

# 2018 MACMH Child & Adolescent Mental Health Conference

Duluth, MN | April 15 - 17

## 2018 Keynote Presentations



**Dorothy L. Espelage,  
PhD**

*Bullying and School Violence:  
Research-Informed Strategies  
for Prevention and Intervention*  
Learn more about Dr.  
Espelage's keynote on page 8.



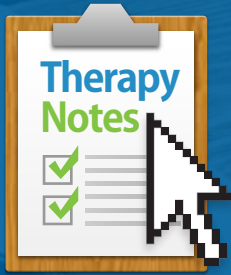
**Samuel Simmons,  
AA, LADC**

*A Family Story: From  
Intergenerational Trauma  
to Thriving*  
Learn more about Mr.  
Simmons' keynote on page 12.

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



Minnesota Association for  
Children's Mental Health



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**11:30AM Appt with Kyle**  
Called in to say he may be a little late

**12:00PM Appt with Susan**  
Remember to collect paperwork

Create a Progress Note for your appointment on 4/16

**Evaluation**  
**Progress Note**  
**Treatment Plan**

Diagnosis: DSM-5 **anxiety**

Presenting Problem: F40.10 Social Anxiety Disorder  
F41.1 Generalized Anxiety Disorder  
F41.8 Other Specified Anxiety Disorder

Treatment Goals:

Electronically Sign this Note

Claim for **John with Acme**

<input checked="" type="checkbox"/>	12/2	\$100	90791
<input type="checkbox"/>	12/9	\$75	90832

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Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

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# MACMH WELCOME

## Greetings,

The Minnesota Association for Children's Mental Health (MACMH) board, staff and conference presenters invite you to participate in the 22nd Annual Child & Adolescent Mental Health Conference this April 15 – 17 in Duluth, MN. The MACMH conference is designed for people who care for or work with children and youth. Our annual conference offers professionals and families opportunities to:

- ▶ **Improve policy and enhance practices for children (birth to 21) who have or are at risk of developing 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**

We offer a customizable schedule which can be tailored to your interests and availability. To register for this event, complete the registration form on the back of this brochure or visit [www.macmh.org](http://www.macmh.org) for complete online registration information.

Should you have any questions about our conference, please contact us at 1-800-528-4511 or email [info@macmh.org](mailto:info@macmh.org). We look forward to seeing you in Duluth this April.

Sincerely,  
The MACMH Conference Team

Full conference details at [www.macmh.org/Conf2018](http://www.macmh.org/Conf2018)

## Schedule At A Glance

### Sunday, April 15

10:30 – 11:00 . . . . . Supervision Registration  
**11:00 – 6:00. . . . . Supervision Series**  
11:30 – 5:30. . . . . General Registration  
**12:15 – 1:45 . . . . . Legislative Update**  
1:45 – 2:00. . . . . Break  
2:00 – 4:00. . . . . Symposia A, B, C & D  
4:00 – 4:15. . . . . Break  
4:15 – 6:45. . . . . MHED Talks®

### Monday, April 16

7:30 – 3:00. . . . . Registration  
7:30 – 8:50. . . . . Exhibits/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 17

7:30 – 3:00. . . . . Registration  
7:30 – 8:50. . . . . Exhibits/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 – 65**  
2:45 – 3:00. . . . . Break  
3:00 – 4:15. . . . . Workshops 66 – 76

# Things To KNOW

## Meals

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

*Sunday attendees have the option of purchasing a boxed lunch for \$15 (see registration form).*

## Weather

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

## Exhibits

**Monday, April 16 • 7:30 am – 3:00 pm**

**Tuesday, April 17 • 7:30 am – 1:15 pm**

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

## Schedule Changes

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

## Accessibility

If you need a reasonable accommodation (e.g., wheelchair accessibility, interpreter, braille, or large print materials), such accommodations will be made available upon advanced request. Please contact the MACMH office on or before March 19. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

## Cancellation

The deadline to receive a refund for your registration is on or before April 2, subject to a \$50 USD administrative cancellation fee. Refunds will be credited back to the original credit card used or a check will be sent to the original check address.

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

## On-site Registration

On-site registration will be available as space allows; please call our office to check availability.

## Registration

Days Attending	Before March 8	After March 8
Sunday Only	\$90.00	\$99.00
Monday Only	\$190.00	\$199.00
Tuesday Only	\$190.00	\$199.00
Sunday & Monday	\$280.00	\$298.00
Sunday & Tuesday	\$280.00	\$298.00
Monday & Tuesday	\$340.00	\$359.00
Sunday, Monday & Tuesday	\$360.00	\$379.00

**Register by March 8 for a discount!**

**Online registration closes April 9 at 5 pm.**

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

Register at [www.macmh.org/ConfReg](http://www.macmh.org/ConfReg)

## Workshop Descriptions

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### Level

*Presenters chose levels that best describe 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.

### Clinical Content

Social workers and psychologists are often required to obtain CEHs with clinical content.

The sessions marked with this designation qualify for the Board of Social Work's clinical content requirement.

### Target Audience

**Professionals:** Psychologists, marriage and family therapists, clinical social workers, counselors, mental health professionals, education professionals (e.g., special education & classroom teachers, paraprofessionals, 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 16 and carefully reviewing workshop descriptions.*

## Continuing Education

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The MACMH conference is designed to meet Continuing Education Hour (CEH) credits for many disciplines. CEH certificates will be available to document participation.

Pending board approval, the MACMH conference board approved hours are typically as follows:

- ▶ Behavioral Health & Therapy (LPC, LPCC, LADC): 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 require 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

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

### Post-Tests

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

# Sunday Option 1

12:15 - 6:45 pm | Up to 6 CEHs

## Legislative Update 12:15 – 1:45 pm

Learn what happened in the 2017 legislative session and the key issues being addressed during the 2018 session. Understand how you can be part of a movement to create change and how to make your voice heard. *Sue Abderholden, MPH, Exec. Dir. - NAMI MN* | A boxed lunch is available for purchase. | Level: I | For: All

## Concurrent Symposia 2:00 – 4:00 pm

### A Ethics and Autism Spectrum Disorders

All professional designations have a code of ethics that must be followed, but some clients may bring up unique ethical challenges, especially clients with Autism Spectrum Disorders (ASD) and similar diagnoses. This presentation will highlight various ethical guidelines for working with clients who have ASD throughout the whole therapeutic process from diagnosis to termination. Case vignettes will be shared, along with time for questions and answers. *This course fulfills the MN Board of Social Work requirement of 2 clock hours in social work ethics.*

*Barb Stanton, PhD, LPCC, LMFT, Clinic Therapist & Emily Coler Hanson, MS, LMFT, CGP, Clinic Therapist - The Anne Carlsen Ctr.*

Level: II | For: Professionals | Content: Clinical

### B Strategies to Strengthen Self-Regulation in Children

What is self-regulation and why is it important? In this session attendees will learn the definition and developmental progression of self-regulation and how to support children who need guidance in developing self-regulation strategies. Attendees will leave with tools and strategies to support children who have trouble regulating their body, mind and emotions.

*Tracy Schreifels, MS, LMFT, IMH-E® (III), Infant Mental Health Specialist & Kristi Monsour, MA, Behavior Specialist - Reach Up, Inc*

Level: I | For: All

### C Social Anxiety in Adolescents: Recognition, Management and Treatment

Social Anxiety Disorder (SAD) is a highly prevalent condition that often develops in the context of adolescence and can have a profound impact on school and social functioning. This advanced workshop examines various contributions to the development of social anxiety (e.g. biological, familial, social, cultural) from a developmental psychopathology viewpoint. Contemporary evidence-based practices that combine cognitive-behavioral strategies with acceptance and mindfulness strategies will be presented.

*Christopher Vye, PhD, LP, Chair, Assoc. Professor, & Kristen Nelson, MA, Doctoral Student - Univ. of St. Thomas; & Rebecca Swan, PhD, Licensed Psychologist - Anxiety Treatment Resources*

Level: II | For: Professionals | Content: Clinical

### D Developing Resilience Skills with Elementary and Middle School Aged Children

For professionals who work in a school or clinical setting who have experience using a mind-body-spirit approach in working with children, this presentation will provide a resilience model and practical strategies to help children develop skills to enhance physical, mental and social-emotional health and well-being. Participants will explore how to incorporate additional mind-body skills into their work to help youth improve academic performance, emotional regulation, concentration, creativity and tools to cope with current and future stressors.

*Kevin Harrington, PhD, Licensed Psychologist - Private Practice*

Level: II | For: Professionals

## MHED Talks<sup>©</sup> 4:15 – 6:45 pm

### From Tragedy to Hope, One Breath at a Time



*Kathy Flaminio, MSW, LGSW, E-RYT-200, President & Founder - 1000 Petals LLC, National Dir. of Training Dev. for Yoga Calm®*

### The Buffalo in the Storm



*Dr. Antony Stately, PhD, LP, CEO - Native American Community Clinic*

### Finding Calm in Chaos: Radical Self-Care as Medicine



*Dr. Joi Lewis, EdD, Founder & CEO - Joi Unlimited Coaching & Consulting - The Orange Method*

### 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—each speaker has 18 minutes to share their expertise on new concepts, programs, treatment models and research. Following the presentations, there will be a Q&A and hors d'oeuvres reception.

