2015 MACMH

Child & Adolescent Mental Health Conference

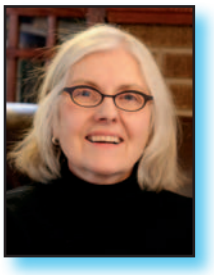
April 26 – 28 | 19th Annual Conference

Duluth Entertainment Convention Center (DECC) • Duluth, MN

Program

Keynotes

Monday, April 27, 2015



Anne R. Gearity, PhD, LICSW

Dr. Anne Gearity has a mental health practice in Minneapolis and is on the clinical faculty of the University of Minnesota Department of Child Psychiatry, School of Social Work and Post-graduate Certificate Program for Infant and Early Childhood Mental Health. Dr. Gearity designed and wrote *Developmental Repair* with colleagues at the Washburn Center for Children. *Developmental Repair* is an intervention model for at risk children with complex trauma; however, it is being used in many settings as a guide to a changing paradigm for working with children. In addition to mental health work, she is also consulting extensively with schools and child welfare to promote a parallel shift.

Dr. Gearity's keynote speech, ***What Constitutes Kindness - and Why Do We Lose It so Often?***, will address how at risk children and adolescents need adults to regulate stress, to make sense of experiences and to move towards better adaptation. Adults who work with vulnerable children must develop reflective capacity: the ability to see the child's point of view. But there is one step more: to assure that all of our interventions are delivered with a foundation of kindness.

Tuesday, April 28, 2015

Abi Gewirtz, PhD, LP

Dr. Abi Gewirtz is an Associate Professor in the Department of Family Social Science and Institute of Child Development, as well as Director of Graduate Studies, Prevention Science Minor at the University of Minnesota. Dr. Gewirtz is the Principal Investigator for several federally funded research projects including Ambit Network's Minnesota Continuum of Care for Child Trauma and ADAPT-After Deployment: Adaptive Parenting Tools.

Over the past fifteen years there has been increasing awareness of the impact of exposure to traumatic events on children. In her keynote speech, ***Trauma and Children's Mental Health: What Do We Know and What Are We Doing About It?***, Dr. Gewirtz will address how our awareness of the impact of trauma has changed and what legislation, practices, and policies at state and federal levels now make it easier for us to identify and respond to children exposed to violence and other traumatic events. She will also discuss what treatments and prevention programs work, particularly for underserved and minority families.

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
- Basic
- Intermediate
- Advanced

Target Audience
- P Parents
- Pr Professionals
- A Parents & Professionals
- Ec Early Childhood Focus

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

Conference Track List

The track list (included in our 2014 Conference Program) is now available on our website and **at on-site registration**. 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.

Download your copy at

macmh.org/tracks

Things to Know

Weather

Spring weather in Duluth and temperatures within the DECC facility may fluctuate. We suggest wearing light clothing and bringing a sweater or jacket to workshops.

Exhibits

Monday, April 27 • 7:30 am – 3:00 pm

Tuesday, April 28 • 7:30 am – 1:15 pm

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

Schedule Changes

MACMH reserves the right to substitute presenters, cancel workshops, and/or reschedule due to unforeseen circumstances. All changes will be announced and/or posted on the information boards.

Message Board

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

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.

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.

The following have been deemed as meeting one or more of the required 6 clinical content criteria.

Sunday:
- Symposium: A, B, C

Monday:
- Session 1:
  1, 3, 4, 6, 7, 8, 10, 11, 12, 13
- Session 2:
  14, 16, 19, 21, 22, 23, 24, 25, 27
- Session 3:
  28, 29, 30, 31, 33, 34, 35, 36, 38, 39, 40

Tuesday:
- Session 4:
  41, 43, 44, 45, 46, 47, 48, 51, 52, 54
- Session 5:
  56, 57, 58, 59, 60, 62, 64, 67, 68
- Session 6:
  70, 71, 72, 73, 76, 77, 78, 79, 80, 81, 82

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 MACMH Staff Ribbons

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!

Thank You Sponsors, Partners, and Volunteers!

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CONCRETE TREATMENTS & COATINGS

Sunday, April 26th

10:30 . . . . . .Supervision Registration
11:00 – 6:00. . . . . Supervision Workshop
1:30 – 6:00. . . . . General Registration
2:00 – 4:00. . . . . Symposia A, B, & C
4:00 – 4:15. . . . . Break
4:15 – 6:45. . . . . .MHED Talks©

Monday, April 27th

7:30 . . . . . Exhibits/Registration/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 – 27
2:30 – 3:00. . . . . Exhibits/Extended Break
3:00 – 4:45. . . . . Workshops 28 – 40

Tuesday, April 28th

7:30 . . . . . Exhibits/Registration/Breakfast
8:50 – 9:00. . . . . Announcements
9:00 – 10:00. . . . . Keynote
10:00 – 10:30. . . . . Exhibits/Extended Break
10:30 – 12:15. . . . . Workshops 41 – 54
12:15 – 1:15. . . . . .Lunch/Exhibits
1:15 – 2:45. . . . . Workshops 55 – 68
2:45 – 3:00. . . . . .Break
3:00 – 4:15. . . . . Workshops 69 – 82

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Building a permanency and adoption competent workforce in Minnesota

Enhance your practice working with children, youth and families.

More information about the Permanency and Adoption Competency Certificate at

http://z.umn.edu/pacc

2015-2016 cohorts in St. Paul and Duluth begin September 2015

Registration opens May 15, 2015

http://www.cehd.umn.edu/ssw/cascw
http://adoptionsupport.org/

Funding for PACC has been made available through Minnesota Department of Human Services

PrairieCare

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Coming Fall of 2015 to BROOKLYN PARK!

PrairieCare is devoted to offering comprehensive and integrated psychiatric services for all ages, including both inpatient and outpatient options for patient care.

MENTAL HEALTH SERVICES

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Children & Adolescents

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Clinic Services
All Ages

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All Ages

Psychiatric Care *evolved.*

this is what anxiety can feel like
this is what anxiety can feel like
what anxiety can feel like this is
feel like this is what anxiety can
feel like this is what anxiety can feel like
this is what anxiety can feel like this is what
anxiety can feel like this is what anxiety can feel like

Children struggle with more than learning to tie their shoes. Mental health issues start at a young age and, if left untreated, have life-long effects. Be aware and create bright futures for children striving for better mental health.

FRASER
Special needs ★ Bright futures®

MACMH Summer School for Professionals

June 30 - August 19, 2015

Minneapolis • Eagan • Maple Grove • Woodbury • Eden Prairie • Shoreview

Includes 3 workshops brought to you by MAIECMH

Ec Impact of Early Care Settings on Attachment Formation: An Opportunity to Support Development

June 30, 9:30 am – 12:30 pm • 3 CEHs
Maple Grove Community Center

Professionals who work in early childhood have an amazing opportunity to support the development of attachment with children in their care. This training will define attachment and explain factors that impact attachment. Attendees will learn how to identify attachment seeking behaviors and supportive responses. Strategies to support the development of healthy attachment between young children and their parents will also be described.

***Tracy Schreifels**, MS, LMFT, IMH-E® (III)*

—

Creative Therapeutic Techniques

July 7, 12:30 – 3:30 pm • 3 CEHs
Grace Church Eden Prairie

The techniques presented in this training can be used with clients at a variety of ages (child to adult) and can help to engage clients who may be resistant to therapy or treatment. Attendees will be reviewing a number of different tools such as a private logic game, the trash-can exercise and more that can be highly helpful in obtaining significant amounts of information in short amounts of time. We will talk about ways to increase our own spontaneity and engage the disengaged client.

***Tamarah Gehlen**, LMFT, LADC, CCTP, FLE*

—

Ec After Birth: Clinical Issues Related to Postpartum Depression and Parenting

July 20, 9:00 am – 12:00 pm • 3 CEHs
St. Mary's Greek Orthodox Church

Pre- and postpartum depression affects up to 20% of women in the United States. The longer the duration, the more it can interrupt a mother's ability to connect with her baby. This presentation will discuss clinical issues that therapists and/or home visitors may encounter when working with parents who experience depression after the birth of their child. Case examples will be discussed.

***Carol Siegel**, PhD, LP, IMH-E® (IV)*

—

50 Techniques for Working with Difficult, Defiant and Aggressive Adolescents

July 28, 9:00 am – 4:00 pm • 6 CEHs
St. Mary's Greek Orthodox Church

Often defiant, resistant and aggressive youth are prematurely discharged from school, residential treatment or other programs because of their behavior. It is vital that therapists, social workers and counselors maximize their clinical tools to facilitate successful retention. This workshop will provide participants with a better understanding of the underlying causes of difficult behavior and offer several strategies to increase retention in programs.

***Fred Dyer**, PhD, CADC*

—

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

August 6, 9:30 am – 12:30 pm • 3 CEHs
Eagan Community Center

Sometimes well-planned interventions with children in distress don't work as planned, and can even make situations 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. During the workshop, participants will have a chance to create a tool kit binder of helpful interventions.

***Marit Appeldoorn**, MSW, LICSW &*
***Kathy Flaminio**, LGSW, E-RYT 200*

ADHD Update 2015

August 11, 12:30 – 3:30 pm • 3 CEHs
Shoreview Community Center

This workshop will look at recent developments in ADHD diagnosis, evaluation, research and treatment. This year's update will have a special emphasis on new research related to autism and ADHD, as well as sleep and ADHD. Other recent developments regarding the role of exercise, nutrition, cognitive training and medication in the treatment of ADHD will also be reviewed.

***Gary Johnson,** PhD, LP, LMFT & **Chris Bedford**, PhD, LP*

—

Ec It Depends: The Answer to Almost Every Question About Managing the Challenging Behaviors of Young Children

August 19, 9:30 am – 12:30 pm • 3 CEHs
Central Park, Woodbury

Advances in the understanding of brain development and social-emotional development offer us a useful perspective on promoting young children's emerging capacities for the regulation of arousal, emotion, attention and behavior. This training offers a perspective on the underlying principles of interpreting and responding to the often challenging behaviors of toddlers and preschoolers as well as strategies for promoting emotional literacy and the development of self-regulation.

***Michele Fallon**, LICSW, IMH-E® (IV)*

More details coming soon
macmh.org

Summer is the ideal time to earn CEHs and deepen your skills and knowledge!
Featuring 3- and 6-CEH workshops conveniently located around the Twin Cities metro area.

Early registration and group discounts available!

Sunday, April 26th • Concurrent Workshops

General Registration • 1:30 – 6:00 pm • City Side

Option 1 - Symposia & MHED Talks 2:00 - 6:45pm - 4.5 CEHs | Option 2 - Supervision Workshop 11:00 am - 6:00 pm - 6 CEHs

OPTION 1 | Concurrent Symposia • 2:00 – 4:00 pm

A A

Leading Individuals through a Process of Change and Personal Health Transformation

• Harbor Side 302 – 303

Much of what social workers, psychologists, therapists and psychiatrists are charged to do is leading an individual through their own process of change. Yet when treatments are prescribed to individuals, we may not be adequately preparing them for the change they must undergo. This symposium will present practical principles of leading children and adults through change and introduce a framework to guide individuals through "the work" they need to do in undergoing their own personal heath transformation, regardless of what their underling health condition is.

