

REGISTRATION NOW OPEN



Child & Adolescent Mental Health Conference

April 26 – 28, 2020
Duluth, Minnesota

Join us at our 24th Annual Child & Adolescent Mental Health Conference, one of the largest of its kind in the country, happening in Duluth, Minnesota, at the Duluth Entertainment Convention Center (DECC).



Monday Keynote Presentation

Imagine The Possibilities: Rethinking Mental Health and Wellbeing
L. Read Sulik, MD, FAAP, DFAACAP



Tuesday Keynote Presentation

Moving from Diagnosing What Children Have to What's Missing from the Environment that Children Need
Clay Cook, PhD

www.macmh.org/conference

Join Us

Featuring more than 80 workshops and the opportunity to earn up to 19.5 CEHs, our annual conference is designed for everyone who works with or cares for infants, children and youth prenatal to age 24. Join us this April to explore cutting-edge information and learn practical strategies you can apply directly to your work with children and families.

Registration

Reserve your spot online at www.macmh.org/conference by April 20. Early-bird rate ends March 19. 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 all other combinations of days.

Days Attending	By March 19	After March 19
Sunday Only	\$120.00	\$129.00
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	\$380.00	\$399.00

Register now at www.macmh.org/conference.

Workshop Descriptions

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, corrections professionals, infant and early childhood professionals

Parents: Family members, parents, caregivers, grandparents, 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 18-19 and carefully reviewing workshop descriptions.

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.

Schedule

Sunday, April 26

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

Monday, April 27

7:30 – 3:00Registration
 7:30 – 8:50 Exhibits/Continental Breakfast
 8:50 – 10:00Keynote
 10:00 – 10:15.Exhibits/Break
 10:15 – 12:15.Workshops 1 – 13
 12:15 – 1:15Lunch/Exhibits
 1:15 – 2:30Workshops 14 – 26
 2:30 – 3:00Exhibits/Break
 3:00 – 4:45Workshops 27 – 39

Tuesday, April 28

7:30 – 3:00Registration
 7:30 – 8:50 Exhibits/Continental Breakfast
 8:50 – 10:00Keynote
 10:00 – 10:30Exhibits/Break
 10:30 – 12:15Workshops 40 – 52
 12:15 – 1:15Lunch/Exhibits
 1:15 – 2:45Workshops 53 – 65
 2:45 – 3:00Break
 3:00 – 4:15.Workshops 66 – 75

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.

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 \$17.50 (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.

On-Site Registration

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

Exhibits

Monday, April 27 • 7:30 am – 3:00 pm

Tuesday, April 28 • 7:30 am – 1:15 pm

Don't miss the wide variety of exhibits we have this year in the 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 or large print materials), such accommodations will be made available upon advanced request. Please contact the MACMH office on or before April 1. 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 13, 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 13 will not be eligible for a refund.
- Written cancellation is required by email to 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.

Location

Our conference takes place at the Duluth Entertainment Convention Center (DECC) in picturesque Duluth, Minnesota.

Address: 350 Harbor Drive, Duluth, MN
Contact Info: 1-800-628-8385;
www.decc.org

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

Lodging

These hotels are offering special rates to conference attendees. To book a discounted room, please call the hotel and specify that you are looking for the Minnesota Association for Children's Mental Health group rate.

Canal Park Lodge \$109+
	800-777-8560
Sheraton Duluth** \$114+
	888-628-8122
The Suites Hotel \$93+
	800-794-1716
Holiday Inn & Suites* \$99+
	218-722-1202
The Inn on Lake Superior \$109+
	888-668-4352
Radisson Duluth Hotel \$89+
	800-333-3333
Hampton Inn - Canal Park \$149+
	218-720-3000

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

** The Sheraton is not located in Canal Park. A complimentary shuttle is available upon request from the hotel.

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. Pending board approval, CEHs are typically as follows:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): 19.5 CEHs
- MN Board of Marriage & Family Therapy: 17.5 CEHs

- MN Board of Social Work: 17.5 CEHs
- MN Board of Psychology: 17.5 CEHs
- MN Board of School Administrators: 18 CEHs
- MN Board of Nursing: 17.5 CEHs*

- MN Board of Education: 17.5 CEHs*
- ND Board of Social Work: 17.5 CEHs*

*CEH approval requires independent submission to your board.

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.

Option 1

12:15 – 6:45 pm

Legislative Update 12:15 – 1:45 pm

Learn what happened in the 2019 legislative session and the key issues being addressed during the 2020 session. Explore 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: 1 | For: All

Concurrent Symposia 2:00 – 4:00 pm

Symposium A

Relational Ethics: Ethical Decision-Making in a Diverse World

Relational ethics is a decision-making model that outlines five core principles: mutual respect, relational engagement, bringing knowledge back to life, creating environment and living questions. This workshop will define these principles and offer examples of their application. Particular attention will be paid to how relational ethics complements professional codes of ethics, allowing practitioners to create solutions that address a broad range of ethical dilemmas. *This course fulfills the MN Board of Social Work requirement of 2 clock hours in social work ethics.*

Jean Chagnon, PhD, LP, Owner – Anamaura
Level: 2 | For: Professionals | Clinical Content

Symposium C

Fetal Alcohol Spectrum Disorder in Children and Adolescents

Fetal Alcohol Spectrum Disorder (FASD) has a prevalence rate that surpasses many other well-known neurodevelopmental disorders, such as Autism Spectrum Disorder. However, it is often overlooked. This workshop will explore the clinical presentations, neurobiology, co-morbidity and potential interventions for FASD.

Alyssa Krueger, Clinical Research Coord., Maddy Rockhold, Clinical Research Coord. & Erik de Water, PhD, Post-Doctoral Fellow- Univ. of MN, Twin Cities – Dept. of Psychiatry
Level: 1 | For: Professionals | Clinical Content

Symposium E

The Rise of Mobile Device Addiction and Responding to the Addiction

Addiction to various technologies is a recent phenomenon, with "Internet addiction disorder" only having been coined in 1995. Excessive use of tech devices by children, teens and adults creates social problems, psychological disturbances and even neurological changes. This presentation will describe beneficial aspects of device use, potential physical and cognitive problems, symptoms and assessment, and intervention strategies for individuals, parents and therapists.

David Swenson, PhD, LP, Psychologist & Brandon Olson, PhD, Professor – College of St. Scholastica
Level: 1 | For: All | Clinical Content

Symposium B

How Can We Be Helpful If We Are Not Feeling It: Five Critical Skills for Compassionate Helping

Compassionate helping entails intentional and empathic consideration of the other. Further, self-regulation of emotions and cognitions during challenging encounters is a prerequisite to the effective utilization of any helping skill. This presentation will discuss five fundamental elements of an effective helping relationship: self-awareness (including the impact of one's own life history), self-regulation, emotional reflection, radical compassion and compassion satisfaction.

Alan O'Malley-Laursen, MSW, LICSW, Compassion Fatigue Educator/Therapist – Olmsted Co. Child and Family Svcs.
Level: 2 | For: Professionals | Clinical Content

Symposium D

Talking with Children About Race: Moving Beyond 'We Don't See Color'

Current events have increased awareness of the need for conversations about race/ethnicity and identity with children. Although research tells us children notice, recognize and identify difference as well as racism/discrimination, many adults do not feel confident about discussing these topics. This workshop will discuss relevant research and provide tools for engaging in conversation with children about race and other social identities.

