



Minnesota Association for
Children's Mental Health

Conference Program

2016 MACMH Child & Adolescent Mental Health Conference

April 24 – 26 | 20th Annual Conference

Duluth Entertainment Convention Center (DECC) in Duluth, MN

Welcome to 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 17 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.

Things to Know

Weather

Spring weather in Duluth and temperatures within the DECC facility may fluctuate. We strongly 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. 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. **CEH certificates are in the folder you received at check-in.**

CEHs have been approved by the following Minnesota boards:

Behavioral Health & Therapy: 19.5 CEHs

Marriage & Family Therapy: 19.5 CEHs

Social Work: 17.5 CEHs

Psychology: 17.5 CEHs

School Administrators: 18 CEHs

The following boards do not allow pre-approved CEHs. An estimate of 17.5 CEHs should be approved upon independent submission to your board.

MN Board of Education

MN Nursing Board

ND Board of Social Work

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

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 workshop 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.

Questions?

For building-specific questions, see a DECC staff at the front-lobby kiosk. For event-specific questions, see a MACMH staff in the registration area or find someone wearing a staff name tag or shirt with the MACMH logo.

Breakfast | Snacks

Breakfast and snacks are provided in the Fitzgerald Exhibit Hall.

Lunch

Lunch is provided in Pioneer Hall (new location) from 12:15 - 1:15 pm, Monday and Tuesday.

See the DECC map on page 20 to find the new lunch location.

Conference Learning Objectives

- 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 is attending?

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

MACMH Board

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**Thank You
Volunteers,
Presenters &
Exhibitors!**

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

Table of Contents

Sunday Workshops	Page 5
Monday Highlights	Page 7
Monday Workshops.	Pages 8 – 10
Tuesday Highlights	Page 12
Tuesday Workshops.	Pages 13 – 15
Workshop Content Matrix	Page 17
DECC Map	Pages 20-21
Monday /Tuesday At-A-Glance	Pages 22-23

New Locations This Year!

Keynote – Symphony Hall

Lunch Monday & Tuesday – Pioneer Hall

**Reference our DECC Map
on Pages 20 & 21**



- Treatment Foster Care
- Family-Based Services
- Community Based Assessment
- Family Institute

Innovative Behavioral Healthcare Services
 For more information or to schedule a consultation, training or presentation contact the PATH Family Institute

www.pathinc.org
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Families Making the Difference

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PATH continues to be an innovative Behavioral Healthcare leader in Family Support and Treatment Foster Care services.

MACMH Program Spotlight

Certified Family Peer Specialist

Empowering parents, families and guardians of children with a mental health diagnosis through education and ongoing support.



Visit the MACMH booth for more information.

- A certification program for parents and caregivers
- A Medicare reimbursable position for providers



Sunday, April 24th

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

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. *For those who have purchased a boxed lunch, it will be available for pickup upon checking in.*

Sue Abderholden, MHP, Executive Dir. - NAMI Minnesota & Mary Regan, MSW, LICSW, Exec. Dir. - MCCA • Harborside 302

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. • Harborside 204

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 • Harborside 304

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. • French River

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. • Cityside O

Creating Everyday Adolescent Super Heroes

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

Evidenced Based Medication Treatments for Children and Adolescents with PTSD

Danielle Goerke, DO, Associate Proj. 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

A 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

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. Proj. Coord., Shawn Schuette, MA, LMFT, Senior Clinical Spvsr. & Thomas Nguyen, PsyD, LP, Clinical Training Spvsr. - Amherst H. Wilder Foundation • Cityside K

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.

6 CEHs | Check in opens: 10:30 am
11:00 am – 6:00 pm
1 hour break for lunch

Thank You Sponsors!



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MACMH Program Spotlight

Southside Urban Coalition



Building a safe, healthy,
drug-free community in
south Minneapolis.
www.southsidedrugfree.org



Keynote Speaker • 9:00 – 10:00 am | Symphony Hall



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 historical and persistent nature of the obstacles they experience.

REMINDER: Keynote & Lunch locations have changed!

Monday's Keynote will be held in Symphony Hall. Lunch will be served in Pioneer Hall.

