

WELCOME



Program

Child & Adolescent Mental Health Conference

April 26 - 28, 2020

Welcome to our 24th Annual Child & Adolescent Mental Health Conference, designed for everyone who works with or cares for infants, children and youth, prenatal to age 24.

In this program, you will find links to access each webinar, as well as full conference details and other important things to know.

www.macmh.org/conference

Important Things to Know

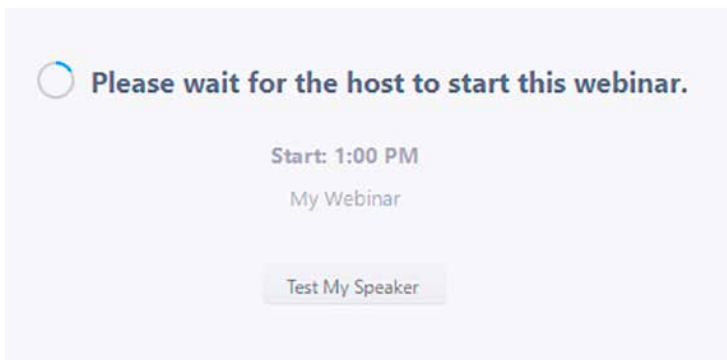
Webinar Access

We will be using the Zoom platform to host our conference webinars. You do not need a Zoom account to participate; simply join each webinar via the provided link or over the phone. As you join the webinar, you may be prompted to run Zoom Desktop Client. Follow the automatic prompts to download the application. Additionally, for the best user experience, use Chrome as your browser.

Throughout this program, you will find the webinar link, call-in number and webinar ID for each workshop. If you do not have Internet access or experience technical difficulties, the call-in number and webinar ID can be used to join the workshop.

Webinar Structure

Webinars will be open for attendees to join 1-2 minutes prior to the start of the workshop. If you log on prior to 2 minutes, you will see this message:



Once the host starts the webinar, you will automatically join.

Webinar Interactive Features

The Zoom platform has several interactive features we will be using.

+ Microphone and Camera

Your microphone and camera will be off and not accessible during the webinar.

+ Chat

The Chat feature is located on your toolbar on the bottom of the screen.

To see all interactions, select "All Panelists and Attendees" in the Chat dropdown.

You can type your message into the chat window and press "Enter" to send your message.

+ Polling

A box will populate on your screen with the poll and you will be able to select your answer.

+ Raise Hand

We will NOT use this feature during workshops.

Webinar Handouts

Workshop handouts are now available on the MACMH website at www.macmh.org/conferencehandouts. The password to access this page is **2020Attendee**.

Virtual Exhibit Hall

Check out the wide variety of exhibitors participating in our Virtual Exhibit Hall by visiting www.macmh.org/exhibitors.

Webinar Recordings

At the end of each day, links to access the webinar recordings from that day will be posted on our website at www.macmh.org/conferencehandouts. This content will be available for 30 days following the conference. The password to access this page is **2020Attendee**.

Please note that while you may watch any of the recorded webinars, you will only receive CEHs for the days you registered.

CEHs/Workshop Evaluations

You will receive an email at the end of each day with a CEH certificate, as well as a link to an evaluation. Please note this email will come from info@macmh.org and CEHs are only available for individuals that have registered for the conference.

Post Tests

Electronic post-tests are available for social workers working toward their LICSW to help them meet clinical clock hour requirements. You can complete one at www.macmh.org/post-test.

Technical Support

If you experience technical difficulties accessing the webinar or during the webinar, please contact Zoom technical support at 1-888-799-0125 and provide the webinar ID number for the workshop you are attending. During the conference, all MACMH staff will be dedicated to running the conference workshops and will not be able to provide individual technology support.

Additionally, the below checklist can help with troubleshooting sound or video issues.

- + Be sure you are using Chrome as your internet browser
- + Check to see if your home internet connection is stable
- + Shut down your computer and re-start

Cancellations and Updates

Webinar cancellations during the conference will be made available in the program. MACMH reserves the right to substitute presenters, cancel workshops and/or reschedule due to unforeseen circumstances.

Questions During the Conference

MACMH staff will be available during the conference to answer your questions. Due to the high number of attendees, we ask that you contact the staff member that is assigned to the first letter of your last name:

Last Names A-H

Amanda Xiong, axiong@macmh.org

Last Names I-P

Deb Cavitt, dcavitt@macmh.org

Last Names Q-Z

Karen Milne, kmilne@macmh.org

You can also call the MACMH office at 651-644-7333, but please know that **email is the most efficient way to get your questions answered.**

Objectives

The Minnesota Association for Children's Mental Health Annual Conference is designed for people who care for or work with infants, children and youth.

