



## Child & Adolescent Mental Health Conference

April 28 - 30, 2024  
Duluth, Minnesota

# Harmony in Connection



Nurturing Mental Wellness Together

[www.macmh.org](http://www.macmh.org)



Dear #MACMHcon24 Attendees,

I'm delighted to warmly welcome you as we gather for the Children's Mental Health Conference, #MACMHcon24. It's an honor to have you here, and I'm excited to share in this incredible journey towards nurturing mental wellness in children.

### Harmony in Connection: Our 2024 Theme

This year's conference theme, "Harmony in Connection: Nurturing Mental Wellness Together," underscores the importance of coming together to create a harmonious environment that supports the mental well-being of our children. By fostering connections and collaboration, we can make a lasting impact on the lives of the youngest members of our community.

### What to Expect

Throughout this event, you can anticipate:

1. **Inspiring Keynotes:** Renowned experts will share their insights and experiences, offering fresh perspectives on children's mental health.
2. **Interactive Workshops:** Engage in hands-on learning, where you can gain practical knowledge and skills that can be applied immediately.
3. **Networking Opportunities:** Connect with like-minded professionals, share ideas, and build lasting relationships.
4. **Exhibitor Showcase:** Explore the latest tools, resources, and solutions that support children's mental wellness.

### Promoting Inclusion and Respect

At #MACMHcon24, we firmly believe that inclusion and respect are at the core of our mission. We value the diversity of perspectives, backgrounds, and experiences that each attendee brings to the table. It's essential that we create an environment where everyone feels valued and heard. Please join us in upholding a culture of inclusivity, where differences are celebrated, and respect for one another is paramount. Let's ensure that every participant feels comfortable and respected throughout our time together, as this is key to fostering the collaboration and harmony we seek in nurturing mental wellness. Together, let's set an example of unity and understanding for the benefit of all.

### Your Role Matters

Your presence at #MACMHcon24 is pivotal. Your expertise, dedication, and commitment to improving the lives of children make a significant difference. Together, we can shape a future where mental wellness is at the forefront of our society's priorities.

### Stay Connected

Stay updated throughout the conference by following our social media channels and using our official hashtag: **[#MACMHcon24]**.

### Final Thoughts

Thank you for being a part of #MACMHcon24. Your dedication to children's mental health is admirable, and I have no doubt that together, we'll take significant steps toward nurturing mental wellness in our community.

Should you have any questions or need assistance during the conference, please don't hesitate to reach out to our helpful staff.

Let's embark on this journey towards harmony in connection and the nurturing of mental wellness together.

Warm regards,

A handwritten signature in black ink, appearing to read 'Brandon Jones', is written over a white background.

Brandon Jones

Executive Director, MACMH



# Things to Know

## Meals & Refreshments

**Sunday:** Lunch will be available on Sunday for Supervision Attendees ONLY.

**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.

## Weather

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

## Schedule Changes

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

## Exhibits

**Set-up: Sunday, April 28, 10:00 – 5:00 pm**

**Monday, April 29: 7:30 am – 3:15 pm**

**Tuesday, April 30 • 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 using Whova to select winners. Download the app for more details!

## Lunch & Learn

In Gooseberry 1

**Monday, April 29: 12:20 – 1:15 pm**

**Tuesday, April 30 • 12:20 – 1:15 pm**

## 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. Volunteers of MACMH are wearing green.



## Workshop Handouts

All conference handouts are electronic this year!

To view handouts for each workshop, download the Whova app.

## Internet

The WiFi for the DECC will be named MACMHCON2024.

# Schedule

## Sunday, April 28

9:30 – 10:00 .....Supervision Registration  
10:00 – 5:00 .....Supervision Series  
11:30 – 5:30 .....General Registration  
11:00 – 12:00 .....Legislative Update  
12:00 – 12:15 .....Break  
12:15 – 1:45 .....Workshops 1-10  
1:45 – 2:00 .....Break  
2:00 – 4:00 .....Workshops 11-20  
4:00 – 4:15 .....Break  
4:15 – 6:45 .....MHED Talks® Plus  
.....followed by Networking Reception

## Monday, April 29

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 21 – 31  
12:15 – 1:15 .....Lunch/Exhibits  
12:20 – 1:15 .....Lunch & Learn Exhibit Stage  
1:15 – 2:45 .....Workshops 32 – 41  
2:45 – 3:15 .....Exhibits/Break  
3:15 – 4:45 .....Workshops 42 – 52

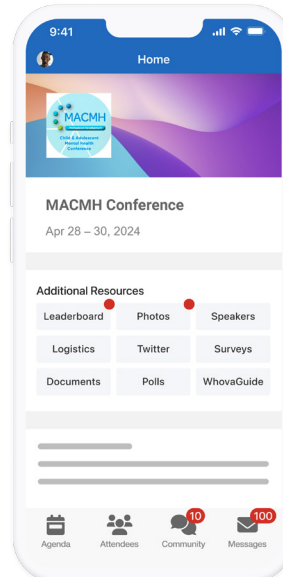
## Tuesday, April 30

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 53 – 63a/b  
12:15 – 1:15 .....Lunch/Exhibits  
12:20 – 1:15 .....Lunch & Learn Exhibit Stage  
1:15 – 2:45 .....Workshops 64 – 73  
2:45 – 3:00 .....Break  
3:00 – 4:30 .....Closing Keynote

## Try our event app Whova



Connect with attendees, explore our vendors, join in the games, win prizes



## Check in at user.macmh.org

Use this QR code to find your registration and check in to sessions.



# Workshop Descriptions

## Target Audience

Presenters chose the primary target audience area while submitting their proposal. You can find each workshop's primary target audience listed with the Level information near the end of each workshop listing.

- + Social Services Professionals (e.g., county child protection workers, case managers, and social workers)
- + Educators and Others Working in Schools (e.g., special education & classroom teachers, paraprofessionals, school nurses, school counselors, school psychologists & school social workers)
- + Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors
- + Health Care Professionals (e.g., nurses and doctors)
- + Corrections Personnel: (e.g., Guardian Ad Litem, restorative justice personnel)
- + Parents and Caregivers: (e.g., family members, parents, caregivers, grandparents, foster parents)
- + Everyone: Suitable for all attendees

## Clinical Content

Social workers 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

Targeted content has been approved by the boards listed below as indicated:

Board of Social Work And Board of Marriage & Family Therapy • Ethics Content ■

Board of Social Work And Board of Marriage & Family Therapy • Supervisory Content ●

Board of Marriage & Family Therapy • Cultural Competency Content ♥

Board of Social Work • Clinical Content ✓

Board of Social Work • Culture Responsiveness ♥

Endorsement\* Core Competency ⓘ (These core competencies include theoretical foundations; law, regulation & agency policy; systems expertise; direct service skills; working with others; communicating; thinking; and reflection.)

\*Endorsement® is an internationally recognized credential used to demonstrate specialization in the infant-early childhood mental health field.

# Continuing Education

Our children's mental health conference is designed to meet continuing education requirements for many disciplines. Certificates will be distributed after completing an evaluation following the conference. We will send the post-email on Tuesday, April 30 before 9:00 PM. Authorizing boards may contact the MACMH office at any time to audit registration and check-in records. *Those seeking a Board of School Administrators certificate should email [info@macmh.org](mailto:info@macmh.org). Our staff will email you the BOSA certificate.*

The following boards are expected to approve CEHs for the conference:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): approved up to 19 CEHs
- MN Board of Marriage & Family Therapy: approved up to 19 CEHs
- MN Board of Social Work: approved up to 19 CEHs
- MN Board of Psychology: approved up to 19 CEHs
- MN Board of School Administrators: approved up to 19 CEHs
- MN Board of Nursing: 19 CEHs\*
- MN Board of Education: 19 CEHs\*
- ND Board of Social Work: 19 CEHs\*

\*CEH approval requires independent submission to your board.

# Option 1

Supervision Series | 10:00 am - 5:00 pm

## ILLUMINATING PATHS TO EFFECTIVE SUPERVISION AND DYNAMIC LEADERSHIP

This 6-hour lecture is a comprehensive exploration of key skills and knowledge essential for effective supervision and leadership in the field. Participants will gain insights into foundational principles of supervision, honing their abilities in ethical decision-making and communication. The lecture will emphasize cultural humility, addressing the diverse backgrounds encountered in social services. Additionally, attendees will acquire valuable tools for conflict resolution, team building, and motivation, empowering them to create a positive and productive work environment. The lecture will conclude with a focus on personal and professional development planning, fostering a commitment to continuous growth in the dynamic field of social services. Overall, this session aims to equip professionals with the leadership skills necessary to excel in their roles and positively impact their communities. [This series is designed to help social work supervisors meet the Minnesota Board of Social Work's requirement in the practice of licensing supervision. 6.0 CEH \(continuing education hours\)](#)



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

**Brittany Clausen**, MSW Founder & Visionary Strategist – Envision Greatness

Level: 1 | For: **Social Services Professionals**

6 hours SW/MFT SUPERVISION ●

3 hours CULTURE RESPONSIVENESS ♥

**Harborside Ballroom (301-305)**

# THANK YOU SPONSORS



# Option 2 | Session 1



## Legislative Update | 11:00 - 12:00

Learn what happened in the 2023 legislative session and the key issues being addressed during the 2024 session. Explore how you can be part of a movement to create change and how to make your voice heard.

### Learning Objectives:

1. Learn the major bills before the legislature focused on mental health and education
2. Learn the key bills passed in 2023
3. Understand what you can do to create change

**Sue Abderholden, MPH, Executive Director-NAMI Minnesota**

Level: 1 | For: **Everyone**

**Lake Superior Ballroom K**

## Concurrent Workshops 1 - 10 | 12:15 - 1:45 pm

### 01- Promoting Gender Diverse Youths' Mental Health Through Creating Supportive Environments

While conversations around gender diversity are becoming more visible, many still lack comfort in navigating these topics. Studies show that gender diverse individuals face discrimination across the board, which leads to astonishing mental health disparities. In this presentation, participants will learn more about the connection between gender-inclusive spaces and positive mental health outcomes and will gain several strategies for making spaces more gender-inclusive.

**Logan Sand, M. Ed. Human Sexuality, – Lutheran Social Service of MN**

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

1.5 hours SW CULTURE RESPONSIVENESS 🍀  
**Harborside 204**

### 02 - Youth Wellness Strategies for Successfully Navigating Life's Challenges

Presenters will provide participants with wellness strategies to equip adolescents to better manage their mental health and lives. The strategies provided are designed to help adolescents navigate daily life challenges in an increasingly chaotic world. Participants will acquire ten strategies for youth that will help shield them against individual, cultural and systemic barriers as they navigate their world.

**Aaron Suomala Folkerts, EdD, MS, Mdiv, LMFT, Assistant Professor of Counseling – Minnesota State University-Moorhead**

**Diane Coursoi, PhD Counseling Psychology, Professor of Counseling – Minnesota State University-Mankato**

**Luke Montgomery, BS, Intern/Graduate Assistant – Mankato Psychology Clinic/ Minnesota State University-Mankato**

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors and Parents & Caregivers**

1 hour SW CLINICAL CONTENT ✓  
**Split Rock**

### 03 - Decolonizing Mental Health Care: The Journey of Personal Reflections for Inclusive Care

Colonization and white supremacy are rooted in America's healthcare system. Western mental health has left people of color with limited access to culturally affirming care. Eurocentric and Western therapeutic strategies contribute to the cycle of generational trauma, restricted access to care, and discriminatory therapeutic practices. By utilizing anti-racist approaches, clinicians can address limitations imposed by harmful, white-centered, heteronormative ideologies.

**Henrietta Couillard, MSW, LICSW, Mental Health Counselor II – City of Minneapolis Government**

**Cecilia Hardacker, MA, Pre-licensed Mental Health Therapist – City of Minneapolis Government**

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS 🍀  
Endorsement\* Core Competency ⓘ

**Gooseberry 3**

### 04 - Connecting Sensory Processing and Trauma in Early Childhood

Early Childhood trauma is traumatic experiences that occur before age five. The effects of trauma impact a child's ability to appropriately regulate and organize their sensory systems. This session will review the eight sensory systems (vision, hearing, taste, touch, smell, vestibular, proprioceptive, and interoception) and trauma informed sensory integration intervention techniques.

**Michelle Fyle, MAOT, OTD, OTR/L, Early Childhood Occupational Therapist – St. Paul Public Schools**

**Michelle Mercado, MAOT, OTD, AOTA BCP, Lead Resource for Occupational and Physical Therapy, Developmental Adapted Physical Education**

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

Endorsement\* Core Competency ⓘ

**Lake Superior Ballroom K**

### 05 - Professional Dangerousness: Expanding our Awareness for a More Connected World

This training comprehensively addresses four key aspects of Professional Dangerousness—identifying/defining it, recognizing its manifestations in practice, understanding its underlying causes, and exploring actionable solutions—while guiding participants in supportive strategies for organizational resolution. With a focus on expanding self-awareness, attendees deepen their professional resilience by understanding neurobiological responses to chronic emotional erosion. Relevant examples facilitate reflection, providing insights into maladaptive practices rooted in cognitive functions, social adaptations, and systemic conditioning.

**Jessica Hoeper, MSW, LISW IMH-E@/Infant Family Specialist**

**Bre McMullen, Consultant, Trainer**

Level: 1 | For: **County Child Protection Workers, Case Managers, and Social Workers & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**

Endorsement\* Core Competency ⓘ

**Harborside 205**

### 06 - You Can't Pour from an Empty Cup...Ethics and Self-Care

We have been hearing about self-care for years, it is now in the Board of Social Work Code of Ethics. What does this mean? Come to our presentation to learn more about the ethical component of self-care and then participate in creating your own self-care plan.

**Stephanie Silgjord, LICSW, Director of Children and Families – Northern Pines Mental Health Center**

**Sami Cross, LPCC, Director of Children and Families – Northern Pines Mental Health Center**

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍀

1 hour SW ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥

**Harborside 203**

## Concurrent Workshops 1 - 10 | 12:15 - 1:45 pm

### 07 - Building Social Skills for Neurodiverse Adolescents with Parent Assistance - is it Helicoptering or Helpful?

This seminar focuses on evidence-based methods for improving adolescent social skills, particularly involving parents. The seminar focuses on neurodiverse adolescents. It uses PEERS social skills training methods and provides examples of specific skills and how parents can support without "helicoptering". The seminar is intended for social skills training providers, individuals who work with families affected by autism, and parents.

*Joan Blackman, MA, LICSW, – Strengthen Social skills*

*Angie Zachrison, LMFT, MA, post graduate certificate in marriage and family therapy, – Strengthen social skills*

Level: 2 | For: **Educators and Others Working in Schools & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

**Gooseberry 1**

### 08 - Unlocking the Power of the Vagus Nerve: Its Crucial Role in Mental Health

Are your clients perpetually trapped in fight/flight/freeze mode, despite their best efforts? Join this insightful presentation where we unravel the key to their healing journey: the vagus nerve. Social interactions, mood management, behavior control and physical well-being, are all influenced by the transformative potential of the vagus nerve. Learn why activating this essential neural pathway is crucial for shifting clients out of perpetual stress and into the realm of recovery.