Katherine Lingras, PhD, LP, Asst. Professor, Child Psychologist & Danielle Vrieze, PhD, LP, Asst. Professor, Child Psychologist – Univ. of MN, Dept. of Psychiatry and Behavioral Sciences
Level: 2 | For: All | Clinical Content

MHED Talks® 4:15 – 6:45 pm

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: 1 | For: All



Music Care for Those Who Provide Professional Support to Our Children

Jeremy Schreifels, Music Producer & Educator – Empty Page Studios



What's Missing in the Mind-Body Connection: Turning on Your Inner Healer (So Life Feels Better)

Tye Moe, DC, Chiropractor – Whole Family Chiropractic



Cultivating Self Compassion

Anjali Goel, MD, MPH, Assist. Professor of Pediatrics – Developmental and Behavioral Pediatrics, Univ. of MN

Option 2

11:00 am – 6:00 pm

Supervision Series: Harry Potter and the Supervisor's Stone

This presentation looks at the development of a clinician and the journey it takes to become a supervisor, particularly when your supervisees are at different places in their careers (graduate interns, those pursuing licensure and licensed clinicians). Defense Against the Dark Arts (aka Ethics) will be discussed along with advice from Hermione (state law vs. rules and regulations). Despite the clever title of this presentation, the presenters understand supervision is a significant and important part of the profession, and will do their best to make it interesting and fun. *This series is designed to help social work supervisors meet the Minnesota Board of Social Work's requirements in the practice of licensing supervision.*

Emily Coler Hanson, MS, LMFT, CGP, Mental Health Therapist & Barb Stanton, PhD, LPCC, LMFT, Mental Health Therapist – Anne Carlsen Therapy Ctr.

Level: 2 | For: Professionals | Clinical Content



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.

EARN CEHS ANYTIME ANYWHERE



Learn at your own pace from the convenience of your own location with our on-demand trainings.

Including topics such as:

- Fetal Alcohol Spectrum Disorders
- Trauma & Resilience
- Suicide Prevention
- Behavioral Interventions
- Tier 2 & 3 Interventions in Schools
- Eating Disorders
- Childhood Anxiety
- Infant & Early Childhood Mental Health

www.macmh.org/OnDemandTrainings

Highlights

Keynote Presentation • 8:50 – 10:00 am



Imagine The Possibilities: Rethinking Mental Health and Wellbeing

L. Read Sulik, MD, FAAP, DFAACAP

As humans, we are overly skilled at focusing on negative emotions and experiences, and as a result we have an underdeveloped ability to focus on positive emotions and experiences. When we think about mental health, we often think about illness and problems. However, mental health also encompasses our ability to engage in various practices that affirm our potential and improve our wellbeing. Imagine the possibilities if we were to redefine mental health as the thoughts, emotions and actions that determine our wellbeing. Imagine if we were to practice building the skills needed to master our internal, physical, external and spiritual worlds. Recognizing patterns of thoughts and behaviors as habits that can be changed is a critical step on the journey to becoming our best selves and feeling happy, healthy and fulfilled. This keynote address will guide attendees in taking effective steps to move from focusing on negative experiences and problems to seeing and pursuing the potential and opportunities in everyone.

Dr. Read Sulik is the Founder and Chief Executive Officer of Praestan Health. He is a Child and Adolescent Psychiatrist, Adult Psychiatrist and Pediatrician, who has for over 20 years passionately pursued the vision, design, development and delivery of innovations in technology, education and care delivery needed to improve mental health and wellbeing for individuals, families and communities. He has developed numerous approaches to integrate behavioral health and primary care and launched Praestan Health to accelerate the development and expand the reach of Portages™, to power a more accessible and effective whole-person mental health and wellbeing solution. He is a popular speaker on numerous topics related to mental health and wellbeing and is a dedicated clinician committed to improving the lives of children, adolescents and adults through excellence in collaborative, compassionate and engaging clinical psychiatric care.

Mental Wellbeing and Resilience Track

- 4: The Emotional Power of Music: A Deeper Dive into Professional Application
- 16: Deconstructing Self Care: Helping Professionals Thrive in a Weary World
- 27: Nature as Therapist: The Healing Power of Mindful Forest Bathing
- 29: A Reflective Journey from "Everybody Hurts" to "We Make A Difference"
- 39: Move Mindfully for Early Education: Mindfulness, Movement and Social/Emotional Learning (SEL)

Session 1

10:15 am – 12:15 pm

1 Presented by Keynote

Moving from Anxiety to Optimal Wellbeing

This workshop will explore the "Exploding Canvas of Anxiety" and examine four steps for helping young people gain control of the chaos they experience. Participants will learn to recognize the signals of rising arousal and the emotional, physical and cognitive changes and problems that can ensue. The presenter will explore proven practices that calm arousal and change the patterns of thinking that perpetuate anxiety, as well as discuss the "superpower" qualities that people with anxiety have that must be harnessed to manage anxiety most effectively.

L. Read Sulik, MD, FAAP, DFAACAP, Founder, Chief Exec. Officer - Praestan Health

Level: 2 | For: All | Clinical Content

2

Therapeutic Interventions for Complex Trauma

Drawing from the latest research on trauma neurology, this workshop will highlight interventions designed by the Adaptive Internal Relational (AIR) Network Model for complex trauma. Clinicians will learn advanced skills for maintaining a competency-based stance with clients by using enhanced Collaborative Helping Maps for dissociative symptoms, trauma looping and self-esteem.

Elizabeth Root, MA, LMFT, Licensed Associate Marriage & Family Therapist - Parker Collins Family Mental Health

Level: 3 | For: Professionals | Clinical Content

3

Adolescent Substance Use and Harm Reduction

This presentation will review trends in adolescent substance use, how substances impact the developing brain and why adolescence is a critical period for the development of addiction. Time will be spent discussing evidence-based treatments for young people with substance use disorders, including the harm reduction model.

Sara Polley, MD, Psychiatrist - PrairieCare Medical Group

Level: 1 | For: All | Clinical Content

4

The Emotional Power of Music: A Deeper Dive into Professional Application

This workshop will explore how music can be used to address attention issues, anxiety, depression and anger. We'll examine how the genre of the music can play an important role in the process. A special emphasis will be placed on application for those who consider themselves "non-musicians," allowing all participants to experience these tools as attainable and usable.

Jeremy Schreifels, Music Producer & Educator - Empty Page Studios & Steve Ritter, LICSW, Licensed Psychologist - Midwest Institute

Level: 2 | For: All | Clinical Content

Concurrent Workshops 1 – 13

5

Non-Suicidal Self-Injury: Redefining Pain

It is painful to watch those in our care in pain, even more so when it is physically visible. In this presentation we will take time to explore what non-suicidal self-injury is, its prevalence and risk factors, co-occurring conditions, contagion phenomena and special considerations needed when we try to help.

Christy Alten-Osmera, MS, NCC, LPC-MH, LAC, Prog. Dir., Therapist - Keystone Treatment Ctr.

Level: 1 | For: All | Clinical Content

6

Differential Diagnosis: Map or Maze? Indicators of ASD as a Co-Existing Condition

This video illustrated presentation will provide information on adapting education, management and treatment interventions for children and adolescents who present with complex diagnostic profiles, including Autism Spectrum Disorder (ASD) as one of multiple diagnoses. The workshop will demonstrate practical strategies for identifying how characteristics of ASD can impact a student's profile and for modifying behavior supports and treatment strategies to effectively respond.

Sheila Merzer, MA, Licensed Psychologist - Private Practice

Level: 2 | For: All | Clinical Content

7

Saving Our Boys to Save Our Girls

This workshop will provide a holistic view of the circumstances or vulnerabilities that may lead young men to engage in criminal behaviors inclusive of trafficking, such as toxic masculinity, socioeconomic inequalities and institutionalized oppression. By discussing the trafficker as someone needing prevention services we position ourselves to make systemic changes for young men and to potentially save our girls.

Stefania Agliano, LMSW, Co-Founder & Bryan Hall, LCSW, Co-Founder - I AM Training and Consultation Group, LLC

Level: 2 | For: Professionals | Clinical Content

8

Care With A Trans Person In Mind: Gender and Sexuality 101

As providers, we often have clients who come into our area of care, engage briefly and then leave, never to return. Many times, we are not educated as to why or what we can do to make changes. This introductory workshop will help you learn how to increase your knowledge and awareness of being trans competent.

Laine Mohnkern, LICSW, Clinical Dir. & grey doolin, MEd, Community Outreach and Training Associate - Reclaim

Level: 1 | For: Professionals | Clinical Content

9

Mad Boys: Reframing Anger and the Angry Young Man

Angry presentations/behaviors from boys and young men flood our schools, our practices and our media. Too often, anger is misunderstood and elicits unhelpful responses. In this lively discussion, the presenters will explore how we can refocus our lens and our interventions with the ultimate goal of better understanding anger and our biases around anger, while minimizing its negative repercussions.

