with a focus on creating collaborative partnerships between schools, families, and community mental health agencies.

Marcia Engel, MSE, Special Education Supervisor – Bloomington Schools & Susan Dannen, MSW, LICSW, RPT, Program Supervisor – Headway Emotional Health Services • SPLIT ROCK 1

76 **Secondary Traumatic Stress: Promoting Well Being in the Workplace**

This workshop will provide an overview of secondary traumatic stress (STS), including how to identify its symptoms and how to prevent it within the workplace. The presenter will share her personal experience with STS/Vicarious Trauma and her journey back to wellbeing. Both supervisors and supervisees will receive tools and skills to create a supportive work environment that promotes the wellbeing of employees and the agency as a whole.

Brenda Anderson, LSW, Intensive Permanence Specialist & Mechele Pitt, MSSW, LCSW, LICSW, Chief Operating Officer – Anu Family Services • ST. LOUIS

77 **A Basic Introduction to the Nurtured Heart Approach**

Workshop participants will learn the basic concepts of the Nurtured Heart Approach, including how it can impact and change the way one interacts with others (students, clients, and family) as well as the benefits of this approach.

Doris Moylan, MSW, LICSW, School Social Worker & Jimmie Heags, Jr., LPSC, School Counselor – Edgewood Education Center/Intermediate District 287 • GOOSEBERRY 3

78 **The Impact of Reflective Supervision on Early Childhood Professional Practice: A Case Study**

This session will showcase preliminary findings from a reflective practice pilot project implemented across eight childcare and early education sites. In addition to project evaluation results, participants will review the basic tenets of reflective supervision, observe reflective practice in process, brainstorm strategies to implement, and design reflective supervision models in their own work.

Mary Ann Marchel, PhD, Associate Professor & Insoon Han, PhD, Associate Professor U of MN Duluth • GOOSEBERRY 1

“I love this conference. I find many workshops that help me with what I need to accomplish for my son. This is the only conference I attend and my only time away from my son.”
 -2013 Conference Attendee

Key	Technical Levels	Target Audience
	<ul style="list-style-type: none"> ■ Basic ■ Intermediate ■ Advanced 	<ul style="list-style-type: none"> ■ Parents ■ Professionals ■ Parents & Professionals ■ Early Childhood Pro

details on page 2

Easily Customize Your Conference Experience!

MACMH Conference Tracks

Choose any workshop or follow MACMH suggested tracks

The track list is organized by profession, hot topics, and age group. We hope this helps you get the most out of your conference experience.