*Tye Moe, Doctor of Chiropractic, Chiropractor – Whole Family Chiropractic*

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals**

**French River**

### 09 - Increasing the Success Rate of Reunification: An Innovative Collaboration

Join us for an enriching experience that bridges the worlds of parenting and county child protection, adding a key piece to a community dedicated to the well-being of children. By hearing the journey of this collaboration, participants will understand the synergy needed between parent coaching and county child protection and the positive impacts to empower parents through innovative strategies.

*Angie Ellsworth, MS, LSW, LSC, Owner/ Parent Coach/Trainer – Timeout Behavior Coaching, LLC*

*Chad Kirschbaum, Program Supervisor – Olmsted County Health and Human Services*

*Tara Braun, Program Supervisor – Olmsted County Health and Human Services*

Level: 2 | For: **Child Protection Workers, Case Managers, and Social Workers & Educators and Others Working in Schools**

**St Louis River**

### 10 - Beyond Breathing: Classroom Mindfulness and Teacher Self-Compassion

During this presentation, participants will learn about mindfulness and self-compassion techniques to help students and educators focus and manage their own emotions. Activities will include a formative assessment, videos, practicing simple mindfulness techniques, and developing an easy-to-use action plan to implement in classrooms or other environments.

*Judi Roux, Ed.D., Licensed in 7-12 Life Science, Assistant Professor – The College of St. Scholastica*

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

Endorsement\* Core Competency ⓘ

**Harborside 202**



[www.macmh.org](http://www.macmh.org)

Save the Date

## 29th Annual Child & Adolescent Mental Health Conference

April 27 - 29, 2025  
Duluth, MN





www.macmh.org

Save the Date

## 7th Annual Infant & Early Childhood Multidisciplinary Conference

November 17 - 18, 2024

NEW LOCATION!  
Marriott  
Northwest in  
Brooklyn Park,  
Nov 17-19th

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



Sunday, April 28

## Option 2 | Session 2

Concurrent Workshops 11 - 20 | 2:00 - 4:00 pm

### 11 - A Mind-Body Approach to Suicide Prevention Using QPR

With the increase of suicide, especially among teens, awareness of the frequency and seriousness of death by suicide is a first step. We believe greater success in suicide prevention is possible when evidence-based tools for assessing suicide risk and referral for support are combined with mind-body practices. During this workshop participants will learn how to ask the difficult and uncomfortable questions to individuals at risk, while integrating movemindfully® trauma-responsive Breathe Move Rest practices.

**Renee Penticoff, PsyD, LP, LGSW MSW, – Sojourn Counseling**  
**Kathy Flaminio, MSW, LGSW, E-RYT 200, Founder/CEO – movemindfully**  
Level: 2 | For: **Everyone**  
.75 hour SW CLINICAL CONTENT ✓  
**Gooseberry 1**

### 12 - Cringe! An Exploration of Embarrassment

Cringe, embarrassed, mortified. We've all been there and we know the shame and anxiety these emotions can create in the lives of youth. Why do we remember embarrassing incidents so vividly? How do we help others to let them go? In this serious yet playful inquiry, we will discuss all things embarrassing. Practical applicable interventions will be presented.

**Brad Hanson, LICSW, Manager of Student Services – PPL Schools**  
Level: 3 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools**  
2 hours SW CLINICAL CONTENT ✓  
0.5 hour SW CULTURE RESPONSIVENESS ♥  
0.5 hour SW CULTURAL COMPETENCY ♥  
**St Louis River**

### 13 - Supporting Children's Mental Health through Promoting Teacher Well-Being and Classroom Environments

Teachers' health and well-being have been linked to children's social-emotional development, academic outcomes, teacher behaviors, and job-related factors. This presentation will explore intervention strategies for promoting teacher wellness, introduce a well-being program that has shown positive results, and identify factors, such as teachers' adversity history and demographics, that relate to outcomes (motivation, stress, resilience). Organization- and classroom-level strategies will be discussed.

**Katie J. Stone, Ph.D., LP, Assistant Professor – University of Minnesota Medical School**  
Level: 2 | For: **Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**  
**Harborside 203**

### 14 - Supporting Parents and Children in Families who Have Suffered a Perinatal Loss

This presentation explores helping parents with their children when the family experiences a perinatal loss. Information for professionals working with their children will be addressed. An overview of the research on bereaved parents' experience at the time of loss and in a pregnancy that follows will be discussed with a parent panel sharing their stories from two different cultures.

**Joann O'Leary, PhD, Consultant/Facilitator of Bereavement Groups – Star Legacy Foundation**  
**Amy Fullenkamp, Bereaved Mother**  
**Hamdi Abdi, MPH, Bereaved Mother/Graduate Student**  
Level: 1 | For: **Parents and caregivers & Educators and Others Working in Schools**  
2 hours SW CLINICAL CONTENT ✓  
2 hours SW CULTURE RESPONSIVENESS ♥  
2 hours SW/MFT ETHICS ■  
2 hours MFT CULTURAL COMPETENCY ♥  
Endorsement\* Core Competency ⓘ  
**Harborside 205**

### 15 - Remembering Resilience

This series highlights Native American resilience through and beyond trauma, exploring concepts, science, history, culture, stories and practices that we are working with as we seek to shape a future for our children and our grandchildren that is defined not by what we have suffered, but what we have overcome. We will introduce Neuroscience, Epigenetics, Adverse Childhood Experiences, & Resilience (NEAR Science).

**DeDe Drift, Director of Tribal Projects – FamilyWise Services**  
**Barb Sorum, Director of Prevention Initiatives, More Resilient Minnesota – Southern Region**  
**Anna VonRueden, Chief Strategy Officer – FamilyWise Services**  
Level: 2 | For: **Child Protection Workers, Case Managers, and Social Workers & Educators and Others Working in Schools**  
2 hours SW CLINICAL CONTENT ✓  
2 hours SW CULTURE RESPONSIVENESS ♥  
2 hours MFT CULTURAL COMPETENCY ♥  
Endorsement\* Core Competency ⓘ  
**Gooseberry 3**

Concurrent Workshops 11 – 20 | 2:00 – 4:00 pm

**16 – Neurologic Music Therapy - Creating New Pathways to Health and Wellbeing**

Music has the capacity to foster positive change and impact the brain in many ways. The pervasive nature of music stimulates many regions and networks of the brain, leading to neurogenesis and cerebral plasticity. A board-certified music therapist/ neurologic music therapist will present on how music is processed in the brain and provide information and live examples on the use of music in the role of mental health healing and wellbeing.

*Melissa Wenzell Samborski, MM, MT-BC, Neurologic Music Therapist – Fellow, Music Therapy Co-Founder and Senior Music Therapist – MacPhail Center for Music*  
*Ella Terman, Children's Therapeutic Support Services Provider at North Homes Family Services and MacPhail Music Therapy Intern*  
 Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**

- 1 hour SW CLINICAL CONTENT ✓
  - 1 hour SW CULTURE RESPONSIVENESS 🍀
  - 1 hour SW/MFT ETHICS 🟩
  - 1 hour MFT CULTURAL COMPETENCY 🍀
- Harborside 204**

**17 – Supporting LGBTQ Youth Mental Health: Challenges, Myths, and Strategies**

The presentation focuses on addressing personal bias, dispelling myths, providing facts, and offering practical suggestions for working with LGBTQIA+ children and youth. Five specific learning objectives guide this session, incorporating insights from recent studies, the American Association of Pediatrics, and The Trevor Project.

*Jessi Robin, B.S. MSW Student, Intensive In-Home Counselor – Greater Minnesota Family Services*  
*Heather Oxendale, LMFT ATR, Art Therapist – Greater Minnesota Family Services*  
 Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools**  
**Split Rock**

**18 – The Emergence and Management of Callous-Unemotional Behavior in Youth**

A cluster of serious behaviors termed “callous-unemotional traits” in children show that some youth have a developmental pathway to antisocial behavior and even emergence of psychopathic personality disorder in late adolescence and adulthood. This program describes these features and influences of heredity, trauma, family dynamics, and brain functioning. Methods of assessment and best practice interventions will also be discussed.

*David Swenson, PhD LP, Psychologist – College of St. Scholastica*  
 Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers**  
 2 hours SW CLINICAL CONTENT ✓  
**Lake Superior Ballroom K**

**19 – Examining Complex Family Structures with the Power of Triangles and other Impactful Assessments**

The overall objective is to equip therapists, social workers, case managers, teachers, counselors, healthcare workers, and all other professionals who work with families with the knowledge and skills to effectively utilize assessment tools to understand the relationship dynamics of complex families. By the end of the presentation, attendees will have a deeper understanding of the importance of assessment and intervention when working with complex families.

*Michael Stensland, PhD, Clinical Psychology and Applied Quantitative Psychology, Chief Research Officer – Genograms*  
*Kristine Stensland, MHA, MBA, Chief Executive Officer – Genograms*  
 Level: 1 | For: **Child Protection Workers, Case Managers, and Social Workers & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**  
 2 hours SW CLINICAL CONTENT ✓  
**French River**

**20 – Youth Firesetting - A Burning Issue**

Youth engage in firesetting behavior for many reasons. Starting fires is not just something “little boys do”. We will explore some myths and the myriad reasons why children and youth start fires, and discuss ways in which we can help. Firesetting is identified as a gateway crime. Successful intervention requires a multi-disciplinary approach. Mental health is a critical component in this effort. Learn how you can make a difference.

*Kathi Osmonson, MS, Speaker, Trainer, Practitioner – Independent Contractor*  
*Jeremy Berger, MA*  
 Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools**  
 2 hours SW CLINICAL CONTENT ✓  
 2 hours SW CULTURE RESPONSIVENESS 🍀  
 2 hours SW/MFT ETHICS 🟩  
 2 hours MFT CULTURAL COMPETENCY 🍀  
**Harborside 202**

**Tag Us on Social Media**

Snap some pics of your time with us and make sure to tag us on social media! #MACMHCon24



**See what we're doing**  
[macmh.org/youth-and-family](http://macmh.org/youth-and-family)

# Option 2 | MHED Talks® Plus

4:15 – 6:45 pm

### Mental Health Exploration & Discovery

MHED Talks® Plus is a presentation series in the spirit of TED Talks. Using stories—both personal and experiences from the field—each speaker has 23 minutes to share their expertise on new concepts, programs, treatment models and research. This year, we're introducing a musical component, so get ready to unwind and expand your knowledge. Following the presentations, there will be a Q&A and hors d'oeuvres networking reception held in Lake Superior Ballroom J.

Level: I | For: Everyone

**MHED Talks Plus in Lake Superior Ballroom LMNOPQ | MHED Talks Plus reception in Lake Superior Ballroom J**



*Deb Kline*

### Arts as Alchemy: Connecting Communities to Healing Resources through Public Performance

Community silence and public stigma persist for survivors of abuse, incest, rape, attempted suicide, and mental health diagnoses. While progress is evident, pushing for advocacy must continue to ensure momentum. Deb Kline shares her passion for paying her healing forward as a Healing Arts Fundraising Troubadour, challenging audience members to transform into agents of healing by: breaking the culture of silence through group listening; supporting survivors by bearing witness to lived experiences; replacing stigma bias with empathy and compassion; and deepening the capacity to create beloved community through connection. This feature presentation will address the roadblocks and victories when sharing trauma survival as performance art, while showcasing a sample of the music, poetry, prose, and art that encompass one woman's full-circle healing journey.

*Deb Kline, Owner/Operator of Wellspring Wellness, LLC, Author, Healing Arts Fundraising Troubadour*



*Alan O'Malley-Laursen*

### Music and the Brain: The Power of Music in Healing, Learning and General Well-Being

Theologian and reformer Martin Luther once said that "Next to the word of God, the noble art of music is the greatest treasure in the world. It controls our thoughts, minds, hearts and spirits." Modern day research has documented the positive impact that music can have on mental health, emotional healing, memory, learning, and the body's physiology...and more. Citing research and sharing personal and professional experience [along with a little live music] the presenter will explore the deep connection between music and the brain and its subsequent influence on health and well-being, both for ourselves and for those we encounter in this important work that we do.

*Alan O'Malley-Laursen, MSW, Active Emeritus LICSW*



*ShaShee Yang*

### Music, Identity, and Connection: The Benefits of Engaging in Music and How it Brings Us Together

Listening to music can help individuals relax, decrease stress, and improve mood significantly. Playing a musical instrument has also been shown to demonstrate as a coping mechanism for stress and reduce cortisol levels. Music also plays a role in our identities and can be tied to our specific memories and unique experience. In this presentation, the presenter shares how music as a tool helped him navigate his identity of being a second-generation Hmong American. The presenter will also share about how music can be used to engage our clients in empowerment, mindfulness, and self-expression.

How we can use music as an aid to help our clients heal and be more connected with their identities and upbringing.

*ShaShee Yang, Clinical Psychology Doctoral Student*



## Join or refer someone to our board of directors

[macmh.org/about/board](http://macmh.org/about/board)



Learn more about our Reflective Supervision groups for Endorsed professionals and/or those pursuing Endorsement.

Designed for professionals to discuss their work in small groups, this consultation is an opportunity to reflect on the ways in which one's beliefs, life experiences and values impact their work with young children and families.



MACMH is also growing its Registry list of IEC Endorsed professionals, some of whom offer Reflective Supervision.

[macmh.org/infant-and-early-childhood/endorsement/registry](https://macmh.org/infant-and-early-childhood/endorsement/registry)

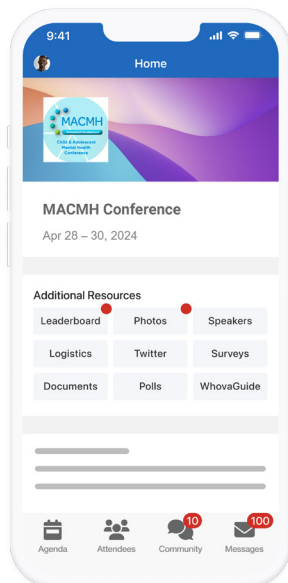
Interested in being added to the list or have questions about Endorsement?  
[user.macmh.org/page/endorseinfo](https://user.macmh.org/page/endorseinfo)

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## Featured Event

Doors open 8:15 am | Doors close 8:45 am

Mindful Moment with



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Keynote | 8:45 – 10:00 am

Symphony Hall



### Share the Hope

Almost immediately after Jacob was kidnapped, I began hearing from children with so many personal stories of their own victimization, their friend's trauma, and their fears. I watched the absolute terror in my own children's eyes and so badly wanted to take it all away, but I couldn't.