Level: I | For: All

# Sunday Option 2

11:00 am - 6:00 pm | Up to 6 CEHs

## Supervision Series

### Convening Difficult Conversations on Race and Culture in Supervision

Reflective Supervision has become a nationally recognized tool to help agency supervisors not only evaluate and teach, but create space for deep listening, reflection and discussion of one's "context" in mental health supervision to guide learning. But what if there are racial, cultural and historical power divides between supervisor and supervisee that impact the safety and capacity to reflect and name context in each other's presence? Using question and answer, cross-cultural supervisor-supervisee panel examples, and application of Master Therapist Ken Hardy's concepts for promoting conversation about race and trauma in supervision, this advanced practice workshop seeks to spark growth in supervisors' ability to authentically create reflective practice, address performance, and repair rifts in the face of difference.

#### Learning Objectives:

- ▶ Name elements of Reflective Supervision which promote and preclude respectful "thinking aloud" about one's own mental health practice when culture, race and privilege differences exist between supervisee and supervisor.
- ▶ Increase supervisory strategies for convening difficult conversations about trauma, race privilege and performance in supervision, especially when one is a supervisor of color supervising white supervisees in established organizations, applying concepts of Dr. Ken Hardy.
- ▶ Increase practical ideas of how to challenge, mentor, and even champion one's supervisees within meetings and organizational structures, supervisees whose life experiences and cultural wisdoms generate different ideas than the status quo to address client concerns and reinforce mental health.

*Krista M. Nelson, MSW, LICSW, LMFT, Trauma Consultant, Yonis Gabbow, MS, LAMFT, Kofi School Based Svs. Counselor, Shawn Schuette, MA, LMFT, Senior Clinical Spsvr. & Pahoua Yang, PhD, LICSW, Vice President for Community Mental Health – Amherst H. Wilder Foundation*

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

\*A lunch break will be held from 12:00 – 1:00 pm. A boxed lunch will be available for those who purchased one, otherwise attendees can visit Canal Park for more options.

### MACMH's Infant and Early Childhood Division

[www.macmh.org/iec/aboutiec](http://www.macmh.org/iec/aboutiec)



Educate and Train  
Endorse  
Connect and Collaborate  
Advocate

# MONDAY HIGHLIGHTS

## Keynote Speaker • 9:00 – 10:00 am



### **Dorothy L. Espelage, PhD**

Dorothy L. Espelage, PhD, is Professor of Psychology at the University of Florida. She is the recipient of the APA Lifetime Achievement Award in Prevention Science and the 2016 APA Award for Distinguished Contributions to Research in Public Policy, and is a Fellow of APS, APA, and AERA. She earned her PhD in Counseling Psychology from Indiana University in 1997. Over the last 22 years, she has authored over 180 peer-reviewed articles, six edited books, and 70 chapters on bullying, homophobic teasing, sexual harassment, dating violence, and gang violence. Her research

focuses on translating empirical findings into prevention and intervention programming and she has secured over ten million dollars of external funding. She advises members of Congress on bullying prevention legislation. She conducts regular webinars for CDC, NIH, and NIJ to disseminate research. She authored a 2011 White House Brief on bullying among LGBTQ youth and attended the White House Conference in 2011, and has been a consultant on the stopbullying.gov website and consultant to the National Anti-bullying Campaign, Health Resources and Services Administration (HRSA) in the U.S. Department of Health and Human Services (HHS). She has presented multiple times at the Federal Partnership to End Bullying Summit and Conference. She is a consultant to the National Institutes of Health Pathways to Prevention Initiative to address bullying and youth suicide. Dr. Espelage has appeared on many television news and talk shows and has been quoted in the national print press.

### **Bullying and School Violence: Research-Informed Strategies for Prevention and Intervention**

Dr. Espelage's translational research keynote address will include a discussion of youth bullying, including face-to-face bullying, cyberbullying, gender-based bullying and harassment, and teen dating violence among middle and high school students. Prevalence, definitions, and underlying risk and protective factors (e.g., individual, family, school, peers) associated with these behaviors will be presented. School-based interventions will be discussed, including social-emotional learning approaches, bystander interventions, and programs that address bias-based bullying. Programs that are evidence-based will be highlighted, and promising programs (e.g., restorative practices) will also be discussed.

#### Learning Objectives:

- ▶ To understand prevalence, types, and developmental timing of bullying and other forms of aggression.
- ▶ To understand the links between bullying and gender-based harassment.
- ▶ To be familiar with research evidence on what works to prevent these behaviors.

## Exhibits

### **Monday, April 16 • 7:30 am – 3:00 pm**

A drawing for a free 2019 conference registration will be held in the DECC Arena Exhibit Hall during the extended break, between 2:30 and 3:00 pm.

## Monday Clinical Content Workshops

Session 1: 1, 2, 4, 5, 8, 9, 10, 11, 12, 13

Session 2: 14, 15, 16, 17, 18, 19, 21, 23, 25, 26

Session 3: 27, 28, 29, 30, 31, 38, 39

## Monday Trauma Track

Workshop 11: **How Do I Help Them? Fostering Ordinary Magic of Resilience in Children Impacted by Trauma**

Workshop 15: **Effective Responses to Trauma Reactions in Our Kids and Youth**

Workshop 38: **Using Relationships and Regulation to Address Trauma**

## Monday Infant & Early Childhood Series

Workshop 13: **Neuronal Group Selection Theory, General Movements and Their Links to Mental Health**

Workshop 26: **Introduction to Reflective Supervision/Consultation for Multidisciplinary Infant and Early Childhood Professionals**

Workshop 39: **Best Practices for Supporting Infant/Toddler Social-Emotional Development in the Classroom**

[www.macmh.org/Conf2018](http://www.macmh.org/Conf2018)

**1 Adolescents and Eating Disorders: Not Just a Teenage Phase**

Do you ever wonder if your client is struggling with an eating disorder? Is it “bad enough” to refer to a specialist? What help is available for adolescents with eating disorders? How can you support an adolescent during their eating disorder treatment? This presentation will help professionals who want to learn more about eating disorder diagnoses, when to refer, and what treatment options are available.

*Andrea Hendel, MA, LMFT, Site Dir. & Caleb Kaihoi, MA, LMFT, Site Dir. - The Emily Prog.*

Level: I | For: Professionals | Content: Clinical

**2 How to Think Critically About Differential Diagnosing and Co-Morbidity**

Clinicians are often pressed to make initial diagnoses based on limited interview time and gathering of data. How does one think about diagnosing, especially when considering comorbidity and differential diagnoses? This workshop will use both didactics and practice to teach steps to differential diagnosing and provide participants with decision trees to aide in this process.

*Miranda Gilmore, PsyD, LMFT, Licensed Psychologist & Kelly Haack, PhD, Licensed Psychologist - Fraser*

Level: III | For: Professionals | Content: Clinical

**3 Brief Interventions to Use Before, During and After a Meltdown**

Learn tools and strategies to manage distress for both adolescents and adults in a variety of settings. This workshop will discuss ways to increase mindfulness techniques using a Dialectical Behavior Therapy (DBT) framework, explore tools to use at the moment a meltdown occurs, and teach attendees how to analyze events to promote effectiveness in the future.

*Sarah Janzen, MSW, LICSW, Clinic Sprosr. & Maddie Asp, MSW, LGSW, Primary Therapist - Mental Health Systems*

Level: II | For: All

**4 You Had Me at Hello: Engaging Challenging Families**

Research demonstrates parental participation is the missing link to preventing at-risk youth from placement or from relapsing once they transition home. This workshop will explore Parenting with Love and Limits, an evidence-based model that illustrates unique methods for family engagement including a combination of group and family therapy to teach parents core skills; motivational interviewing; clear boundaries to engage families; and the link between unresolved trauma and behavioral health.

*John Burek, MS, President/CEO & Ellen Souder, MA-LPCC-S, VP of Clinical Svs. - Parenting with Love and Limits*

Level: III | For: Professionals | Content: Clinical

**5 But All My Friends Party? Perceptions of Drug Use and Associated Use Patterns**

This workshop will explore current chemical use trends among adolescents by examining perceptions of drug risk and peer usage. This information is critical in understanding how young people make choices about which chemicals they introduce to their body. Participants in this interactive workshop will review current literature on the issue with an emphasis on connecting the information to their own professional settings.

*Thad Shunkwiler, MS, LMFT, LPCC, CCMHC, Asst. Professor & Seth Dahle, Student Researcher - MN State Univ., Mankato*

Level: I | For: Professionals | Content: Clinical

**6 Meeting the Mental Health Needs of Students through Tier 2 and 3 Interventions in Schools**

Tiered interventions in schools are a central element of School-Wide Positive Behavior Interventions and Supports (SW-PBIS). Over the years, school personnel have developed academic interventions that support students with varying needs; however, interventions supporting students' social-emotional development and mental health are often lacking. This session will identify voids in Tier 2 and 3 mental health and social-emotional services in schools, and describe evidence-based practices to fill these gaps.

*Charlene Myklebust, PsyD, President and Educational Leadership Consultant - Professional Education Pal, LLC*

Level: I | For: Professionals

**7 Using Virtual Student Simulations Michael Lombardo... Replaced**

**7 Return to Learn: Going to Back to School After a Concussion**

A great deal of attention is paid to return-to-play protocols for student athletes who experience a concussion. Significantly less focus is placed on returning to the classroom. This presentation will dispel myths about concussions, describe the typical recovery process, examine the impact that concussions have on academic performance, consider how the classroom affects recovery, and present return-to-learn best practices.