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! • Cityside O

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 • Harborside 203

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, Marisa Biolo, MSW, LICSW, School Social Worker & Carrie Johnson, MSW, LICSW, School Social Worker - St. Paul Public Schools • Cityside K

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. • Harborside 304

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 • French River

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 • Split Rock

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 • Harborside 204

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 Spusr. - Washburn Ctr. for Children • Cityside M

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 • St. Louis

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. • Gooseberry 3

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 • Cityside J

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, MSEd, Dir. of Special Ed. & Ashley Witt, LPCC, Support Servs. Spusr. - Lionsgate Academy • Harborside 302

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. • Gooseberry 1

Level: I | For: All

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 – Dept. of Social Work, California State Univ., Northridge • Harborside 304

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 • Harborside 203

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.

Erin LaVenture, LADC, Mental Health Education Mgr. & Nicoleen Meyer, RN, CPN, Home Nursing Education Mgr. - Accurate Home Care • Gooseberry 3

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 • Harborside 204

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 • Cityside O

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, Andrew Dvorak & Charles Lindsey, former students featured in the book “A Prison Called School” • Cityside J

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 • Gooseberry 1

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 • Harborside 302

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 • Split Rock

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. • French River

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 • Cityside M

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 • St. Louis

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 • Cityside K

Level: II | For: All

Join us in the Fitzgerald Exhibit Hall for a door prize drawing at 2:40 pm!

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
• **Gooseberry 1**

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 Schirraar, PhD, Post-Doctoral Fellows - U of MN and PrairieCare • **Harborside 302**

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 • **Cityside K**

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 • **Harborside 204**

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., Nate Sessions, Client Servs. Specialist/Wraparound Facilitator & Nichole Whaley, Lead Infant Teacher/ Child Development Specialist - FamilyWise • **Gooseberry 3**

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. • **Cityside J**

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 • **Split Rock**

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 • **Cityside O**

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 • **Harborside 304**

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 • **French River**

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. & Wendy Loberg, Educational Leadership Consultant - Wendy Loberg Consulting, LLC.
• **Cityside M**

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.

Shelly Richardson, DSW, LICSW, Asst. Professor - College of St. Scholastica • **St. Louis**

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 • **Harborside 203**

Level: II | For: Professionals | Content: Clinical

Special MACMH Training Event

Introduction to the Neurosequential Model of Therapeutics

October 18, 2016 • 6 CEHs

Ames Center in Burnsville, MN

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



Watch your inbox and the MACMH website for further details.

Dr. Bruce Perry

MACMH Summer Training Series

Upcoming July - September 2016

An Afternoon with the Breakfast Club: Using the Biopsychosocial Model to Deepen our Understanding of our Loved Ones' Mental Health

Himanshu Agrawal, MD, Child and Adolescent Psychiatrist and Clinical Director - PrairieCare

Level: **Intermediate-Advanced** | For: **Professionals & Parents** | Includes: **Clinical Content** | CEHs: 3

Communication-Based Strategies for Self-Regulation

Christine A. Wing, CCC, SLP, PhD, Sole Proprietor - I've Got Two Wings

Level: **Intermediate** | For: **Professionals & Parents** | Includes: **Clinical Content** | CEHs: 6

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

Kara Rogers, MSW, LICSW, Clinical Supervisor - Catholic Charities, Young Learners Program

Level: **Basic** | For: **Parents & Professionals** | Includes: **Clinical Content** | CEHs: 6

The Impact of Stressful Medical Intervention on Young Children

Carol F. Siegel, PhD, LP - Private Practice & University of Minnesota, Infant and Early Childhood Certificate Program

Level: **Intermediate** | For: **Parents & Professionals** | Includes: **Clinical Content** | CEHs: 3

Secondary Traumatic Stress and Self-Care

Carol F. Siegel, PhD, LP - Private Practice & University of Minnesota, Infant and Early Childhood Certificate Program

For: **Professionals** | Includes: **Clinical Content** | CEHs: 3

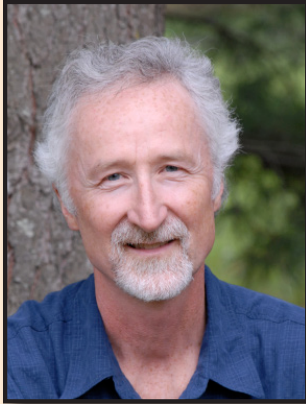
ADHD Secrets: Interventions that Work

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

For: **Parents & Professionals** | CEHs: 3

Watch our website for details!