Session Title

	<i>Educators/School Personnel</i>	<i>Social Worker, Psychologist, MFT & Counselors</i>	<i>Early Childhood Professional</i>	<i>Parents & Caregivers</i>	<i>Correctional Workers</i>	<i>Trauma</i>	<i>Disorders & Treatment</i>	<i>Disruptive Behaviors</i>	<i>Cultural Competency</i>	<i>Teen/Adolescent</i>	<i>DSM-5 Information</i>	<i>Clinical Content</i>
Sunday, April 27 • Symposia												
A. Moving Toward Someone Who Hurts You: Effects of Family Violence on Children's Development		✓	✓	✓		✓						✓
B. The New DSM-5: A Clinical Discussion Through a Developmental Lens	✓	✓			✓		✓				✓	✓
C. Children of Trauma: Helping Their Parents Heal Them	✓	✓		✓		✓		✓				
Monday, April 28 • Session 1												
1. Wrong Side of the Tracks: How Poverty Impacts Student Learning and Mental Health	✓	✓	✓	✓		✓			✓			
2. Preventative Mental Health: Maximizing the Capacity to Thrive	✓	✓								✓		✓
3. Understanding Applied Behavior Analysis: What We Can Learn from Children with Autism	✓	✓	✓	✓	✓		✓					✓
4. Access to Mental Health Services through Primary Care Clinics	✓	✓		✓								
5. Supervision in the Front Lines of Complex Trauma Services	✓	✓				✓		✓		✓		✓
6. Expand Your Social Skills Tool Box!	✓	✓	✓	✓			✓	✓				✓
7. Therapeutic Language: Relating to Dysregulated Children and Setting Goals in Treatment	✓	✓	✓	✓	✓		✓	✓		✓		✓
8. Explosive, Angry, and Irritable: Disruptive Mood Dysregulation Disorder — A New Diagnosis	✓	✓		✓	✓		✓	✓			✓	✓
9. Change the Environment, Not the Child: FASD & Strategies for School Success	✓	✓		✓				✓				
10. Moving Mountains: A Mind-Body Tool Kit to Calm Explosive, Reactive, and Anxious Children	✓	✓						✓				✓
11. Autism Spectrum Disorder in Childhood and Adolescence; From Understanding to Action	✓	✓		✓			✓				✓	✓
12. Got Grief? The Practitioners Toolbox	✓	✓				✓				✓		✓
13. Trauma Informed Care in Early Childhood	✓	✓	✓			✓						✓
Session 2												
14. Working with Complex, Multi-Stressed Children and Families	✓	✓					✓			✓		✓
15. Strategies to Help the Struggling Students	✓		✓	✓			✓	✓				
16. Executive Functioning Challenges: Definition and Intervention Strategies	✓	✓		✓					✓			✓
17. Healing Spaces to Promote Well-Being	✓	✓	✓					✓		✓		
18. Teens, social media, and body image.	✓	✓		✓			✓			✓		✓
19. Personal Outlook on Fetal Alcohol Spectrum Disorders	✓	✓		✓						✓		
20. Reimagining Residential Placement for Youth		✓		✓								
21. Be/Coming Out and Identity Development for LGBTQ Youth: It's Not a One Time	✓	✓			✓				✓	✓		✓
22. Shared enjoyment with your young child with ASD			✓	✓								
23. PCIT: An overview of evidence based treatment for children with behavioral concerns	✓	✓	✓	✓			✓	✓				✓
24. Talking about Mental Health with Educators: Listen, Observe, Understand, Empathy, Express and Encourage	✓	✓	✓						✓			
25. Talking to Children about Adoption & Foster Care		✓	✓	✓		✓				✓		✓
26. Infants and Toddlers: Advances for Promoting the Healthy Development of Minnesota's Youngest Citizens		✓	✓	✓								
Session 3												
27. ANALYZING THE BULLY	✓	✓			✓			✓		✓		
28. Adolescent Suicidal Ideation and Self-Injurious Behaviors: Safety Planning and Communicating Effectively with Teens	✓	✓		✓	✓		✓			✓		✓
29. Understanding Attachment and Rethinking Behavior: Healing for Children Who Have Experienced Trauma	✓	✓		✓		✓	✓	✓				✓
30. Evidence-Based CBT Skills Training for Adolescents with Emotional Disorders	✓	✓		✓			✓	✓		✓		✓
31. ADHD Update 2014	✓	✓		✓	✓		✓	✓		✓	✓	✓
32. Diagnosis and Treatment of Pediatric Depressive Disorders	✓	✓	✓				✓			✓	✓	✓
33. The Mindful Classroom	✓	✓								✓		
34. Relational, Contextual, Cultural: A Practice-Based Evidence Approach to School-Based Mental Health	✓	✓							✓	✓		✓
35. Helping Children with Sexual Behavior Problems	✓	✓	✓	✓	✓		✓	✓		✓		✓
36. Working with LGBTQ Youth	✓	✓			✓					✓		✓
37. Transitions: Supporting Your Young Adult with Mental Health Issues				✓						✓		
38. Ethics in the Use of Electronic Communication – Untangling the Personal and Professional	✓	✓		✓						✓		
39. Self-Regulation: Quick and Easy Strategies to Implement	✓	✓	✓	✓			✓	✓				✓

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The track list is organized by profession, hot topics, and age group. We hope this helps you get the most out of your conference experience.

