

REGISTRATION NOW OPEN



Child & Adolescent Mental Health Conference

April 23 - 25, 2023
Duluth, Minnesota

Join us at our 27th Annual Child & Adolescent Mental Health Conference, one of the largest of its kind in the country, happening in Duluth, Minnesota, at the Duluth Entertainment Convention Center.

Featured Speakers



Sheletta Brundidge



*Dr. BraVada
Garrett-Akinsanya*



John Moe



Erin Walsh

www.macmh.org/conference

Join Us

Featuring more than 85 workshops and the opportunity to earn up to 18 CEHs, our annual conference is designed for everyone who works with or cares for infants, children and youth prenatal to age 24. Join us this April to explore cutting-edge information and learn practical strategies you can apply directly to your work with children and families.

Registration

Reserve your spot online at www.macmh.org/conference by April 16. Early-bird rate ends March 26. Students and groups of 5+ from the same organization are eligible to receive a discount. For more information, reach out to us at info@macmh.org.

Days Attending	By March 26	After March 26
One Day	\$190.00	\$199.00
Two Days	\$360.00	\$379.00
Three Days	\$410.00	\$429.00

Register now at www.macmh.org/conference.

We are using a new registration system. Please connect with us at info@macmh.org or call 651-789-3147 if you experience issues while registering.

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.

Schedule

Sunday, April 23

10:30 – 11:00Supervision Registration
 11:00 – 6:00Supervision Series
 11:30 – 5:30General Registration
 12:15 – 1:45Workshops 1-9
 1:45 – 2:00Break
 2:00 – 4:00Workshops 10-18
 4:00 – 4:15Break
 4:15 – 6:45MHED Talks® & Networking Reception

Monday, April 24

7:30 – 3:00Registration
 7:30 – 8:50Exhibits/Continental Breakfast
 8:50 – 10:00Featured Speakers
 10:00 – 10:15Exhibits/Break
 10:15 – 12:15Workshops 19 – 29
 12:15 – 1:15Lunch/Exhibits
 1:15 – 2:45Workshops 30 – 42
 2:45 – 3:15Exhibits/Break
 3:15 – 4:45Workshops 43 – 54

Tuesday, April 25

7:30 – 3:00Registration
 7:30 – 8:50Exhibits/Continental Breakfast
 8:50 – 10:00Keynote
 10:00 – 10:15Exhibits/Break
 10:15 – 12:15Workshops 55 – 65
 12:15 – 1:15Lunch/Exhibits
 1:15 – 2:45Workshops 66 – 77
 2:45 – 3:00Break
 3:00 – 4:30Workshops 78 – 85

Things to Know

Meals

A light continental breakfast will be available in the Exhibit Hall from 7:30 – 8:50 am on Monday and Tuesday. Lunch will be available on Sunday, Monday and Tuesday (times vary). If you have dietary needs, please note that when registering.

Weather

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

On-Site Registration

On-site registration will be available as space allows; please email info@macmh.org to check availability.

Exhibits

Move in: Sunday, April 23, 2:00 – 6:00 pm

Monday, April 24 • 7:30 am – 3:15 pm

Tuesday, April 25 • 7:30 am – 1:15 pm

Please note break periods in the schedule for extra exhibit viewing time. Breakfast is served in the exhibit hall.

Schedule Changes

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

Accessibility

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

Cancellation

Refund requests must be made in writing by email to info@macmh.org at least 14 days in advance of the conference (April 9) and are subject to 10% administrative cancellation fee. Read our full policy at www.macmh.org/cancel.

Location

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

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

Parking: Duluth Entertainment Convention Center parking is \$10.00 per day.

Lodging

[Visit our website](#) to see a list of hotels that are offering special rates to conference attendees.

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): 18 CEHs
- MN Board of Marriage & Family Therapy: 18 CEHs
- MN Board of Social Work: 18 CEHs
- MN Board of Psychology: 18 CEHs
- MN Board of Nursing: 18 CEHs*
- MN Board of Education: 18 CEHs*
- ND Board of Social Work: 18 CEHs*

We also aim to secure CEHs from the MN Board of School Administrators

*CEH approval requires independent submission to your board.

Level

Presenters chose levels that best describe their material and the knowledge attendees should have to derive the greatest benefit from their presentation.

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.



Save the Date

Child & Adolescent Mental Health Conference

April 28 – 30, 2024 | Duluth, MN

www.macmh.org/conference

Option 1

Supervision Series | 11:00 am – 6:00 pm

Who am I As a Supervisor: An On-Going Exploration of Cross Cultural and Ethical Supervision Practices

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. *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.* Lunch will be served from within the classroom from 12:15 – 1:15pm.

Renita Wilson, MSW, LICSW – Independent Social Worker
Level: 2 | For: Professionals | Contains Clinical Content



Option 2 | Session 1

Concurrent Workshops 1 – 9 | 12:15 – 1:45 pm

1 - Legislative Update

Learn what happened in the 2022 legislative session and the key issues being addressed during the 2023 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: Professionals & Caregivers

2 - Supervising for Staff Wellbeing: Addressing Traumatic Stress and Work Sustainability

The supervisory relationship plays a vital role in supervisee professional development, offering concrete skills, in combination with support, to make meaning from difficult client and workplace experiences. Traumatic stress due to workplace exposure is one of the greatest ethical concerns and workforce challenges in the social services. Administrative and Clinical Supervisor participants will learn best practice interventions to ensure supervisee work sustainability and professional longevity.

Angela Lewis-Dmello, MSW, LICSW, President and CEO – Northeast Youth and Family Svcs.
Level: 2 | For: Professionals

3 - TikTok, It Won't Stop: Disrupting Social Media's Negative Impact on Mental Health

The benefits of social media are vast, from making connections to finding free furniture. As therapists, we often witness the harm social media can cause, such as a barrage of mental health misinformation and increased depression and anxiety in clients who use social media extensively. This presentation will highlight the problem before delivering some helpful tips to use in session.

Rebecca Murphy, PsyD, Licensed Psychologist & **Katie Corrigan** – Murphy Psychological Svcs.
Level: 2 | For: Professionals
Includes Clinical Content

4 - Growing the Strengths of Youth: A Trauma-Sensitive Strength-Based Approach

Today's youth report increasing levels of stress. Youth need opportunities to identify and develop their strengths, to fill their toolboxes with skills to decrease life stressors and to increase a positive outlook on life. Participants will recognize the effects of stress on body systems, experience tools for self-regulation, and be introduced to activities to assist youth in identifying strengths for increased well-being.

Kathy Magnusson, MEd, Founding Dir. – Wildewood Learning Coaching and Consulting
Level: 1 | For: Professionals

5 - Analyzing Trauma-Informed Fiction for Children Who are Grieving

Trauma-informed care focuses on what has happened to someone, instead of what is wrong with them. Bibliotherapy can help children to express their own grief and loss challenges. The presenters analyzed 15 fictional books for children and how well they met the "Six Guiding Principles of Trauma Informed Care." Four of the highest rated books were selected to develop activities to help a child to deal with a loss.

Kathryn Markell, PhD, Professor – Anoka Ramsey Community College & **Marc Markell, PhD, CT,** Professor Emeritus – Worsham College of Mortuary Science
Level: 1 | For: Professionals & Caregivers
Includes Clinical Content

6 - The Impact of Climate on Children: An Update

Climate change is occurring and we are seeing significant storms, floods, droughts and wildfires that are increasing in intensity. These present significant challenges to youth and can affect their emotional and physical health, learning and behavior. This presentation explains climate change, impacts on youth and what can be done by parents and practitioners to mitigate these effects.

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

7 - Breathwork for Anxious Kids

We breathe over 20,000 times a day, but most of us breathe in a way that increases stress and anxiety. Our nervous system hasn't caught up to the modern world and is working overtime to protect us. This presentation will explore using the breath to modulate the nervous system and boost self-regulation and resilience, and how to teach it to children in a fun, sustainable and trauma-sensitive way.

