



Child & Adolescent Mental Health Conference

April 23 - 25, 2023
Duluth, Minnesota

WELCOME

Featured Speakers



Sheletta Brundidge



*Dr. BraVada
Garrett-Akinsanya*



John Moe



Erin Walsh

www.macmh.org

Welcome

Thank you for joining us for one of the largest children's mental health conferences in the country!

The information in this program is designed to help you have an enjoyable and beneficial conference experience.

Things to Know

Meals & Refreshments

Sunday: Boxed lunches available for pickup starting at 11:30 am in Fitzgerald Hall. For guests joining the Supervision Series, lunch will be served at 12:15 pm in the Harborside Ballroom.

Monday: A light continental breakfast will be available in the Arena Exhibit Hall from 7:30 8:50 am. Lunch will be served in Pioneer Hall from 12:15 1:15 pm. An Ice Cream Social with Exhibitors will take place in the Arena Exhibit Hall from 2:45 3:15 pm.

Tuesday: A light continental breakfast will be available in the Arena Exhibit Hall from 7:30 8:50 am. Lunch will be served in Pioneer Hall from 12:15 1:15 pm.

Exhibits

Monday, April 24: 7:30 am – 5:30 pm

Tuesday, April 25: 7:30 am – 1:15 pm

Don't miss the wide variety of exciting exhibits we have this year in the Arena Exhibit Hall.

A drawing for various prizes will be held Monday & Tuesday. See page 27 for more information.

Schedule Changes

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

Weather

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

Green Initiatives

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

Nursing Room

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

Gender Neutral Restroom

There is a gender neutral restroom located near the French River Room. See the map on the back cover.

Meditation and Prayer Room

A shared space has been held in Harborside 201 for those in need of a quiet place for prayer or meditation. See the map on the back cover.

Lost & Found

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

Questions?

For building-specific questions, DECC staff are located at the front-lobby kiosk. For event-specific questions, see a MACMH staff member in the registration area or find someone wearing a staff name tag.

Workshop Handouts

All conference handouts are electronic this year!

To view handouts for each workshop, visit macmh.org/conferencehandouts.

Schedule

Sunday, April 23

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

Monday, April 24

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

Tuesday, April 25

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

HOT OFF THE PRESSES – Buy Yours Now



Our updated and expanded Guide to Infant & Early Childhood Mental Health is now available.

Visit the MACMH table in the Exhibit Hall to get yours!

www.macmh.org/books

Workshop Descriptions

Target Audience

Professionals: Psychologists, marriage and family therapists, clinical social workers, counselors, mental health professionals, education professionals (e.g., special education & classroom teachers, paraprofessionals, school nurses, school counselors, school psychologists & school social workers), health care professionals, corrections professionals, infant and early childhood professionals

Parents: Family members, parents, caregivers, grandparents, foster parents

All: Suitable for all attendees

Clinical Content

Social workers and psychologists are often required to obtain CEHs with clinical content. The sessions marked with this designation qualify for the Board of Social Work's clinical content requirement.

Level

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

Level 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.

Targeted Content

The Minnesota Board of Marriage and Family Therapy has approved our conference for the following. Watch for content designations under each workshop:

- Ethics Content (up to 6.5 CEHs) ■
- Supervisory Content (up to 13 CEHs) ●
- Cultural Competency Content (up to 31.5 CEHs) ◆

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. CEHs include:

- 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 School Administrators: 18 CEHs (this certificate must be picked up at onsite registration)
- MN Board of Nursing: 18 CEHs*
- MN Board of Education: 18 CEHs*
- ND Board of Social Work: 18 CEHs*

*CEH approval requires independent submission to your board.

Visit pages 19–20 for your certificate that you can fill out and keep for your records.

Option 1

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

To view electronic handouts for this workshop, visit macmh.org/conferencehandouts.

Who am I As a Supervisor: An Ongoing 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 in the workshop room from 12:15 – 1:15 pm.

Renita Wilson, MSW, LICSW Independent Social Worker

Level: 2 | For: Professionals | Includes Clinical Content

2 hours Ethical Content ■ | Cultural Competency ◆ | 6 hours of Supervisory Content ●

Harborside Ballroom 301 – 305



Renita Wilson, MSW, LICSW

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Option 2 | Session 1

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

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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

Gooseberry 1

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

.5 hour of Ethical Content ■

1.5 hours of Supervisory Content ●

French River

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, Licensed Psychological Svcs.

Level: 2 | For: Professionals

Includes Clinical Content

Harborside 204 - 205

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

Lake Superior K

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

St. Louis River

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

Harborside 202

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

Split Rock

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

Gooseberry 3

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

Harborside 203

Option 2 | Session 2

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

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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

Includes Clinical Content

French River

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, LP, Clinic Dir., Benjamin Kortuem, PsyD, LP & Kotatee Tamba, PsyD, LICSW, Post Doctoral Candidate Clinic for Attention, Learning, & Memory (CALM)

Level: 1 | For: Professionals & Caregivers

Includes Clinical Content

Lake Superior K

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

Gooseberry 3

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

Includes Clinical Content

Cultural Competency ♦

Harborside 202

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

Cultural Competency ♦

St. Louis River

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

Cultural Competency ♦

Split Rock

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

Harborside 203

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

Cultural Competency ♦

Gooseberry 1

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 Neppi, MA, LP, IMH E, Psychologist Language of the Heart, LLC

Level: 2 | For: Professionals & Caregivers

Includes Clinical Content

Harborside 204 - 205

Option 2 | MHED Talks[®]

4:15 – 6:45 pm | Lake Superior Ballroom L - Q

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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 an hors d'oeuvres reception.

Level: I | 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

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



John Moe

Sunny Skies for the Darkly Inclined: Why the New Openness About Mental Health Comes at a Perfect Time

In this talk, comedian John Moe traces his own mental health awakening and road to recovery and outlines how it tracks with the wider enlightenment.

There was a time in our society when secrecy abounded on the subject of mental health. If you had depression, anxiety, traumatic stress or some other issue creating difficulty, you just kept quiet about it. This long ago time that I'm speaking about?

This was the approach from as far back as history goes up until, like, six years ago. Now there's more sunlight than ever on the subject, a development that really comes in handy given the enormous magnitude of the mental health crisis we find ourselves in.

John Moe, Author & Creator The Hilarious World of Depression and Depresh Mode podcasts.