I will share lessons learned from children and the mental health challenges that followed after my son's kidnapping. My primary sources of information are from personal experience, talking to children in schools; their stories and their letters.

Working with the National Center for Missing and Exploited Children, I learned everything I could about child abduction and child molestation/maltreatment and realized that there is no research to prove that scared kids are safer.

Throughout the very long search for Jacob, I treasured the children's letters the most. Their stories taught me, and are insightful to all who work with children.

My goal with this presentation is to share the children's perspective on a scary topic and how we as adults and caregivers can help them overcome great obstacles and be brave enough to hope. Together we can build a better, safer world for children.

**Patty Wetterling**, Co-Founder of Jacob Wetterling Resource Center

*Patty Wetterling was a stay-at-home mother of four children when her world was rocked by the abduction of her 11 year old son Jacob, on October 22, 1989. With a shattered heart, Patty began studying child abduction and sexual exploitation. Who abducts children, how are they located, what can we do to prevent these horrible crimes? Her advocacy led her to passing Federal legislation requiring sex offender to register their addresses with law enforcement. She served on the Board of Directors for the National Center for Missing and Exploited Children for 22 years and was Chair of the board from 2012-2015.*

*As a consultant with the US Department of Justice's Office of Juvenile Justice and Delinquency Prevention and an Associate with the National Criminal Justice Training Center of Fox Valley Technical College, Patty has presented countless victim impact sessions to law enforcement about AMBER Alert and long-term missing programs across the country. She has been a keynote speaker at conferences addressing crimes against children and child sexual abuse and continues to fight for a world where children have the right to grow up safe and follow their dreams.*

Level: 1 | For: Everyone  
Symphony Hall

## Session 3

10:15 am – 12:15 pm

### 21 - Integrating Social, Emotional, and Mental Health with a Positive Behavior Framework

This interactive workshop will address the complimentary practices of social, emotional, and mental health as they intersect with positive behavior practices. Attendees will learn about the inside-out approach to social, emotional health and the outside-in approach to positive behavior systems and how, when strategically integrated, they produce an increase in students coping with both internalizing and externalizing emotions and behaviors, leading to increased academic outcomes.

**Megan Gruis**, Ed.S., LSC, Educational Consultant – IgnitED! Consulting

Level: 1 | For: Educators and Others Working in Schools

Endorsement\* Core Competency ⓘ

French River

### 22 - Introduction to Infant & Early Childhood Mental Health

When infants are born into this world, they come with a brain that is ready to learn through relationships. Working with infants & young children requires a specialized set of skills to support their development through the context of relationships. During this workshop, presenters will dive into the definition of IECMH, begin to understand how IECMH principles inform our work, and better understand the importance of reflection in our work.

**Lauren Moberg**, LMFT, IMH-E, Infant & Early Childhood Director – MN Association for Children's Mental Health

**Arielle Handevidt**, MA, IMH-E, Director of Early Childhood – Northside Achievement Zone

Level: 1 | For: Educators and Others Working in Schools & Health Care Professionals

1 hour SW CULTURE RESPONSIVENESS 🍀

1 hour MFT CULTURAL COMPETENCY ❤️

Endorsement\* Core Competency ⓘ

Harborside 301-303

### 23 - ADHD Update 2024

For over ten years, this highly rated workshop will focus on clinical and practical aspects of new research on ADHD, including new treatments (TES-transcranial noise stimulation, micronutrient supplementation, types of physical exercise); three emerging key areas of research; significantly increased risk of addiction to cannabis and to video gaming (including suggested interventions); decreased risk of addiction to cocaine and meth with stimulant medication; new diagnostic methods.

**Gary Johnson**, PhD, Clinical Director – CALM (Clinic for Attention, Learning & Memory)

**Kotatee Tamba**, PsyD, LICSW, – CALM

**Benjamin Kortuem**, PsyD, LP, Psychologist – CALM

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers

2 hours SW CLINICAL CONTENT ✓

0.5 hour SW CULTURE RESPONSIVENESS 🍀

0.5 hour SW/MFT ETHICS 🟡

0.5 hour MFT CULTURAL COMPETENCY ❤️

Lake Superior Ballroom KQ

## Concurrent Workshops 21 – 31

### 24 - Releasing the Pressure Valve

We are constantly bombarded with pressure from all sides, but are we so overwhelmed that we don't even notice it anymore? Releasing the Pressure Valve is about learning how to manage our internal pressure valve so that we can maintain a healthy balance in life.

*Laura Thro, MPS*

Level: 2 | For: Child Protection Workers, Case Managers, and Social Workers & Educators and Others Working in Schools

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours MFT CULTURAL COMPETENCY ❤️

**Lake Superior Ballroom O**

### 25 - Breathwork as a Proactive Approach to Youth Mental Health

In this presentation, we'll explore the profound impact of breathwork on youth mental health. Discover the science behind breathing, its importance in tackling anxiety, and its proven benefits. You'll learn actionable strategies, engage in hands-on practice, and discover ways to integrate breathwork into your professional toolkit. Join us for an insightful journey toward proactively improving youth mental health through the power of the breath.

*Stephanie Esser, MAEd., RYT200, Certified Breathing Coach, Founder/Owner – Balancing Elephants & BE Buddy® Creator*

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

**Lake Superior Ballroom LM**

### 26 - Psychotropic Medications: Evidence Based Management of Adverse Effects and Monitoring Guidelines – A Systems Based Approach

In 2021 alone among children, aged 5 to 17 years, 14.9% received mental health treatment while 8% of the children received prescription medications. While these medications are essential to alleviate suffering and functional impairment, they also cause serious side effects. Adverse effects are a major reason for medication non adherence. Evidence based treatment of side effects and continued monitoring are essential for symptom improvement and alleviation of distress.

*Afshan Anjum, MD, MS, Associate Professor – University of Minnesota*

*Raghu Gandhi, MD – Abbott Northwestern Hospital*

*Heba Sandozi, BA, Medical Student – University of Minnesota*

Level: 3 | For: Health Care Professionals & Parents and Caregivers

2 hours SW CLINICAL CONTENT ✓

**Harborside 304-305**

### 27 - Healing for the Trauma-Organized System: Systemic and Supervisor Interventions

Trauma-Responsive Organizations invest in the organizational culture and environment. Leaders are equipped to see trauma-organized system dynamics as they occur and are empowered to intervene for agency safety and stability. Participants will learn these dynamics, types of organizational trauma, and systemic and supervisory leadership interventions which ensure the health and well-being of clients, staff, and the organizational culture.

*Angela Lewis-Dmello, MSW, LICSW, President and CEO – Northeast Youth and Family Services*

Level: 3 | For: Health Care Professionals & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

2 hours SW/MFT Supervision ●

**Harborside 204-205**

### 28 - Are We Helping or Harming? Understanding the Importance of Trauma-Informed Care for Immigrant/Refugee Youth

Discussion will include how trauma moves through the family system. Participants will learn to identify behaviors that might be related to trauma (direct or intergenerational). Participants will also learn important principles and interventions that can promote trauma-informed interactions with immigrant and refugee youth.

*Zamzam Dini, MA, LAMFT, Parent Encouragement Specialist – WISE*

Level: 1 | For: Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours MFT CULTURAL COMPETENCY ❤️

**Harborside 203**

### 29 - What is "Normal" Anyway? Building Self-Esteem, Identity, and Purpose in Neurodivergent Kids and Young Adults

The neurodiversity movement has drastically changed attitudes about autism, ADHD, and other neurodevelopmental differences. Many psychologists and teachers desperately want to help this population flourish, but may inadvertently communicate that neurodivergent individuals are "broken" and in need of fixing. This presentation discusses relational approaches to connecting with neurodivergent children, young adults, and their families to support them in reaching their own goals, and finding an identity of their own.

*Carolyn Giannone, Ph.D., LP, CASDCS, – Lakeland Mental Health Center*

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour MFT CULTURAL COMPETENCY ❤️

**Lake Superior Ballroom JP**

### 30 - School Wide (SW) Positive Behavior Support is Foundational for Non-Exclusionary Response

The School Wide Positive Behavior Support framework helps staff become clear about evidence-based practices that will bring valued outcomes to life. This session will explore the beliefs, mindset, language and practices embedded within the framework that are foundational for non-exclusionary response. [To build on this content, attend Workshop 50 'Application of Positive Behavior Support to Guide Non-Exclusionary Response'.](#)

*Cheryl Cook, MN PBIS Lead Trainer and Educational Consultant*

*Debi Doran, PBIS MN Coaching & Evaluation Coordinator and Educational Consultant*

*Erin Engness, PBIS MN Regional Coordinator*

Level: 1 | For: Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers

**Gooseberry 3**

### 31 - Arrested at School: Youth Treated Rather than Defeated.

This presentation will provide an overview of an innovative Minnesota program funded by the State Legislature and designed to significantly reduce arrests that occur during the school day. Oftentimes, these arrests happen with students who have unmet mental and chemical health needs.

*Dr. Charlene Myklebust, Psy.D, President and Principal Consultant – EQ Learn, LLC and Stone Arch Learning, LLC*

*Christopher Fausto Cabrera, Multi-genre Artist, Writer & Advocate*

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers

**St Louis River**

## Session 4

Concurrent Workshops 32 – 42 | 1:15 – 2:45 pm

### 32 - Gambling and Gaming: The Effects on Youth and How to Prevent Harm

Gambling and gaming can impact an adolescent's mental and physical health, their education goals, and relationships with friends and family. This presentation will cover the current trends in gambling and gaming, the impacts of gambling and gaming on youth, and ways to prevent or reduce harm. Attendees will also learn about signs of problem gambling and ways to help deal with the normalization of gambling behavior in our communities.

**Sonja Mertz**, MLIS (Masters of Library & Information Science), CPP (Certified Prevention Professional), Community Educator – Minnesota Alliance on Problem Gambling

Level: 1 | For: Educators and Others Working in Schools & Parents and Caregivers

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour MFT CULTURAL COMPETENCY ❤️

**Harborside 203**

### 33 - Developmental Repair and the Intersection of Culture, Race, Trauma, and Systems

Each individual who uses Developmental Repair as an intervention model 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 Director – Washburn Center for Children

**Chantell Johnson**, BS, Community Wellness Program Manager – Northside Achievement Zone

**Amber Buck**, MA, MBA, Director of Equity and Inclusion – Washburn Center for Children

Level: 1 | For: Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour MFT CULTURAL COMPETENCY ❤️

Endorsement\* Core Competency ⓘ

**Harborside 204-205**

### 34 - The Technology Paradox: Understanding The Influence Of Technology On The Minds

Digital technology has transformed communication and access to information. Social media platforms like TikTok, YouTube, Snapchat, and Instagram have become essential, even for children and adolescents. This raises questions about technology and social media's impact on developing brains and behavior. Neuroscientists are studying the links between technology usage and adolescent depression and anxiety. This presentation explores these connections, dispels misconceptions, and provides insight into promoting healthy boundaries and technology use.

**Gary Johnson**, PhD, Clinical Director – CALM (Clinic for Attention, Learning & Memory)

**Kotatee Tamba**, PsyD, LICSW, – CALM

**Benjamin Kortuem**, PsyD, LP, Psychologist – CALM

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

0.25 hour SW CULTURE RESPONSIVENESS 🍃

0.25 hour SW/MFT ETHICS 🟩

0.5 hour MFT CULTURAL COMPETENCY ❤️

**Lake Superior Ballroom KQ**

### 35 - The Complex Management of Ambiguous Loss and Disenfranchised Grief in Adolescence

The experience of grief and loss in adolescents can be ambiguous in nature and can frequently be disenfranchised. This makes the grief experience especially confusing for the adolescent. Participants will learn about how the concepts of disenfranchised grief and ambiguous loss can help the grieving adolescent to name and manage their grief.

**Diane Coursol**, Ph.D. Counseling Psychology, Professor – Minnesota State University, Mankato

**Aaron Suomala Folkerds**, EdD, MS, MDiv, LMFT, Assistant Professor – Minnesota State University, Moorhead

**Kaitlyn Kaus**, Ed.D, LPCC, Pediatric Assessment Specialist – Great Lakes Neurobehavioral Center

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers

1 hour SW CLINICAL CONTENT ✓

**Harborside 301-303**

### 36 - Disparities in Mental Health Support for Transgender Youth in Rural High Schools

This presentation explores the high school experience for transgender/gender non-conforming youth, with a focus on rural high schools. These students are more likely to experience unsafe school environments and to have limited LGBT-related resources. We will discuss how legislation, school climate, and anti-LGBTQ victimization affect the mental health of these youth and how caregivers and school staff institute change.

**Maya Bastian**, DNP, APRN, CPNP, Assistant Professor – Minnesota State University Mankato

**Lindsay Rohlik**, DNP, MS, RN, PHN, Department Chair and Assistant Professor of Nursing – Southwest Minnesota State University

Level: 1 | For: Educators and Others Working in Schools & Parents and Caregivers

**Gooseberry 3**

### 37 - Thank You for Telling Me: Responding to Youth Disclosures of Sexual Abuse

Many trainings pertaining to child sexual abuse focus on the legal and ethical requirements of practitioners following a disclosure. In this training, however, we will discuss immediate therapeutic responses to disclosures and participants will learn specific skills for intervening with youth and their caregivers who have experienced sexual abuse and trauma and may present with a variety of mental health symptoms.

**Sarah Lockhart**, MSW, LICSW, Mental Health Director – Northeast Youth and Family Services

**Trisha Sargent**, MSW, LGSW, Clinic Based Therapist – Northeast Youth and Family Services

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1.5 hours SW CLINICAL CONTENT ✓

**Lake Superior Ballroom LM**

**38 - Family Matters: Exploring Family Dynamics and Its Impact on Adolescent Behavior, Addiction, and Interventions**

Explore the link between family dynamics and adolescent mental health in this detailed presentation. Understand how family dynamics can affect adolescent behavior and addiction. Learn strategies to evaluate and intervene in family dynamics for healthier adolescent development. Gain practical tools for building strong, supportive family systems that benefit young individuals. Don't pass up this opportunity to make a difference in the lives of adolescents.

**Coach Nakumbe**, PhD, LPCC, LADC, CFC, Relationship Strategist & Coach – Private Practice Coaching & Consulting

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

**Harborside 304-305**

**39 - Strategies to Cope with School Refusal and Anxiety for Students, Teachers, and Caregivers**

School refusal is a common problem observed across children and adolescents. This phenomenon encompasses difficulties going to and staying at school for an entire day, and not participating in learning activities. Anxiety symptoms are common contributing factors to school refusal. Effective treatments to treat school refusal and anxiety exist. In this workshop, we will discuss different strategies that students, teachers and caregivers can implement to cope with school refusal.