Brad Hanson, MSW, LICSW, Social Worker - Project for Pride in Living & James Towns, MSW, LICSW, Mental Health Professional - Ramsey Co.

Level: 3 | For: All | Clinical Content

10

It Hurts to be Human

High school students sometimes describe a void feeling in themselves, indicating a variety of potential challenges, including lack of attachment to or relationship with a caregiver, stress from school, social anxiety and more. This session will present strategies for schools, communities and parents to address these concerns.

Jerry Sparby, Adler Graduate School, Therapist/ Exec. Dir. - Building a World of Love Ctr.

Level: 1 | For: All | Clinical Content

11

Autism in the Somali Community

Minnesota is home to the largest Somali community in the United States. This community has become concerned about the high prevalence of autism among their children. This presentation will address a recent Department of Human Services study exploring this issue, other related epidemiological research and cultural considerations related to assessment and treatment of autism.

Yasmine Moideen, PhD, Licensed Psychologist & Andrew Fink, PsyD, Licensed Psychologist - MN Autism Ctr.

Level: 2 | For: All | Clinical Content

12

Embedding School-Linked Mental Health Services into a School-Wide System of PBIS

This session will describe core features of School-Wide Positive Behavioral Interventions and Supports (SW-PBIS) and School-Linked Mental Health grants. The presenters will explore how a coordinated, collaborative approach can improve implementation and service delivery to students. Data collection and analysis from the Dept. of Human Services and the Minnesota Dept. of Education will be shared along with local examples to illustrate efforts.

Mary Hunt, MA, NCSP, Related Svcs. Specialist - MN Dept. of Education, Kris Lofgren, School Linked Mental Health Project Lead - Dept. of Human Svcs. & Mark Sander, PsyD, Dir. of School Mental Health - Hennepin Co./Minneapolis Public Schools

Level: 1 | For: Professionals | Clinical Content

13 Infant & Early Childhood Focus

Parental Mental Health: Keeping the Baby in Mind

Postpartum Mood and Anxiety Disorders (PMAD) are major health issues for many women. Often due to stigma, this condition remains undiagnosed. Without support, it yields long-term consequences for the parents, child(ren) and family. This presentation will provide participants an opportunity to learn/discuss risk factors, detection and prevention, effects on the parent-infant/child relationship, treatment and impact on child development.

Anna Clavin, MA, LMFT, IMH-E, Clinical Therapist & Tracy Schreifels, MS, LMFT, IMH-E, Dir. and Therapist - Ellison Ctr.

Level: 2 | For: All | Clinical Content

Session 2

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

14

Escitalo-What? Antidepressant Basics for the Non-Prescriber

This session will provide an in-depth exploration of the clinical use of antidepressants in the child and young adult population. Attendees will learn the differences between various medications and examine when they are useful. This presentation will demystify antidepressants to make it possible to better support clients, patients and family members who may be in need of or using these medications.

Joshua Stein, MD, Child Adolescent Psychiatrist - PrairieCare

Level: 1 | For: All | Clinical Content

15

Evidence-Based Practices Addressing Comorbid Depression and Anxiety in Adolescents

Current research will be discussed regarding the identification and implementation of effective evidence-based practices in the treatment of comorbid depression and anxiety among adolescents. Topics include exploring the relationship between depression and anxiety as it relates to adolescent development and identification of reliable evidence-based practices to best serve youth.

Katie Mommaerts, MSW, LCSW, Asst. Clinical Professor - Northern Arizona Univ. & Kelly Donohue, PhD, ABPP - Counseling Psychologist, Licensed Psychologist/Behavioral Health Administrator - Division of Developmental Disabilities, Dept. of Economic Security, AZ

Level: 2 | For: All | Clinical Content

16

Deconstructing Self Care: Helping Professionals Thrive in a Weary World

Paperwork, crisis, paperwork, repeat. More and more, professionals are reporting the drain and exhaustion of serving students and clients in this turbulent culture. This presentation will deconstruct self care and offer tangible strategies to help attendees feel revitalized in their respective professions. The goal is to help attendees rediscover their "why" and leave feeling excited to get back to work!

Jennifer Londgren, EdD, LMFT, NCC, Asst. Professor & Coord. of Alcohol and Drug Studies - MN State Univ, Mankato

Level: 1 | For: Professionals | Clinical Content

17

What Else Can FASD Look Like?

It is estimated that as many as one in 20 children has a Fetal Alcohol Spectrum Disorder (FASD). FASD is a lifelong condition that encompasses a range of physical and cognitive symptoms associated with prenatal alcohol exposure. Due to the overlapping symptoms between FASD and other mental health disorders, it is commonly misdiagnosed. This presentation will discuss the differences between FASD and common misdiagnoses.

Shauna Feine, LSW, Senior Training Coord. - Proof Alliance

Level: 2 | For: Professionals | Clinical Content

18

Tools to Support Children with Anxiety and Build Emotional Regulation

In this presentation, parents, caregivers and educators will learn how to use the three Ps (Patterns, Practice and Play) to encourage emotional regulation and improve a child's social-emotional health. Participants will learn proactive and responsive strategies that can help children manage symptoms of anxiety.

Kate Bartlein, Parent Educator, Project Coord. - NAMI MN

Level: 1 | For: Professionals

19

Huffing, Dusting and Inhaling: Dangerous Forms of Substance Use

According to the National Institutes of Health (NIH), inhalant drug users between 12 and 18 years old remain users because inhalants are less expensive, easier to find and more difficult to detect than other illicit drugs. Unfortunately, there are dangerous medical and psychological side effects. This presentation will explore the consequences of huffing, dusting and inhalant use.

Carol Follingstad, PsyD, LP, Clinical Psychologist & Mary Sebas, MS, APRN, FNP, Nurse Practitioner - United Hospital District (UHD)

Level: 2 | For: All

20

Mental Health Navigators: Parents Helping Parents

After struggling for years, Toni's daughter died by suicide at age 15. Toni's commitment to fight for mental health awareness and suicide prevention led her to other parents struggling to navigate the mental health system. This session will explore how they joined forces to form Mental Health Navigators, a successful

online parent support group that includes an interactive website.

Toni Plante, Mom, Communications Dir. - Mental Health Navigators

Level: 1 | For: All

21

Cognitive Behavioral Therapy for Youth with Psychosis

Cognitive Behavioral Therapy for Psychosis (CBTp) is a therapy for individuals with psychosis that focuses on the individual's thoughts and behaviors and how these impact emotions. Psychosis-informed CBT has been associated with a reduction in symptoms. This presentation will give an introduction to CBTp and help attendees learn how to apply these techniques to their work.

Aimee Murray, PsyD, LP, Asst. Professor - Univ. of MN

Level: 2 | For: Professionals | Clinical Content

22

Making a Case for School-Based Digital Wellbeing: From Research to Action

Social media use by young people is linked to increased rates of anxiety, depression and poor sleep. While research on social media is new, research on healthy youth development is well established. This presentation will review adolescent development, highlight research about the impact of social media on adolescent wellbeing, discuss school advocacy for digital wellbeing and recommend strategies for schools.

Maree Hampton, MEd, Co-Founder, Exec. Dir. of Programs and Strategy & Katherine Myers, MEd, Co-Founder, Exec. Dir. School Partnerships - LiveMore ScreenLess & Karin Hampton, PhD, Psychologist - Fraser

Level: 1 | For: All

23

Relationship-Building and Educational Outcomes for Students with Emotional/Behavioral Disorders

This presentation will identify the significance of having school leaders, specifically in an elementary school setting, who develop positive relationships with students identified as having an Emotional/Behavioral Disorder, and the impact it has on positive outcomes for those students.