*Chris Bedford, PhD, ABSNP, Licensed Psychologist - Brainsight (St. Paul) and Clinic for Attention, Learning, and Memory (Minneapolis)*

Level: I | For: Professionals | Content: Clinical

**8 Feeding the Second Chicken: Using Play Therapy to Heal Anxiety in Family Systems**

The uptick in frequency and intensity of anxiety diagnoses for both children and their parents can leave therapists searching for interventions to heal anxiety's multigenerational impact. This workshop will provide a hands-on clinical approach and integrative play therapy strategies for therapists to increase co-regulation and decrease stress and anxiety in the entire family system.

*Marit Appeldoorn, MSW, LICSW, Therapist, Sprosr. - Private Practice & Alexis Greaves, MA, LPCC, RPT-S, Co-Owner - Hope and Healing Family Counseling*

Level: II | For: All | Content: Clinical

**9 The Gender Affirmative Lifespan Approach: Research and Practice with Gender Expansive Children**

In response to the increased need for culturally competent providers in transgender health care, this workshop will discuss the core therapeutic components of the Gender Affirmative Lifespan Approach (GALA) developed at the University of Minnesota's Program in Human Sexuality. The presentation will then focus on GALA driven research and GALA informed therapeutic interventions specifically for prepubescent gender expansive children.

*Dianne Berg, PhD, Asst. Professor, Co-Director & Rachel Becker-Warner, PsyD, Psychologist - Prog. in Human Sexuality at the Univ. of MN*

Level: II | For: All | Content: Clinical

**10 Connecting the Dots in School: Motivating Students and Staff to Engage in Mindfulness-Based Strategies**

Mindfulness-based strategies are becoming more commonplace as schools work to empower students and staff with tools to support mental health needs. Despite evidence of need and effectiveness, many remain resistant or fail to integrate helpful tools into normal day-to-day functioning. The presenters of this session will arm attendees with techniques to help connect the dots from introduction to implementation.

*Anastasia Sullwold Ristau, PhD, Licensed Psychologist & Timothy Culbert, MD, FAAP, Developmental Behavioral Pediatrician - PrairieCare Medical Group*

Level: II | For: Professionals | Content: Clinical

**11 How Do I Help Them? Fostering Ordinary Magic of Resilience in Children Impacted by Trauma**

In this interactive workshop, the presenters will showcase relationship-based therapeutic techniques for working with children who have experienced trauma. Using brief video role-play scenarios as examples, attendees will have a chance to practice these techniques with one another, and the presenters will lead a group discussion about what works and why.

*Sara Langworthy, PhD, Consultant - Self-Employed & Tracy Schreifels, MS, LMFT, IMH-E® (III), Mental Health Specialist - Reach-Up Inc*

Level: II | For: Professionals | Content: Clinical

**12 Mindfulness and Self-Care for Stress Relief**

Self-care is a crucial practice to help us stay fresh and positive as we engage in work with those experiencing mental health challenges. This interactive presentation will use mindfulness and other strategies to help participants better understand their stressors and ways to manage stress. Attendees are encouraged to bring their cell phone or tablet for a game and should be ready to practice self-care and mindfulness strategies for stress relief and energy renewal.

*Cathy Thomas, MSED, LISW, School Social Worker & Ginger Fealy, MSED, LSW, School Social Worker - St. Michael-Albertville Schools*

Level: I | For: All | Content: Clinical

**Infant & Early Childhood Series**

**13 Neuronal Group Selection Theory: General Movements and Their Links to Mental Health**

Neuronal Group Selection Theory (NGST) is the next generation of developmental framework to follow the Dynamic Systems Theory. NGST incorporates modern information related to brain development, epigenetics, attachment and concepts of variation and adaptability. This workshop will explore The General Movement Assessment, which is based on NGST and is proving to be an accurate way to predict infants that will later receive neurological diagnoses, including mental health diagnoses.

*Corri Stuyvenberg, MA, PT, DPT, IMH-E® (II), Physical Therapist, Early Intervention - Minneapolis Public Schools*

Level: III | For: Professional | Content: Clinical



## 14 Parent-Based Attachment Intervention Targeting Adolescent Depression: Development and Preliminary Research Findings

Adolescent depression is a significant public health concern. Insecure parent-child attachment is an important mechanism of risk for adolescent depression (Sroufe, 2005). Thus parent-adolescent attachment may be an important target for treatment of depression during adolescence. Interventions for depression have primarily targeted the adolescent, with virtually no attention to parents. This workshop will describe the theoretical model and treatment components of our newly developed parent-based intervention.

*Kristina Reigstad, PsyD, LP, Asst. Professor, Child & Adolescent Psychologist - Univ. of MN, Dept. of Psychiatry*

Level: I | For: Professionals | Content: Clinical

## 15 Effective Responses to Trauma Reactions in Our Kids and Youth

Traumatic experiences alter the inner workings of a child's neurological system, leading to complicated behaviors and beliefs about themselves and the world around them. In this session, attendees will discuss the impact of trauma on memory, behavior and personality, and consider multiple interventions to respond compassionately and effectively.

*Heather Boorman, MSW, LCSW, Therapist - Boorman Counseling & The Fringy Bit*

Level: I | For: Professionals | Content: Clinical

## 16 Supporting Children and Adolescents Following Inpatient Hospitalization

Inpatient hospitalization often comes at a time of crisis and confusion for patients, their families and the professionals that support them. In an effort to shed light on hospitalization's role in children's mental health, this presentation will discuss criteria for inpatient hospitalization, inpatient hospitalization services, after care planning and how to support children who have been recently hospitalized.

*Sarah Quinn, MSW, LICSW, Clinical Treatment Coord. & Amanda Woelfel, MSW, LGSW, Clinical Treatment Coord. - Univ. of MN; & Prachi Agarwala, MD, Doctor and Medical Dir. - Natalis Counseling and Psychology Solutions*

Level: II | For: Professionals | Content: Clinical

## 17 ADHD Update 2018

Back by popular demand, this workshop will review the most important new research published on ADHD since last year's conference. Attendees will learn about diagnostic trends, new medications, non-pharmaceutical treatments and other interventions for attention problems.

*Chris Bedford, PhD, ABSNP, Licensed Psychologist & Gary Johnson, PhD, Licensed Psychologist - Clinic for Attention, Learning, and Memory (CALM)*

Level: II | For: Professionals | Content: Clinical

## 18 Healing Justice: How Intersections of Identity and Culture Shape Mental Health Care

This workshop will explore the intersections of social identity, culture and mental health to help attendees better understand and leverage these components to best promote long-term recovery and healing. Participants will be introduced to specific

tools and frameworks they can use to evaluate their own practices and client relationships.

*Omkar Sawardekar, MSW, LGSW, Therapist - PrairieCare/Reclaim*

Level: II | For: Professionals | Content: Clinical

## 19 De-Escalating Anger: Helping Helpers De-Escalate Intense Anger and Facilitate Treatment Engagement

This workshop will explore specific skills needed to de-escalate intense anger, and strategies for treatment engagement. In addition, participants will learn short-term interventions, including how to keep clients in treatment and students safely in the classroom.

*Samantha Franklin, MA, LMFT, Marriage and Family Therapist - Eagan Psychotherapy & Assessment Ctr. & Stanley Thiele, JD, MA, Licensed Psychologist - Private Practice*

Level: I | For: Professionals | Content: Clinical

## 20 Healing From the Mat: A Journey Within

In order to maintain empathy with boundaries in our work we must learn ways to soothe our own nervous systems. In this body-based workshop, participants will be guided through a mind-body practice in a chair or on a yoga mat to begin to heal trauma within. Using mindfulness practices, breath work and yoga-based movement, participants will explore the power of mind-body practices for healing and community connection and walk away with practices for themselves and their clients/students. If participants have their own yoga mat it is suggested they bring it to the workshop.

*Kathy Flaminio, MSW, LGSW, E-RYT-200-President & Founder - 1000 Petals LLC, National Director of Training Development for Yoga Calm®*

Level: I | For: Professionals

## 21 What Everyone Should Know about Minnesota's New Psychiatric Residential Treatment Facility Level of Care

We continue to develop services that will meet the needs of children with complex conditions. The Psychiatric Residential Treatment Facilities (PRTF) being implemented this year provide a new service in our continuum. It is a level of care between inpatient hospitalization and children's residential care. This session will review the PRTF needs assessment, legislation, stakeholder input, program design, physical plant design, partnership development, and metrics development.

*David Hartford, MSM, Administrator - The Hills Youth and Family Svs. & Sue Abderholden, MPH, Exec. Dir. - NAMI MN & Jeff Bradt, MSM, President and CEO - The Hills Youth and Family Svs.*

Level: II | For: Professionals | Content: Clinical

## 22 Exceptional Leaders, Exceptional Learners

Cultivating student leadership skills in special education settings promotes building-wide student engagement and achievement. This presentation will provide practitioners a model for implementing student leadership, review data collected on outcomes and discuss this intervention in relation to Positive Behavioral Intervention and Supports (PBIS), Multi-tiered System of Support (MTSS),

restorative practices and trauma-sensitive school care. The presentation will include opportunities to engage in a variety of learning styles.