***L. Read Sulik**, MD, Chief Integration Officer – PrairieCare*

B Pr

Mastering the Details—Blending Attachment and Trauma Treatment in Children's Mental Health: DSM-5 Treatment Goals, Plans and Selected Interventions • Harbor Side 304 – 305

Plenty of trainings for therapists today cover what trauma is, but few move into the "nitty-gritty" of writing treatment plans for youth and families with attachment disruptions and complex trauma. This workshop will illustrate ways to organize complex histories, write plans and target treatment for clients with Posttraumatic Stress Disorder and Reactive Attachment Disorder diagnoses, incorporating DSM-5 language and neuro-sequential trauma treatment methods. Participants will leave with a step-by-step map of how to deliver key components of trauma-focused treatment to some of our most challenging situations in community mental health.

***Krista Nelson**, LICSW, LMFT, Project Coord. – Wilder Foundation's Ctr. for Attachment and Trauma Education & **Crystal Salgado**, LICSW – Wilder Child Guidance Clinic*

C A Ec

Before the ABCs: Promoting Self-regulation for School Readiness • Gooseberry 1 – 3

An essential part of school readiness is the ability to regulate emotions and behavior, communicate and get along with others. Grounded in infant and early childhood mental health and communication-based strategies, this multidisciplinary workshop will offer an overview of the development of self-regulation and the role of communication skills, as well as evidence-based strategies for promoting self-regulation.

***Michele Fallon**, LICSW, IMH-E® (IV), Co-Chair – MAIECMH & **Christine Wing**, PhD, SLP, CCC, Trainer and Consultant*

MHED Talks© • 4:15 – 6:45 pm • CITY SIDE BALLROOM O

MHED Talks©

Mental Health Exploration & Discovery

MHED Talks is a presentation series in the spirit of TED Talks. Using stories – both personal and experiences from the field – speakers will be given 18 minutes to share their expertise on new concepts, programs, treatment models, research and healthcare trends.

DIRT GROUP: Growing to Learn, Learning to Grow

***Kenneth Turck**, MSW, LGSW, CEO – Crow River Family Servs.*

How Do Adverse Childhood Experiences Affect Later Mental and Physical Health, and What Can Parents Do to Intervene?

***Tina Feigal**, MSEd, Director of Family Engagement – Anu Family Servs.*

We Teach People How to Treat Us: Parent Child Relationships and Our Relational Selves

***Carol F. Siegel**, PhD, LP, IMH-E® (IV)*

Q & A networking session will immediately follow the presentation. There will be the opportunity to speak with the presenters, receive additional resources on the presented topics, and network with attendees. Hors d'oeuvres and refreshments will be available, as well as a cash bar.

OPTION 2 | Supervision Series • 11:00 am – 6:00 pm • Harbor Side 203 – 204

New this year! This workshop is FREE with full conference registration.

SW Pr

Essentials of Effective Supervisory Relationships and Application to Cross-Cultural Supervision

This six-hour workshop introduces participants to a conceptual model that explains the context within which supervision takes place, with an emphasis on the fundamental elements of the supervisory relationship—the dynamics of power and the establishment of shared meaning and trust—including an application of these concepts to a cross-cultural supervisory relationship.

In addition to lecture and the use of video role plays, participants will have an opportunity both to work with self-reflection questions about the elements of the relationship and to review a self-assessment tool that they can use with their supervisees in order to develop a deeper understanding of each other's cultural context and the impact of that context on their work. ***Extended description with learning objectives is available at macmh.org/supervision. Content covered is also applicable for professionals working with adults and is not child-specific.**

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.

***Tamara L. Kaiser**, PhD, LICSW, LMFT, is Professor Emeritus at the St. Catherine University/University of St. Thomas School of Social Work and is the co-founder and co-director of the School's Supervision Institute.*

Supervision registration will open at 10:30 am. You will be able to check in for the full conference at that time. A box lunch is available for $13, otherwise, plan on bringing your lunch or walking to Canal Park for lunch options.

6 CEHs | Check in opens: 10:30 am

11:00am – 6:00pm, 1 hour break for lunch

If you are only attending the supervision series, the cost is $99. Register early for a discount. Value of $159!

Special MACMH Training Event

Child Maltreatment: A Neurodevelopmental Perspective on the Role of Trauma & Neglect in Psychopathology

with **Bruce Perry**

September 29, 2015 • 4 CEHs

RENOWNED CHILD PSYCHIATRIST and Founder of Child Trauma Academy, Bruce D. Perry, MD, PhD, will be in the Twin Cities for a MACMH speaking engagement this fall! Save the date to hear Dr. Perry.

MACMH

Location & time to be determined. Watch your inbox and the MACMH website for forthcoming details.

MACMH's 8th Annual
Silent Auction & Award Gala

An Evening of Heart

Save the Date

Friday, November 6th, 2015

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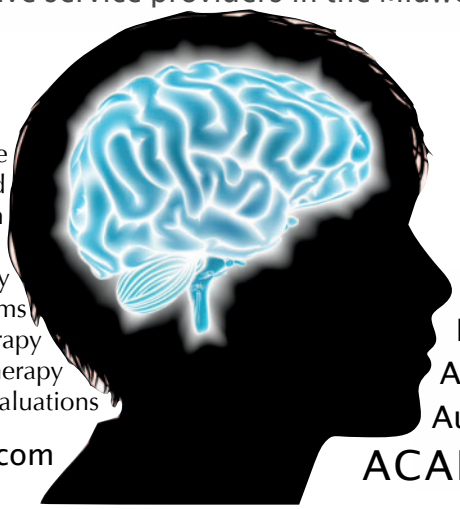

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Trauma Focused
30 Day Evaluation
Strength Based
Family Therapy
Sensory Rooms
Pet Therapy
Equine Therapy
NeuroPsychological Evaluations

Eau Claire
Milwaukee
Aurora Plains
Auburn Lake
ACADEMIES

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Keynote Speaker • 9:00 – 10:00 am • **Anne Gearity, PhD, LICSW** • Ballroom

Session 1 • Monday, April 27th • 10:15 am – 12:15 pm • Concurrent Workshops 1 – 13

1 Moving Through the Invisible Wall with Mind-Body Literacy for Catalyzing Change

Pr

When working with clients do you sometimes feel as though you have hit an "invisible wall"? This workshop will look at barriers to change stemming from unconscious and sabotaging beliefs that contribute to helplessness, anxiety and depression. The core skills of applied mindfulness will be explored and embedded in a practical, therapeutic, skill-based approach to help clients move beyond the "invisible wall" to achieve change and growth.

***Lora Matz**, MS, LICSW, Clinical Education Specialist and Psychotherapist – PrairieCare* • Split Rock 2

2 The World Is All Around Us: Creating a Culturally Responsive School Community

Pr

How can we help transition our schools into truly multicultural environments, creating an atmosphere where every student and staff member is seen and valued? In this dynamic workshop, participants will explore ways to access the cultural richness inherent in the gifts and contributions of our diverse students and staff. They will also learn and practice developing relationships by sharing and honoring spiritual, emotional and traditional differences.

***Lee Mun Wah**, MS, MA, Diversity Trainer – StirFry Seminars and Consulting* • Split Rock 1

3 The Development and Treatment of Borderline Personality Disorder Across the Lifespan

Pr

This presentation will focus on working with children and families using the Linehan Adherent DBT model. Systems, development, family history, attachment/temperament, parental attunement, reinforcement strategies, and client symptoms across the lifespan are essential in this work. The research literature, diagnostic criteria, bio-social model, and best practices will be discussed, as well as important developmental, relational and contextual considerations impacting the treatment of Borderline Personality Disorder across the lifespan.

***Christina Kress**, MSW, LICSW, Clinician & **Jennifer Rothschadl**, MA, PsyD, Post-Doctorate Clinical Psychology Fellow – MN Ctr. for Psychology* • Gooseberry 1

4 The Neurobiology of Attachment Trauma

Pr

This presentation will explore the basics of brain development and the various styles of parenting and its effects on brain development, attachment and future behavior. Understanding behavior from a neurophysiological perspective can help us develop empathy and understanding for our clients as well as appropriate interventions for both children and adults.

***Carin Wilson**, DSW, LCSW, Staff Lecturer – Univ. of WI Superior* • Room 203

5 School Mental Health Service and Payment Opportunities

Pr

Through lecture, panel and audience discussion, participants will hear about different mental health service models available in Minnesota schools. Upcoming changes to Children's Therapeutic Service and Supports (CTSS) affecting providers delivering IEP mental health services will be reviewed. Additionally, special education directors will share the options they are utilizing to implement mental health services in school settings across the state.

***Jill Johnson**, PN, Mental Health Consultant – MN Dept. of Human Servs., Children's Mental Health Division, **George Holt**, EdD, Supervisor, Spec. Ed. Funding and Data – MN Dept. of Ed., Division of School Finance, **Ann Bettenburg**, EdS, Student Servs. Dir. – Mounds View Schools, **Dan Porter**, MSW, LICSW, Dist. Lead School Social Worker – Northeast Metro Intermediate Dist. 916, & **Reggie Engebritson**, EdD, Exec. Dir. – Northland Learning Ctr.* • St. Louis

6 Neurotherapy: Training Young Brains for Improved Mental Health

A

This interactive workshop will provide an introduction to neurotherapy and neurofeedback and their applications in the children's mental health field. Research suggests that neurotherapy and neurofeedback can be powerful tools in empowering young people with addictions, ADD/ADHD, ASD, anxiety, depression, seizure disorders, developmental and other trauma, TBI, various cognitive processing disorders, sleep issues and many other conditions.

***Arlen Carey**, PhD, MSW, LICSW, Assoc. Professor of Social Work – Winona State Univ., AMAR Wellness Servs., **Stevan Huber**, MSW, LICSW, Therapist – Olmsted Co. Community Servs. Youth Behavioral Health & **Amy Carey**, MSW, LICSW, Therapist – AMAR Wellness Servs.* • Room 302

7 Can You Keep a Secret? Ethics and Mandated Child Abuse Reporting

Pr

This interactive workshop will explore the professional's ethical responsibility as a mandated reporter of sexual abuse, physical abuse and neglect. Participants will learn how to respond without compromising any future investigations when children begin to disclose abuse. Learn strategies to manage difficult choices related to the reporting of child abuse. *This course fulfills the MN Board of Social Work requirements of 2 clock hours in social work ethics.*

***Elizabeth Bergman**, LICSW, Exec. Director – Family Enhancement Ctr. & **Nancy Seger**, LGSW, Forensic Servs. Director – Cornerhouse* • Room 204 – 205

8 Moving from Anxiety to Optimal Wellness: Soothing Arousal and Transforming Wellbeing

A

This interactive session will present a framework for understanding the physiological arousal experienced in anxiety in children as well as in adults. Participants will come to understand how the sustained arousal of chronic stress, trauma and anxiety leads to significant emotional, physiological, and cognitive changes. This workshop will also review approaches to prepare an individual to change the conditioned patterns that often develop as a result of chronic anxiety and introduce a framework for a personal health and wellness transformation.