Stephanie Esser, MEd, RYT200, Certified BREATHE Coach, Oxygen Advantage Functional Breathing Coach, Founder/Owner – Balancing Elephants
Level: 1 | For: Professionals

8 - Responding to School Tragedy

You receive a call that a student or staff member has died. This session answers the questions: How do I respond? Who do I call? How do I inform staff and students? Participants will learn the steps involved in prevention, postvention and intervention, along with what can be done to lessen the aftermath of a tragedy.

Brian Skogen, MS, LSSW, CCISM, SW/WC SCRT Coord. and ICISF Instructor
Level: 1 | For: Professionals

9 - Sensory Processing Issues and Their Hidden Effects on Mental Health

Everyday things such as clothing, classroom noise and food texture can negatively affect the mood and social interaction of someone with sensory processing issues. Behavior that appears to be anger, anxiety/ nervousness or excessive control can be related to internal discomfort or poor self-esteem about "being different." In this presentation, participants will explore red flags that point to underlying sensory issues so they can successfully guide children into greater mental wellbeing!

Tye Moe, DC – Whole Family Chiropractic
Level: 2 | For: Professionals & Caregivers
Includes Clinical Content

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Option 2 | Session 2

Concurrent Workshops 10 – 18 | 2:00 – 4:00 pm

10 – Validation Skills for Adolescents and Families

In Dialectical Behavioral Therapy (DBT), validation is defined as the ability to empathize with the experience of others paired with clear communication that the individual's experience is valid and understandable. DBT offers strategies to support clinicians, social supports and patients to implement validation for others and self-validation. This workshop will cover the six steps of validation. Behavioral rehearsal will be incorporated to provide modeling on how to deliver validation strategies.

Ajeng Puspitasari, PhD, LP, ABPP, Clinical Dir. & Riley Berg, LPCC, Therapist – Rogers Behavioral Health

Level: 1 | For: Professionals & Caregivers
Contains Clinical Content

11 – Demystifying the Connection Between ADHD, Emotional Dysregulation and Rejection-Sensitivity Dysphoria

It has been recognized that individuals with ADHD also have difficulties with emotional regulation. But a lack of consensus on conceptualizing this clinically challenging domain has resulted in a lack of understanding. This presentation explores the major components of emotional dysregulation and rejection-sensitivity dysphoria, and it will review emerging trends from cognitive neuroscience research on the leading causes of these in the ADHD brain.

Gary Johnson, PhD, Clinic Dir., Benjamin Kortuem, PsyD, Licensed Psychologist & Kotatee Tamba, PsyD, LICSW, Post-Doctoral Candidate – Clinic for Attention, Learning, & Memory (CALM)

Level: 1 | For: Professionals & Caregivers
Contains Clinical Content

12 – Tending to Youth Mentoring Relationships During the National Mental Health Crisis

Applying an emotion-focused lens to youth mentoring may promote more authentic and impactful relationships during the mental health crisis. Emotion-focused strategies, such as emotion coaching, equip adults with high-impact skills for interacting with children that can translate to a range of positive youth outcomes. This workshop will describe the emotion-focused lens and discuss specific strategies that can be immediately applied.

Lindsey Weiler, PhD, LMFT, Associate Professor, Haoran Zhou, MPhil, MEd, Doctoral Student & Yunqi He, MA, Doctoral Student – U of MN

Level: 1 | For: Professionals
Includes Clinical Content

13 – Community-Based Tribal Suicide Prevention

Suicide prevention in many tribal communities begins with healing from historical trauma. Each tribal community has their own traditions, stories and unique strength-based cultural perspectives to prevent suicide. Come hear the story of how the Minnesota Department of Health works in partnership with tribal communities to prevent suicide.

Luther C. Talks, Tribal Suicide Prevention Coord. – MN Dept. of Health

Level: 1 | For: Professionals & Caregivers
Contains Clinical Content

14 – Amplifying Community Voice and Advancing Health Equity Through Co-Creation of Mental Well-Being Resources for Youth

Change to Chill by Allina Health is a free, mental wellbeing resource for teens and supportive adults. During the COVID-19 pandemic, Change to Chill applied health equity principles to rethink program engagement to meet the needs of underrepresented and disproportionately impacted populations. Through ongoing community co-creation, this work continues to ensure that teens of all cultures, beliefs and identities see their experiences reflected in program resources.

Sydney Hobart, MPH, MPP, Community Health Improvement Specialist – Allina Health

Level: 1 | For: Professionals & Caregivers

15 – Stopping the School-to-Prison Pipeline

Our most vulnerable children are regularly being penalized, marginalized and criminalized by the systems and adults which are supposed to be serving them. Antwan Morris lived this reality. Learn from his experiences, and together with therapist Heather Boorman, reconceptualize children's behaviors, discover alternate strategies to support them effectively and gain advocacy skills to do your part to stop the school to prison pipeline.

Heather Boorman, MSW, LCSW – Boorman Counseling and the Univ. of St Thomas & Antwan Morris

Level: 1 | For: Professionals
Includes Clinical Content

16 – Responding to Student Behavior: Preparing to Teach

Responding to behavior may be the most challenging dilemma facing schools today, with teachers losing 50% of their teaching time responding to student behavior. Ineffective teacher responses can escalate disruptions into conflicts that could have been avoided. This presentation will introduce educators to a system for responding to behavior that has proven to dramatically decrease classroom disruptions. The presentation includes instructor dramatizations of classroom situations.

Jon Halpern, MA, School Counselor – The Blake School & Jeff Fink, MA, Graduate Education School Faculty Professor, retired – Hamline Univ.

Level: 2 | For: Professionals

17 – Food is Medicine: Food Justice Work as a Tool for Youth Empowerment

M Health Fairview and local community partners Urban Roots and World Youth Connect have worked together to increase access to healthy food for community members and patients for over six years. Join us to learn how intentional program elements make a lasting, positive impact on traditionally underserved youth through workforce development, training, education and access.

Terese Hill, Supervisor, Food Systems Strategy – M Health Fairview & Hayley Ball, Exec. Dir. – Urban Roots

Level: 1 | For: Professionals & Caregivers

18 – Take 5! Practical Strategies to Reduce Reactivity and Improve Emotional Functioning

The presenter will introduce a 5-step model that can be structured for use by CTSS practitioners, or flexibly applied by mental health professionals looking for strategies which improve emotional functioning, based on what we know from attachment, development and trauma research. Attendees will be given adaptations based on development for children ages 2 to 12.

Amy Donnan Neppl, MA, LP, IMH-E, Psychologist – Language of the Heart, LLC

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

Option 2 | MHED Talks[®]

4:15 – 6:45 pm

Mental Health Exploration & Discovery

MHED Talks is a presentation series in the spirit of TED Talks. Using stories—both personal and experiences from the field—each speaker has 18 minutes to share their expertise on new concepts, programs, treatment models and research. Following the presentations, there will be a Q&A and hors d'oeuvres reception.

Level: 1 | For: Professionals & Caregivers



Sheletta Brundidge

The Power of Having a Positive Perspective

Minnesota's Autism Mom Sheletta Brundidge shares the story of how her son Brandon spotted a sign that changed his life and the power of having a positive perspective.

Sheletta Brundidge, Founder & CEO – SHElettaMakesMeLaugh.com



John Moe

MHED Talk Title and Description are Coming Soon

John Moe, Author & Creator – The Hilarious World of Depression podcast



Erin Walsh, MA

Media and Mental Health: Why Children and Teens Need Us to Shift From Control to Connection

There is escalating concern about the impact of technology on mental health. It's tempting to respond with an ever-growing list of "places you shouldn't go and things you shouldn't do." Yet evidence indicates that this approach is not only insufficient given the complexity of young people's digital lives but that it can amplify risk. Combining science, warmth, and humor, Erin Walsh invites us to consider the relationship-based approach to digital wellbeing that children and youth need.

Erin Walsh, MA, Speaker, Educator & Writer – Spark & Stitch Institute

To read full bios for our MHED Talk presenters, please visit page 8.



Our MHED Talk reception is sponsored by Newport Healthcare

Featured Event

Panel Discussion • 8:50 – 10:00 am

Media and Mental Health

Panelists



Join us for a moderated discussion on Media and Mental Health. Panelists will include Sunday nights MHED-Talk presenters: comedian and media personality Sheletta Brundidge, humorist podcaster John Moe, and digital media expert Erin Walsh.