*Cara McGlynn, MSW, LICSW, School Social Worker & Britt Prokop, MSW, LICSW, School Social Worker - Dist. 916*

Level: II | For: Professionals

## 23 Social and Emotional Learning: Creative Interventions, Recent Findings in Neuroscience, and Applied Theory in Practice

This workshop will identify and explore recent findings in the neurosciences, as well as effective, practical strategies grounded and informed in applied theories related to developing social and emotional intelligence in children and adolescents.

*Kenny Turck, MSW, LICSW, Chief Creative Officer - Crow River Family Svs., LLC*

Level: II | For: Professionals | Content: Clinical

## 24 The Emotional Power of Music

Think of a song that resonates deep down in your being. As simple as it sounds, scientists have found that listening to particular genres of music changes the way we perceive the world. Modern research supports conventional wisdom that music impacts emotional and physical reactions. This workshop will explore music's beneficial effects on mental health and discuss how to use music to impact the classroom/work environment.

*Jeremy Schreifels, BA, Drummer, Producer, Speaker - Music By Jeremy*

Level: I | For: All

## 25 The Clinician's Guide to Autism Spectrum Disorder: Differential Diagnosis, Treatment Planning and Interventions

Many clinicians are unfamiliar with the diagnostic criteria and approaches to therapy for children and teenagers with Autism Spectrum Disorder (ASD). This leads to many with ASD being misdiagnosed or undertreated. This session will provide clinicians and therapists with information on differential diagnosis and treatment within their competency for work with this population.

*Carolyn Giamone, PhD, Licensed Psychologist - Lakeland Mental Health Ctr.*

Level: II | For: All | Content: Clinical

### Infant & Early Childhood Series

## 26 Introduction to Reflective Supervision/Consultation for Multidisciplinary Infant and Early Childhood Professionals

Working with young children and their families is inherently arousing and the capacity for reflecting on one's own feelings, reactions and behaviors, and those of others is an essential competency for infant and early childhood professionals. Therefore, this complex work is best accomplished with supports that include reflective supervision/consultation. This workshop offers an introduction to this professional development process.

*Michele Fallon, MSW, LICSW, IMH-E® (IV), Infant and Early Childhood Mental Health Consultant - MACMH-IEC*

Level: I | For: Professionals | Content: Clinical



## 27 Working on the Spectrum: ADHD, ASD and Sensory Processing

There is an elevated degree of comorbidity between ADHD and ASD. Approximately 50% of those with ASD also have ADHD, and 20% of those with ADHD also qualify for a diagnosis of ASD. Yet information regarding assessment and treatment of these two disorders is very sparse. This workshop will help both parents and professionals "untangle" these issues to promote greater understanding and efficacy.

*Gary Johnson, PhD, Licensed Psychologist - CALM, Nick Spangler, PsyD, Post-Doctoral Fellow - Fraser, Joanne Search, MA, MEd, Early Intervention Special Education Teacher - Hopkins School Dist. & Amy Carrison, PsyD, Therapist - Autism Society of MN*

Level: II | For: All | Content: Clinical

## 28 Calm Challenging Behavior: Professional Skills to Improve Your Practice and Get Parents on Board

Is there a "difficult" child who drains your energy and nothing seems to work? The brain research tells us that the "fight or flight" stress response is responsible for intense behavior but misses a critical piece – specifically, professional skills to more effectively calm challenging behavior and regain control. During this interactive workshop, participants will learn practical solutions rooted in neuroscience to enjoy work again.

*Samantha Moe, MA, SLP, Certified Parent Coach - Mad2Glad*

Level: I | For: Professionals | Content: Clinical

## 29 Bridging Mental Health and Applied Behavior Analysis

This presentation will provide a brief overview of Applied Behavior Analysis (ABA) and ideas for application when delivering mental health therapeutic interventions. Considerations for families and professionals when seeking ABA and mental health service provision will be discussed, along with a conversation about incorporating mental health and ABA to promote best practice strategies with individuals and their families.

*Brooke Anderson, MA, LMFT, BCBA, Clinical Svs. Mgr. & Jenny Lillehei, MA, LMFT, BCaBA, Clinical Prog. Mgr. - Fraser*

Level: I | For: Professionals | Content: Clinical

## 30 Working with Individuals Who Struggle with Executive Functioning

Poor executive functioning can have profound effects on individuals' mental and physical health, quality of life, school and job success, and public safety (Diamond, 2013). Individuals with a variety of mental health issues (including addiction, ADHD and ASD) may all struggle with executive functioning. This presentation will focus on identifying and addressing deficits in three common executive functions: flexibility, impulse control and working memory.

*Joseph Falkner, MST/CCC-SLP, CAS, Speech Language Pathologist - Private Practice*

Level: I | For: Professionals | Content: Clinical

## 31 Rethinking Challenging Kids

Kids do well if they are able, not solely because they want to. In this session, attendees will learn about the fundamentals of Collaborative Problem Solving, an evidence-based approach

to challenging behavior that is grounded in relationship and skill building, and how this approach may be used in schools, family systems, residential treatment facilities, mentoring agencies and even with adult staff as a relationship-based management tool.

*Ed Morales, MPP, MSW, LICSW - Socorro Consulting*

Level: I | For: All | Content: Clinical

## 32 Instructional and Behavioral Practices for Adolescents with Challenging Behaviors

This workshop will introduce participants to coaching emotionally challenged adolescents in an effort to respond instead of react to perceived injustices and help create structures/systems that encourage positive solutions to interpersonal problems. Led by a family relationship specialist and recovery coach that uses humor and magic as his trademark, participants will be able to take part in discussions and practical demonstrations.

*Coach Nakumbe, MFT, LPCC, LADC, Relationship Specialist & Recovery Coach - Coach Nakumbe's Education for Change*

Level: II | For: All

## 33 Building a Resilient Family

As parents, we want our home to be a place where our children can become healthy, happy and competent individuals. This workshop will present a resiliency model to help families enhance their social, physical, mental and emotional well-being. Parents will explore how resilience skills can be integrated into their family's daily life. Focus of the session will be developing effective and practical plans to help with issues including school performance, peer relationships, screen time, social media, transitions, managing emotions and sibling issues.

*Kevin Harrington, PhD, Licensed Psychologist - Private Practice*

Level: II | For: Parents

## 34 Quality of Mental Health in Adolescent Romantic Relationships

This session will explore how adolescent romantic relationships impact and are impacted by mental health. Participants will learn about the statistics of romantic relationships, rates of intimate partner violence, mental health data for adolescents in romantic relationships, and ways to help adolescents engage in mentally healthy relationships.

*Jennifer Reinke, PhD, Prog. Dir. and Assoc. Professor of Human Dev. and Family Studies & MaKayla Pederson, Human Dev. and Family Studies Student - Univ. of WI, Stout*

Level: I | For: Professionals

## 35 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 a 10th-grade depression screening, an online Wellness Tip Line and a school-produced video, "Overcoming Challenges," which highlights stories of staff and students. Attendees in this session will learn tangible ways to identify at-risk students.

*Alison McKernan, MSW, LICSW, School Social Worker & Cali Fielder, MSW, LICSW, School Social Worker - Wayzata High School*

Level: II | For: Professionals

## 36 Building School/Community/County Partnerships to Sustain and Expand High Quality Comprehensive School Mental Health

Providing supports for positive student mental health within schools requires a partnership between many stakeholders (schools, mental health agencies, local governments, state government, etc.) This presentation will examine how Minneapolis Public Schools developed strong partnerships over the past 13 years to co-lead their comprehensive school mental health program to ensure high quality outcomes, consistency and sustainability.

*Mark Sander, PsyD, LP, Dir. of School Mental Health - Hennepin County/Minneapolis Public Schools, Jody Nelson, EdD, LMFT, Associate Dir. - Guadalupe Alternative Progs. & Carolyn Felty, MA, LP, Sprsr. - Canvas Health*

Level: II | For: Professionals

## 37 In-Between Cultures: Navigating Adolescent Years for Immigrant Families

Going through adolescence can be hard, and the additional reality of cultural misunderstandings and conflicts within immigrant families can make it even more challenging. This workshop will focus on immigrant family dynamics, how interpersonal neurobiology illumines the processes and strengths of that lived reality for adolescents, and challenges in using the DSM-5 for assessment.

*Sophia Park, ThD, LMFT, Asst. Professor of Pastoral Clinical Mental Health - Neumann Univ. & Rev. Karin Craven, PhD, Teacher and Writer*

Level: I | For: Professionals

## 38 Using Relationships and Regulation to Address Trauma

Trauma Focused Cognitive Behavioral Therapy is the evidence-based model for addressing trauma with adolescents. However, what happens when the client won't engage in it? This workshop will incorporate research-based practices, combining family trauma training, attachment work, body regulation work and narrative therapy to aid in addressing trauma with a new lens.

*Laine Mohnkern, MSW, LICSW, Mental Health Sprsr. - Reclaim*

Level: II | For: Professionals | Content: Clinical

### Infant & Early Childhood Series

## 39 Best Practices for Supporting Infant/Toddler Social-Emotional Development in the Classroom

Geared toward providers and caregivers of young children, this workshop will discuss proactive strategies for preventing behavioral concerns as well as tips that can be used in infant/toddler classrooms to support very young children's social-emotional development. Particular attention will be paid to the role of positive relationships and supportive environments in preventing problematic behavior. Participants will benefit from interactive group discussion, video examples and small-group practice activities.

