



Minnesota Association for
Children's Mental Health

*Register by March 21st
for a discount!*

2016 Keynotes



**Allen E. Lipscomb,
PsyD, LCSW**

*How to Foster Resiliency
Among African American
Youth... Learn more about
Dr. Lipscomb's keynote on
Page 5.*



Henry Emmons, MD

*The Science of Hope:
Prevention and Recovery
from Depression and
Anxiety... Learn more about
Dr. Emmons' keynote on
Page 9.*

2016 MACMH Child & Adolescent Mental Health Conference

April 24 – 26 | 20th Annual Conference

Duluth Entertainment Convention Center (DECC) in Duluth, MN

Join us at the largest children's mental health conference in the nation!

Workshop Descriptions

To improve clarity, we have eliminated our key. This year, look for this text after every workshop:

Level | Target Audience | Content

Level

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

Level I: Introductory material and background information is covered. • Audience needs no prior knowledge of topic.

Level II: Material builds on existing knowledge and goes well beyond basics. • Audience should have some background knowledge of topic.

Level III: Complex, in-depth concepts or features highlighted; basic and background information will not be covered. • Audience should have an intermediate understanding of topic.

Target Audience

Professionals: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Mental Health Professionals, Education Professionals (ie: Special Ed & Classroom Teachers, Paras, School Nurses, School Counselors, School Psychologists & School Social Workers), Health Care Professionals

Parents: Family Members, Parents, Grandparents, Caregivers, Foster Parents

All: Suitable for all attendees

To select workshops that are best-suited to your learning needs and interests, we recommend referring to the Workshop Content Matrix on page 13 and carefully reviewing workshop descriptions.

Clinical Content

Social workers are required to obtain CEHs with clinical content. The sessions marked with this designation qualify for the Board of Social Work's clinical content requirement.

Meals

Complimentary continental breakfast (in the Edmund Fitzgerald Exhibit Hall) and lunch are provided Monday and Tuesday to registered conference attendees. Lunch is served from 12:15 pm to 1:15 pm in Pioneer Hall and includes vegetarian (may include dairy) and gluten-free options. Dinner is not included.

Sunday attendees have the option of purchasing a boxed lunch during registration.

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 25 • 7:30 am – 3:00 pm

Tuesday, April 26 • 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.

Accessibility

If you need a reasonable accommodation (e.g., wheelchair accessibility, interpreter, braille, or large print materials), such accommodations will be made available upon advance request. Please contact the MACMH office on or before April 1, and for TTY, contact Minnesota Relay Service at 1-800-627-3529.

Cancellation

The deadline to receive a refund for your registration is on or before April 10, subject to a \$50 USD administrative cancellation fee. Refunds will be credited back to the original credit card used or a check will be sent to the original check address.

- Cancellations received after April 10 will not be eligible for a refund.
- Written cancellation is required by fax 651-644-7391 or email info@macmh.org.
- You may transfer your registration to a future workshop or conference if you meet the cancellation deadline. All transfer credits must be used within 2 years of the original event date.
- After the cancellation deadline you may transfer your registration to another person for the same event.

On-site Registration

On-site registration will be available as space allows.

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.

Conference attendees can earn up to:

6 CEHs on Sunday

6 CEHs on Monday

5.5 CEHs on Tuesday

for a total of up to: 17.5 CEHs for the entire conference.

Actual CEH amounts will be dependent upon your specific licensure board and attendance.

Post-Tests

Post-tests will be provided at on-site registration. Post-tests are only intended for social workers working toward their LICSW to help them meet clinical clock hour requirements.

**Register by March 21st
for a discount!**

**Registration closes
April 19th at 5pm.**

Cost

\$90 Sunday only • \$99 after March 21st
\$190 Monday only • \$199 after March 21st
\$280 Sunday & Monday • \$298 after March 21st
\$190 Tuesday only • \$199 after March 21st
\$280 Sunday & Tuesday • \$298 after March 21st
\$340 Monday & Tuesday • \$359 after March 21st
\$360 Sunday, Monday, Tuesday • \$379 after March 21st

Attend Sunday, Monday Tuesday and save!

We offer groups of 5+ from an agency or organization a registration discount of \$20 off each full (Sunday, Monday, and Tuesday or Monday and Tuesday) registration and \$10 off per all other combinations of days. You must call MACMH at 651-644-7333 to get the group discount code.

This annual conference is for people who care for or work with children and youth. It offers professionals and families opportunities to:

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

Who should attend?

Social Workers, Psychologists, Special Education & Classroom Teachers, Therapists, Nurses, Pediatricians, Counselors, Corrections Workers, School Administrators, Early Childhood Professionals, Parents & Caregivers

Visit www.macmh.org/conference for conference information, a Duluth Travel Guide and additional resources!

LODGING

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

Canal Park Lodge	\$104+	800-777-8560
Holiday Inn*	\$89+	218-722-1202
Inn on Lake Superior	\$99+	888-668-4352
Hampton Inn	\$124+	218-720-3000
The Suites	\$83+	800-794-1716
Park Point Marina Inn**	\$109+	218-491-7111

To book a discounted room at any of the hotels, please call the hotel and specify that you are looking for the MACMH group rate.

* The Holiday Inn is attached directly to the DECC by skyway.

** The Park Point Marina Inn is located across the lift bridge from Canal Park and is not within easy walking distance to the DECC. Check with the hotel for shuttle options.

Sunday, April 24th

10:30 Supervision Registration
11:00 – 6:00. Supervision Workshop
 11:30 – 5:30. General Registration
12:15 – 1:45 Policy Update
 1:45 – 2:00. Break
2:00 – 4:00. Symposia A, B, & C
 4:00 – 4:15. Break
4:15 – 6:45. MHED Talks™

Monday, April 25th

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 – 26
 2:30 – 3:00. Exhibits/Extended Break
3:00 – 4:45. Workshops 27 – 39

Tuesday, April 26th

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 40 – 52
 12:15 – 1:15. Lunch/Exhibits
1:15 – 2:45. Workshops 53 – 66
 2:45 – 3:00. Break
3:00 – 4:15. Workshops 67 – 77

Schedule

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Duluth Entertainment Convention Center • DECC
 350 Harbor Drive • Duluth, MN
 1-800-628-8385 • www.decc.org

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

Parking: DECC parking is \$5.00 per day. Parking at your hotel is free.

Sunday, April 24th

Option 1: Policy Update, Symposia & MHED Talks™ 12:15 - 6:45 pm - 6 CEHs

Policy Update • 12:15 – 1:45 pm

2016 Legislative Session Update

Learn what happened in the 2015 Legislative Session and the key issues being addressed during the 2016 Session. Understand how you can be part of a movement to create change and how to make your voice heard. *Optional boxed lunch is available to purchase for \$13 when registering or feel free to bring your own.*

Sue Abderholden, MHP, Executive Dir. - NAMI Minnesota & Mary Regan, MSW, LICSW, Exec. Dir. - MCCA

Concurrent Symposia • 2:00 – 4:00 pm

A Youth Suicide in the Digital Age

Suicide is a serious issue that is affecting more children at a younger age. This problem is complicated by social media and the speed with which youth are affected by the actions of others. Attendees will learn the latest on risk assessment, prevention and contagion, and there will also be information on adolescents and children under 10 who are impacted by suicidal thoughts and behaviors.

Elizabeth Bergman, LICSW, Exec. Dir. & Amy Moeller, LICSW, Child and Adolescent Therapist - Family Enhancement Ctr.

Level: **I** | For: **Professionals** | Content: **Clinical**

B Emerging Research on Empathy, Brain Research and Callous-Unemotional Traits in Youth

Some youth engage in persistent bullying, aggression and predatory behavior starting at an early age with a remarkable lack of empathy. Often characterized as "callous-unemotional traits" this behavior can be predictive of more serious behavior in late adolescence and adulthood. This presentation will define callous-unemotional traits, describe early brain and developmental influences, explore empathy deficits, and review examples of promising interventions.

David Swenson, PhD, LP, Forensic Psychologist and Dir. of the MBA in Rural Health Leadership - College of St. Scholastica

Level: **II** | For: **Professionals** | Content: **Clinical**

C The Need for Four Lenses to Understand Children and Their Parents: Making Meaning of Our Observations to Direct Intervention

When observing young children and their parents and caregivers, the four lenses of development, attachment, trauma/stress and culture are critical in interpreting behavior and informing interventions and referrals. This session will offer an overview of the significance of each of these lenses in understanding interactions and optimizing the effectiveness of interventions.

Michele Fallon, MSW, LICSW, IMH-E® (IV), Infant and Early Childhood Mental Health Consultant - What About the Baby?, LLC & Jane Ellison, MS, LMFT, IMH-E® (IV), Infant and Early Childhood Mental Health Specialist - U of MN and Sauk Rapids/Rice School Dist.

