

2018 MACMH Child & Adolescent Mental Health Conference

Duluth, MN | April 15 - 17

Conference Program

**Welcome to the largest
children's mental health
conference in the nation!**



Minnesota Association for
Children's Mental Health

Things To KNOW

Weather

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

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 message boards.

Green Initiatives

The DECC composts all organic waste and recycles all recyclable products in an effort to reduce landfill contributions. Surplus food from this event will be donated to the Second Harvest Food Bank.

Nursing Mothers' Room

We have designated accommodations for nursing mothers in **Gooseberry 2**. There is a refrigerator available if you need to store items. It is in the **Board Room** near the Lake Superior Ballroom. Any additional questions or requests may be directed to the registration desk. See the map on page 20.

Meditation and Prayer Room

A shared space has been held in **Harborside 202** for those in need of a quiet place for prayer or meditation. See the map on page 21.

Gender Neutral Restroom

For your convenience, MACMH has asked the DECC to designate a gender-neutral bathroom. This restroom is located near the **French River Room**. See the map on page 21.

Lost & Found

If you lose something, check in with MACMH staff at on-site registration or with the DECC lobby staff.

Internet/Social Media

Posting pictures from your time at the conference on social media? Be sure to tag us on Facebook and Twitter and use the hashtag #MACMH. Free Wi-Fi is available in the DECC Arena and DECC lobby!

Questions?

For building-specific questions, DECC staff are located 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.

Continuing Education

The MACMH conference is designed to meet Continuing Education Hour (CEH) credits for many disciplines. CEH certificates for attendance on Sunday and/or Monday will be included in your conference folder. Tuesday CEH certificates will be handed out at the end of the conference. For those who need to leave the conference early, altered certificates may be obtained at the on-site registration desk.

CEHs for the entire conference have been approved by the following Minnesota boards:

- ▶ Behavioral Health & Therapy (LPC, LPCC, LADC): 19.5 CEHs
- ▶ Psychology: 17.5 CEHs
- ▶ Marriage & Family Therapy: 19.5 CEHs
- ▶ School Administrators: 18 CEHs
- ▶ Social Work: 17.5 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

Please keep track of the topic and length of the workshops you attend for submission to your licensure board. MACMH does not track any changes to your registration selections such as attending different workshops or leaving early.

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 on-site registration. Once you have signed off on your post-test, you will receive a receipt of completion.

Workshop Descriptions

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.

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 – 9:00 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**

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NEW ExhibitHall

MACMH has expanded the exhibit hall to provide additional room for our conference guests and exhibitors. With over 23,000 square feet, the DECC Arena is the new location for this part of the conference. Special staging and unique programming will be available.

Special Programming **DECC Arena Exhibit Hall**

Stop by the **Special Programming Tent** when other events aren't in progress to view a compilation of mental health resource videos.

Monday, April 16

- 7:30 am - 3:00 pm Exhibit Hall open in the DECC Arena
- 7:30 - 8:45 am Continental breakfast
- 8:00 - 8:30 am Creating Welcoming Environments in Ordinary Spaces for Individuals with ASD - Dakota County Social Services **Special Programming Tent**
- 8:30 - 8:45 am Morning movement exercises led by Kathy Flaminio of 1000 Petals **Stage**
- 2:30 - 3:00 pm Ice cream social
- 2:35 - 2:45 pm Afternoon movement exercises led by Kathy Flaminio of 1000 Petals **Stage**
- 2:45 - 2:50 pm Prize drawing. Drop off your completed exhibit hall ballot at the green MACMH booth for your chance to win! **Stage**

Tuesday, April 17

- 7:30 am - 1:15 pm Exhibit Hall open in the DECC Arena
- 7:30 - 8:45 am Continental breakfast
- 8:00 - 8:30 am Creating Welcoming Environments in Ordinary Spaces for Individuals with ASD - Dakota County Social Services **Special Programming Tent**
- 8:30 - 8:45 am Morning movement exercises led by Kathy Flaminio of 1000 Petals **Stage**
- 10:00 - 10:30 am Coffee break
- 10:05 - 10:15 am Late morning energizer led by Kathy Flaminio of 1000 Petals
- 10:15 - 10:20 am Prize drawing. Drop off your completed exhibit hall ballot at the green MACMH booth for your chance to win! **Stage**
- 12:45 - 1:00 pm Fidgety Fairy Tales mini performance. Come learn how MACMH raises awareness about children's mental health through song and dance performed by young talented performers! **Special Programming Tent**



For expanded information about the exhibit hall and special programming, please refer to the Exhibit Hall Guide found in your conference folder.

