



April 24 - 26, 2022

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

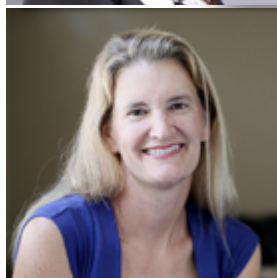


Featured Speaker

Dr. Alfree M. Breland-Noble

A Fireside Chat with Dr. Alfree and MACMH's
Executive Director, Brandon Jones

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Featured Speaker

Jean Twenge, PhD

iGen: The Smartphone Generation
and Its Mental Health Challenges

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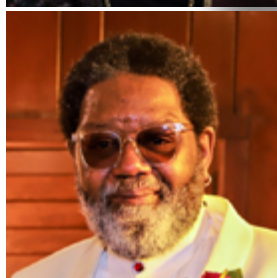


Featured Speaker

Pauline Boss, PhD

The Ambiguous Losses of Youth:
Resilience, Not Closure

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Featured Speaker

Samuel Simmons, Jr., LADC

Trauma Across Generations:
How Are The Children?

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Important Things to Know

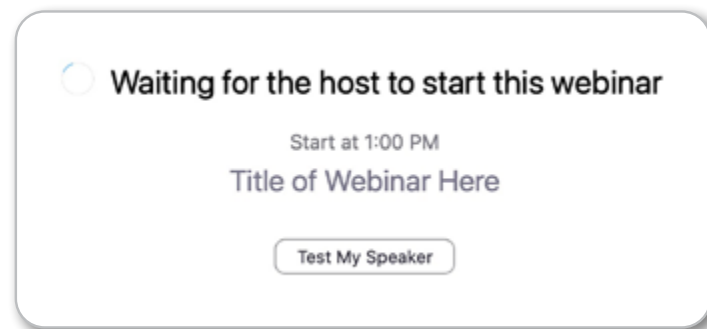
Webinar Access

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 webinar links, call-in numbers and webinar IDs in the teal boxes located next to each webinar description. 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 Start

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 "Everyone" 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.

Webinar Handouts & Recordings

Workshop handouts are now available on the MACMH website at macmh.org/2022Handouts. The password to access this page is **Handouts**. Links for the webinar recordings will also be posted on this page by April 26 at 9:00 p.m. This content will be available for 45 days following the conference through June 10.

While you may watch any of the recordings, you will only receive CEHs for the hours you selected during registration. If you'd like to increase your total hours, contact info@macmh.org. Up to 24 CEHs are available.

PLEASE NOTE: This Program will be updated throughout the conference (as we are able) to ensure you have the most recent updates. Your internet browser cookies may delay the updates. A link to an individual workshop evaluation is under every webinar.

Technical Support

Please note: Zoom no longer provides phone support to those without paid zoom accounts. As a way to trouble shoot your problem you can watch their video here: <https://support.zoom.us/hc/en-us/articles/201362193>. Zoom also has a chat bot available to assist.

Additionally, the checklist below 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
- + Check out zoom's community here <https://community.zoom.com/>

If you are unable to resolve the problem, MACMH staff will do their best to help you get connected.

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

Grace Carey, info@macmh.org

Last Names I-P

Deb Cavitt, dcavitt@macmh.org

Last Names Q-Z

Karen Milne, kmilne@macmh.org

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

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. Pending board approval:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC)
- MN Board of Social Work
- MN Board of Marriage & Family Therapy
- MN Board of Psychology

The MN Board of Nursing, MN Board of Education and ND Board of Social Work all require independent submission to your board for CEH approval. Professionals in other related disciplines, as well as those working outside of Minnesota, can submit CEH certificates to their corresponding boards for independent approval.

You will receive an email by Tuesday, April 26 at 9 p.m. CST 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 will be available for any individual who may have a need.

You can complete one at www.macmh.org/post-test.

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.

Online Community Chat Guidelines

We care about your mental health, and it's important that our conference provides a safe, respectful space for our participants and presenters to learn and engage with one another.

Thank you for following our online community chat guidelines and noting our process for addressing harmful comments.

Chat Guidelines

- + Be respectful: Use language that respects people of every culture, race, ethnicity, gender, gender identity, sexual orientation, religion, class, ability and background; avoid profanity and other language that could be offensive.
- + Speak from your own experience: Use "I" statements as in "I feel," "I think" and "I want".
- + Honor privacy: Do not share anyone else's personal information and keep client information confidential.
- + Think before you type: Remember that this webinar and chat thread are being recorded and will be posted online.

Addressing Harmful Comments

If a webinar host deems a comment to be inappropriate, abusive or derogatory, the host will send a private message to the attendee. If the harmful comments continue, the attendee may be removed from the webinar.

Workshops

Target Audience

Professionals: Psychologists, marriage and family therapists, clinical social workers, counselors, mental health professionals, educators and those working in the school setting, health care professionals, corrections professionals, infant and early childhood professionals

Caregivers: Family members, parents, grandparents, foster parents

Clinical Content

Social workers, psychologists, and other professionals 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.

Ethics

3 hours of content have been specified as ethical content. See Sunday Supervision, Workshop #31 and Workshop #58.

Level

Presenters chose levels indicating the knowledge attendees should have to derive the greatest benefit from their workshops.

Level 1: Introductory material and background information is covered. Audience needs no prior knowledge of topic.

Level 2: Material builds on existing knowledge and goes well beyond basics. Audience should have some background knowledge of topic.

Level 3: Complex, in-depth concepts or features highlighted; basic and background information will not be covered. Audience should have an intermediate understanding of topic.

Schedule

All times listed are in Central Daylight Time (CDT).

Sunday, April 24

- 9:00 – 3:30 Supervision Seminar
- 9:00 – 10:30 Concurrent Workshops 1 – 5
- 10:45 – 12:15 Concurrent Workshops 6 – 10
- 12:45 – 2:15 Concurrent Workshops 11 – 15
- 2:30 – 4:00 Concurrent Workshops 16 – 20
- 4:15 – 5:15 Featured Event: Youth Voices of Experience
- 5:30 – 6:30 Featured Event: MHED Talks

Monday, April 25

- 7:40 – 8:10 MoveMindfully® BREATHE-MOVE-REST
- 8:25 – 8:30 Welcome & Introduction
- 8:30 – 9:30 Featured Speaker: Dr. Alfee M. Breland-Noble
- 9:45 – 11:45 Concurrent Workshops 21 – 27
- 12:15 – 2:15 Concurrent Workshops 28 – 34
- 2:30 – 4:00 Concurrent Workshops 35 – 41
- 4:10 – 5:45 Featured Speaker: Dr. Jean Twenge

Tuesday, April 26

- 7:40 – 8:10 MoveMindfully® BREATHE-MOVE-REST
- 8:25 – 8:30 Welcome & Introduction
- 8:30 – 9:30 Featured Speaker: Dr. Pauline Boss
- 9:45 – 11:45 Concurrent Workshops 42 – 48
- 12:15 – 2:15 Concurrent Workshops 49 – 55
- 2:30 – 4:00 Concurrent Workshops 56 – 62
- 4:10 – 5:45 Featured Speaker: Samuel Simmons, Jr.

Door Prize Drawing

Join us for our prerecorded prize drawing here. Our exhibitors have provided a number of great prizes, including:

- + Amazon gift card
- + Books from our Featured Speakers
- + Fidget packs
- + Move Mindfully Card Deck
- + 1 free pass to MACMH's 2023 Child & Adolescent Mental Health Conference
- + More!

Everyone who registered before April 21 at 1:30 pm CDT will be entered, so check out the recording to see if you won. All winners will be contacted via email.

Land Acknowledgement Statement

We know that language can both hurt and heal, and discriminatory policies and practices that harm adults also harm the children in their care. As part of our commitment to diversity, equity and inclusion, we are beginning the days of our conference with a land acknowledgement to honor our Native and Indigenous neighbors and acknowledge the sacred and unceded land that was stolen from the Dakota and Anishinaabe people who first inhabited the land in Minnesota.

While words are meaningful, we know that it takes more than words to change oppressive systems and provide equitable services for the Indigenous children and families in our state. [Click here](#) for ways you can get involved with and support organizations who are doing powerful and transformative work in our Native and Indigenous communities, and ways you can continue to educate yourself around the history of the land in our state.



"Who Am I as a Supervisor?" An Ongoing Exploration of Cross Cultural and Ethical Supervision Practices

This workshop includes a 30 minute lunch break

This series is designed to help social work supervisors meet the Minnesota Board of Social Work's requirement in the practice of licensing supervision. Two hours of this workshop will cover ethical content.

No matter how confident we are in our role as a supervisor, it is important that we continue to explore who we are as it relates to providing supervision in a cross cultural and relational fashion. During this workshop, participants will explore the meaning and common factors of providing cross cultural supervision; use tools to identify culture, experiences and learning styles in the supervisor/supervisee relationship; and identify components of who they are, including their roles and their styles of supervision. Using case samples, this workshop will also examine ethical considerations and dilemmas specifically related to the ethical component of supervision according to professional board standards.