Sheletta Brundidge is the founder and CEO of *SHElettaMakesMeLaugh.com*, an online podcasting company that provides culturally competent commercial production. Sheletta is an Emmy award winning comedian, radio host, television anchor, newspaper columnist and author. With her podcast shows, social activism and best-selling autism children's books, Sheletta is living up to her reputation as a change maker.

John Moe is the host and creator of the podcast *Depresh Mode with John Moe* and of the award-winning hit podcast, *The Hilarious World of Depression* and the author of the memoir of the same name and three other books. His writing has appeared in numerous humor anthologies as well as *The New York Times Magazine*, *McSweeney's*, *The Seattle Times*, and more. He gives speeches around the country on mental health issues. John has hosted nationally distributed public radio programs such as *Wits*, *Weekend America*, and *Marketplace Tech* and his radio work has been featured on numerous national radio programs.

Erin Walsh is a parent, speaker, educator, and writer. She has worked with communities across the country who want to better understand child and adolescent development and cut through conflicting information about kids and technology. Erin and her father, Dr. David Walsh, started together at the *National Institute on Media and the Family* before creating *Spark & Stitch Institute* in 2019. In addition to writing articles for several organizations including *Bolster Collaborative* and *Psychology Today*, she co-authored the *10th Anniversary Edition* of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*. Her signature down-to-earth approach and sense of humor helps families and educators engage in complicated topics and leave feeling capable and motivated. She has consulted with schools, school districts, parent groups and other youth serving organizations throughout North America on issues related to digital media, parenting, and social emotional development.

Moderator



Brandon Jones, MACMH Executive Director, brings a down-to-earth and compassionate attitude to mental health. He specializes in Adverse Childhood Experiences (ACEs), historical and intergenerational trauma, social/emotional intelligence (EQ), leadership and youth justice. Born and raised in Saint Paul, Brandon has survived living in a home of domestic violence and various other forms of trauma. Brandon holds a B.A. in Sociology from the University of Minnesota, a Master's in Community Psychology from Metropolitan State University, and a Masters's in Psychotherapy (MFT) from Adler Graduate School. Brandon is also a *2013 Bush Foundation Leadership Fellow*. He lives by the motto of "Live life with Purpose on Purpose."

Session 3

10:15 am – 12:15 pm

19 - Ethics on the Record

Providers may often review the Code of Ethics and have worries about the consequences of not following them. This presentation aims to explore cases that have been reported to various licensure boards and corrective actions taken. Ethical dilemmas will be explored along with ways to prevent licensure violations.

Emily Coler Hanson, LMFT, Clinic Dir., Supervisor, Therapist & **Barb Stanton**, PhD, LPCC, LMFT, Therapist, Supervisor - *Ellie Mental Health*

Level: 3 | For: Professionals
Includes Clinical Content

20 - Healing Together: A Mind-Body Approach to Suicide Prevention Using QPR

With the increase of suicide in both youth and adults, awareness of the frequency and seriousness of death by suicide is a first step. Greater success in suicide prevention can be 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 difficult and often uncomfortable questions to those at risk while integrating *movemindfully@trauma-responsive* strategies.

Kathy Flaminio, MSW, LGSW, E-RYT 200, CEO/Founder *movemindfully®* & **Renee Penticoff**, PsyD, LP

Level: 1 | For: Professionals & Caregivers

21 - Adolescent Suicidal Ideation and Self-Injurious Behaviors: DBT-Informed Strategies for Safety Planning and Communicating Effectively

This workshop will provide definitions and prevalence rates for suicidal ideation and self-injurious behaviors within the adolescent population. Participants will learn about the function of these behaviors, risk factors and warning signs, safety planning, therapeutic interventions, and communication strategies focused on Dialectical Behavior Therapy (DBT) techniques. Content is based on the *Rathus Miller DBT manual* (2014) and years of cumulative experience.

Morgan Schwartz, PsyD LP, Training Dir., Clinical Psychologist - *Mental Health Systems, PC*, **Courtney Lezanic**, MSW, LICSW, Teen Prog. Coord. & **Lauren Mooney**, MA, LPCC, Licensed Professional Clinical Counselor - *Mental Health Systems, PC*

Level: 1 | For: Professionals & Caregivers
Includes Clinical Content

Concurrent Workshops 19 – 29

22 - Youth Sexual Health: Historical Context, Consent and Meaning!

This workshop will empower participants to explore historical and intergenerational aspects of youth sexual health and wellbeing. This historical context is important to understand because it impacts the meaning of sexual health within family and community systems. This workshop will provide tools to guide families toward a sex positive understanding of consent, even when there are instances of boundary violations/sexual acting out.

Elizabeth Libby Bergman, LICSW, Exec. Dir. & **Skye Johnson**, LGSW, Prog. Mgr. - *Family Enhancement Ctr.*

Level: 3 | For: Professionals & Caregivers
Includes Clinical Content

23 - The Impact of Trauma and Attachment on Children and Youth: Practical Application

Children and youth who are afraid to trust and impulsively act out can be challenging to understand and to work with. Therapeutic practices for caregivers and professionals related to development, trauma and attachment can make a difference. Please join this interactive workshop to learn more about attachment and ways to help children and youth by learning how to integrate theory into practice.

Mary M McGowan, Exec. Dir. - *Association for Training on Trauma and Attachment in Children (ATTACH)*

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

24 - Steps Toward Building Community and Empowering Youth

How do we ensure that every child is helped in a way that empowers them rather than making them feel they are an item on a checklist? This presentation will explore how to create and implement a program that builds community while fostering self-worth. The presenter will discuss the *Mountain Iron Fire Department's Community Steps initiative*, which is helping over 250 students.

Laura Anderson, Domestic Violence Restorative Circle (DVRC) Coordinator. - *Men As Peacemakers*

Level: 2 | For: Professionals & Caregivers

25 - Entering the Children's Mental Health System: What Do Parents Experience? Can We Make it Easier?

In 2021-22, the Hennepin County Children's Mental Health Collaborative conducted in-depth interviews with 49 parents about their experiences seeking mental health services and supports for their children. This presentation will share overall findings from this project, highlighting parents' descriptions of their successes and challenges. The workshop will include recommendations for better supporting parents who are navigating this process.

Cheryl Holm-Hansen, PhD, Principal Consultant - *Community Research Solutions*

Level: 2 | For: Professionals & Caregivers

26 - Therapeutic Game Play: Creative Group Functions

In creative group play, kids and teens are given the opportunity to practice teamwork, conflict resolution, boundaries and other skills. This presentation will focus on the different aspects of therapeutic game play as well as the impact of co-leadership on the overall group dynamic. The therapeutic foundation of game play groups will also be discussed, plus adaptations that can be made for different client populations.

Katie Weber, MSW, LGSW, Outpatient Therapist & **Christina Fike**, MA, LPCC, Outpatient Therapist

Level: 2 | For: Professionals
Includes Clinical Content

27 - Encouraging Safety and Connection in Children and Families Through Neurosequential-Informed Interventions

During this session, mental health providers will learn research-backed strategies for helping children and families meet developmental needs for safety and connection, and for improving emotional and behavioral regulation, relationships, parenting and stress. Techniques discussed will be informed by neurobiology, stress physiology, attachment and mindfulness, as well as Conscious Discipline.

Haeli Gerardy, MA, Family Svcs Specialist - *Fernbrook Family Ctr.*

Level: 2 | For: Professionals
Includes Clinical Content

28 - Trauma-Informed Community Engagement and Data Collection Practices

In this session participants will discuss how trauma-informed practices apply to community engagement, including noticing responses in our own bodies, in the bodies of those we are engaging, and how to mitigate continued harm. The presenter will share practical tips to practice body-based self-awareness, promote safety and maximize participant power in the context of engagement and data collection with those who have experienced trauma.

Katie Fritz Fogel, MPH, Evaluator - *MN Dept. of Health*

Level: 1 | For: Professionals & Caregivers

29 - ADHD Research Update 2023

Lively and fast-paced, the presenters will review how ADHD brains are wired differently, preferred medications for children vs older adolescents, why stimulants help behavior but not learning, new concerns over medication effects, why ADHD differs in girls and people of color, the rapid acceptance of alternative treatments and effectiveness, risk factors and sleep. The workshop will include research on neurological factors of ADHD with emotional dysregulation.