Meals & Refreshments

* Water stations are available throughout the DECC. Drink up and stay hydrated!

Sunday, April 15

- 10:30 am Coffee and snacks available for those attending the Supervision Series
- 12:00 pm Boxed lunches distributed at the Legislative Update and the Supervision Series for those who pre-ordered
- 2:00 pm Beverages and snacks available for those attending the Symposia Series
- 2:30 pm Beverages and snack mix available for Supervision Series attendees
- 5:15 pm Complimentary appetizers and cash bar available for those attending the MHED Talks®

Monday, April 16

- 7:30 am Continental breakfast in the DECC Arena Exhibit Hall
- 8:00 am Coffee available prior to Keynote in Symphony Hall
- 10:00 am Coffee available in DECC Arena Exhibit Hall and Harborside Skywalk Lobby
- 12:15 pm Lunch in Pioneer Hall
- 2:30 pm Ice cream break in DECC Arena Exhibit Hall during extended break and prize drawing

Tuesday, April 17

- 7:30 am Continental breakfast in the DECC Arena Exhibit Hall
- 8:00 am Coffee available prior to Keynote in Symphony Hall
- 10:00 am Coffee break within DECC Arena Exhibit Hall during extended break and prize drawing
- 12:15 pm Lunch in Pioneer Hall
- 2:45 pm Soda and snacks in Cityside Lobby and Harborside Skywalk Lobby

Join us for an open house
to celebrate the launch of

MACMH's Nevin N. Husted Training Center

Tuesday, May 22 | 2 – 6 pm

23 Empire Drive, Ste. 1000
St. Paul, MN 55103

www.macmh.org/TrainingCenter



RED RIVER
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- 1 Initiate call to our 24-hour access department at **701-772-2500** or toll-free at **866-772-2500**.
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- 3 Access staff will then facilitate admission procedures or provide feedback as to alternative treatment options.

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1451 44th Ave S, Unit A Grand Forks, ND 58201
701-772-2500 | www.redriverbhs.com

Sunday Option 1

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

Legislative Update 12:15 – 1:45 pm | Lake Superior Ballroom K

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* | 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 | French River

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 | Lake Superior Ballroom K

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 | Harborside 204

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 | Split Rock

MHED Talks® 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 | Lake Superior J

Sunday Option 2

April 15 | 11:00 am - 6:00 pm | Up to 6 CEHs

Supervision Series 11:00 am – 6:00 pm | Harborside Room 304

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 Spsr. & Pahoua Yang, PhD, LICSW, Vice President for Community Mental Health – Amherst H. Wilder Foundation

Level: III | For: Professionals | Content: Clinical

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

MACMH's Infant and Early Childhood Division



Educate and Train
Endorse
Connect and Collaborate
Advocate

www.macmh.org/iec/aboutiec

MONDAY HIGHLIGHTS

Announcements • 8:50 – 9:00 am

Keynote Speaker • 9:00 – 10:00 am



Dorothy L. Espelage, PhD

Dr. Dorothy Espelage is Professor of Psychology at the University of Florida. She is the recipient of the APA Lifetime Achievement Award in Prevention Science and the APA Award for Distinguished Contributions to Research in Public Policy. She earned her PhD in Counseling Psychology and has authored more than 180 peer-reviewed articles, six edited books and 70 chapters on bullying, homophobic teasing, sexual harassment, dating violence and gang violence. She advises members of Congress on bullying prevention legislation; conducts webinars for the CDC, NIH and NIJ; and

has been a consultant to the National Anti-Bullying Campaign and the U.S. Department of Health and Human Services.

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.

DECC Arena Exhibit Hall

Monday, April 16 • 7:30 am – 3:00 pm

A drawing for a free 2019 conference registration will be held during the extended break, between 2:30 and 3:00 pm. Ice cream treats will also be available during this extended break.

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

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.

Robyn Janssen, PsyD, LP, Senior Clinical Dir. & Caleb Kaihoi, MA, LMFT, Site Dir. - The Emily Prog.