***L. Read Sulik**, MD, Child and Adolescent Psychiatrist, Chief Integration Officer – PrairieCare* • French River

9 You're Outta Here!

Pr

This workshop will discuss the grim reality of the impact of exclusionary practices in schools on children with mental health disorders and special education needs; particularly students of color and those living in poverty. Several alternatives to punishment and exclusion will be reviewed. This presentation is based on the *Guiding Principles: A Resource for Improving School Climate and Discipline*, published last year by the U.S. Department of Education.

***Charlene Myklebust**, PsyD, Exec. Director of Mental Health and Partnerships, MDE School Administrator – Intermediate Dist. 287 & **Wendy Loberg**, Administrator – Osseo School Dist.* • Gooseberry 2

10 50 Techniques for Working with Difficult, Defiant and Aggressive Adolescents

Pr

Often defiant, resistant and aggressive youth are prematurely discharged from school, residential treatment or other programs because of their behavior. It is vital that therapists, social workers and counselors maximize their clinical tools to facilitate successful retention. This workshop will provide participants with a better understanding of the underlying causes of difficult behavior and offer several strategies to increase retention in programs.

***Fred Dyer**, PhD, CADC, Consultant and Trainer – Dyer Trains* • Room 304 – 305

11 Using Play Therapy with Families Going Through Divorce or Separation

Pr

Many play therapists working with children of parents going through divorce and separation encounter unique and challenging family dynamics. This interactive workshop will cover ways to use both directive and non-directive techniques when working with children, as well as working more effectively with parents. Experiential activities to apply these techniques will also be included. Previous knowledge of play therapy is required.

***Megan Oudekerk**, PsyD, LMFT, RPT-S, Owner & **Christina Corwin**, MA, LMFT, Co-Owner – Cedar Valley Ctr. for Child & Family Therapy* • Room 202

12 Keynote Session: Understanding the Research and Clinical Dimensions of Kind Practice

Pr

A disposition for kindness must be much more than being nice to children and adolescents; it is an intentional stance and state of mind that allows clinicians to access the child's perspective and to use our own to provide energy for change. Motivation often becomes a significant obstacle to clinical interventions, and clinicians frequently must supplement children to move forward. Kindness is also a safeguard against professional burnout. This workshop will be an active exploration of the affective and communicative aspects of the therapeutic relationship, allowing participants to practice being effective with challenging and challenged children and adolescents.

***Anne Gearity**, PhD, LICSW, Clinical Faculty – U of MN Dept. of Child Psychiatry, School of Social Work and Post-graduate Certificate Prog. for Infant and Early Childhood Mental Health* • Room 303

13 Strengthening Families, Strengthening Communities: Implementing the Circle of Security©

Pr Ec

As a framework for understanding attachment theory and the essential features of attachment patterns, this presentation will introduce participants to Circle of Security©, a relationship-based early intervention program designed to enhance attachment security between parents and children. Presenters will describe the connection between access to reflection and program sustainability, implementation with different populations, and translating concepts into application across organizational settings in the Duluth area.

***Deidre Quinlan**, MSW, LICSW, IMH-E® (III), Teen Parent Specialist – Duluth Public Schools, **Jessica Schilling**, PhD, LP, Psychologist – Essential Health Polinsky Medical Rehab. Ctr. & **Mary Ann Marchel**, PhD, LGSW, Assoc. Professor – UMD* • Gooseberry 3

14 You Don't Know Me: The Therapeutic Alliance with Challenging Youth

Pr

An introduction to the clinical adolescent population, this interactive workshop will examine therapeutic alliance factors, identify implications in adolescent psychotherapy, and summarize existing literature on process and outcome research. This workshop will also provide therapeutic alliance building strategies for clinicians to implement in their clinical work with challenging adolescents. Active learning, discussion and lecture will engage attendees in this educational presentation.

***Becca Thompson**, MS, LAMFT, NCC, Doctoral Student, Mental Health Practitioner – MN State Univ. Mankato & **Casey Baker**, MS, LMFT, Marriage and Family Therapist – Journeys Toward Healing Counseling Ctr.* • **French River**

15 Create Calm: Without the Storm!

P

Are you frustrated with your child's poor listening, defiance and lack of self-control? Discover the number one reason for intense behavior and what you may be doing that unintentionally fuels the fire. In this interactive presentation participants will receive the top 3 holistic strategies from the innovative 5 Polka Dot Potion™ to calm behaviors associated with ADHD, Autism and FASD.

***Samantha Moe**, MA, SLP, Parent Coach and Life Coach – Brightening Connections* • **Room 204 – 205**

16 Helping Families Define "A Different Dream" as Part of the Grief Process

Pr

This presentation will provide an understanding of the grief process that many parents of children with special needs experience. It will explore stages of grief and how to best support parents and caregivers during their grief process, as well as provide a framework for sharing difficult information with parents. How culturally diverse families may understand and experience various diagnoses will also be discussed.

***Kristi Swenson**, PsyD, LP, Psychologist & **Amy Robinson**, MS, LPCC, BCBA, Clinical Counselor – Fraser* • **Room 302**

17 Strategies for Teaching Children and Youth about Mental Health

A

When working with children and adolescents, abstract activities can assist in initiating communication and enhancing learning. Through audience participation, this session will explore hands-on learning strategies and demonstrate "easy to make" tools for teaching or enhancing your mental health lessons.

***Nancy Streng**, MS, PMHNP-BC, Nurse Practitioner and School Counselor – ISD 742 & **Steve Streng**, MS, Rehabilitative Counselor – Streng Consulting* • **Room 203**

18 Supplemental Security Income: What, How, Why

A

Learn about Supplemental Security Income and what benefits low-income families with children with disabilities can receive. This workshop will cover not only the determination process and selection criteria, but also your role in the determination as a professional, a caregiver, or a teacher to identify families in need and make them aware of this benefit.

***Emily Olson**, EDPNA, Non-Attorney Representative – Disability Specialists* • **Gooseberry 3**

19 Somatic Interventions in Childhood Trauma

A

In addition to emotional and cognitive interventions, somatic interventions provide a holistic approach to treatment in childhood trauma. This workshop will focus on the themes of trauma and provide specific, practical somatic interventions that can be used at home, in the classroom or in therapy. Working with traumatized children requires self-care that will be included as part of this presentation.

***Coral Popowitz**, MSW, LGSW, CT, Exec. Director – Children's Grief Connection* • **Room 304 – 305**

20 True Life: Living with Fetal Alcohol Spectrum Disorders

A

What is it like to live with the challenges of Fetal Alcohol Spectrum Disorders (FASD)? A panel of articulate young adults will share their personal perspective about which interventions and supports are beneficial and which ones have failed them in the past. Their incredible journey provides insight and hope while exploring common challenges and long-term impacts for individuals with FASD.

Nancy Beyer**, Family Resource Coord. – MN Organization on Fetal Alcohol Syndrome & **Youth Panel • **St. Louis**

21 Working with Children in Supportive Housing: The Impact of Dialectical Behavioral Mindfulness Strategies

A

This workshop will explore the unique mental health challenges experienced by children living in supportive housing and how mindfulness skills address these challenges. The presentation will identify best practices of basic DBT mindfulness skills in professional capacities, and participants will have the opportunity to engage in mindfulness activities that may be applicable to their field of work.

***DeBorah Smith**, MEd, LACD, MBA, Prog. Director, **Daisy Lor**, Children's Servs. Coord. & **Alicia Koenig de Felipe**, MA, Art Therapist – New Foundations Prog., Proj. for Pride in Living* • **Room 202**

22 Complex Dual Diagnostic Processes: Children with Autism Spectrum Disorder and Down Syndrome

A

Children with down syndrome (DS) have a 10% risk of also being diagnosed with autism spectrum disorder (ASD). By outlining similarities and differences in the developmental and behavioral profiles of children with dual diagnoses, and by providing information on testing tools and resources, this presentation will help attendees to identify and support accurate diagnosis of ASD for children who have DS.

***Sue Pederson**, MS, LP, Psychologist, **Pat Pulice**, MA, LP, Psychologist & **Karin Hampton**, PhD, LP, Psychologist – Fraser* • **Room 301**

23 The Power of Early Intervention: A Day Treatment Model

A

Day treatment for preschoolers can be a powerful intervention for children with disturbed attachments, poor social skills or a history of trauma. Providing children with a supportive, nurturing environment can create a positive foundation for future success and healthy attachments. Through presentation, case example and activity, therapists and families will gain valuable information on the process and progress of the day treatment model.

***Anne List**, MSW, LICSW, Site Spvsr., **Sami Auger**, MSW, LICSW, Mental Health Professional & **Christina Bast**, MSW, LICSW, Mental Health Professional – Fraser* • **Split Rock 1**

24 Adaptive Therapy for Clients with Autism Spectrum Disorder

Pr

This presentation will focus on ways to adapt more traditional therapy sessions and strategies for children and adolescents who have been diagnosed with autism spectrum disorder (ASD). Strategies will span from working with very young children and their families to young adults.

***Rachel Gardner**, MA, LP, Psychologist, **Emily Honken**, MSW, LICSW, Independent Clinical Social Worker, **Gretchen Weber**, MSW, LICSW, Clinical Social Worker & **Brooke Anderson**, MA, LMFT, Marriage and Family Therapist – Fraser* • **Room 303**

25 Getting the Most and Giving the Most: What Truly Motivates the Human Heart

A

2-part series in sessions 2 and 3

Author of *Getting the Most and Giving the Most: Why Self-Help Books Don't Work* will lead this interactive presentation. Participants in this workshop will better understand the importance of focusing on the inner life and how foundations of motivation are formed through supportive and emotionally intimate relationships. Participants will learn how building these strong relationships, which are critical during childhood years, increase human motivation. This is the first part in a 2-part series.

***George Dubie**, MS, LP, MDiv, CEO – Greater MN Family Servs.* • **Gooseberry 1**

26 What's so Special About Working with Infants and Toddlers?: Introduction to MAIECMH's Multidisciplinary Endorsement Process

A Ec

Working with young children and their families requires a specialized set of competencies, firmly grounded in the unique developmental and relational needs of the earliest years. In this session, participants will learn about the Minnesota Association for Infant and Early Childhood Mental Health (MAIECMH) multidisciplinary system of evidence-based core competencies and endorsement that formally recognizes an individual's qualifications for working with children prenatal to five.

***Michele Fallon**, LICSW, IMH-E® (IV), Co-Chair – MAIECMH* • **Split Rock 2**

27 A Model of Early Childhood Mental Health Consultation

Pr Ec

Early childhood mental health consultation is an essential component for improving the mental health of young children and their families. Participants will be introduced to a working model of early childhood mental health consultation that has been implemented in a Head Start agency. This workshop will highlight specific strategies and curricula recommended for use with the early childhood population.