Gary Johnson, PhD, Licensed Psychologist, **Kotatee Tamba**, PsyD, MSW, Post-Doctoral trainee, **Benjamin Kortuem**, PsyD, LP & **Rebecca Carr**, Doctoral Psychology Student, Psychometrician, Researcher - *Clinic for Attention, Learning, & Memory (CALM)*

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

Session 4

1:15 – 2:45 pm • Concurrent Workshops 30 – 42

30 – Fidgety Fairy Tales – The Mental Health Musical

Since 2008, MACMH's series of original touring musicals have helped kids and grown-ups have important conversations about mental health. See a live performance of The Three Little Pigs, a story about anxiety, and learn more about how we use the arts to increase acceptance around mental health and neurodiversity.

Matt Organisak Jenson, Dir. of Arts Programming & Youth Engagement – MN Assoc. for Children's Mental Health, **Franco Holder**, Fidgety Fairy Tales Music Dir., **Laura Delventhal**, Fidgety Fairy Tales Production Support & Youth Cast

Level: 1 | For: Professionals & Caregivers

31 – Developmental Repair and the Intersection of Culture, Race, Trauma and Systems

Each individual who uses Developmental Repair as an intervention brings their own lived experiences to the therapeutic relationship. In order to help a young person heal from toxic stress we must hold in mind components of stress biology and attachment while honoring the child and family's experience of culture, race, trauma and interaction with systems.

Lauren Nietz, MSW, LICSW, Training Institute Dir. – Washburn Ctr. for Children, **Jaton White**, Dir. of Community Wellness – Northside Achievement Zone & **Chantell Johnson**, Community Wellness Prog. Mgr. – Northside Achievement Zone

Level: 2 | For: Professionals & Caregivers

Includes Clinical Content

32 – Escitalo-what? A Medication Review for the Non-Prescriber

This workshop will include a review of commonly prescribed medications for the treatment of various mental health challenges, such as depression, anxiety, mood disorders, ADHD, psychosis and others. Emphasis will be placed on providing a framework for understanding psychiatric medications from the non-prescriber's point of view. Discussion will include the importance of holistic biopsychosocial treatment and longitudinal support for optimal patient outcomes.

Joshua Stein, MD, Child and Adolescent Psychiatrist – PrairieCare/Psychiatric Assistance Line

Level: 1 | For: Professionals

Includes Clinical Content

33 – Legalized or Not: The Impact of THC on the Adolescent Brain

As of July 1, 2022, edibles containing delta-9-tetrahydrocannabinol (THC), the psychoactive agent found in cannabis, are legal for purchase in Minnesota. The effect of this change in law has far reaching consequences on the health of adolescents. This workshop will examine the impact of THC on the developing brain. An emphasis will be placed on how participants can take the information and apply it into practice within their respective field.

Thad Shunkwiler, LMFT, LPCC, ACS, CCMHC, Assoc. Professor & **Phebe Jones**, Student Researcher – MN State Univ., Mankato

Level: 1 | For: Professionals & Caregivers

34 – Communicating About Suicide: The Importance of Safe Messaging

Individuals, agencies, schools and communities all play an important role in shaping attitudes and perceptions of suicide. This presentation will cover important components to consider when communicating and messaging about suicide publicly. The presentation will equip suicide attempt survivors, suicide loss survivors, media partners and everyone with best practice guidelines, tools and resources to create successful suicide prevention language and messages.

Tanya Carter, Supervisor – MN Dept. of Health

Level: 1 | For: Professionals & Caregivers

35 – Supporting Autistic Youth: Insights from the Autism Mentorship Program

Designed by autistic adults and allies in Minnesota, the Autism Mentorship Program (AMP) pairs autistic teens with autistic adults in 1-to-1 mentoring relationships to provide emotional support, help develop their strengths, advocate for their needs and support a sense of identity and belonging. AMP staff, participants and researchers will share what they've learned about how best to support autistic youth.

Rebekah Hudock, PhD, LP, Assistant Prof., Dept. of Pediatrics – U of MN, **Emily Goldberg**, Founder – Autism Mentorship Prog., **AJ Hokland**, Prog. Consultant – Autism Mentorship Prog. & **Zaibunnisa Ahmed**, Research Assistant – U of MN

Level: 1 | For: Professionals & Caregivers

36 – Where Have the Clinicians Gone? Leading Them Back to Children's Mental Health

With major staffing shake-ups across our sector, youth mental health has been hit the hardest. Hiring and retaining clinical staff can feel impossible as they exit the field due to emotional depletion and exhaustion. Through presentation and facilitated discussion, participants will develop concrete strategies and a powerful story for community-based work, drawing clinicians back to this crucial field.

Steven Lutes, MSW, LICSW, MPP, Mgr. of School Based Svcs. – Northeast Youth and Family Svcs.

Level: 1 | For: Professionals

37 – Parenting an Intense Child: Essential Skills to Create Peace at Home

Parents of emotionally intense kids often feel "nothing is easy" with their child. Strategies that seem to work for other families don't work for theirs. They wonder, "Am I doing something wrong? Is my child going to be ok? Will it ever get easier?" In this workshop, participants will learn practical, brain-based parenting tools that are specifically designed to calm intense kids and create more peace at home!

Samantha Moe, MA, SLP, Certified Parent Coach, Creator of Mad to Glad Blueprint – Samantha Moe and Associates

Level: 1 | For: Professionals & Caregivers

Includes Clinical Content

38 – Play for All: Building Resilience through Play

This interactive workshop will help participants understand development and how it is affected by play; the power of play at all ages; and how play can assist in healthy development, attachment relationships and the development of resilience. The presenter will address what resilience is and how the development of it will have a positive effect on the child throughout their life span.

Karrie Ruedy, MS, LMFT, Therapist – Change Inc. & **Ana Lewis**, MA, LMFT, Clinical Supervisor – Change Inc.

Level: 1 | For: Professionals

39 – What You Need to Know About the State Medical Review Team (SMRT)

SMRT evaluates disability for individuals requiring a disability certification to access Medicaid and DHS programs. In this session, staff from SMRT will discuss the programs for which this is needed, the process through which SMRT and the Social Security Administration evaluates disability, and what you can do to help clients, patients, friends and family through the process.

Emily Olson, EDPNA, Disability Analyst Supervisor, **Carly Pederson**, EDPNA, SMRT Mgr. & **Amy Pearson**, EDPNA, Appeals and Policy Lead – MN Dept. of Human Svcs. State Medical Review Team

Level: 1 | For: Professionals & Caregivers

40 – A Legislative Success Story: Promoting Digital Wellbeing for and with Young People

On June 30, 2021 the nation's first Digital Wellbeing bill was passed into law with bipartisan support. The law provided support for LiveMore ScreenLess, a MN nonprofit, to provide digital wellbeing education for young people, educators

and families. Four projects include an online library, forming a network of organizations, online modules for educators and expansion of youth opportunities. The efforts are based on best practices in education and public health.

Maree Hampton, MEd, CHES, Co Exec. Dir. & **Katherine Myers**, MEd, Co Executive Director – LiveMore ScreenLess – LiveMore ScreenLess

Level: 1 | For: Professionals & Caregivers

41 – Improving the Environment of Care in Child and Adolescent Mental/Behavioral Health Facilities

Often safety is seen as the primary concern in designing for child and adolescent mental/behavioral health facilities. Yet by viewing a space through a Human-Centered Safety® lens, a therapeutic environment can be shaped to promote safety through dignity and hope. This session will spotlight evidence-based strategies that can positively influence the interactions between patients and staff and encourage family engagement.

Melanie Baumhover, AIA, LEED® AP, Principal – BWBR, **Brian Zabloudil**, AIA, ACHA, LEED®

AP BD+C, Principal, Sr Medical Planner – BWBR & **Sophia Skemp**, Project Planner – BWBR

Level: 2 | For: Professionals

42 – Sexual Abuse of Children with Disabilities: Considerations for Prevention and Intervention

According to national statistics, children with disabilities are significantly more likely to be victims of child sexual abuse (CSA). This workshop explores the incidence and prevalence of CSA of children with disabilities and the unique characteristics/dynamics of trauma with this population. The workshop focuses on areas of prevention and intervention to promote the safety and wellbeing of children with disabilities.