Keynote Speaker • 9:00 – 10:00 am | Symphony Hall



Henry Emmons, MD

Dr. Henry Emmons is a psychiatrist who integrates mind-body and natural therapies, mindfulness, Buddhist teachings, 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.

REMINDER: Keynote & Lunch locations have changed!

Tuesday’s Keynote will be held in Symphony Hall. Lunch will be served in Pioneer Hall.

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.

Save the Date

2017 Annual Conference

April 23, 24, & 25, 2017

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 • Cityside K

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 • Harborside 302

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 • French River

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 • Cityside O

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 • Gooseberry 1

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. • Cityside J

Level: II | For: Professionals

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

This workshop will explore literature on the co-morbidity 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. • Harborside 203

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 • Harborside 204

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 • St. Louis

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 • Gooseberry 3

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 • Split Rock

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) • Cityside M

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 • Harborside 304

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 • Cityside J

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 • Harborside 203

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 • French River

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 - WLCSF/Christian Family Solutions & Thad Shunkwiler, MS, LMFT, LPCC, RPT, CCMHC, Asst. Professor - Alcohol and Drug Studies Prog. at MN State Univ., Mankato • Cityside K

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 & Suzanne Dube, RN - U of MN Masonic Children's Hospital • Split Rock

Level: I | For: All | 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. • Harborside 304

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 Coord. - ISD 709 Duluth Public Schools • Cityside O

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. • Gooseberry 1

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. • Harborside 302

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. • Harborside 204

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. • St. Louis

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 Dannen, 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 • Cityside M

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 • Harborside 202

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 Coord. - MACMH • Gooseberry 3

Level: I | For: Professionals

Level: I | For: All | Content: Clinical

Level: I | For: All | Content: Clinical

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 • Cityside K

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 • Harborside 204

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 • Gooseberry 1

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) • Harborside 302

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 • Harborside 304

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 • Cityside J

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-Alberville Schools • French River

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 • Split Rock

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 • Gooseberry 3

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 • Cityside M

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 • Harborside 203

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 17 and carefully reviewing workshop descriptions.

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



**AUTISM
MENTAL HEALTH
REHABILITATION
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MACMH Program Spotlight

Infant & Early Childhood

What We Do for Babies And The People Who Nurture Them



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.

Become a member at
www.macmh.org/ecmember



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!



Leo A. Hoffmann Center

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(507) 934-6122 or check out our website at www.hoffmanncenter.org



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MACMH Program Spotlight

Annual Fundraiser

MACMH's 9th Annual
Silent Auction & Award Gala

An Evening of Heart

Save the Date

Friday, November 4th, 2016

Publications

An Educator's Guide to
Children's Mental Health

Available to purchase during exhibit hours at MACMH's booth!