**Ajeng Puspitasari**, PhD, LP, ABPP, Executive Director of Clinical Services – Rogers Behavioral Health

**Nakia Natala**, MD, Psychiatrist – Rogers Behavioral Health

Level: 1 | For: Health Care Professionals & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

**Lake Superior Ballroom JP**

**40 - From Crisis to Hope and Healing: A Movemindfully® Experience**

We live in complex and challenging times where individual and collective trauma will impact us all at one time or another – taking a toll on our physical, emotional, and mental health. Our brains and bodies are protective, buffering for experiences that overwhelm our nervous systems. Join Kathy Flaminio, founder and CEO of movemindfully®, for an experiential mind-body session where you will explore the power of Breathe Move Rest practices.

**Kathy Flaminio**, MSW, LGSW, E-RYT 200, Founder/CEO – movemindfully®

Level: 1 | For: Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

**Split Rock**

**41 - Talking with Children about Marginalized Identities and Discrimination in a Dynamic and Complex World**

Children see race and recognize differences among people. However, research shows that many adults desire more skills and confidence for navigating conversations about race and other social identities, as well as racism and discrimination that folks from marginalized backgrounds frequently encounter. This workshop will focus on the rationale and concrete skills for these important discussions. Various developmental levels will be discussed, with a particular focus on conversations with young children.

**Katherine (Katie) Lingras**, PhD, LP, Associate Professor, Child Psychologist – University of Minnesota - Psychiatry and Behavioral Sciences Department

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

**Lake Superior Ballroom O**

**42 - Self-Care, a Luxury or a Necessity?**

Do you often ask yourself if self-care is a luxury or necessity? In this presentation you will learn the importance of self-care and wellness, identify potential self-care challenges, have opportunities for self-reflection, and explore strategies for self-care. We will also experiment with breathing exercises, positive affirmations and mindfulness to help build your personal self-care toolkit.

**Jazlynn Paige**, PhD, NCSP, School Psychologist – Paige Psychological Consulting

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

**French River**



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## Session 5

Concurrent Workshops 43 – 52 | 3:15 – 4:45 pm

### 43 - Impact of Rising Anti-Asian Crimes during COVID-19 on Asian Adolescents' Mental Health.

Dive into the implications of rising anti-Asian crimes during COVID-19 on Asian adolescents' mental health. Explore the psychological toll of racial discrimination and prejudice, gaining insights into challenges and protective strategies. This knowledge holds critical implications for educators, clinicians, and parents, as we support the well-being of Asian American youth in the face of racial trauma.

**Soyoul Song**, MA, Ph.D. Student – University of Minnesota, Twin Cities

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours MFT CULTURAL COMPETENCY ♥

**Gooseberry 3**

### 44 - 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 the helping professional. We will examine the strengths most aligned with professional purpose, identify self-care strategies for addressing the drain of delivering trauma-informed care, and identify career path options most likely to fuel professional energy.

**Steve Ritter**, LICSW, Executive Director – Elmhurst Counseling

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals**

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

**Harborside 203**

### 45 - Recess: Children's Rights and School's Responsibilities

The MN legislature passed a law in the 2023 session to support children's right to recess. The law prohibits schools from excluding a student from participating in recess as a consequence of behavior. Participants will understand the importance of play and recess for children's social emotional development and will find ways to advocate for children's right to play and recess.

**Heather Von Bank**, PhD, Professor – Minnesota State University – Mankato

**Mary Kramer**, Ph.D., M.P.H., MCHES, CHWC, NCTTP, Associate Professor – Minnesota State University – Mankato

**Maren Hofer**, Executive Director – Multicultural Autism Action Network

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

**St Louis River**

### 46 - Safe to Engage: Creating Safety in Early Education Settings with movemindfully®

Explore how trauma-responsive mind-body practices create feelings of safety for young children, staff, and parents in early education settings. Drawing upon Dr. Bruce Perry's work and the role of the vagus nerve in supporting feelings of safety and connection, discover how to address stress, distress, and trauma with movemindfully®. Breathe Move Rest practices. Experience strategies for managing stress/anxiety, balancing energy levels, and handling big emotions in early education environments.

**Chrissy Mignogna**, BA, E-RYT 200, Lead Trainer and Director of Education – movemindfully®

Level: 1 | For: **Educators and Others Working in Schools & Parents and Caregivers**

Endorsement\* Core Competency ⓘ

**Split Rock**

### 47 - Parenting an Intense Child: Essential Skills to Create Peace at Home

Parents of emotionally intense kids often feel "nothing's 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 – Samantha Moe and Associates

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers**

1.5 hours SW CLINICAL CONTENT ✓

**Harborside 204-205**

### 48 - Crisis Intervention: Beyond the Safety Plan

Following the pandemic, the quantity and intensity of mental health challenges youth are facing has escalated. Many conversations around crisis intervention focus on risk assessments and safety plans, which- while important- do not address the full picture of helping stabilize youth and families facing a mental health crisis. This discussion will expand on the crisis interventions that can be used when working with distressed youth and their families.

**Libby Haight**, MPP, MSW, LICSW, Director, Community-Based Services – Washburn Center for Children

**Barb Kukuroboman**, LMFT, Crisis Stabilization Program Supervisor – Washburn Center for Children

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW/MFT ETHICS ■

**Lake Superior Ballroom JP**

### 49 - Looking Under Shark Fins and Turtle Shells: Relationship, Regulation, and Resilience for Children with Trauma/ Attachment

During this interactive, multimedia presentation, participants will learn about the foundational principles of attachment and trauma, how trauma and attachment disruptions impact a child, and strategies for working with children who have had hard starts to life. Specific attention will be given to classroom strategies and therapeutic interventions that enhance relationships, promote regulation, and build resilience in children who have experienced trauma, grief/loss, and attachment disruptions.

**Michael Benjamin**, MSW, LICSW, Therapist – PrairieCare Medical Group

Level: 1 | For: **Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors**

1.5 hours SW CLINICAL CONTENT ✓

Endorsement\* Core Competency ⓘ

**Harborside 304-305**

### 50 - Application of Positive Behavior Support to Guide Non-Exclusionary Response

School exclusion is a common response to student conduct violations but is more likely to worsen future outcomes for the students affected. This session will provide school teams with concrete examples of alternative approaches whereby educators and behavioral health practitioners can reduce future conduct risk and improve school engagement.

**Ellen Grossman**, PBIS MN External Coach, Sped Director/School Psych

**Erin Swoboda**, Assistant Principal – Chanhasen High School

**Lauren Sparr**, PBIS Regional Coordinator – BrightWorks

Level: 1 | For: **Educators and Others Working in Schools**

**Lake Superior Ballroom O**

Monday, April 29

### 51 - Neurodivergence in a Neurotypical World: The Inherent Trauma of ADHD and Autism

This presentation is designed to educate participants on systemic trauma experienced by autistic and ADHD individuals. This session will include a brief overview on neurodiversity affirming care, common misconceptions about autism and ADHD, how those misconceptions contribute to the systemic trauma neurodivergent individuals experience, and how to reduce our contributions to systemic trauma as providers.

*Jessica Mertins*, LICSW, – Fernbrook Family Center

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT ETHICS ■

1.5 hours MFT CULTURAL COMPETENCY ♥

**Lake Superior Ballroom KQ**

### 52 - The School Nurse: Your Untapped Partner for Student Mental Health

What if the school nurse isn't just about bandaids and ADHD medicine? School nurses help students practice skills to manage life's big feelings and experiences, from the developmental to the diagnosable. Learn about the nurse's role in 504 and special education planning, building trust, and collaborative planning with the student and family for next steps in referral and care.

*Katy Schalla Lesiak*, Licensed School Nurse, District Program Facilitator – Health Related Services

*Erika Yoney*, Licensed School Nurse, RN, PHN and Health Services Supervisor – Moorhead Public Schools, Psychiatric Mental Health Nurse DNP student graduating in May

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓

**Harborside 202**



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## Featured Event

Doors open 8:15 am | Doors close 8:45 am

Mindful Moment with



move mindfully®

Keynote | 8:45 – 10:00 am

Symphony Hall



### Fostering Emotional Intelligence: Creating Safe Havens for Our Children

This session will delve into the critical role of emotional intelligence in effectively working with children from diverse backgrounds. We will explore the importance of practicing emotional intelligence while acknowledging and embracing diversity and how it directly contributes to improving children's emotional intelligence and fostering their overall well-being. Additionally, we will discuss the significance of creating psychologically safe environments to nurture the emotional growth of these children.

Our cultural background and identity influence our emotional intelligence and shape our relationships with others. We must understand this influence when working with children. Not only how our backgrounds impact our EQ but also recognizing how it impacts the historically and systemically marginalized children we serve

**Farah Harris, MA, LCPC**

Farah Harris is a psychotherapist and workplace belonging and well-being expert dedicated to disrupting unhealthy work environments. She is the founder and CEO of WorkingWell Daily®, a company that approaches workplace belonging and well-being from a psycho-social and emotional intelligence lens. Farah has helped individuals and Fortune 500 companies develop healthier workplaces where employees want to stay and thrive because their leaders and teams have grown in empathy, self-awareness, social awareness, and cultural awareness.

As a mental health practitioner and consultant, Farah is aware of the intersectionality between well-being, equity, and inclusion. She is a sought-after expert on mental health, psychological safety, workplace culture, and emotional intelligence. Her work has been featured in media and podcast platforms such as Forbes, Fast Company, Business Insider, Harvard Business Review, Huffington Post, Essence, Good Morning America, Martha Stewart, Thrive Global, and Therapy for Black Girls.

Farah is also the author of the international bestselling book, *The Color of Emotional Intelligence: Elevating Our Self and Social Awareness to Address Inequities*, a groundbreaking exploration of how cultural background and identity influence our emotional intelligence and shape our relationships with others.

Symphony Hall

## Session 6

10:15 am – 12:15 pm

### 53 - Let's Talk about Behavioral Methods in Child and Family Mental Health Treatment

There is debate surrounding the efficacy, appropriateness, and ethical standing of utilizing behavioral methods (e.g., reward and punishment) in response to children's behavioral difficulties, spanning psychological science, mental health, education, and parenting. A multifaceted and critical lens will be used to examine this debate, drawing upon theory and evidence in attachment, neurobiology, trauma, behaviorism, social learning, social justice, and lived experiences, to support clinical decision making.

**Haeli Gerardy, MA**, Family Engagement and Servs Specialist – Fernbrook Family Center

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools  
2 hours SW CLINICAL CONTENT ✓

2 hours SW/MFT ETHICS ■

Lake Superior Ballroom JP

### 54 - Staying Energized and Compassionate In The Midst of This Difficult Work That We Do

Reaching beyond self-care and delving into the moment-to-moment work that we do, this presentation will examine real time strategies to make your work energizing and fulfilling while guarding against secondary traumatic stress and burnout. Through discussion & live music we will reflect on the emotional impact of this work and examine 6 fundamental skills for effective and compassionate helping.

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

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

Harborside 304-305

### 55 - Understanding Behavior Challenges in School; Tools for Reducing/Eliminating Suspensions

Participants will have an understanding of the basic elements and importance of a Functional Behavior Assessment (FBA). Hands on activities will demonstrate the importance of using the data from a FBA when developing a Positive Intervention Plan (PBIP). PBIP's are effective and proactive while increasing opportunities for inclusion. Plans which are reactive and punitive, or ineffective too often result in removal from general education.

**Nicky Bohm**, Over 15 years in education. BA for Augsburg College. Speaker for the National Tourette Association, Behavior Specialist – Cyber Village Academy

Level: 2 | For: Educators and Others Working in Schools & Parents and Caregivers | Bring a computer or a phone to participate.

Harborside 301-303

### 56 - Welcoming All Babies: Perspectives from New and Expecting Parents in Central Minnesota

The Welcoming All Babies project was a collaborative effort between Thrive Central Minnesota and community partners. A diverse team interviewed new or expecting BIPOC parents about experiences of pregnancy, birth, and raising infants in central Minnesota. We will discuss insights from the interviews and community co-learning sessions. Participants will reflect on themes and potential actionable steps within their communities.

**Tracy Schreifels, MS, LMFT, IMH-E (III)**, Executive Director – Ellison Center  
**Sara Falk, MA**, Program Coordinator – Ellison Center

Level: 1 | For: Infant and Early Childhood: Prenatal-preschool & Health Care Professionals

1 hour SW CULTURE RESPONSIVENESS 🍋

1 hour MFT CULTURAL COMPETENCY 🍋

Endorsement\* Core Competency ⓘ

Harborside 202

## Concurrent Workshops 53 – 63

### 57 - Adoptive Youth and Parents in Therapy: Wisdom and Skills for Respectful Practice

This workshop is a three-part dialogue about: a) what makes adoption mental health unique, b) clinical decisions in specific case example, and c) what modalities to use and when. We highlight; navigating relational expectations through developmental stages, addressing grief/loss that both child and adult face; working with differences in class, culture, race, and mismatch of expectations; building emotional safety; moving through attachment rupture/repair; and finally when and how to "talk about" adoption and identity.

**Wendy Baker**, MSW, LICSW, Co-owner – Family Circle Counseling, PLLC

**Krista Nelson**, MA, LICSW, LMFT, Co-owner – Family Circle Counseling, PLLC

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Parents and Caregivers

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours MFT CULTURAL COMPETENCY ❤️

Lake Superior Ballroom O

### 58 - Who You Are is as Important as What You Do: The RIOS Reflective Practice Framework

Join us to learn about a structure for implementing reflective practice in any discipline and with any ages served. Beginning with self-awareness, the Reflective Interaction Observation Scale (RIOS) framework connects critical components of reflective practice and extends to encompass perspective taking, cultural humility and power dynamics. When explored in combination, these components support improved professional relationships, problem-solving and service quality.

**Christopher Watson**, PhD, IMH-E®, Founding Director – Reflective Practice Center, University of Minnesota

**Deborah Ottman**, M.A., Coordinator of Professional Development – Center for Early Education & Development, University of Minnesota

Level: 1 | For: Child Protection Workers, Case Managers, And Social Workers & Educators and Others Working in Schools

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours MFT CULTURAL COMPETENCY ❤️

Endorsement\* Core Competency ⓘ

Gooseberry 3

### 59 - Ethics on the Record

The licensure board can feel ominous and intimidating but exists to protect the public. Providers will review ethical codes and learn to navigate the process of board complaints. Cases of disciplinary action will be reviewed and discussed.

**Emily Coler Hanson**, LMFT, Clinical Operations Director – Ellie Mental Health

**Barb Stanton**, PhD, LPCC, Clinic Director – Ellie Mental Health

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

2 hours SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours SW/MFT ETHICS 🟡

2 hours MFT CULTURAL COMPETENCY ❤️

Harborside 204-205

### 60 - 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, Teacher – The Blake School

**Jeff Fink**, MA, Professor, Hamline University

Level: 2 | For: Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

French River

### 61 - Providing Mental Health Services to Sub-Saharan African/ Refugee Families in the United States of America

People from sub-Saharan Africa throughout the world experience certain universal mental health disorders. What differs is the nature of their symptoms and the way these disorders are expressed. Providers need to see mental health disorders through the eyes of an African cultural perspective. The presentation will provide insights into the unique challenges faced in accessing mental health services, and the cultural factors that can influence their attitudes toward mental health.