Session Title

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Tuesday, April 29 • Session 4												
U of MN Research to Practice Session												
40. Research and Reflections About Incarceration and Families: What Do We Know?	✓	✓	✓	✓	✓	✓						
41. Adverse Childhood Experiences: the Research, the Data, and the Minnesota Response	✓	✓		✓	✓	✓						
42. DBT for teens & adolescents	✓	✓		✓			✓		✓	✓		✓
43. Cultural Influences: Definitions and Examples	✓	✓						✓				✓
44. Grief, Loss & Trauma For Youth Who Have Lived in Out-of-Home Care.	✓	✓		✓		✓		✓	✓			✓
45. Pigtails and Drama: Girls and Autism	✓	✓		✓		✓						✓
46. Introduction and Application of Mental Health Consultation in Schools and Beyond	✓	✓				✓						✓
47. Restoring Awareness, Belonging, and Identity through Body Centered Psychotherapy		✓				✓			✓			✓
48. Creating More Trauma Sensitive Schools	✓	✓		✓		✓						
49. Signs of Safety with Children's Mental Health	✓	✓		✓			✓					✓
50. Trauma Informed Care 101	✓	✓		✓	✓	✓						✓
51. Eating Disorders: Not Just a Teenage Phase	✓	✓		✓		✓			✓	✓		✓
52. Rhythm of Engagement – Expressive Arts Therapies and Healing Trauma	✓	✓				✓						✓
Session 5												
U of MN Research to Practice Session												
53. Mothers of Bedford: A Film by Jenifer McShane	✓	✓	✓	✓	✓	✓						
54. Psychiatric Aspects of Youth Violence	✓	✓		✓	✓		✓	✓		✓		✓
55. Social Media Crisis Management in Day/Residential Treatment Programs	✓	✓			✓				✓			✓
56. Using Multiple Intelligence to Teach Group Social Skills	✓						✓					
57. Peer Family Specialists and Parent Teaming Trainers; Putting Experience To Work	✓	✓		✓								
58. Maximizing Funding for School IEP Mental Health Services	✓	✓		✓								
59. LiveAbilities: Making It as Adults with Fetal Alcohol Spectrum Disorders (FASD)	✓	✓		✓		✓			✓			
60. Substance abuse and mental health disorders in adolescents; implications for aftercare and education	✓	✓			✓	✓			✓			✓
61. Culturally Affirmative Services: Going Beyond Cultural Sensitivity	✓	✓			✓			✓				
62. Parents and Medical Professionals Partnering to Provide Parent Support	✓	✓		✓								
63. DIRT GROUP — Growing to Learn, Learning to Grow	✓	✓			✓				✓			✓
64. Clinical Work with Gender Creative/Non-Conforming Children: What's Been Learned Over Last Five Years	✓	✓							✓	✓		✓
65. The Development of the Self: The REAL Outcome of Relationship-Based Intervention in Early Childhood Special Education	✓	✓	✓									
Session 6												
U of MN Research to Practice Session												
66. Interactive Discussion about Incarceration: Mothers of Bedford Film Recap and Question/Answer Session	✓	✓	✓	✓	✓	✓						
67. Anxiety Symptoms in Children and Adolescents: A Focus on Special Populations		✓	✓	✓			✓		✓	✓		✓
68. Dealing With Bullying	✓	✓		✓	✓			✓		✓		
69. A Journey with OCD: From Ritual to Hope	✓	✓		✓			✓		✓			
70. Improving Brain Function With EEG Biofeedback and Audio Visual Entrainment	✓	✓		✓			✓	✓	✓			✓
71. Completing the Circle: Looking Beyond the Needs of the Patient and Parent	✓	✓		✓								
72. Extreme Parenting- It's Not Typical Parenting!				✓				✓	✓			
73. Transitioning in Healthcare: Reform, Requirements, and Revelations.				✓								
74. Creative Therapeutic Techniques	✓	✓					✓		✓			✓
75. Vision Program: Creating Circles of Courage for Students and Their Families	✓	✓						✓		✓		
76. Secondary Traumatic Stress: Promoting Well Being in the Work Place	✓	✓			✓	✓						✓
77. A Basic Introduction of the Nurtured Heart Approach	✓	✓		✓		✓		✓				
78. The Impact of Reflective Supervision on Early Childhood Professional Practice: A Case Study		✓	✓			✓						✓

Learn more about MACMH and our workshops at www.macmh.org

MONDAY, APRIL 28, 2014 • Sessions 1 – 3

7:30 Registration | Continental Breakfast | Exhibits • Fitzgerald Exhibit Hall

Keynote Speaker • 9:00 – 10:00 am
Jonathan Friesen, LT, MA • LAKE SUPERIOR BALLROOM