*Katherine Lingras, PhD, LP, Asst. Professor, Child Psychologist - Univ. of MN Dept. of Psychiatry & Jan Merrell, MEd*

Level: II | For: All | Content: Clinical

# TUESDAY HIGHLIGHTS

## Keynote Speaker • 9:00 – 10:00 am



### Samuel Simmons, AA, LADC

Samuel Simmons, AA, LADC, has over 27 years of experience working as a behavioral consultant specializing in culturally-sensitive trauma-informed work with African American males and their families, with a focus on addressing chemical dependency, interpersonal violence and historical trauma. An Adverse Childhood Experiences (ACEs) Interface Trainer in Minnesota, Mr. Simmons spent nine years managing a project that engaged African American

males to promote healthy relationships, to end violence against women and girls, and to end community violence. He was awarded the 2009 Governor's Council on Faith and Community Service Initiatives Best Practices Award for his work with the Minnesota Department of Veterans Outreach Services, with prison reentry projects and within the African American community. Mr. Simmons received the 2016 Healing the Hidden Wounds of Racial Trauma Award and the Black Tear Drop Award for his vision and leadership in culturally-sensitive trauma-informed work in the community and around the country, and in 2017 he received the Champions for Children Award recognizing his work with children from Minnesota Communities Caring for Children. He is co-host of "Voices" radio show on KMOJ FM that addresses challenges experienced by those in urban communities, and is co-creator of the Community Empowerment Through Black Men Healing conference called "Groundbreaking and Visionary."

Mr. Simmons' keynote speech is, "**A Family Story: From Intergenerational Trauma to Thriving.**" In his presentation, Mr. Simmons will use his family story to address how increasing awareness regarding the impact of intergenerational trauma can change community practices and engagement, particularly for underserved and minority men and their families. He will discuss practical, culturally-sensitive, trauma-informed initiatives which have been demonstrated to be successful in improving health outcomes within these communities.

[www.macmh.org/Conf2018](http://www.macmh.org/Conf2018)

## Exhibits

**Tuesday, April 17 • 7:30 am – 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.

## Tuesday Clinical Content Workshops

Session 4: 41, 42, 44, 46, 50, 51, 52

Session 5: 54, 55, 59, 62

Session 6: 66, 67, 68, 70

## Tuesday Trauma Track

Workshop 40: **Trauma Across Generations:**

**The Impact of Historical Trauma**

Workshop 41: **EMDR: An Effective Treatment**

**for Children Who Have Experienced Trauma**

Workshop 57: **7 Essential Ingredients of Trauma**

**Sensitive Schools**

Workshop 59: **A Cross-Discipline Exploration of Trauma-**

**Informed Practice**

Workshop 69: **Integrative Care for Trauma**

Workshop 70: **A New Lens: Essential Elements of Trauma  
Informed Foster Care**

## Infant & Early Childhood Series

Workshop 52: **Play is the Way to Support Infant and Child  
Mental Health**

Workshop 65: **Supporting Immigrant and Refugee  
Families through the Use of Story  
and Song**

## Back by popular demand

The premiere of three new  
Fidgety Fairy Tales Mental  
Health Musicals

**Session 4, Workshop 48**



## 40 Trauma Across Generations: The Impact of Historical Trauma

This workshop will increase awareness of the link between historical and/or intergenerational trauma, and the challenges in moving toward effective, sustainable change. The presenter will discuss Adverse Childhood Experiences (ACEs) and explore culturally-sensitive, trauma-informed strategies that can be implemented collectively and individually. Participants will leave the session better aware of the way in which conscious and subconscious perceptions and biases can have unintended consequences.

*Samuel Simmons, AA, LADC, Founder - Samuel Simmons Consulting*

Level: II | For: All

## 41 EMDR: An Effective Treatment for Children Who Have Experienced Trauma

Attendees will gain a basic understanding of how Eye Movement Desensitization Reprocessing Therapy (EMDR) can be an effective treatment method for children who've experienced trauma. Participants will learn about the impact of trauma on the brain and how EMDR prompts a physiological change on a neurological level. Fundamentals of EMDR will be discussed, a video will be shown and case examples will be shared.

*Kathleen Mathews, MSW, LICSW, Outpatient Therapist and Clinical Trainer & Jenny Britton, MSW, Assoc. Clinical Dir. of the Crisis Stabilization, Intensive In-Home and Case Management Progs. - Washburn Ctr. for Children*

Level: I | For: Professionals | Content: Clinical

## 42 Cognitive Behavioral Play Therapy: For All Ages!

This session will explore and demonstrate how to bring Cognitive Behavioral Play Therapy (CBPT) concepts and techniques to children of all ages. Bringing CBPT to younger children necessitates being able to utilize non-directive (child-led) CBPT, understanding meta-communication of cognitive schema through symbolism and metaphor, and understanding the latest neurology research demonstrating a new understanding of mind and brain.

*Rob Winkler, MA, LP, RPT, Psychologist - Playmore & Prosper*

Level: II | For: Professionals | Content: Clinical

## 43 All Things School: A Guide to the Language, Services and Expectations Within Schools

This session will provide information on language used within school initiatives at the local, district-wide and state-wide levels. Highlights will include a better understanding of ESSA, PBIS, Worlds' Best Work Force (WBWF), Multi-Tiered Systems of Supports (MTSS) and other initiatives used every day in schools. This session will be informative for school and non-school staff.

*Mary Hunt, MA, NCSP, Education Specialist, Ellen Nacik, MA, Implementation Science Specialist - MN Dept. of Education & Kris Lofgren, School Mental Health Project Lead - MN Dept. of Human Svs.*

Level: I | For: All



## 44 How Did it Get So Bad? One Perspective of Complex Mental Health Needs

ODD, Anxiety Disorder, Persistent Depressive Disorder and ADHD, all diagnosed in a 12-year-old. A 17-year-old with no treatment history who yells, throws things and storms out of classrooms when she is asked to take down her hood. How did it get so bad? This presentation will offer one perspective from the front lines of mental health residential and day treatment programs.

*Christine Squier, MA, LPCC, LADC, Outpatient Clinical Sprosr. & Gina Flannigan, Prog. Dir. - The Hills Youth and Family Svs.*

Level: II | For: Professionals | Content: Clinical

## 45 Ethical Thinking and Practice for Parent and Family Life Educators

Are you facing challenging questions in your work with families? During this workshop, participants will learn ethical perspectives for working with families; ethical principles for parent and family educators; how to identify the difference between an ethically challenging situation and an ethical dilemma; and a five-step case study analysis process to determine ethical responses to challenging situations.

*Glen Palm, PhD, CFLE, Professor Emeritus, Parent Educator - St. Cloud State Univ. & Mary Maher, MSW, Parent Educator - MN Council on Family Relations*

Level: I | For: Professionals

## 46 In Plain Sight: The Need for Cooperative Professional Communities for Differential Diagnoses

This session will use ADHD as a sample diagnosis, to explore how a diagnosis is derived, contrasting the process and conclusions from several professional communities, and points in the process that can lead to an incomplete or inconsistent diagnosis and programming. This presentation will propose a more integrated model to support educators in recognizing, differentiating and properly programming for students' identified needs.

*Dana Flanders-Turman, MAT, Special Education Teacher - Centennial Schools Dist. & Patricia Gould, PhD, EdS, School Psychologist - Lakeville Area Public Schools*

Level: I | For: Professionals | Content: Clinical

## 47 Psychiatric Assistance Line - Free Consultation for Providers

PrairieCare Medical Group established the Psychiatric Assistance Line (PAL) in 2014 in response to the Minnesota Department of Human Services' desire for a partner to provide statewide psychiatric consultations. For prescribers, PAL provides immediate access to psychiatry for medication consultation. For the community, PAL provides mental health resources and help determining what type of treatment is needed. Attendees of this session will learn more about this valuable resource.

*Sarah Baker, MSW, LICSW, Triage Therapist, Allison Litzenberg, MSW, LICSW, Triage Therapist - PrairieCare; & Linda Vukelich, Exec. Dir. - MN Mental Health Community Foundation*

Level: I | For: All

## 48 Fidgety Fairy Tales: The Mental Health Musical

Enjoy a performance of MACMH's 10th original musical that uses familiar fairy tales to raise awareness about children's mental health and provide strategies for working with challenging behaviors. Performed by talented youth ages 8 - 18, this production includes: The Three Billy Goats Gruff (ADHD), Little Miss Muffet (meltdowns), Pinocchio (lying).

*Matt Jensen, Co-director, Dir. of Arts Programming - MN Assoc. for Children's Mental Health, Marya Hart, Co-director & Youth Cast*

Level: I | For: All

## 49 Meltdown Management

Meltdowns can be a part of life for some children who struggle with emotional regulation. The presentation of a meltdown can also vary based on the age/stage of the child. This session will cover the stages of a meltdown, ways to cope, and ways to prevent meltdowns in the future for kids of all ages.

*Emily Coler Hanson, MS, LMFT, CGP, Therapist & Barb Stanton, PhD, LPCC, LMFT, Therapist - The Anne Carlsen Ctr.*

Level: I | For: All | Content: Clinical

## 50 Care with a Trans Person in Mind

Many of us provide quality and excellent care, however, very few of us provide care that is accessible to many who need it. This workshop will provide insight into ways organizations and clinics can make minor adjustments to increase their accessibility, not just for transgender and gender non-conforming individuals, but for many individuals with barriers in receiving care.