Level: **II** | For: **All** | Content: **Clinical**

MHED Talks™ • 4:15 – 6:45 pm



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.

Creating Everyday Adolescent Super Heroes

Mary "Kate" Cox, MSW, LICSW, Clinical Social Worker with Pediatrics and Adolescents - Mayo Clinic Health Systems-Mankato & Prog. Dir. - Proj. for Teens

Evidenced Based Medication Treatments for Children and Adolescents with PTSD

Danielle Goerke, DO, Associate Prog. Dir. of Child and Adolescent Fellowship, Asst. Professor of Psychiatry – U of MN

Embracing "Can't"

Heather Boorman, MSW, LICSW, LCSW, Mental Health Therapist – Boorman Counseling, LLC

Q & A networking session will immediately follow the presentation. There will be an 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.

Sunday, April 24th

Option 2: Supervision 11:00 - 6:00 pm - 6 CEHs

Supervising "Trauma-Informed" Relational Practice:

The Art and Science of Coaching Family Engagement in Community Mental Health

This is a unique training opportunity for supervisors to explore strategies for involving family in youth services. As part of the supervision process, supervisees are able to articulate challenges they are facing in parent-child work in a supportive environment, while also being coached to further engage families whose children are receiving therapy services. A panel dialogue among seasoned supervisors from differing cultures will examine the challenges of building parent-child dialogue and share success stories.*

Krista Nelson, MSW, LICSW, LMFT, Wilder Foundation Attachment and Trauma Training Prog., Shawn Schuette, MA, LMFT, Senior Clinical Spvsr. & Thomas Nguyen, PsyD, LP, Clinical Training Spvsr. - Amherst H. Wilder Foundation

*Extended description with learning objectives is available at macmh.org/supervision.

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.

Supervision registration will open at 10:30 am. You will be able to check in for the full conference at that time. A boxed 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

11:00 am – 6:00 pm

1 hour break for lunch

If you are only attending the supervision series, the cost is \$99. Register early for a discount.

Keynote Speaker • 9:00 – 10:00 am



Allen E. Lipscomb, PsyD, LCSW

Dr. Allen Lipscomb has a doctorate in psychology with an emphasis in marriage, family and child psychotherapy. Currently a licensed clinical social worker in California, he has spent nearly 20 years providing mental health services to youth and families from disadvantaged communities, empowering them to foster resiliency in the face of adversity and trauma. Throughout his career he has worked in various positions including clinical supervisor, lecturer, training consultant, researcher and project coordinator for a foster family agency.

Dr. Lipscomb's keynote speech is **"How to Foster Resiliency Among African-American Youth."** In his presentation, Dr. Lipscomb will explore the unique challenges faced by African-American youth and how these barriers too often interfere with their ability to develop a healthy sense of self. He will emphasize mental health providers' critical role in providing comprehensive services to these children and teens while remaining attuned to the persistent and historical nature of the obstacles they experience.

Clinical Content Workshops

Session 1: 2, 3, 4, 5, 6, 8, 9, 10, 11, 12

Session 2: 14, 16, 17, 18, 21, 24

Session 3: 28, 30, 32, 33, 37, 39

Exhibits

Monday, April 25 • 7:30 – 3:00 pm

A drawing for a free 2017 conference registration will be held in the Edmund Fitzgerald Exhibit Hall during the extended break, between 2:30 and 3:00 pm.



Back by popular demand: Session 2, Workshop 25

The premiere of three new Fidgety Fairy Tales Mental Health Musicals

Featured Series

Cultural Competency Series

- Keynote: **How to Foster Resiliency Among African-American Youth**
- Workshop 1: **Understanding and Working with Transgender and Gender Nonconforming Youth**
- Workshop 14: **Presented by Keynote Speaker Dr. Allen Lipscomb: Transforming Mental Health Providers to be Culturally Affirming Practitioners When Working with Youth of Color**
- Workshop 27: **Twin Cities Spanish Speaking Provider Consortium: A Community-Based Model for Addressing Clinicians' Barriers to Providing Culturally-Responsive Services to Latinos**

Monday Early Childhood Series

- Workshop 13: **Impact of Early Care Settings on Attachment Formation: An Opportunity to Support Development**
- Workshop 26: **Same Behaviors, Different Meaning: The Importance of Infant and Toddler Mental Health**
- Workshop 39: **Assessment in Early Childhood: The Importance of Observation**



Cultural Competency Series

1 Understanding and Working with Transgender and Gender Nonconforming Youth

In this workshop, participants will gain a broad understanding of Transgender and Gender Nonconforming (TGNC) identities, how to use language respectfully when communicating in this arena, and ways to manage common protective factors. The presenter will discuss risk factors and strategies for providing support to TGNC youth both in and out of the classroom. This workshop will be most beneficial for parents, teachers and mental health providers.

Alex Jackson Nelson, MSW, LGSW, Senior Therapist - RECLAIM!

Level: I | For: All

2 Interpersonal Psychotherapy for Depressed Adolescents (IPT-A)

IPT-A is an evidence-based intervention that aims to decrease depressive symptoms by helping adolescents improve their relationships and interpersonal interactions. Through this method, adolescents learn communication and problem-solving skills that address the interpersonal difficulties that are most closely related to their depression. This presentation will provide an introduction to IPT-A and participants will learn the goals, strategies and techniques utilized in the treatment.

Meredith Gunlicks-Stoessel, PhD, LP, Asst. Professor - U of MN

Level: I | For: Professionals | Content: Clinical

3 Cultivating School Success Through Trauma Informed Practices and Collaboration

The impact of trauma on children in school is overwhelming. This workshop will share the journey of a school working to address the impact of trauma on its students. Attendees will learn what trauma is, what the ACE study and neuroscience have uncovered about trauma and helpful ideas and strategies to begin implementing trauma-informed practices within their schools.

Kiley Krocak, MSW, LICSW, Clinical Social Worker - Family Innovations, Inc. & Michael Carlson, MSW, LICSW, School Social Worker - St. Paul Public Schools

Level: I | For: Professionals | Content: Clinical

4 The Adolescent Brain and Drugs

Adolescence is a time of change for the developing brain. Teens who use alcohol and other drugs (AOD) are at increased risk of addiction and a broad range of related problems. In this workshop, the presenter will review adolescent brain development, how use of AOD affects this, and communication strategies and approaches for working with adolescents who are using or are at risk of using AOD.

Michael Brunner, PhD, LP, ABPP, Clinical Dir. - Mayo Clinic Health System Fountain Ctrs.

Level: I | For: All | Content: Clinical

5 The Big Picture Approach – How to Avoid Tunnel Vision When Working with Complex Kids

Children with complex histories and high levels of cumulative risk are often misdiagnosed and misunderstood by well-meaning professionals. In this interactive session, participants will learn about the new frontier in diagnosis and apply their

expertise to three case studies through discussion and analysis. They'll also discover why the diagnostic tool kit needs to be refined in order to effectively treat children with complex issues.

Jeanne Ketola, MA, LPCC, Professional Clinical Counselor - K.I.D.S. & Family Therapy and St. David's Ctr. & Rick Delaney, PhD, Clinical Psychologist - Private Practice

Level: II | For: Professionals | Content: Clinical

6 Big Movement, Small Office: Creating Opportunities for Sensory Regulation in Any Environment

Working in a small office or as a home visitor does not limit one's ability to use sensory regulation interventions for highly active children or for youth exhibiting fight, flight or freeze responses. Throughout this workshop, categories of sensory intervention will be discussed, and participants will make corresponding sensory tools to take home and put into practice.

Marit Appeldoorn, MSW, LICSW, Psychotherapist/Consultant - Private Practice

Level: II | For: Professionals | Content: Clinical

7 Mindful Parenting: How to Stop the Fighting, Yelling and Frustration

Are you feeling frustrated by your child's difficulty with listening, lack of self-control and defiant behavior? During this interactive presentation, participants will be introduced to the 8 pillars of parenting and the 5 Ss (Stop, Sigh, Stretch, Shake and Smile) for stress reduction. This session will highlight the integration of physical, mental and social/emotional skill building activities to improve children's listening, health and well-being.

Samantha Moe, MA, SLP, Certified Parent Coach - Mad2Glad & Kathy Flaminio, MSW, LGSW, E-RYT 200, National Dir. of Training - 1000 Petals

Level: I | For: Parents

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

Many children in mental health treatment and EBD school settings need their caregivers and educators to name what is at the root of their behavior. When children become dysregulated, language is the first skill to decrease. Adults can help challenging children by interpreting the feelings underneath their behavior, being concise with messages and remaining attuned to their needs.