10:00 – 10:15 Break | Exhibits

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

1. Wrong Side of the Tracks: How Poverty Impacts Student Learning and Mental Health • <i>Charlene Myklebust</i>	ROOM 204-205
2. Preventative Mental Health: Maximizing the Capacity to Thrive • <i>Lora Matz</i>	SPLIT ROCK 1
3. Understanding Applied Behavior Analysis: What We Can Learn from Children with Autism • <i>James Rechs & Jonathan Sailer</i>	GOOSEBERRY 3
4. Access to Mental Health Services: The Primary Care Clinics • <i>Katy Schalla Lesiak, Glenace Edwall, Heather Winesett, & Casey Ladd</i>	ROOM 202
5. Supervision in the Front Lines of Complex Trauma • <i>Krista Nelson & Shawn Schuette</i>	GOOSEBERRY 2
6. Expand Your Social Skills Tool Box! • <i>Cathy Thomas & Scott Graham</i>	ROOM 302
7. Therapeutic Language: Relating to Dysregulated Children and Setting Goals in Treatment • <i>Lauren Neitz, Matthew Witham, & Joel Hansen</i>	ROOM 203
8. Explosive, Angry, and Irritable: Disruptive Mood Dysregulation Disorder – A New Diagnosis • <i>Gary Johnson & Chris Bedford</i>	FRENCH RIVER
9. Change the Environment, Not the Child: FASD & Strategies for School Success • <i>Julia Conkel Ziebell</i>	ST. LOUIS
10. Moving Mountains: A Mind-Body Tool Kit to Calm Explosive, Reactive, and Anxious Children • <i>Marit Appeldoorn & Kathy Flaminio</i>	ROOM 304-305
11. Autism Spectrum Disorder in Childhood and Adolescence; From Understanding to Action • <i>Mitch Leppicello</i>	ROOM 303
12. Got Grief? The Practitioner's Toolbox • <i>Mechele Pitt & Brenda Anderson</i>	SPLIT ROCK 2
13. Trauma Informed Care in Early Childhood • <i>Tracy Schreifels & Pam Walz</i>	GOOSEBERRY 1

12:15 – 1:15 Lunch • Lake Superior Ballroom | Exhibits • Fitzgerald Exhibit Hall

1:15 – 2:30 Concurrent Workshops 14 – 26

14. Working with Complex, Multi-Stressed Children and Families • <i>Matthew Witham, Maggie Klefsaas & Laura Lundberg</i>	ROOM 304-305
15. Strategies to Help Struggling Students • <i>Nicci Johnson & Janel Poser</i>	ROOM 204-205
16. Executive Functioning Challenges: Definition and Intervention Strategies • <i>Sue Pederson, Valerie Lardinois, Pat Pulice, & Kathryn McCraw-Schuchman</i>	FRENCH RIVER
17. Healing Spaces to Promote Well-Being • <i>Karen Wend & Rick Dahl</i>	SPLIT ROCK 1
18. Teens, Social Media, & Body Image • <i>Heather Gallivan</i>	ROOM 302

19. Personal Outlook on Fetal Alcohol Spectrum Disorders • <i>Nancy Beyer</i>	GOOSEBERRY 3
20. Re-imagining Residential Placement for Youth • <i>Luke Spiegelhoff & Leslie Yunker</i>	GOOSEBERRY 2
21. Be/Coming Out and Sexual Minorities: It's Not A One-Time Thing • <i>Lake Dziengel</i>	ROOM 303
22. Shared Enjoyment With Your Young Child With Autism Spectrum Disorder (ASD) • <i>Heather Krug, Rachel Gardner & Ann Fisher</i>	ROOM 202
23. PCIT: An Overview of Evidence-Based Treatment for Children with Behavioral Concerns • <i>Sarah Oltzky & Emily Honken</i>	ROOM 203
24. Talking about Mental Health with Educators: Listen, Observe, Understand, Emphasize, Express and Encourage • <i>Shelley Neilsen Gatti & Tim Balke</i>	ST. LOUIS
25. Talking to Children about Adoption & Foster Care • <i>Elana Meesun Schuster & Christina Bast</i>	SPLIT ROCK 2
26. Infants and Toddlers: Advances for Promoting the Healthy Development of Minnesota's Youngest Citizens • <i>Michele Fallon, Megan Waltz, Lora Kussman & Debbie Hewitt</i>	GOOSEBERRY 1