***Tracy Schreifels**, MS, LMFT, IMH-E® (III), Mental Health Specialist – Reach Up Inc.* • **Gooseberry 2**

Key

Technical Levels
- Basic
- Intermediate
- Advanced

Target Audience
- P Parents
- Pr Professionals
- A Parents & Professionals
- Ec Early Childhood Focus

details on page 2

28 Pr Connecting Mind and Body: Creating Integrative, Holistic Treatment Plans for Children and Families

How can professionals successfully weave holistic, mind-body interventions into their everyday clinical work? A review of integrative children's mental health domains (such as physiological self-regulation, nutrition and sleep, parental stress and others) will be provided. Participants will practice intervention design for each domain and discuss strategies for fitting these into the traditional diagnostic assessment and treatment plan format.

***Marit Appeldoorn**, MSW, LICSW, Psychotherapist and Consultant – Private Practice* • **Room 303**

29 Pr The Embodied Therapist: Therapy Skills for Developing Kinesthetic Empathy and Healing Trauma

How can embodied information enhance therapeutic efficacy? This experiential workshop will present theoretical frameworks and somatic techniques that promote nonverbal attunement and interoception. It will also introduce observation tools that can be used to understand the subtleties of nonverbal expression. Workshop participants will learn simple and practical tools applicable for a range of clinical and work settings.

***Barbara Nordstrom-Loeb**, MFA, MA, LMFT, BC-DMT, CMA, Marriage and Family Therapist and Dance/Movement Therapist – Embodying Psychotherapy & **Patricia Lucas**, PhD, R-DMT – Private Practice, Joining Hands Counseling* • **Chester Creek**

30 A Trauma-Informed Parenting: An Innovative Approach to Healing Children's Hearts

Traumatized, grieving children behave in mystifying ways. When equipped with the proper knowledge to help traumatized children heal, the results can be profound. Through lecture and small group discussions, participants will learn about the effects of trauma in children and understand how to bypass blame and provide encouragement.

***Tina Feigal**, MSEd, Director of Family Engagement – Anu Family Servs.* • **Gooseberry 3**

31 Pr Burdened Children: Children with Mentally Ill, Substance Abusing and Incarcerated Parents

Mentally ill, chemically dependent or incarcerated parents receive the attention of various services, but their children are often overlooked. Neglected, overwhelmed, abused, misunderstood and isolated, many of these children suffer from living with a parent whose behavior is compromised. This presentation will examine recent research on compromised parenting, risk and protective factors, impact on children and adolescents, and effects on developmental stages and later behavior.

***David Swenson**, PhD, LP, Psychologist and Professor – College of St. Scholastica* • **Room 203**

Key

Technical Levels
- Basic
- Intermediate
- Advanced

Target Audience
- P Parents
- Pr Professionals
- A Parents & Professionals
- Ec Early Childhood Focus

details on page 2

32 A Fidgety Fairy Tales: The Mental Health Musical

In its seventh original installment, tales are reimagined to raise awareness and reduce the fear and misunderstanding surrounding children's mental health issues. This session includes a 45-minute musical performed by a talented cast of young actors. Stories include: ***Robin Hood and His Band of Anxious Men*** (managing anxiety), ***Bluebeard*** (the negative effects of stigma), and ***The Myth of Demeter and Persephone*** (coping with the loss of a sibling).

Matt Jenson**, Co-director, **Marya Hart**, Co-director & **Youth Cast • **St. Louis**

33 Pr Educational Programming for Students with Attachment Disorders and Histories of Trauma

This session is designed to inform professionals about the diverse learning needs of students with attachment disorders or histories of trauma and to provide strategies to improve educational outcomes. Presenters will review research and best practices in the areas of assessment, classroom programming and school-based mental health supports for children with reactive attachment disorder.

***Caitlyn Willis**, MA, Spec. Ed. Teacher, **Kelly Meir**, EdS, School Psychologist & **Cara McGlynn**, MSW, LGSW, School Social Worker – Northeast Metro Intermediate Dist. 916* • **Room 204 – 205**

34 Pr Violent Youth and Mental Health

Many youth with mental health struggles are more likely to be sent to a juvenile corrections facility than a mental health treatment program. This session will explore how untreated mental health conditions can lead to aggression and violence, and the importance of incorporating mental health treatment into corrections to help youth reach their maximum potential.

***Hal Pickett**, PsyD, Director of Client Servs. – Headway Emotional Health Servs.* • **Gooseberry 2**

35 Pr A Practical Review of Psychiatric Pharmacotherapy

This workshop will review the psychiatric medications commonly prescribed for the treatment of mental illnesses in children and adults. Emphasis will be placed on explaining the major classes of medications, their mechanism of action and common side effects.

***Joel V. Oberstar**, MD, CEO and Chief Medical Officer – PrairieCare* • **French River**

36 Pr Developing Resiliency in Youth Exposed to Drugs in Their Homes and Communities

Many children and adolescents have been exposed to the stresses of alcohol and drugs in their homes and communities. Without help they are vulnerable to developing drug abuse, delinquency and violence. This interactive workshop will give teachers, social workers and other school personnel the tools needed to help build resilience in children and adolescents who are at risk.

***Fred Dyer**, PhD, CADC, Consultant and Trainer – Dyer Trains* • **Room 302**

37 A Behavioral Health Homes: A Planned New Care Coordination Model for Children

The "health home" option in the Affordable Care Act provides the opportunity to build a better system of health care integration and coordination to achieve improved health outcomes for children experiencing emotional disturbances and adults experiencing serious mental illness. This presentation will provide an overview of the health home option and Minnesota's planning for behavioral health home services.

***Richard Seurer**, MS, Mental Health Policy Specialist – MN Dept. of Human Servs. – Chemical and Mental Health Servs. Administration, **Jennifer Blanchard**, MPH, Interim Health Policy Director & **Lisa Cariveau**, MSW, LISW, Care Integration Planning Coord. – MN Dept. of Human Servs., Health Care Administration* • **Room 202**

38 Pr The Prognosis on Porn: Research and Treatment of Adolescents with Porn Addiction

Summarizing research surrounding the prevalence and impact of pornography abuse and addiction in adolescent boys and girls, this session will highlight the physical, social, and emotional consequences of pornography addiction as well as best practices in treating clients struggling with the issue. This session will include hands on strategies for working with this population.

***Jennifer Londgren**, MS, LMFT, NCC, Therapist – MN State Univ. Mankato & **Thad Shunkwiler**, MS, LMFT, LPCC, RPT, Clinical Director – Sioux Trails Mental Health Ctr.* • **Split Rock 1**

39 A Getting the Most and Giving the Most: What Truly Motivates the Human Heart

2-part series in sessions 2 and 3

Author of *Getting the Most and Giving the Most: Why Self-Help Books Don't Work* will lead this interactive presentation. Participants in this workshop will better understand the importance of focusing on the inner life and how foundations of motivation are formed through supportive and emotionally intimate relationships. Participants will learn how building these strong relationships, which are critical during childhood years, will increase human motivation. This is the second part in a 2-part series. Participation in part 1 is not required to attend part 2.

***George Dubie**, MS, LP, MDiv, CEO – Greater MN Family Servs.* • **Gooseberry 1**

40 A Ec Self-Regulation: Quick and Easy Strategies to Implement

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

***Tracy Schreifels**, MS, LMFT, IMH-E® (III), Mental Health Specialist – Reach Up Inc.* • **Room 304 – 305**

Save the Date:

2016 Annual Conference
April 24, 25, & 26, 2016

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.

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Minnesota Association For Infant & Early Childhood Mental Health

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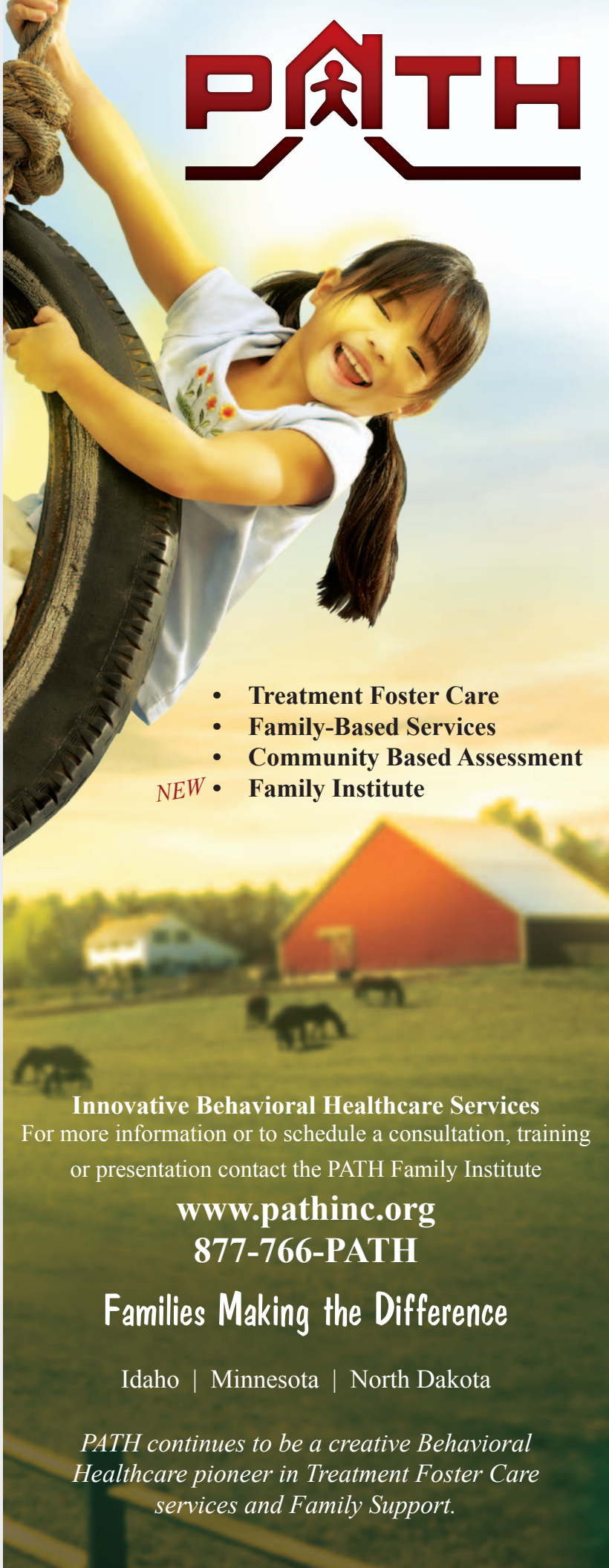

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Keynote Speaker • 9:00 – 10:00 am • **Abi Gewirtz, PhD, LP** • Ballroom

Session 4 • Tuesday, April 28th • 10:30 am – 12:15 pm • Concurrent Workshops 41 – 54

41 U of MN Research to Practice Series: A. What Does it Mean to Be "Trauma-Sensitive" in Our Work? Engage with Colleagues to Share Definitions, Practices and Wisdom B. Healing Through Relationships - with Individuals, Organizations, Communities

Pr

There are many ways to be "trauma-sensitive" in our work. Participants will engage in discussion about our varied definitions of trauma-sensitive practice. Relationship building is critical for healing. Learn how to build therapeutic relationships in all settings, repair relationships and avoid retraumatization, and teach healing practices for everyday life. Join colleagues in interactive conversations that begin to create a community of learning. *Advanced Registration - presenters request attendees stay for all 3 workshops.*

***Cari Michaels**, MPH, Extension Educator – Extension Children, Youth and Family Consortium, U of MN & **Jessica Gourneau**, PhD, Interim Clinical Director – American Indian Family Ctr.* • **French River**

42 Mindfulness Based Education: Yoga Techniques for Managing Stress and Cultivating Strength in Students

Pr

Growing evidence shows that yoga therapy serves as an effective curriculum for increasing achievement and self-awareness, managing and reducing stress, and enhancing concentration and emotional balance. Learning about the science of yoga, participants in this interactive workshop will discover simple movements and breathing techniques that are tailored to different types of learners based on their unique and individual behaviors.