Carrie Jones, MEDL (May 2020), School Social Worker, Catherine Hebert, MA in Special Education, MEd in Psychology, Special Education Teacher & Jamie Patrick, MEd, Special Education, Instructional Coach - Rochester Public Schools

Level: 2 | For: All

Monday, April 27

24

Children's Mental Health Targeted Case Management: Sharing Our Practice

During this interactive workshop, the presenters will provide the structure of the Children's Mental Health Targeted Case Management (CMH TCM) policy and describe a case manager's roles and responsibilities. This session is geared toward attendees who serve children with a Severe Emotional Disorder (SED) and their families.

Diane Marshall, DHS, Children's Mental Health Consultant - State of MN, Dept. of Human Svcs. & Jessica Kisling, MSED, LPCC, MBCC, Associate Mental Health Dir. - Community Univ. Health Care Ctr. (CUHCC)

Level: 2 | For: Professional

25

Talking About the Body is Personal, Professional and Sometimes Radical

In the United States, how we understand and view size, weight and health as a culture has remained similar for many years. The idea of body positivity is receiving more attention, but there is more room for growth. This presentation will address how our beliefs about size, weight, health and diversity influence how we talk about ourselves and to our clients about bodies.

Lara Brown, MSW, LICSW, Dispositional Advisor - Public Defender's Office, 4th Dist.

Level: 2 | For: All | Clinical Content

26 Infant & Early Childhood Focus

Infant Mental Health: Differential Diagnosing for Children Birth through Five

Do diagnoses look different in young children? How does one decide? This workshop will apply both didactics and practice to learn steps for differential diagnosing using decision trees and the DC:0-5 manual for children ages birth to 5. Information will be presented in the DC:0-5 framework.

Miranda Gilmore, PsyD, LMFT, LP, Dir. of Clinical Staff Dev. and Compliance & Kelly Haack, PhD, LP, Clinical Svcs. Mgr., Evaluations - Fraser

Level: 3 | For: Professionals | Clinical Content

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Individual Subscription
for MACMH attendees

Session 3

3:00 – 4:45 pm • Concurrent Workshops 27 – 39

27

Nature as Therapist: The Healing Power of Mindful Forest Bathing

The presenters will discuss the importance of a journey away from the chaotic world of details, multi-tasking, stressful obligations, smartphones and noisy machines to a place that is unspoiled, tame and open to possibilities. Shinrin-Yoku Forest Bathing is a nature-based mindfulness practice that is an innovative and evidence-based wellness activity. It is free and readily available/accessible to almost everyone.

Charlene Myklebust, PsyD, President and Lead Consultant - Professional Education Pal, LLC & Thomas Bezek, Certified Shinrin-Yoku Forest Bathing Guide - self-employed

Level: 1 | For: All | Clinical Content

28

Adolescents and Eating Disorders: Not Just a Teenage Phase

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

Lucy Chermak, RD, LD, Site Dir. & Kathleen Kocon, LMFT, Site Dir. - The Emily Prog.

Level: 1 | For: All | Clinical Content

29

A Reflective Journey from "Everybody Hurts" to "We Make A Difference"

As a reflective and interactive follow up to *Can We Be Helpful?* (Symposium B) or as a stand-alone session, this workshop will address the emotional challenges of doing this difficult work that we do. The workshop will include a combination of short presentation, topic-specific live music, reflection and discussion to explore five critical skills necessary for effective helping: self-awareness, self-regulation, emotional reflection, radical compassion and compassion satisfaction.

Alan O'Malley-Laursen, MSW, LICSW, Compassion Fatigue Educator/Therapist- Olmsted Co. Child and Family Svcs.

Level: 2 | For: All | Clinical Content

30

When Talking Isn't Enough: Body-Centered Therapies for Sexual Abuse Trauma

While trauma changes the brain, movement can heal neural pathways, which makes recovery possible. Increasing a child's awareness of their physiological state assists them in creating new pathways. Creative movement allows youth to make discoveries about their relationships and behaviors. This workshop will offer hands-on skill development as part of trauma treatment.

Elizabeth Bergman, MSW, Exec. Dir. & Ambryn Melius, MA - Dance and Movement Therapy, Mental Health Therapist - Family Enhancement Ctr.

Level: 2 | For: Professionals | Clinical Content

31

Reflections on the Self: How Understanding our Identities Impacts the Work We Do

Our identity is foundational to our understanding of the self. It creates both strengths and complexities in the work we do with children and adolescents. The period of child development is a critical time for examining the self, but how do we help clients with identity exploration if we have never done that work ourselves?

Laine Mohnkern, LICSW, Clinical Dir. & grey doolin, MEd, Community Outreach and Training Associate - Reclaim

Level: 2 | For: All | Clinical Content

32

Navigating Minnesota's Systems of Supports for People with ASD and Related Conditions

This session will empower providers, families, educators and advocates of children, youth and young adults with autism spectrum disorder (ASD) and related conditions. Representatives from the Minnesota Department of Human Services will cover screening, intervention and behavioral management strategies to help participants learn effective ways to support children with ASD or a related condition.

Nicole Berning, MS, BCBA, Clinical Lead & Kim Hicks, MSPECed, Policy Lead - MN Dept. of Human Svcs.

Level: 2 | For: All | Clinical Content

33

Beyond Talk: Strategies for Calming the Brain and Trauma-Induced Behavior

Trauma is often at the root of challenging behavior. Discover how electrical energies influence the brain and emotions. Learn why

trauma is so complex and how to rewire the brain into a state of calm with brain-training and in-home strategies. The presenters will also discuss avenues for reimbursement of brain training programs, which can remove a substantial roadblock to receiving needed services.

Kelly Pittman, Advanced Neurofeedback Certified, Dir. of Neurotechnology - A Chance To Grow

Level: 1 | For: All | Clinical Content

34

Incorporating Social-Emotional Learning into a Culturally-Responsive PBIS Framework

This workshop will focus on creating positive, safe, consistent and predictable environments with a systems-wide framework that encompasses Social-Emotional Learning (SEL) for all. Attendees will see how the Positive Behavioral Interventions and Supports (PBIS) framework and SEL work together and how both are necessary to develop a positive, supportive learning environment. Strategies will be presented that attendees can begin using right away.

Megan Gruis, EdS, Coaching & Evaluation Coord. for the Metro PBIS Project - MACMH/Metro PBIS & Cheryl Glad, MS-CI/GC-Gifted ED, Professional Dev. Mgr., Lead Trainer PBIS MRIP- Intermediate Dist. 287

Level: 1 | For: All

35

Adolescent Spiritual Care: Case Studies

This presentation will present three case studies from a locked inpatient dual diagnosis unit that involved the work of a chaplain providing spiritual care. Each case study highlights the unique role of a chaplain and the team's role in addressing how the concept of the human spirit affects a patient's healing. This presentation will include ample time for discussion.

Adam James, MTh, DMin, Chaplain - Univ. of MN Medical Ctr.

Level: 1 | For: Professionals

36

Partnerships in Coping

Stress can negatively impact children's cognitive, social and emotional development. A child's ability to cope is enhanced with the support of caring adults who are partners in coping. This workshop will explore how to support children during times of stress, to partner with them in an effort to proactively build self-management skills and to help them practice self-awareness.

Kathleen Wessel, MSW, LICSW, Peer Coach - Wayzata Schools & Kijrsten Mickesh, CEO - ConnectHuman

Level: 1 | For: All

Monday, April 27

37

How Biofeedback Video Games are Helping Children Build Automaticity for Managing Emotions

Biofeedback video games offer an innovative approach for working with children struggling with emotional regulation. This presentation will focus on studies from Boston Children's Hospital and Harvard Medical School that focused on a biofeedback video game platform which showed great success in decreasing outbursts and oppositional behaviors. This presentation will discuss ways to use this technology in practice with children.

Emily Stone, MSW, LICSW, Clinical Professional Programming and Design Mgr. - Mightier

Level: 1 | For: Professionals | Clinical Content

38

Mental Illness & Mental Health Crisis Intervention

Following a brief overview of how current mental illness services were created, this presentation will offer a variety of strategies for addressing mental illness. Recommendations for techniques that can be used when dealing with a difficult client, as well as healthy coping strategies for professionals will be offered.