2:30 – 3:00 Refreshments | Extended Break | Exhibits | Door Prize Drawings
 Fitzgerald Exhibit Hall

3:00 – 4:45 Concurrent Workshops 27 – 39

27. Analyzing the Bully • <i>Adam Arnold</i>	GOOSEBERRY 3
28. Adolescent Suicidal Ideation and Self-Injurious Behaviors (SI/SIB): Safety Planning and Communicating Effectively with Teens • <i>Megan Bona, Morgan Cusack, Amy Dols & Jaime M. Pieschke</i>	ROOM 204-205
29. Understanding Attachment and Rethinking Behavior: Healing for Children Who Have Experienced Trauma • <i>Kara Rogers & Heather Ley</i>	ROOM 302
30. Evidence-Based CBT Skills Training for Adolescents with Emotional Disorders • <i>Michael Bloomquist, Carrie Sweetser & Elliot Borgstahl</i>	ROOM 203
31. ADHD Update 2014 • <i>Gary Johnson & Chris Bedford</i>	ROOM 304-305
32. Diagnosis and Treatment of Pediatric Depressive Disorders • <i>Joel V. Oberstar</i>	ROOM 303
33. The Mindful Classroom • <i>Mary T. Schmitz</i>	GOOSEBERRY 2
34. Relational, Contextual, and Cultural: A Practice-Based Evidence Approach to School-Based Mental Health • <i>John Souza Jr. & Dave Hesse</i>	SPLIT ROCK 1
35. Helping Children with Sexual Behavior Problems • <i>Libby Bergman & Amy Moeller</i>	GOOSEBERRY 1
36. Working with LGBTQ Youth • <i>Jenny Andersen</i>	ROOM 202
37. Transitions: Supporting Your Young Adult with Mental Health Issues • <i>Andrea Lee</i>	SPLIT ROCK 2
38. Ethics in the Use of Electronic Communication – Untangling the Personal and Professional • <i>Carol F. Kuechler & Sarah K. Breyette</i>	ST. LOUIS
39. Self-Regulation: The Role of Responsive Caregivers • <i>Tracy Schreifels</i>	FRENCH RIVER

Tuesday, April 29th • Sessions 4 – 6

7:30 Registration | Continental Breakfast | Exhibits • Fitzgerald Exhibit Hall

Keynote Speaker • 9:00 – 10:00 am
Rebecca J. Shlafer, PhD • LAKE SUPERIOR BALLROOM

10:00 – 10:30 Refreshments | Extended Break | Exhibits |
 Door Prize Drawings • Fitzgerald Exhibit Hall

10:30 – 12:15 Concurrent Workshops 40 – 52

40. **U of MN Research to Practice Series: Research and Reflections About Incarceration and Families: What Do We Know?** • Rebecca Shlafer & Jason Marque Sole

FRENCH RIVER

41. **Adverse Childhood Experiences: the Research, the Data, and the Minnesota Response** • Autumn Baum, Melissa Adolfsen, & Mikki Manuska

GOOSEBERRY 1

42. **DBT for Teens & Adolescents** • Sarah Janzen, Julie Morin, Michael Brill & Taryn Jensen

ROOM 304-305

43. **Cultural Influences: Definitions and Examples** • Martha Aby & Angie Hirsch

SPLIT ROCK 1

44. **Grief, Loss & Trauma For Youth Who Have Lived in Out-of-Home Care** • Amelia Franck Meyer

GOOSEBERRY 2

45. **Pigtails and Drama: Girls and Autism** • Kim Busse & Amy Reid

ROOM 204-205

46. **Introduction and Application of Mental Health Consultation in Schools and Beyond** • Aric Jensen & Dana Turman

GOOSEBERRY 3

47. **Restoring Awareness, Belonging and Identity Through Body-Centered Psychotherapy** • Kedar Brown & Marie O. Davis

SPLIT ROCK 2

48. **Creating Trauma Sensitive Schools** • Mark Sander & Nancy Riestenberg

ST. LOUIS

49. **Signs of Safety with Children's Mental Health** • Angela Simon & Tammy Thompson

ROOM 302

50. **Trauma Informed Care 101** • Gary Eustice

ROOM 303

51. **Eating Disorders: Not Just a Teenage Phase** • Christy Zender & Laure O'Keefe