Level: I | For: **Professionals** | Content: **Clinical**
Harborside 203

2 How to Think Critically About Differential Diagnosing and Comorbidity

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 aid in this process.

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

Level: III | For: **Professionals** | Content: **Clinical**
Harborside 302

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** | **Lake Superior J**

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**
Lake Superior M

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**
Lake Superior O

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** | **Lake Superior K**

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: **All** | **St. Louis River**

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** | **Split Rock**

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

Level: II | For: **All** | Content: **Clinical** | **Gooseberry 1**

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**
French River

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**
Harborside 304

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**
Harborside 204

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**
Gooseberry 3

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
Lake Superior O

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
Lake Superior J

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
Harborside 302

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
Harborside 304

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
Gooseberry 1

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
Lake Superior M

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 | Split Rock

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
Harborside 204

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 | Gooseberry 3

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
Lake Superior K

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 | French River

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 | Harborside 203

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
St. Louis River

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
Lake Superior K

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
Harborside 302

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
Gooseberry 1

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
Lake Superior M

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
Harborside 304

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 | Harborside 204

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 | French River

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.

MaKayla Pederson, Human Dev. and Family Studies Student - Univ. of WI, Stout

Level: I | For: Professionals | Harborside 203

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 | Split Rock

36 Building School, Community and 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 | Lake Superior O

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 illuminates 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 | St. Louis River

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
Lake Superior J

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 | Gooseberry 3

TUESDAY HIGHLIGHTS

Announcements • 8:50 – 9:00 am

Keynote Speaker • 9:00 – 10:00 am



Samuel Simmons, AA, LADC

Samuel Simmons has more than 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) trainer in Minnesota, Mr. Simmons 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 re-entry projects and within the African American community.

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.

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

Tuesday 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

French River



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 | Lake Superior J

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
Harborside 204

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
Lake Superior M

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 - MN Dept. of Education & Kris Lofgren, School Mental Health Project Lead - MN Dept. of Human Svcs.

Level: I | For: All | Harborside 203

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 Sprsr. & Gina Flannigan, Prog. Dir. - The Hills Youth and Family Svcs.

Level: II | For: Professionals | Content: Clinical
Lake Superior K

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
Harborside 302

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
Gooseberry 1

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 | St. Louis River

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 | French River

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
Harborside 304

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 Sprsr. & Felicia Washington Sy, PhD, MSW, LICSW, Exec. Dir. - Reclaim

Level: I | For: Professionals | Content: Clinical
Lake Superior O

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 Sprsr. 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
Split Rock

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 | Gooseberry 3

**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 | Harborside 304

**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
Lake Superior J

**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
Lake Superior O

**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 | Lake Superior M

**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 | Lake Superior K

**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 | St. Louis River

**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: III | For: Professionals | Content: Clinical
French River

**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 | Harborside 204

**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 | Harborside 203

**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
Harborside 302

**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. - REACH Mentoring Prog.; & Raven Sevilleja - Cloquet High School Student

Level: I | For: All | Gooseberry I

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

Level: I | For: All | Gooseberry 3

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 | Split Rock

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 & Johanna Burkstaller, LGSW - Minnetonka Counseling

Level: II | For: Professionals | Content: Clinical
Harborside 204

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 | Lake Superior J

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 Svs.

Level: II | For: Professionals | Content: Clinical
Lake Superior M

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 | Harborside 203

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
Split Rock

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 | Harborside 304

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 LaFrenier-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 | Lake Superior O

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 | Harborside 302

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 Svs.

Level: I | For: All | French River

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.

Elizabeth Babkin, Parent and Youth Educator - NAMI MN

Level: I | For: All | St. Louis River

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 Svs. & Vimbai Madzura, MA, LGSW, Care Integration Liaison - MN Dept. of Human Svs. - MN Dept. of Health

Level: I | For: All | Gooseberry 3



Stay tuned for the launch of our new training center this May!