**Tolulope Ola**, Ph.D.; MPH, – Restoration for All Inc.

**Richard Oni**, Ph.D., – Progressive Individual Resources Inc.

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1.5 hours SW CULTURE RESPONSIVENESS 🍃

1.5 hours MFT CULTURAL COMPETENCY ❤️

St Louis River

### 62 - Educating Children about Death, Grief and Loss: Teachable Moments and Formal Education

Death is something that will happen to everyone, and yet it is a taboo subject for many people, especially as a discussion topic for children. Most parents and teachers agree that children need to be educated about death, but adults often feel ill-prepared to do it. This presentation will explore ways that adults can teach children about death and grief.

**Kathryn Markell**, PhD, Dr. – Anoka-Ramsey Community College

**Marc Markell**, PhD, CT, Professor Emeritus – Edgewood College, Worsham College of Mortuary Science

Level: 1 | For: Educators and Others Working in Schools & Parents and Caregivers

Lake Superior Ballroom LM

### 63A & B (1 workshop period)

#### 63A- "How do I Support Transgender Youth?": Language, Care, and Current Events

In this workshop we will cover foundational knowledge relating to transgender, nonbinary, and gender expansive youth. First, we will learn and practice proper language usage. Next, we will discuss gender-affirming care and best practices for working with queer and trans youth. Finally, we will cover current events affecting our clients and the mental health field as a whole.

**Maia Pruim**, – Reclaim (Graduate Clinical Intern)

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals

#### 63B- Affirming Mental Health Treatment for Queer and Trans Youth and Transition Age Youth

Reclaim has been a leader in providing specialized treatment for Queer and Trans youth and young adults in MN for 15 years. We use a strength based, feminist and multicultural lens in our work to support healing in the face of recovery from MH impacts of oppression. Learn about our unique approach to intersectional identity development and healing justice work.

**Caitlin Baldwin**, MBA, MSW LICSW, clinical Director – Reclaim

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓

2 hours SW CULTURE RESPONSIVENESS 🍃

2 hours MFT CULTURAL COMPETENCY ❤️

Harborside 203

## Session 7

Concurrent Workshops 64 – 73 | 1:15 – 2:45 pm

### 64 - Connecting Indigenous Youth with Cultural Resilience

This training will help providers incorporate Indigenous culture into their work with Indigenous youth. Attendees will develop confidence to create culturally inclusive programming and encourage supportive dialogue. Attendees will learn how to draw on Indigenous tradition and culture to better support young people of various tribal connections through tools and activity examples.

**Anne LaFrinier-Ritchie**, Safe Harbor Regional Navigator – Someplace Safe

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS 🍃

1.5 hours SW/MFT ETHICS 🟩

1.5 hours MFT CULTURAL COMPETENCY ❤️

**Harborside 204-205**

### 65 - Increasing Adoption Competency in our Schools

Together adoption scholarship, current school practice, and adult adoptee testimonials establish the need for adoption competent schools. Join for a brief overview of the history of adoption in the United States and relevant statistics for Minnesota. Through interactive conversations participants will engage with content concerning the identity development and sense of belonging for transnational and transracial/ethnic school-age adoptees.

**Nasreen Fynevever**, M.Ed, current PhD student – University of Minnesota

Level: 1 | For: Educators and Others Working in Schools & Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour SW/MFT ETHICS 🟩

1 hour MFT CULTURAL COMPETENCY ❤️

**Harborside 202**

### 66 - Treating Social Anxiety Disorder in Youth: An Exposure Based Approach

This presentation will broadly focus on best practices for the assessment and treatment of social anxiety disorder in youths. The program will broadly touch on the core components of treating social anxiety disorders in youth with an emphasis on formulating robust exposure exercises. The presentation will also discuss evidence-informed tips for parents on how to support their socially anxious child and how clinicians can incorporate parents into the process.

**Samuel (Sam) Marzouk**, Ph.D., L.P., Clinical Child Psychologist – Promethean Psychology

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS 🍃

1 hour SW/MFT ETHICS 🟩

1 hour MFT CULTURAL COMPETENCY ❤️

**Lake Superior Ballroom KQ**

### 67 - Play Therapy and Childhood Mental Health Concerns in a Medical Setting

Evidence from research shows infant and early childhood attachment and disorders are relationship specific. During this time of development, adaptive experiences, adversities and disruptions have an impact on development through a child's lifespan. During this workshop, you will learn an overview of the science of play and a review of play therapy interventions for behavioral health clinicians working in pediatric medical settings.

**M. Susan Pfau**, LMFT RPT, – Lifestance

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Health Care Professionals

1.5 hours SW CULTURE RESPONSIVENESS 🍃

1.5 hours MFT CULTURAL COMPETENCY ❤️

**French River**

### 68 -The Neuroscience of Racism

Racism impacts our whole world, and has for as long as any of us have been alive. With the murder of George Floyd and the social uprising around it, the conversation of racism was brought further forward. The Brain Blown Podcast focused research to better understand why racism is so prevalent and violent, and what we can do to change it on a scientific level.

**Laine Mohnkern**, LICSW, Consultant – Brain Blown Podcast

**Cherys Austin**, LSC, – Brain Blown Podcast

Level: 2 | For: Corrections Personnel & Health Care Professionals

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS 🍃

1.5 hours MFT CULTURAL COMPETENCY ❤️

**Harborside 301-303**

### 69 - Sources of Strength: Promoting Peer Leaders to Model Well-being

Sources of Strength is a suicide prevention program that boosts resilience and builds protective factors in the lives of young people. Peer Leaders collaborate with Adult Advisors to organize initiatives in their school through messaging campaigns to increase resilience-promoting behaviors. Outcomes include increased connectedness to adults, school engagement, positive perceptions of adult support, and referring a suicidal friend to an adult.

**Kathryn Magnusson**, Masters of Education, 6-12 grade MN Teaching License, – Wildwood Learning

Level: 1 | For: Educators and Others Working in Schools & Health Care Professionals

**Harborside 203**

### 70 - The Third Bucket: Meeting the Needs of Neurodiverse Youth Boarding in Hospitals

More and more young individuals with neurodiversity, developmental delay and ACES are brought into the hospital for safety and stabilization during mental and behavioral health crises and can reside there for months. Whose job is it to care for the array of human needs of these non-medical patients while they live in the hospital awaiting placement? It actually does take a village.

**Kate Hanley**, BA, CCLS, – M Health Fairview Ridges Hospital

**Jen Hoernke**, MBA, CCLS, – M Health Fairview Ridges Hospital

Level: 2 | For: Health Care Professionals & Child Protection Workers, Case Managers, And Social Workers

**Gooseberry 3**

### 71 - Unleashing Resilience: Empowering Student Success

Over 2 in 3 children face trauma events by age 16, including poverty, racism, loss, incarceration, or substance misuse. Before the pandemic, students silently struggled with disengagement and depression. Explore recent research on grades 5-9 students, highlighting activity-based SEL programs and teamwork's impact on student success. The presentation features dynamic team-building activities and fresh insights into trauma-informed research.

**Paula Schevers-Lumelsky**, Director of Education

**Denzel King**, Program Manager

**Tim Wofford**, Director of Program Operations

Level: 2 | For: Educators and Others Working in Schools & Child Protection Workers, Case Managers, And Social Workers

**Harborside 304-305**

Tuesday, April 30

## 72 - Helping Supervisees Use Their Self in Their Clinical Work

One goal of good supervision is to help clinicians-in-training enhance their therapeutic effectiveness. Along with other training needs, supervisors want to help their trainees provide the most ethically sound and unbiased treatment. Many supervisors are interested in helping their supervisees use their own values in a clinical setting. This workshop will define self-of-the-therapist supervision, examine the positives and potential negatives, and lay out strategies for supervisors to use immediately.

**Mark Wilde**, LMFT, Marriage and Family Therapist – none

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Educators and Others Working in Schools

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW/MFT ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥

1 hour SW/MFT Supervision ●

Lake Superior Ballroom ○

## 73 - The Privilege of Self Care

Mental health care has long advocated for the need for self-care, but many clients don't know what this means, have inaccurate ideas of what it means, or don't have access to it altogether. This presentation will identify what self-care is and isn't, and how providers can better meet their client's needs with accessible, culturally competent recommendations.

**Emily Coler Hanson**, LMFT, Clinical Operations Director – Ellie Mental Health

**Barb Stanton**, PhD, LPCC, Clinic Director – Ellie Mental health

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors & Child Protection Workers, Case Managers, And Social Workers

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW/MFT ETHICS ■

1 hour MFT CULTURAL COMPETENCY ♥

Lake Superior Ballroom LM



Join us for our Children's Mental Health Training Series – continuing education designed for those who work with or care for infants, children and youth. New webinars are added regularly.

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# Featured Event

Mindful Moment with



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Keynote | 3:00 – 4:30 pm

Symphony Hall

## Nurturing the Healers: Addressing the Emotional Needs of Mental Health Professionals Post-Pandemic and Beyond



In the wake of the unprecedented challenges posed by the global pandemic, mental health professionals have been on the front lines, providing crucial support to individuals navigating the complexities of mental well-being. This keynote panel (podcast) address seeks to illuminate the often overlooked emotional needs of these resilient healers who have dedicated their lives to caring for others. As we emerge from the pandemic, it is imperative to turn our attention to the emotional well-being of mental health professionals, recognizing and addressing the unique stressors they face. This keynote will explore the multifaceted dimensions of their emotional experiences and provide insights into fostering a culture of support, resilience, and self-care within the mental health community

**Brandon Jones**, MA, Executive Director – MACMH

**Dr. Jazlynn Paige**, PhD, NCSP – Founder of Paige Psychological Consulting

**Liz Franklin**, MSW, LICSW – Associate Director of Behavioral Health at Comunidades Latinas Unidas en Servicio (CLUES)

Level: 2 | For: **Everyone**

1.5 hours SW CLINICAL CONTENT ✓

1.5 hours SW CULTURE RESPONSIVENESS ♥

1.5 hours SW/MFT SUPERVISION ●

1.5 hours MFT CULTURAL COMPETENCY ♥

Brandon is the Minnesota Association for Children’s Mental Health Executive Director. He has a consulting and therapy background in addressing Adverse Childhood Experiences (ACEs), Historical and Intergenerational trauma, Social/Emotional Intelligence (EQ), Leadership, and Intercultural Development Inventory (IDI). 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.”

Jazlynn Paige is the founder of Paige Psychological Consulting and is a nationally certified licensed School Psychologist as well as a special education consultant for families, schools and organizations. She worked as a full time school psychologist for 6 years before starting her own business in 2019. Jazlynn contracts with school districts across MN providing a range of services including intellectual assessment, social skills, counseling and more. She also provides a range of training ranging from mental health to special education. Jazlynn loves building relationships with children and their families; she believes it is a prerequisite to the success of children during their academic journey. On her website you can purchase her affirmation card decks titled “Master Your Mindset” aimed to instill positivity and self-confidence for children and adults.

Liz Franklin is the Associate Director of Behavioral Health at Comunidades Latinas Unidas en Servicio (CLUES). Liz also teaches the Advanced Clinical Practice with Children and Adolescents course in the School of Social Work’s graduate program at the University of Minnesota. Throughout her career, she has focused on working with kids and families, often in under-served communities, who have experienced complex trauma and/or symptoms of anxiety, depression, Autism, Attention-Deficit/Hyperactivity Disorder, and other learning or developmental differences. Liz is fluent in Spanish and frequently works with first, second, and subsequent generations of Latinx immigrants. Reducing barriers to inclusive, culturally responsive services through provider development has been a core part of Liz’s work. Her professional experiences have demonstrated to her the importance and difficulty of navigating mental health, educational, and social service systems, and she is passionate about helping families and caregivers understand and work with the multiple systems that impact their children in a more empowered way. While working at Washburn Center for Children, Liz helped create an internal consultation group for the Spanish-speaking providers at Washburn in 2011, helped found the Twin Cities Spanish-speaking Provider Consortium in 2012, and co-developed the three-part Diversity, Inclusion, and Culturally Responsive Practice training currently offered through Washburn’s Training Institute. Liz continues to facilitate the Twin Cities Spanish-speaking Provider Consortium, an interdisciplinary group of over 200 Spanish-speaking mental health providers, social service providers, medical social workers, and school social workers.


Symphony Hall

# Exhibits

Monday, April 28 • 7:30 am – 3:15 pm | Tuesday, April 29 • 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 using Whova to select winners. Download the app for more details!

**View a map of the Exhibit Hall on the back cover. Find booth numbers on Whova.**



**Acadia Healthcare**  
6100 Tower Circle, Suite 1000, Franklin, Tennessee 37067  
[www.acadiahealthcare.com/programming-treatment/childrens-behavioral-solutions](http://www.acadiahealthcare.com/programming-treatment/childrens-behavioral-solutions) (scroll down to find local resources) | 3043745187

Contact: Amber Lancaster | [amber.lancaster@acadiahealthcare.com](mailto:amber.lancaster@acadiahealthcare.com)


Acadia Healthcare's Children's Behavioral Solutions program is a cost-free referral assistance service designed to help children, adolescents, and their families find and select the appropriate treatment solutions to best meet their behavioral health needs. By calling our Referral Coordination Center, you can get help finding and securing the most beneficial treatment solution for your child as efficiently and seamlessly as possible.



**Accord**  
1515 Energy Park Drive, St. Paul, Minnesota 55108

[accord.org](http://accord.org) | 9522562614  
Contact: Sean Zimny | [sean.zimny@accord.org](mailto:sean.zimny@accord.org)

We make it possible for people living with disabilities or mental health issues to achieve their personal or career goals and live life to the fullest. We take a proven, evidence-based approach to improving personal outcomes and quality of life adults and families in Minnesota, offering a unique array of transformative programs and services. We specialize in Family Support Services for individuals and families needing support, and our program pays family caregivers.



**Accend Services, Inc**  
101 W 2nd Street, Duluth, MN 55802  
[accendservices.com](http://accendservices.com) | 218-724-3122

Contact: Amanda Kuechle  
[amanda.kuechle@accendservices.com](mailto:amanda.kuechle@accendservices.com)

We provide home & community based health care, mental health services, behavioral & mental health care consulting to persons with disabilities, their families, & care providers in Minnesota.



**Accra**  
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[www.accrahomecare.org](http://www.accrahomecare.org)

Contact: Ali Berns | [aliberns@accracare.org](mailto:aliberns@accracare.org)  
We improve lives by providing individualized homecare services and support to people in their homes

## Lunch & Learn

Grab your lunch and join us. Each workshop will be a 20 minute session with time to ask questions and learn about their approaches.