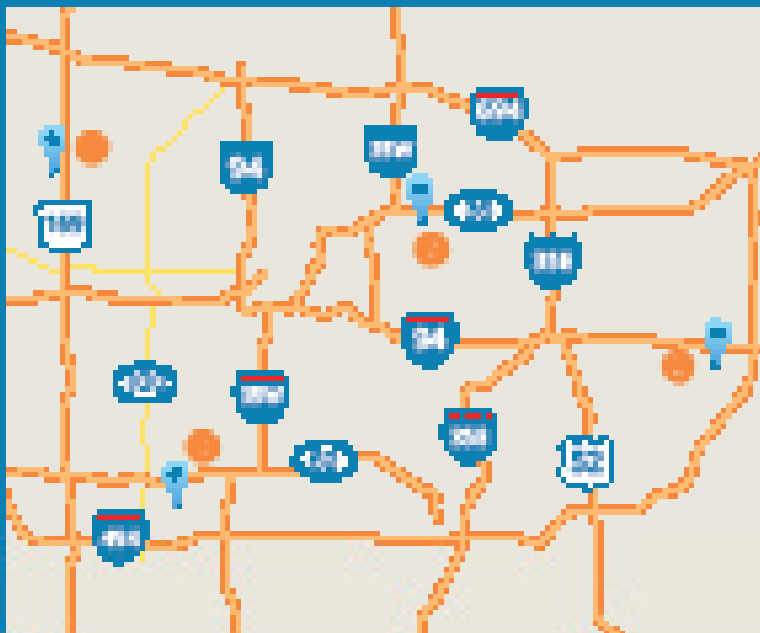




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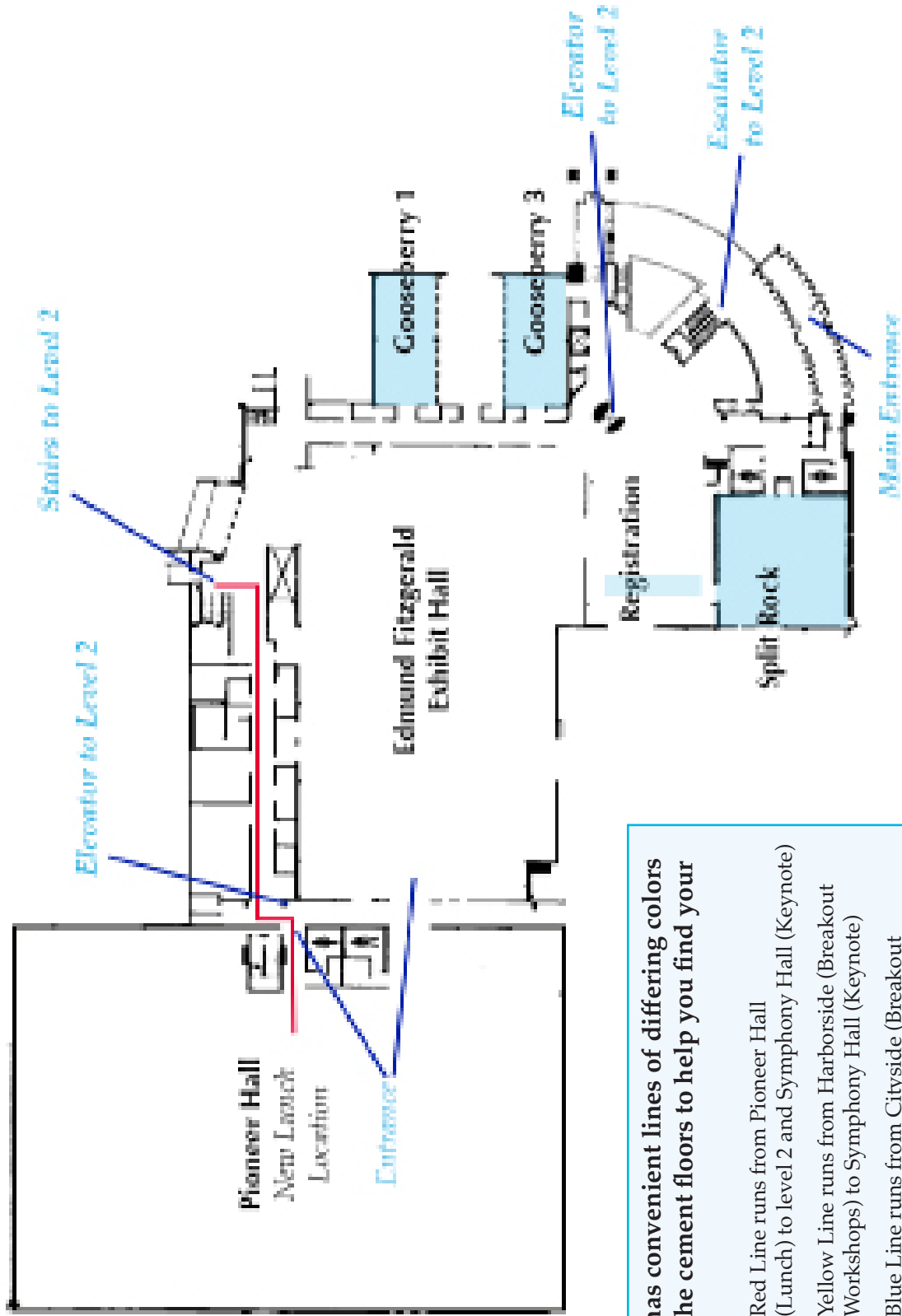
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The DECC has convenient lines of differing colors painted on the cement floors to help you find your destination.