Our annual conference offers professionals and families opportunities to:

- ▶ Improve policy and enhance practices for children (prenatal to 24) who have or are at risk of developing mental health disorders.
- ▶ Acquire skills and strategies that will improve outcomes for children with mental health needs.
- ▶ Learn about best practices and latest research in children's mental health and related fields.
- ▶ Enrich understanding of different perspectives and common goals in support of all children.

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

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.

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.

Save the Date

Join us for our 25th Annual Child & Adolescent Mental Health Conference April 18 – 20, 2021 at the Duluth Entertainment Convention Center (DECC) in Duluth, Minnesota.

Schedule

All times listed are in Central Standard Time (CST).

Sunday, April 26

- 11:00 – 6:00Supervision Series
- 12:15 – 1:45Legislative Update
- 1:45 – 2:00 Break
- 2:00 – 4:00 Symposia A, B, C, D
- 4:00 – 4:30 Break
- 4:30 – 7:00 MHED Talks®

Monday, April 27

- 8:50 – 10:00Keynote
- 10:00 – 10:15 Break
- 10:15 – 12:15 Workshops 1 – 5
- 12:15 – 1:15 Break
- 1:15 – 2:30 Workshops 6 – 10
- 2:30 – 3:00 Break
- 3:00 – 4:45 Workshops 11 – 15

Tuesday, April 28

- 8:50 – 10:00Keynote
- 10:00 – 10:30 Break
- 10:30 – 12:15 Workshops 16 – 20
- 12:15 – 1:15 Break
- 1:15 – 2:45 Workshops 21 – 25
- 2:45 – 3:15 Break
- 3:15 – 4:30 Workshops 26 – 29

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: 16.5 CEHs

The MN Board of Nursing, MN Board of Education and ND Board of Social Work (17.5 CEHs) all require independent submission to your board for CEH approval.

Post-Tests

Electronic post-tests will be available for social workers working toward their LICSW to help them meet clinical clock hour requirements. You can complete one here: www.macmh.org/post-test

Workshop Details

Access the Webinar

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 |

Legislative Update

Link: <https://zoom.us/j/217908747>
Dial in: 1-312-626-6799
Webinar ID: 217-908-747

Click here to join

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 complement 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 A

Link: <https://zoom.us/j/573498855>
Dial in: 1-312-626-6799
Webinar ID: 573-498-855

Click here to join

Symposium B

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., Jeffrey Wozniak, PhD, LP, Professor. FASD Research & Erik de Water, PhD, Post-Doctoral Fellow- Univ. of MN, Twin Cities - Dept. of Psychiatry

Level: 1 | For: All | Clinical Content

Symposium B

Link: <https://zoom.us/j/917898983>
Dial in: 1-312-626-6799
Webinar ID: 917-898-983

Click here to join

Symposium C

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 - Univ. of MN, Dept. of Psychiatry and Behavioral Sciences

Level: 2 | For: All | Clinical Content

Symposium C

Link: <https://zoom.us/j/447724291>
Dial in: 1-312-626-6799
Webinar ID: 447-724-291

Click here to join

Symposium D

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 D - Prerecorded

Webinar Link:
https://youtu.be/bn0_fXx3A1o

Click here to view

MHED Talks[®] 4:30 – 7:00 pm

Mental Health Exploration & Discovery

Using personal stories and experiences from the field, each speaker will share their expertise on new concepts, programs, treatment models and research.

Level: 1 | For: All

The Science of Mindfulness and Self-Compassion

Anjali Goel, MD, MPH, Asst. Professor of Pediatrics - Developmental and Behavioral Pediatrics, Univ. of MN

Music Care for Those Who Provide Professional Support to Our Children

Jeremy Schreifels, Music Producer & Educator - Empty Page Studios

We're All in This Together: Providing Therapeutic Support When The Crisis is Everyone's

Anne Gearity, PhD, LICSW

MHED Talks

Link: <https://zoom.us/j/355463803>
Dial in: 1-312-626-6799
Webinar ID: 355-463-803

Click here to join

Supervision Series 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 webinar will include multiple breaks and the content will cover a total of six hours. 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

Supervision Series
Harry Potter and the Supervisor's Stone

Link: <https://zoom.us/j/316634118>
Dial in: 1-312-626-6799
Webinar ID: 316-634-118

Click here to join

New Online Youth Programming!