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

Thank you to our MHED Talk reception sponsor Newport Healthcare



www.macmh.org



Save the Date

28th Annual Child & Adolescent Mental Health Conference

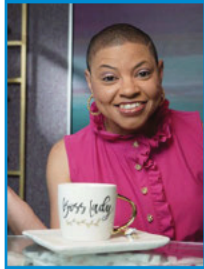
April 28 - 30, 2024 | Duluth, MN

KEYNOTE PANEL

Featured Event | 8:50 – 10:00 am
Symphony Hall

Media and Mental Health

Panelists



Sheletta Brundidge



John Moe



Erin Walsh

Join us for a moderated discussion on media and mental health. Panelists will include Sunday night 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

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 Master'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 it. 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

2 hours ethical content ■

Harborside 204 - 205

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 Pentecoff**, PsyD, LP

Level: 1 | For: Professionals & Caregivers

French River

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

Harborside 304 - 305

Concurrent Workshops 19 – 29 | 10:15 am – 12:15 pm

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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

Lake Superior O

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

Lake Superior JP

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, Community Outreach Coordinator Mountain Iron Fire Department

Level: 2 | For: Professionals & Caregivers

Split Rock

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

Harborside 203

26 - Therapeutic Game Play: Creative Group Functions CANCELED BY PRESENTER

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

Harborside 301 - 303

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

Gooseberry 3

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, LP, Clinic Dir., Kotatee Tamba, PsyD, LICSW, 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

Lake Superior KQ

Tag Us on Social Media

We're excited to be back in person for our annual conference after four years away. Snap some pics of your time with us and make sure to tag us on social media!



Session 4

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

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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

French River

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

Cultural Competency ♦

Lake Superior KQ

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

Harborside 301 - 303

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

Level: 1 | For: Professionals & Caregivers

Harborside 204 - 205

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

Lake Superior O

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

Harborside 304 - 305

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

Gooseberry 1

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

Lake Superior JP

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

Lake Superior LM

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 Svs. State Medical Review Team

Level: 1 | For: Professionals & Caregivers
Split Rock

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

Level: 1 | For: Professionals & Caregivers
Gooseberry 3

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, Brian Zablouil, AIA, ACHA, LEED® AP BD+C, Principal, Sr Medical Planner & Sophia Skemp, Project Planner BWBR

Level: 2 | For: Professionals
Harborside 203

Prize Drawing

A drawing for free attendance to our 2024 conference will be held in the Exhibit Hall from 2:45 - 2:55. To be eligible, drop off your completed scavenger hunt card (found in your folder) at the green MACMH booth. Visit page 27 for more details.

42 - Sexual Abuse of Children with Disabilities: Considerations for Prevention and Intervention
CANCELED BY PRESENTER



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Session 5

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

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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

Harborside 301 - 303

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

Split Rock

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

Lake Superior LM

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

1.5 hours of Supervisory Content ●

Harborside 203

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

Harborside 304 - 305

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

Lake Superior KQ

49 - Addressing Implicit Bias through Reflective Dialogue

Curious to learn more about racial bias? Join this workshop to experience a personal re framing, which 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 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

Cultural Competency ♦

Harborside 204 - 205

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

Lake Superior JP

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 Brufflodt, LSW, Adult Mental Health Social Worker & Stacie Hoeschen, LSW, Adult Mental Health Social Worker Stearns County Human Svcs

Level: 2 | For: Professionals & Caregivers

Gooseberry J

Monday, April 24

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

Lake Superior O

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

French River

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

Gooseberry 3

SAVE THE DATE



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- Emily Lloyd
Youth Services Librarian
Northfield Library

KEYNOTE

Featured Event | 8:50 – 10:00 am

Symphony Hall

Houses on Fire: Successfully Raising Children Under High Stakes Conditions



Dr. BraVada Garrett-Akinsanya

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 a community violence, racism and COVID19.

Cultural Competency ♦

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., Chai Vick, Cloquet High School Student; REACH Youth Advisory Board Member & Allison Quamme, Cloquet High School Student; REACH Youth Advisory Board Member REACH Prog., Youth Adult Partnerships

Level: 1 | For: Professionals & Caregivers

Split Rock

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, LPCC, Mental Health Therapist & Chief Operations Officer Northland Counseling Ctr.

Level: 3 | For: Professionals & Caregivers

Includes Clinical Content

Lake Superior JP

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

CANCELED BY PRESENTER

Concurrent Workshops 55 – 65 | 10:15 am – 12:15 pm

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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
1 hour Ethical Content

Lake Superior O

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

Harborside 304 - 305

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
Cultural Competency

Harborside 301 - 303

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 at Duluth Public Schools; Lead Trainer at MN Dept. of Education PBIS and Adjunct instructor at St. Scholastica & Alexandra Schurrer, Supported Family Time Supervisor Lutheran Social Svcs. and Duluth Public Schools (Internship)

Level: 1 | For: Professionals & Caregivers
2 hours of Supervisory Content

Harborside 203

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 children, 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

Harborside 204 - 205

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

Lake Superior LM

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

Cultural Competency
2 hours of Supervisory Content

French River

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

Lake Superior KQ

Session 7

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

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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, Lantinx and LGBTQyouth 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, **Demi Jones**, Graduate Student & **Maia Pruim**, Graduate Student MN State Univ., Mankato

Level: 1 | For: Professionals
Includes Clinical Content
Cultural Competency ♦

Split Rock

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 Svs. Regional Mgr Northeast Service Cooperative & **Mark Sander**, PsyD, LP, Co Dir. Midwest Ctr. for School Mental Health

Level: 2 | For: Professionals
Lake Superior KQ

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

Harborside 301 - 303

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 Svs. Jewish Family and Children's Service of Minneapolis

Level: 1 | For: Professionals & Caregivers
Lake Superior JP

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

Harborside 203

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

Lake Superior O

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
1 hour Ethical Content ■
Cultural Competency ♦

Harborside 204 - 205

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 Svs. Delta Dental of MN & Pediatrician Hennepin Healthcare & **Sarah Wovcha**, JD, MPH, Exec. Dir. Children's Dental Svs.

Level: 2 | For: Professionals

Gooseberry 1

Prize Drawing

A drawing for an assortment of prizes from our exhibitors will be held in the Exhibit Hall from 1:10 - 1:15 pm. To be eligible, drop off your completed scavenger hunt card (found in your folder) at the green MACMH booth.

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
Includes Clinical Content

Harborside 304 - 305

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

Harborside 202

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. & Asad Dahir, Children's Mental Health Program Mgr. Hennepin County
Level: 1 | For: Professionals & Caregivers

Cultural Competency ♦

Gooseberry 3

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

French River

COLLABORATION. CONNECTION. CARE



Pediatric Care Coordination
COMMUNITY OF PRACTICE



Become a Member!

The Minnesota statewide Pediatric Care Coordination: Community of Practice provides a way for care coordinators to network, collaborate, share and learn from each other!

As members, you will receive alerts to upcoming events and trainings, resources to better serve youth with special health needs, a directory and forum for members with helpful information, and open funding opportunities.



Membership is FREE

www.mnpedcares.com

Session 8

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

To view electronic handouts for each workshop, visit macmh.org/conferencehandouts.

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

Lake Superior KQ

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

Harborside 204 - 205

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

Harborside 301 - 303

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

French River

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

Lake Superior JP

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., Katie Erickson, Child Protection Investigator, Shannon Rohne, West Metro Regional Navigator The Link, Katie Ueland, MSW, LICSW, Child Welfare Social Worker & Angela Musich, MSW, LICSW, Child Welfare Social Worker Hennepin County

Level: 1 | For: Professionals & Caregivers

Cultural Competency ♦

Harborside 304 - 305

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

Cultural Competency ♦

Lake Superior LM

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 Telander, MS, Suicide Prevention Coord. & Kelly Felton, Suicide Prevention Coord. MN Dept. of Health

Level: 1 | For: Professionals & Caregivers

Harborside 203

Exhibits

Monday, April 24 • 7:30 am – 5:30 pm | Tuesday, April 25 • 7:30 am – 1:15 pm

Don't miss the wide variety of exciting exhibits we have this year in the Arena Exhibit Hall. Turn in your completed scavenger hunt card (found in your folder) at the green MACMH tent to be entered into our drawing. See page 27 for more details.