Monday, April 28 • 12:20 – 1:15 pm

### Animal Assisted Play Therapy®: A Relationship Based Approach to Play!

Animal Assisted Play Therapy® is a relationship based technique to incorporate animal co-therapists into play therapy. This presentation will review different techniques to incorporate animals into sessions, discuss this provider's experience with AAPT, identify ethical considerations with AAPT, and inform attendees on how to obtain further training in AAPT.

*Kelsey Unger*, MS LPCC – Heartwood Center

Level 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

**Gooseberry 1**



**Heartwood Centers**  
[heartwoodcenterforchildandfamilytherapy.com](http://heartwoodcenterforchildandfamilytherapy.com)  
218-263-1347

Contact: Kelsey Unger | [kunger@heartwoodcentermn.com](mailto:kunger@heartwoodcentermn.com)

We offer mental health services on the Iron Range for adults, children and families. Your wellness is our priority and we will work with you to create a plan utilizing person centered approaches.

Tuesday, April 29 • 12:20 – 1:15 pm

### Helping Families Connect to Early Childhood and Family Support Resources

Join the coordinators of MN Help Me Connect and the Follow Along Program to explore opportunities for families with young children to support their child's social-emotional development and access services that enhance their family's well-being. Both programs will share recent projects to increase community provider and family engagement and strategies to meet the diverse needs of families across the state.

*Shawn Holmes*, CAPS, Help Me Connect Coordinator- MN Department of Health

*Michele Kvikstad*, M Ed, MSE, Early Intervention and Identification Coordinator, MN Department of Health

Level 1 | For: Parents and Caregivers

**Gooseberry 1**



[helpmeconnect.web.health.state.mn.us/HelpMeConnect](http://helpmeconnect.web.health.state.mn.us/HelpMeConnect)  
Contact: Shawn Holmes | [shawn.holmes@state.mn.us](mailto:shawn.holmes@state.mn.us)

A navigator connecting expectant families, families with young children (birth – 8 years old) and those working with families to services in their local communities that support healthy child development and family well-being.



### Active Minds

2001 s st nw, Washington, DC 20009

[activeminds.org](http://activeminds.org)

Contact Ashley Hill | [ashley.hill@activeminds.org](mailto:ashley.hill@activeminds.org)

Active Minds, is a two- decades old, youth-led mental health advocacy organization with free programs, resources, and curriculum for college, high school, and middle school youth.



GRADUATE SCHOOL

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[alfredadler.edu](http://alfredadler.edu) | 6122454163

Contact: Marcie Conrad-Skoglund

[marcie.conrad-skoglund@alfredadler.edu](mailto:marcie.conrad-skoglund@alfredadler.edu)

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[www.allinahealth.org/careers](http://www.allinahealth.org/careers) | 612-254-7981

Contact: BRIANA RANDLE | [briana.randle@allina.com](mailto:briana.randle@allina.com)

Based in the Twin Cities of Minnesota, Allina Health is a not-for-profit 503(c) organization, with 90+ clinics, 10 hospitals/13 campuses throughout the region including western Wisconsin. Allina Health has a robust

Mental Health and Addiction Clinical Service Line that offers the full continuum of care across the lifespan including primary care integration, specialty outpatient clinics, addiction, co-occurring services, partial hospitalization, day treatment, emergency, and inpatient care.



### BE BUDDY®

### Balancing Elephants, Inc.

9305 Albano Trail, Inver Grove Heights, MN 55077

[balancingelephants.com](http://balancingelephants.com) | 6512497004

Contact: Stephanie Esser | [stephanie@balancingelephants.com](mailto:stephanie@balancingelephants.com)

Meet the BE Buddy® by Balancing Elephants, created by certified breathing coach Stephanie Esser to instill healthy breathing habits in children & aid in stress management, self-awareness, and focus. Our patented, multisensory tool merges fun and learning, incorporating breathwork, mindfulness, & relaxation techniques to bolster resilience and coping skills. Through our STOP & BOP® method, we guide you to disrupt the stress cycle, nurturing resilience for children's holistic well-being.



### BICA

Behavioral Institute for Children and Adolescents

### Behavioral Institute for Children and Adolescents

203 Little Canada Road E, Suite 200, Little Canada, MN 55117

[www.behavioralinstitute.org](http://www.behavioralinstitute.org) | 651-484-5510

Contact: Melissa Knoll | [mknoll@behavioralinstitute.org](mailto:mknoll@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.

## NEW FROM CEED!

# RIOS™ 3: Extending Reflective Facilitators' Capacity and Growth through the RIOS™ Framework

This online course builds on RIOS™ 1 and 2, employing the RIOS™ framework to deepen our professional relationships by focusing on Use of Self.

LEARN MORE:  
[Z.UMN.EDU/CEEDONLINE](http://Z.UMN.EDU/CEEDONLINE)

## WE'RE PRESENTING!

**Who You Are Is as Important as What You Do:  
The RIOS™ Reflective Practice Framework with  
Christopher Watson and Deborah Ottman**

**Tuesday, April 30 | 10:15 a.m. - 12:15 p.m**

**See conference schedule for location.**



Center for Early Education and Development

UNIVERSITY OF MINNESOTA

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**Blue Cross Blue Shield**

3400 Yankee Drive, Eagan, Minnesota 55121  
[www.bluecrossmn.com](http://www.bluecrossmn.com) | 3206308703  
 Contact: Bradley Vold  
[Bradley.Vold@bluecrossmn.com](mailto:Bradley.Vold@bluecrossmn.com)

Blue Cross and Blue Shield of Minnesota and Blue Plus are committed to the health of our members and people in communities

throughout the state. As a nonprofit health plan, Blue Plus helps raise awareness and supports initiatives to encourage healthy eating, physical activity and a tobacco-free lifestyle. An extensive network provides access to health care, tools and resources that help people live safe and healthy lives. You can count on us to provide excellent coverage, value and service.



**Brightmont Academy**

2855 Glacier Lane, Suite 200, Plymouth, MN 55447

[www.brightmontacademy.com/campuses](http://www.brightmontacademy.com/campuses) | 603-969-1836

Contact: Kate Martin | [kate.martin@brightmontacademy.com](mailto:kate.martin@brightmontacademy.com)

Brightmont Academy is an accredited, private school offering one-to-one instruction for students in grades K - 12. Regularly collaborating with both public and private schools, Brightmont offers a variety of enrollment options including full-time and part-time enrollment, single courses, and tutoring services. Most importantly, Brightmont is able to customize each student's program and provide individualized instruction.



**College of Continuing and Professional Studies**

1420 Eckles Ave, St. Paul, MN 55108

[ccaps.umn.edu](http://ccaps.umn.edu) | Contact: Courtney Swanson | [swan2187@umn.edu](mailto:swan2187@umn.edu)

CCAPS empowers lifelong learners to achieve their educational goals through professional courses, applied and individualized degrees, and other academic pathways.



**Devereux Advanced Behavioral Health**

444 Devereux Dr, Villanova, PA 19003

[www.devereux.org](http://www.devereux.org) | 808-726-3745

Contact: Alex Insel | [ainsel@devereux.org](mailto:ainsel@devereux.org)

Devereux Advanced Behavioral Health is one of the nation's largest nonprofit organizations, providing services, insight and leadership in the evolving field of behavioral healthcare. Devereux is guided by its mission - to change lives by unlocking and nurturing human potential for people living with emotional, behavioral and cognitive differences.



**Embark Behavioral Health**

1910 Richton Drive, Wheaton, IL 60189

[www.embarkbh.com](http://www.embarkbh.com) | 6309566041

Contact: Kristen Powell | [kristen.powell@embarkbh.com](mailto:kristen.powell@embarkbh.com)

Embark Behavioral Health is a leading nationwide network of outpatient centers and residential programs offering premier mental health treatment for preteens, teens, and young adults. Our ever-growing locations are part of a continuum of care that provides a range of services built from over 25 years of specialization in serving youth.



**Empathic Clinical Software**

3800 American Blvd W, #1500, Bloomington, MN 55431

[www.empathicsoftware.com](http://www.empathicsoftware.com) | 7637604295

Contact: Adam Becker | [adambecker@empathic.com](mailto:adambecker@empathic.com)

Empathic Software is a Minnesota-based practice management software as well as Mental Health Billing Services, and we were established in 2008 by a Marriage and Family Therapist. Our EHR includes a child and adolescent version as well as a Social Services version to meet ARMHS requirements. Our dedicated customer support exceeds any other EHR on the market by assigning each practice a dedicated account manager to help you run your practice. Empathic Software helps you "Get back to Therapy".



**Essentia Health - Amberwing**

615 Pecan Avenue, Duluth, MN 55811

[amberwing.org](http://amberwing.org) | 2183552110

Contact: Lori Thrun  
[Lori.Thrun@Essentiahealth.org](mailto:Lori.Thrun@Essentiahealth.org)



CENTER FOR YOUTH & FAMILY WELL-BEING

Amberwing is partial hospitalization programming for youth. Part of the Essentia Health network.



Services for Minnesota's adoptive, foster, and kinship families

**Families Rising Minnesota formerly NACAC-AFKC**

970 Raymond Ave Suite 205, St. Paul, Minnesota 55114

[nacac.org](http://nacac.org) | 651-410-3754

Contact: Melissa Greene | [melissagreene@nacac.org](mailto:melissagreene@nacac.org)

In Minnesota, Families Rising operates Families Rising Minnesota, which provides a statewide network of support for active and prospective adoptive, foster, and kinship care families. Families Rising Minnesota's ongoing support includes: in-person and virtual parent support groups, peer to peer mentoring, youth connections, and training. Additionally Families Rising MN actively collaborates with and provides training to child welfare professionals within the state of Minnesota.



Your Link to Mental Health & Substance Use Disorder Resources

**FastTrackerMN**

2738 Evergreen Circle, St. Paul, MN 55110

[fasttrackermn.org](http://fasttrackermn.org) | 952-290-3667

Contact: Logan Sheppard | [logan@fasttrackermn.org](mailto:logan@fasttrackermn.org)

FastTrackerMN.org is a dynamic behavioral health search tool that gives Minnesotans access to real time information and availability. It improves connections for Individuals and collaboration for systems. Whether you're searching for yourself, a loved one, a patient, or looking for general information, this is your place to start!



**Fernbrook Family Center**

2575 Harvest Lane NW, Owatonna MN 55060

[www.fernbrook.org](http://www.fernbrook.org) | 507-446-0431

Contact: DeAndra Schroeder | [dschroeder@fernbrook.org](mailto:dschroeder@fernbrook.org)

We provide mental health services to individuals and families throughout southern MN to clients ages birth through adulthood in settings like in-home, school, community or in one of our 8 county locations (Steele, Waseca, Blue Earth, Rice, Mower, Olmsted, Dodge and Goodhue).



**Foster Adopt Minnesota**

**Foster Adopt Minnesota**

2446 University Avenue West, STE 140, St. Paul, MN 55114

[www.fosteradoptmn.org](http://www.fosteradoptmn.org) | 6127465127

Contact: Rachel Walstad | [rwalstad@fosteradoptmn.org](mailto:rwalstad@fosteradoptmn.org)

Foster Adopt Minnesota (FAM) is a non-placing/non-home study organization that provides statewide pre and post permanency support services. Most of our services are free of charge and are available to prospective and current adoptive, foster and kinship caregivers; children and adults who have experienced adoption or foster care; birth/first families; and professionals supporting these individuals.



2400 64th W Street, Minneapolis, MN 55423

[www.fraser.org](http://www.fraser.org) | 9522767227

Contact: Ambre Michel | [ambrem@fraser.org](mailto:ambrem@fraser.org)

Fraser is Minnesota's premier provider and expert on services that intersect the care of intellectual and developmental disabilities with the treatment of co-occurring autism and mental health issues. Our coordinated care teams leverage a whole-person approach to maximize the health, well-being, independence, and safety of each client.



## Hazelden Betty Ford

1710 W Lake St. STE 400,  
Minneapolis, MN 55408

[www.hazeldenbettyford.org](http://www.hazeldenbettyford.org) | 4436047073

Contact: Marilyn Galloway | [mgalloway@hazeldenbettyford.org](mailto:mgalloway@hazeldenbettyford.org)

Harnessing science, love and the wisdom of lived experience, the Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by substance use and mental health conditions. As the nation's foremost nonprofit provider of comprehensive behavioral health care, Hazelden Betty Ford leads the way in helping society rise above stigma and overcome addiction.



## HP Psychological Associates

4135 Richard Avenue, Ste 201, Hermantown,  
MN 55811

[www.hpppsychological.com](http://www.hpppsychological.com) | 218-464-0908

Contact: Kimberly Overlie | [koverlie@hpppsychological.com](mailto:koverlie@hpppsychological.com)

HP Psychological Associates is a private practice with offices in Hermantown and Forest Lake, MN. Our providers see individuals ages 4+. HP Psychological Associates provides individual, couple, and family psychotherapy, psychological and neuropsychological assessment, Sandtray and play therapy, and Dialectical Behavior Therapy (DBT) services.



## Human Development Center

120 W 2nd St, Duluth, MN 55805

[hdcnorth.org](http://hdcnorth.org)

Contact: Cassandra Rockers  
[cassandra.rockers@hdcmn.org](mailto:cassandra.rockers@hdcmn.org)

HDC has been leading the way in bringing cutting-edge mental health and recovery services to the Northland. With more than 28 mental programs across the Minnesota counties of St. Louis, Cook, and Carlton, and Douglas County, Wisconsin, we are proud to be the largest mental health and recovery services provider in our community.



## Inner Heroes Universe

P.O. Box 679, Elmhurst, IL 60126

[innerheroesuniverse.com](http://innerheroesuniverse.com) | 6306608864

Contact: Mawi Asgedom | [mawi@myinnerheroes.com](mailto:mawi@myinnerheroes.com)

Inner Heroes Universe helps parents, educators, and therapists equip kids with crucial mental health and social emotional skills.



## IRCS, Inc

990 West 41st Street Suite 102, Hibbing, Mn 55746

[vireoentalhealth.com](http://vireoentalhealth.com) | 218-263-6512

Contact: Brenda Manthei | [brenda@ircsinc.com](mailto:brenda@ircsinc.com)



Vireo is a comprehensive full EHR system for Behavioral Health and Chemical Dependency Centers of all sizes.



## Lakeview Behavioral Health

516 South Pokegama Avenue, Grand Rapids, MN 55744

[lakeviewbh.com](http://lakeviewbh.com) | 2182567323

**LAKEVIEW**  
Behavioral Health

Contact: Mariah Stark | [mariahk@lakeviewbh.com](mailto:mariahk@lakeviewbh.com)

Lakeview Behavioral Health provides services for individuals in need of behavioral health care. Our goal is to treat the whole person and meet each individual's needs based on their own particular situation. We offer psychiatric, mental health, substance use, and co-occurring services in Minnesota from our five offices and are dedicated to making lives better for adults, adolescents, and children in our community. Our locations include Grand Rapids, Hibbing, Brainerd, Duluth and Virginia, MN.