Presented by **Renita Wilson, MSW, LICSW** – Independent Clinical Social Worker

Level: **Intermediate** | For: **Professionals** | **Includes Clinical Content**

Renita Wilson, MSW, LICSW is a graduate of the University of Minnesota, Twin Cities (B.S. in Rhetoric, Youth Studies and African American Studies). She holds a Master's Degree in Social Work. Renita provides independent clinical supervision to Social Workers pursuing their clinical licensure and she offers clinical consultation support to organizations seeking her expertise in the areas of supervision and clinical knowledge. In addition to her independent work, Renita is also an Associate Therapist and Clinical Supervisor with Kente Circle. Prior to joining the Kente Circle team in 2011, Renita earned a multitude of skills, experience, and expertise surrounding issues related to Family and Children services: Child Protection, Foster care, and Adoption as well as working with Adults and Children in Mental Health spanning over 20 plus years. Renita is an approved supervisor for the Board of Social Work. Renita approaches her clinical work as she does with all areas of her professional encounters; client centered, respectful, open-minded and honoring their story. Renita has also worked in both private and public agencies in supervisory and management positions, overseeing all operating functions of programming and maintaining required expectations for continued service delivery.

Supervision Seminar
Recording

[Evaluate Supervision Seminar](#)

Watch the Recording

This workshop will be interactive and participants will meet in smaller groups via breakout rooms. Participation is encouraged. You may choose to turn your camera on, but this is not a requirement.

1 Equitable and Trauma-Sensitive Schools

Establishing trauma-informed environments is imperative in our schools. Creating equitable learning environments that value diversity and inclusion is equally important. Too often we do this work in silos or at cross purposes. This session will provide a framework for integrating the work of these two priorities. Tools will be shared to support this work.

Sara Daniel, MSW, LCSW, Vice President of Educational Svcs. – Wellpoint Care Network

Level: **2** | For: **Professionals**

Webinar 1 Recording

[Evaluate Webinar 1](#)

Watch the Recording

2 Our Clients and Their Smartphones: Friend or Foe?

As smartphone use has increased over the years, so has speculation and corresponding research on the impact of their use. This presentation will review research about smartphone use and social media, and its impact on teens and young adults. Recent research on smartphone use during the pandemic will be highlighted. The presentation will conclude with information on strategies to help our clients.

Lynda Brzezinski, PhD, LP, Licensed Psychologist/Full Professor – Winona State Univ.

Level: **1** | For: **Professionals**

Webinar 2 Recording

[Evaluate Webinar 2](#)

Watch the Recording

3 ADHD Update 2022

This presentation will include new information on the effect of stimulants on growth, the impact of hormones on symptoms and treatment, "time-blindness," relative effectiveness of medication vs. behavioral treatment, risk factors including maternal use of seizure medications, the role of obesity, new views and treatment for co-occurring oppositional behavior, and effectiveness of alternative treatments such as equine therapy.

Gary Johnson, PhD, LP, LMFT, Psychologist & **Kotatee Tamba, PsyD, LICSW**, Post-Doctoral Candidate – Clinic for Attention, Learning, & Memory (CALM)

Level: **2** | For: **Professionals & Caregivers** | **Includes Clinical Content**

Webinar 3 Recording

[Evaluate Webinar 3](#)

Watch the Recording

4 Navigating Caregivers' Stress & Frustration in Children's Mental Health Treatment

Caregivers of children with mental health diagnoses often experience heightened stress, frustration and hopelessness regarding their children's emotions and behaviors. Rather than viewing this as a barrier to treatment, providers can support caregivers and empower them to join in the change process as part of treatment. This presentation will focus on understanding and responding to caregivers' stress, uncertainty and negative attitudes and perceptions through strategies informed by interpersonal neurobiology, developmental psychology and practice.

Haeli Gerardy, MA, Family Engagement Specialist – Fernbrook Family Ctr.

Level: **2** | For: **Professionals** | **Includes Clinical Content**

Webinar 4 Recording

[Evaluate Webinar 4](#)

Watch the Recording

5 Partnering to Promote Community Wellness: Northside Achievement Zone (NAZ) and Washburn Center

NAZ's anchor schools, partners, parents and staff work in alignment to support the voices of young people – or "Scholars" – in North Minneapolis. Recognizing that behaviors are the expressions of life experiences, we work to support young people to convert their voices 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, **Jaton White, AA**, Dir. of Community Wellness – Northside Achievement Zone, & **Chantell Johnson, BS**, Community Wellness Consultant & Facilitator – Northside Achievement Zone

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

[Evaluate Webinar 5](#)

Webinar 5 Recording

[Evaluate Webinar 5](#)

Watch the Recording

Webinar 6 Recording
[Evaluate Webinar 6](#)

Watch the Recording

Webinar 7 Recording
[Evaluate Webinar 7](#)

Watch the Recording

Webinar 8 Recording
[Evaluate Webinar 8](#)

Watch the Recording

Canceled by presenter

Canceled by presenter

6 Evidence Based Assessment and Management of Early Onset Psychotic Disorders in Youth

Schizophrenia and psychotic disorders occur rarely in youth but the impact can be devastating for the individual and families. Schizophrenia onset in children is insidious and the course is chronic with poor response to standard treatments. Early assessment and identification are fraught with challenges. Early interventions are critical to change the trajectory of the illness, minimize the impact and optimize functioning of the young patients.

Afshan Anjum, MS, MD, Assistant Professor & Clare Herickhoff, MD – U of MN
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

7 Child Sexual Abuse and Bulimia Nervosa: Best Practices for Assessment and Treatment

Research indicates 60% or more of people with bulimia experienced the fear and confusion of childhood sexual abuse (Vanderlinden, 1996). This presentation will explore the connection between child sexual abuse trauma and bulimic eating disorders among adolescent girls. Meaningful information sharing and discussion will center on assessment and therapeutic interventions to best help clients address painful memories, manage or reduce symptoms and heal from the trauma.

K. Suzanne Kramer-Brenna, MA, MSW, LMSW, Prevention Education Supervisor – Rape and Abuse Crisis Ctr, Fargo Moorhead
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

8 Widen The Lens: Hidden Forces That Shape Kids

Often the forces that shape kids aren't visible. We need to look at more than just whether or not they are on pace with developmental milestones. When we slow down, step back and widen the lens, unique environmental circumstances influence each child's foundation, ability to connect, growth trajectory and resilience under stress. This workshop will assess and address these ever-changing influences.

Steve Ritter, LICSW, Executive Dir. & Kerry Galarza, MS, OTR/L, Clinical Dir. – Midwest Institute
 Level: 1 | For: Professionals | Includes Clinical Content

9 Assessment of Perinatal Mood and Anxiety Disorders (PMADS)

10 The Changing Landscape of Peers in 2022

Webinar 11 Recording
[Evaluate Webinar 11](#)

Watch the Recording

Webinar 12 Recording
[Evaluate Webinar 12](#)

Watch the Recording

Webinar 13 Recording
[Evaluate Webinar 13](#)

Watch the Recording

Webinar 14 Recording
[Evaluate Webinar 14](#)

Watch the Recording

Webinar 15 Recording
[Evaluate Webinar 15](#)

Watch the Recording

11 Legislative Update

Learn what happened in the 2021 legislative session and the key issues being addressed during the 2022 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 Minnesota
 Level: 1 | For: Professionals & Caregivers

12 Fidgety Fairy Tales - The Mental Health Musical

Enjoy a performance from MACMH's musical production that uses familiar fairy tales to reduce the fear and misunderstanding around children's mental health. The facilitators will share arts-based activities that families and classrooms can do to build upon themes in the stories. Participation encouraged but not required! Things you'll want to have handy: paper, scissors, tape and something to draw with.

This workshop will be interactive and participants will meet in smaller groups via breakout rooms. Participation is encouraged. You may choose to turn your camera on, but this is not a requirement.

Matt Organisak 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: Professionals & Caregivers

13 Nutrition and Trauma

Proper nutrition is a key ingredient in rewiring clients' traumatized neural pathways. Yet, research shows that often nutrition is not part of trauma treatment. This workshop is for professionals who want to understand why nutrition and trauma are not typically linked in treatment and how to bridge this gap with step-by-step tools, case examples and handouts.

Scott Sells, PhD, LCSW, LMFT – Family Trauma Institute
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

14 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 so hard to hold it all together, but 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: Professionals & Caregivers

15 Building a Mindful Foundation for Healthy Child Development

Learn practical skills and explore the critical connection between a child's development and a well-regulated adult. Attendees will learn simple, practical skills to help develop a calm presence and emotional regulation with other people. Examine the importance of embodied presence as a developmental asset for all children, especially for those with challenging pasts. Empathy, experience and example give and repair the foundation kids need for the real world.