***Jenn Nelsen**, Spec. Ed. Teacher and Yoga Therapist – Augsburg Fairview Academy and One O Eight Solutions, LLC* • **Room 302**

43 EMDR - An Effective Treatment for Children Who Have Experienced Trauma

Pr

In this workshop, participants will gain a basic understanding of the impact of trauma on the brain and how Eye Movement Desensitization Reprocessing (EMDR) promotes a physiological change on a neurological level, which can be an effective treatment method for children who have experienced trauma. Fundamentals of EMDR will be discussed, along with case studies and a simulated, videotaped EMDR session.

***Kathleen Mathews**, LICSW, Crisis Stabilization Spvsr. and Therapist & **Jenny Britton**, LICSW, Intensive In-Home Spvsr. and Therapist – Washburn Ctr. for Children* • **Split Rock 1**

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

Pr

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

***Lauren Nietz**, LICSW, Therapist, Consultant and Trainer & **Joel Hansen**, LICSW, Day Treatment Spvsr. – Washburn Ctr. for Children* • **Room 204 – 205**

45 Treating Adolescent Trauma: Mindfulness-Based Cognitive Therapy

A

Adolescents can be especially vulnerable to the effects of trauma. This workshop will help professionals, practitioners and others working with adolescents better understand how to use Mindfulness-Based Cognitive Therapy (MBCT) when treating teen survivors of trauma. Through small group discussions and experiential activities, participants will learn the key points and ways to practice MBCT with teens.

***Allen Lipscomb**, MSW, LCSW, Faculty – USC School of Social Work* • **Room 303**

46 Helping Families Find Hope in Helping Their Child Recover from an Eating Disorder

Pr

Anorexia Nervosa is the third most common chronic illness in adolescents and the most lethal psychiatric illness. This session will introduce DSM-5 eating disorder diagnoses, prevalence, and screening tools that can be used in general mental health practice. An evidence-based treatment model for adolescents with eating disorders will be discussed, including specific case examples and role-plays for practical application.

***Heather Gallivan**, PsyD, LP, Clinical Director and Psychologist & **Kelly Senesac**, MA, LMFT, Marriage and Family Therapist – Melrose Ctr.* • **Room 202**

47 ADHD Update 2015

A

This workshop will look at recent developments in ADHD diagnosis, evaluation, research and treatment. This year's update will have a special emphasis on new research related to autism and ADHD, as well as sleep and ADHD. Other recent developments regarding the role of exercise, nutrition, cognitive training and medication in the treatment of ADHD will also be reviewed.

***Gary Johnson**, PhD, LP, LMFT, Psychologist and Director & **Chris Bedford**, PhD, LP, Psychologist – Clinic for Attention, Learning and Memory* • **Room 304 – 305**

48 Managing the Pitfalls and Dilemmas in Treating Children and Families Experiencing High Conflict

Pr

Families with high levels of parental conflict create significant challenges that may overwhelm and compromise the effectiveness of mental health practitioners. Through interactive methods participants will identify common pitfalls and dilemmas faced when treating families with high conflict. Strategies and best practices will be discussed in the context of several case studies where conflict was a significant factor.

***Michael Borowiak**, MSW, LICSW, Therapist and Consultant & **Lori Thibodeau**, MA, LAMFT, Marriage and Family Therapist – Phoenix Process Consultants Inc.* • **Room 203**

49 Mindfully Parenting the Spirited Child

A

This interactive presentation provides an overview of the neuroscience and practical applications of mindful parenting based on the work of Dr. Dan Seigel, Goldie Hawn, Dr. Shefali Tsabary and Susan Kaiser Greenland. Parents and caregivers will learn why mindfulness calms the brain and promotes thinking rather than reacting, and how simple exercises can be interwoven with daily life in order to improve familial relationships.

***Charlene Myklebust**, PsyD, Exec. Dir. of Mental Health and Partnerships, MDE School Administrator – Intermediate Dist. 287* • **St. Louis**

50 Creating Trauma-Sensitive Schools 2.0

A

Exploring toxic stress and adverse experience on adolescents, this session will look at trauma's impact on brain development, review findings from the Adverse Childhood Experiences study (ACEs) and propose what can be done to create more trauma-sensitive schools. Outlining opportunities to amplify and expand these efforts, the session will include an interactive discussion about possible next steps.

***Mark Sander**, PsyD, LP, School Mental Health Coord. – Hennepin Co. and Mpls. Public Schools & **Nancy Riestenberg**, Restorative Practices Specialist – MN Dept. of Education* • **Gooseberry 1**

51 Coming Out: Integration of LGBTQA Identity

A

Coming out is a highly individualized process for LGBTQA youth, and a difficult experience for families and professionals to understand the transition and what their role is. This presentation will explore the common experiences and reactions to coming out for LGBTQA youth and the meaning of this process in their cognitive and emotional development.

***Troy Weber-Brown**, MS, LMFT, Psychotherapist and Gender Therapist – Element Mental Health Servs.* • **Split Rock 2**

52 Diagnosis and Treatment of Pediatric Depressive Disorders

Pr

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 discussed, including both psychotherapeutic and pharmacotherapeutic modalities. Recent research regarding antidepressant-related suicide risk will also be presented.

***Joel V. Oberstar**, MD, CEO and Chief Medical Officer – PrairieCare* • **Gooseberry 3**

53 Enrich Your Wellness with Meditative Movements

A

Are you looking for a simple way to enrich your own health and well-being? In a busy and stressful world, we often lack the self-care we need to prevent burnout; Meditative Movements integrates mindfulness, movement and affirmations so you can release negative stress, replenish your own positive energy and establish healthy emotional boundaries. The benefits of practicing are an empowered mind and fit body.

***Ellie Peterson**, Inspirer – Power of Positive Workouts* • **Gooseberry 2**

54 Just ASK! Screening for Prenatal Alcohol Exposure

Pr Ec

Explore best practices when screening young children for histories of Prenatal Alcohol Exposure (PAE) and other drug exposures. Learn how professionals integrate universal and targeted screening into their routine process to better serve young children with exposure histories and the resulting challenges. Documentation and follow-up steps will be discussed. Learn about the effectiveness of the ASQ:SE to identify clusters of behaviors among children with PAE.

***Susan Terwey**, MS, Early Childhood Screening Proj. Manager – MN Organization on Fetal Alcohol Syndrome* • **Room 301**

55 U of MN Research to Practice Series:

Pr

Healing Through Self Care: How to Maintain Our Humanity in Difficult Situations

Helping others heal from trauma is difficult work. Learn how to walk with others while taking care of ourselves. Explore how to approach relationships, set up organizations and engage with our communities in ways that model what we want for others. Revisit the importance of avoiding isolation and maintaining humanity in the midst of professional demands. Reflect on what detracts from healing and how to realign our practices when needed. *Limited seating - presenters request attendees stay for all 3 workshops.*

***Shonda Craft**, PhD, LMFT, Assoc. Dean, College of Health Community and Professional Studies – Metropolitan State Univ. and Therapist and Clinical Supervisor – Kente Circle, LLC* • **French River**

56

A

Autism-Specific Partial Hospitalization Program

This workshop will highlight new research-based programming for children with Autism Spectrum Disorder (ASD) that addresses the lagging skills in areas of executive functioning and central coherence. Participants will explore how summer camps at Prairie St. John's utilize special interests such as space, science and videogames to develop social and executive functioning skills for youth with ASD. The development, foundation and evolution of this programming to start a partial hospitalization program will be discussed.

***Barbara Stanton**, PhD, LPCC, LMFT, Therapist & **Emily Coler-Hanson**, MS, LMFT, CGP – Prairie St. John's* • **Gooseberry 2**

57

A

Prevention and Early Intervention in Psychotic Disorders

Emerging models and studies from around the world are demonstrating that many of the debilitating effects of psychotic disorders or perhaps even the disorders themselves can be prevented, leading to fewer long-term difficulties for those who live with these illnesses. Families play a particularly important role in many of these emerging models, as do intensive combinations of services and supports. This workshop will survey what families, providers and communities can do to build capacity for prevention and early intervention.

***Glenace E. Edwall**, PsyD, PhD, LP, MPP, Retired Director – Children's Mental Health, MN Dept. of Human Servs.* • **Room 204 – 205**

58

A

Dialectical Parenting: A Technique for Parenting Children with Mood and Behavior Regulation Disorders

This interactive workshop will help those parenting or working with youth who have emotional or behavioral dysregulation. Participants will understand the underlying dynamics of dysregulation and explore a model to help address both mood and behavior in a more effective manner.

***Allison Peterson**, MA, LP, Psychologist and Owner – Mindful Families, LLC* • **Gooseberry 1**

59

Pr

The Adolescent Brain, Autobiographical Memory and Stories

It is well established that the adolescent brain is significantly different than the adult brain. This workshop will present current research on this topic, as well as how we can adjust our interactions with adolescents. Highlighting the autobiographical memory system, participants will learn how to co-create "stories" with adolescents to develop resilience and enhance self-esteem.

***Russell Johnson**, MSW, LCSW, ACSW, Social Worker & **Matthew Jameson**, MSW, LCSW, Social Worker – Meaningful Solutions* • **Split Rock 2**

60

Pr

Notching Up The Nurtured Heart Approach

Exploring the ways in which the Nurtured Heart Approach builds on strength and what is going right versus what is going wrong, participants will learn how this approach can impact and change the way one interacts with others and builds relationships that are supportive and nourishing. Participants will gain a better understanding of the method, learn specific techniques, and discover ways to teach the major concepts to others.

***Jimmie Heags, Jr.**, MA, LSC, LPCC, School Counselor, **Linda Seifried**, MSW, LICSW, Restorative Justice Lead and Diploma on Young Moms Coord., & **Doris Moylan**, MSW, LICSW, School Social Worker – Intermediate Dist. 287* • **Room 203**

61

A

Through the Eyes of Adoptees: Adoption Identity and Competence for Caregivers and Professionals

This session will enhance adoption-competent practice via a panel of professionals engrossed in a mix of adoption-related work, such as child welfare, research, education, and post-adoption clinical services. Panelists, who also identify as adult adoptees, will share experiences and recommendations, and answer questions from both a professional and personal lens on matters related to adoption and identity.