## MAC

5155 Miller Trunk Highway, Hermantown, MN 55811

[www.mnautism.org](http://www.mnautism.org) | 612-488-9058

Contact: Kimberly Salmela

[Kimberly.Salmela@mnautism.org](mailto:Kimberly.Salmela@mnautism.org)

Minnesota Autism Center (MAC) provides therapeutic services for children ages 18 months to 21 years who have ASD. Our services utilize several therapeutic modalities, including applied behavior analysis (ABA) therapy. MAC's services are center-based and in-home, and include speech and occupational therapy, assessment and diagnosis services, and individual and family therapy. We currently have 20 centers and continue to grow to meet the needs of under served communities.



## Mental Health Collaboration Hub

## Mental Health Collaboration Hub

2493 Matilda St., Roseville, Minnesota 55113

[mnpsychconslthub.com](http://mnpsychconslthub.com) | 6513387524

Contact: Shelley Smith-Shea | [shelley@mnpsychconslthub.com](mailto:shelley@mnpsychconslthub.com)

The MHCH is a secure online portal that helps connect youth and families in psychiatric or behavioral health "boarding situations" to safe and healing mental health treatment. Users can connect with appropriate living and mental health treatment settings based on the unique needs of the patient. This resource is accessible to any health or human service organization such as hospitals, EDs, counties, shelters, residential programs, group homes, foster care and more.



## Mental Health Systems Inc

6600 France Ave S, Edina, Minnesota 55435

[www.mhs-dbt.com](http://www.mhs-dbt.com) | 9524609044

Contact: Sammantha Winchester | [swinchester@mhs-dbt.com](mailto:swinchester@mhs-dbt.com)

We provide evidence-based therapy services in supportive, respectful, and safe environments.

MHS promotes personal and community responsibility and growth for our clients, therapists, and staff.



## Mhealth Fairview

1675 Beam Ave- suite 200, Maplewood MN 55432

[www.mhealthfairview.org/categories/mental-health-and-addiction-care](http://www.mhealthfairview.org/categories/mental-health-and-addiction-care) | 6123138871

Contact: Nicole Herlofsky  
[nicole.herlofsky@fairview.org](mailto:nicole.herlofsky@fairview.org)

MHealth Fairview has a full range of mental health and addiction care for pediatric patients of all ages. We offer diagnostic assessments, outpatient therapy, intensive outpatient, PHP, residential, and inpatient levels of care. We offer specialty clinics including gender affirming care through center for sexual health and mental health specialty care through Masonic Institute for the Developing Brain. For more information: 800-468-3120



## Minnesota Alliance on Problem Gambling

1935 County Road B2 West, Suite 420,  
Roseville, MINNESOTA 55113

[mnapg.org](http://mnapg.org) | 6124248595

Contact: Sonja Mertz | [smertz@mnapg.org](mailto:smertz@mnapg.org)

Minnesota Alliance on Problem Gambling (MNAPG), Minnesota affiliate to the National Council on Problem Gambling, is a non-profit, gambling-neutral organization dedicated to improving the lives of Minnesotans affected by problem gambling. MNAPG is a coalition of individuals and organizations sharing the belief that problem gambling is a serious public health problem that is both treatable and preventable.



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A Division of Newport Healthcare

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Careers**



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### Minnesota Disability Determination Services

121 E 7th Place Suite 300, St Paul, Minnesota 55101  
www.ssa.gov | 6512597835

Contact: Tanya Heitzinger | Tanya.Heitzinger@ssa.gov

Minnesota Disability Determination Services is the state agency that partners with Social Security Disability to complete the medical decision to determine if an individual qualifies for the disability program. We would like to become an exhibitor sponsor to provide attendees resources on applying for the program, asking questions, and the overall disability process.

### MINNESOTA STATE UNIVERSITY, MANKATO Minnesota State University, Mankato - Department of Counseling and Student Personnel

107 Armstrong Hall, Mankato, MN 56001  
ed.mnsu.edu/academic-programs/counseling-student-personnel  
Contact: Tracie Self | tracie.self@mnsu.edu

Programs include master's degrees in clinical mental health counseling, school counseling, and college student affairs. We are especially interested in attracting BIPOC students to our programs and have multiple scholarship opportunities.

### Minnesota Suicide Prevention Regional Coordination



14 N 11th St., PO Box 650, Cloquet, MN 55720  
www.co.carlton.mn.us | 218-461-5998  
Contact: Meghann Levitt | meghann.levitt@co.carlton.mn.us

Carlton County hosts one of two Minnesota Suicide Prevention Regional Coordination Grants. Regional Coordinators cover all MN's 87 counties and provide trainings and technical assistance to community partners to support mental health/well-being efforts and the spectrum of suicide prevention/intervention/postvention.



### Institute to Transform Child Protection

### Mitchell Hamline School of Law: Institute to Transform Child Protection

875 Summit Avenue, Saint Paul, MN 55105

transformchildprotection.org

Contact: Cierra Buckner | cierra.buckner@mitchellhamline.edu

ITCP works with law and social work students, lawyers, and child welfare professionals to build a more effective child protection system to preserve families, prevent trauma, and effect policy change in Minnesota. We also offer a number of trainings for lawyers and non-lawyers alike, including a reimagining of mandatory reporting. We regularly host events throughout the year to connect with community members and survivors of the child protection system.



### movemindfully®

1882 Princeton Ave., St. Paul, MN 55105

move-mindfully.com | 6513731352

Contact: Kathy Flaminio | kathy@move-mindfully.com

movemindfully® is a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into simple trauma-responsive practices that are used in educational, therapeutic, corporate, and home environments. We offer training, workshops, products, consultation, residencies, and curricula that teach simple mind-body practices for self-regulation, focus, and overall well-being. Based on the latest research in neuroscience and best practices for intervening



### NAMI Minnesota

1919 University Ave Suite 400, St Paul, Minnesota 55108

www.namimn.org | 512-775-3909

Contact: Dana Malan | directorofoutreach@namimn.org

NAMI Minnesota provides education, advocacy and support to people living with mental illnesses and their loved ones.

# DBT FOR ADOLESCENTS

**Early Adolescent DBT** is for kids ages 12 to 14 and their caregivers. Kids attend two sessions per week in-person or online. Caregivers attend once weekly, online, to gain a greater understanding of how to help their child.

**Adolescent DBT** helps teenagers ages 14 to 18 decrease symptoms, maintain safety, and improve quality of life. Teens meet twice weekly in-person. Caregiver participation is optional via weekly or monthly online educational sessions.

**All adolescents learn skills including mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and life balance.**

**All programs meet after school.**



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952.835.2002

www.mhs-dbt.com

APPLE VALLEY, EDINA, PLYMOUTH,  
ROSEVILLE, WOODBURY, & VIRTU-CLINIC





**Newport Healthcare + Prairie Care**  
1726 7th Ave S, St Cloud, MN 56301 | 763-634-6375

www.newporthealthcare.com

Contact: Cheri Mlejnek | cheri.mlejnek@newporthealthcare.com

Whether you're looking for care for yourself or a loved one, or seeking a fulfilling career opportunity, Newport Healthcare and PrairieCare are working together to provide comprehensive treatment and rewarding jobs. We're expanding access to treatment for people of all ages, through a full continuum of care delivered by compassionate experts and proven to create industry-leading outcomes.



### Nexus Family Healing

505 Hwy 169 N, PLYMOUTH, MN 55441  
NexusFamilyHealing.org | 7635518640

Contact: Amy James | ajames@nexusfamilyhealing.org

Nexus Family Healing is an expert in mental health, behavioral health, and trauma for children, teens, and families. We serve thousands of individuals through our outpatient and community mental health services, foster care and adoption and residential care.



### North Homes Children and Family Services

1880 River Road, Grand Rapids, MN 55744  
www.northhomes.org | 218-327-3000

Contact: Wade Chiodo | wade.chiodo@northhomes.org

Our Mission: Providing a community-based continuum of compassionate care to children and families



### Northeast Youth & Family Services

3490 Lexington Ave. N., Shoreview, MN 55126  
www.nyfs.org | 651-274-8582

Contact: Amelia Majjala | amelia@nyfs.org

NYFS is a nonprofit, trauma-informed mental health and community services agency serving the northeastern suburbs of the Twin Cities metro area.



### Northern Pines Mental Health Center

PO Box 367, Little Falls, MN 56345  
npmh.org | 2188519990

Contact: William Hoffs | whoffs@npmh.org

Northern Pines is an all inclusive community mental health center that was established in 1964.



### NorthStar Community Services

1804 Cloquet Ave, Cloquet, Minnesota 55720  
www.northstarcommunityservices.com | 219-879-2119

Contact: Heather Wright | heather@northstarcommunityservices.com  
NorthStar Community Services provides a wide variety of services for children and adults through the northland. Services for children include, In-Home Support Services, Our Home Respite Care, Career Development Services, and EIDBI Services.



### Northwood Children's Services

714 West College Street, Duluth, Minnesota 55811  
www.northwoodchildren.org | 2183933971

Contact: Morgana Kolenda  
mkolenda@northwoodchildren.org

Located in Duluth, Minnesota, Northwood Children's Services provides holistic and professional care, education, and treatment for children with severe emotional, behavioral, and learning disabilities. Northwood is a private, nonprofit, tax-exempt agency committed to building positive change in children's lives. Our tradition of compassionate service has made Northwood the program of choice for the care and treatment of children with significant mental health challenges.



### P.E.A.S.E. Academy

601 13th Ave SE, Minneapolis, MN 55414  
www.peaseacademy.org | 612-378-1377



Contact: Michael Durchslag | mdurchslag@emailmtns.org

Started in January, 1989, P.E.A.S.E. Academy is the longest running recovery high school in the United States. Staff, students, families, and board members create a community who aims to: acknowledge and affirm individuals; support responsible choices that strengthen recovery; develop each individual's capacity to succeed; empower students to grow in mind, body, and spirit; encourage the search for greater purpose; and celebrate each day living in recovery.



### HealthPartners Park Nicollet

6700 Excelsior Blvd, St. Louis Park, MN 55426

www.parknicollet.com

Contact: Kelly Nelson | kelly.nelson2@parknicollet.com

At HealthPartners/Park Nicollet we believe in the power of good, good deeds and good people working together. As part of our team, you'll find an inclusive environment that encourages new ways of thinking, celebrates differences, and recognizes hard work. We're a nonprofit, integrated health care organization, providing health insurance in six states and high-quality care at more than 90 locations, including hospitals and clinics in Minnesota and Wisconsin.



### People Incorporated

5555 Boone Avenue N, Minneapolis, Minnesota 55428

peopleincorporated.org | 651-560-6388

Contact: Amanda Peterson  
amanda.peterson@peopleincorporated.org

Minnesota's largest mental health non-profit. We serve all ages.



### PICS - Partners in Community Supports

1605 Eustis Street, Saint Paul, MN 55108  
www.lssmn.org/pics | 6514324813

Contact: Trisha Kluck | trisha.kluck@picsmn.org

PICS (Partners in Community Supports) has offered self-directed care options to individuals and families for over 20 years. Our customer-service focus means that you spend less time worrying about the financial aspects of self-directed care and more time caring for your loved one. PICS is ready to support you as a Financial Management Services (FMS) provider.



PO Box 488, Brainerd, MN 56401

www.portgroupshomes.org | 2184547229

Contact: Heather Kelm | hkelm@portgroupshomes.org

Port is a private non-profit organization providing residential services to youth who have been or are at risk of becoming victims of sex trafficking or commercial sexual exploitation (ST/CSE/At Risk). It is our mission to provide a safe and nurturing place where youth receive personalized services that prepare them for future success. Port exists to provide hope, structure, stability, and consistency to youth and their communities. We utilize a blended model of cognitive behavior therapy.



### Prairie Lakes Youth Program

1808 Civic Center Drive, Willmar, MN 56201  
PrairieLakes.net

Contact: Holly Y | holly@prairielakesyouth.org

Prairie Lakes Youth Programs is a children's residential facility located in Willmar, Minnesota. Through our non-secure, group home, and secure environments, we provide individualized, trauma-informed, and culturally relevant care and treatment including: substance use disorder addiction recovery, pet therapy, individual therapy, group therapy, family therapy, truancy support, CHIPS support, and so much more. Prairie Lakes staff have been committed to igniting youth dignity since 1991.



### Psychiatric Assistance Line (PAL)

9400 Zane Ave, Brooklyn Park, MN 55443  
www.mnpsychconsult.com | 8554316468

Contact: Jade Mueller | pal@prairie-care.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.



315 Deaderick Street, Nashville, TN 37238

www.qualifacts.com | 6513033488

Contact: Sheila Cashman | sheila.cashman@qualifacts.com

Qualifacts is a leading provider of behavioral health, rehabilitative and human services software and SaaS solutions for clinical productivity, compliance and state reporting, billing, and business intelligence. Its mission is to be an innovative and trusted technology and solutions partner, enabling exceptional outcomes for its customers and those they serve. Qualifacts' comprehensive portfolio includes the CareLogic, Credible, and InSync platforms.



### Recovering Hope Treatment Center

2031 Rowland Rd., Mora, MN 55051  
www.recoveringhope.life | 7632421400

Contact: Sadie Broekemeier | sadie@recoveringhope.life

Recovering Hope Treatment Center provides substance use and mental health services for families. Our residential substance use program provides a safe setting for mothers and their children to seek recovery. We provide additional support for all genders for outpatient substance use, individual mental health and medication management.



### Region 3 Help Me Grow - Itasca Area School Collaborative

601 SW 7th Street, Grand Rapids, Minnesota 55744

www.iasc.k12.mn.us | 2183275700

Contact: Heidi Halker | hhalker@isd6070.org

Help Me Grow Minnesota connects families to resources that help young children develop, learn and grow.



### Residential Services, Inc. (RSI)

2900 Piedmont Avenue, Duluth, Minnesota 55811  
www.residentialservices.org | 2187272696

Nurturing Abilities  
residentialservices.org

Contact: Claire Farmer-Lies | claire.farmerlies@

RSI has been working in communities in Minnesota since 1978 in home and community-based settings for adults and children 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.



### RockBridge Mental Health

2365 Ariel St N, Maplewood, MN 55109  
rockbridgecounseling.org | 612-238-6284

Contact: Dave Runion | David.Runion@

rockbridgecounseling.org

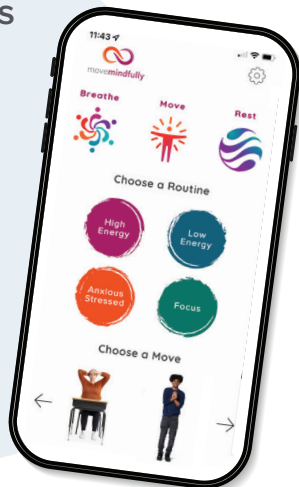
At RockBridge Counseling and Mental Health, our therapists are highly trained professionals with the necessary expertise to help those struggling with mental health and life-controlling issues. We recognize the need to adapt and implement therapeutic practices conducive to each person and aligned with their personal beliefs.