Lauren Nietz, LICSW, Therapist and Consultant & Joel Hansen, LICSW, Day Treatment Spvr. - Washburn Ctr. for Children

Level: II | For: Professionals | Content: Clinical

9 Building Personal Resilience: An Introduction to HeartMath® Skills

HeartMath® is a skill-set of proven self-regulation methods and techniques that can be used daily in all areas of life. Studies have shown that using this method leads to improvements in areas such as ADHD, anxiety and anger management. During this presentation, attendees will learn strategies for building resilience and watch a demonstration of the EmWave® technology that can be used to support change.

Lynne Jensen, MA, Licensed Coach, Mentor and Trainer - HeartMath® & Owner - Balanced Life Solutions

Level: I | For: All | Content: Clinical

10 Family Based Therapy to Treat Anorexia: How to Implement FBT and Understand the Eating Disorder Voice

In this workshop, attendees will learn the three different phases of Family Based Therapy (FBT) to treat Anorexia. Practitioners and parents will identify the parental role in helping a child recover and ways the entire family can act as a support during this process. Participants will also learn how to challenge the voice of the eating disorder while supporting the child.

Kelly Senesac, MA, LMFT, Mental Health Therapist - Melrose Ctr.

Level: II | For: Professionals | Content: Clinical

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

This interactive session will present a framework for understanding the physiological arousal experienced by children and adults who have anxiety. Participants will learn 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

Level: III | For: All | Content: Clinical

12 Serving "ASD Plus" Individuals in Schools - Addressing the Needs of Students who have Autism Spectrum Disorders and Co-Occurring Mental Health Disorders

Individuals with comorbid Autism Spectrum Disorders (ASD) and psychiatric illness present particular challenges to practitioners who have the responsibility of meeting their needs. Focusing solely on ASD approaches, or on approaches targeting the specific comorbidity, can have limited effectiveness. This workshop will explore practical interventions that therapists may use to assist individuals with comorbid ASD and psychiatric illness.

Joseph Falkner, MST/CCC-SLP, Clinical Dir., Emily Kafke, MEd, Dir. of Special Ed. & Ashley Witt, LPCC, Support Servs. - Lionsgate Academy

Level: II | For: Professionals | Content: Clinical

Early Childhood Series

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

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

Tracy Schreifels, MS, LMFT, IMH-E®(III), Marriage and Family Therapist - Reach-Up Inc.

Level: I | For: All

Register Online: macmh.org/conference

Cultural Competency Series: Presented by Keynote

14 Transforming Mental Health Providers to be Culturally Affirming Practitioners When Working with Youth of Color

This workshop will help mental health providers adopt ways to create safer environments for youth of color who are receiving mental health services. The presenter will provide strategies practitioners can use to evaluate their own clinical interventions and also discuss intervention practices to support youth of color in reaching their treatment goals. This presentation will offer concrete examples of how to create therapeutic, nurturing environments so youth are able to thrive across treatment settings.

Allen Lipscomb, PsyD, LCSW, Faculty – USC School of Social Work

Level: I | For: Professionals | Content: Clinical

15 “Typical or Troubled?” A Training for Elementary School Personnel on the Warning Signs of Children’s Mental Health and How to Respond.

PACT for Families Collaborative along with the American Psychiatric Foundation is developing a version of the “Typical or Troubled?” curriculum to be used in elementary schools. This presentation will include a review of the training as well as a discussion about how the materials can be implemented with elementary school personnel.

Rick Loeth, MA, LICSW, Clinical Dir. - PACT for Families Collaborative & Lindsey Fox, Dir. of Corporate and Community Relations - American Psychiatric Foundation

Level: I | For: Professionals

16 Exploring the Complexities involved in Rural Children’s Mental Health

As a provider of CTSS Services in rural Minnesota, Accurate Home Care’s mental health professionals began noticing trends among those they serve. Children who live in rural communities face many unique challenges that are often roadblocks to accessing services and treatment. This workshop will explore these complexities and discuss solutions.

Lisa Silvestri Adamich, MSW, LICSW, Clinical Spvsr. & Erin LaVenture, LADC, Mental Health Education Mgr. - Accurate Home Care

Level: I | For: All | Content: Clinical

17 Triggers and Dynamics of Childhood Sexual Abuse

After evaluating more than 2,500 children who have been identified as victims of sexual abuse, the presenter of this workshop has uncovered recurring patterns that place children at high risk. Attendees will explore how understanding these dynamics can help reduce repeated sexual abuse within families as well as how healing the anger and depression is critical for stopping the cycle of abuse.

Jeanne Schur, PhD, LP, Clinical Psychologist/Consultant - Self-Employed

Level: I | For: Professionals | Content: Clinical

18 Understanding and Treating Sleep Disorders in Youth

About a quarter of children experience sleep problems during their development. These sleep

problems can be misdiagnosed as symptoms of mental disorders, and conversely, mental disorders can be exacerbated by sleep restriction. This presentation will explain the mechanisms of sleep, consequences of sleep deficits, symptoms of common sleep disorders in youth, and assessment and treatment considerations.

David Swenson, PhD, LP, Forensic Psychologist and Dir. of the MBA in Rural Health Leadership - College of St. Scholastica

Level: I | For: All | Content: Clinical

19 How Poverty, Stress, and Learned Helplessness Affect Students in School

Young people enter the school system with diverse life and learning challenges, yet they are expected to perform in a standardized manner. This workshop will address how poverty, stress and learned helplessness impact students and their ability to learn, along with ways to help counter the consequences of these issues. Former students will share their personal challenges and helpful solutions.

Maure Ann Metzger, EdD, MS, School Psychologist - MPower Solutions & Charles Lindsey, former student featured in the book “A Prison Called School”

Level: I | For: Professionals

20 MOFAS Young Adult Panel Presents a Personal Outlook on FASD

A panel of young adults living with 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.

Marissa Lang, Special Projects Mgr. - MOFAS & Youth Panel

Level: I | For: All

21 Autism and Attachment: Together at Last

When autism first appeared as a diagnosis in the DSM III, most experts agreed that the presence of autism ruled out the possibility of a secure and stable attachment relationship. More recent research paints a different, more complex picture. This presentation will review historical and current views of autism and attachment and explore implications for both parenting and treatment interventions.

Peter Singer, MSW, LICSW, Clinical Spvsr. - Family Innovations

Level: II | For: Professionals | Content: Clinical

22 Supporting Staff Who Are Working with Families with Trauma

Secondary trauma and compassion fatigue are commonly faced by staff working with families who have experienced trauma. Those in managerial roles are tasked with providing strategies of support for staff affected by these challenges. In this workshop, participants will learn the difference between compassion fatigue and burnout, and explore protective strategies for preventing secondary trauma as well as interactive strategies to support oneself and one’s staff.

Ann Gaasch, MA, Exec. Dir. & Mary Black, Child Psychology Prog. Dir. - FamilyWise

Level: I | For: Professionals

23 Times They Are A-Changin’ – Trends in Youth Sexual Behavior

Trends in sexual behavior are transforming within our culture, and these changes are dramatically impacting youth. Teens now present a wider range of sexual expressions and influences, some of which may be difficult to understand or accept. Yet, as youth develop, parents and providers must be prepared to offer guidance and sometimes intervention. This workshop will provide the tools needed to do this job well.

Elizabeth Bergman, LICSW, Exec. Dir. & Amy Moeller, LICSW, Child and Adolescent Therapist - Family Enhancement Ctr.

Level: I | For: All

24 Relational Quality and Comorbidity Among Adolescents Affected by Nonsuicidal Self-Injury

In this workshop, participants will learn about the latest research on relationship quality and relational resilience among adolescents affected by nonsuicidal self-injury and common comorbid mental health problems. They will also learn about ways to ignite and catalyze relational strengths among at-risk teens to improve relationships in programs, communities and their own families.

Anna Bohlinger, PhD, LMFT, MS, PhD Candidate/Marriage and Family Therapist - U of MN/PrairieCare

Level: II | For: Professionals | Content: Clinical

25 Fidgety Fairy Tales: the Mental Health Musical

Enjoy the premiere of MACMH’s eighth original musical that uses familiar fairy tales to raise awareness and reduce the fear and misunderstanding about children’s mental health. Performed by talented youth ages 8 – 18, this production includes: The Sensational Hercules (sensory processing disorder), The Princess Who Never Laughed (depression), and The Brave Tailor Little (autism).

Matt Jensen, Co-director, Marya Hart, Co-director & Youth Cast

Level: I | For: All

Early Childhood Series

26 Same Behaviors, Different Meaning: The Importance of Infant and Toddler Mental Health

The various ways in which parents and professionals view the behaviors of young children frequently lead them down different, and sometimes conflicting, paths for understanding and responding to their needs. This presentation will examine the importance and complexity of interpreting the behaviors of young children and explore which responses are most likely to support or derail healthy development.