View a map of the Exhibit Hall on the back cover

Accend Services, Inc

101 W 2nd St, Duluth, MN 55802
218 724 3122 | info@accendservices.com
www.accendservices.com



Accend Services provides a variety of high quality mental health counseling, intervention, case management, advocacy, & rehabilitative services to adults, children & their families. Our mission is to build partnerships in our communities and with our clients to provide responsive, & client centered services that restore health & maximize quality of life, independence & functioning. **Booth 2**

Autism Services of Minnesota

14663 Mercantile Dr N, Hugo, MN 55038
612 405 3156 | info@autismservicesmn.com
www.autismservicesmn.com



Autism Services of Minnesota is an EIDBI provider that offers clinic based and in home therapy for children ages 2-10. Our program focuses on Applied Behavioral Analysis (ABA) therapy for children with Autism Spectrum Disorder and related conditions. We strive to ensure that skills taught in clinic are generalized into the home and community setting. We believe that individual treatment plans should be just that individual and truly match the needs of the child and their family system. **Booth 31**

Adler Graduate School

10225 Yellow Circle Dr., Minnetonka, MN 55343
612 767 7097 | marcie.conrad skoglund@alfredadler.edu
www.alfredadler.edu



Masters level programs in counseling, offered online and CACREP accreditation. **Booth 55**

ATTACH

1609 West County Rd 42, Burnsville, MN 55306
612 861 4222 | info@attach.org
attach.org



ATTACH provides training to all professionals and parents that work with children and youth experiencing trauma and attachment disorders. We provide books, flyers, resources and an annual conference. **Booth 64**

BE Buddy® by Balancing Elephants

9305 Albano Trl, Inver Grove Heights, MN 55077
651 249 7004 | stephanie@balancingelephants.com
www.balancingelephants.com



The breath is a superpower! Let us show you how to use it! How you breathe is how you feel. Learn how to breathe to shift from stressed to calm anytime and anywhere (and teach it to kids). The BE Buddy® is a multi sensory breathing buddy & comforting eye pillow for children. It is an animal themed, breathing companion to empower kids to tap into their inner resources to manage stress, practice self care habits, and cultivate a positive connection to themselves and others. **Booth 45**

The Fraser logo, featuring a stylized blue star icon to the left of the word "FRASER" in a bold, blue, sans-serif font.

FRASER

A photograph showing a woman on the left, a young boy in the middle wearing headphones, and another woman on the right, all sitting on a grey couch and engaged in conversation.

FRASER OFFERS MENTAL HEALTH CARE TO CHILDREN, ADOLESCENTS, TEENS, ADULTS AND FAMILIES.

Adult Mental Health • Individual Therapy • Family Therapy • Group Therapy • Specialty Therapy Options • School-Based Services • Day Treatment • Adult Rehabilitative Mental Health Services (ARMHS) • Foster Care and Adoption Support

fraser.org • 612-767-7222

Behavioral Institute for Children and Adolescents

203 Little Canada Road E #200, Little Canada, MN 55117
651 484 5510 | info@behavioralinstitute.org
www.behavioralinstitute.org



The Behavioral Institute for Children and Adolescents has been promoting improved services for troubled children and youth since 1982. The Institute provides a wide variety of supporting services to professionals and parents who work with children with emotional and behavioral challenges. Our services include professional development, discounted publications and materials, conferences, workshops, consultation, program design and evaluation and a professional library. **Booth 36**

CARE Counseling

7601 Wayzata Blvd St. Louis Park, MN 55426
612 223 8898 | info@care-clinics.com
www.carecounseling.com



CARE Counseling provides Outpatient Mental Health Therapy at several metro locations and online. CARE maintains same week availability for Individuals, Couples, and Families of all ages and is In Network with all major MN insurance providers. Our expert therapists receive a best in class nationally accredited Continuing Education program. Clients can schedule via telephone at 612 223 8898 or via our convenient online portal at www.carecounseling.com **Booth 59**

Center for Rural Behavioral Health at Minnesota State University, Mankato

213 Highland Center North, Mankato, MN 56001
507 389 1397 | thad.shunkwiler@mnsu.edu



<https://ahn.mnsu.edu/services-and-centers/center-for-rural-behavioral-health/>

We are an academic research center aimed at increasing access to behavioral health services in rural and outstate Minnesota. **Booth 3**

Christian Family Solutions Counseling Care and Services

8670 210th St W, Lakeville, MN 55044
800 438 1772 | cfc@wlcfs.org
Christianfamilysolutions.org



Christian Family Solutions (CFS) has clinic locations in Lakeville, Mankato, and Rochester. CFS is a non profit organization providing outpatient counseling, intensive day treatment for teens, in person and online, skills groups and medication management. In Mankato, we also offer adult gambling treatment and an adult Dual Diagnosis IOP. We serve individuals in 52 clinics and schools, in 7 states. CFS integrates evidence based care with Christian faith principles as requested by clients. **Booth 46**

DHS MN Autism Resource Portal

540 Cedar St, Saint Paul, MN 55101
651 431 3501 | yingya.vang@state.mn.us
mn.gov/autism



The purpose of the MN Autism Resource Portal is to provide the Minnesota autism community with up to date information and resources related to autism and autism spectrum disorder. Content will be collected from a variety of sources, such as non profit organizations, state and federal. **Booth 13**

Ellie Mental Health

1370 Mendota Heights Rd., Mendota Heights, MN55120
651 313 8080 | sroers@elliementalhealth.com



We provide individual and couples counseling, child, teen and family therapy, medication management, psychological testing and evaluation, ARMHS & CTSS, embedded programming & organizational mental health support, and additional customized services both in office and in home. We are proud to be able to serve communities across Minnesota via online therapy and medication management services. **Booth 8**

Fraser

2400 W 64th St, Richfield, MN 55423
612 861 1688 | fraser@fraser.org | fraser.org



Fraser is a nationally recognized expert in treating early childhood autism and mental health, and in providing overall wellness programs for those who have intellectual or developmental disabilities with co-occurring autism or mental health issues. The nonprofit provides a lifetime of quality healthcare, housing, education, employment, and support services. **Booth 33**

Hazelden Betty Ford

11505 36th Ave North, Plymouth, MN 55441
855 348 7018 | rmost@hazeldenbettyford.org
<https://www.hazeldenbettyford.org>