Andy Johnsrud, MEd Teacher-Trainer – Warriors of the Open Heart Consulting & Certified Mindful Teacher – (Mindful Schools)
 Level: 1 | For: Professionals & Caregivers

Webinar 16 Recording
[Evaluate Webinar 16](#)

Watch the Recording

Webinar 17 Recording
[Evaluate Webinar 17](#)

Watch the Recording

Webinar 18 Recording
[Evaluate Webinar 18](#)

Watch the Recording

Webinar 19 Recording
[Evaluate Webinar 19](#)

Watch the Recording

Webinar 20 Recording
[Evaluate Webinar 20](#)

Watch the Recording

16 From Dysregulation to Regulation

One of the most essential skills of our time is regulation. In this introductory workshop to the polyvagal theory, the presenter will examine the nervous system and how to use it to our advantage to regulate emotions – using what we know about human biology to hack our emotions. Participants will leave the workshop with mind-body tools to use to regulate the nervous system.

Lauren Spigelmyer, MEd, Exec. Dir. – The Behavior Hub
 Level: 1 | For: Professionals

17 Vicarious Resilience: How Leaders Create Healthy Employees

We know a ton about vicarious trauma, but what do we know about vicarious resilience? Learn how to keep your staff healthy with the road map to developing vicarious resilience in your staff. Leaders (informal or formal) have the ability to increase capacity in their colleagues and employees. The four stages of development rely on emotional intelligence and supportive leadership.

Leslie Chaplin, PhD, LICSW
 Level: 2 | For: Professionals

18 Affirming LGBTQIA+ Students, Challenges and How Adults Can Help

Many LGBTQIA+ adolescents may feel isolated, scared and unsupported during and after the coming out process. Adults can help adolescents during this time. This presentation will address language, the coming out process, and ways to show support and be an ally.

Marc Markell, PhD, MS, CT, Professor – St. Cloud State Univ. and Worsham College of Mortuary Science
 Level: 1 | For: Professionals

19 HOW You Breathe and Its Influence on Your Mind, Mood and Health

Our breath: we can't live without it. But many of us are never taught how to use it. In this workshop, participants will discover the power of the breath and why breathing is the cornerstone of stress management, self-regulation and health. We will explore breathing mechanics (the how) and psychology of breathing (the why) and its impact on wellbeing.

Stephanie Esser, MAEd, RYT200, Level 2 BREATHE™ Coach, Founder/Owner & Breathing Coach – Balancing Elephants, Inc.
 Level: 1 | For: Professionals & Caregivers

20 Creating Safety: Trauma-Informed Daycare Setting for Children with Adverse Childhood Experiences

This presentation will explore case studies from Recovering Hope Treatment Center, a family-centered substance use disorder treatment program, that allows children to live with their mother in a treatment setting. Children attend the on-site, trauma-informed daycare, and receive care during the day from experienced and educated staff. This session will also share techniques that programs can implement to provide trauma-informed care in a daycare setting.

Sadie Broekemeier, MA, LPCC, LADC, President & Gretchen Raymer, MA, LADC, Senior Mgr. of Residential Svcs. – Recovering Hope Treatment Ctr.
 Level: 2 | For: Professionals & Caregivers



By Carson Bechtel, Age 15

Youth Voices of Experience

Featured Event Recording
[Evaluate YVOE](#)

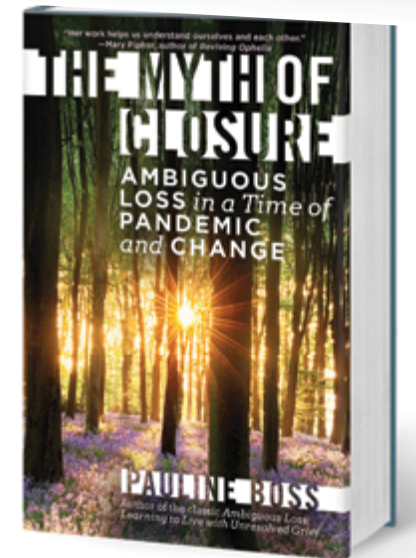
Watch the Recording

Join us for a glimpse into the past year of youth programming at the Minnesota Association for Children's Mental Health. Hear directly from youth about their experiences with mental health services, distance learning and life during the pandemic. Through paintings, dance, music and group discussions, members of Youth MOVE MN are lifting up their voices of experience in order to advocate for a better and brighter future of youth mental health services.

Matt Organisak Jensen, Director of Arts and Youth Engagement & Mariah Larkin, SOC Youth Engagement Specialist – MN Assoc. for Children's Mental Health



Coping with loss in pandemic times
 from Pauline Boss



The COVID-19 pandemic has left many of us haunted by feelings of anxiety, despair, and even anger. In this book, pioneering family therapist Pauline Boss, author of the classic *Ambiguous Loss*, identifies and helps us understand these vague feelings of distress exacerbated by ambiguous loss, losses that remain unclear and hard to pin down, and thus have no closure. This book provides many strategies for coping: encouraging us to increase our tolerance of ambiguity and acknowledging our resilience as we express a normal grief, and still look to the future with hope and possibility. Learn more and order at <https://www.norton.com/myth> or see www.ambiguousloss.com.

"This book may be her finest. [It] is timely and exactly what so many of us desperately need." —Kenneth V. Hardy, PhD, Clinical and Organizational Consultant, The Eikenberg Institute for Relationships, New York

"[Boss] writes beautifully and with great emotion as she tackles one of our most difficult challenges—how to grow through pain and suffering."
 —Mary Pipher, psychologist and author of *Women Rowing North* and *Reviving Ophelia*

Mental Health Exploration & Discovery (MHED Talks®)

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. Level: I | For: All

Featured Event Recording
Evaluate MHED Talks

Watch the Recording



Mansplaining to Men: Addressing the Destructive Masculinity cycle in boys and men.

Cisco Cole wants us to break free from the toxic culture of destructive masculinity. Join him as he talks about the biggest issues surrounding the current definitions of masculinity, how destructive masculinity affects all of us, and how we can break free from the current definitions to live free from the toxicity.

Cisco Cole, LAMFT, works as an individual, group, and couples psychotherapist, and is most passionate about the current issues that boys and men face surrounding destructive masculinity. Cisco's deep experience includes specialization in mental health, anger management, and family/relationship issues, along with direct client work in clinical, outpatient, and incarcerated settings. Cisco's own journey of growing up in a destructive masculine environment, and creating a similar environment for his own children, allowed him to confront and redefine his own belief systems and reconstruct a new definition of masculinity. Cisco's personal experiences give him a unique ability to understand and empathize with others dealing with the effects of destructive masculinity.

Cisco Cole, MA, LAMFT, Psychotherapist – PHA Wellness



Historical Trauma, Resistance, and Resilience: An Indigenous Perspective

This talk will address the complex topics of historical and intergenerational trauma and resilience from the perspective of both lived experience and community-based participatory research with Indigenous communities.

Melissa Walls, PhD, is an Anishinaabe social scientist working in collaboration with Indigenous communities in the United States and Canada on health equity research and culturally relevant public health programming. She is an Associate Professor of American Health at the Johns Hopkins Bloomberg School of Public Health and Director of the Great Lakes Hub of the JHU Center for American Indian Health. Dr. Walls serves as PI with a longstanding research team that includes Anishinaabe community members and academic researchers working together to understand and address the social, historical, and contemporary determinants of unequal health outcomes. Dr. Walls' tribal affiliations are Bois Forte and Koochiching First Nation Ojibwe.

Melissa Walls, PhD, Director – Johns Hopkins Center for American Indian Health & Associate Professor – International Health at the Johns Hopkins Bloomberg School of Public Health



Cultivating a Generational Shift Toward Abundance

This talk will convey the ways racism evokes a sense of self predicated on scarcity. Listeners will consider signs of detachment, solutions found in solidarity and a collective responsibility to demonstrate conscious connection to self and others for generations to come.

Arielle Grant is the Executive Director of Render Free, a virtual and in-person space for self-identified Black + Brown women with a mission to disrupt racial trauma by promoting whole body wellness. She is also the author and illustrator of The Picture Box, a children's book on representation, self-value, and identity. Arielle has a background in program, curriculum, and community developer. In a variety of contexts her work has consistently been to advocate and care for those navigating the oppression of white supremacy. Informed by history and ongoing community relationships, she inspires introspection, meaningful connection and racial identity progression.

Arielle Grant, Founder & Executive Director – RENDER FREE

Early Childhood Development

Milestones to age 5



Every child is unique. No two children develop, grow and learn at exactly the same pace. **And yet children develop in predictable ways.** The milestones indicated here are just some of the indicators that a child is developing typically. **Take notes as your little one learns.** Babies and toddlers are growing, learning and changing all the time. It's fun to watch! We suggest you keep track of the new things they do and the milestones they reach. If you are concerned about your child's growth, development or learning, we encourage you to contact us at HelpMeGrowMN.org or 1-866-693-4769.