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Training and products at [move-mindfully.com](http://move-mindfully.com)



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Book your group  
event by emailing  
[lisa.filzen@](mailto:lisa.filzen@pierbresort.com)  
[pierbresort.com](http://pierbresort.com)





**Sophie's Squad**

6371 Red Hawk Trail, Lino Lakes, MN 55014

sophiessquad.org | 6513075245

Contact: Miki Hughes | miki@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. We are attending to network and share our educational materials and merchandise.



**St. Catherine University**

2004 Randolph Avenue, St. Paul, MN 55105

www.stkate.edu | 651-690-6933

Contact: Dave Lienesch | dalienesch@stkate.edu

St. Kate's educates at all degree levels through valuing and integrating the liberal arts and professional education within the Catholic intellectual tradition, emphasizing scholarly inquiry and social justice teaching. We welcome a rich diversity of students, with a baccalaureate college for women at the heart of the University and graduate and adult colleges for women and men. Committed to excellence and opportunity, St. Catherine University develop leaders who act with integrity.



**State Medical Review Team**

12624 Diamond Drive, Burnsville, Minnesota 55337

mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/health-care-programs/programs-and-services/smrt.jsp | 651-431-2803

Contact: Ann Hunt | Ann.E.Hunt@State.MN.us

The State Medical Review Team (SMRT) makes disability determinations for people not certified disabled by the Social Security Administration (SSA). SMRT completes disability determinations according to disability criteria defined by the SSA. The county, tribal or state servicing agency submits a referral to SMRT on behalf of the person to start the process.



**Supportable by Dashboard Traction**

615 Travelers Trail West, Burnsville, MN 55337

www.supportableapp.com | 952-564-3010

Contact: Kelsey Percy  
kelsey@dashboardtraction.com

Supportable is a HIPAA compliant CRM designed for mental health. We help streamline Admissions process and make data accessible.



**That Feeling When K12**

203 Cooper Ave N #300, St Cloud, Minnesota 56303

www.tfwk12.com | 320-292-3784

Contact Braden Hughs | bradyhughs@icloud.com

"That Feeling When K12" (TFWK12), an SEL video series for K-12. It blends cinematic storytelling with classroom discussions, addressing real student challenges. Educators & students use SEL-based question cards post-screening to foster empathy and critical thinking. TFWK12's authenticity and adaptability make it a dynamic tool, revolutionizing SEL by enhancing emotional intelligence and interpersonal skills for K-12 students.



**The Emily Program**

1295 Bandana Blvd W, St Paul, MN 55108  
emilyprogram.com | 8453008927

Contact: Chrystie Soriano | chrystie.soriano@accanto.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.



**The Menninger Clinic**

12301 Main st, Houston, TX 77035

www.menningerclinic.org | 614-562-7073

Contact: Blair Famarin | bfamarin@menninger.edu

Menninger is a non-profit behavioral health hospital with long term inpatient care as well as comprehensive assessment and testing programs for children and adolescents. We have been serving clients from across the US for 100 years.



**Twin Cities Education Consultants**

14027 Lynch Dr, Rogers, Minnesota 55374

www.tcceteachers.com | 763-220-0599

Contact: Jon Hummel | jhummel@tceducationconsultants.com

Twin Cities Education Consultants is a team of School Psych's SPED teachers and ECSE teachers providing SPED Education services to charter and some public schools. Ignite Child Development Services provides clinical and school based autism services "ABA" in Wisconsin and co-located services in Minnesota.



500 Stinson Blvd, Minneapolis, MN, 55413

ucare.org | 6126763570

Contact: Monica Gossett | mgossett@ucare.org

UCare offers Medicare, Medicaid and Individual & Family health plans across Minnesota and portions of western Wisconsin. Our people powered health plans serve more than 650,000 members. By partnering with health care providers and community organizations, we provide, de-complicate and figure out health coverage for members. UCare members also benefit from a wide range of health, wellness and fitness programs.



**United Health Care - Optum**

11000 Optum Circle, Eden Prairie, Minnesota 55344

www.optum.com | 1-763-340-8733

Contact: Quanah Walker | quanah.walker@uhc.com  
Optum is a health services organization



**Wellcome Manor Family Services**

114 W Pleasant St, Garden City, Minnesota 56034

www.wellcomemanor.org | 507-546-3295

Contact: Scott Vaske | scott.vaske@wellcomemanor.org

Wellcome Manor Family Services (WMFS) is a residential treatment center located in Garden City, MN that provides high and low-intensity levels of care. Since 2007, WMFS has provided women and children with a safe and supportive environment in which to physically, emotionally, and spiritually recover from substance abuse and co-occurring disorders. Each individual in our care is treated using a personalized and holistic approach created solely for women needs.



**Wellspring Wellness, LLC**

1910 George Allen Ave., Ames, IA 50010  
<https://deb9023.wixsite.com/wellspringwellness>  
 515-231-0632

Contact: Deb Kline | [deb@wellspringwellness.com](mailto:deb@wellspringwellness.com)

I opened Wellspring Wellness in 2006 to holistically support clients seeking improved health and well-being in body, mind, and spirit. As a graduate of the Eastwind School of Holistic Healing (2006) and the PrairieFire Program (2015), the energy healing modalities and spiritual mentoring I offer complement the treatments of conventional medicine and traditional therapy. You can explore a variety of energy healing techniques, guided imagery, flower essences, and deep listening—the treatments that effectively facilitated my own healing.



**JACOB WETTERLING RESOURCE CENTER** **Jacob Wetterling Resource Center**  
[www.zeroabuseproject.org/victim-assistance/jwrc](http://www.zeroabuseproject.org/victim-assistance/jwrc) | (800) 325-HOPE

Jacob Wetterling Resource Center was founded to educate and assist families and communities to address and prevent the exploitation of children. JWRC continues to work to end all forms of child maltreatment through education, training and prevention while advocating for and serving children, adult survivors, and communities.



**Wings**

1326 East Ripley St, Litchfield, MN 55355  
[www.wingsats.com](http://www.wingsats.com) | 3202912601

Contact: Wylie Boehmlehner | [wylieb05@yahoo.com](mailto:wylieb05@yahoo.com)

Wings provides co-occurring (substance use and mental health disorder) residential care to adolescent residents (age 13-18) and their families. Wings serves all genders. Wings strives to deliver the highest degree of service with the greatest degree of integrity. Wings utilizes an attachment based approach to healing. Wings provides therapeutic services influenced by 12 step principles, DBT skills, and a trauma responsive model of care.



**Youable Emotional Health**

[www.youable.health](http://www.youable.health) | 763-283-6601

6425 Nicollet Ave. S. Suite 210,  
 Richfield, Minnesota 55423

Contact: Madison McConnell | [madison.mccconnell@youable.health](mailto:madison.mccconnell@youable.health)

We are a community-based non-profit that has the following services for adolescents: mental health case management, truancy case management, diversion case management, and outpatient therapy. We also have two home visiting services, specifically for new mothers, to help them navigate this new season in their life. Lastly, we also offer outpatient therapy to adults.

# MACMH Events

## Annual Story Walk

a **FREE** family-friendly activity combining reading and outdoor fun

 **Sunday, May 19th**

Join us anytime between 10 AM & 1 PM

 **Como Lakeside Pavilion**

1360 Lexington Pkwy N, St Paul, MN 55103



Featuring the children's book Watch Me Grow by local author Josalyn Thomas

Take a stroll around the lake and follow a story of growth, patience, and plant life. Stop and read each page that will be stationed along the path.

for more information



SCAN

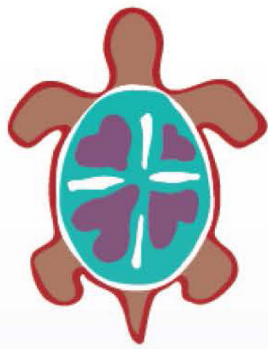
- meet the author
- planting activities
- Story Walk craft project
- reading corner
- move your body
- pre-loved book exchange



[engage@macmh.org](mailto:engage@macmh.org)



[www.macmh.org](http://www.macmh.org)



# STRONGHEARTS

## Native Helpline

**StrongHearts Native Helpline is a confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally appropriate support and advocacy.**

**There is hope in planning to leave an abusive relationship.  
You can escape violence. You can call for help.**

We are here to support 24/7

**1-844-7NATIVE (762-8483)**

[www.strongheartshelpline.org](http://www.strongheartshelpline.org)



@strongheartsdv



# Thank You

## MACMH Volunteers

Mary Anne Barnhart  
Tabitha Benci DeRango  
Bobbi Bjork-Mathiesen  
Christine Black-Hughes  
Lori Brown-De Alba  
Lindsay Bruce  
Rachel Burger  
Nancy Carriveau  
Desiree Carvel  
Julie Christianson  
Steve Cook  
Torrie Crider  
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Kea Sparkman  
Kaitlyn Stender  
Tracy Tonner  
Addie Trettel  
Jessica Westby



Learn  
when  
YOU  
want



## user.macmh.org

The screenshot shows the user interface of user.macmh.org. At the top, there is a navigation bar with 'Sign In' and 'Register' links, and a search bar. Below the navigation bar is a main banner with the text 'Leading with compassion, knowledge, and support' and a sub-header 'We provide education and resources to professionals, families, and youth throughout Minnesota and beyond.' To the right of the banner is a photo of four children smiling. Below the banner is a sign-in form with fields for 'Email' and 'Password', a 'Remember Me' checkbox, and a 'SIGN IN' button. There are also links for 'Forgot your password?' and 'Haven't registered yet?'.

>>Been here before?  
Log in. First time? Click  
forgot your password  
and enter the email you  
used while registering.

>>Once your logged in,  
check out some of our features:

- + Update your profile
- + View & pay invoices
- + Check your participation records
- + Check out the quick links
- + View upcoming events



Scan to visit



**Twanna N. Anderson**  
Community Engagement and Special Projects Director



**Amanda Amos, MA**  
Infant & Early Childhood Assistant Director, Endorsement Coordinator



**Tailana Blaylark**  
Social Media Coordinator



**Grace Carey**  
Events Coordinator



**Deborah Cavitt, MS, CFPS**  
Manager of Advocacy and Education



**Hannah Coyle**  
Communications Specialist



**Shalonda Flowers, MEd**  
Program Director of Youth and Family Services



**Connie Hune**  
Parent Support Specialist



**Brandon Jones, MA**  
Executive Director



**Abbey Joyner**  
Professional Development Program Assistant



**Damien Markham**  
Manager of Arts & Youth Engagement



**Karen Milne**  
Special Event Coordinator



**Lauren Moberg, MA, LMFT, IMH-E®**  
Infant & Early Childhood Director



**Krista Mrozinski, MA, LMFT, IMH-E®**  
Office Assistant



**Holly A. Raab, Ph.D**  
Parent Support Specialist



**Mark Revering**  
Director of Finance and Operations



**Titus Sieh**  
Accounting Specialist



**April j Tighe**  
Data and Information Director



**Cidney Vincent**  
IEC Program Assistant



**Amanda Xiong**  
Professional Development Director

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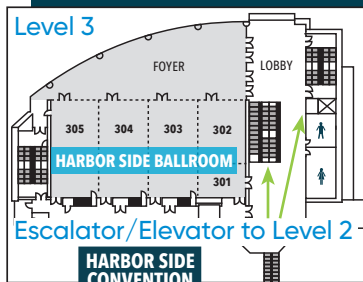
Thad Shunkwiler, EdD, LMFT, LPCC, ACS, CCMHC

Corri Stuyvenberg, MA, PT, DPT

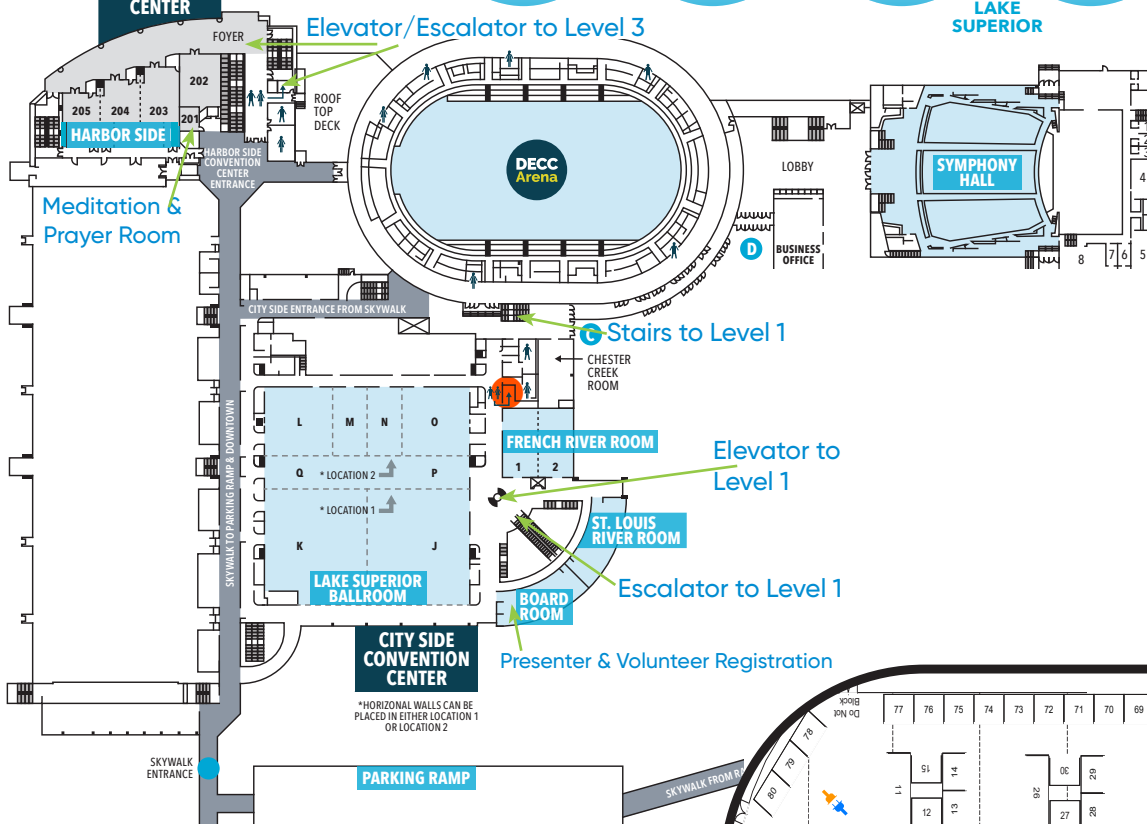
# FLOOR PLANS

DECC

3RD LEVEL



SKYWALK LEVEL



GROUND LEVEL



**Key**

- Charging Station
- MACMH Central
- Networking & Seating Area
- Gender Neutral Restroom
- Nursing Room

LIAM A. IRVIN