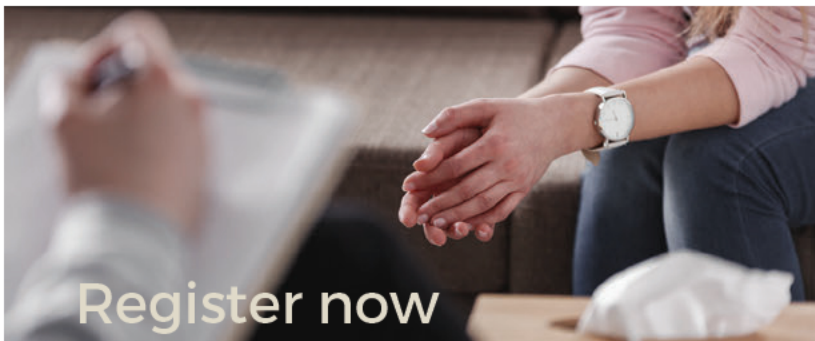
At Hazelden Betty Ford we specialize in the treatment of adolescents, young adults and their families at our Plymouth location. Our services include detox, inpatient, day treatment, IOP and outpatient addiction and mental health programs that are developmentally appropriate, personalized and evidenced based. Our care teams comprised of addiction counselors, mental health and medical professionals establish an individualized treatment plan for each patient supporting their ongoing recovery. **Booth 37**

Jacob's SWAG Foundation - Got Your Back

2222 6th Street, Monroe, WI 53566
608 293 2418
Jacobsswagfoundation@gmail.com
<https://jacobsswag.org>



Our Mission: The Jacob's SWAG (Support With Awareness and Giving) Foundation Inc. strives to support the emotional needs of children by providing support to schools and community youth programs with a primary focus on suicide prevention/awareness, bullying, mental health and helping students make good life choices. Our Got Your Back app is that it can be used by anyone that has a smart device. This app offers support to anyone that would need help when feeling anxious or unsafe. **Booth 1**



Register now

Trauma-Informed Advocacy Certificate

This certificate provides professionals with an understanding of trauma, trauma-informed care, and the legal and social issues facing those who have experienced trauma. It will provide practical skills for day-to-day practice, and an interdisciplinary perspective on trauma and advocacy skills.

- Fully online, 12 weeks
- Designed for attorneys, social workers, first responders, probation officers
- Start dates in the spring and fall
- Nonprofit discounts and scholarship available
- mitchellhamline.edu/TIA



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School of Law

Juniper Rising

145 West Diamond Lake Rd #2, Minneapolis, MN 55419
612 558 7549 | wendy@connectedbeing333.com
juniperrising.org

Juniper Rising provides parent centered support that addresses the personal development needs of parents who are navigating their child's mental health journey. Our Parent as Self approach is designed to bring hope, a path forward, and a return to self. In collaboration with mental health professionals, our offerings include professionally led education/skills workshops and courses, coaching, and renewal modalities that care for the Parent as Self. **Booth 40**



Lee Carlson Center

7954 University Ave NE, Fridley, MN 55432

763 7803 036 | skopp@leecarlsoncenter.org
www.leecarlsoncenter.org



Lee Carlson Center for Mental Health & Well Being, a 501c3 non profit, is one of Minnesota's primary providers of outpatient mental health services in Anoka County, Hennepin County and surrounding areas. A beacon of hope and healing for over 40 years, our mission is to provide exceptional and affordable mental health services to families, children, youth, and adults. **Booth 56**

Lighthouse Psychological Services, Inc.

1551 Payne Ave, St. Paul, MN 55130

763 780 3307 | mollyolson@lighthousepsych.org
www.lighthousepsychmn.org



Lighthouse Psychological Services provides therapy to assist youth with special needs in improving functioning in several areas. These areas include; sexuality, mental health, emotions, self regulation, attitudes/thoughts, and social skills. Therapists specialize in servicing youth with a variety of behavioral and developmental needs. This includes youth with diagnoses such as Autism Spectrum Disorder, mood disorders, and impulse control disorders. **Booth 5**

Live More Screen Less

2429 Nicollet Ave, Minneapolis, MN 55404 3450

612 887 8674 | kennedy@livemorescreenless.org
https://livemorescreenless.org/



LiveMore ScreenLess™

Stickers, magnets, posters, informational one pagers about Digital Wellbeing, the effects of screens, a Youth Summit, and more. **Booth 58**

Love My Feelings

PO 868 7146 Turtle Lake Drive NW, Walker, MN 56484

218 536 1017 | amy@lovemyfeelings.com
www.lovemyfeelings.com



Consulting, coaching and toy tools designed to make feelings fun! Whether you are a mental health professional, practitioner, parent or teacher Language of the Heart tools make feelings fun and build emotional mastery! **Booth 42**

Melrose Center

3525 Monterey Drive, St. Louis Park, MN 55346

952 993 6200 | melrose@parknicollet.com
www.melroseheals.com



For more than 35 years Melrose Center has helped treat and heal patients of all ages struggling with eating disorders, including Anorexia, Bulimia, Binge Eating Disorder, and Avoidant/Restrictive Food Intake Disorder. Our individualized and innovative treatment uses a multidisciplinary approach that includes medical, nutritional, and psychological care through outpatient and residential programs. To learn more, visit melroseheals.com. **Booth 17**

Mental Health Services

6600 France Ave S, Suite 230, Edina, MN 55435

952 835 2002 | swinchester@mhs dbt.com | mhs dbt.com



At MHS, we'll show you new, useful behaviors to replace the ones doing harm, or doing nothing helpful. These targeted skills balance emotions, create effective coping, improve relationships, and help you be mindful in the moment. In DBT, you'll also learn to track your progress on a diary card discovering what's behind these behaviors and how to change them with a powerful tool called behavior analysis. **Booth 41**

M Health Fairview

2450 Riverside Ave, Minneapolis, MN 55454

800 468 3120 | gene.nisja@fairview.org
MHealthFairview.org



M Health Fairview provides mental health services for all ranges. Services include a wide range of interventions including Inpatient, Day Treatment and outpatient level of care. **Booth 23**

Minnesota Alliance on Problem Gambling

1935 Co Rd B2 West, Suite 420, Roseville, MN 55113

612 424 8595 | smertz@mnapg.org
www.mnapg.org



MNAPG is a non profit, gambling neutral organization dedicated to improving the lives of Minnesotans affected by problem gambling. We work to raise public awareness about gambling addiction and the stigma that's often associated with it. We advocate for funding for treatment programs and provide professional training for those who work with problem gamblers. **Booth 32**

Minnesota State University, Mankato

Department of Counseling & Student Personnel

107 Armstrong Hall, Mankato, MN 56024

507 389 2423

CSPdepartment@mnsu.edu



ed.mnsu.edu/academic programs/counseling student personnel

The Department of Counseling and Student Personnel Masters program with emphasis areas in College Student Affairs, Mental Health Counseling, and Professional School Counseling are CACREP accredited and IRCEP registered. We believe personal connections and honoring diverse perspectives are at the heart of student success. People with an interest to develop helping and advocacy skills, be academically challenged, and engage in meaningful research are warmly encouraged to apply. **Booth 62**