***Elana Meesun Schuster**, MSW, LICSW, Permanency & Adoptive Family Support Prog. Lead – Fraser, **Robert L. O'Conner**, MSW, LGSW, Assoc. Professor and Director of Multicultural Title IV-E Prog. – Metropolitan State Univ., **Fintan Moore**, MA, MSW, LGSW, Child Protection Social Worker – Hennepin Co. and Family Enhancement Ctr., **Shawyn Lee**, MSW, LGSW, Doctoral Candidate and Lecturer & **JaeRan Kim**, PhD, LISW, Stability, Permanency and Adoption Coord. at Ctr. for Advanced Studies in Child Welfare – UMN School of Social Work* • **Room 302**

62

Pr

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

Sometimes well-planned interventions with children in distress don't work as planned, and can even make situations 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. During the workshop, participants will have a chance to create a tool kit binder of helpful interventions.

***Marit Appeldoorn**, MSW, LICSW, Psychotherapist and Consultant – Private Practice & **Kathy Flaminio**, LGSW, E-RYT 200, Owner – 1000 Petals, LLC* • **Room 303 – 304 – 305**

63

P

Your Adult Child's Human Rights: Independent Living, Work, Marriage and Family Planning

This presentation will be hosted by a mother who is an advocate for independent living as well as a stepmother who is a family lawyer. Using a combination of lecture and story-sharing, this workshop will provide parents and other caretakers with the legal information, supports, and decision-making processes that the presenters have used to successfully support their son's dream of living independently.

***Jennifer Moore**, JD, Attorney – Moore Family Law, PA & **Cynthia Moore**, MS, Member – MN Statewide Independent Living Council* • **Room 301**

64

A

Creating a School District Mental Health Plan

This session will describe the process of creating a mental health plan for a school district and tailoring that plan to the unique needs of the district. It will describe important characteristics to consider when designing the plan, illustrating the reasons for each component and outlining the methodology of implementing its various components.

***William Dikel**, MD, Independent Consulting Child and Adolescent Psychiatrist* • **St. Louis**

65

A

Spare the Rod: Why American Parents Spank and How to Stop It

Everyone agrees that physical abuse is harmful, but what are the effects of non-abusive use of physical punishment? What is the impact of physical discipline on a child's ability to learn and grow? What about children living in countries that have made it illegal? What stops parents from giving up physical punishment? This workshop will offer some answers to these questions.

***Elizabeth Bergman**, LICSW, Exec. Director & **Amy Moeller**, LICSW, Clinical Social Worker – Family Enhancement Ctr.* • **Chester Creek**

66

Pr

Academic Outcomes Among Youth with Incarcerated Parents in Minnesota

Recent findings in the MN Student Survey (MSS) reveal new data on the educational outcomes for students with incarcerated parents. This session will include statistical analysis of the newly-added "incarcerated parents" variables in relation to students' attendance, behavior, achievement, engagement and school connectedness, and will include a discussion of next steps.

***Julie Atella**, MA, Research Scientist – Wilder Research, **Tyler Reedy**, MA, MSW, Research Consultant, & **Rebecca Shlafer**, PhD, Asst. Professor – U of MN* • **Split Rock 1**

67

Pr Ec

Healthy Identity and Understanding Bias and Stereotypes: Critical Foundations for School Success

This workshop will explore ways to support a parent's ability to build on a child's innate sense of empathy and eager curiosity about differences. Through activities, lecture and discussion, participants will gain concrete literacy-based strategies for building healthy and comprehensive positive identity and protecting children from the harmful impacts of biases and stereotypes.

***Meg Thomas**, MA, Early Childhood Prog. Manager & **Robin Starch**, Prog. Manager Elementary and Classroom Dynamics – AMAZE* • **Room 202**

68

Pr Ec

Making Reflective Practice Everyone's Approach: Minnesota's Maternal Infant Early Childhood Home Visiting Evaluation

In this presentation, researchers will share findings from Minnesota's Maternal Infant Early Childhood Home Visiting Expansion Project Evaluation. Presenters will discuss findings on the importance of resources, professional development in knowledge and skills, beliefs and attitudes, and local and statewide support. Results from an additional study, looking at how home visitors develop skills in reflective practice, will also be included.

***Karen Storm**, PhD, Research Associate, **Ann Bailey**, MA, Research Fellow & **Christopher Watson**, PhD, IMH-E® (IV), Co-Director of Ctr. for Early Education and Development – U of MN* • **Gooseberry 3**

69 U of MN Research to Practice Series:

Pr

A. Healing Through Engagement: Partnering in Thoughtful Program Development and Evaluation B. Trainings, Toolkits and Other Trauma-Sensitive Resources: Learn What They Are and How to Use Them

Participants will learn about the developing partnership between the U of MN and an urban St. Paul elementary school designed to create a trauma-sensitive school culture. Learn about changing school environments, modifying behavior dysregulation responses, and training for school personnel. Explore how to operationalize thoughtful and reflective program development and evaluation. Learn about resources from national and local organizations that can aid in creating trauma-sensitive practices, organizations and communities. *Limited seating - presenters request attendees stay for all 3 workshops.*

***Judy Myers**, MS, RN, Extension Educator – Extension Children, Youth and Family Consortium, U of MN & **Chris Bray**, PhD, LP, Co-Dir. – Ambit; Administrative Dir., Institute for Translational Research in Children's Mental Health, U of MN* • **French River**

70 Parenting Kids with ADHD (Executive Dysfunction)

A

Effective parenting is a challenge, especially when a child has difficulty paying attention. This presentation will uncover common myths about parenting a child with ADHD and offer a set of guiding principles to help parents get back on track, including specific academic strategies.

***Gary Johnson**, PhD, LP, LMFT, Psychologist and Director & **Chris Bedford**, PhD, LP, Psychologist – Clinic for Attention, Learning and Memory* • **St. Louis**

71 Parent and Child Contributions to Diagnostic Clarity: Differences and Biases Across Clinical Groups

A

Finding the most helpful diagnoses for children requires consideration of the contexts around them including the health and objectivity of those key adult informants, such as a parent or legal guardian, clinicians rely on for their perspectives on the child's real-world risk and functioning, and best options for treatment. This presentation will review protocols for clinical practice including testing and interviewing options.

***James Wojcik**, PhD, LP, Chief Research Officer – Natalis Outcomes & **Timothy Gibbs**, MD, Chief Medical Officer – Natalis Counseling & Psychology Solutions* • **Room 301**

72 Basic Mindfulness for Self Care

A

In this presentation, participants will be introduced to mindfulness meditation practice and its many proven, positive effects on physical and mental health and overall wellbeing. The presenter will cover basic concepts and skills, as well as some of the research that informs this practice. Participants will also have the opportunity to practice a few mindfulness techniques for everyday application.

***Carin Wilson**, DSW, LCSW, Staff Lecturer – Univ. of WI Superior* • **Room 203**

73 Children at the Border... in Minnesota: Emotional Implications for those Children

Pr

57,000 unaccompanied children arrived to the United States in just the last year. 173 of them are currently located in Minnesota. This presentation will help participants understand what possible traumatic experiences these unaccompanied minors might have faced in their journey and what symptoms they may be presenting as a result. Psychotherapy treatment options will also be discussed.

***Blanca Svedberg**, MEd, LPCC, RPT, Clinical Psychotherapist – West Side Community Health Servs.* • **Chester Creek**

74 Implementing Trauma-Informed Care Practices in a Special Education School District

Pr

Through a combination of lecture, case examples and discussion, this presentation will provide an overview of the implementation process of creating a trauma-informed care environment in a suburban special education district. Exploring overarching principals of the benefits and process, participants will learn specific implementation strategies, examine possible obstacles, and consider the initial steps towards creating a trauma-informed care environment in their own school districts.

***Anne Byer-Rajput**, PhD, LP, Psychologist & **Jennifer Petersen**, MSW, LICSW, Mental Health Coord. – Intermediate School Dist. 917* • **Split Rock 2**

75 TXT4LIFE: Suicide Prevention Program

A

TXT4LIFE, a suicide prevention program that began in 2011, is now beginning a statewide expansion. By opening the Minnesota affiliate of the National Suicide Prevention Lifeline to text messaging, there has been a dramatic increase in youth and young adults reaching out for help during a crisis. Learn about the techniques and strategies that have made this program successful.

***Meghann Levitt**, Public Health Educator and TXT4LIFE Regional Coord., NE MN – Carlton Co. Public Health and Human Servs., **Donna LeKander**, Director – Carlton Co. Children and Family Servs. Collaborative & **Eric McClellan**, MA, LMFT, TXT4LIFE Prog. Spvsr. – Canvas Health-Crisis Connection* • **Gooseberry 2**

76 Creative Therapeutic Techniques

Pr

This session will examine 13 hands-on activities to help aid the therapeutic relationship, as well as benefiting clients in the processing of their needs and issues.

***Tamarah Gehlen**, LMFT, LADC, CCTP, FLE, Prog. Director and Graduate Level Professor – WINGS* • **Room 204 – 205**

77 A Systemic Model of Family Intervention in Treatment Foster Care

Pr

This presentation will focus on the utilization of systems theory in providing Treatment Foster Care services. This systemic model allows for the provision of services to the child and the family while exploring their needs within the context of the family's history and community, thereby allowing continuity in services and the utilization of resources.

***Dale Twedt**, LICSW, LMFT, PATH COO & **Bill Kerzman**, MSW, Assoc. Director – PATH Family Institute* • **Room 202**

78 Equilibrium: Assertive Community Treatment Services for Ages 16-20

Pr

This workshop will give participants an overview of Assertive Community Treatment (ACT) services for youth ages 16 - 20 and how these services are bridging the gap between children's and adult mental health services. Youth ACT services are evidence based and new to the state of Minnesota as of 2014.

***C. Brien Godfrey**, MD, Psychiatrist & **Kristin Rotter**, LICSW, MSW, Team Leader, Equilibrium Youth Servs. – Guild Incorporated* • **Split Rock 1**

79 The Family and Friends Plan: Not Just for Cell Phones

Pr

Connection to important others is a core component of resiliency. Too often, we see that families and natural supports are not integrated where they are needed in school, care and treatment systems. In this workshop participants will learn how natural supports can be identified, engaged and utilized, leading to long-term sustainable results for children and youth.

***Ann Gaasch**, MA, Exec. Director, **Jay Hunter**, MA, LMFT, Clinical Spvsr. & **Anna VonRueden**, Family Servs. Manager – FamilyWise* • **Gooseberry 3**

80 Anxious Youth: The Practitioners Toolbox for Group Sessions

Pr

Feeling anxious or worried is common among adolescents, yet sometimes anxiety becomes an exaggerated, unhealthy response. This interactive presentation will highlight a ten-session group counseling framework to assist students experiencing heightened anxiety. Participants will be provided with access to the curriculum, weekly lesson plans and activities, as well as formative and summative assessments used with middle and high school students in the school setting.

***Molly Fox**, MSW, LICSW, Social Worker & **Amanda Bomstad**, MS, NCC, NCSC, Counselor – Mankato Area Public Schools* • **Room 303 – 304 – 305**

81 Bullying: What Is it and What Can We Do?

A

Helping students, staff and families understand bullying is crucial, especially given recent Minnesota legislation: Safe and Supportive Minnesota Schools Act. This workshop will define bullying, including the fine line between bullying, teasing and peer conflict. Participants will learn ways to support students, including social skills games, books, and activities, and will have the chance to share their own ideas and strategies that have worked for them.