Track These Milestones



3 MONTHS

- Follows movement by turning head
- Lifts head and chest when lying on stomach
- Moves arms and legs easily
- Startles at loud noises
- Cries, smiles, coos
- Quiets to familiar voice or touch

6 MONTHS

- Rolls over in both directions
- Begins to sit with a little help
- Coos, babbles, squeals, laughs
- Knows familiar faces and begins to know if someone is a stranger
- Uses hands and mouth to explore the world
- Transfers objects from hand to hand

9 MONTHS

- Sits well without support
- Creeps or crawls
- Holds 2 objects at the same time
- Responds to own name
- Makes sounds like "dada," "mama," "baba"
- Shows feelings by smiling, crying, pointing

12 MONTHS

- Pulls to stand, walks holding onto furniture
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Says "mama" and "dada"
- Shows preference for certain people and toys
- Imitates gestures, sounds and actions
- Puts objects in and out of containers

→ We recommend immediate referral: If your baby isn't babbling, pointing and gesturing

18 MONTHS

- Walks alone; begins to run
- Says three or more single words
- Tries new things with familiar adults nearby
- Points to 1 body part
- Scribbles with a crayon or pencil
- Shows interest in other children

→ Refer your toddler (at 18 months): If he or she isn't saying single words like "mama"

2 YEARS

- Kicks a ball forward
- Walks up and down stairs holding on
- Points to things or pictures in a book when named
- Uses 2 or 3 words together
- Plays briefly beside other children
- Builds towers of 4 or more blocks

→ We recommend immediate referral: If your toddler isn't using 2-word phrases

3 YEARS

- Climbs and runs well
- Builds with blocks; a tower of 6 blocks
- Uses 3-word sentences
- Shows concern and affection for others
- Plays make-believe with dolls, animals and people
- Does puzzles with 3 to 4 pieces

4 YEARS

- Catches a bounced ball most of the time
- Tells stories and recalls parts of stories
- Plays cooperatively with other children
- Copies simple shapes
- Understands the concept of "same" and "different"
- Follows instructions with 2 or 3 steps

5 YEARS

- Hops; may be able to skip
- Speaks clearly in sentences of 5 or more words
- Counts 10 or more objects
- Draws a person with at least 6 body parts
- Wants to please friends & wants to be like friends

We recommend immediate referral: If your little one seems to be losing language skills or social skills

This initiative is made possible through an interagency agreement from the Minnesota Department of Education to the Metro ECSU using federal funding under CFDA number 84.181 Special Education Grants for Infants and Families with Disabilities.

Refer a child for screening or evaluation at HelpMeGrowMN.org or by calling 1-866-693-4769.

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Save the Date



Special Training Event featuring Dr. Bessel van der Kolk

Monday, August 1 | Online



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Monday, April 25 | Morning Events

7:40 – 8:10 am CDT



Taking Care of YOU from the Inside Out: MoveMindfully® for Mind, Body, and Heart

These challenging times have taken a toll on all of us with an impact on our health and well-being. Relief is possible with simple "mind-body" practices to decrease stress, exhaustion, and ultimate burnout. During this MoveMindfully session begin to experience the power of BREATHE-MOVE-REST activities on your physical, mental, and emotional state. Walk away with a simple tool kit of trauma-responsive mind-body practices to incorporate into your personal and professional life.

Kathy Flaminio, MSW, LGSW, E-RYT, Founder and CEO MoveMindfully® – 1000 Petals, LLC

MoveMindfully Recording
[Evaluate Monday MoveMindful](#)

Watch the Recording

8:25 – 9:30 am CDT | Featured Speaker



A Fireside Chat with Dr. Alfee and MACMH's Executive Director, Brandon Jones

Dr. Alfee Recording Pending
[Evaluate Dr. Alfee Event](#)

Watch the Recording

[Evaluate Dr. Alfee Event](#)

Dr. Alfee M. Breland-Noble (known professionally as Dr. Alfee) is a pioneering psychologist, scientist, author and media contributor. As founder of The AAKOMA Project 501c3, she envisioned and built The AAKOMA Project from an academic medicine research lab in major teaching hospitals (at Duke and Georgetown) into a thriving Woman of Color led, million-dollar mental health nonprofit.

An in-demand expert in BIPOC (Black, Indigenous, People of Color) mental health, she hosts a video podcast "Couched in Color with Dr. Alfee" and is a regular broadcast, digital and print media contributor for outlets as diverse as NBC, CNN, PBS, MSNBC, Peacock, Business Insider, the New York Times, the Washington Post, and the Breakfast Club nationally syndicated radio and digital program among dozens of others.

As a recognized thought leader, Dr. Alfee lectures internationally and lends her expertise in mental health and suicide prevention for intersectional youth and young adults to global audiences. She is lauded for her remarkable ability to motivate and inspire by translating complex scientific concepts into everyday language. She lives by the mantra that everyone deserved #optimalmentalhealth which should always be informed by #lovelightscience.



On World Kindness Day 2021, Lady Gaga invited Dr. Alfee to serve as her co-host on a mental health discussion with a diverse group of young people in a powerful and phenomenal film, The Power of Kindness (produced by Lady Gaga, the Born This Way Foundation and hosted on Gaga's Facebook Channel, Meta and ChannelKindness.com).

Webinar 21 Recording
[Evaluate Webinar 21](#)

Watch the Recording

**21 Building Healthy Connections:
 Using the Developmental Highway as a Problem-Solving Tool**

This workshop will introduce the Developmental Parenting Highway, a coaching tool that combines developmental stage tasks with parenting skills and problem-solving. By implementing this tool, caregivers build efficacy, confidence and resilience in themselves and their children. Using role-play and case studies, attendees will explore the Highway and learn to build custom road maps for adults and children.

Lisa Krause, MA, CFLE Certified Parenting Coach – Parent Coach Connection/Concordia Univ. & Amanda Jahnke, MA, Dir. of Christian Education – St. Paul Lutheran Church and School
 Level: 1 | For: Professionals & Caregivers

Webinar 22
[Evaluate Webinar 22](#)

Only available to attend live.

22 Healing Together: A Mind-Body Approach to Suicide Prevention

With the increase of suicide, awareness of the frequency and seriousness of death by suicide is a first step. We believe greater success in suicide prevention is possible when evidence-based tools for assessing suicide risk and referral for support are combined with mind-body practices. Participants will learn how to ask the difficult and uncomfortable questions to those at risk while integrating MoveMindfully® trauma-responsive BREATHE-MOVE-REST practices. **Due to sensitive content, this workshop will not be recorded and is only available to attend live.*

Kathy Flaminio, MSW, LGSW, E-RYT 200, CEO/Founder – MoveMindfully® & Renee Penticoff, PsyD, LP, Licensed Clinical Psychologist – Penticoff Community Counseling
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 23 Recording
[Evaluate Webinar 23](#)

Watch the Recording

23 Unlocking Legacies and Releasing Burdens

This webinar will focus on working with the burdens carried by Black, Indigenous and People of Color (BIPOC), including a discussion around historical and intergenerational traumas passed down from generation to generation, and the many legacies that have become burdensome to a point where health is affected. The workshop will include case studies and strategies for working with BIPOC to help unburden from burdensome legacies.

Gayl Crump Swaby, EdD, MSW, LCSW, Associate Professor – Springfield College
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

Canceled by presenter

**24 Rewriting Memories: Treating Trauma in Adolescents/Young Adults
 with Accelerated Resolution Therapy**

Webinar 25 Recording
[Evaluate Webinar 25](#)

Watch the Recording

**25 Educational Response to COVID-19 and Societal Trauma:
 Pandemic-Aware and Culturally Competent**

The impact of the COVID pandemic and racially charged community incidents (e.g. murder of George Floyd) have had a deleterious impact on children's mental health. The presenters will emphasize the importance of adopting and implementing an array of tiered school-wide supports that are positive, integrated and culturally competent. The presenters will emphasize school-supported care for staff members.

Charlene Myklebust, PsyD, Clinical Psychology, President and Principal Consultant – Stone Arch Learning, LLC and EQ Learn, LLC & Charlotte Ryan, PhD, MA, Licensed Clinical Psychologist
 Level: 2 | For: Professionals | Includes Clinical Content

Webinar 26
[Evaluate Webinar 26](#)

Watch the Recording

**26 The Impact of Climate Change on Children
 and Our Role in Responding**

The Intergovernmental Panel on Climate Change (IPCC) 2021 Report describes the implications of increasing global climate changes on health and behavior. The risk of trauma from heat, wildfires, floods, intense storms and new illnesses has highly adverse effects on children. This workshop will explain climate change, impact on families and children, diagnoses related to climate adjustment and proactive practices for providers and clients.