MN Autism Center

5155 Miller Trunk Hwy, Hermantown, MN 55811

612 207 1466 | jennifer.rickoff@mnaulism.org
https://www.mnaulism.org



Minnesota Autism Center (MAC) provides therapeutic services to children and adolescents between the ages of 18 months to 21 years who have autism spectrum disorder (ASD). Our services are center based and in home, utilizing several therapeutic modalities all based on the principles of applied behavior analysis (ABA) therapy, to develop individualized treatment plans and group learning experiences delivered in a 1:1 ratio or group learning setting with a team of mental health professionals. **Booth 28**

Montessori Center of Minnesota

1611 Ames Ave. E., St. Paul, MN 55106 | 651 298 1120

mtcm@mtcm.org | www.montessoricentermn.org



Montessori Center of Minnesota expands access to Montessori education through its teacher training, early childhood, and outreach programs. MCM's state of the art facility in St. Paul houses a training center, Cornerstone Montessori School for children 16 months 6 years, and Cornerstone Montessori Elementary School, a separate K 6 public charter school. MCM's Montessori Partners Serving All Children is a collaborative of community leaders dedicated to increasing access to Montessori education. **Booth 4**

MoveMindfully

2136 Ford Parkway #238, Saint Paul, MN 55116
651 373 1352 | kathy@move mindfully.com
www.move mindfully.com



Educators, therapists, students, and other related service providers, learn how to teach simple mind body strategies for self regulation and social emotional learning. MoveMindfully® programs include: trainings, workshops, residencies, consultations. Our MoveMindfully products are designed to deliver our signature BREATHE MOVE REST practices: MoveMindfully Card Deck English, Spanish and Early Childhood, MoveMindfully App, and Permission to Pause Posters. **Booth 26**

NAMI Minnesota

1919 University Ave Suite 400, St Paul, MN 55104
651 645 2948 | namihelps@namimn.org
www.namimn.org



NAMI Minnesota (National Alliance on Mental Illness) is a non profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. For over 40 years, NAMI Minnesota has worked to promote the development of community mental health programs and services, change public attitudes about mental illnesses, improve access to services and increase opportunities for recovery. **Booth 57**

New Vision Wilderness Therapy

133 W State Street, Medford, WI 54451
715 748 0251 | emily.fritz@nvwild.com | www.newvisionwilderness.com



New Vision provides trauma informed, attachment focused, wilderness immersion therapy to pre teens, adolescents, and their families. Using some of the most innovative therapeutic techniques our team works directly with the nervous system to reset the student's physical and emotional experience. By providing emotional support, communication options, social skill building, and regulation techniques our team facilitates holistic, cohesive healing for students. **Booth 11**

Newport Healthcare

1726 7th Ave S, St Cloud, MN 56301
877 461 2994 | katie.richburg@newporthealthcare.com
https://www.newportacademy.com/programs/



Newport Healthcare is the national leader in treating higher acuity mood and co occurring disorders in teens and young adults, such as depression, anxiety, mood disorders, trauma, and substance use disorder. Through a comprehensive, evidence based plan tailored for each individual and incorporating a robust family therapy counseling component, our residential and outpatient mental health treatment centers in Minnesota help young people and families move from struggling to thriving. **Booth 11**

Nexus Family Healing

407 130th Ave S, Onamia, MN 56359 | 320 630 3507
jrubado@nexusmillelacs.org | nexusfamilyhealing.org



Nexus Family Healing has the resources to give every child high quality care appropriate to their individual needs. And our services don't end with the child. We recognize that individual family members and family units need support as well. The Nexus Practice Model ensures consistency, quality, and compassion. With a wide variety of programs available, the Nexus Practice Model ensures the children you entrust to us will receive safe, high quality and individualized care. **Booth 16**

North Homes Children and Family Services

303 SE First St, Suite 1, Grand Rapids, MN 55744
218 327 3000 | wade.chiodo@northhomes.org
www.northhomes.org



North Homes Children and Family Services is a non profit agency that provides comprehensive mental health services and outpatient substance use disorder treatment to children and families across Minnesota. **Booth 24**

Northeast Metro 916 Intermediate School District

2540 County Road F East, White Bear Lake, MN 55110
651 415 5653 | lreetz@916schools.org  **916**
www.916schools.org *passions in education*


Our district serves nearly 5,000 students through shared programming that includes career and technical education, special education services, area learning centers, and care & treatment. Through sharing resources, talent, and ideas, we provide cost effective, expert, and reliable services to 13 member school districts and the students and families we collectively support. **Booth 66**

Northeast Youth & Family Services

3490 Lexington Ave. N., Shoreview, MN 55126
651 486 3808 | info@nyfs.org  **NYFS** Northeast Youth & Family Services
www.nyfs.org *Transforming Lives*

NYFS is a nonprofit mental health and community services organization that provides trauma aware, culturally relevant support to residents in the northeastern suburbs of the Twin Cities. **Booth 50**

Northern Minnesota Suicide Prevention Regional Coordination

14 North 11th Street, Cloquet MN 55720
218 461 5998 | Meghann.Levitt@co.carlton.mn.us  **988** SUICIDE & CRISIS LIFELINE
Minnesota Suicide Prevention Regional Coordination

Minnesota Suicide Prevention Regional Coordination consists of three Minnesota Department of Human Services Grantees who coordinate Regional Suicide Prevention Coordination across all of Minnesota's 87 Counties and 11 Tribal Nations. Canvas Health, Carlton County, and Fond du Lac Band of Lake Superior Chippewa work in coordination to make sure that everyone has access to free suicide prevention education and training, as well as resources for the 988 Suicide & Crisis Lifeline. **Booth 60**

Northern Pines Mental Health Center

PO Box 367, Little Falls, MN 56345
320 639 2025 | whoffs@npmh.org | www.npmh.org 


Northern Pines is a full service mental health agency for all ages. Our services are Adult in community, in clinic, in school with offices in 18 school districts/40 schools. Safe Harbor options for longer term needs. Child/Family, Crisis / Substance Use. Visit npmh.org for a more details and descriptions of all our services. We are staffed with Credentialed, very caring professionals whose only goal is to help those in need get back to a good mental standing in their life. **Booth 21**

NorthStar Community Services

30 North 8th Street, Cloquet, MN 55720
218 626 5175 | heather@northstarcommunityservices.com 


Wellness Services including, Childrens CTSS Day Treatment, CTSS, ARMHS, Psychotherapy, Occupational Therapy, and Care Coordination. **Booth 53**

Northwood Children's Services

714 West College Street, Duluth, MN 55811
218 724 8815 | mkolenda@northwoodchildren.org  **NORTHWOOD** CHILDREN'S SERVICES
northwoodchildren.org

Located in Duluth, Northwood Children's Services provides holistic and professional care, education, and treatment for children with severe emotional, behavioral, and learning disabilities. Established in 1883, we are the oldest and largest organization of our kind in Minnesota. Northwood is a private, nonprofit, tax exempt agency committed to building positive change in children's lives. **Booth 54**

P.E.A.S.E. Academy

601 13th Avenue SE, Minneapolis, MN 55414
612 378 1377 | mdurchslag@emailmtcs.org  **P.E.A.S.E.** ACADEMY
www.peaseacademy.org