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
Sunday, April 15					
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		●			●
Monday, April 16 Session 1					
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		●	●		●
Session 2					
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			●		●
Session 3					
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
Tuesday, April 17 Session 4					
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			●	●	●
Session 5					
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			●	●	
Session 6					
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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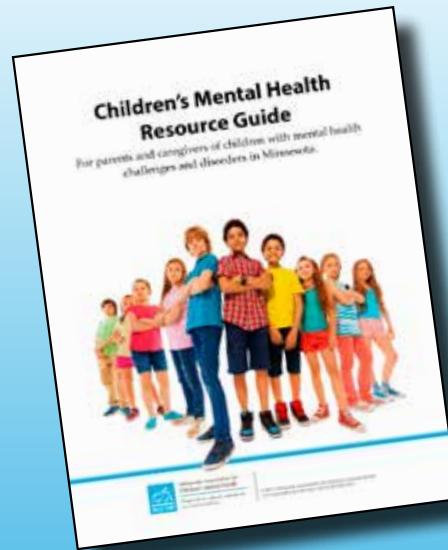
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Hot Off the Press!



Our newest publication, **Children's Mental Health Resource Guide**, is now available.

www.macmh.org/books

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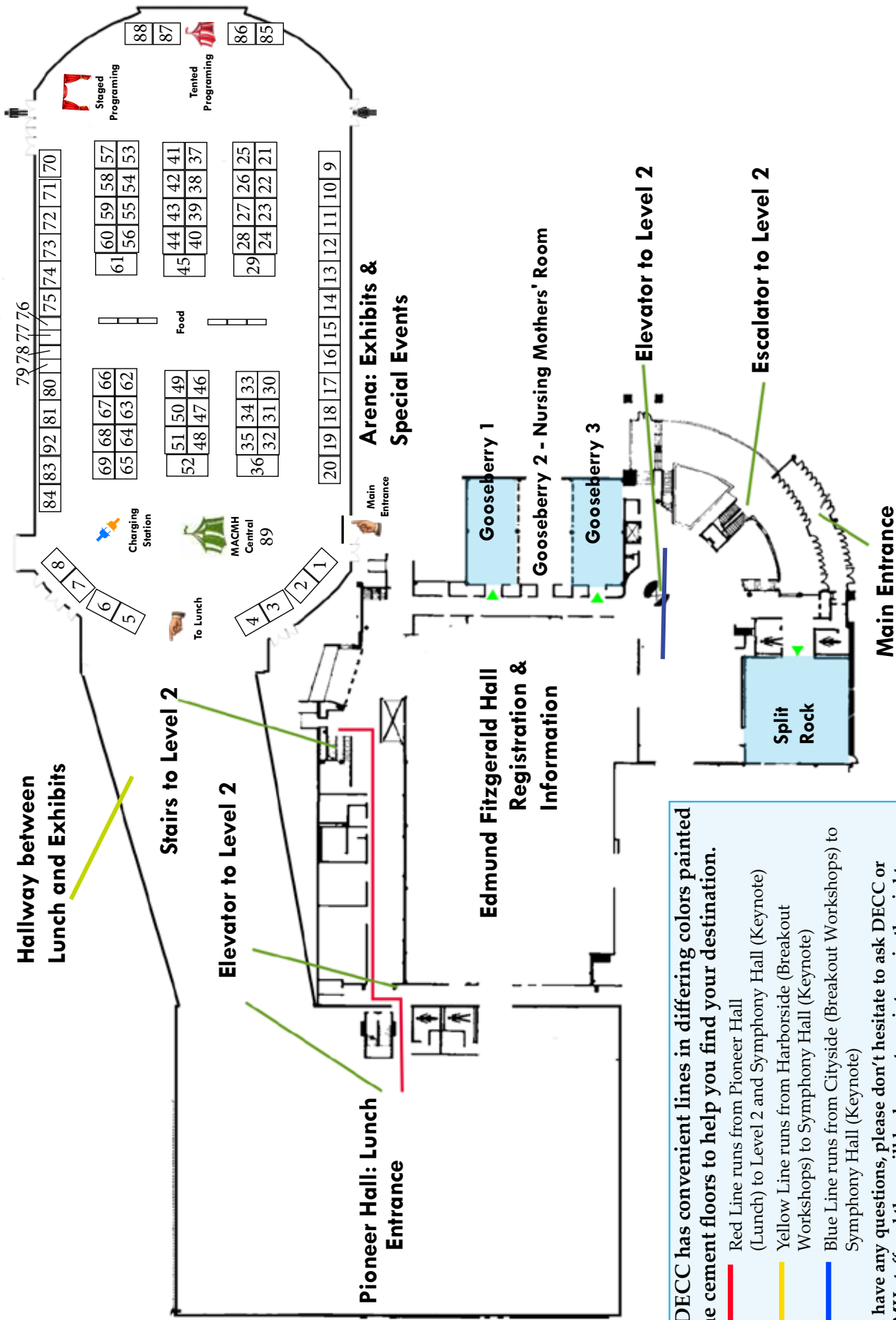
Cambia Hills is a program of The Hills Youth and Family Services