Frank Weber, MS, LP, Clinical Psychologist - CORE Professional Svcs., PA

Level: 2 | For: All | Clinical Content

39 Infant & Early Childhood Focus

Move Mindfully for Early Education: Mindfulness, Movement and Social/Emotional Learning (SEL)

Learn breathing practices, simple regulating movements, rest techniques and social/emotional skill development activities to incorporate into early childhood settings. This workshop will enable participants to deepen their understanding of the impact of trauma/stress on therapists, educators, parents and young children. It will also help attendees develop practical research-based interventions to assist children with self-regulation, focus, de-escalation, community connection and overall well-being.

Chrissy Mignogna, E-RYT, Lead Trainer and Dir. of Education - 1000 Petals & Owner, Winged Heart Yoga

Level: 1 | For: All

SAVE THE DATE

MINNESOTA
ASSOCIATION FOR
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Infant & Early
Childhood Mental
Health Conference

October 26 - 27, 2020
Coon Rapids, MN



For professionals
who work with very
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their parents and
caregivers.

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Highlights

Keynote Presentation • 8:50 – 10:00 am



Moving from Diagnosing What Children Have to What’s Missing from the Environment that Children Need

Clay Cook, PhD

Too often we focus on diagnosing what illness or problem children have based on symptoms they are expressing in certain settings, such as school and home. Most symptoms of mental and behavioral health problems manifest due the mismatch between what children need and what they are receiving from the environment. Rather than focusing on diagnosing what children have, there is a need to diagnose what is missing from the environment that the adults have control over to create a healthier developmental context that promotes children’s mental and behavioral health. This keynote presentation will engage the audience in exploring the main environmental ingredients that children need and that adults have control over to promote children’s mental and behavioral health.

Dr. Clay Cook is the John and Nancy Peyton Faculty Fellow in Child and Adolescent Wellbeing at the University of Minnesota and Associate Professor in the School Psychology Program. He has extensive research and practical experiences involving the implementation of multi-tiered systems of support to promote children’s mental and behavioral health. He co-founded the School Mental Health Assessment, Research and Training (SMART) Center at the University of Washington and is a core faculty member who helps direct the Institute of Translational Research in Children’s Mental Health at the University of Minnesota. He has received over 12 million dollars in external grant funding from multiple agencies and foundations. In addition to his research, he consults with several school systems throughout the US to integrate a continuum of social, emotional, and behavioral supports to enhance student academic and life success.

Mental Wellbeing & Resilience Track

- 45:** Self-Compassion from the Inside Out: The Healing Power of Presence
- 66:** Prioritizing Self Care When You Just Don't Have Time
- 70:** Music is the Shorthand of Emotion: Musical Interventions with Youth

Session 4

10:30 am – 12:15 pm

40 Presented by Keynote

Understanding and Supporting the Delivery of Cognitive Behavioral Interventions and Environmental Supports for Trauma-Exposed Children

Cognitive behavioral interventions (CBIs) have demonstrated a wide range of success for children who struggle to manage their emotions and behavior, including trauma-exposed students. Although many adults in children’s lives may not be the primary implementers of these interventions, they play a critical role in supporting children’s use of learned CBI skills, such as psychoeducation, coping, cognitive appraisal and problem-solving. Adults who understand the common elements of CBIs can then integrate them into various settings. This presentation will discuss specific environmental supports that address the needs of children with difficulties managing their emotions and behavior.

Clay Cook, PhD, Professor & John and Nancy Peyton Faculty Fellow – Univ. of MN

Level: 2 | For: All | Clinical Content

41

Parenting Strong Willed Children: Practical Strategies and Resources

Parenting any child can be challenging, but when the child is strong-willed, parents can often feel overwhelmed and lost. This workshop will focus on practical strategies, aimed at parents and those working with parents. The presentation will provide information on research surrounding parenting strong-willed children and effective interventions. It will also explore the importance of using an individualized treatment approach.

Gary Johnson, PhD, Clinic Dir. & Kotatee Tamba, MSW, Pre-Doctoral Intern – Clinic for Attention, Learning, and Memory (CALM)

Level: 1 | For: All | Clinical Content

42

Secure Bases in Secure Settings: Attachment Theory in Forensic Contexts

Participants in this workshop will receive a brief history of attachment theory and an overview of recent attachment research related to juvenile offending. Participants will also explore research that applies attachment concepts to adults involved in the criminal justice system.

Erin McNett, PsyD, Asst. Professor & Clinical Psychologist – Marymount Univ.

Level: 1 | For: All | Clinical Content

Concurrent Workshops 40 – 52

43

Understanding What's Causing Emotionally-Intense Kids to Act Out So You Can Calm Their Challenging Behavior

There's nothing wrong with emotionally-intense children; they just need a different approach to learning and communication. Participants in this workshop will learn how to reduce defiance, tantrums and anxiety, while increasing peace, calm and enjoyment for entire classrooms and households. It takes mindfulness and a different kind of communication to learn and practice this positive approach.

Samantha Moe, MA, SLP, Owner & Founder - Mad2Glad

Level: 2 | For: All

44

Sleep: The Untapped Superpower

Sleep difficulties are becoming increasingly common in children and are showing up more frequently across clinical settings. This workshop will help professionals and caregivers better understand common pediatric sleep problems while simultaneously equipping attendees with evidence-based behavioral interventions for such problems.

Sam Marzouk, PhD, LP, Clinical Child Psychologist - Promethean Psychology LLC

Level: 1 | For: All | Clinical Content

45

Self-Compassion from the Inside Out: The Healing Power of Presence

Your daily work takes its toll, often with a negative impact over time on your health and wellbeing. Yet, relief is possible with simple mind-body self-compassion practices that will help you avoid stress, exhaustion and ultimately burnout. Now is the time to experience the power of integrating physical, mental and emotional skill-building tools.

Kathy Flaminio, MSW, Founder/President - 1000 Petals LLC

Level: 1 | For: All

46

When Crisis Meets Practice: Learning from a School Experiencing Multiple Crises

Increasing levels of anxiety and depression identified in the Minnesota Student Survey suggest a growing need for schools and mental health providers to be better prepared for student challenges. Exploring the experiences of others, attendees will discuss enhanced school readiness, screening

and teaming with community mental health providers.

Michael Borowiak, MSW, Clinical Social Worker - Traverse Counseling & Consulting, GBC & Dana Baker, MA, Master of School Counseling- Hopkins West Jr. High

Level: 3 | For: Professionals | Clinical Content

47

Results from the Brief Intervention Strategy for School Mental Health Clinicians

This presentation will highlight results from a demonstration study of the Brief Intervention Strategy for School Mental Health Clinicians (BRISC), a four-session school-based mental health approach for high school students. The project involved 52 schools in three states, including 17 in Minnesota. The presenters will share highlights regarding student engagement, service delivery and student outcomes, as well as lessons learned and implications for enhancing school-based supports.

Mark Sander, PsyD, Dir. of School Mental Health - Hennepin Co./Minneapolis Public Schools & Cheryl Holm-Hansen, PhD, Researcher - Community Research Solutions

Level: 2 | For: Professionals

48

Historical Trauma in Tribal Communities & The ACEs Interface

In this presentation attendees will learn about the N.E.A.R. Sciences, including an understanding of Adverse Childhood Experiences (ACEs), the neuroscience behind how trauma impacts the developing brain, how epigenetics can play a role in the transmission of trauma, what historical trauma is and the sustained impacts on tribal communities, and the power of building resilience to break ACEs cycles and heal from trauma.

Susan Beaulieu, MPP, Tribal Community Facilitator - Univ. of MN Extension

Level: 1 | For: All | Clinical Content

49

Pragmatic Coping Framework for Families Living with Mental Illness

Whether you're a mental health professional or caregiver of a person living with mental illness, expectations often feel intense to cope with life's challenges. During this workshop, the presenters will explore the essentials needed to navigate stressful experiences that often come along with mental illness. Attendees will learn a science/clinical practice blended framework they can begin using immediately.