- Red Line runs from Pioneer Hall (Lunch) to level 2 and Symphony Hall (Keynote)
- Yellow Line runs from Harborside (Breakout Workshops) to Symphony Hall (Keynote)
- Blue Line runs from Cityside (Breakout Workshops) to Symphony Hall (Keynote)

If you have any questions, please don't hesitate to ask DECC or MACMH Staff and they will be happy to point you in the right direction!

Level 1 | Ground Level | Main Entrance

Monday, April 25, 2016 • Sessions 1 – 3

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

Keynote Speaker • 9:00 – 10:00 am

Allen E. Lipscomb, PsyD, LCSW • NEW: Symphony Hall

10:00 – 10:15 Break | Exhibits

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

1. Understanding & Working with Transgender & Gender Nonconforming Youth Cultural Competency Series <i>Alex Jackson Nelson</i>	Cityside O
2. Interpersonal Psychotherapy for Depressed Adolescents (IPT-A) <i>Meredith Gunlicks-Stoessel</i>	Harborside 203
3. Cultivating School Success Through Trauma Informed Practices and Collaboration <i>Kiley Krocak, Michael Carlson, Marisa Biolo, & Carrie Johnson</i>	Cityside K
4. The Adolescent Brain and Drugs <i>Michael Brunner</i>	Harborside 304
5. The Big Picture Approach – How to Avoid Tunnel Vision When Working with Complex Kids <i>Jeanne Kotola & Rick Delaney</i>	French River
6. Big Movement, Small Office: Creating Opportunities for Sensory Regulation in Any Environment <i>Marit Appeldoorn</i>	Split Rock
7. Mindful Parenting: How to Stop the Fighting, Yelling and Frustration <i>Samantha Moe & Kathy Flaminto</i>	Harborside 204
8. Therapeutic Language: Relating to Dysregulated Children and Setting Goals in Treatment <i>Lauren Nietz & Joel Hansen</i>	Cityside M
9. Building Personal Resilience: An Introduction to HeartMath® Skills <i>Lynne Jensen</i>	St. Louis
10. Family Based Therapy to Treat Anorexia: How to Implement FBT and Understand the Eating Disorder Voice <i>Kelly Senesac</i>	Gooseberry 3
11. Moving from Anxiety to Optimal Wellness: Soothing Arousal and Transforming Wellbeing <i>L. Read Stulik</i>	Cityside J
12. Serving “ASD Plus” Individuals in Schools - Addressing the Needs of Students who have Autism Spectrum Disorders and Co-Occurring Mental Health Disorders <i>Joseph Falkner, Emily Kofle & Ashley Witt</i>	Harborside 302
	Gooseberry 1

12:15 – 1:15 Lunch • NEW: Pioneer Hall | Exhibits • Fitzgerald Exhibit Hall

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

13. Impact of Early Care Settings on Attachment Formation: An Opportunity to Support Development Early Childhood Series <i>Tracy Schreffels</i>	Harborside 304
14. Transforming Mental Health Providers to be Culturally Affirming Practitioners When Working with Youth of Color Cultural Competency Series: Presented by Keynote <i>Allen Lipscomb</i>	Harborside 203
15. “Typical or Troubled?” A Training for Elementary School Personnel on the Warning Signs of Children’s Mental Health and How to Respond <i>Rick Loseth</i>	Gooseberry 3
	Harborside 204
	Cityside O

• Lindsey Fox

16. Exploring the Complexities involved in Rural Children’s Mental Health <i>Erin LaVenture & Nicoleen Meyer</i>	Cityside J
17. Triggers and Dynamics of Childhood Sexual Abuse <i>Jeanne Schur</i>	Gooseberry 1
18. Understanding and Treating Sleep Disorders in Youth <i>David Swenson</i>	Harborside 302
	Split Rock
19. How Poverty, Stress, and Learned Helplessness Affect Students in School <i>Maire Ann Metzger, Andrew Doarak & Charles Lindsey</i>	French River
20. MOFAS Young Adult Panel Presents a Personal Outlook on FASD <i>Marissa Lang & Youth Panel</i>	Cityside M
21. Autism and Attachment: Together at Last <i>Peter Singer</i>	St. Louis
22. Supporting Staff Who Are Working with Families with Trauma <i>Ann Gaasch & Mary Black</i>	Cityside K