Miranda Gilmore, PsyD, LMFT, LP, Psychologist & Pat Pulice, MA, LP, Vice President of Clinical Quality - Fraser

Level: II | For: All

**Learn More at:
macmh.org/conference**

Cultural Competency Series

27 Twin Cities Spanish Speaking Provider Consortium: A Community-Based Model for Addressing Clinicians' Barriers to Providing Culturally-Responsive Services to Latinos

Attendees will learn the purpose and evolution of the Twin Cities Spanish Speaking Provider Consortium model, including the benefits and challenges of its implementation. Since its inception, the Consortium has positively impacted the community, clients served and agencies involved, and contributed to many individuals' clinical growth. The vision for future endeavors as well as suggestions for replication with other populations will be discussed.

Lily Ramey, MSW, LICSW, Mental Health Professional - Fraser, Liz Franklin, MSW, LICSW, School-Based Mental Health Prog. Therapist - Washburn Ctr. for Children & Mauricio Cifuentes, PhD, LICSW, Dir. of Behavioral Health - CLUES

Level: III | For: Professionals

28 Integrating Cognitive Behavioral Therapy and Social Learning Family Therapy in the Treatment of Adolescent Depression

Research evaluating Cognitive Behavioral Therapy (CBT) for depressed adolescents demonstrates 30-40% do not respond to therapy, perhaps due to insufficient family focus. This presentation will describe practice elements for CBT augmented with Social Learning Family Therapy (SLFT) to potentially optimize adolescent and family outcomes. Attendees will also review a pilot study exploring CBT vs. CBT augmented with SLFT.

Nicole Lightman, PhD, Meredith Tumilty, PsyD, Erin Hill, PhD & Wendi Schirvar, PhD, Post-Doctoral Fellows - U of MN and PrairieCare

Level: I | For: Professionals | Content: Clinical

29 Fetal Alcohol Spectrum Disorders: What Mental Health Providers Need To Know

Did you know that one in 20 children is suspected of having a Fetal Alcohol Spectrum Disorder (FASD)? This presentation will introduce the basics of FASD, identify red flags for diagnosis and delve into various strategies that can be used when working with children and families who are living with an FASD.

Barb Clark, FASD Independent Consultant

Level: II | For: Professionals

30 All You Ever Wanted to Know About Being A Play Therapist...But Weren't Sure Who To Ask

This session will include a panel of three experienced play therapists who are also supervisors, trainers and teachers. The panelists will present information and facilitate a group discussion on topics including how and where to get play therapy training, types of play therapy, family involvement in play therapy, Registered Play Therapist certification and professional support and consultation. Clinicians and others curious about play therapy are welcome.

Marit Appeldoorn, MSW, LICSW, Psychotherapist and Consultant - Private Practice, Megan Oudekerk, PsyD, LMFT, RPT-S, Psychotherapist and Co-Owner - Cedar Valley & Melissa Wetterlund, MA, LP, LMFT, RPT-S, Psychotherapist and Trainer - CenterLife Counseling

Level: I | For: Professionals | Content: Clinical

31 Keeping Kids Safe: What to Do During Family Sessions

Those who work in the field of children's mental health often have the responsibility of supervising the safety of children during family visits, conferences, parenting time and educational or therapeutic sessions. In this workshop, participants will learn how to identify safety concerns, how to intervene when safety is at risk and how to promote positive interactions between children and their parents. Practical assessment strategies will also be explored.

Anna VonRueden, High Fidelity Wraparound Coach/Family Servs. Mgr., Carl Nordine, MBA, Senior Prog. Mgr. of Supervised Parenting & Bea Pfeiffer, Licensed Early Childhood Teacher/Mgr. of Children's Servs. - FamilyWise

Level: II | For: Professionals

32 Praise for Change: A Trauma-Informed Intervention for Creating One Less Meltdown

Complimenting kids with a history of trauma can trigger opposition or even a meltdown, despite caregivers' intentions to build self-esteem. Therefore, fostering self-esteem the neurotypical way is often the wrong approach when working with traumatized kids or those with FASD. Participants in this workshop will learn steps for an alternative method that doesn't overwhelm, builds self-esteem and leads to compliance.

Michael Harris, MA, LP, Psychologist - Indian Health Board of Mpls, Inc.

Level: I | For: All | Content: Clinical

33 Problematic Sexual Behaviors in Youth: Perceptions and Myths

Our perceptions and experiences influence how we view and identify the needs of youth. In this workshop, attendees will explore various perceptions and myths surrounding working with youth who have challenging sexual behaviors. The clinical and developmental stages of adolescence will also be discussed.

Paula Minske, MS, LMFT, Associate Dir. & Denise Dallas, Trainer - Mille Lacs Academy

Level: I | For: All | Content: Clinical

34 Success Strategies for Post-Secondary Education

There is much more to college life than academics. Intellectually, many students with executive functioning challenges are bright, but may also face a variety of unseen challenges that can undermine their ability to navigate typical college experiences. During this session, the presenters will share some realities of college life and identify strategies for building personal success and confidence.

Julie McKibbins, GCDF, NAWDP, Career Planner & Employment Specialist, Kangting Heins, PhD, Post-Doctoral Psychologist Fellow & Ruth Swartwood, PhD, Psychologist - Fraser

Level: I | For: All

35 Understanding the Possible Influences on Children's Mental Health: Empowering Children and Youth and Their Devoted Education, Social Work and Counseling Professionals

In this workshop, attendees will explore how students' strengths, race/ethnicity and culture, as well as other social-ecological factors influence their mental health. The presenters will share interventions that incorporate strengths-based and

culturally relevant and responsive strategies. The session will conclude with strategies designed to help educators stay resilient when experiencing compassion fatigue and make self-care a priority.

Shelley Neilsen Gatti, PhD, Associate Professor - Univ. of St. Thomas & Kevin Harrington, PhD, LP, Clinical Psychologist - Private Practice

Level: II | For: Professionals

36 Domestic Violence and Mental Health: Implications to Consider

This workshop will examine how experiencing and witnessing domestic violence impacts children, as well as parents who are victims and parents who are the perpetrators of violence. Attendees will delve into the ways that trauma affects brain development and mental health status; learn about screening for domestic violence; and consider possible implications regarding the families encountered in this line of work.

Brittany Wojtowicz, MSW, LGSW, Community Education and Exchange Specialist & Renita Robinson, LGSW, MA, MEd, Exec. Dir. - Committee Against Domestic Abuse

Level: I | For: Professionals

37 Beyond Adverse Childhood Experiences: Creating a Trauma-Sensitive School

This workshop will review the impact of adverse childhood experiences and analyze ways to use trauma-informed practices and interactions to foster a trauma-sensitive approach in schools. Attendees will learn to explain key findings of the ACE study and the implications for at-risk students; bring a trauma-sensitive lens to interactions with students and staff; and identify resources to promote trauma-awareness for educators.

Charlene Myklebust, PsyD, Educational Leadership Consultant - Professional Education Pal, LLC. & Mark Sander, PsyD, LP, Senior Clinical Psychologist and Dir. of School Mental Health - Hennepin County and Minneapolis Public Schools

Level: II | For: Professionals | Content: Clinical

38 Transitioning Youth with Mental Health Diagnoses to Adult Systems of Healthcare: A Study of Quality Standards

The Affordable Care Act has mandated increased health care coverage for those with medical and mental health conditions. National health insurance programs such as Medicare and Medicaid have increased demands on expectations and overall quality of the services they cover. This presentation will explore the use of quality standards for transitioning children with mental health diagnoses to adult health care services.

Shelley Richardson, DSW, LICSW, Asst. Professor - College of St. Scholastica

Level: I | For: Professionals

Early Childhood Series

39 Assessment in Early Childhood: The Importance of Observation

Best practice for assessment of young children birth to age 5 includes use of the DC:0-3R. Observation of the child in multiple settings with different caregivers, peers, and other adults is essential. This presentation will focus on the DC:0-3R diagnostic process, highlighting observation of young children in multiple settings.

Kelly Haack, PhD, LP, Psychologist & Claire Hysell, MA, LPCC, Clinical Program Mgr. - Fraser

Level: II | For: Professionals | Content: Clinical

Keynote Speaker • 9:00 – 10:00 am



Henry Emmons, MD

Dr. Henry Emmons is a psychiatrist who integrates mind-body and natural therapies, mindfulness and Buddhist teachings, and compassion and insight into his clinical work. Dr. Emmons developed the Resilience Training Program, which is currently offered at the Penny George Institute for Health and Healing. This unique program is based upon the ideas developed in his books, “The Chemistry of Joy” and “The Chemistry of Calm.”