David Swenson, PhD, Psychologist – College of St. Scholastica
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 27
[Evaluate Webinar 27](#)

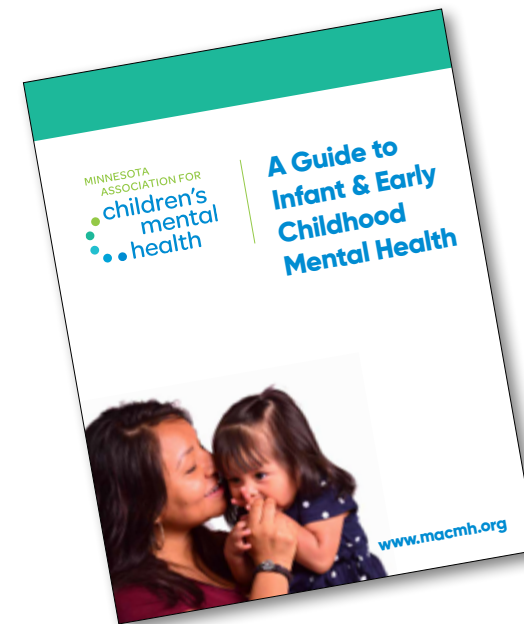
Watch the Recording

**27 Risk and Resilience: Identifying and Responding
 to Marginalized Communities**

This training will highlight how Minnesota Safe Harbor programs respond to trafficking and exploitation of marginalized communities. The presenters will dive into various communities targeted at higher rates including Native Americans, LGBTQIA+ and immigrant populations to help attendees recognize and respond to victims/survivors with best practices. The presenters will also share with attendees tools to better engage with their communities and offer culturally responsive programming.

Kate LePage, East Central Safe Harbor Regional Navigator – Lutheran Social Svcs. & Anne LaFrinier-Ritchie, West Central Safe Harbor Regional Navigator – Someplace Safe
 Level: 2 | For: Professionals & Caregivers

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Webinar 28 Recording

[Evaluate Webinar 28](#)

Watch the Recording

28 Identity & Attachment: Understanding Mental Health Impacts for LGBTQIA+ Youth

During this workshop, the presenter will discuss the unique impact that being LGBTQIA+ can have on youth's identity, attachment and development. The presenter will review terminology, statistics, resources for teens and adults and tools to support LGBTQIA+ youth.

Brianna Sigg, MSW, LGSW, Psychotherapist – Lyn Lake Psychotherapy & Wellness
Level: 2 | For: **Professionals & Caregivers** | Includes Clinical Content

Webinar 29 Recording

[Evaluate Webinar 29](#)

Watch the Recording

29 Maltreatment Overview, Impact and Care

Childhood maltreatment and trauma exposure have lasting effects well into adulthood. This presentation aims to provide an overview of maltreatment exposure and discuss the impact of trauma across development, including the impact on stress response systems, future victimization and lifelong health concerns. Evidence-based interventions to address trauma exposure and the effects of secondary trauma on providers will be discussed.

Katie J. Stone, PhD – U of MN Medical School
Level: 1 | For: **Professionals & Caregivers**

Webinar 30 Recording

[Evaluate Webinar 30](#)

Watch the Recording

30 More Time to Teach: Responding to Student Behavior

According to research, today's teachers are losing half of their teaching day responding to student behavior. To restore this valuable loss of teaching time, the founders of ChildSense will present classroom dramatizations to demonstrate effective responses to student behavior. Teachers will learn how to return their focus back to teaching, dramatically increasing student performance and academic scores.

Jon Halpern, MA – The Blake School & Jeff Fink, MA – Hamline Univ. (retired)
Level: 2 | For: **Professionals**

Webinar 31 Recording

[Evaluate Webinar 31](#)

Watch the Recording

31 When Children Are the Symptom Bearers: Systemic Interventions to Alleviate Child Suffering

Have you ever felt lost in supporting your child/teen client when their family faces extraordinary challenges? In this webinar, the presenters will provide clinical interventions to address challenges such as Substance Use Disorder, family conflict and mental illness within your client's family system. These issues, along with ethical considerations and countertransference, will be explored through an interactive case study. [1/2 hour of this workshop will cover ethical content.](#)

Callie Albaugh, MA, LMFT, Therapist & Michael Borowiak, MSW, LICSW, Therapist, Consultant and Owner – Traverse Counseling & Consulting
Level: 3 | For: **Professionals**

Webinar 32 Recording

[Evaluate Webinar 32](#)

Watch the Recording

32 Comprehensive School Mental Health: Updates from the Field on Research and Practice

The presenters will share results from a recent research project on school mental health and how the findings can help us continue to improve high quality services for youth and families in school. From a practice perspective, the presenters will share the latest tools from the National Center for School Mental Health such as the SHAPE System and Comprehensive School Mental Health System Best Practice Modules.

Mark Sander, PsyD, LP, Dir. of School Mental Health – Hennepin County/Minneapolis Public Schools & Faith Miller, PhD, LP, Associate Professor – U of MN
Level: 2 | For: **Professionals**

33 Understanding Substance Induced Psychosis and the Differential from Primary Psychotic Disorders

There is a significant public health concern with substance use in youth. To complicate this concern, some adolescents will develop psychosis in the context of substance use. It is often hard for providers to pull apart if one leads to the other or if the concerns are comorbid. This webinar will help attendees understand this complex intersect.

Linda Rinehart, PhD, LP, Assistant Professor & Aimee Murray, PsyD, LP, Assistant Professor – U of MN
Level: 2 | For: **Professionals** | Includes Clinical Content

Webinar 33 Recording

[Evaluate Webinar 33](#)

Watch the Recording

34 Addressing Trauma in Pediatric Occupational and Physical Therapy: A Full Body Approach

The demands of everyday routines and tasks can negatively impact regulation in individuals who have experienced trauma. Learn how pediatric occupational and physical therapists address the impact of trauma using a biopsychosocial and mechanical approach through sensorimotor play-based strategies. In this population, cognitive-based therapies are most often best supported with body work through play and the sensorimotor systems.

Johanna McGough-Pose, MAOT-OTR/L, Occupational Therapist; Mary Anderson, OTD, OTR/L, Occupational Therapist; & Andrea Mattison, PT, DPT, Physical Therapist – Children's Theraplay
Level: 2 | For: **Professionals & Caregivers**

Webinar 34 Recording

[Evaluate Webinar 34](#)

Watch the Recording



Child and Adolescent Psychologist

Child and Family Behavioral Health is currently recruiting for clinicians specializing in assessing and treating children and adolescents at our St. Louis Park location. This location houses over 20 clinicians including specialists in child psychiatry, developmental-behavioral pediatrics, speech and language pathology and care coordination as well as child and adolescent therapists and psychologists. We are looking for an independently licensed therapist Masters or Doctorate level (LP, LMFT, LICSW, LPCC) who is seeking to provide high quality therapeutic care for the kids and families we serve. Interest and experience in psychological testing and/or conducting therapy in languages other than English would be a bonus but is not required.

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For more information or to apply, please email CV to Jennifer Bredeson, Clinician Recruitment, Park Nicollet Health Services, bredelj@parknicollet.com or call (952) 993-2804 apply online at <http://www.parknicollet.com/Careers/Job-Search>. Practice opportunities can be found under the Doctors + Clinician category.

Webinar 35 Recording
[Evaluate Webinar 35](#)

Watch the Recording

35 Managing Child and Adolescent Emotional and Psychological Responses through Attachment, Self-Regulation and Competency

When youth are faced with daily overwhelming experiences, they adapt to their environment and can be stuck in survival mode. Challenging behaviors, traumatic events and safety concerns are often what brings them to treatment. This presentation will provide detailed information on how caregivers and professionals can strive to respond to behaviors, learn to reflect and shift their treatment approach.

Alexis Phillips, MS, LPCC, Psychotherapist; Emily Gustafson, MA, LMFT, ATR, Art Therapist; Mary Jo Magee, BA Psychology, Prog. Facilitator; & Katie Boecker, MS, LSW, LMFT, Supervisor Psychotherapy Svs. – Clara's House, St. Cloud Hospital
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 36 Recording
[Evaluate Webinar 36](#)

Watch the Recording

36 Prioritizing SEL Needs of Middle-Level Learners Through Circle & Flexible Learning Practices

This past year highlighted the need to bring Social and Emotional Learning (SEL) practices to the forefront. In response, Wayzata West Middle School restructured advisory to intentionally build community through circle practices and offered students flexible learning time. In this session attendees will identify ways to use circle practices in advisory and explore a practical example of how to implement flexible learning opportunities at the middle level.

Melissa Morey, MEd/EdS, School Counselor & Peter Binnie, LICSW, School Social Worker – Wayzata West Middle School
 Level: 1 | For: Professionals

Webinar 37 Recording
[Evaluate Webinar 37](#)

Watch the Recording

37 Culturally-Affirming Practices to Partner with Students, Families & School Communities

Culturally-affirming practices align with healing-centered practices to form partnerships with students, families and communities. This session will explore best practice commitments of restorative justice, trauma-informed and broad equity work with the goal of dismantling silos of practice to support an inclusive culture for students, family and staff, and creating a space focused on healing.