P.E.A.S.E. Academy is an accredited public Recovery High School that provides a continuum of care for adolescents as well as a high school diploma. We also have an After School Recovery Program run by trained Peer Recovery Specialists, expanding the amount of young people we can serve and support. **Booth 14**

Parent Coach Connection

Parent Coach Connection, Ham Lake, MN 55304
763 438 1093 | lisa@parentcoachconnection.com
www.parentcoachconnection.com



You belong here. A place for collaboration and connection among professionals serving families. A place to find community, coaching resources, and tools to grow you and your business. No matter where you are on your professional journey, you can sit with us. **Booth 34**

Park Nicollet

6700 Excelsior Blvd, St. Louis Park, MN 55416
952 993 8541 | recruiting@parknicollet.com
http://www.parknicollet.com



Park Nicollet Health Services, member of the HealthPartners Organization, is a large award winning integrated multi specialty practice with nearly 700 doctors and clinicians in over 55 credentialed medical specialties. **Booth 18**

Patagonia Health

15100 Weston Pkwy STE 204, Cary, NC 27513
919238 4780 | dayna@patagoniahealth.com
https://patagoniahealth.com/



Patagonia Health's integrated EHR, Practice Management, and Billing solution is federally certified and designed to improve departmental workflows using apps and cloud based technology. We collaborate with public and behavioral health organizations to develop advanced features, empowering them to improve the well being of their communities. For more information, visit patagoniahealth.com. **Booth 27**

Port

PO Box 488, Brainerd, MN 56401 | 218 829 2123
info@portgrouphomes.org | www.portgrouphomes.org



Port provides children's residential services to youth who have been or who are at risk to be trafficked or exploited. Services include individualized treatment plan, individual/group/family counseling, crisis stabilization, medication management, anger management, skills groups, independent living skills program, credit recovery, etc. We offer a safe place where youth can receive personalized services to help in their success. **Booth 19**

Prairie Lakes Youth Programs

1808 Civic Center Drive, Willmar, MN 56201
320 231 1729 | pplyp@plypsecure.com | prairielakes.net



Prairie Lakes Youth Programs provides residential programming for youth in Minnesota in our Secure, Non Secure, and Group Home Programs. **Booth 35**

Project Linus

218 721 8167 | www.projectlinus.org



The Duluth Superior Area Chapter is part of the national non profit organization, Project Linus, that provides handmade blankets for children experiencing trauma. The trauma might be medical, social service related, or the result of a natural disaster. The blankets include quilts, fleece, flannel, knitted and crocheted, all made by area volunteers. **Booth 6**

Psychiatric Assistance Line (PAL)

9400 Zane Ave N, Brooklyn Park, MN 55443
855 431 6468 | pal@prairiecare.com
mnpsychconsult.com



The Psychiatric Assistance Line (PAL) offers free and immediate access to a Board Certified Child and Adolescent Psychiatrist for primary care providers to consult regarding a patient. Primary care/mental health providers can also access mental health triage, referral and resources, as well as training and education opportunities. PAL is operated by PrairieCare (A Division of Newport Healthcare) through grants from DHS and MDH. **Booth 15**

RADIAS Health - Compass First Episode Psychosis

166 4th Street E, Suite 200, Saint Paul, MN 55101
952 529 5898 | laurel.bieschke@radiashealth.org
www.radiashealth.org



Compass is an outpatient First Episode Psychosis treatment program offering comprehensive early intervention services to individuals ages 15 40. Compass utilizes NAVIGATE, which is an evidence based model designed to support individuals and their families in creating a path towards wellness following an initial episode of psychosis by empowering those affected by psychosis to make meaning of their experiences, pursue their goals, and move forward with their lives. **Booth 43**

Recovering Hope Treatment Center

2031 Rowland Rd, Mora, MN 55051
763 242 1400 | sadie@recoveringhope.life
www.recoveringhope.life



Recovering Hope Treatment Center provides residential substance use treatment for women, women and children and pregnant women. Recovering Hope Treatment Center provides services for families from any entry point with outpatient substance use services, mental health counseling, medication management and community support. **Booth 9**

Region 3 IEC - Help Me Grow

Po Box 307, Deer River, MN 56636
218 341 3566 | thutchinson@isd318.org | helpmegrwmn.org/



Help Me Grow provides resources for families to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost. Minnesota's Help Me Grow is an interagency initiative of the State of Minnesota Department of Education, Department of Health and Department of Human Services. We partner with all local service agencies. **Booth 52**

Responding to Student Behavior
PREPARING FOR TEACHING
A GUIDE FOR TEACHERS

Jeff Fink ~ Jon Halpern
Child Sense
www.childsense.net
contact@childsense.net ~ 651.353.4959

Residential Services, Inc. (RSI)

2900 Piedmont Avenue, Duluth, MN 55811
218 740 7621 | info@residentialservices.org
www.residentialservices.org



RSI has been working in communities in Minnesota since 1978 in home and community based settings for people living with disabilities and mental illness, providing a range of services catered for individuals of all ages, identities, and abilities. We believe that all people, regardless of their disability, can live successfully in a community based setting given the proper supports. Youth Services provided: CRS, Individualized Home Supports, Outpatient Therapy, Equine Therapy. **Booth 44**

Rogers Behavioral Health

6442 City West Parkway, Suite 200, Eden Prairie MN
763 318 2800 | brendon.schmitzer@rogersbh.org
https://rogersbh.org



For 115 years, Rogers Behavioral Health has been a leading not for profit, private provider of specialized mental health and addiction services for adults, teens, children, and families. Rogers provides treatment in Wisconsin, Minnesota, and eight other states, making it one of the largest providers of specialty behavioral healthcare in the nation. **Booth 39**

Ruling Our eXperiences (ROX) Inc.

1335 Dublin Rd, Ste 18A | Columbus, OH 43215
614 488 8080 | nancywillis@rulingourexperiences.com
www.rulingourexperiences.com



ROX is a national nonprofit leader in programming, education and research for girls. Learn about how our evidence based small group program for girls in grades 5-12 can support your school community prevention efforts. **Booth 10**

Sheletta Brundidge

www.shelettamakesmelaugh.com

SHElettaMakesMeLaugh.com started as an idea from Emmy award winning comedian and radio host Sheletta Brundidge. Aware of the serious lack of diversity in traditional media and frustrated by her own inability to find a seat at the table, she decided to build her own. In 2020, Sheletta created SHElettaMakesMeLaugh, a multi media online platform with weekly podcasts. With shows like JET Setting Divas, Life After Loss, DR Verna's Virtues, the Diversity Dude and Becoming the Bank, Sheletta has given voice to a top notch group of BIPOC experts.