Dr. Emmons’ keynote speech, **“The Science of Hope: Prevention and Recovery from Depression and Anxiety,”** will explore what it takes to cultivate inner calm and joy, and how to protect one’s brain across the lifespan. During today’s challenging times, when stress-related disorders like anxiety and depression are more prevalent than ever, maintaining a healthy brain and a vital mind have never been more important. Blending new neuroscience with ancient wisdom, Dr. Emmons will discuss what we can do to restore resilience and to protect ourselves from the many faces of stress.

Clinical Content Workshops

Session 4: 40, 41, 46, 47, 50

Session 5: 53, 55, 57, 61, 64

Session 6: 67, 68, 70, 71, 74, 75

Exhibits

Tuesday, April 26 • 7:30 – 1:15 pm

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



Featured Series

Resilience and Wellness Series

Keynote: **The Science of Hope: Prevention and Recovery from Depression and Anxiety**

Workshop 40: **Co-presented by Keynote Speaker Dr. Henry Emmons**
Teen Resiliency: An Integrative Skills-Based Model to Help Teens Develop Self-Awareness and Enhance Well-Being

Workshop 53: **Secondary Trauma and Resilience – Maintaining Balance and Well-Being for Parents, Caregivers and Professionals**

Workshop 67: **Food and Mood**

Tuesday Early Childhood Series

Workshop 52: **Bridging Education & Mental Health (BEAM) Training: Supporting Social and Emotional Learning and Addressing Challenging Behaviors in Early Childhood School-Based Programs**

Workshop 66: **What’s so Special About Working with Infants and Toddlers? Introduction to MAIECMH’s Multidisciplinary Endorsement Process**

Workshop 77: **Enhancement Project: How One School District Has Implemented a Program to Integrate Early Childhood Mental Health and B-2 Special Education Services**



Resilience & Wellness Series:
Co-presented by **Keynote**

40 Teen Resiliency: An Integrative Skills-Based Model to Help Teens Develop Self-Awareness and Enhance Well-Being

The Teen Resiliency Program is an integrative skills-based model to help teens develop self-awareness and skills to enhance social, physical, mental and emotional health and well-being. Based on The Chemistry of Joy Workbook, this model integrates principles from Integrative Nutrition, Holistic Psychiatry, Yoga-Based Movement and Mindfulness Meditation. Participants in this workshop will be guided through the Resiliency Model while analyzing its neuroscientific foundation.

Kathy Flaminio, MSW, LGSW, E-RYT-200, President and Owner - 1000 Petals LLC, Kevin Harrington, PhD, LP, Licensed Psychologist - Private Practice & Henry Emmons, MD, Integrative Psychiatrist - Partners in Resilience

Level: I | For: **Professionals** | Content: **Clinical**

41 EMDR - An Effective Treatment Approach for Children Who Have Experienced Trauma

This workshop will provide an introduction to the impact of trauma on the brain and explore Eye Movement Desensitization Reprocessing (EMDR) as an effective treatment method for children. Fundamentals of EMDR will be discussed, including its success in creating a physiological change on a neurological level as a way to help repair trauma. Case studies and a simulated EMDR session will also be reviewed.

Kathleen Mathews, MSW, LICSW, Outpatient Therapist and Clinical Trainer & Jennifer Britton, MSW, LICSW, Intensive In-Home and Crisis Stabilization Spvsr./Therapist - Washburn Ctr. for Children

Level: I | For: **Professionals** | Content: **Clinical**

42 Preventing Child Suicide: Not Even One

During this workshop, data regarding youth suicide will be examined, showing trends over time and differences among key demographics. Disparities will be highlighted to increase awareness and acknowledge services and supports that are needed to address this topic. A discussion of Minnesota's new State Suicide Prevention Plan will follow, showcasing new initiatives and focusing on those that will directly reduce or prevent child suicide.

Nate Wright, MPH, SAMHSA/CSTE Epidemiology Fellow, Jon Roesler, MS, Epidemiologist Spvsr. & Melissa Heinen, MPH, Suicide Prevention Coord. and National Violent Death Reporting System Coord. - MDH

Level: I | For: **All**

43 Minnesota Safe Harbor/No Wrong Door: Services for Sexually Exploited Youth

Although many youth who are being sexually exploited regularly interact with mental health professionals, their experiences are often overlooked or misidentified. The Minnesota Safe Harbor Law has led to the creation of a victim-centered system of response to identify child victims and move them toward recovery and healing. Attendees will learn how they can become an important part of the Safe Harbor system of care in their region.

Beth Holger-Ambrose, MNM, Exec. Dir. - The Link, Paula Schaefer, MS, Consultant - Paula Schaefer & Associates, Inc. & Youth Survivor Advisory Members - The Link

Level: I | For: **Professionals**

44 How can Families Best Prepare Their Autistic Child for the Transition Into School?

Using a combination of case studies and research reviews, this presentation will provide a best practice guide to help families and professionals prepare for the transition from intensive services to a typical educational setting. The workshop presenters will demonstrate the ways in which they have worked with educators to help students with autism transition into their next educational setting.

Jon Sailer, MA, MEd, Dir. & Jaclyn Burton, Intake Coord. - Rochester Ctr. for Autism

Level: I | For: **All**

45 School Interventions that Support Children with Attachment Disorders

A critical role of public schools is to foster academic achievement and socialization. Research shows that in order to make academic gains, behavior must be regulated. This session will briefly outline the attachment process, how emotional regulation is impacted by the attachment experience, behavioral manifestations of attachment disorders, and effective supports and interventions within the school setting. Data collection processes will also be shared.

Kelly Duffy, EdD, Special Ed. Instructional Coach - Superior School Dist.

Level: II | For: **Professionals**

46 Perseveration on Image and Food: Eating Disorder, ASD or Both?

This workshop will explore literature on the comorbidity of eating disorders and autism spectrum disorders including diagnosis, intervention and areas in which more research is needed. Upon completion of the workshop, participants will understand the co-morbid presentation of these disorders and best practice strategies for addressing them when presented in tandem.

Amy Robinson, MS, LPCC, BCBA, Special Progs. Spvsr. - Lionsgate Academy; Kristi Swenson, PsyD, LP, Psychologist - Fraser; & Jayme Baden, MA, LMFT, Marriage and Family Therapist - Emily Proj.

Level: I | For: **Professionals** | Content: **Clinical**

47 Somatic Awareness in Experiential Play Therapy

This workshop will identify the basic tenets of experiential play therapy, including the importance of tracking the physiology of children during play. Principles of neuroscience and the stages of fight, flight, freeze and collapse will also be discussed. Participants will explore what children's physiology communicates during play and learn ways to respond to and support their nervous systems in the resolution of trauma.

Melissa Wetterlund, MA, LP, LMFT, RPT-S, Psychotherapist, Trainer and Spvsr. & Sara Werner, MA, LP, RPT-S, SEP, Psychotherapist and Trainer - CenterLife Counseling

Level: I | For: **Professionals** | Content: **Clinical**

48 Creating Awareness and Identifying At-Risk Students

This presentation will describe tools used at Wayzata High School to identify students who may be in need of emotional and mental health support. These tools include 10th grade depression screening, an online wellness tip line and a school-produced video, "Overcoming Challenges," in which staff and

students share their stories. Attendees will leave with tangible strategies to identify at-risk students.

Becky Halvorson, MSSW, LISW, School Social Worker & Alison McKernan, MSW, LICSW, School Social Worker - Wayzata High School

Level: II | For: **Professionals**

49 Trust Me! A Parent's Perspective

This workshop will unite the voices of two moms who are raising children with histories of complex behavior challenges and multiple diagnoses, and who have attempted various interventions and treatments. Attendees will engage in a conversation with these parents about joining forces to bring out the best in all children.

Tamber Sherman, Youth Care Professional - Nexus Glen Lake & Jessica Oliver Tebben, MS, Youth Studies Prog. Community Faculty - U of MN School of Social Work

Level: I | For: **Professionals**

50 An Introduction to the Theory and Practice of Drama Therapy

Drama therapy is the use of theatrical techniques to increase one's ability to access, express and tolerate uncomfortable emotions, while also practicing interpersonal interactions and exploring identity. This presentation will be a combination of lecture and experiential teaching for professionals. Attendees do not need to be extroverts or performers to enjoy this presentation.

Sarah Paper, RDT, PsyD, LP, Psychologist - Allina

Level: II | For: **Professionals** | Content: **Clinical**

51 ADHD Secrets: Interventions that Work

After more than 25 years in practice and over 3,500 ADHD evaluations completed, the presenters of this workshop have acquired a vast collection of effective treatment recommendations for ADHD. This workshop will focus on interventions for managing distractions and attention, improving sleep and nutrition, managing stress and more. Participants will leave with specific, practical interventions they can start using immediately.