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

3:00 – 4:45 Concurrent Workshops 27 – 39	
23. Times They Are A-Changin’ – Trends in Youth Sexual Behavior <i>Elizabeth Bergman & Amy Moeller</i>	Gooseberry 1
24. Relational Quality and Comorbidity Among Adolescents Affected by Nonsuicidal Self-Injury <i>Anna Bohlinger</i>	Harborside 302
25. Fidgety Fairy Tales: the Mental Health Musical <i>Matt Jensen, Marjya Hart & Youth Cast</i>	Cityside K
26. Same Behaviors, Different Meaning: The Importance of Infant and Toddler Mental Health Early Childhood Series <i>Miranda Gilmore & Pat Pulice</i>	Harborside 204
27. Twin Cities Spanish Speaking Provider Consortium: A Community-Based Model for Addressing Clinicians’ Barriers to Providing Culturally-Responsive Services to Latinos Cultural Competency Series <i>Lily Ranney, Liz Franklin & Mauricio Cifuentes</i>	Gooseberry 3
28. Integrating Cognitive Behavioral Therapy and Social Learning Family Therapy in the Treatment of Adolescent Depression <i>Nicole Lightman, Meredith Tumilty, Erin Hill & Wendi Schirvar</i>	Cityside J
29. Fetal Alcohol Spectrum Disorders: What Mental Health Providers Need To Know <i>Barb Clark</i>	Split Rock
30. All You Ever Wanted to Know About Being A Play Therapist...But Weren’t Sure Who To Ask <i>Marit Appeldoorn, Megan Oudekerk & Melissa Weiterlund</i>	Cityside O
31. Keeping Kids Safe: What to Do During Family Sessions <i>Anna VonRueden, Carl Noraine & Nichole Whaley</i>	Harborside 304
32. Praise for Change: A Trauma-Informed Intervention for Creating One Less Meltdown <i>Michael Harris</i>	French River
33. Problematic Sexual Behaviors in Youth: Perceptions and Myths <i>Paula Minske & Denise Dallas</i>	Cityside M
	St. Louis
	Harborside 203

Tuesday, April 26, 2016 • Sessions 4 – 6

7:30 Registration Continental Breakfast Exhibits • Fitzgerald Exhibit Hall	
Keynote Speaker • 9:00 – 10:00 am Henry Emmons, MD • NEW: Symphony Hall	
10:00 – 10:30 Refreshments Extended Break Exhibits Door Prize Drawings • Fitzgerald Exhibit Hall	
10:30 – 12:15 Concurrent Workshops 40 – 52	
40. Teen Resiliency: An Integrative Skills-Based Model to Help Teens Develop Self-Awareness and Enhance Well-Being Resilience & Wellness Series: Co-presented by Keynote <i>Kathy Flaminio, Kevin Harrington, & Henry Emmons</i>	Cityside K
41. EMDR - An Effective Treatment Approach for Children Who Have Experienced Trauma <i>Kathleen Mathews & Jennifer Britton</i>	Harborside 302
42. Preventing Child Suicide: Not Even One <i>Nate Wright, Jon Roessler, & Melissa Heinen</i>	French River
43. Minnesota Safe Harbor/No Wrong Door: Services for Sexually Exploited Youth <i>Beth Holger-Ambrose, Paula Schaefer & Youth Survivor Advisory Members</i>	Cityside O
44. How can Families Best Prepare Their Autistic Child for the Transition Into School? <i>Jon Sailer & Jaclyn Burton</i>	Gooseberry 1
45. School Interventions that Support Children with Attachment Disorders <i>Kelly Duffy</i>	Cityside J
46. Perseveration on Image and Food: Eating Disorder, ASD or Both? <i>Amy Robinson, Kristi Swenson, & Jayme Baden</i>	Harborside 203
47. Somatic Awareness in Experiential Play Therapy <i>Melissa Wetterlund & Sara Werner</i>	Harborside 204
48. Creating Awareness and Identifying At-Risk Students <i>Becky Halvorson & Alison McKernan</i>	St. Louis
49. Trust Me! A Parent's Perspective <i>Tamber Sherman & Jessica Oliver Tebben</i>	Gooseberry 3
50. An Introduction to the Theory and Practice of Drama Therapy <i>Sarah Paper</i>	Split Rock
51. ADHD Secrets: Interventions that Work <i>Chris Bedford & Gary Johnson</i>	Cityside M
12:15 – 1:15 Lunch • NEW: Pioneer Hall Exhibits • Fitzgerald Exhibit Hall	
1:15 – 2:45 Concurrent Workshops 53 – 66	
52. Bridging Education and Mental Health (BEAM) Training: Supporting Social and Emotional Learning and Addressing Challenging Behaviors in Early Childhood	Harborside 304
School-Based Programs Early Childhood Series <i>Christopher Watson, Mary Harrison, Mary Mischke, & Shelley Neilsen Gatti</i>	Cityside J
53. Secondary Trauma and Resilience - Maintaining Balance and Well-Being for	Harborside 203
	French River