An online magazine and podcast created by Minnesota youth to promote awareness about mental health through original art
First issue and episode available starting Thurs, 5/7 at www.youthmove-mn.org



A story about managing catastrophizing thoughts performed by the cast of Fidgety Fairy Tales - The Mental Health Musical
Join the Facebook Watch Party on Thurs, 5/7 12 - 12:15 PM at www.facebook.com/fidgety



L. Read Sulik, MD, FAAP,
DFAACAP

Keynote Presentation

Imagine The Possibilities:
Rethinking Mental Health
and Wellbeing

Link: <https://zoom.us/j/470769622>
Dial in: 1-312-626-6799
Webinar ID: 470-769-622

[Click here to join](#)

Imagine The Possibilities: Rethinking Mental Health and Wellbeing

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.

THANK YOU SPONSORS

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Silver Sponsor



Workshop Details

Access the Webinar

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 – Praeston Health

Level: 2 | For: All | **Clinical Content**

Moving from Anxiety to Optimal Wellbeing

Link: <https://zoom.us/j/470769622>
Dial in: 1-312-626-6799
Webinar ID: 470-769-622

[Click here to join](#)

2

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**

Adolescent Substance Use and Harm Reduction

Link: <https://zoom.us/j/258894062>
Dial in: 1-312-626-6799
Webinar ID: 258-894-062

[Click here to join](#)

3

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**

Non-Suicidal Self-Injury: Redefining Pain

Link: <https://zoom.us/j/374343155>
Dial in: 1-312-626-6799
Webinar ID: 374-343-155

[Click here to join](#)

4

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 Svs. Specialist – MN Dept. of Education, Kris Lofgren, School Linked Mental Health Project Lead – Dept. of Human Svs. & Mark Sander, PsyD, Dir. of School Mental Health – Hennepin Co./Minneapolis Public Schools

Level: 1 | For: Professionals | **Clinical Content**

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

Link: <https://zoom.us/j/369911468>
Dial in: 1-312-626-6799
Webinar ID: 369-911-468

[Click here to join](#)

5 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**

Parental Mental Health: Keeping the Baby in Mind

Link: <https://zoom.us/j/472354090>
Dial in: 1-312-626-6799
Webinar ID: 472-354-090

[Click here to join](#)

Workshop Details

Access the Webinar

6

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

Evidence-Based Practices Addressing Comorbid Depression and Anxiety in Adolescents

Link: <https://zoom.us/j/461989645>
Dial in: 1-312-626-6799
Webinar ID: 461-989-645

Click here to join

7

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

Deconstructing Self Care: Helping Professionals Thrive in a Weary World

Link: <https://zoom.us/j/592775621>
Dial in: 1-312-626-6799
Webinar ID: 592-775-621

Click here to join

8

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

Tools to Support Children with Anxiety and Build Emotional Regulation

Link: <https://zoom.us/j/111915225>
Dial in: 1-312-626-6799
Webinar ID: 111-915-225

Click here to join

9

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

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

Link: <https://zoom.us/j/361624466>
Dial in: 1-312-626-6799
Webinar ID: 361-624-466

Click here to join

10

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

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

Link: <https://zoom.us/j/396656966>
Dial in: 1-312-626-6799
Webinar ID: 396-656-966

Click here to join

Workshop Details

Access the Webinar

11

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**

Nature as Therapist: The Healing Power of Mindful Forest Bathing

Link: <https://zoom.us/j/434030614>
Dial in: 1-312-626-6799
Webinar ID: 434-030-614

[Click here to join](#)

12

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**

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

Link: <https://zoom.us/j/378627791>
Dial in: 1-312-626-6799
Webinar ID: 378-627-791

[Click here to join](#)

13

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

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

Link: <https://zoom.us/j/939592596>
Dial in: 1-312-626-6799
Webinar ID: 939-592-596

[Click here to join](#)

14

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 & Kjiirsten Mickesh, CEO – ConnectHuman

Level: 1 | For: All

Partnerships in Coping

Link: <https://zoom.us/j/609422591>
Dial in: 1-312-626-6799
Webinar ID: 609-422-591

[Click here to join](#)

15

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**

Mental Illness & Mental Health Crisis Intervention

Link: <https://zoom.us/j/872808624>
Dial in: 1-312-626-6799
Webinar ID: 872-808-624

[Click here to join](#)



Clay Cook, PhD

Keynote Presentation

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

Link: <https://zoom.us/j/509091924>

Dial in: 1-312-626-6799

Webinar ID: 509-091-924

[Click here to join](#)

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

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 to 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.