*Laine Mohnkern, MSW, LICSW, Mental Health Sprosr. & Felicia Washington Sy, PhD, MSW, LICSW, Exec. Dir. - Reclaim*

Level: I | For: Professionals | Content: Clinical

## 51 Culturally Responsive Assessment Practices with Latinx Clients: Lessons from the Field

This presentation will explore the definitions of culture; the impact of culture and current events on clinical assessment and formulation; and client and provider expectations for services. The presenters will use their experiences working with first- and second-generation Latinx clients to explore ways of reducing the imposition of white normativity in services, reduce bias and provide more equitable and inclusive assessment and service planning.

*Elizabeth Franklin, MSW, LICSW, Children's Mental Health Case Management Sprosr. and Psychotherapist - Comunidades Latinas Unidas en Servicio (CLUES), Lily Ramey, MSW, LICSW, Mental Health Prof. - Fraser & Macarena Corral, PsyD, LP, RYT, Bilingual Clinical Psychologist - Ctr. for Collaborative Health*

Level: II | For: Professionals | Content: Clinical

### Infant & Early Childhood Series

## 52 Play is the Way to Support Infant and Child Mental Health

In this presentation, participants will re-discover the power of play in fostering strong caregiver-child attachment through developmentally-appropriate activities. Discussions will focus on promoting play for ages 0 - 5 and there will be time for participants to create their own working definition of play in their practice.

*Heather Von Bank, PhD - MN State Univ., Mankato*

Level: I | For: All | Content: Clinical

## 53 Mindfulness: The Pathway to Peace

This presentation will offer strategies to help attendees create a positive and calm climate in their homes and workplaces. The techniques presented will help to reduce runaway thoughts, manage big emotions, reduce stress, facilitate better decision-making skills, provide insight into personal triggers and create thoughtful responses in order to enhance relationships. Tools are appropriate for adults and children.

*Kathy Matthews, MBA, MEd, Licensed Parent Educator, Certified Professional Coach - Peace Factors*

Level: I | For: All

## 54 Anxiety Disorders in Children: Perplexing Parents and Professionals

During this session, attendees will meet Ellie, the presenter's 12-year-old who has generalized anxiety and selective mutism. Having presented her with one of the greatest challenges as a parent, and a great learning opportunity, the presenter will use her own personal experience and research to discuss this growing epidemic in our youth, explore differential diagnoses and common conditions that might surface simultaneously, and consider ways to help.

*Christy Alten-Osmera, MS, LAC, LPCMH, QMHP, Adolescent Unit Prog. Dir. & Therapist - Keystone Treatment Ctr.*

Level: II | For: Professionals | Content: Clinical

## 55 Child-Centered Reunification Therapy

The Child-Centered Reunification Therapy workshop introduces a reunification therapy model designed to integrate children into relationships with estranged parents or other caregivers using a unique two-therapist approach. The model uses a step-by-step process integrating Filial Therapy, parent education and relationship building techniques. This workshop will outline the entire reunification therapy process from start to finish using this model.

*Nicole Ross-Hauser, MS, Creative Arts Psychotherapist - The Creative Therapy Ctr. & Sarah Cross, MSW, Child Therapist - Joining Hands Child and Family Svcs.*

Level: II | For: Professionals | Content: Clinical

## 56 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, BIS, Youth Studies/Sociology, FASD Consultant - North American Council on Adoptable Children*

Level: II | For: Professionals

## 57 The 7 Essential Ingredients of Trauma Sensitive Schools

The 7 Essential Ingredients of Trauma Sensitive Schools (TSS) is a framework that SaintA has trained and coached in countless schools nationally over the past decade. This training will provide concrete resources and strategies for school-wide practice.

Many tools will be shared. Guidance will be given on how to integrate TSS into existing initiatives, such as multi-tiered systems of support, to promote seamless implementation.

*Sara Daniel, MSW, LCSW, Dir. of Clinical Svcs. - SaintA*

Level: II | For: Professionals

## 58 Sent Away: Learning Empathy and Empowering Parents of Youth in the System

Many parents are often confused, resistant and scared when their children enter the system. This interactive presentation will help attendees step into parents' shoes and get an in-depth look at their thoughts and feelings while learning strategic tips for connecting and collaborating with them from the beginning of this experience through community transition.

*Stephen Johnson, MDiv, Aftercare Coord. & Christina Veerkamp, Parent Partner - Mille Lacs Academy*

Level: I | For: Professionals

## 59 A Cross-Discipline Exploration of Trauma-Informed Practice

Trauma-informed practice is a central focus in many fields, from mental health, to education, to legal practice and beyond. But what does it actually mean, and how do you know if a person/agency is truly "trauma-informed?" This presentation will explore key components of trauma-informed practice, regardless of the field, and highlight ways to assess the level at which a person/agency is trauma-informed.

*Pete Singer, MSW, LICSW, Clinical Sprosr. - Clearwater Counseling*

Level: II | For: Professionals | Content: Clinical

## 60 Implementing Restorative Practices in the Classroom with Special and Regular Education Populations

During this hands-on presentation, attendees will not only learn the main components about restorative practices, District 287's involvement in restorative practices, and the special populations within District 287, but will also experience a Community Building Circle, a Circle to Repair Harm, and learn how to use restorative justice cards to facilitate a mediation.

*Jimmie Heags, Jr., MA, LSC, LPCC, Clinical Professional, Linda Seifried, MSW, LICSW, Clinical Sprosr. and Mental Health Practitioner & Doris Moylan, MSW, LICSW, School Social Worker - Intermediate Dist. 287*

Level: II | For: Professionals

## 61 What is the Difference Between Psychoeducational, Neurological, and Psychological Testing?

Have you ever wondered how various types of assessment reports differ? It can be confusing to determine what type of assessment you need or to read and understand an assessment you've already had done. This workshop will go over the differences between evaluations along with what is commonly included in these reports.

*Mary Beth Kelley, MA, Prog. Developer - Learning Disabilities Assoc. of MN*

Level: I | For: All

## 62 The Cost of Intolerance: The Inter- sectionality Between Race, Culture and Mental Health

This workshop will address race, cultural diversity and their implications for educators and counselors. It will consider the psychological impact of factors such as race, ethnicity and culture on the mental health of students. Through the 10 C's model of diversity awareness and change, participants will understand the benefits of developing strategies for culturally responsive teaching and learning.

*Gayl Swaby, EdD, Clinical Social Worker/Asst. Professor - Springfield College*

Level: I | For: Professionals | Content: Clinical

## 63 Students Offering Support: Youth Leading their Community in Building Protective Factors

Most youth who are suicidal talk with peers about their concerns rather than adults, yet few peer confidants tell adults about suicidal peers. Students Offering Support (SOS) is a youth-led program that destigmatizes mental illness, supports members and raises awareness of issues that might lead to suicide. SOS holds weekly meetings with adults and youth from diverse backgrounds and gets them connected to resources available in their community.

*Anne Parish, MEd, Prog. Coord. & Dakota Koski, Exec. Dir. - REACH Mentoring Prog.; & Raven Sevilleja - Cloquet High School Student*

Level: I | For: All

## 64 Cloud Chasing and Blueberry Delight: The Changing World of Youth Tobacco Use

This session will discuss the rapidly evolving trends in youth tobacco use. The presenters will cover the impact of nicotine on the adolescent brain, the new tobacco product landscape, and tobacco use trends and disparities among Minnesota youth. They will also address misconceptions about tobacco use among individuals with mental health and substance use conditions, and provide recommendations on best practices for tobacco cessation with adolescent clients.

*Pete Delmel, MD, Medical Dir. & Annie Krapek, Proj. Coord. - Physician Advocacy Network of Twin Cities Medical Society*

Level: I | For: All

### Infant & Early Childhood Series

## 65 Supporting Immigrant and Refugee Families through the Use of Story and Song

This workshop will discuss two programs focused on supporting immigrant and refugee parents and young children. The Lullaby Project embeds children's songs from multiple cultures into child care environments. The Immigrant and Refugee Fathers and Literacy Project develops refugee fathers' stories into children's books for their families. Workshop participants will explore songs and stories, and discover how they could initiate similar programs in their communities.

*Jane Ellison, MS, LMFT, IMH-E®(IV), Infant Mental Health Specialist - Nurturing Possibilities & Glen Palm, PhD, CFLE, Parent Educator, Professor Emeritus - St. Cloud State Univ.*

Level: I | For: All



## 66 Using Sand Tray Therapy in Clinical Work

Sand tray therapy is an excellent avenue for deeper exploration of our clients' inner world, both during the assessment and treatment phase. Attendees will review the basics of sand tray and considerations for implementing this technique with clients. This workshop will cover both theory and implementation of using sand tray therapy in the clinical setting.

*Christina Kress, MSW, LICSW, Clinical Social Worker - Mnetonka Counseling*

Level: II | For: Professionals | Content: Clinical

## 67 Effective Mental Health Crisis Intervention for Children

During this workshop, the effectiveness of the "Fusilier Behavioral Change Stairway," designed by Dr. C. Dwayne Fuselier, a clinical psychologist and retired FBI supervisor who was a member of the Columbine Investigative Team Task Force, will be discussed. Participants will learn how to recognize, prevent, manage and de-escalate children's mental health crises. They will also hear from a person in recovery about childhood mental health disorders.