Cara McGlynn, MSW, LICSW, Lead School Social Worker & Shanaya Walker, MSW, LICSW, Restorative Practices Lead – NE Metro 916 ISD
 Level: 2 | For: Professionals | Includes Clinical Content

Webinar 38 Recording
[Evaluate Webinar 38](#)

Watch the Recording

38 The Neurosequential Lens of Developmental Trauma: The Brain and Beyond

This workshop will provide a new lens for understanding the behavior of children who have experienced significant developmental trauma. The Neurosequential Model of Therapy (NMT), developed by Dr. Bruce Perry, aids in understanding how trauma negatively impacts the biology of the developing brain. NMT offers a new approach to both the assessment and treatment for individuals and/or families struggling with the aftermath of trauma experienced early in life.

Angie Baratto, MA, LPCC, Therapist and Chief Operations Officer – Northland Counseling Ctr.
 Level: 3 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 39 Recording
[Evaluate Webinar 39](#)

Watch the Recording

39 The Minnesota Youth Human Trafficking and Exploitation Identification Tool and Guide

Learn about the new tool designed for systems professionals working with youth to identify human trafficking and exploitation. This session will cover the Safe Harbor Network, the content of the guide, how the tool can be implemented and efforts to validate the tool.

Amanda Colegrove, MA, Safe Harbor Expansion Coordinator & Jory Catalpa, PhD, Safe Harbor Evaluator – MN Dept. of Health
 Level: 1 | For: Professionals & Caregivers

Webinar 40 Recording
[Evaluate Webinar 40](#)

Watch the Recording

40 Identifying Mental Health in Primary Care: A Collaborative, Interdisciplinary Model

Significant gaps exist in identifying children's mental health needs, especially for young children, underserved communities, and for Black, Indigenous and People of Color (BIPOC) patients and families. Community-based settings are the next frontier for intervention! Learn about integrated behavioral health models, our team's efforts to strengthen pediatric mental health education, and consider how similar principles may apply within your own community to improve mental health care for children within primary care settings.

Katherine Lingras, PhD, LP, Assistant Professor, Child Psychologist; Catherine Steingraeber, MD, Assistant Professor, Child Psychiatrist; & Amanda Schlesinger, MD, Assistant Professor, Child Psychiatrist – U of MN, Psychiatry and Behavioral Sciences
 Level: 2 | For: Professionals | Includes Clinical Content

41 DBT in the Schools a New Spin on an Old Problem

This session will discuss issues and effectiveness of delivering Dialectical Behavior Therapy (DBT) skills in middle school and high school settings. The presenters will highlight strengths and opportunities of their experiences as school-linked mental health providers in multiple metro schools. This topic is especially relevant as we address the social-emotional learning needs of students returning to school environments and identify learning gaps beyond those in academics.

Sheridan Anderson, MA, Mental Health Practitioner – Natalis Counseling and Psychology Solutions & Ann Becher-Ingwalson, PsyD, LPCC, LADC, Faculty/ Community Clinician – U of MN
 Level: 1 | For: Professionals

Webinar 41 Recording
[Evaluate Webinar 41](#)

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iGen: The Smartphone Generation and Its Mental Health Challenges

Dr. Twenge Recording
[Evaluate Dr. Twenge Event](#)

Watch the Recording

Today's kids, teens and young adults are iGen (born after 1995) – the first generation to spend their adolescence with smartphones. iGeners are growing up more slowly as adolescents, spending more time online and spending less time hanging out with their friends in person. They are also spending less time sleeping. Perhaps as a result, they are more likely to experience unhappiness, anxiety and depression and to engage in self-harm. During this featured presentation, we'll discuss ideas for helping children, adolescents and their parents find a better balance with technology and be healthier and happier.

Dr. Jean M. Twenge, Professor of Psychology at San Diego State University, is the author of more than 140 scientific publications and the books "iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood," "Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled – and More Miserable Than Ever Before" and "The Narcissism Epidemic: Living in the Age of Entitlement" (co-authored with W. Keith Campbell). Dr. Twenge frequently gives talks and seminars on teaching and working with today's young generation based on a dataset of 11 million young people. Her audiences have included college faculty and staff, high school teachers, military personnel, camp directors, and corporate executives. Her research has been covered in Time, Newsweek, The New York Times, USA Today, U.S. News and World Report, and The Washington Post, and she has been featured on Today, Good Morning America, CBS This Morning, Fox and Friends, NBC Nightly News, Dateline NBC, and National Public Radio.



Save the Date
Infant & Early Childhood Mental Health Conference
November 7-8, 2022

For professionals who work with very young children and their parents and caregivers.
Full conference details coming this summer

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With our evidence-based Comprehensive Approach and customized support, your school will take steps to:

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- Improve recognition and response to students at risk,
- Increase help-seeking behaviors,
- Promote well-being and access to mental health services,
- Fortify crisis management procedures, and
- Address means safety.

Contact us to learn more about how to bring JED High School to your district or high school, or JED Campus to your college or university!

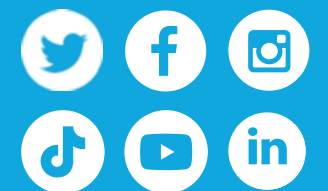
For inquiries about JED High School:

- glenn@jedfoundation.org
- 973-879-6792
- jedfoundation.org/jed-high-school

For inquiries about JED Campus:

- jedcampusinfo@jedfoundation.org
- 914-810-4242
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Save the Date

Child & Adolescent Mental Health Conference

April 23 – 25, 2023

Save the date for MACMH's 27th Annual Child & Adolescent Mental Health Conference – featuring an in-person event in Duluth, Minnesota with the option to participate virtually.



Youth Voices of Experience Magazine

Excerpt from Self
by Omnya Mohamed

My work is inspired by my family, my friends, and my culture. I am influenced by my emotions. Each drawing is a version of me. Each painting represents joy, pain, sorrow all bottled up in one.



www.youthmove-mn.org/yvoe

Tuesday, April 26 | Morning Events

7:40 – 8:10 am CDT



Taking Care of YOU from the Inside Out: MoveMindfully® for Mind, Body, and Heart

These challenging times have taken a toll on all of us with an impact on our health and well-being. Relief is possible with simple “mind-body” practices to decrease stress, exhaustion, and ultimate burnout. During this MoveMindfully session begin to experience the power of BREATHE-MOVE-REST activities on your physical, mental, and emotional state. Walk away with a simple tool kit of trauma-responsive mind-body practices to incorporate into your personal and professional life.

Kathy Flaminio, MSW, LGSW, E-RYT, Founder and CEO MoveMindfully® – 1000 Petals, LLC

MoveMindfully Recording
[Evaluate Tuesday MoveMindful](#)

Watch the Recording

8:25 – 9:30 am CDT | Featured Speaker



The Ambiguous Losses of Youth: Resilience, Not Closure

Photo credit to Stephan Kistler

Children and young adults often experience ambiguous loss. A family member can be absent while present, or present while absent, leading to confusion and unresolved grief for the young. Causes of physical ambiguous loss may be divorce, adoption, foster care, military deployment, immigration, incarceration of a parent, or from disasters when loved ones disappear. Psychological ambiguous loss may occur when a parent or sibling is clinically depressed, addicted, has dementia, or is preoccupied with work, gaming, etc. When a young person’s loss can’t be clarified, and their grief is frozen, our goal is to increase their understanding and resilience to live with the ambiguity. We must also increase public awareness so that policies can change.

*Pauline Boss, PhD, Professor Emeritus at the University of Minnesota, is a Fellow in the American Psychological Association and the American Association for Marriage and Family Therapy, and a former president of the National Council on Family Relations. With her groundbreaking work in research and practice, Dr. Boss coined the term ambiguous loss in the 1970s and since then, developed and tested the theory of ambiguous loss, a guide for working with families of the missing, physically or psychologically. She summarized this research and clinical work in her widely acclaimed book, *Ambiguous Loss: Learning to Live with Unresolved Grief*. In addition to over 100 peer reviewed academic articles and chapters, her other books include “Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss” and “Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief.” Her most recent book is “The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change.” Her books are available in 18 different languages. Learn more about Dr. Boss at www.ambiguousloss.com.*

Featured Event: Dr. Boss
[Evaluate Dr. Boss Event](#)

Watch the Recording

Webinar 42 Recording
[Evaluate Webinar 42](#)

Watch the Recording

42 Understanding, Assessing and Treating Childhood Exposure to Community Violence

Childhood exposure to community violence is a significant public health concern, especially given recent increases in gun violence across the United States. This presentation will include a special focus on exposure to violence in early childhood (under 10 years old) and provide an overview of the scope and nature of the problem, as well as ideas for trauma-informed assessment and treatment.