Kendall Patterson, LCPC, Child Survivors Justice Prog. Dir. – Anne Arundel County State's Attorney's Office

Level: 1 | For: Professionals

Includes Clinical Content



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Session 5

3:15 – 4:45 pm • Concurrent Workshops 43 – 54

43 – Supporting Youth Resilience: Exploring the 2021 US Surgeon General's Advisory on Youth Mental Health

In December 2021, the U.S. Surgeon General issued an advisory on youth mental health. In this presentation, the presenter will outline the factors noted in the advisory as contributors to youth wellness. She will discuss specific recommendations for supporting young people across a continuum of care to include prevention, early intervention and treatment. Attendees will learn ways to foster youth resilience.

Sara Polley, MD, National Medical Dir. of Youth Continuum – Hazelden Betty Ford Foundation

Level: 1 | For: Professionals & Caregivers
Includes Clinical Content

44 – Making Change Through Relationships: Navigating School Based Mental Health in 2022 and Beyond

School based mental health is ever evolving and comes with unique circumstances that can be difficult to navigate as a clinician. The COVID pandemic has caused even more changes and challenges for clinicians to navigate. This workshop will explore ways to navigate school systems and support clinicians within the school system, and discuss barriers that the pandemic has brought to the forefront.

David Hesse, MA, LMFT, Clinical Supervisor, Graham Nelson, MA, LMFT, Clinical Supervisor & Ana Lewis, MA, LMFT, Clinical Supervisor – Change Inc.

Level: 1 | For: Professionals
Includes Clinical Content

45 – A Deeper Understanding of Emotional Instability and Impulsivity for Young Adults Ages 17-25

This interactive workshop will explore strategies for parents and service providers of young adults ages 17-25. Participants of this workshop will examine symptoms of emotional instability and impulsivity for young adults experiencing distressing situations, and learn solutions to get to the root causes of internal conflict so problem solving can happen at a faster rate. The workshop will be presented with humor and compassion.

Coach Nakumbe, PhD, LPCC, LADC, CFC, Clinical & Forensic Counselor, Relationship Strategist & Coach – Private Practice

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

46 – Creating the Culture for Reflective Consultation in High Stress Fields

This session will describe a novel adaptation of reflective consultation specific to child welfare workers and supervisors. The presenters will share theoretical principles and main components of the model. Mid-point observations from a multi-year study to evaluate the reflective consultation model will be discussed.

Jessica Hoepfer, MSW/LISW/IMH-E® – Infant Family Specialist, Alyssa Meuwissen, PhD, Research Associate – Univ. of MN CEED & Kristin Johnson, MSW/LGSW/IMH-E® – Infant Family Specialist

Level: 1 | For: Professionals

47 – The Brain and Music: Creating Pathways to Better Health and Wellbeing

Music has the capacity to foster positive change and impact the brain. The pervasive nature of music stimulates many regions of the brain, leading to neurogenesis and cerebral plasticity. Two board-certified music therapists will explore how music is processed in the brain and provide information on the use of music in the role of mental health healing and wellbeing.

Melissa Wenzell Samborski, MM, MT-BC, Music Therapy Co-Founder/Senior Music Therapist & Jane Tate, MMT, MT-BC, Music Therapist – MacPhail Ctr. for Music

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

48 – Technology and Social Media Usage, Benefits, Risks & Guidelines

Technology is ubiquitous across all age groups with both benefits and considerable risks, particularly for youth. The recent pandemic increased use and reliance on technology and social media. This presentation will identify trends, explore the beneficial and adverse effects and recommend guidelines for parents, professionals and caregivers.

Brandon Olson, PhD, PMP, Professor & David Swenson, PhD, LP, Professor – The College of St. Scholastica

Level: 1 | For: Professionals & Caregivers

49 – Addressing Implicit Bias through Reflective Dialogue

Curious to learn more about racial bias? Join this workshop to experience a personal re-framing, which in turn may deeply impact your practice. The presenters will share a video centering race and lived experience, paired with a reflective dialogue

of facilitated, non-directive questioning to engage and promote opportunities for honoring multiple perspectives, expanding our thinking, challenging our assumptions and truly changing the ways we relate to each other.

Sarah Hardy, MEd, Licensed Parent Educator – Generations Parenting Support & Jennifer Davis, MEd, Licensed Parent Educator
Level: 1 | For: Professionals & Caregivers

50 – Words That Help: Growing Resilience and Trauma-Responsiveness Using Developmental Affirmations

Caregivers often say, "Just give me the words." In this interactive workshop, attendees will discover the benefits of using developmental affirmation words that encourage ourselves and others to develop the attitudes, beliefs and skills that foster resilience. This versatile coaching tool can support parent potency, family relationships and child development. Coaches can also use developmental affirmations to enhance their effectiveness.

Lisa Krause, MA, CFLE, Certified Family Life Educator – Parent Coach Connection & Amanda Jahnke, MA, CFLE – Concordia Preparatory School

Level: 1 | For: Professionals & Caregivers

51 – What About the Grown-Ups? Supporting Caregivers, Professionals and Transition Age Youth in Navigating County Programs

Are you puzzled about services the county provides and how to access them? While we recognize children needing services and supports, we sometimes forget about services for the grown-ups in their world. The presenters will provide insight on targeted case management, commitments, MNChoices and waivers. They will also discuss resources in Stearns County including parenting classes, a jail social worker for justice involved parents, an outreach team on homelessness and more.

Kristin McCollum, LSW, Human Services Supervisor, Mary Beth Brufloft, LSW, Adult Mental Health Social Worker & Stacie Hoeschen, LSW, Adult Mental Health Social Worker – Stearns County Human Svcs

Level: 2 | For: Professionals & Caregivers

52 – Shatter the Silence; Stop the Violence

This presentation will cover several areas related to childhood sexual abuse (theories, etiology, effects on brain/behavior, differential diagnoses, types of therapy). Attendees will explore real case studies that show consequences of childhood sexual abuse and look at ways to use therapeutic methods to help sexual abuse survivors release pain and anger related to their past.

Carol Follingstad, PsyD, LP, Licensed Clinical Psychologist – Lifestance Health & Jackie Sonnek

Level: 2 | For: Professionals
Includes Clinical Content

53 – Be Aware, Be Prepared and Make a Difference: A Reflective Journey to Effective and Compassionate Helping

Working in the midst of pain and suffering can impact our own well-being and our effectiveness as helping professionals. Through discussion and live music we will reflect on the emotional impact of this work and examine 5 specific skills for effective and compassionate helping: self-awareness, self-regulation, emotional reflection, radical compassion and compassion satisfaction. This workshop will provide affirmation, reflection and inspiration.

Alan O'Malley-Laursen, MSW, LICSW, Employee Well-Being Professional – Olmsted County Human Resources