Booth 49

Sophie's Squad

6371 Red Hawk Trail, Lino Lakes MN 55014
651 307 5245 | miki@sophiessquad.org
Sophiessquad.org



We are a non profit organization founded in 2021 to improve the mental health of athletes from youth to college by raising awareness of mental health issues and removing the stigma associated with seeking help. **Booth 61**

Spark & Stitch Institute



Spark & Stitch Institute
Ignite Courage and Connection with Kids

3221 E 24th Street, Minneapolis, MN 55406
612 616 3223 | info@sparkandstitchinstitute.com
sparkandstitchinstitute.com

Co founded by Erin Walsh and Dr. David Walsh, Spark & Stitch translates brain science into practical strategies for raising connected and courageous kids in the digital age. Spark & Stitch offers workshops, online classes, and resources for parents, educators, and professionals related to child and adolescent development and screen time. **Booth 7**

Streamline Healthcare Solutions

1301 West 22nd Street, Suite 305, Oak Brook, IL 60523
877 467 4741 | marketing@streamlinehealthcare.com
https://streamlinehealthcare.com/



Since 2003, Streamline Healthcare Solutions has focused exclusively on the Behavioral Health and Human Services market. The company is a trusted partner in building innovative technology solutions that empower organizations to improve the quality of life for those in need. Streamline's SmartCare™ is an enterprise, cloud based, single platform, intelligent Electronic Health Record (EHR) solution. **Booth 12**

The College of St. Scholastica

1200 Kenwood Ave, Duluth, MN 55811
651 403 8625 | jparsons@css.edu | www.css.edu



Undergraduate and Graduate programs in Social Work and Education. Programs include B.A. Social Work, B.S. Elementary Education, B.A. Education Studies, Master of Social Work, Graduate Special Education Licensure, Graduate Teaching Licensure and Doctorate in Educational Leadership. **Booth 30**

The Emily Program

1295 Bandana Blvd W, STE 210, St Paul, MN 55108 The Emily Program
888 364 5977 | emily.lamb@emilyprogram.com | emilyprogram.com



The Emily Program is nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. We know that you're not defined by your eating disorder, and our team of experts including therapists, dietitians, and medical staff focuses on treating the whole person. The Emily Program offers in person and virtual treatment with personalized options for all eating disorders. **Booth 29**

UCare

500 Stinson Blvd, Minneapolis, MN 55413
612 676 3570 | mgossett@ucare.org | www.ucare.org



UCare offers Medicare, Medicaid and Individual and Family health plans powered by the hardest working people in the industry. **Booth 65**

North Homes Children & Family Services



Providing a community-based continuum of compassionate care to children and families since 1990



Our core services:

- **School-based** skills and therapy provided at 45 schools across the state
- **Foster care and adoption** licensing and case management in over 25 counties in Minnesota
- **Residential treatment** services for youth in Grand Rapids & Bemidji
- **Adult services** and case management
- **Out-patient behavioral health and substance use disorder** services provided in Bemidji, Deer River, Grand Rapids, and Duluth

To learn more about our programs and employment, visit us at:



www.northhomes.org

Unite Us

807 Broadway St. NE, Minneapolis, MN 55413
914 539 1133 | brian.chmura@uniteus.com
<https://uniteus.com/networks/minnesota/>



Unite Minnesota is a coordinated care network of health and social service providers. Partners in the network are connected through Unite Us' shared technology platform, which enables them to send and receive electronic referrals, address people's social needs, and improve health across communities. The network is supported by a Minnesota based Unite Us team focused on community engagement, network health and optimization, and customer success. **Booth 48**

University of Minnesota, College of Continuing and Professional Studies

1420 Eckles Avenue, Saint Paul, MN 55108
612 791 1486 | abecheri@umn.edu
ccaps.umn.edu

College of Continuing & Professional Studies

UNIVERSITY OF MINNESOTA

Whether you're looking to advance in your field, change careers, or work toward professional certification, the University of Minnesota College of Continuing and Professional Studies (CCAPS) has a program for you. Our graduate level offerings, designed with working professionals like you in mind, provide the skills and training that transform careers. When you earn a degree or certificate here, you're getting the gold standard in education. **Booth 22**

University of Minnesota Institute for Sexual and Gender Health

1300 S 2nd St, Suite 180, Minneapolis, MN 55455
612 626 3601 | isgh@umn.edu
<https://med.umn.edu/sexualhealth>



The Institute for Sexual and Gender Health (ISGH) at the University of Minnesota is one of the largest clinical, teaching, and research institutions in the world specializing in human sexuality and gender. ISGH has led the way nationally and internationally in crucial, often controversial, sexual and gender issues and has worked with local, national, and international health agencies to advance public health policies promoting sexual and gender health and well being. **Booth 63**

University of Wisconsin Superior

801 N. 28th St., Superior, WI 54880
952 738 2156 | kelli.abar@apdegrees.com
online.uwsuper.edu/kelli



The University of Wisconsin Superior offers a flexible program. Our 100% online programs offer flexibility with our seven week courses. Our Master of Science in Education School Counseling, Clinical Mental Health, Marriage Family Therapy, Master of Science in Instruction, Master of Science in Special Education, Master of Science in Educational Administration, & Education Specialist in Educational Administration Superintendent/District Administrator are offered 6 times a year. **Booth 20**

Wellcome Manor Family Services

114 W Pleasant St, Garden City, MN 56034
507 546 3295
scott.vaske@wellcomemanor.org
www.wellcomemanor.org



Wellcome Manor is a co occurring, residential substance use disorder treatment center for women seeking moderate to high intensity drug and alcohol services. WMFS is unique in the aspect that we provide services to women, pregnant women, and women with children. We have a licensed on site daycare that utilizes evidence based programming for the children while their mothers are attending treatment. Women without children have their own lodging, providing an adult atmosphere for recovery. **Booth 25**

Wings

1326 East Ripley St, Litchfield, MN 55355
320 593 0440
wingspd@wingsats.com
wingsats.com



Adolescent MHSUD Co Occurring Residential Programming. ASAM Level 3.5. **Booth 47**

Youable Emotional Health (Formerly Headway Emotional Health Services)

6425 Nicollet Ave, Richfield, MN 55423
612 806 4329 | info@youable.health
youable.health (as of 4/1 currently headway.org)



Youable Emotional Health is here to empower people of all ages to live an emotionally healthy life including YOU. Whether you're dealing with a serious mental illness or the natural ups and downs of life, we believe you have the ability to live your life with purpose. Our therapy options are here to help the Twin Cities do that. **Booth 38**

Special Programming

This year, we're excited to be offering special programming in our Exhibit Hall.

MoveMindfully

Monday 8:25 - 8:45 am | Tuesday 8:25 - 8:45 am

Join Kathy Flaminio from MoveMindfully for some morning movement to get your mind and body ready for a day of learning.

Project Linus Blanket Making

Monday 7:30 am - 3:15 pm | Tuesday 7:30 am - 1:15 pm

Help make blankets to support children 0-18 in the United States who are seriously ill, traumatized or otherwise in need. Find Project Linus' exhibit booth next to MACMH's green tent.

Ice Cream Social

Monday 2:45 - 3:15 pm

Join us for an Ice Cream Social as you explore our wide variety of exhibitors.

Prize Drawing

Monday 2:45 - 2:55 pm | Tuesday 1:10 - 1:15 pm

Participate in our Exhibit Scavenger Hunt and be entered into our drawing!