Anastasia Ristau, PhD, LP, Clinical Psychologist, Dir. of Psychotherapeutics & Kyle Cedermark, MD, Child & Adolescent Psychiatrist, Chief Psychotherapy Officer - PrairieCare

Level: 1 | For: All | Clinical Content

50

What Parents of Children with Intensive Emotional/Behavioral Challenges Want You to Know

The lens through which we view parent interaction impacts the learning and social-emotional growth of children in our care. This workshop will explore a paradigm for understanding the unique challenges of trauma-impacted parenting and provide the opportunity to learn and practice new tools for effective collaboration and communication.

Jennie Clare, Consultant, Presenter - Restored Parents

Level: 2 | For: Professionals | Clinical Content

51

Fidgety Fairy Tales - The Mental Health Musical

Enjoy a performance of the Minnesota Association for Children's Mental Health 12th original series of musicals that use familiar fairy tales to raise awareness about children's mental health. Performed by talented youth ages 10 - 18, this production includes Chicken Little (anxiety), The Tortoise and the Hare (depression), and Old Mother Hubbard (trauma).

Matt Organiasak Jensen, Co-Dir, Dir. of Arts and Youth Engagement - MN Assoc. for Children's Mental Health & Marya Hart, Co-Dir. & Youth Cast

Level: 1 | For: All

52 Infant & Early Childhood Focus

An Introduction to the New Bayley-4

The Bayley scales of Infant and Toddler Development 4th Edition is now available. This session will be a comprehensive overview, with particular focus on the changes made from the 3rd edition, the rationale behind these changes and a peek at some new features.

Paul Williams, PsyD, Solution Analyst - Pearson Assessment

Level: 1 | For: Professional | Clinical Content

Session 5

1:15 – 2:45 pm • Concurrent Workshops 53 – 65

53

Systemic Anxiety: Treating the Child Through a Systemic Lens

Kids with anxiety often have caregivers who, at the very least, are anxious about their children's anxiousness. This presentation will explore systemic interventions for anxiety within the family system.

Mathew Meyers, MA, LMFT, Marriage and Family Therapist - Traverse Counseling & Consulting
Level: 2 | For: Professionals | Clinical Content

54

Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors

This presentation will review a recent study conducted with supervisors of social workers on how they address stress, burnout and resiliency with supervisees. The presenter will explain data collection and analysis procedures, and examine the findings that suggest the importance of relationships, communication, work/life balance, self-care and resources. Workforce wellness activities and resiliency-focused supervision strategies will be shared. *This workshop fulfills 1.5 hours of Supervision credits per the MN Board of Social Work.*

Brenda Mack, MSW, LICSW, Asst. Professor - Bemidji State Univ.
Level: 2 | For: Professionals | Clinical Content

55

Taming the Brain: One Elementary's School-Wide Social/Emotional Learning (SEL) Approach

Learn how one culturally-diverse school with high poverty and high prevalence of Adverse Childhood Experiences (ACEs) addresses the schoolwide social/emotional needs of their students. Sky Oaks Elementary impacts culture and climate through targeted interventions using Conscious Discipline, Mind Up, Move Mindfully and DESSA to monitor progress by applying Tiers I to III evidence-based strategies.

Jon Bonneville, MA Curriculum and Instruction, K-12 Admin Licensure, Superintendent Licensure, Principal, Holly Schultz, MSEd - School Psychologist & Brittany Bruns, MSW, LSW, School Social Worker - ISD 191

Level: 1 | For: All

56

Empowering Kids to Use Their Voices: How Soliciting Feedback Improves Outcomes

Using measures to solicit feedback about progress in treatment and the quality of the therapeutic relationship has shown to significantly boost the effectiveness of therapy, enhance client wellbeing and

decrease dropout rates and no-shows. But how does it work? Discover how empowering children and adolescents, by increasing their voice, creates a culture of feedback resulting in better outcomes.

Von Borg, MS, LPCC, LADC, Clinical Spvsr. - Adolescent Support and Counseling Svcs.
Level: 2 | For: Professionals | Clinical Content

57

Family Friendly Jail Initiative: Strengthening the Bond Between Children and Incarcerated Parents

The goal of the Family Friendly Jail Initiative is "to promote the wellbeing of children of incarcerated parents by addressing changes within policies, systems and environments that result in more responsiveness to children's needs." Carlton County has implemented an ambitious program that reduces barriers to parent-child visitation, offers parent education to inmates and promotes meaningful visitation activities.

Stephanie Upton, Prog. Coord. - Carlton Co. Jail & Donna Lekander, Dir. - Carlton Co. Community and Family Initiatives
Level: 1 | For: All

58

ADHD Update 2020

For the 10th year, this lively and popular workshop will review recent ADHD research. This year's update will cover newly identified traits and the need to adapt treatment approaches for issues with emotional overarousal, rejection sensitivity and hyperfocus, which are concerns that parents and caregivers have raised for years. Practical strategies regarding technology, specific sleep issues and non-pharmaceutical treatments will also be covered.

Gary Johnson, PhD, Clinic Dir. & Benjamin Kortuem, MA, Predoctoral Technician - Clinic for Attention, Learning, and Memory (CALM)
Level: 2 | For: All | Clinical Content

59

Overcoming Anxiety: Uncovering Hidden Triggers of the Stress Response

Discover the primary factors that trigger the fight/flight/freeze response from inside the body. If your clients are working hard to hold it all together, but are still "walking on eggshells," the presenter will look at what could be triggering a recurring fight/flight response, separate from their outside world. By uncovering common missing links, attendees will leave with a new sense of empowerment to help!

Tye Moe, DC, Chiropractor - Whole Family Chiropractic
Level: 2 | For: All

60

Discover Your True North

To portage means to carry your vessel and your gear from your current body of water to the next body of water on your journey. Praestan Health also defines portage as carrying your mind, body and spirit through a process of change on your journey to becoming your best self. During this interactive workshop, therapists from Praestan Health will share information about their evidence-based assessment and health improvement toolkit called Portages™—which all attendees received a free subscription to upon checking into the conference. Attendees will explore their mental health through four worlds of living and 12 health practices while discovering their "True North." The presenters will identify steps to take to improve mastery of this critically important aspect of life. *This workshop is to inform you about a product that you can use personally or with your clients. You do not need to purchase anything to participate, but it's requested that you activate your free Portages™ subscription, complete your online self-assessment and review your guide prior to the workshop.*

Jill Hubble, LPCC, LADC, Program Manager, Karen Chinoak, PhD, LP, Clinical Therapist, Becky Smith, MA, LPC, Clinical Therapist & L. Read Sulik, MD, FAAP, DFAACAP, Founder, CEO - Praestan Health
Level: 1 | For: All | Clinical Content

61

NAZ Community Wellness Framework: Cultivating Unlimited Potential for Scholars & Families

Northside Achievement Zone (NAZ) schools, partners, parents and staff are working in alignment to support student scholars' voices in North Minneapolis. Recognizing that behaviors are the expressions of the scholars' life experiences, we work to engage young people and convert their voice into constructive communication and positive actions. In partnership, we aim to deepen our capacity to understand, join and nourish our scholars.

Lauren Nietz, MSW, LICSW, Training Institute Dir. - Washburn Ctr. for Children, Jason White, Community Wellness Consultant and Mgr. & Chantell Johnson, Community Wellness Consultant & Facilitator - Northside Achievement Zone
Level: 1 | For: All

62

High Conflict Parents and Their Children: Avoiding Family Court Landmines

This workshop will focus on high conflict parent relationships and will review the differences between early conflict versus long-term entrenched conflict. The session will cover the process used by Minnesota family court professionals in evaluating the best interests of the child, as well as practical solutions for front-line providers and educators.

Diane Reller, MS, LMFT, LADC, Custody Evaluator/Mediator Hennepin Co. Family Court Svs.; Independent Parenting Consultant and Psychotherapist/Substance Abuse Professional - Right Direction Professional Svs., LLC
Level: 2 | For: Professionals | Clinical Content

63

On My Own: Training Life Skills for Transition-Age Clients

This workshop will outline the partnerships and resources required to establish a transition group to support generalization of life skills for clients receiving occupational therapy services in an outpatient setting. The presenter will review strategies used to facilitate learning during the right challenge, to replicate and simulate life skills and to provide caregiver support for carry over at home.