Level: 2 | For: Professionals

54 – Evaluating the Effects of School-Based Mental Services in Hennepin County

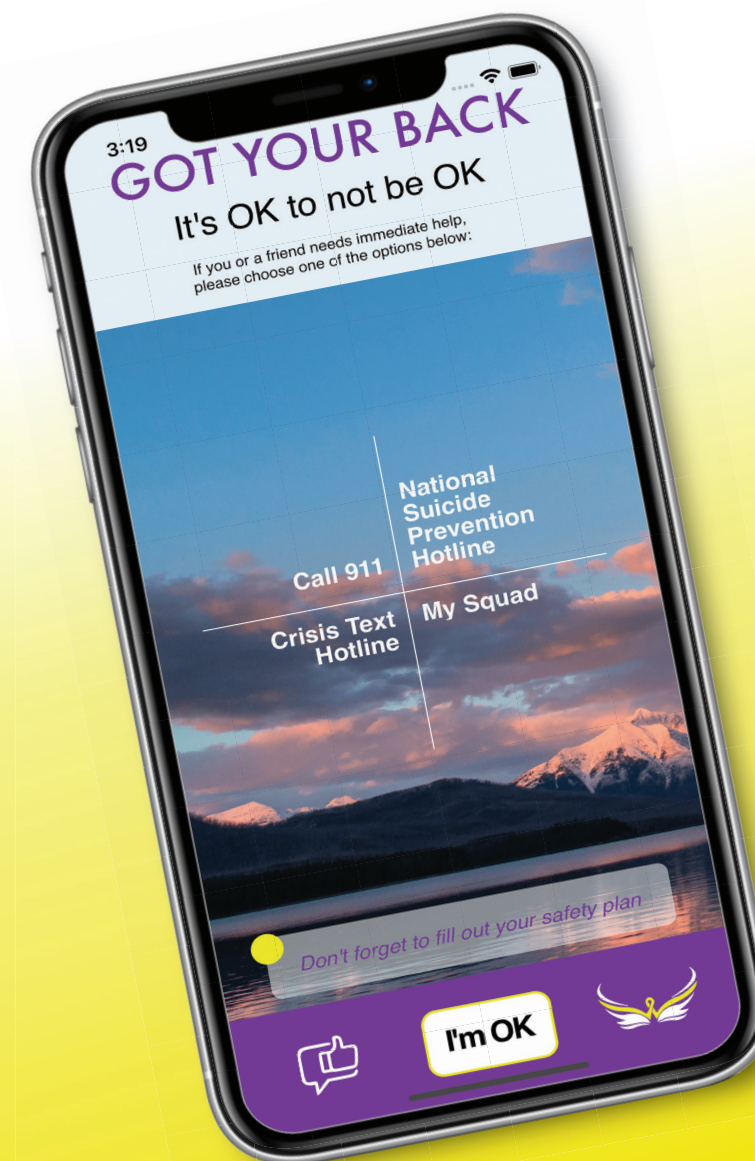
This presentation will discuss a collaborative evaluation of school-based mental health services in Hennepin County between Hennepin County practitioners and academic economist researchers at the University of Minnesota. The presenters will discuss key findings and outcomes related to suicidality, substance use, mental health service use, school attendance, standardized test scores and juvenile justice involvement, along with lessons about conducting collaborative research.

Ezra Golberstein, PhD, Associate Professor – U of MN & Mark Sander, PsyD, LP, Senior Clinical Psychologist & Dir. of School Mental Health – Hennepin County & Minneapolis Public Schools

Level: 2 | For: Professionals

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KEYNOTE

Featured Event • 8:50 – 10:00 am

Houses on Fire: Successfully Raising Children Under High Stakes Conditions



There is a Yoruba proverb that says “One should not go hunting when one’s house is on fire.” For those of us who have been parents, providers, educators, and family members, that proverb rings true as we reflect on the experiences that we have shared as a community raising children under high stakes conditions such as a community violence, racism and COVID19.

BraVada Garrett-Akinsanya, PhD, LP, CAC/BP is a licensed clinical psychologist, and *Fellow of the American Psychological Association*, as well as a *Board-Certified Diplomate and Fellow in African Centered Black Psychology* by the *Association of Black Psychologists*. She has over 40 years of experience in the field of mental health as a researcher, practitioner, and consultant. She currently serves as the Executive Director of the *African American Child Wellness Institute*, and President of *Brakins Consulting & Psychological Services*. Dr. Garrett-Akinsanya has received national recognition from the *American Psychological Association* for her leadership in the areas of diversity and African American mental health. Using a strength-based cultural wellness model, she assists organizations and other professionals in developing culturally responsive and trauma-informed strategies that engage diverse youth and their families – especially when their lives have been touched by racism, severe psychopathology, abuse, trauma, sexual assault, and community violence.

Session 6

10:15 am – 12:15 pm

55 - MACMH's Fidgety Fairy Tales in Carlton County, MN

Last year, MACMH supported the REACH Program and Carlton County Collaborative in piloting a Fidgety Fairy Tales Mental Health Musical of the Three Little Pigs at The County Seat Theatre. Join the presenters to hear from youth who were lead actors in the production and discover the positive effect this project had on the youth actors.

Anne Parish, MEd, Prog. Coord. - REACH Prog., Youth-Adult Partnerships, **Chai Vick**, Cloquet High School Student; REACH Youth Advisory Board Member - REACH Prog., Youth-Adult Partnerships & **Allison Quamme**, Cloquet High School Student; REACH Youth Advisory Board Member - REACH Prog., Youth-Adult Partnerships

Level: 1 | For: Professionals & Caregivers

56 - The Neurodevelopmental Lens of Development: The Brain and Beyond

The Neurosequential Model of brain development was founded by Dr. Bruce Perry and seeks to explain how brain development is impacted in-utero and beyond when confronted with traumatic events, neglect and/or abuse. This workshop will identify how such effects impact ongoing behavior and cognitive development later in life and will give participants a better understanding of how helpers and caregivers can best support children.

Angie Baratto, MA Counseling Psychology & Licensed Professional Clinical Counselor, Mental Health Therapist & Chief Operations Officer - Northland Counseling Ctr.

Level: 3 | For: Professionals & Caregivers
Includes Clinical Content

57 - How Secondary Trauma Affects Non-Offending Family Members in Cases of Child Sexual Abuse

Child sexual abuse (CSA) is a trauma that does not solely affect victims. Non-offending caregivers and siblings often present with trauma symptoms and dysregulation. This workshop explores how CSA affects survivors and their families, focusing on characteristics unique to victims, non-offending caregivers and siblings. The workshop identifies treatments and action steps that promote healthy family functioning after disclosure of CSA.

Kendall Patterson, LCPC, Child Survivors Justice Prog. Dir. - Anne Arundel County State's Attorney's Office

Level: 2 | For: Professionals
Includes Clinical Content

Concurrent Workshops 55 – 65

58 - Post-Covid Legal and Ethical Implementation of Tele-Mental Health for Children and Adolescents

The legal and technical requirements for tele-mental health have changed in Minnesota. Learn the latest requirements for providing tele-mental health services to children and adolescents here and in surrounding states, including changes to HIPAA and FERPA. The workshop will include practical guidance on efficiently meeting regulatory requirements for online and integrated practices.

Jay Ostrowski, LPCS, BC-TMH, CEO - Behavioral Health Innovation

Level: 2 | For: Professionals
Includes Clinical Content

59 - Learn to Coach: Embodying a Coaching Mindset While Working With Children and Adolescents

A foundation of being a good coach is being able to embody a coaching mindset. This workshop will teach attendees how to cultivate a coaching mindset by exploring exactly what coaching is, how it is different from therapy and how to bridge coaching and working with children and adolescents.

Liz Lasky, PhD, MSW, LCSW, ACC - The Coach Training Prog. For Helping Professionals

Level: 1 | For: Professionals
Includes Clinical Content

60 - Promoting Gender Diverse Youth Mental Health Through Creating Supportive Environments

According to the most recent Minnesota Student Survey, there are gender diverse youth living in every county in Minnesota. While conversations around gender diversity are becoming more visible, many still lack comfort in navigating these topics. In this presentation, participants will learn the connection between gender-inclusive spaces and positive mental health outcomes, introductory gender terminology and strategies for making spaces safer for gender diverse youth.

Logan Sand, MEd - Lutheran Social Service of MN

Level: 1 | For: Professionals & Caregivers

61 - Common Factors in Helping Relationships and Their Application to Supervision and Leadership

Common factors of “helping” have been studied for years and have a profound impact on therapeutic outcomes. This presentation will use findings of common factors research to inform and improve our supervision and leadership in the workplace. This workshop is interactive and experiential. Participants can expect an adult learner model and will have the opportunity to share expertise.

Ron Lake, MSW, LICSW, School Social Worker, Lead Trainer, & Adjunct Instructor - Duluth Public Schools, MN Dept. of Education PBIS, St. Scholastica & **Alexandra Schurrer**, Supported Family Time Supervisor - Lutheran Social Svs. and Duluth Public Schools (Internship)

Level: 1 | For: Professionals & Caregivers

62 - Food Fight: Eating Disorders in Children and Adolescents

Eating disorders in children and adolescents have the highest mortality and morbidity of any mental health disorder. They affect an estimated 12% of girls and boys, yet remain under recognized, diagnosed and treated. This presentation will provide an overview of the current research, warning signs to look for, best evidence-based treatments and when/how to refer for specialized care.