Collect stamps on your scavenger hunt card (found in your folder) by visiting our exhibitors. Turn in your completed card at the MACMH green tent to be entered in a drawing for a variety of prizes including:

- + Free registration to MACMH's 2024 Conference
- + Family game night basket from Center for Rural Behavioral Health at MSU, Mankato
- + BE Buddy® multisensory breathing pal and eye pillow
- + Free access to 3 online parenting classes with Spark & Stitch Institute
- + My Feelings! Play Mat
- + Snuggle Buddies Emotions Plush
- + Fleece blanket from Project Linus
- + Cooler bag with outdoor goodies from New Vision Wilderness Therapy
- + Gift basket from Northwood Children's Services with kitchen and cooking goodies
- + Bookstore item from Behavioral Institute for Children & Adolescents

mhs

DBT & Mental Health Services

Evidence-Based Dialectical Behavior Therapy and Specialty Psychological Services Since 2007.

Adolescent DBT:

- Ages 14 to 18
- Meets in-person or virtually
- Optional monthly caregiver component

Early Adolescent DBT:

- Ages 12 to 14
- Meets virtually
- Mandatory weekly caregiver component

Through a combination of mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness, DBT leads young adolescents and adults through the process of making long-lasting and meaningful changes in their lives. The goal is to give young people the skills to self-manage through periods of intense or painful emotions while maintaining safety.



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TO REFER VISIT OR CALL:

www.mhs-dbt.com



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Training Series

New Workshops
Added Regularly

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 supporting LGBTQ+ youth, digital wellbeing, cultural responsiveness, self-harm, suicide prevention 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

Check out
MACMH's new
User Portal



Login with the
email you used
while registering.

Thank you Deborah Saxhaug

This is our first in-person conference since our former Executive Director, Deborah Saxhaug, retired and we welcomed our new Executive Director, Brandon Jones. We want to express our appreciation to Deborah who, 34 years ago, had a dream that children's mental health desperately needed a voice. In the basement of her home in the southern suburbs of the Twin Cities, she started a small non-profit, called it Minnesota Association for Children's Mental Health and slowly began the very important work of finding resources to help parents, caregivers and professionals navigate the complex world of mental health.

MACMH now has publications, family advocacy, programs for infants, teens and every age in between. It's impossible to count the number of children who have been helped because of the determination and dedication of one mother working in her basement to find assistance for the children of Minnesota.

Deborah, enjoy your retirement – we thank you!

And a warm welcome to Brandon Jones



**HealthPartners
Park Nicollet**

Child and Adolescent Therapist – Masters and Doctorate Levels
Park Nicollet

The Park Nicollet Behavioral Health Department is a large, multidisciplinary group which provides comprehensive mental health services in the Twin Cities. We are seeking Child and Adolescent Therapists for our St. Louis Park, Maple Grove and Burnsville locations.

We are looking for a clinician with experience assessing, diagnosing and treating a broad age-range of children and adolescents with difficulties relating to disruptive behavior disorders, anxiety, mood disorders, ADHD, learning disorders and developmental concerns.

*In addition, we are seeking a Post Masters Fellow for our St. Louis Park location.

We value training in and a commitment to evidence based care. Professional relationship building skills are essential to facilitate partnering with behavioral health and primary care colleagues to provide clients with the best and most comprehensive care possible. Candidates should be licensed, or license eligible, in MN at a Doctoral level (Ph.D., Ed.D. or Psy.D.) or Master's level (LICSW, LMFT, LPCC).

***\$5K SIGN ON BONUS, competitive salary, excellent benefits (including continuing education and paid licensure) and much more!**

***Qualifying employer for Public Service Loan Forgiveness Program (as applicable)**

Park Nicollet Health Services, member of the HealthPartners Organization, is a large award-winning integrated multi-specialty practice with nearly 700 doctors and clinicians in over 55 credentialed medical specialties. Our hospitals and clinics are locally and nationally recognized for clinical quality, disease management, patient safety and leadership.



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She/Her

Shalonda Flowers

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Brandon Jones, MA

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She/Her

Lauren Moberg, MA, LMFT, IMH E®

Infant & Early Childhood Director
She/Her

Krista Mrozinski, MA, LMFT, IMH E®

Family Support Program Coordinator
She/Her

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They/Them

Matt Organisak Jensen

Director of Arts & Youth Engagement
They/Them

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Director of Finance and Operations
He/Him

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She/Her

April j Tighe

Senior Graphic Designer, Office Manager
She/Her

Amanda Xiong

Professional Development Coordinator
She/Her

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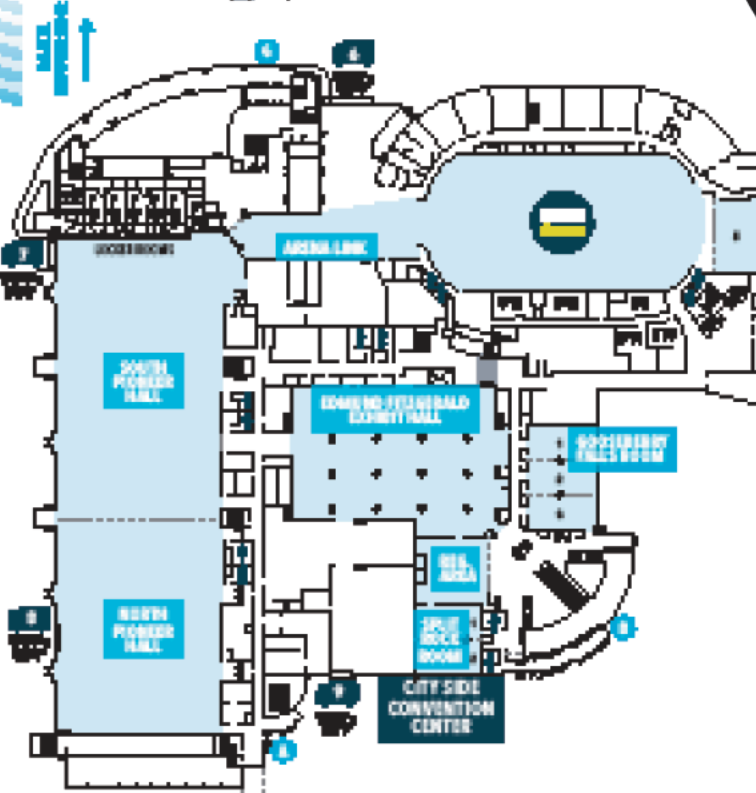
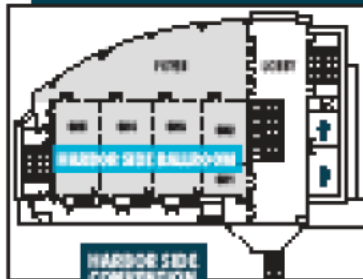
3RD LEVEL

SKYWALK LEVEL

GROUND LEVEL

FLOOR PLANS

DECC



- Key
- Charging Station
 - MACMH Central
 - Special Programs
 - Networking & Seating Area
 - Gender Neutral Restroom