Chris Bedford, PhD, LP, Psychologist & Gary Johnson, PhD, LP, LMFT, Clinical Dir. - Clinic for Attention, Learning, and Memory (CALM)

Level: I | For: **Parents**

Early Childhood Series

52 Bridging Education and Mental Health (BEAM) Training: Supporting Social and Emotional Learning and Addressing Challenging Behaviors in Early Childhood School-Based Programs

The BEAM Training Program was designed by the Center for Early Education & Development to help teachers improve their interactions with young children by providing a framework for supporting children's social-emotional development and intervening when challenging behaviors interfere with development and learning. Workshop attendees will explore the inner-workings of this program and learn how it has been tailored to fit the needs of staff in the Bloomington & Richfield school district early childhood programs.

Christopher Watson, PhD, IMH-E® (IV), Research Associate and Mary Harrison, PhD, LICSW, Research Associate - CEED, U of MN Twin Cities; Mary Mischke, MA, Early Childhood Specialist - Bloomington and Richfield School Dist. & Shelley Neilsen Gatti, PhD, Associate Professor - Univ. of St. Thomas

Level: II | For: **Professionals**

Resilience and Wellness Series

53 Secondary Trauma and Resilience - Maintaining Balance and Well-Being for Parents, Caregivers and Professionals

Awareness continues to grow surrounding the challenges of living and working with youth who have emotional and behavioral dysregulation, including how this work can result in secondary trauma and burnout for parents, caregivers and professionals. This workshop will provide current information and practical tools for those interested in building resilience.

Cynthia Packer, MSW, LICSW, Clinical Coord. - MN Intensive Therapeutic Homes & Jill Hennes, MSW, LICSW, IMH-E® (IV) Clinical Social Worker - Independent Consultant

Level: I | For: All | Content: Clinical

54 Dealing with Grief: A Child and Teen Panel Discussion

Hear from a panel of four insightful and informative children and teens about their experiences with grief and loss and ways they've learned to cope. Participants will examine how children and teens grieve differently, what helps to support healing and what doesn't help. Time for questions will be provided.

Coral Popowitz, MSW, LGSW, Exec. Dir. - Children's Grief Connection

Level: I | For: All

55 Beyond the Basics of Using Validation, Shaping & Reinforcement Strategies: Tools for Managing Self-Harm and Other Challenging Behaviors

This presentation will supplement the basic concepts of validation, shaping and reinforcement for clinicians already familiar with these techniques. Examples will be reviewed, including cases identifying ways that challenging behaviors have been effectively managed using these methods. Attendees will participate in role-playing and other hands-on activities, and leave with meaningful information that they can use to facilitate their own clinical practices.

Jennifer Rothschild, PsyD, LP, Psychologist & Christina Kress, MSW, LICSW, Ind. Clinical Social Worker - MN Ctr. for Psychology

Level: II | For: Professionals | Content: Clinical

56 Sexting, Snaps, and Social Media: Current Trends in Teens and Technology

This presentation will define and explore social media, providing information regarding which websites are popular among youth today. Attendees will explore the risks and benefits of social media for teens and identify warning signs. Parents, educators and other professionals will leave the session better equipped to make social media the safest and most positive experience possible for the teens in their lives.

Jennifer Lundgren, EdD, LMFT, NCC, Marriage and Family Therapist - WLCFS/Christian Family Solutions & Thad Shunkwiler, MS, LMFT, LPCC, RPT, CCMHC, Asst. Professor - Alcohol and Drug Studies Prog. at MN State Univ., Mankato

Level: I | For: All

57 The Teen in Crisis: A Unique, Effective, and Resource-Responsible Approach. An Alternative to the Conventional, Locked, and Costly Hospital Psych Unit

Teens who experience personal or family crises often find their coping mechanisms to be insufficient. During this workshop, participants will learn which youth are appropriate candidates for Adolescent Crisis Stabilization, what happens as part of this process, what the outcomes can be, why this approach is valuable and how this model can be extended in various settings.

Kathleen Sullivan, MSW, LICSW, Psychotherapist, Sara Pournoor, Psychiatric Associate, Tammy Kolstad, Psychiatric Associate - U of MN Medical Ctr. Fairview; & Suzanne Dube, RN - U of MN Masonic Children's Hospital

Level: I | For: Professionals | Content: Clinical

58 Working With Students Who Have Mental Health Challenges

Mental health challenges, past trauma and substance abuse can impact students on a day-to-day basis. This presentation will provide information to help participants better understand their students and offer strategies for working with them more effectively.

Linda Seifried, MSW, LICSW, Restorative Justice Lead/Social Worker & Jimmie Heags, Jr., LPCC, School Counselor - Intermediate Dist. 287/Edgewood Education Ctr.

Level: II | For: Professionals

59 Connecting the Puzzle Pieces: Adverse Childhood Experience, Trauma-Informed Schools & Positive Behavioral Interventions and Support

This presentation will describe the connection between Adverse Childhood Experience (ACE), Trauma-Informed Schools, and Positive Behavioral Interventions and Supports (PBIS) when used within a school setting. Findings from the ACE study and the Minnesota Student Survey (MSS) will be used to analyze the widespread impact of trauma, and the PBIS framework will demonstrate how trauma-informed service delivery can be implemented in schools.

Mary Hunt, MA, NCSP, Education Specialist - MDE & Ron Lake, MSW, LICSW, Climate Coordinator - ISD 709 Duluth Public Schools

Level: I | For: Professionals

60 American Indian, Trauma Informed Children's Group

This workshop will teach participants how to reduce effects of trauma and enhance a positive sense of self when working with American Indian youth. Attendees will also explore ways to foster productive, culturally-immersed children through teachings from the Medicine Wheel, by focusing on the Physical Self, Emotional Self, Cognitive Self and the Spiritual Self. Attachment-focused activities will be examined as beneficial stress and anxiety relievers.

Rose Joiner, LMFT, Marriage and Family Therapist - American Indian Family Ctr. & Jay Hunter, LMFT, Marriage and Family Therapist - Headway Emotional Health Servs.

Level: I | For: Professionals

61 New Research in Treating Child and Adolescent Trauma

Many studies have been published in recent years analyzing effective treatment models for young people experiencing PTSD symptoms. This presentation will highlight studies that explore ways to effectively engage families in trauma treatment; look at evidence-based treatments across cultures; and examine ways to work with these youth when there are co-occurring conditions, such as substance abuse.

Mark Wilde, MA, LMFT, Marriage and Family Therapist - Nystrom & Associates, Ltd.

Level: II | For: Professionals | Content: Clinical

62 Healing Learning Environments: Designing New Strategies for Children with Autism & EBD

Challenges faced by children with autism who are placed in level 4 special education settings for emotional/behavioral disorders can be overwhelming. The environment in which they learn should not complicate those challenges. This session will examine Healing Learning Environments, educational settings that are adopting innovative

behavioral health care strategies to remove barriers to learning and development by creating environments that are therapeutic, calming and safe.

Don Thomas, Principal - BWBR & Val Rae Boe, EdD, Principal, Special Ed. Mgr. - Karner Blue Education Ctr.

Level: I | For: Professionals

63 The Good, The Bad and the Useful: Meeting the Needs of Children with ADHD, a Student's Perspective

As part of this presentation, attendees will be invited to participate in a much-needed conversation about meeting the needs of students with ADHD. Speaking alongside his mother who is an educator, the presenter, who is the author of "Journal of an ADHD Kid," will share his perspective as a student, explaining "the good, the bad and the useful" when it comes to understanding and meeting the needs of students with ADHD.

Toby Stumpf, Student, Author & Dawn Schaefer-Stumpf, MEd, Author and Parent Support Group Facilitator - Annandale School Dist.

Level: I | For: All

64 Art in Play Therapy - Adlerian Approach

This workshop will introduce attendees to the use of focused drawings as an effective tool for assessment and treatment in practice. Participants will learn how to use these techniques for deepening their understanding of client issues as part of the conceptualization process; for helping clients understand their issues and relationships more clearly; and for helping clients resolve problems and move forward with their lives.

Susan Dammann, MSW, LICSW, RPT-S, Adjunct Professor at Adler Graduate School and Dir. of Play Tx & Integrated Therapy - POR Emotional Wellness & Jessica Metzger, MA, LMFT, Outpatient Therapist/Art Therapist - POR Emotional Wellness

Level: II | For: Professionals | Content: Clinical

65 Strategies, Not Solutions: FASD and Employment

Fetal Alcohol Spectrum Disorders encompass a range of birth defects caused by prenatal exposure to alcohol. Research suggests that approximately 80 percent of individuals with an FASD experience difficulty finding and maintaining employment, especially the transition between school and work. This presentation will provide a brief overview of FASD, challenges experienced in employment settings and practical strategies for working with individuals with an FASD.