Hilmar Wagner, MPH, RDN, CD, LN, Clinical Education Specialist - The Emily Prog.

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

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

This workshop introduces 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 roadmaps for adults and children.

Lisa Krause, MA, CFLE, Certified Family Life Educator - Parent Coach Connection & **Amanda Jahnke**, MA, CFLE - Concordia Preparatory School

Level: 1 | For: Professionals & Caregivers
Includes Clinical Content

64 - Empowering Effective Teams and Organizations: Applying Clinical Principles at the Macro Level

Human service organizations rely on healthy workplace culture in navigating change with limited resources. Leadership must deliver services in more innovative ways. Effective teams make an investment in team norms, harness diversity, collaborate with accountability, innovate and practice resilience. This workshop is designed to introduce the macro principles of team wellness anchored in the same foundation that supports healthy adaptation at the micro level.

Steve Ritter, LICSW, Exec. Dir. - Elmhurst Counseling

Level: 1 | For: Professionals
Includes Clinical Content

65 - Domestic Violence Restorative Circles (DVRC)

DVRC at Men As Peacemakers in Duluth, MN is a unique program that is rooted in restorative justice. This program is specifically geared towards working with high risk repeat domestic violence offenders. This workshop will explore the history of this program as well as the application and research.

Emily Gaarder, PhD, Director of the Center for Restorative Justice & Peacemaking - Univ. of MN - Duluth, **Laura Gapske**, Director of Restorative Programs - Men As Peacemakers & **Laura Anderson**, Domestic Violence Restorative Circle (DVRC) Coordinator - Men As Peacemakers

Level: 3 | For: Professionals & Caregivers

Session 7

1:15 – 2:45 pm • Concurrent Workshops 66 – 77

66 - Suicide Support for Marginalized Youth: Data, Trends & Best Practices

Recent trends in data have suggested an uptick in suicidality among marginalized youth. Researchers have reported increased rates of suicide among Black, Latinx and LGBTQ+ youth related to the racial discrimination, homophobia and transphobia during the past five year period. The presenters will share recent data, protective factors, warning signs and best practices for working with marginalized youth.

Tracie Rutherford Self, LPCC, LMHC, Assistant Professor, **Jorge Zeledon-Montero**, Graduate Student & **Maia Pruim**, Graduate Student - MN State Univ., Mankato
Level: 1 | For: Professionals
Includes Clinical Content

67 - Building Supportive and Healing-Centered Schools by Strengthening Staff Social-Emotional Health

The last few years have been challenging for schools, impacting the mental health of both students and staff. Staff need support to enhance their well-being and capacity to meet students' academic and emotional needs. The presenters will provide recommendations for promoting staff mental health based on published frameworks and their experience supporting 15 districts to assess staff stress and develop wellness plans.

Cheryl Holm-Hansen, PhD, Co-Dir. - Midwest Ctr. for School Mental Health, **Aubrie Hoover**, Behavioral & Mental Health Svcs. Regional Mgr - Northeast Service Cooperative & **Mark Sander**, PsyD, LP, Co-Dir. - Midwest Ctr. for School Mental Health
Level: 2 | For: Professionals

68 - Calming the Storm: Using Therapeutic Writing Circles for Student Regulation and Social Emotional Growth

In this session, the presenter will explore the use of writing circles with students with Emotional Behavioral Disorder (EBD) in the school setting. Learning objectives include: challenges and benefits of this work in schools; learning about therapeutic writing, particularly poetry and how it can be used with students; observations and outcomes; and a demonstration of the writing circle process.

Michael D. Carlson, MSW, LICSW - St. Paul Public Schools
Level: 1 | For: Professionals
Includes Clinical Content

69 - Managing Screens, Technology and Social Media: Applying the Principles of Harm Reduction

This session will explore the complex and often confusing impacts that screen time has on children, parents and families. Parents are often challenged by how to manage technology. The presenters will explore what harm reduction is and how we can use it to manage screen time for families with children of all ages.

Leah Persky, PhD, CFLE, Mgr. of Family Life Education & Addiction and Recovery Svcs. - Jewish Family and Children's Service of Minneapolis
Level: 1 | For: Professionals & Caregivers

70 - The Importance of Emotional Intelligence Within School-Based Teams

"A school team's emotional intelligence might be the most important predictor of what it will do together and how conversations will go." - Elena Aguilar. The goal of this session is to help participants define Emotional Intelligence (EI), recognize the impact of EI on achieving outcomes, understand indicators of emotionally intelligent teams and use tools and strategies to begin embedding EI into their teaming practices.

Cheryl Cook-Glad, MN PBIS Lead Trainer, External Coach - MN PBIS, **Ellen Grossman**, PBIS MN External Coach, School Psychologist, Special Education Dir. - PBIS MN, Uptick Education & **Michele Wackman**, School Psychologist, PBIS MN Lead Trainer, External Coach - PBIS MN
Level: 1 | For: Professionals

71 - Career Path Wellness for Helping Professionals: Aligning Your Professional Development with Your Strengths

This workshop is a recipe for aligning your career path with your strengths. A career journey that thrives begins with discovering your unique gifts and counterbalancing the unavoidable depletion of professional helping. The presenter will examine the strengths most aligned with professional purpose, identify self-care strategies for addressing the drain of delivering trauma-informed care and explore career path options most likely to fuel professional energy.

Steve Ritter, LICSW, Exec. Dir. - Elmhurst Counseling
Level: 1 | For: Professionals

72 - Reimagining Mandated Reporting through a Social and Racial Justice Lens

Professionals will learn their legal responsibilities under mandated reporting statutes and discuss ethical and cultural considerations. The workshop will explore alternatives to reporting that prevent child maltreatment while still complying with law. Attendees will be asked to challenge their previous beliefs and training, think about the legal and ethical implications and consider that their decisions have an impact beyond just the reporting phone call.

Katie Olson, JD, Dir. of Training & **Miriam Itzkowitz**, MSW, LICSW, Dir. of Trauma Informed Care - Institute to Transform Child Protection, Mitchell Hamline School of Law
Level: 2 | For: Professionals

73 - Impact of Oral Health on Children's Mental Health

The purpose of this presentation is to raise awareness about the relationship between oral and mental health in children and youth; provide relevant resources to providers and stakeholders; and serve as a catalyst for additional public health work that will identify ways to strengthen ties between the disciplines of oral and mental health.

Eileen Crespo, MD, Vice President of Medical Svcs. - Delta Dental of MN & Pediatrician - Hennepin Healthcare & **Sarah Wovcha**, JD, MPH, Exec. Dir. - Children's Dental Svcs.
Level: 2 | For: Professionals

74 - Using Art Therapy to Support Anxiety Reduction in Adolescents with Autism and Other Neurodevelopmental Conditions

Individuals with autism spectrum disorder (ASD) and related neurodevelopmental conditions often have co-occurring anxiety disorders leading to increased challenges in diagnosis and treatment. Research shows that interventions treating symptoms of ASD and anxiety simultaneously are crucial. This presentation will discuss the use of a brief art therapy protocol with the empirically validated Facing Your Fears (FYF) cognitive-behavioral program to support decreased anxiety symptoms in adolescents with ASD.

Rebekah Hudock, PhD, LP, NCSP, Pediatric Neuropsychologist, Assistant Prof. of Pediatrics - U of MN, Masonic Institute for the Developing Brain, **Morgan Haga**, BS, U of MN, Masonic Institute for the Developing Brain, **Carolyn Buller**, MA, Mental Health Counseling & Art Therapy Specialty - Adler Graduate School; U of MN, Masonic Institute for the Developing Brain, **Ariana Groen**, MA - MN State Univ., Mankato & **Angela Dirks**, MA - Art Therapy Consultant
Level: 2 | For: Professionals & Caregivers
Contains Clinical Content

75 - Revitalize Your Professional Hands-On Teen Toolbox

This presentation will offer a variety of hands-on therapy activities that attendees will practice and discuss during the workshop, as well as a list of resources. The majority of the therapeutic techniques will be based on 1:1 teen engagement with some activities that could be expanded into family, group or school-based therapy practices.