*Pam Tucker, MPA, MA, Crisis Intervention Team (CIT) Trainer & Erin Hauser, Training Coord. and Recovery Speaker - The Barbara Schneider Foundation*

Level: II | For: All | Content: Clinical

## 68 Emotional First Aid: Supporting Students, Staff and the Community Following Critical Incidents

This presentation will offer a systematic approach to providing support following a traumatic event including the death of a student, staff member or consumer. Risks related to older debriefing models as well as benefits of a First Aid approach will be explored. Creative strategies for fostering resilience to trauma exposure will be shared as well as strategies to enhance team cohesion.

*Gina Dixon, MA, Licensed Psychologist, Prog. Mgr. - Essential Health Grief Support Svcs.*

Level: II | For: Professionals | Content: Clinical

## 69 Integrative Care for Trauma

Mindfulness and movement are pivotal in the process of healing trauma. This presentation will bridge the gap between the research and practical application. First, the presenters will provide education on the effects of trauma on the brain and different systems of the body, and the physiology behind the benefits of breathing, moving and mindfulness. Attendees will then practice the application of these methods.

*Macarena Corral, PsyD, RYT, Licensed Psychologist & Mark Schneider, Life Coach, Nutrition Counselor - Ctr. for Collab. Health*

Level: II | For: Professionals

## 70 A New Lens: Essential Elements of Trauma Informed Foster Care

This workshop will explore the ways in which evidence-based interventions can be delivered within a highly evolved system of care. This requires intentional coordination across the care continuum, incorporating screening, Adverse Childhood Experiences research, enhancing organizational elements of trauma informed care, and provision of trauma-specific therapy. Additionally, this session will address how to overcome system barriers, respond to crises and adhere to legal requirements.

*Susan Fuchs-Hoeschen, MSW, LICSW, Senior Clinical Sprosr. - Lutheran Social Service of MN*

Level: II | For: Professionals | Content: Clinical

## 71 Stress Less: Holistic Skills for Everyday Stress Management for Everyone

Stress is the reason humans get ulcers but zebras don't. Stress affects our entire body from head to toe. In this workshop, attendees will define psychoneuroimmunology and learn about the interaction between the brain, body, immune system and human stress response cycle. Attendees will be led through the practice of holistic strategies for stress management.

*Monica Peterson, MA, MSW, LICSW, Social Worker*

Level: I | For: All

## 72 Safe Harbor in the Storm: Minnesota's Response for Sexually Exploited Youth

The Safe Harbor Law has led to the implementation of a victim-centered system of response to identify youth victims of sexual exploitation and move them toward healing. Attendees will learn about sexual exploitation, MN Safe Harbor, and how they can join efforts to respond to youth victims with a trauma-informed approach and become an important part of the Safe Harbor system of care for youth.

*Anne LaFrinier-Ritchie, NE MN Safe Harbor Regional Navigator - PAVSA/Prog. for Aid to Victims of Sexual Assault & Paula Schaefer, MS, MDH Safe Harbor Training Coord. - MN Dept. of Health*

Level: I | For: Professionals

## 73 Teaching Outside the Box: Reaching and Teaching Your Most Misunderstood Students Through Experiential Education

Using case studies, examples and experiences from their work in a Residential Youth Mental Health Treatment program, the presenters of this workshop will share how they connect the dots between their students, academics and mental health. Through place-based learning and dynamic curriculum driven by student inquiry, they support their students to regulate emotions while maximizing their academic potential.

*Ian Karl, Experiential Progs. Coord. & Brittany Bosak, Special Education Teacher - Northwest Passage*

Level: I | For: Professionals

## 74 Compassion Fatigue/Secondary Traumatic Stress: The Musical

This unique workshop combines PowerPoint presentation, topic-specific live music, and energizing stress reduction techniques to explore compassion fatigue/secondary traumatic stress and how we can ultimately experience compassion satisfaction, the key to thriving in the midst of this difficult work that we do. Focus will be on real-time strategies for self-awareness, self-regulation, emotional reflection and the elicitation and amplification of good work - mostly in the key of "C".

*Alan O'Malley-Laursen, MSW, LICSW, Prog. Mgr., Compassion Fatigue Educator - Olmsted County Community Svcs.*

Level: I | For: All

## 75 Means Restriction Education

This evidence-based session will explore ways to educate families on the importance of restricting access to lethal means when a family member is at risk of suicide. Designed for crisis responders, medical professionals, and mental health professionals, this workshop will include ways to develop safe options for gun removal and storage and how to secure medications.

*Kara Bennett, Coord. of Suicide Prevention Progs. - NAMI MN*

Level: I | For: All

## 76 Behavioral Health Home Services with Children and Youth

This session will provide attendees with an overview of behavioral health home (BHH) services and important considerations for customizing BHH services for children and youth. The workshop will include a discussion by a small panel of certified BHH services providers who will address the unique activities and interventions they have implemented in order to better serve children, youth and families through this specific service.

*Sophie Burnevik, MA, LMFT, Care Integration Liaison - MN Dept. of Human Svcs., Vimbai Madzura, MA, LGSW, Care Integration Liaison - MN Dept. of Human Svcs. & Tina Peters, MPH, RN, PHN, Senior Nurse Planner - MN Dept. of Health*

Level: I | For: All



Stay tuned for the rollout of our new logo this spring!



# Workshop Content Matrix

Education Professionals  
Social Workers, Psychologists, MFTs & Counselors  
Early Childhood Professionals  
Parents & Caregivers  
Clinical Content

	Education Professionals	Social Workers, Psychologists, MFTs & Counselors	Early Childhood Professionals	Parents & Caregivers	Clinical Content
<b>Sunday, April 15</b>					
Legislative Update	●	●	●	●	
A Ethics and Autism Spectrum Disorders	●	●			●
B Strategies...Self-Regulation in Children	●	●	●	●	
C Social Anxiety in Adolescents		●			●
D Developing Resilience Skills	●	●			●
MHED Talks	●	●	●	●	
Supervision Series ... Race & Culture		●			●
<b>Monday, April 16   Session 1</b>					
1 Adolescents and Eating Disorders		●			●
2 Differential Diagnosing and Co-Morbidity		●			●
3 Brief Interventions to Use... Meltdowns	●	●	●	●	
4 Engaging Challenging Families		●			●
5 But All My Friends Party... Drug Use		●			●
6 Tier 2 and 3 Interventions in Schools	●				
7 ...Back to School After a Concussion	●				
8 Feeding... Play Therapy To Heal Anxiety		●	●		●
9 The Gender Affirmative Lifespan Approach	●	●		●	●
10 Connecting The Dots... Mindfulness	●				●
11 Fostering Ordinary Magic... Resilience		●			●
12 Mindfulness and Self-Care for Stress Relief	●	●		●	●
13 Neuronal Group Selection Theory		●	●		●
<b>Session 2</b>					
14 Parent-Based Attachment Intervention		●			●
15 Effective Responses to Trauma Reactions		●			●
16 Supporting... Inpatient Hospitalization		●			●
17 ADHD Update 2018	●	●			●
18 Healing Justice... Intersections Of Identity		●			●
19 De-Escalating Anger... Helping Helpers	●	●			●
20 Healing From The Mat: A Journey Within	●	●		●	
21 MN's Psychiatric Residential Treatment Fac.		●		●	●
22 Exceptional Leaders, Exceptional Learners	●				
23 Social and Emotional Learning	●	●			●
24 The Emotional Power of Music	●	●		●	
25 Clinician's Guide to ASD		●			●
26 Reflective Supervision/Consultation For IEC			●		●
<b>Session 3</b>					
27 ADHD, ASD and Sensory Processing	●	●		●	●
28 Calm Challenging Behavior	●	●			●
29 Bridging Mental Health & Behavior Analysis		●			●
30 Struggling with Executive Functioning	●	●			●
31 Rethinking Challenging Kids	●	●		●	●
32 Instructional and Behavioral Practices	●	●		●	
33 Building a Resilient Family				●	
34 Mental Health in Adolescent Romantic...		●			
35 Creating Awareness... At Risk Students	●				
36 High Quality School Mental Health	●				
37 In-Between Cultures... Immigrant Families	●	●			
38 Using Relationships and Regulation		●			●
39 Infant/Toddler Social-Emotional Development			●	●	●



**Find relevant workshops at a glance!**  
Use this matrix to find the workshops best suited to your learning needs and interests.  
*Need clinical content? We have indicated all workshops that meet the Board of Social Work requirements below.*

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

Education Professionals  
Social Workers, Psychologists, MFTs & Counselors  
Early Childhood Professionals  
Parents & Caregivers  
Clinical Content