Samantha Schneider, PhD, LICSW, Assistant Professor – Winona State Univ.
 Level: 1 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 43 Recording
[Evaluate Webinar 43](#)

Watch the Recording

43 Application of Subjective Cultural Dimensions in Client and Organizational Work

Practicing effectively at the intersections of mental health, social identity and culture necessitates a more nuanced exploration of subjective culture. This workshop will explore the application of these concepts through theoretical frameworks, clinical examples and discussion.

Omkar Sawardekar, MSW, LICSW, Therapist, Consultant and Trainer – Independent Consultant
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 44 Recording
[Evaluate Webinar 44](#)

Watch the Recording

44 The Impact of Mental Health on Academic Engagement

Too often Multi-Tiered System of Supports – Academics and Behavior (MTSS- A & B) stand in silos rather than aligning and supporting the whole child. This session will provide an overview of how to create an environment that promotes a sense of belonging and positive mental health in order to prepare the brain for learning.

Tracy Farnias, MEd, SEL Systems Designer & Tara Olson, MEd, Learning Design Innovator – Bismarck Public Schools
 Level: 1 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 45 Recording
[Evaluate Webinar 45](#)

Watch the Recording

45 A Multisystem Partnership to Deliver a Trauma-Informed, Culturally Relevant, School-Based Multi-Tier Intervention

This presentation will provide an overview of a culturally tailored and multi-tiered intervention for addressing psychological distress among refugee and immigrant youth in schools, known as Trauma Systems Therapy for Refugees (TST-R). The panelists will discuss the implementation process and evaluation plan for this intervention with Latinx and East African students and families in Minneapolis Public schools.

Saida Abdi, PhD, Assistant Professor – U of MN; Martha Olsen, MA, Exec. Dir. – Watercourse Counseling Center; & Laura Soltani, MSW, LICSW, PhD student – U of MN School of Social Work
 Level: 2 | For: Professionals | Includes Clinical Content

Webinar 46 Recording
[Evaluate Webinar 46](#)

Watch the Recording

46 Brain-Based Coping Strategies: Activating the Brain for Change and Wellbeing

Neuroscience provides incredible insights into the brain and its connection to our mental health. This presentation will explore the major components of the brain's response to anxiety, depression and stress. In addition, this presentation will review the emerging trends from cognitive neuroscience and brain plasticity research and provide examples of how these advances can be used to improve mental health treatment.

Gary Johnson, PhD, LP, LMFT, Clinical Dir. & Kotatee Tamba, PsyD, LICSW, Post-Doctoral Candidate – Clinic for Attention, Learning, & Memory (CALM)
 Level: 2 | For: Professionals & Caregivers | Includes Clinical Content

47 Addressing Issues of Destructive Masculinity in Boys and Breaking the Cycle

Masculinity can be destructive to all those touched by its ideology. The destructive nature highlights issues that are present in our society as boys are expected to embody this archaic ideology of what it means to be masculine, manly or tough. Addressing this issue head on with boys will help decrease the impact and spread of this toxic characteristic. *Please note this workshop is only 1 hour, ending at 10:45.*

Cisco Cole, MA, LAMFT, Psychotherapist – PHA Wellness
 Level: 1 | For: Professionals & Caregivers | Includes Clinical Content

Webinar 47 Recording
[Evaluate Webinar 47](#)

Watch the Recording

48 Using Fiction to Help Grieving Children and Teens Deal With Loss

Reading about the grief and loss experiences of fictional characters can help children and adolescents deal with their own grief and loss. Using books to help people deal with life challenges is often referred to as bibliotherapy. This workshop will present games and activities, based on the Harry Potter series and other books, to help children and adolescents deal with grief and loss.

Kathryn Markell, PhD – Anoka-Ramsey Community College & Marc A. Markell, PhD, MS, CT, Professor – St. Cloud State Univ. and Worsham College of Mortuary Science
 Level: 3 | For: Professionals & Caregivers

Webinar 48 Recording
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Family Activity Walk
 Sunday, May 22
 Lake Como



- Featuring:**
- + Story Walk
 - + Mural Activity
 - + Face Painting
 - + Yoga Activity
 - + And more!

Includes a Special Appearance by Fidgety Fairy Tales

macmh.org/ActivityWalk

Canceled by presenter

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Webinar 51 Recording
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Webinar 52 Recording
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Webinar 53 Recording
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49 Trauma and Play: An Introduction to Utilizing Somatic Awareness in Play Therapy

50 Practical Tools to Support the Overwhelmed Parent

Do you geek out on brain science but have a hard time making it practical? Now, more than ever, parents need simple and effective tools to create peace at home. Learn specific, indispensable language – based on the Mad to Glad Blueprint™ – to guide parents into action and transformation. Reduce families' fighting, yelling and frustration, and increase listening, connection and satisfaction.

Samantha Moe, MA, Creator of Mad to Glad Blueprint, Certified Parent Coach and Owner – Samantha Moe and Associates
 Level: 1 | For: **Professionals & Caregivers**

51 Safe to Engage: Maximizing Readiness for Learning and Healing with MoveMindfully® Practices

Dr. Bruce Perry's Neurosequential Model of Therapeutics combined with an understanding of the vagus nerve's ability to counterbalance the stress response highlights the necessity of youth and children to feel safe and connected before they can engage in healing and learning. Experience simple mind-body practices to foster a sense of safety so that children and youth can more fully engage in educational and therapeutic settings.

Kathy Flaminio, MSW, LGSW, E-RYT 200, CEO/Founder & Chrissy Mignogna, BA, E-RYT, Lead Trainer and Director of Education – MoveMindfully®
 Level: 2 | For: **Professionals & Caregivers**

52 Navigating Minnesota's Systems of Supports for People with Autism Spectrum Disorder (ASD)

One in 44 children in Minnesota has a diagnosis of Autism Spectrum Disorder (ASD). Many also have co-occurring mental health conditions. Representatives from the Minnesota Department of Human Services will provide an overview of what services are available in education, health care, public health and social services – and how to best access those services.

Nicole Berning, MS, BCBA, Autism Clinical Lead & Kim Hicks, MA, Autism Policy Lead – MN Dept. of Human Svcs.
 Level: 1 | For: **Professionals & Caregivers**

53 Sexual Trauma In Association to ADHD In Children

This presentation will explore how sexual trauma in children can mimic ADHD symptoms. Many times, going through traumatic experiences can cause attention problems, trouble concentrating, hyperactivity, difficulty sleeping and becoming easily distracted. These are indicators of ADHD and can also be displayed in sexual trauma patients which, as a result, could be easy to misdiagnose.

Icia Ragsdale, LCSW-C, CJSOT, LCAD; Khalia Lemon, PRP Counselor, Social Work Grad Student; & Felicia Siciliano, Lead Medical Assistant, Social Work Grad Student – National Pike Health Ctr.
 Level: 1 | For: **Professionals & Caregivers**

54 Tailoring Behavioral Activation Implementation During a Pandemic to Treat Adolescent Depression

This workshop will explore Behavioral Activation (BA) core skills to treat adolescent depression. The presenters will discuss behaviors that can facilitate (e.g., validation, reinforcement) and hinder (e.g., symptom accommodation) depression recovery. An example of a BA telehealth partial hospitalization level program will be presented to demonstrate the implementation of BA skills in the context of a pandemic.

Ajeng J. Puspitasari, PhD, LP, ABPP, Clinical Psychologist and Clinical Director – Rogers Behavioral Health
 Level: 1 | For: **Professionals & Caregivers | Includes Clinical Content**

55 Trauma Informed Teaching: Supporting Mental Health in Education

We cannot ignore how critical it is to address mental health in schools. Beyond school counselors, social workers and psychologists, the effort must expand to include teachers who have significant daily contact with students. Teachers are in a unique position to make a difference. This presentation will describe how to apply three trauma concepts to instructional decisions which can elevate teaching and learning for all.

Elaine Harper, PhD, MEd, LSW, Adjunct Faculty – Cleveland State Univ. & Dir. – Elaine Harper Consulting
 Level: 2 | For: **Professionals**

Webinar 54 Recording
[Evaluate Webinar 54](#)

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Webinar 56 Recording

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**56 Addressing Feeding Difficulties:
Recognizing the Familial Impact of Anxiety and Stress**

When children experience feeding difficulties, the entire family unit often experiences anxiety and stress. Previous diagnoses, such as failure to thrive, further contribute to parents' anxiety. With the introduction of Pediatric Feeding Disorder (PFD), professionals are better able to communicate areas of concern and to identify appropriate treatment plans to most positively address not only the child's mental health but also the family unit.

Lani Jones, PsyD, HSPP, Clinical Psychologist – Providence Behavioral Group
Level: 2 | For: Professionals | Includes Clinical Content

Webinar 57 Recording

[Evaluate Webinar 57](#)

Watch the Recording

**57 Supporting Children and Kinship Caregivers
in the Context of Substance Use Disorders**

One in eight children grows up in a household with parental substance use (Lipari & Van Horn, 2017) and are often cared for by other adults. This presentation will provide an overview of our qualitative, community-based participatory research study that explored the needs of children and their sober caregivers, as perceived by professionals who work with families impacted by substance use.