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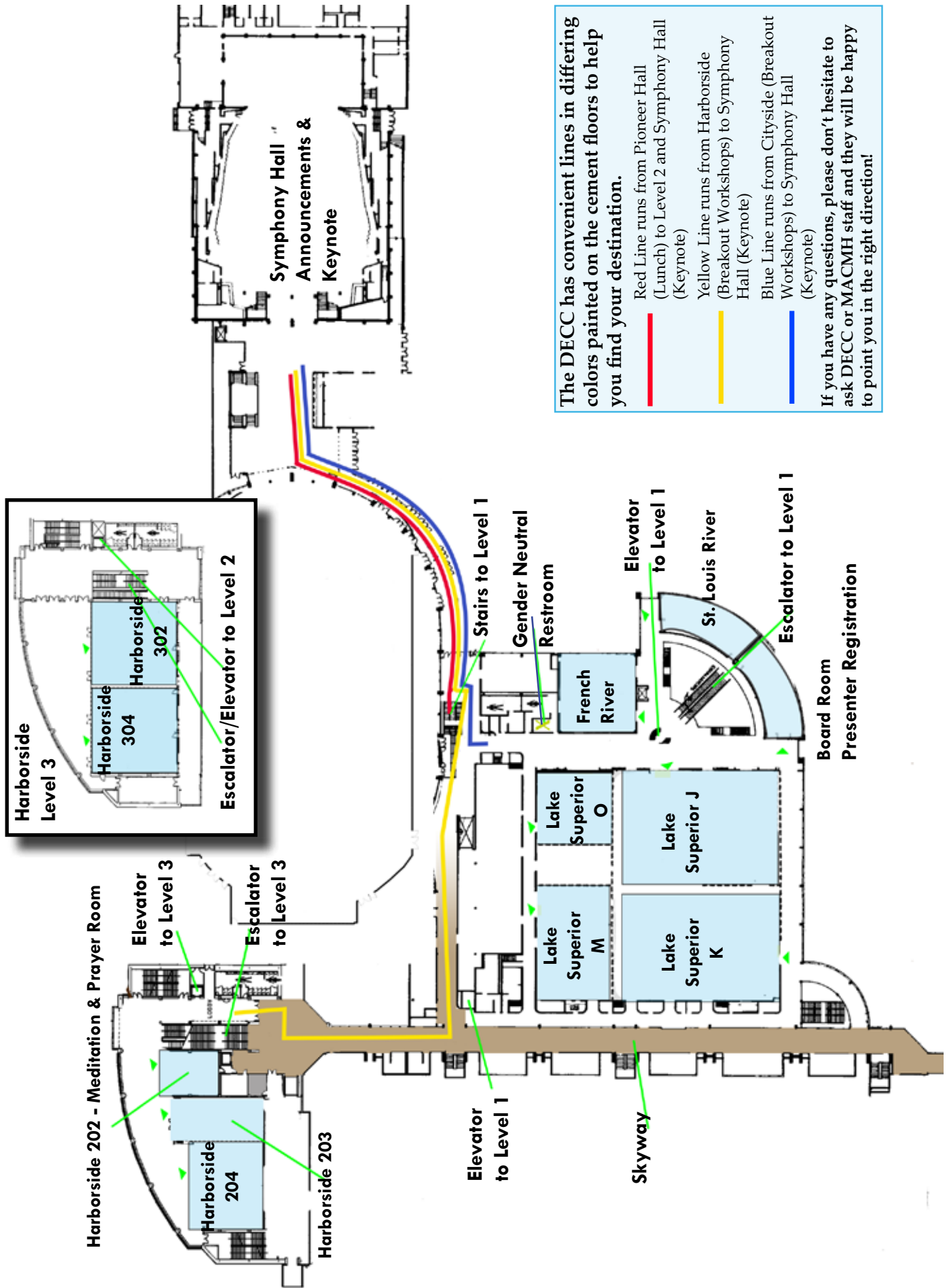


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- Red Line runs from Pioneer Hall (Lunch) to Level 2 and Symphony Hall (Keynote)
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If you have any questions, please don't hesitate to ask DECC or MACMH staff and they will be happy to point you in the right direction!