***Catherine Thomas**, MSEd, LISW, School Social Worker & **Scott Graham**, MAEd, LSW, School Social Worker – St. Michael-Albertville Schools* • **Room 302**

82

A Ec

DC: 0-3R in Practice Best practices for the diagnostic assessment of young children from birth to age five include the use of the DC:0-3R tool. This presentation will describe how to implement the DC:0-3R process within a community mental health clinic, including specific assessment and observation tools, organization of visits, and the possible challenges of successfully involving caregivers. Diagnostic categorization and treatment recommendations will also be touched upon.

***Kelly Haack**, PhD, LP, Psychologist, **Claire Hysell**, MA, LPCC, Clinical Site Spvsr., **Alise Clark**, Pre-doctoral Intern & **Renee Latterell**, PsyD, LP, Psychologist – Fraser* • **Gooseberry 1**

Key

Technical Levels
- Basic
- Intermediate
- Advanced

Target Audience
- P Parents
- Pr Professionals
- A Parents & Professionals
- Ec Early Childhood Focus

details on page 2

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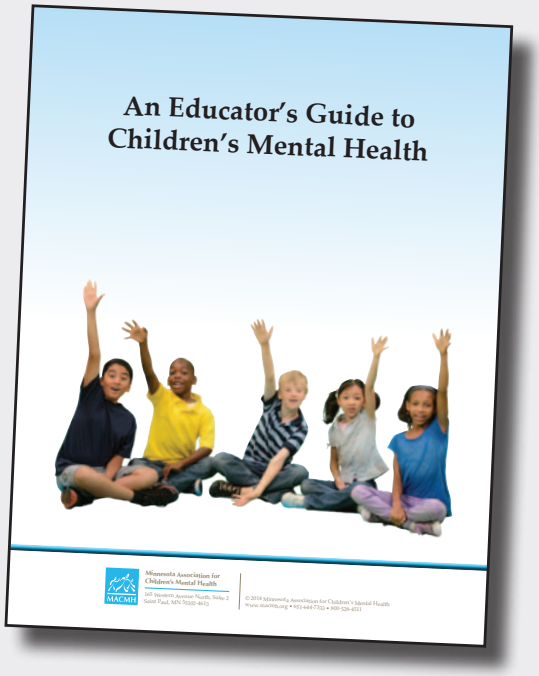

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Monday, April 27, 2015 • Sessions 1 – 3

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

Keynote Speaker • 9:00 – 10:00 am
Anne Gearity, PhD, LICSW • LAKE SUPERIOR BALLROOM

10:00 – 10:15 Break | Exhibits

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

1. Moving Through the Invisible Wall with Mind-Body Literacy for Catalyzing Change • *Lora Matz*	Split Rock 2
2. The World Is All Around Us: Creating a Culturally Responsive School Community • *Lee Mun Wah*	Split Rock 1
3. The Development and Treatment of Borderline Personality Disorder Across the Lifespan • *Christina Kress & Jennifer Rothschadl*	Gooseberry 1
4. The Neurobiology of Attachment Trauma • *Carin Wilson*	Room 203
5. School Mental Health Service and Payment Opportunities • *Jill Johnson, George Holt, Ann Bettenburg, Dan Porter & Reggie Engebritson*	St. Louis
6. Neurotherapy: Training Young Brains for Improved Mental Health • *Arlen Carey, Stevan Huber & Amy Carey*	Room 302
7. Can You Keep a Secret? Ethics and Mandated Child Abuse Reporting • *Elizabeth Bergman & Nancy Seger*	Room 204 – 205
8. Moving from Anxiety to Optimal Wellness: Soothing Arousal and Transforming Wellbeing • *L. Read Sulik*	French River
9. You're Outta Here! • *Charlene Myklebust & Wendy Loberg*	Gooseberry 2
10. 50 Techniques for Working with Difficult, Defiant and Aggressive Adolescents • *Fred Dyer*	Room 304-305
11. Using Play Therapy with Families Going Through Divorce or Separation • *Megan Oudekerk & Christina Corwin*	Room 202
12. Keynote Session: Understanding the Research and Clinical Dimensions of Kind Practice • *Anne Gearity*	Room 303
13. Strengthening Families, Strengthening Communities: Implementing the Circle of Security© • *Deidre Quinlan, Jessica Schilling & Mary Ann Marchel*	Gooseberry 3

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

1:15 – 2:30 Concurrent Workshops 14 – 27

14. You Don't Know Me: The Therapeutic Alliance with Challenging Youth • *Becca Thompson & Casey Baker*	French River
15. Create Calm: Without the Storm! • *Samantha Moe*	Room 204-205
16. Helping Families Define "A Different Dream" as Part of the Grief Process • *Kristi Swenson & Amy Robinson*	Room 302
17. Strategies for Teaching Children and Youth about Mental Health • *Nancy Streng & Steve Streng*	Room 203
18. Supplemental Security Income: What, How, Why • *Emily Olson*	Gooseberry 3
19. Somatic Interventions in Childhood Trauma • *Coral Popowitz*	Room 304 - 305
20. True Life: Living with Fetal Alcohol Spectrum Disorders • *Nancy Beyer & Youth Panel*	St. Louis
21. Working with Children in Supportive Housing: The Impact of Dialectical Behavioral Mindfulness Strategies • *DeBorah Smith, Daisy Lor & Alicia Koenig de Felipe*	Room 202
22. Complex Dual Diagnostic Processes: Children with Autism Spectrum Disorder and Down Syndrome • *Sue Pederson, Pat Pulice & Karin Hampton*	Room 301
23. The Power of Early Intervention: A Day Treatment Model • *Anne List, Sami Auger & Christina Bast*	Split Rock 1
24. Adaptive Therapy for Clients with Autism Spectrum Disorder • *Rachel Gardner, Emily Honken, Gretchen Weber & Brooke Anderson*	Room 303
25. Getting the Most and Giving the Most: What Truly Motivates the Human Heart *2-part series in sessions 2 and 3* • *George Dubie*	Gooseberry 1
26. What's so Special About Working with Infants and Toddlers?: Introduction to MAIECMH's Multidisciplinary Endorsement Process • *Michele Fallon*	Split Rock 2
27. A Model of Early Childhood Mental Health Consultation • *Tracy Schreifels*	Gooseberry 2

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

3:00 – 4:45 Concurrent Workshops 28 – 40

28. Connecting Mind and Body: Creating Integrative, Holistic Treatment Plans for Children and Families • *Marit Appeldoorn*	Room 303
29. The Embodied Therapist: Therapy Skills for Developing Kinesthetic Empathy and Healing Trauma • *Barbara Nordstrom-Loeb & Patricia Lucas*	Chester Creek
30. Trauma-Informed Parenting: An Innovative Approach to Healing Children's Hearts • *Tina Feigal*	Gooseberry 3
31. Burdened Children: Children with Mentally Ill, Substance Abusing and Incarcerated Parents • *David Swenson*	Room 203
32. Fidgety Fairy Tales: The Mental Health Musical • *Matt Jenson, Marya Hart & Youth Cast*	St. Louis
33. Educational Programming for Students with Attachment Disorders and Histories of Trauma • *Caitlyn Willis, Kelly Meir & Cara McGlynn*	Room 204 - 205
34. Violent Youth and Mental Health • *Hal Pickett*	Gooseberry 2
35. A Practical Review of Psychiatric Pharmacotherapy • *Joel V. Oberstar*	French River
36. Developing Resiliency in Youth Exposed to Drugs in Their Homes and Communities • *Fred Dyer*	Room 302
37. Behavioral Health Homes: A Planned New Care Coordination Model for Children • *Richard Seurer, Jennifer Blanchard & Lisa Cariveau*	Room 202
38. The Prognosis on Porn: Research and Treatment of Adolescents with Porn Addiction • *Jennifer Londgren & Thad Shunkwiler*	Split Rock 1
39. Getting the Most and Giving the Most: What Truly Motivates the Human Heart *2-part series in sessions 2 and 3* • *George Dubie*	Gooseberry 1
40. Self-Regulation: Quick and Easy Strategies to Implement • *Tracy Schreifels*	Room 304 - 305

Tuesday, April 28, 2015 • Sessions 4 – 6

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

Keynote Speaker • 9:00 – 10:00 am
Abi Gewirtz, PhD, LP • LAKE SUPERIOR BALLROOM

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

10:30 – 12:15 Concurrent Workshops 41 – 54

41. U of MN Research to Practice Series: A. What Does it Mean to Be "Trauma-Sensitive" in Our Work? Engage with Colleagues to Share Definitions, Practices and Wisdom B. Healing Through Relationships - with Individuals, Organizations, Communities • *Cari Michaels & Jessica Gourneau*	French River
42. Mindfulness Based Education: Yoga Techniques for Managing Stress and Cultivating Strength in Students • *Jenn Nelsen*	Room 302
43. EMDR - An Effective Treatment for Children Who Have Experienced Trauma • *Kathleen Mathews & Jenny Britton*	Split Rock 1
44. Therapeutic Language: Relating to Dysregulated Children and Setting Goals in Treatment • *Lauren Nietz & Joel Hansen*	Room 204 - 205
45. Treating Adolescent Trauma: Mindfulness-Based Cognitive Therapy • *Allen Lipscomb*	Room 303
46. Helping Families Find Hope in Helping Their Child Recover from an Eating Disorder • *Heather Gallivan & Kelly Senesac*	Room 202
47. ADHD Update 2015 • *Gary Johnson & Chris Bedford*	Room 304 - 305
48. Managing the Pitfalls and Dilemmas in Treating Children and Families Experiencing High Conflict • *Michael Borowiak & Lori Thibodeau*	Room 203
49. Mindfully Parenting the Spirited Child • *Charlene Myklebust*	St. Louis
50. Creating Trauma-Sensitive Schools 2.0 • *Mark Sander & Nancy Riestenberg*	Gooseberry 1
51. Coming Out: Integration of LGBTQA Identity • *Troy Weber-Brown*	Split Rock 2
52. Diagnosis and Treatment of Pediatric Depressive Disorders • *Joel V. Oberstar*	Gooseberry 3
53. Enrich Your Wellness with Meditative Movements • *Ellie Peterson*	Gooseberry 2
54. Just ASK! Screening for Prenatal Alcohol Exposure • *Susan Terwey*	Room 301