MACMH STAFF

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Pronouns: she/her/hers

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Endorsement Coordinator,
Infant & Early Childhood Assistant Director
Pronouns: she/her/hers

Mariah Larkin
SOC Youth Engagement Specialist
Pronouns: they/them/theirs

Amanda Xiong
Program Assistant | Pronouns: she/her/hers

Workshop Details

Access the Webinar

16 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**

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

Link: <https://zoom.us/j/509091924>

Dial in: 1-312-626-6799

Webinar ID: 509-091-924

[Click here to join](#)

17

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**

Parenting Strong Willed Children: Practical Strategies and Resources

Link: <https://zoom.us/j/383021800>

Dial in: 1-312-626-6799

Webinar ID: 383-021-800

[Click here to join](#)

18

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

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

Link: <https://zoom.us/j/775669736>

Dial in: 1-312-626-6799

Webinar ID: 775-669-736

[Click here to join](#)

19 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 & Kathy Flaminio, MSW, Founder/President – 1000 Petals LLC

Level: 1 | For: All

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

Link: <https://zoom.us/j/697735301>

Dial in: 1-312-626-6799

Webinar ID: 697-735-301

[Click here to join](#)

20

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

Trauma changes the brain and movement can heal neural pathways making recovery possible. The body is an entry point for processing trauma. 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 offers 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**

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

Link: <https://zoom.us/j/633880419>

Dial in: 1-312-626-6799

Webinar ID: 633-880-419

[Click here to join](#)

Workshop Details

Access the Webinar

21

Systemic Anxiety: Treating the Child Through a Systemic Lens CANCELED

22

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

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

Link: <https://zoom.us/j/540317845>
Dial in: 1-312-626-6799
Webinar ID: 540-317-845

Click here to join

23

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

Overcoming Anxiety: Uncovering Hidden Triggers of the Stress Response

Link: <https://zoom.us/j/327656097>
Dial in: 1-312-626-6799
Webinar ID: 327-656-097

Click here to join

24

Discover Your True North CANCELED

25 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

The Importance of Play: Supporting the Overall Development of Children

Link: <https://zoom.us/j/367499248>
Dial in: 1-312-626-6799
Webinar ID: 367-499-248

Click here to join

Workshop Details

Access the Webinar

26

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

Prioritizing Self Care When You Just Don't Have Time -
Prerecorded

Link: <https://www.macmh.org/prioritizingselfcare>

Click here to join

27

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

Music is the Shorthand of Emotion: Musical Interventions with Youth

Link: <https://zoom.us/j/102093076>
Dial in: 1-312-626-6799
Webinar ID: 102-093-076

Click here to join

28

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

Motivating the Unmotivated

Link: <https://zoom.us/j/811611748>
Dial in: 1-312-626-6799
Webinar ID: 811-611-748

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29

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 1.25 hours of Supervision credits per the MN Board of Social Work.*

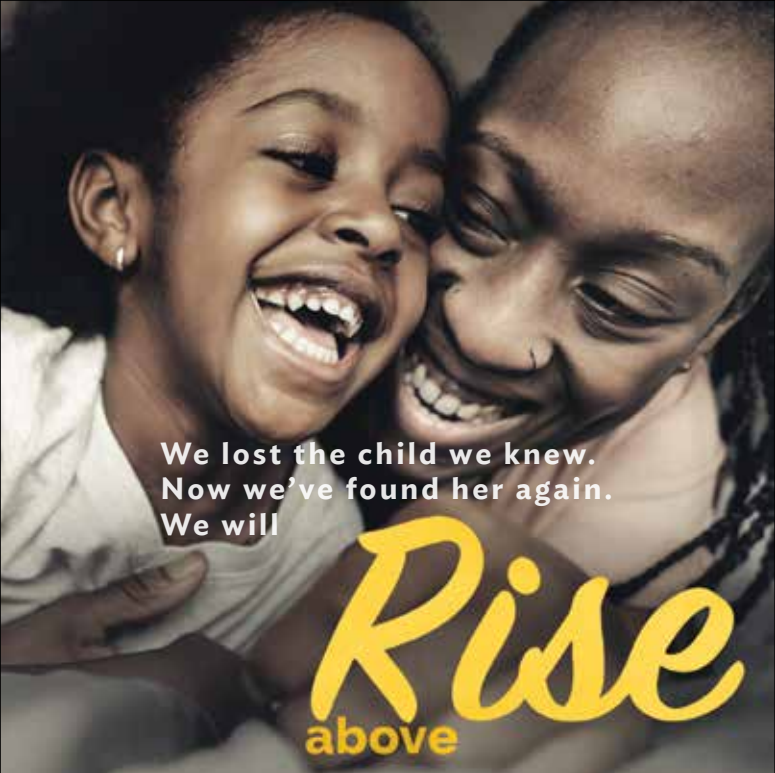
Brenda Mack, MSW, LICSW, Asst. Professor - Bemidji State Univ.