Parents, Caregivers and Professionals Resilience and Wellness Series <i>Cynthia Packer & Jill Hennes</i>	Cityside K
54. Dealing with Grief: A Child and Teen Panel Discussion <i>Coral Popowitz</i>	Split Rock
55. Beyond the Basics of Using Validation, Shaping & Reinforcement Strategies: Tools for Managing Self-Harm and Other Challenging Behaviors <i>Jennifer Rothschild & Christina Kress</i>	Harborside 304
56. Sexting, Snaps, and Social Media: Current Trends in Teens and Technology <i>Jennifer Ladgreen & Chad Shunkoviler</i>	Cityside O
57. The Teen in Crisis: A Unique, Effective, and Resource-Responsible Approach. An Alternative to the Conventional, Locked, and Costly Hospital Psych Unit <i>Kathleen Sullivan, Sara Pourmoor, Tammy Kolstad, & Suzanne Dube</i>	Gooseberry 1
58. Working With Students Who Have Mental Health Challenges <i>Linda Seifried & Jimmie Heags, Jr.</i>	Harborside 302
59. Connecting the Puzzle Pieces: Adverse Childhood Experience, Trauma-Informed Schools & Positive Behavioral Interventions and Support <i>Mary Hunt & Ron Lake</i>	Harborside 204
60. American Indian, Trauma Informed Children's Group <i>Rose Joiner & Jay Hunter</i>	St. Louis
61. New Research in Treating Child and Adolescent Trauma <i>Mark Wilde</i>	Cityside M
	Harborside 202
	Gooseberry 3

2:45 – 3:00 Break • DECC Lobby - Exhibit Hall Closed	
3:00 – 4:15 Concurrent Workshops 67 – 77	
62. Healing Learning Environments: Designing New Strategies for Children with Autism & EBD <i>Don Thomas & Val Rae Boe</i>	Cityside K
63. The Good, The Bad and the Useful: Meeting the Needs of Children with ADHD, a Perspective <i>Toby Stumpf & Dawn Schaefer-Stumpf</i>	Harborside 204
64. Art in Play Therapy - Adletian Approach <i>Susan Dannen & Jessica Metzger</i>	Gooseberry 1
65. Strategies, Not Solutions: FASD and Employment <i>Shauna Feine & Ruth Richardson</i>	Harborside 302
66. What's so Special About Working with Infants and Toddlers? An introduction to MAIECMH's Multidisciplinary Endorsement Process Early Childhood Series <i>Kristin Armbruster</i>	Harborside 304
67. Food and Mood Resilience and Wellness Series <i>Carolyn Denton</i>	MAIECMH's Cityside J
68. Modifying Trauma Approaches for Children with Autism Spectrum Disorders <i>Rachel Gardner, Aric Jensen, Gretchen Weber, & Cheri Brady</i>	French River
69. Practical Strategies to Support Siblings of Children with Special Needs <i>Lori Brown-De Alba, Renee Latterell, & Trisha Matler</i>	Split Rock
70. ADHD Update: 2016 <i>Chris Bedford & Gary Johnson</i>	Gooseberry 3
71. Sleep in Adolescence: Connections to Wellness, Resilience, and Mental Health <i>J. Roxanne Pritchard</i>	Cityside M
	Harborside 203

We're happy you are here to help celebrate our 20th annual Child & Adolescent Mental Health Conference

20
years



DISCOVERY
& LEARNING

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.

Let us know what you think! Be sure to fill out your conference overall evaluation... we value your feedback!

Thank You Sponsors!