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

1:15 – 2:45 Concurrent Workshops 55 – 68

55. U of MN Research to Practice Series: C. Healing Through Self Care: How to Maintain Our Humanity in Difficult Situations • *Shonda Craft*	French River
56. Autism-Specific Partial Hospitalization Program • *Barbara Stanton & Emily Coler-Hanson*	Gooseberry 2
57. Prevention and Early Intervention in Psychotic Disorders • *Glenace E. Edwall*	Room 204 - 205
58. Dialectical Parenting: A Technique for Parenting Children with Mood and Behavior Regulation Disorders • *Allison Peterson*	Gooseberry 1
59. The Adolescent Brain, Autobiographical Memory and Stories • *Russell Johnson & Matthew Jameson*	Split Rock 2
60. Notching Up The Nurtured Heart Approach • *Jimmie Heags, Jr., Linda Seifried & Doris Moylan*	Room 203
61. Through the Eyes of Adoptees: Adoption Identity and Competence for Caregivers and Professionals • *Elana Meesun Schuster, Robert L. O'Conner, Fintan Moore & Shawyn Lee*	Room 302
62. Moving Mountains: A Mind-Body Tool Kit to Calm Explosive, Reactive and Anxious Children • *Marit Appeldoorn & Kathy Flaminio*	Room 303 - 304 - 305
63. Your Adult Child's Human Rights: Independent Living, Work, Marriage and Family Planning • *Jennifer Moore & Cynthia Moore*	Room 301
64. Creating a School District Mental Health Plan • *William Dikel*	St. Louis
65. Spare the Rod: Why American Parents Spank and How to Stop It • *Elizabeth Bergman & Amy Moeller*	Chester Creek
66. Academic Outcomes Among Youth with Incarcerated Parents in Minnesota • *Julie Atella, Tyler Reedy & Rebecca Shlafer*	Split Rock 1
67. Healthy Identity and Understanding Bias and Stereotypes: Critical Foundations for School Success • *Meg Thomas & Robin Starch*	Room 202
68. Making Reflective Practice Everyone's Approach: Minnesota's Maternal Infant Early Childhood Home Visiting Evaluation • *Karen Storm, Ann Bailey & Christopher Watson*	Gooseberry 3

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

3:00 – 4:15 Concurrent Workshops 69 – 82

69. U of MN Research to Practice Series: D. Healing Through Engagement: Partnering in Thoughtful Program Development and Evaluation E. Trainings, Toolkits and Other Trauma-Sensitive Resources: Learn What They Are and How to Use Them • *Judy Myers & Chris Bray*	French River
70. Parenting Kids with ADHD (Executive Dysfunction) • *Gary Johnson & Chris Bedford*	St. Louis
71. Parent and Child Contributions to Diagnostic Clarity: Differences and Biases Across Clinical Groups • *James Wojcik & Timothy Gibbs*	Room 301
72. Basic Mindfulness for Self Care • *Carin Wilson*	Room 203
73. Children at the Border... in Minnesota: Emotional Implications for those Children • *Blanca Svedberg*	Chester Creek
74. Implementing Trauma-Informed Care Practices in a Special Education School District • *Anne Byer-Rajput & Jennifer Petersen*	Split Rock 2
75. TXT4LIFE: Suicide Prevention Program • *Meghann Levitt, Donna LeKander & Eric McClellan*	Gooseberry 2
76. Creative Therapeutic Techniques • *Tamarah Gehlen*	Room 204 - 205
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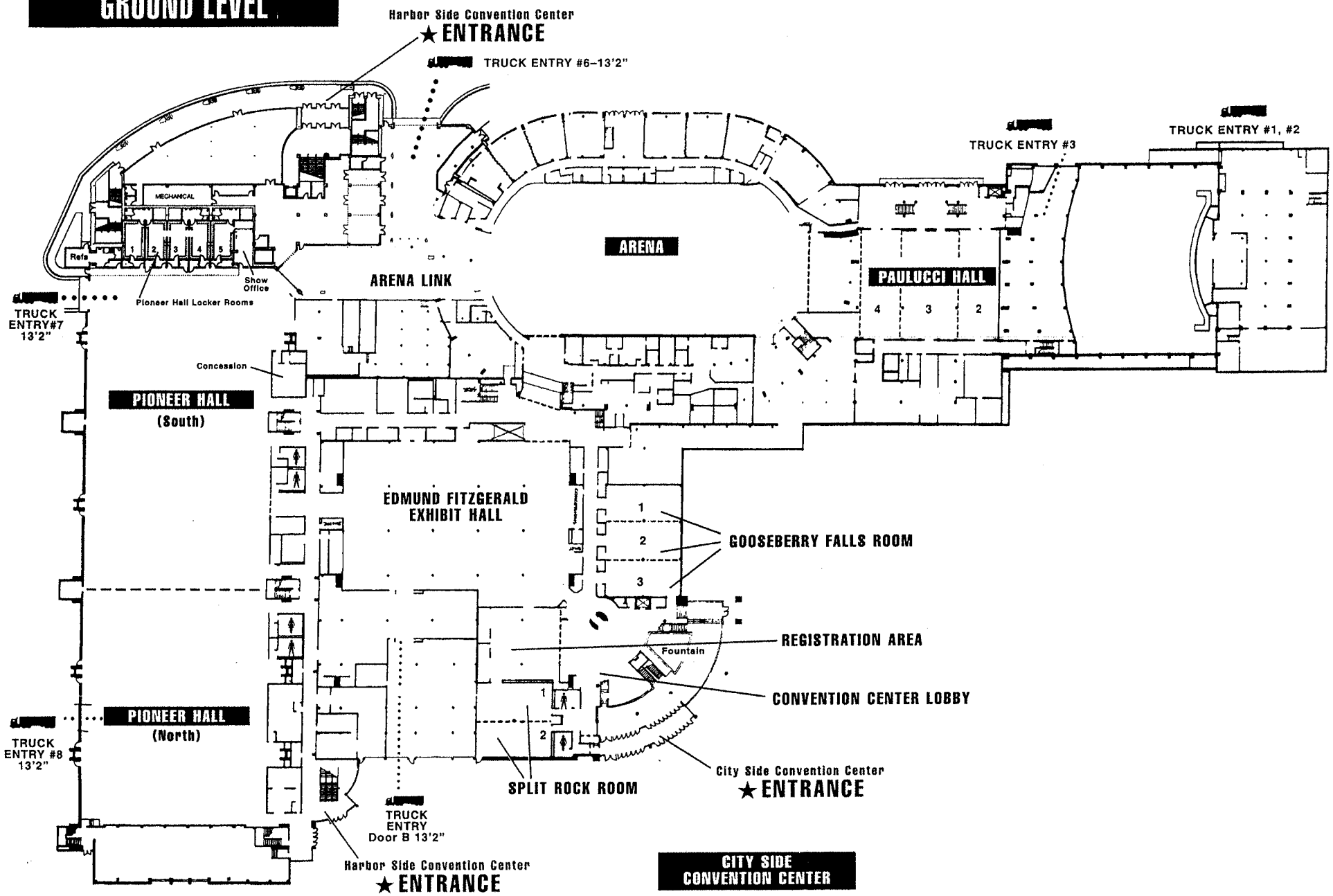
82. DC: 0-3R in Practice • *Kelly Haack, Claire Hysell, Alise Clark & Renee Latterell*	Gooseberry 1

GROUND LEVEL



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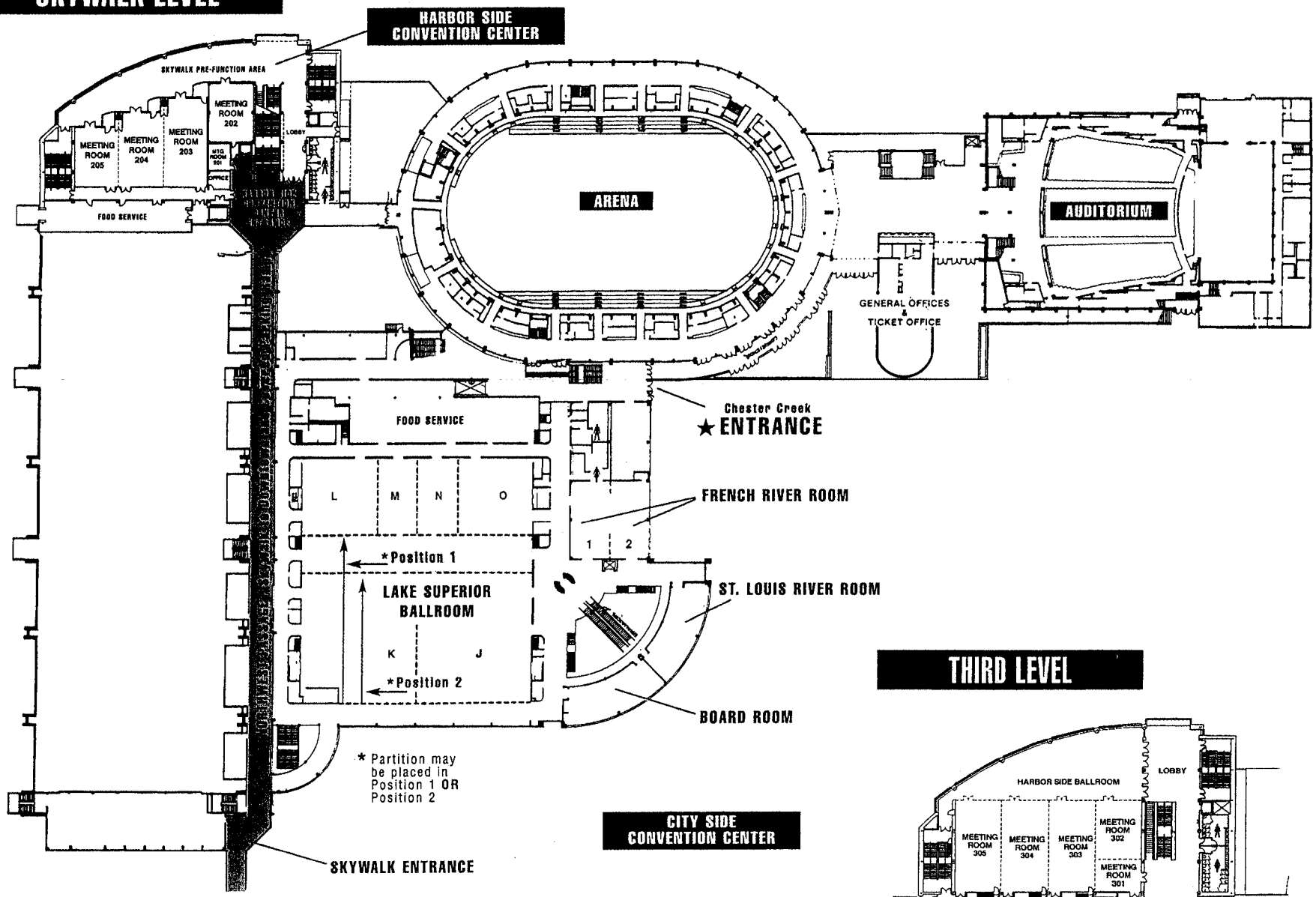

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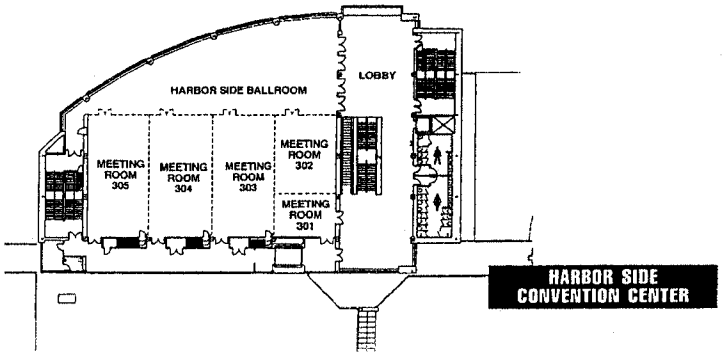

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