Level: 2 | For: Professionals | Clinical Content

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

Link: <https://zoom.us/j/660748547>
Dial in: 1-312-626-6799
Webinar ID: 660-748-547

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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
Sunday 11:00 am - 7:00 pm								
Legislative Update	●	●	●	●	●	●		●
Symposium A Relational Ethics: Ethical Decision-Making in a Diverse World	●	●	●	●	●		●	●
Symposium B Fetal Alcohol Spectrum Disorder in Children and Adolescents	●	●	●	●	●	●	●	●
Symposium C Talking with Children About Race: Moving Beyond 'We Don't See Color'	●	●	●	●	●	●	●	●
Symposium D The Rise of Mobile Device Addiction and Responding to the Addiction	●	●	●	●	●	●	●	●
MHED Talks	●	●	●	●	●	●		●
Supervision Series: Harry Potter and the Supervisor's Stone	●	●		●			●	●
Monday Keynote L. Read Sulik 8:50 - 10:00 am								
Monday, Session 1 10:15 am - 12:15 pm								
1 Moving from Anxiety to Optimal Wellbeing	●	●	●	●	●	●	●	●
2 Adolescent Substance Use and Harm Reduction	●	●	●	●	●	●	●	
3 Non-Suicidal Self-Injury: Redefining Pain	●	●	●	●	●	●	●	
4 Embedding School-Linked Mental Health Services into a School-Wide System of PBIS	●			●			●	
5 Parental Mental Health: Keeping the Baby in Mind	●	●	●			●	●	●
Monday, Session 2 1:15 - 2:30 pm								
6 Evidence-Based Practices Addressing Comorbid Depression and Anxiety in Adolescents	●	●	●	●	●	●	●	
7 Deconstructing Self Care: Helping Professionals Thrive in a Weary World	●	●	●	●	●		●	
8 Tools to Support Children with Anxiety and Build Emotional Regulation			●	●		●		●
9 Making a Case for School-Based Digital Wellbeing: From Research to Action				●		●		
10 Relationship-Building & Educational Outcomes for Students w/ Emotional/Behavioral Disorders				●		●		
Monday, Session 3 3:00 - 4:45 pm								
11 Nature as Therapist: The Healing Power of Mindful Forest Bathing	●	●	●	●	●	●	●	●
12 Beyond Talk: Strategies for Calming the Brain and Trauma-Induced Behavior	●			●		●	●	●
13 Incorporating Social-Emotional Learning into a Culturally-Responsive PBIS Framework				●		●		
14 Partnerships in Coping				●		●		●
15 Mental Illness & Mental Health Crisis Intervention	●	●	●	●	●	●	●	
Tuesday Keynote Clay Cook 8:50 - 10:00 am								
Tuesday, Session 4 10:30 am - 12:15 pm								
16 Cognitive Behavioral Interventions & Environmental Supports for Trauma Exposed Children	●		●	●		●	●	
17 Parenting Strong Willed Children: Practical Strategies and Resources	●			●		●	●	●
18 Understanding What's Causing Kids to Act Out So You Can Calm Challenging Behavior	●			●		●		●
19 Move Mindfully for Early Education: Mindfulness, Movement & Social/Emotional Learning (SEL)	●			●		●		●
20 When Talking Isn't Enough: Body-Centered Therapies for Sexual Abuse Trauma	●			●			●	
Tuesday, Session 5 1:15 - 2:45 pm								
21 Systemic Anxiety: Treating the Child Through a Systemic Lens	●	●		●			●	●
22 How Can We Be Helpful If We Are Not Feeling It: Five Critical Skills for Compassionate Helping	●	●	●	●	●		●	●
23 Overcoming Anxiety: Uncovering Hidden Triggers of the Stress Response			●			●		●
24 Discover Your True North CANCELED	●	●	●	●	●	●	●	
25 The Importance of Play: Supporting the Overall Development of Children	●			●		●		●
Tuesday, Session 6 3:15 - 4:30								
26 Prioritizing Self Care When You Just Don't Have Time	●	●	●	●	●	●		●
27 Music is the Shorthand of Emotion: Musical Interventions with Youth	●			●			●	
28 Motivating the Unmotivated	●	●	●	●	●	●		
29 Resiliency-Focused Social Work Supervision: A Qualitative Study with Supervisors	●	●					●	

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