ROOM 202

52. **Rhythm of Engagement – Expressive Arts Therapies and Healing Trauma** • Patricia Lucas & Elizabeth Grambsch

ROOM 203

12:15 – 1:15 Lunch • Lake Superior Ballroom | Exhibits • Fitzgerald Exhibit Hall

1:15 – 2:45 Concurrent Workshops 53 – 65

53. **U of MN Research to Practice Series: Mothers of Bedford: A Film by Jennifer McShane** • Barbara "Bobby" Blanchard-Lewis

FRENCH RIVER

54. **Psychiatric Aspects of Youth Violence** • William Dikel

ROOM 204-205

55. **Social Media Crisis Management in Day/Residential Treatment Programs** • David Swenson & Roger Laaksonen

GOOSEBERRY 1

56. Using Multiple Intelligence to Teach Group Social Skills • Christine Morris	ROOM 304-305
57. Peer Family Specialists and Parent Teaming Trainers: Putting Experience To Work • Amelia Ortega, Ann McMahon, & Lucy Favorite	SPLIT ROCK 2
58. Maximizing Funding for School IEP Mental Health Services • Jill Johnson, George Holt	ROOM 303
59. LiveAbilities: Making It as Adults with Fetal Alcohol Spectrum Disorders (FASD) • Jodee Kulp	SPLIT ROCK 1
60. Substance Abuse and Mental Health Disorders in Adolescents; Implications for Aftercare and Education • Barbara Wornson	ROOM 302
61. Culturally Affirmative Services: Going Beyond Cultural Sensitivity • Rebecca Goffman & Alice Tindi	GOOSEBERRY 3
62. Parents and Medical Professionals Partnering to Provide Parent Support • Joel Oberstar, Lynne Peterson, Diane Allen, & Michele Dahn	ROOM 202
63. DIRT GROUP – "Growing to Learn, Learning to Grow" • Kenny Turck & Joni Turck	GOOSEBERRY 2
64. Clinical Work with Gender Creative/Non-Conforming Children: What's Been Learned Over the Last Five Years • Dianne Berg	ST. LOUIS
65. The Development of the Self: The REAL Outcome of Relationship-Based Intervention in Early Childhood Special Education • Carol F. Siegel & Panel of ECSE Professionals	ROOM 203

2:45 – 3:00 Break • DECC Lobby - Exhibit Hall Closed

3:00 – 4:15 Concurrent Workshops 66 – 78

66. **U of MN Research to Practice Series: Interactive Discussion about Incarceration: Mothers of Bedford Film Recap and Question/Answer Session** • Barbara "Bobby" Blanchard-Lewis, Jason Marque Sole & Rebecca Shlafer

FRENCH RIVER

67. **Anxiety Symptoms in Children and Adolescents: A Focus on Special Populations** • Brigitte King, Karin Hampton & Judith Strommen

ROOM 304-305

68. **Dealing With Bullying** • Maureen Tanis

ROOM 302

69. **A Journey with OCD: From Ritual to Hope** • Emma Friesen

ROOM 303

70. **Improving Brain Function With EEG Biofeedback and Audio Visual Entrainment** • Becky Aish

ROOM 203

71. **Completing the Circle: Looking Beyond the Needs of the Patient and Parent** • Sara Owens-Keenan & Joel V. Oberstar

SPLIT ROCK 2

72. **Extreme Parenting – It's Not Typical Parenting** • Brenda Caya, Nancy Christian, & Randy Bryant

GOOSEBERRY 2

73. **Transitioning in Healthcare: Reform, Requirements, and Revelations** • Shelly Richardson & Kris Blake

ROOM 202

74. **Creative Therapeutic Techniques** • Tamara Gehlen

ROOM 204-205

75. **Vision Program: Creating Circles of Courage for Students and Their Families** • Marcia Engel & Susan Dannen

SPLIT ROCK 1

76. **Secondary Traumatic Stress: Promoting Well Being in the Workplace** • Brenda Anderson & Mechele Pitt

ST. LOUIS

77. **A Basic Introduction to the Nurtured Heart Approach** • Doris Moylan & Jimmie Heags, Jr.

GOOSEBERRY 3

78. **The Impact of Reflective Supervision on Early Childhood Professional Practice: A Case Study** • Mary Ann Marchel & Insoon Han

GOOSEBERRY 1

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