Level 1 | Ground Level | Main Entrance



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Level 2 | Skyway Level | Inset: Level 3 Harborside

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

1 Adolescents and Eating Disorders: Not Just a Teenage Phase
Janssen & Kaihoi
Harborside 203

2 How to Think Critically About Differential Diagnosing and Co-Morbidity
Gilmore & Haack
Harborside 302

3 Brief Interventions to Use Before, During and After a Meltdown
Janzen & Asp
Lake Superior J

4 You Had Me at Hello: Engaging Challenging Families
Burek & Souder
Lake Superior M

5 Perceptions of Drug Use and Associated Use Patterns
Shunkwiler & Dahle
Lake Superior O

6 Meeting the Mental Health Needs of Students Through Tier 2 and 3 Interventions
Myklebust
Lake Superior K

LUNCH • 12:15 – 1:15 pm

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

14 Parent-Based Attachment Intervention for Adolescent Depression
Reigstad
Lake Superior O

15 Effective Responses to Trauma Reactions in Our Kids and Youth
Boorman
Lake Superior J

16 Support Following Inpatient Hospitalization
Quinn, Woelfel & Agarwala
Harborside 302

17 ADHD Update
Bedford & Johnson
Harborside 304

18 How Intersections of Identity and Culture Shape Mental Health Care
Sawardekar
Gooseberry 1

19 Help De-escalate Intense Anger and Facilitate Treatment Engagement
Franklin & Thiele
Lake Superior M

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

27 Working on the Spectrum: ADHD, ASD and Sensory Processing
Johnson, Spangler, Search, & Carrison
Lake Superior K

28 Professional Skills to Improve Your Practice, Get Parents on Board
Moe
Harborside 302

29 Bridging Mental Health and Applied Behavior Analysis
Anderson & Lillehei
Gooseberry 1

30 Working with Individuals Who Struggle with Executive Functioning
Falkner
Lake Superior M

31 Rethinking Challenging Kids
Morales
Harborside 304

32 Practices for Adolescents with Challenging Behaviors
Nakumbe
Harborside 204

Session 4
10:30 – 12:15
Concurrent
Workshops 40 – 52

40 Trauma Across Generations: The Impact of Historical Trauma
Simmons
Lake Superior J

41 EMDR: Effective Treatment for Trauma
Mathews & Britton
Harborside 204

42 Cognitive Behavioral Play Therapy: For All Ages!
Rob Winkler
Lake Superior M

43 Guide to the Language, Services and Expectations Within Schools
Hunt & Lofgren
Harborside 203

44 How Did it Get So Bad? One Perspective of Complex Mental Health Needs
Squier & Flannigan
Lake Superior K

45 Ethical Thinking and Practice for Parent and Family Life Educators
Palm & Maher
Harborside 302

LUNCH • 12:15 – 1:15 pm

Session 5
1:15 – 2:45
Concurrent
Workshops 53 – 66

53 Mindfulness: The Pathway to Peace
Mathews
Harborside 304

54 Anxiety Disorders in Children: Perplexing Parents and Professionals
Alten-Osmera
Lake Superior J

55 Child-Centered Reunification Therapy
Ross-Hauser & Cross
Lake Superior O

56 FASD: What Mental Health Providers Need to Know | Clark
Clark
Lake Superior M

57 The 7 Essential Ingredients of Trauma Sensitive Schools
Daniel
Lake Superior K

58 Learning Empathy and Empowering Parents of Youth in the System
Johnson & Veerkamp
St. Louis River

Session 6
3:00 – 4:15
Concurrent
Workshops 67 – 78

66 Using Sand Tray Therapy in Clinical Work
Kress & Burkstaller
Harborside 204

67 Effective Mental Health Crisis Intervention for Children
Tucker & Hauser
Lake Superior J

68 Emotional First Aid Following Critical Incidents
Dixon
Lake Superior M

69 Integrative Care for Trauma
Corral & Schneider
Harborside 203

70 A New Lens: Essential Elements of Trauma Informed Foster Care
Fuchs-Hoeschen
Split Rock