Chris Newell, MSW, LICSW, Mental Health Professional/Psychotherapist - Nystrom & Associates
Level: 2 | For: Professionals
Includes Clinical Content

76 - Hennepin County's Utilization of System of Care Framework to Transform its Children's Mental Health Services

Hennepin County strives to have comprehensive, integrated and culturally responsive services that meet the mental health needs of Hennepin County children, youth and their families in the least restrictive and most appropriate setting. At the heart of the effort are the guiding principles that include collaboration, strengths-based care, cultural competence, family voice and choice and community-based services.

Cynthia Slowiak, LICSW, Human Service Area Mgr. - Hennepin County & **Asad Dahir**, Children's Mental Health Program Mgr. - Hennepin County
Level: 1 | For: Professionals & Caregivers

77 - Impact of Father Engagement in Substance Use Disorder Treatment on Child and Adolescent Mental Health

Father engagement during a substance use disorder treatment episode is essential for improved outcomes for the whole family, especially the children. This session will explore motivation strategies to engage fathers, how children are impacted by addiction and barriers to father involvement. Participants will be able to describe how social systems often overlook father engagement, leading to a lack of social support for children.

Sadie Broekemeier, MA, LPCC, LADC, President & **Gretchen Raymer**, MA, LAMFT, LADC, Sr. Mgr of Residential Treatment Svcs. - Recovering Hope Treatment Ctr.
Level: 1 | For: Professionals

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Session 8

3:00 – 4:30 pm • Concurrent Workshops 78 – 85

78 - The Youth Care Worker Burnout Prevention Model: Strategies for Leaders to Implement

This presentation will share 13 strategies to mitigate burnout of youth care workers. The strategies were developed through research of youth care workers at children's residential facilities in Minnesota. The strategies presented will help leaders understand the lived experience of youth care workers and provide a model for implementation within their facilities.

Holly Booth, PhD, Exec. Dir. - Prairie Lakes Youth Progs.

Level: 2 | For: Professionals

79 - Got Your Back: A Modern Approach to Universal Mental Health Support

The comprehensive smartphone app called Got Your Back was developed using a modern approach. This presentation will discuss the story of a family and community that were impacted by suicide, and how they came together to create a universal mental health tool. The presenters will share the app's functionality and ideas for its use across the United States.

Teri Ellefson, Founder/Dir. & Kurt Ellefson, Vice President - Jacob's SWAG Foundation

Level: 1 | For: Professionals & Caregivers

80 - How to Utilize the MN Autism Resource Portal to Obtain Supports and Services

The focus of this interactive presentation is to support case managers, providers, caregivers, educators and advocates working with families with autism spectrum disorder (ASD) and related conditions. This session will provide a comprehensive overview of the MN Autism Resource Portal and what services are available in education, health care, public health and social services. There will also be ample time for questions and discussion.

Nicole Berning, MS, BCBA., MN Autism Clinical Lead & Yingya Vang, Training and Outreach Coord., MN Dept of Human Svcs.

Level: 1 | For: Professionals

81 - Addressing Anxiety Disorders for High School and College-Aged Job Seekers

Anxiety disorders can affect many areas of clients' lives, including the job search process. This interactive session will provide participants with useful frameworks such as self-authorship, trauma-informed care and appreciative advising, as well as strategies to assist clients in persisting through the impacts of anxiety disorders in the job search process. Participants will create an action plan with concrete steps for their work with clients.

Krista C. Pylkki, MA, Employment Specialist - Illies Consulting & Jayne Sommers, PhD, Associate Professor and Prog. Dir. - Univ. of St. Thomas

Level: 1 | For: Professionals & Caregivers

82 - Gaming Disorder (Video Game Addiction) and Its Impact on Children, Teens and Families

Over the last several decades, unhealthy video game use has skyrocketed from a relatively minor concern to one of the biggest issues facing children, teens and families. This presentation will explore the impact of gaming disorder, how screen-based content has evolved over the years to become more addictive and what parents, teachers and others can do to address this reality.

David Nathan, PsyD, LP, Easter Region Lead/ Licensed Psychologist - Allina Health

Level: 1 | For: Professionals & Caregivers
Includes Clinical Content

83 - Safe Harbor Protocol Training: Identifying & Responding to Sexually Exploited Youth in Hennepin County

This is a comprehensive training on the Safe Harbor Protocol and how to identify and respond to youth who have been sexually exploited and trafficked in a trauma-informed, harm-reductive way. The training will cover a background on the issue of trafficking and exploitation in Minnesota, the Safe Harbor Law, the development and implementation of the Safe Harbor Protocol and the response in Hennepin County.

Linnea Lindeman, Prog. Coord. of No Wrong Door Prog. - Hennepin County, Katie Erickson, Child Protection Investigator - Hennepin County, Shannon Rohne, West Metro Regional Navigator - The Link, Katie Ueland, MSW, LICSW, Child Welfare Social Worker, Sexually Exploited Youth Specific Caseload - Hennepin County & Angela Musich, MSW, LICSW, Child Welfare Social Worker, Sexually Exploited Youth Specific Caseload - Hennepin County

Level: 1 | For: Professionals & Caregivers

84 - Using African Proverbs and Picture Books to Teach Mental Health Concepts

This presentation will discuss how African proverbs and the use of picture books can be used to teach mental health concepts to children. A picture book written by the presenters will be used as an example of how stories can teach mental health concepts to children. Strategies that can help children with mental health concerns will be discussed.

Ahmed Hassan, MA, LPCC, BBHT Approved Supervisor - Summit Guidance Ctr. & Wes Erwin, PhD Counseling and Human Development, LPCC, BBHT Approved Supervisor

Level: 1 | For: Professionals & Caregivers
Includes Clinical Content

85 - The Role of Natural Helpers: Building Listening Skills and Providing Support

Natural Helpers act as informal "listeners" for their peers. They do this by building helping and listening skills so that they can connect vulnerable peers to confidence, trusted adults or other appropriate resources. This session will expand on different levels of support, how to provide support and examples of active listening. Attendees will learn how to safely bridge peers to resources that promote mental wellbeing.

Jenilee Teland, MS, Suicide Prevention Coord. & Kelly Felton, Suicide Prevention Coord. - MN Dept. of Health

Level: 1 | For: Professionals & Caregivers

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6th Annual Infant & Early Childhood Mental Health Conference

November 5 - 7, 2023

For professionals who work with very young children and their parents and caregivers.

www.macmh.org/ieconference



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Join us for our ongoing Mental Health Training Series – designed for those who work with or care for infants, children and youth. Upcoming workshop topics include ADHD, self-care, trauma, video gaming disorder, moving beyond behaviorism and more. New webinars are added regularly.

Not able to join us live? No problem. All webinars are recorded and available for registered attendees to watch for 45 days following the live session.

www.macmh.org/trainings

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- **Adult services** and case management
- **Out-patient behavioral health** services provided in Bemidji, Grand Rapids, Deer River, and Duluth



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HOW TO REGISTER

We are using a new registration system. Please connect with us at 651-789-3146 or info@macmh.org if you experience issues while registering.



2023 Child & Adolescent
Mental Health Conference
April 23 - 25, 2023 | Registration

1. Scroll down the page. Ignore the "Are you a Member?" block.

2. **Attendee Type:** Choose which days you will attend. *Please note any selection jumps you to the top of the page. Just scroll down again.*

3. Click Next

4. **Attendee Info:** This is the registration information of the person attending. Scroll down to answer all required questions.

5. Click Next

6. **Attendee Selections:** Be sure to check your "ticket" type.

7. Choose lunch choices for each day

8. Click each section to expand workshop choices

9. Click **Save & Add** to register another person or click **Save & Finalize** to proceed to the payment section.

HOW TO PAY

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Checkout (Step 1 of 2)

1. Scroll down the page. Ignore the "Are you a Member?" block.

2. **Recipient Information:** fill out all required fields

3. Note Promo Code AKA Coupon Code

4. **Payment Information:** Required information changes based on Check, ACH or Credit Card.

5. Click here if information you entered above is accurate for billing. Or don't check if you want us to bill someone else.

6. Click Proceed to Confirmation

2. Confirm your purchase details than click **Complete Order**

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