Jessica Tye, EdD, MSW, LICSW, Associate Professor and MSW Field Dir. – Winona State Univ. Master of Social Work Prog.; **Sonja Meiers, PhD, RN, APRN, CNS, PHN, AGCNS-BC, FAAN, Professor** – Winona State Univ. Dept. of Graduate Nursing; & **Gayle Olsen, MS, RN, APRN, CNP, Professor Emeritus** – Community Pathways to Family Health and Recovery
Level: 2 | For: Professionals

Webinar 58 Recording

[Evaluate Webinar 58](#)

Watch the Recording

**58 Trauma Informed Yoga with Human Trafficking Survivors
and Other Vulnerable Populations**

This interactive workshop will provide an overview of trauma-informed yoga as an intervention for use with vulnerable populations. Needs of sex trafficking survivors, foster youth and other vulnerable populations will be discussed, as well as ways to address clinical mental health needs and trauma through yoga and breathwork. Specific steps for ethical and clinically appropriate use of intervention in practice will be covered. **1/2 hour of this workshop will cover ethical content.**

M. Elizabeth Bowman, PhD, LICSW, LCSW-C, RYT200, Assistant Professor – Gallaudet Univ.
Level: 2 | For: Professionals | Includes Clinical Content

Canceled by presenter

**59 Improving Crisis Intervention: Building Relationships Between
Officers and Shelters for Youth Experiencing Homelessness**

Webinar 60 Recording

[Evaluate Webinar 60](#)

Watch the Recording

**60 Trauma-Informed Skill-Building Provider Guides
for Foster Youth and Their Families**

Given the high level of stress and transitions experienced by foster youth, this population is at high risk for challenges with physical and mental health, educational attainment and maintaining secure housing. This presentation will provide practical guidance on using evidence-based, free and publicly available trauma-informed provider guides to build resilience skills with foster youth and families.

Lauren Marlotte, PsyD, ABPP, Psychologist – UCLA Division of Population Behavioral Health
Level: 2 | For: Professionals | Includes Clinical Content

61 Pairing Up for Parents

This presentation will focus on Safe Babies Court 101 and what St. Louis County, Minnesota is doing to improve outcomes with our infants, toddlers and their caregivers. The presenters will also focus on the importance of infant mental health and what we are doing to integrate a court model with our local infant mental health provider.

Nicole Cook, MSW, Safe Babies Court Community Coord. – St. Louis County & **Heather Roark, PsyD, LP, Clinical Child Psychologist** – Range Mental Health Ctr.
Level: 1 | For: Professionals | Includes Clinical Content

Webinar 61 Recording

<https://zoom.us/j/83740631133>
Dial in: 1-312-626-6799
Webinar ID: 83740631133

Watch the Recording

**62 When Child Welfare Separates Families:
Addressing Trauma by Strengthening Attachment**

This workshop will explore ways in which interaction with the child welfare system impacts parent-child attachment, family relationships and child and parent mental health. By incorporating themes of generational trauma, socioeconomic stress and racial trauma, the presenters will share how trauma-informed therapy can be used to prevent impairments and support children and families involved in the child welfare system.

Kendall Patterson, LCPC, Therapist – Private Practice & **Angela Celano, LCSW-C, Therapist** – Private Practice
Level: 2 | For: Professionals | Includes Clinical Content

Webinar 62 Recording

[Evaluate Webinar 62](#)

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Executive Director

Grace Carey (She/Her), Program Assistant

Deborah Cavitt (She/Her), Project Director

Rachael Jacques (She/Her)
Director of Development & Programming

Mariah Larkin (They/Them)
SOC Youth Engagement Specialist

Karen Milne (She/Her)
Special Event Coordinator

Lauren Moberg (She/Her)
Infant & Early Childhood Director

Krista Mrozinski (She/Her)
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Director of Events

April j Tighe (She/Her)
Senior Graphic Designer, Office Manager

Amanda Xiong (She/Her)
Professional Development Coordinator



A new website for K-5 classrooms to learn about mental wellness and valuing one's strengths.

- Five-minute episodes
- Arts Activities
- Coloring Pages
- Links to resources



Star Power and Friends is a series of fun puppet shows featuring a team of Somali American superheroes.

www.starpowerandfriends.org



Trauma Across Generations: How Are The Children?

Sam Simmons Recording
[Evaluate Sam Simmons Event](#)

Watch the Recording

This conversation will provide an opportunity for participants to explore the link between the historical, racial trauma and disparities impacting African American youth. It will provide insight into the importance of being aware of unintended consequences and harm that policies and approaches developed without cultural sensitivity can have on African American children and families. Also, practical, culturally sensitive trauma informed outcome driven best and/or promising practices to improve support, engagement, and collaboration will be discussed.

Samuel Simmons, Jr., LADC, Behavioral Consultant has over 32 years of experience as an alcohol and drug counselor and behavioral consultant specializing in practical culturally sensitive trauma informed strategies addressing historical trauma and focused on improving outcomes for African American males and their families. He is an Adverse Childhood Experience Interface Trainer in the state of Minnesota. Sam received the 2016 Healing the Hidden Wounds of Racial Trauma award and the Black Tear Drop Award for his vision and leadership in culturally sensitive trauma informed work in the community and around the country. In 2017 Sam received the Champions for Children Award for his trauma work with parents. In 2018 he received Public Health Hero Award for his unique, innovative, and culturally specific trauma informed work from the City of Minneapolis. He is co-host of the "Voices" radio show on KMOJ FM that addresses urban community issues. Sam is co-creator of a conference called "Groundbreaking and "Visionary," which in 2018 received recognition from both Minneapolis and St. Paul Mayors and Minnesota's Governor.



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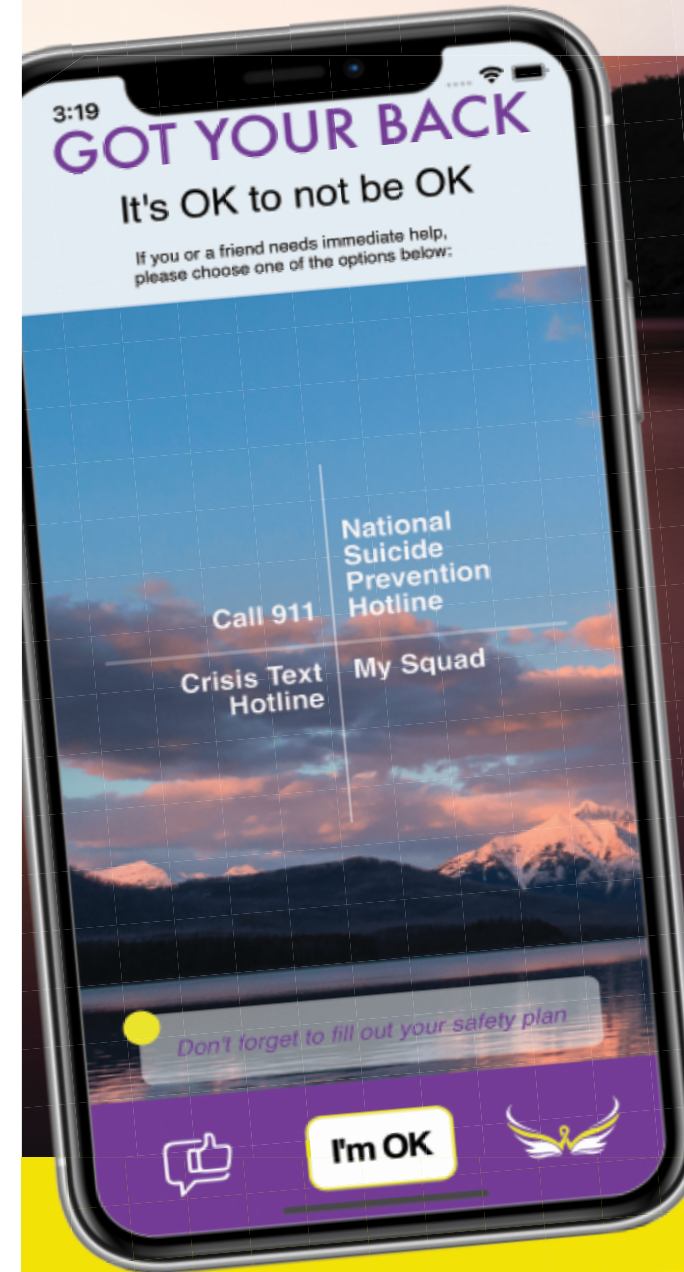
Topics include:

- + Anxiety
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- + Diagnoses
- + Ethics
- + Grief & Loss
- + Interventions
- + School-Based Interventions
- + Substance Use

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A mental health app that gives you the tools to battle depression at your fingertips.



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Personalize your Help
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