Shauna Feine, LSW, Training Coord. & Ruth Richardson, MLA, JD, Dir. of Progs. - MOFAS

Level: II | For: Parents

Early Childhood Series

66 What's so Special About Working with Infants and Toddlers? An introduction to MAIECMH's Multidisciplinary Endorsement Process

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.

Kristin Armbruster, MS, IMH-E® (III), Infant & Parent Specialist - Health Families/MAIECMH Coordinator - MACMH

Level: I | For: Professionals

Resilience and Wellness Series

67 Food and Mood

This session will broaden knowledge of nutrition beyond the science of calories, grams and fat. Participants will learn how food impacts health and the body, particularly the brain. The focus will be on foods to include in the diet to influence mood...and why!

Carolyn Denton, MA, Licensed Nutritionist - Partners in Resilience

Level: II | For: All | Content: Clinical

68 Modifying Trauma Approaches for Children with Autism Spectrum Disorders

This presentation will provide an overview of the ways in which trauma symptoms may express themselves differently in children with an Autism Spectrum Disorder. The need to screen for trauma in children who have ASD as well as how to adapt evidence-based trauma approaches for youth with ASD will also be discussed.

Rachel Gardner, MA, LP, Autism Ctr. of Excellence Dir., Aric Jensen, PhD, LP, Mental Health Prog. Dir., Gretchen Weber, MSW LICSW, Clinical Site Mgr. & Cheri Brady, MSW, LICSW, Clinical Prog. Dir. - Fraser

Level: II | For: Professionals | Content: Clinical

69 Practical Strategies to Support Siblings of Children with Special Needs

Parenting children with special needs can be challenging. When there are additional children in the family the challenges often increase. Attendees will learn about psychoeducation, practical strategies, and resources to help parents with balancing the needs of all of their children to improve family dynamics. Also learn about sibling support groups; what do they look like and how do they help.

Lori Brown-De Alba, MA, LMFT, Mental Health Professional, Renee Latterell, PsyD, LP, Psychologist & Trisha Matter, MA, LMFT, Mental Health Professional - Fraser

Level: I | For: Parents

70 ADHD Update: 2016

This workshop will provide an update on recent developments in ADHD diagnosis, evaluation, research and treatment. The presentation will highlight research published in the last year, including information about diagnostic trends and ADHD risk factors, as well as new behavioral and pharmacological treatments. Participants will leave with the most current perspectives in the field.

Chris Bedford, PhD, LP, Psychologist & Gary Johnson, PhD, LP, LMFT, Clinical Dir. - Clinic for Attention, Learning, and Memory (CALM)

Level: II | For: Professionals | Content: Clinical

71 Sleep in Adolescence: Connections to Wellness, Resilience, and Mental Health

This presentation will review the challenges of achieving sufficient, restorative sleep in adolescence; sleep disturbances common to depression, anxiety, and substance use disorders; and the protective role of good quality sleep in wellness and recovery. This presentation will also provide practical advice for better assessing and responding to sleep problems.

J. Roxanne Prichard, PhD, Associate Professor of Psychology - Univ. of St. Thomas

Level: I | For: All | Content: Clinical

72 "You're Outta' Here!" Why Suspension and Other Exclusionary Practices Don't Work and What to Do Instead

During this session, the presenters will provide evidence that exclusionary and punitive practices in schools don't work. They will also offer suggestions about ways to replace punishment with supports and interventions that make a difference. This presentation will be rooted in federal guidelines that call for implementation of Restorative Practices, Social Emotional Learning, and Positive School-wide Behavioral Interventions and Supports.

Charlene Myklebust, PsyD, Educational Leadership Consultant - Professional Education Pal, LLC. & Wendy Loberg, Educational Leadership Consultant - Wendy Loberg Consulting, LLC

Level: I | For: Professionals

73 Strategies for Stopping Bullying: A Comprehensive Approach

This interactive session will empower students, staff and families with strategies for stopping bullying. School staff trainings, student activities for grades K-12, and family information will be shared, as well as social skills games, books, and activities. Attendees will practice hands-on things to say and do to encourage adults and kids to play an active role in stopping bullying.

Cathy Thomas, MEd, LISW, School Social Worker, Jessica Buskey, MAEd, LSW, School Social Worker & Ginger Fealy, MEd, LSW, School Social Worker - St. Michael-Albertville Schools

Level: II | For: All

74 Engaging Adolescents and Their Families Involved with the Juvenile Justice System by Increasing Participation through the use of Functional Family Therapy (FFT)

Adolescents within the correctional system face multiple barriers. This technique-driven presentation will teach professionals how to help adolescents who are involved with the justice system engage and become more committed to therapy through the use of Functional Family Therapy. The workshop will also focus on specific traumas adolescents and their families endure as a result of being part of the justice system and the cycling of dysfunctional family systems.

Aja King, MA, Licensed Professional Clinical Counselor & Cedric Weatherspoon, MA, Licensed Marriage and Family Therapist - Empower Therapeutic Support Services, LLC

Level: II | For: Professionals | Content: Clinical

75 Responding to the Unique Needs of Gifted and Talented Children

Giftedness stretches far beyond academic performance. Gifted children and youth often have specific and intense psychosocial needs and traits that make them vulnerable to misdiagnosis, missed diagnosis, behavioral or mental health challenges, relational conflicts and academic underperformance. This presentation will provide information about gifted traits, including why it is important to address these children's particular needs, how to differentiate between diagnoses and how to respond effectively.

Heather Boorman, MSW, LICSW, LCSW, Mental Health Therapist - Boorman Counseling, LLC

Level: I | For: All | Content: Clinical

76 Identifying and Understanding Early Episode Psychosis

Early identification and comprehensive treatment are essential to improving outcomes for young people experiencing psychosis. Attendees will learn to identify warning signs of psychosis, talk to young people who may be experiencing symptoms and understand the latest treatment recommendations for early episode psychosis. Participants will walk away with new hope and high expectations for young people living with psychotic disorders.

Andrea Lee, Dir. of Youth Programming, NAMI

Level: II | For: All

Early Childhood Series

77 Enhancement Project: How One School District Has Implemented a Program to Integrate Early Childhood Mental Health and B-2 Special Education Services

This workshop will delve into District 742's Enhancement Project, which integrates an early childhood mental health perspective into the district's existing early intervention model. Serving to strengthen the parent-child attachment relationship and address the social/emotional needs of young children, this project offers individualized services to attain these goals. Case assessment, formulation and implementation will be discussed, along with highlighted success stories.

Londa Wagner, MS, NCC, LMFT, Mental Health Practitioner, Deb Bryer, MS, IMH-E® (II), Licensed Parent Educator & Angie Klinefelter, MS, Licensed Parent Educator - St. Cloud School Dist. 742

Level: II | For: Professionals

Workshop Descriptions
Level | Target Audience | Content

Level
Presenters chose levels that best described their material and the knowledge attendees should have to derive the greatest benefit from their presentation. See page 2 for more information.

Target Audience
Professionals: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Mental Health Professionals, Education Professionals (ie: Special Ed & Classroom Teachers, Paras, School Nurses, School Counselors, School Psychologists & School Social Workers), Health Care Professionals
Parents: Family Members, Parents, Grandparents, Caregivers, Foster Parents
All: Suitable for all attendees

To select workshops that are best-suited to your learning needs and interests, we recommend referring to the Workshop Content Matrix on page 13 and carefully reviewing workshop descriptions.

Clinical Content
Sessions designated as containing clinical content qualify for the board of social work's clinical content requirement.

Find relevant workshops at a glance!

Workshop Content Matrix

Use this matrix to find the workshops best-suited to your learning needs & interests, organized by intended audience.

Need Clinical Content? We have indicated all workshops that meet the Board of Social Work requirements below.