	Education Professionals	Social Workers, Psychologists, MFTs & Counselors	Early Childhood Professionals	Parents & Caregivers	Clinical Content
<b>Tuesday, April 17   Session 4</b>					
40 The Impact of Historical Trauma	●	●		●	
41 EMDR... Effective Treatment For Trauma		●			●
42 Cognitive Behavioral Play Therapy		●	●		●
43 All Things School... Languages, Services...	●			●	
44 One Perspective of Complex Mental Health		●			●
45 Ethical Thinking and Practice for Parent Edu	●	●			
46 Cooperative Professional... Differen. Diagn.	●	●			●
47 Psychiatric Assistance Line (PAL)	●	●		●	
48 Fidgety Fairy Tales: Mental Health Musical	●	●	●		
49 Meltdown Management	●		●		
50 Care with a Trans Person In Mind		●			●
51 Culturally Responsive Assessment... Latinx		●			●
52 Play is the Way to Support Infant MH			●	●	●
<b>Session 5</b>					
53 Mindfulness – The Pathway to Peace	●	●	●	●	
54 Anxiety Disorders in Children	●	●			●
55 Child-Centered Reunification Therapy		●			●
56 FASD, What MH Providers Need To Know	●	●			
57 Ingredients of Trauma Sensitive...	●				
58 Learning Empathy... Youth In The System		●			
59 Exploration of Trauma-Informed Practice	●	●			●
60 Implementing Restorative Practices	●				
61 Psychoeducational, Neurological Testing	●	●		●	
62 The Cost of Intolerance... Intersectionality	●	●			●
63 Students Offering Support (SOS)	●			●	
64 Cloud Chasing... Youth Tobacco Use	●	●		●	
65 Supporting Immigrants... Story & Song			●	●	
<b>Session 6</b>					
66 Using Sand Tray in Clinical Work		●			●
67 Effective Mental Health Crisis Intervention	●	●		●	●
68 Emotional First Aid... Critical Incidents	●	●			●
69 Integrative Care for Trauma	●	●			
70 Essential Elements of Trauma... Foster Care		●			●
71 Holistic Skills for Everyday Stress Mgmt.	●	●	●	●	
72 Safe Harbor... Sexually Exploited Youth		●			
73 Teaching Outside the Box... Experiential Edu	●				
74 Compassion Fatigue... The Musical	●	●	●	●	
75 Means Restriction Education	●	●			●
76 Behavioral Health Home (BHH) Services		●		●	

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# Fidgety Fairy Tales

## The Mental Health Musicals

### Twin Cities Tour

**Three Billy Goats Gruff** (*AD/HD*)  
**Little Miss Muffet** (*meltdowns*)  
**Pinocchio** (*lying*)

**Sun, 3/18 @ 2 PM and 6 PM**  
MACMH, St. Paul

**Thurs, 3/22 @ 10:30 AM and Noon**  
Children's Home Society, St. Paul

**Wed, 3/28 @ 6:30 PM**  
Center for Changing Lives, Mpls

**Thurs, 4/5 @ 6:30 PM**  
Sumner Library, Mpls

**Tues, 4/10 @ 6:30 PM**  
Hazel Park Academy, St. Paul

**Tickets are FREE, but seating is limited.** Reserve tickets at:  
[www.macmh.org/fidgety-fairy-tales](http://www.macmh.org/fidgety-fairy-tales)



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



MACMH is kicking off the new year in a new space

Stay tuned for updates in the coming months about our new space, the launch of our new training center, and the rollout of our new logo.

[www.macmh.org/Moving](http://www.macmh.org/Moving)

# Conference Location

## Beautiful Duluth



350 Harbor Drive, Duluth, MN | 1-800-628-8385 | [www.decc.org](http://www.decc.org)

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

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

### LODGING

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

Canal Park Lodge	.....\$109+	..... 800-777-8560
Comfort Suites	.....\$109+	..... 218-727-1378
Hampton Inn	.....\$139+	..... 218-720-3000
Holiday Inn*	.....\$99+	..... 218-722-1202
Inn on Lake Superior	.....\$108+	..... 888-668-4352
Park Point Marina Inn**	.....\$94+	..... 218-491-7111
Pier B Resort	.....\$119+	..... 218-481-8888
Radisson Duluth Hotel	.....\$99+	..... 800-333-3333
Sheraton***	.....\$129+	..... 218-733-5660
The Suites	.....\$90+	..... 800-794-1716

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

- \* The Holiday Inn is attached directly to the DECC by skyway.
- \*\* The Park Point Marina Inn is located across the lift bridge from Canal Park and is not within easy walking distance to the DECC. Check with the hotel for shuttle options.
- \*\*\* The Sheraton is not located in Canal Park. A complimentary shuttle is available upon request from the hotel.

Full conference information at [www.macmh.org/Conf2018](http://www.macmh.org/Conf2018)

## NEW This Year

MACMH is expanding the exhibit hall to provide additional room for our conference guests and exhibitors. With over 23,000 square feet, the DECC Arena will be the new location for this aspect of the conference. Special staging and unique programming will be available. **We encourage all exhibitors to think of new ways to expand your reach and tap into new audiences by engaging our participants at your booth.**

**The Exhibitor registration deadline is March 1, however we recommend you contact us earlier than that with your intention to exhibit or sponsor.** A conference schedule can be found on page 3 of this brochure. Set-up day is Sunday, April 15 from 2:00 – 6:00 pm. The Exhibit Hall is open Monday, April 16 from 7:30 am – 3:00 pm and Tuesday, April 17 from 7:30 am – 1:15 pm.

**Visit [www.macmh.org/marketing](http://www.macmh.org/marketing) for more information.**

# Conference Registration • online: [macmh.org/confreg](http://macmh.org/confreg)

Please use one form per person. Duplicate as needed. On-site registration will be available as space allows.

Please note: MACMH tracks attendance and participation records by matching First Name, Last Name, and Email. If registering on behalf of someone else, please provide their information, including their email address.

First Name
Last Name
Email

### Please Note

Registration confirmations are sent via email to the email address provided. The email is your receipt or invoice. No other confirmation will be sent.

Professional Title
Agency/Organization
Address
City State Zip
County
Phone

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

### I heard about this conference via: (fill in circle)

- MACMH Email  
 MACMH Postcard/Brochure/Flyer  
 MACMH Website  
 Google  
 Facebook  
 LinkedIn  
 Word of mouth  
 Other: (e.g. organizations, colleagues, websites, or emails)  
 Please specify \_\_\_\_\_

### I am registering as a:

- Family Member - Parent, Grandparent, Caregiver  
 Corrections Professional  
 Early Childhood Professional or Educator  
 Education Professional (i.e. Special Ed & Classroom Teacher, Para, School Nurse, School Counselor, School Psychologist or School Social Worker)  
 Health Care - Nurse, Doctor  
 Mental Health Professional, Psychologist, Psychiatrist, Counselor, MFT  
 Social Services Professional  
 Presenter  
 Other: Please specify \_\_\_\_\_

**Online registration available at**  
[www.macmh.org/ConfReg](http://www.macmh.org/ConfReg)  
**Questions?**

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

### Payment and Registration Information

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

**Mail:** MACMH, 23 Empire Drive, #1000, St. Paul, MN 55103

**Fax Registration:** 651-644-7391 or **Scan & Email:** [info@macmh.org](mailto:info@macmh.org)

**Cancellation Policy:** Conference registration fees minus a \$50 administration fee per registration will be refunded if cancellation is made in writing (email [info@macmh.org](mailto:info@macmh.org)) to the MACMH office by April 2, 2018. Registration can also be transferred to another attendee at no charge. Please contact MACMH if you need to transfer your registration.

### Please Note

The conference fee includes continental breakfast, lunch and CEHs.

I am attending:	until March 8	after March 8
<input type="radio"/> Sunday only	\$90	\$99
<input type="radio"/> Monday only	\$190	\$199
<input type="radio"/> Tuesday only	\$190	\$199
<input type="radio"/> Sunday & Monday	\$280	\$298
<input type="radio"/> Sunday & Tuesday	\$280	\$298
<input type="radio"/> Monday & Tuesday	\$340	\$359
<input type="radio"/> Sunday, Monday, Tuesday	\$360	\$379

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

## Session, Workshop & Lunch Choices

Check  the session times you plan to attend. Circle your workshop choice.

**Please Note: You are not registering for workshops, simply noting your interest.**

### Sunday Option 1

Policy Update 12:15 – 1:45 pm | Add boxed lunch for \$15

Symposium 2:00 – 4:00 pm (check symposium choice below)

A  B  C  D

MHED Talks® 4:15 – 6:45 pm

### Sunday Option 2

Supervision Series 11:00 am – 6:00 pm | Add boxed lunch for \$15

### Monday

Workshop Session 1 10:15 am – 12:15 pm (mark workshop choice)  
 1 2 3 4 5 6 7 8 9 10 11 12 13

Lunch 12:15 – 1:15 pm (check lunch choice below)

Standard  Vegetarian  Gluten Free  No Lunch

Workshop Session 2 1:15 – 2:30 pm (mark workshop choice)  
 14 15 16 17 18 19 20 21 22 23 24 25 26

Workshop Session 3 3:00 – 4:45 pm (mark workshop choice)  
 27 28 29 30 31 32 33 34 35 36 37 38 39

### Tuesday

Workshop Session 4 10:30 am – 12:15 pm (mark workshop choice)  
 40 41 42 43 44 45 46 47 48 49 50 51 52

Lunch 12:15 – 1:15 pm (check lunch choice below)

Standard  Vegetarian  Gluten Free  No Lunch

Workshop Session 5 1:15 – 2:45 pm (mark workshop choice)  
 53 54 55 56 57 58 59 60 61 62 63 64 65

Workshop Session 6 3:00 – 4:15 pm (mark workshop choice)  
 66 67 68 69 70 71 72 73 74 75 76

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