Rachel Allen-Mchugh, OTD, Asst. Professor - Drake Univ.
Level: 2 | For: All | Clinical Content

64

Tools for Tackling the Youth Vaping Epidemic

Communities are struggling to keep up as adolescent e-cigarette use grows at an alarming rate. Join us to learn how you can address the teen vaping epidemic. The presenters will discuss statewide trends in youth e-cigarette use, the latest research on the health impacts of vaping and tools to use to prevent vaping and assist students who have become addicted to nicotine.

Kate Feuling Porter, MPH, Prog. Mgr. - Twin Cities Medical Society
Level: 1 | For: All

65 Infant & Early Childhood Focus

The Importance of Play: Supporting the Overall Development of Children

Playing positively supports all areas of a child's development, including social/emotional skills. Children need a plethora of positive play opportunities to develop these skills. However, despite the benefits derived from play for both children and caregivers, time for free play has been significantly reduced. This presentation will discuss ways to promote play in a child's natural environment.

Lani Jones, PsyD, HSPP, Clinical Psychologist - Providence Behavioral Group
Level: 2 | For: All



Fidgety Fairy Tales
The Mental Health Musical

An ALL NEW show for 2020 features three tales that raise awareness about children's mental health:

- Chicken Little (anxiety)
- The Tortoise and the Hare (depression)
- Old Mother Hubbard (trauma)

See us at the conference, Workshop #51

See a Performance

April 5 - May 7

Free performances at sites throughout the Twin Cities, Duluth and more. Reserve your tickets today at www.macmh.org/fidgety

See the LGBTQ+ Musical

February 22 - March 7

"Cinderella & Sleeping Beauty" is an LGBTQ+ Musical about depression and anxiety. Free performances at sites throughout the Twin Cities and Brainerd. Reserve your tickets today: www.macmh.org/lgbtq



These activities have been made possible by the voters of Minnesota through a Partners in Arts Participation grant from the Minnesota State Arts Board and an Arts Project Support grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund. Photo by V. Paul V.

Session 6

3:00 – 4:15 pm • Concurrent Workshops 66 – 75

66

Prioritizing Self Care When You Just Don't Have Time

Your day is filled with unrealistic expectations and external demands. You know you should take better care of yourself but you don't. You're running on empty while trying to meet the needs of others who depend on you. Whether you have 20 seconds or 20 minutes to devote to your own wellbeing, this session will give you options for success.

Paula Forte, PhD, RN, Health Coach - Co-Create 4 Life

Level: 1 | For: All

67

Parenting Strategies for Your Child/Teen with ASD

Youth with Autism Spectrum Disorders (ASD) are unique and experience the world differently. Parenting approaches and interventions need to be unique and different as well. This engaging and interactive presentation will take traditional parenting methods of love and discipline and improve upon their effectiveness to better support children and adolescents with ASD. Specific strategies and examples for using them will be discussed.

Mitch Leppicello, MSW, LICSW, Clinical Social Worker - East Metro Family Counseling, LLC

Level: 2 | For: All

68

Working with Caregivers: Managing Boundaries, Session Time and Priorities

Working with caregivers can be a tricky but necessary part of working with children and teens. It is vital that clinicians balance parents' and caregivers' need for communication with the ability to honor client space. This workshop will explore ways to meet the unique needs of caregivers while creating appropriate boundaries, as well as ways to engage them in setting priorities in treatment.

Christina Kress, MSW, LICSW, Therapist/Owner - Minnetonka Counseling

Level: 2 | For: Professionals | Clinical Content

69

Dog as Co-Counselor: Utilizing Animal Assisted Therapy in School-Based Mental Health and Beyond

Animals have a unique way of reaching children and adolescents. This presentation will offer information on benefits of animal-assisted therapy, differences between animal-assisted therapy and animal-assisted activities, considerations for bringing dogs into the school environment, steps on how

to start a program in one's school, training/insurance/health of the dog and specific interventions that can be utilized with clients.

Liz Mihalchick, MA, LPCC, LADC, LSC, Mental Health Therapist - Headway Emotional Health

Level: 2 | For: Professionals | Clinical Content

70

Music is the Shorthand of Emotion: Musical Interventions with Youth

As Leo Tolstoy said, "Music is the shorthand of emotion." In this workshop, clinicians will learn and practice techniques to support young clients in building mindfulness skills and emotional vocabulary. Strategies to support clients who are hard to reach and applications for music as assessment will also be addressed. This workshop will focus on applications for elementary and middle school children.

Jennifer Fuchs, MSW, LICSW, School Social Worker - Duluth Public Schools

Level: 2 | For: Professionals | Clinical Content

71

Can Mental Health Services Prevent Child Maltreatment: A Review of the Research

Exposure to maltreatment can have long-lasting effects on child, family and community wellbeing. Research suggests early detection and treatment of mental illness are key parts of a comprehensive community-based maltreatment prevention strategy. To strengthen community capacity to prevent childhood maltreatment, this presentation will summarize and translate 20 years of research on what works in prevention programs and services.

Jeffrey Waid, PhD, MSW, Asst. Professor - Univ. of MN Twin Cities

Level: 2 | For: All

72

Motivating the Unmotivated

This presentation is designed for professionals who need help identifying the core reasons behind the lack of motivation in the people they serve. The session will provide an opportunity to take a deeper look at the self, explore additional ways to be helpful versus harmful and evaluate when one's work with a client or family is done.

Justin Lajoie, MA, MFT, Family Therapist - Nystrom and Associates & JuTone Lajoie, LGSW, Social Worker - Parent Mentor Network

Level: 2 | For: All

73

Our Clients and Their Smartphones: Friend or Foe?

According to the 2018 Pew Research survey, 95% of teens have a smartphone or have access to one. The increased use of smartphones and greater access to social media has had both a positive and negative impact on teens and young adults. This presentation will review research about smartphone use and social media, and share strategies on how to best support clients.

Lynda Brzezinski, PhD, Psychologist/Professor - Winona State Univ.

Level: 1 | For: All

74

What A Shame: How to Recognize Shame and What to Do About It

During this workshop, participants will learn methods of identifying a client's history of trauma stemming from shame, even without having specific background information. The presenters will discuss a variety of appropriate responses that will focus on increasing desired behaviors. Participants will leave with strategies for de-escalation, calming and resilience.

Tascha Just, EdS, NCSP, Chief Exec. Officer & Stephanie Nagel, LSW, President - Just One Team, LLC

Level: 1 | For: All

75 Infant & Early Childhood Focus Implementing Data-Based Supervision Strategies to Increase Staff Retention in Early Childhood Behavioral Health

Staff retention is a critical factor in the success and sustainability of any mental health treatment provider, especially in rural areas. This presentation will review methods of data-based supervision and strategies to increase staff retention in early childhood behavioral health, with an emphasis on rural service provision. *This workshop fulfills 1.25 hours of supervision credits per the Board of Social Work.*

Jennifer Bozosi, MS, BCBA, Quality Assurance Analyst & Amy Sippl, MS, BCBA - SWWC's The READY Clinic

Level: 2 | For: Professionals | Clinical Content

WORKSHOPS THIS WINTER



Winter 2020 Training Series

February 17 - April 7

Earn up to 30 CEHs this winter with our in-person and online trainings, featuring topics on childhood anxiety, suicide prevention, reflective functioning, technology use and more.

www.macmh.org/trainings

SYSTEM OF CARE CONFERENCE

Build It Better: Using Equity and Social Marketing as a Foundation for Community Engagement and Care

March 9 & 10 • Bloomington, MN



Monday Featured Speaker

*Cultural and Linguistic
Competence Training to Address
Disparities and Inequities*