71 Stress Less: Holistic Skills for Everyday Stress Management for Everyone
Peterson
Harborside 304

7 Return to Learn: Going to Back to School After a Concussion
Bedford
St. Louis River

8 Using Play Therapy to Heal Anxiety in Family Systems
Appeldoorn & Greeves
Split Rock

9 Research & Practice with Gender Expansive Children
Berg & Becker-Warner
Gooseberry 1

10 Motivating Students & Staff, Mindfulness-Based Strategies
Sullwold Ristau & Culbert
French River

11 Resilience in Children Impacted by Trauma
Langworthy & Schreifels
Harborside 304

12 Mindfulness and Self-Care for Stress Relief
Thomas & Fealy
Harborside 204

13 Neuronal Group Selection Theory
Stuyvenberg
Gooseberry 3

20 Healing From the Mat: A Journey Within
Flaminio
Split Rock

21 MN's New Psychiatric Residential Treatment Facilities
Hartford, Abderholden & Bradt
Harborside 204

22 Exceptional Leaders, Exceptional Learners
McGlynn & Prokop
Gooseberry 3

23 Social & Emotional Learning Interventions, Findings & Applied Theory
Turck
Lake Superior K

24 The Emotional Power of Music
Schreifels
French River

25 ASD: Diff. Diagnosis, Treatment Planning & Interventions
Giannone
Harborside 203

26 Intro to Reflective Supervision/ Consultation for Multidisciplinary IEC Professionals
Fallon
St. Louis River

33 Building a Resilient Family
Harrington
French River

34 Quality of Mental Health in Adolescent Romantic Relationships
Pederson
Harborside 203

35 Creating Awareness and Identifying At-Risk Students
McKernan & Fielder
Split Rock

36 Building Partners to Sustain/Expand High Quality School Mental Health
Sander, Nelson & Felty
Lake Superior O

37 Navigating Adolescent Years for Immigrant Families
Park & Craven
St. Louis River

38 Using Relationships and Regulation to Address Trauma
Mohnkern
Lake Superior J

39 Infant/Toddler Social-Emotional Development in the Classroom
Lingras & Merrell
Gooseberry 3

46 Cooperative Communities for Differential Diagnoses
Flanders-Turman & Gould
Gooseberry 1

47 Psychiatric Assistance Line - Free Consultation for Providers
Baker, Litzenberg, & Vukelich
St. Louis River

48 Fidgety Fairy Tales: The Mental Health Musical
Jenson, Hart, & Youth Cast
French River

49 Melt-down Management
Coler Hanson & Stanton
Harborside 304

50 Care with a Trans Person in Mind
Mohnkern & Washington Sy
Lake Superior O

51 Culturally Responsive Assessment Practices with Latinx Clients
Franklin, Ramey & Corral
Split Rock

52 Play is the Way to Support Infant and Child Mental Health
Von Bank
Gooseberry 3

59 A Cross-Discipline Exploration of Trauma-Informed Practice
Singer
French River

60 Restorative Practices in the Classroom with Various Populations | *Heags, Jr., Seifried & Moylan*
Harborside 204

61 What are Psycho-educational, Neurological, and Psychological Testing?
Kelley
Harborside 203

62 The Intersectionality Between Race, Culture and Mental Health
Swaby
Harborside 302

63 Youth Leading their Community in Building Protective Factors
Parish & Sevilleja
Gooseberry 1

64 Cloud Chasing & Blueberry Delight: The World of Youth Tobacco Use
Dehnel
Gooseberry 3

65 Supporting Immigrant and Refugee Families through the Use of Story & Song
Ellison & Palm
Split Rock

72 MN's Response for Sexually Exploited Youth
LaFrinier-Ritchie & Schaefer
Lake Superior O

73 Reaching and Teaching Through Experiential Education
Karl & Brittany Bosak
Harborside 302

74 Compassion Fatigue/ Secondary Traumatic Stress
O'Malley-Laursen
French River

75 Means Restriction Education
Babkin
St. Louis River

76 Behavioral Health Home Services with Children
Burnevik & Madzura
Gooseberry 3

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