	Education Professionals	Social Workers, Psychologists, MFTs & Counselors	Early Childhood Professionals	Parents & Caregivers	Clinical Content
Sunday, April 24					
A Youth Suicide in the Digital Age	●	●		●	●
B Emerging Research on Empathy	●	●	●	●	●
C The Need for Four Lenses to...	●	●		●	●
Monday, April 25 • Session 1					
1 Understanding and Working...	●	●		●	
2 Interpersonal Psychotherapy...		●			●
3 Cultivating School Success through...	●	●			●
4 The Adolescent Brain and Drugs	●	●		●	●
5 The Big Picture Approach...		●			●
6 Big Movement, Small Office: Creating...		●	●		●
7 Mindful Parenting: How to Stop...				●	
8 Therapeutic Language: Relating...	●	●			●
9 Building Personal Resilience...		●			●
10 Family Based Therapy to Treat...		●			●
11 Moving from Anxiety to Optimal...		●			●
12 Serving "ASD Plus" Individuals...	●	●			●
13 Impact of Early Care Settings...			●	●	
Session 2					
14 Transforming Mental Health Providers...		●			●
15 "Typical or Troubled?" A Training...	●				
16 Exploring the Complexities...		●	●	●	●
17 Triggers & Dynamics of Childhood...		●			●
18 Understanding and Treating Sleep		●		●	●
19 How Poverty, Stress, and Learned...	●				
20 MOFAS Young Adult Panel Presents...	●	●		●	
21 Autism and Attachment: Together...		●			●
22 Supporting Staff Who Are Working...		●			
23 Times They Are A-Changin'...		●			●
24 Relational Quality and Comorbidity...		●			●
25 Fidgety Fairy Tales: the Mental...	●	●			●
26 Same Behaviors, Different Meaning...		●	●	●	
Session 3					
27 Twin Cities Spanish Speaking Provider...		●			
28 Integrating Cognitive Behavioral...		●			●
29 Fetal Alcohol Spectrum Disorders...		●	●		
30 All You Ever Wanted to Know About...		●	●		●
31 Keeping Kids Safe: What to do during...		●	●		
32 Praise for Change: A Trauma...		●	●	●	●
33 Problematic Sexual Behaviors in...		●		●	●
34 Success Strategies for Post-Secondary...	●	●		●	
35 Understanding the Possible...	●			●	
36 Domestic Violence and Mental...		●		●	
37 Beyond Adverse Childhood...	●	●			●
38 Transitioning Youth with Mental...		●			
39 Assessment in Early Childhood...		●	●		●

	Education Professionals	Social Workers, Psychologists, MFTs & Counselors	Early Childhood Professionals	Parents & Caregivers	Clinical Content
Tuesday, April 26 • Session 4					
40 Teen Resiliency: An Integrative Skills...		●			●
41 EMDR - An Effective Treatment...		●			●
42 Preventing Child Suicide: Not Even...	●	●		●	
43 Minnesota Safe Harbor/No Wrong...		●			
44 How can Families Best Prepare Their...	●	●		●	
45 School Interventions that Support...	●	●			
46 Perseveration on Image and Food...	●	●			●
47 Somatic Awareness in Experiential...			●		●
48 Creating Awareness and Identifying...	●				
49 Trust Me! A Parent's Perspective		●			
50 An Introduction to the Theory and...		●			●
51 ADHD Secrets: Interventions that...			●		
52 Bridging Education and Mental Health...	●	●	●		
Session 5					
53 Secondary Trauma and Resilience...		●	●	●	●
54 Dealing with Grief: A Child...	●	●		●	
55 Beyond the Basics of Using...		●			●
56 Sexting, Snaps, and Social Media...	●	●			
57 The Teen in Crisis: A Unique...		●		●	●
58 Working With Students Who Have...	●				
59 Connecting the Puzzle Pieces: Adverse...	●	●			
60 American Indian, Trauma Informed...		●			
61 New Research in Treating Child and...		●			●
62 Healing Learning Environments...	●				
63 The Good, The Bad and the Useful...	●			●	
64 Art in Play Therapy - Adlerian...		●	●		●
65 Strategies, Not Solutions: FASD and...				●	
66 What's so Special About Working with...		●	●	●	
Session 6					
67 Food and Mood	●	●		●	●
68 Modifying Trauma Approaches for...		●			●
69 Practical Strategies to Support...				●	
70 ADHD Update: 2016		●			●
71 Sleep in Adolescence: Connections to...		●		●	●
72 "You're Outta' Here!" Why...	●				
73 Strategies for Stopping Bullying...	●			●	
74 Engaging Adolescents and Their...		●			●
75 Responding to the Unique Needs of...	●	●		●	●
76 Identifying and Understanding Early...		●		●	
77 Enhancement Project: How One...	●		●		

We hope this helps you get the most out of your conference experience!

You asked... We listened

Due to growing interest in our conference and valuable feedback we've received from attendees, this year's event will have some exciting changes.

More Space

This year's keynote workshops will be held in Symphony Hall and lunch will be held in Pioneer Hall to ensure we are able to comfortably accommodate all of our attendees. Additionally, breakout session spaces have been adjusted in an effort to minimize outside noise.

More Continuing Education Hours

We've added a Policy Update session to Sunday's lineup — giving attendees the flexibility to complete even more continuing education hours.

New Series Options

Monday will feature a Cultural Competency Series and Tuesday will feature a Resilience and Wellness Series. These series make it possible for attendees to take a deep dive into a specific topic by attending designated workshops each day.

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Please use one form per person. Duplicate as needed or download more at www.macmh.org.

First Name _____ Last Name _____

Attendee Email _____
Registration confirmation/receipt will be sent via email only. Please print clearly.

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I have attended the MACMH conference in the past
 This is my first time at the MACMH conference

I heard about this conference from: (circle)
 MACMH: Brochure • Email • Website • Social Media
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 Other: _____

I am registering as: (choose best fit)

Family Member—Parent, Grandparent, Caregiver
 Corrections Professional
 Early Childhood Professional or Educator
 Education Professional (ie: Special Ed & Classroom Teacher, Para, School Nurse, School Counselor, School Psychologist or School Social Worker)
 Health Care—Nurse, Doctor
 Mental Health Professional, Psychologist, Psychiatrist, Counselor, Therapist, Marriage & Family Therapist
 Social Services Professional
 Other _____

Payment and Registration information

Payment Policy: Checks (payable to MACMH), credit card payments, vouchers, and POs are welcome. If paying with a credit card, voucher, or PO, include the billing address in the Billing Information box.

Online Registration: www.macmh.org/confreg

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

Fax Registration: 651-644-7391 or **Scan & Email:** info@macmh.org

Cancellation Policy: Conference registration fees minus a \$50 administration fee per registration will be refunded if cancellation is made in writing (email info@macmh.org) to the MACMH office by April 10th, 2016. Registration can also be transferred to another attendee. Please contact MACMH if you need to transfer your registration.

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

I am attending:	before March 21	after March 21
<input type="checkbox"/> Sunday only	\$90	\$99
<input type="checkbox"/> Monday only	\$190	\$199
<input type="checkbox"/> Sunday & Monday	\$280	\$298
<input type="checkbox"/> Tuesday only	\$190	\$199
<input type="checkbox"/> Sunday & Tuesday	\$280	\$298
<input type="checkbox"/> Monday & Tuesday	\$340	\$359
<input type="checkbox"/> Sunday, Monday, Tuesday	\$360	\$379

Discounts available for full-time students and groups of 5 or more. Please call the office for details. (Discounts not available to Sunday-only attendees.)

Session, Workshop & Lunch Choices

Check the session times you plan to attend, and **circle** your workshop choice.

Sunday Option 1

- Policy Update — 12:15 – 1:45pm
 Boxed Lunch add \$13
 Symposium — 2:00 – 4:00pm
(circle symposium letter choice below)
 A Youth Suicide... | B Emerging Research... | C The Need for Four...
 MHED Talks™ — 4:15 – 6:45 pm

Sunday Option 2

- Supervision Workshop
 11:00 am - 6:00pm
 Boxed Lunch add \$13

Monday

- Workshop Session 1 — 10:15am - 12:15pm (circle choice)
 1 2 3 4 5 6 7 8 9 10 11 12 13
 Lunch — 12:15 - 1:15pm (circle lunch choice)
 Standard Vegetarian Gluten Free No Lunch
 Workshop Session 2 — 1:15 - 2:30pm (circle workshop choice)
 14 15 16 17 18 19 20 21 22 23 24 25 26
 Workshop Session 3 — 3:00 - 4:45pm (circle workshop choice)
 27 28 29 30 31 32 33 34 35 36 37 38 39

Tuesday

- Workshop Session 4 — 10:30am - 12:15pm (circle choice)
 40 41 42 43 44 45 46 47 48 49 50 51 52
 Lunch — 12:15 - 1:15pm (circle lunch choice)
 Standard Vegetarian Gluten Free No Lunch
 Workshop Session 5 — 1:15 - 2:45 pm (circle workshop choice)
 53 54 55 56 57 58 59 60 61 62 63 64 65 66
 Workshop Session 6 — 3:00 - 4:15pm (circle workshop choice)
 67 68 69 70 71 72 73 74 75 76 77

Please Note

- Registration confirmations are sent via email to the email address provided. The email is your receipt or invoice. No other confirmation will be sent.
- On-site registration will be available as space allows.
- The conference fee includes continental breakfast, lunch, and CEHs.
- You are not registering for workshops, simply noting your interest.

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