Presented by Maria Mercedes Avila, PhD



Tuesday Featured Speakers

Workshop on Social Marketing

*Presented by Madeline Zielinski, Program
Specialist & Matt Leavitt, Communications
Coordinator - Youth MOVE National*

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Monday Workshop Content Matrix

	Psychologists, Marriage & Family Therapists, Clinical Social Workers, Counselors	County Child Protection Workers, Case Managers, and Social Workers	Health Care Professionals	Educators & others working in schools including school social workers & counselors	Corrections Personnel	Parents & Caregivers	Professionals Needing Clinical Content	Infant & Early Childhood Professionals
Session 1								
1	●	●	●	●	●	●	●	●
2	●	●	●	●			●	●
3	●	●	●	●	●	●	●	
4	●	●	●	●	●	●	●	●
5	●	●	●	●	●	●	●	
6	●	●	●	●	●	●	●	●
7	●	●		●	●		●	
8	●	●	●	●	●		●	
9	●	●	●	●	●	●	●	
10	●	●		●	●	●	●	
11	●	●	●	●		●	●	●
12	●			●			●	
13	●	●	●			●	●	●
Session 2								
14	●	●	●	●		●	●	
15	●	●	●	●	●	●	●	
16	●	●	●	●	●		●	
17	●	●	●	●	●		●	●
18			●	●		●		●
19			●	●	●	●		
20						●		
21	●		●	●			●	
22				●		●		
23				●		●		
24		●						
25	●		●	●		●	●	
26	●		●				●	●
Session 3								
27	●	●	●	●	●	●	●	●
28	●		●	●		●	●	
29	●	●	●	●	●	●	●	●
30	●			●			●	
31	●		●	●		●	●	●
32	●		●	●		●	●	●
33	●			●		●	●	●
34				●		●		
35	●		●					
36				●		●		●
37	●			●			●	
38	●	●	●	●	●	●	●	
39	●			●		●		●

Tuesday Workshop

Content Matrix

	Psychologists, Marriage & Family Therapists, Clinical Social Workers, Counselors	County Child Protection Workers, Case Managers, and Social Workers	Health Care Professionals	Educators & others working in schools including school social workers & counselors	Corrections Personnel	Parents & Caregivers	Professionals Needing Clinical Content	Infant & Early Childhood Professionals
Session 4								
40 Cognitive Behavioral Interventions & Environmental Supports for Trauma Exposed Children	●		●	●		●	●	
41 Parenting Strong Willed Children: Practical Strategies and Resources	●			●		●	●	●
42 Secure Bases in Secure Settings: Attachment Theory in Forensic Contexts	●	●	●	●	●	●	●	
43 Understanding What's Causing Kids to Act Out So You Can Calm Challenging Behavior	●			●		●		●
44 Sleep: The Untapped Superpower	●		●			●	●	●
45 Self-Compassion from the Inside Out: The Healing Power of Presence	●	●	●	●	●	●		●
46 When Crisis Meets Practice: Learning from a School Experiencing Multiple Crises	●		●	●			●	
47 Results from the Brief Intervention Strategy for School Mental Health Clinicians	●			●				
48 Historical Trauma in Tribal Communities & The ACEs Interface	●	●		●	●	●	●	●
49 Pragmatic Coping Framework for Families Living with Mental Illness	●			●		●	●	
50 What Parents of Children w/ Intensive Emotional/Behavioral Challenges Want You to Know	●	●		●			●	●
51 Fidgety Fairy Tales - The Mental Health Musical	●	●	●	●	●	●		●
52 An Introduction to the New Bayley-4	●		●	●			●	●
Session 5								
53 Systemic Anxiety: Treating the Child Through a Systemic Lens	●	●		●			●	●
54 Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors	●	●					●	
55 Taming the Brain: One Elementary's Social/Emotional Learning (SEL) Approach				●		●		
56 Empowering Kids to Use Their Voices: How Soliciting Feedback Improves Outcomes	●			●			●	
57 Family Friendly Jail Initiative: Strengthening Bond Between Children & Incarcerated Parents		●			●	●		●
58 ADHD Update 2020	●		●	●		●	●	●
59 Overcoming Anxiety: Uncovering Hidden Triggers of the Stress Response			●			●		●
60 Discover Your True North	●	●	●	●	●	●	●	
61 NAZ Community Wellness Framework: Cultivating Unlimited Potential for Scholars & Families		●		●		●		
62 High Conflict Parents and Their Children: Avoiding Family Court Landmines	●	●		●	●		●	
63 On My Own: Training Life Skills for Transition-Age Clients		●		●		●	●	
64 Tools for Tackling the Youth Vaping Epidemic			●	●		●		
65 The Importance of Play: Supporting the Overall Development of Children	●			●		●		●
Session 6								
66 Prioritizing Self Care When You Just Don't Have Time	●	●	●	●	●	●		●
67 Parenting Strategies for Your Child/Teen with ASD				●		●		●
68 Working with Caregivers: Managing Boundaries, Session Time and Priorities	●						●	
69 Dog as Co-Counselor: Utilizing Animal Assisted Therapy in School-Based Mental Health	●			●			●	
70 Music is the Shorthand of Emotion: Musical Interventions with Youth	●			●			●	
71 Can Mental Health Services Prevent Child Maltreatment: A Review of the Research	●	●	●	●		●		●
72 Motivating the Unmotivated	●	●	●	●	●	●		
73 Our Clients and Their Smartphones: Friend or Foe?	●			●		●		
74 What A Shame: How to Recognize Shame and What to Do About It	●	●		●		●		
75 Supervision Strategies to Increase Staff Retention in Early Childhood Behavioral Health	●		●	●			●	●

Register online at www.macmh.org/conference.

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 unless requested in writing to info@macmh.org.

Would you like your pronouns printed on your name tag? Yes No

She/Her/Hers They/Them/Theirs Xe/Xim/Xyrs
 He/Him/His Ze/Zir/Zirs Other

We are committed to reaching people whose identities reflect all communities throughout Minnesota and beyond. As part of that commitment and our desire to not mis-identify anyone, are you comfortable listing your race? If so, please list here:

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 learned about this event via:

MACMH's Email
 MACMH's Website
 Flyer
 Social Media
 Internet Search
 Word of mouth
 Other: Please specify

I am registering as a (please check all that apply):

Corrections Professional
 Early Childhood Professional or Educator
 Education Professional (i.e. Special Ed, Classroom Teacher, Para, Scho
 Family Member (i.e. Parent, Grandparent, Caregiver)
 Health Care Professional (i.e. Nurse, Doctor)
 Mental Health Professional (i.e. Psychologist, Psychiatrist, Counselor
 Social Services Professional
 Other: Please Specify

I'd like to receive special offers, resources and information from the sponsors, partners, and exhibitors at this year's Child & Adolescent Mental Health Conference.

Share my name and email with MACMH partners
 No thanks

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, Suite 1000, Saint Paul, MN 55103

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

Cancellation Policy: Conference registration fees minus a \$50 administration fee per registration will be refunded if cancellation is made in writing (email info@macmh.org) to the MACMH office by April 15, 2020. 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	By March 19	After March 19
<input type="checkbox"/> Sunday Only	\$120.00	\$129.00
<input type="checkbox"/> Monday Only	\$190.00	\$199.00
<input type="checkbox"/> Tuesday Only	\$190.00	\$199.00
<input type="checkbox"/> Sunday & Monday	\$280.00	\$298.00
<input type="checkbox"/> Sunday & Tuesday	\$280.00	\$298.00
<input type="checkbox"/> Monday & Tuesday	\$340.00	\$359.00
<input type="checkbox"/> Sunday, Monday & Tuesday	\$380.00	\$399.00

Discounts available for full-time students and groups of 5 or more. Please call the office for details at 651-644-7333. (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 \$17.50

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

A B C D E

MHED Talks® 4:15 – 6:45 pm

Sunday Option 2

Supervision Series 11:00 am – 6:00 pm | Add boxed lunch for \$17.50

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

Billing Information

Amount Due

Paying by: Check Discover Visa Mastercard American Express PO/Voucher

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CVV

Name on Card

Exp. Date

Email an invoice/receipt to

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