



CHILDREN AND ADOLESCENT MENTAL HEALTH CONFERENCE

MARCH 3 & 4, 1998

**RADISSON SOUTH HOTEL
7800 NORMANDALE BLVD.
BLOOMINGTON, MINNESOTA**

KEYNOTE SPEAKERS: DR. JOYCELYN ELDERS



DR. DEBORAH PROTHROW-STITH

DR. LARRY BRENDTRO

Thank you ! Thank you! Thank you ! Thank you !

MINN. DEPT. OF CHILDREN, FAMILIES & LEARNING:

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SOLVAY PHARMACEUTICALS: SPONSORS OF SPEAKER,

DR. ELIZABETH REEVES

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Minnesota Association for Children's Mental Health

The mission of MACMH is to enhance the quality of life for children with emotional and behavioral disorders and their families.

MACMH is a non-profit organization whose primary objectives are:

- Develop a statewide network of family support groups and parent to parent connections.
- Advocate for appropriate and timely delivery of mental health services.
- Provide parents with children's mental health information through educational opportunities such as workshops, trainings and publications.
- Remove social stigma and barriers associated with children's mental health issues through public education.
- Work with other organizations to improve the mental health care system.
- MACMH will propose and execute programs that will lead to improvements in children's mental health.

8:00 - 10:00 am

Registration

Continental Breakfast

10:00 - 10:30 am

Opening and Welcome

10:30 - 12:00 PM

SPECIAL PRESENTATIONS

- **Dealing with Me: Building Sensitivity for Success,**
Greg Olson, Critters and Company, Bloomington Room
- **What is the Wraparound Process?**
Mary Grealish, Community Partnership Group, Edina Room
- **What you need to know about changes in IDEA,** *Terry Zielinski, Atrium 4*
- **Managing Challenging & Aggressive Behaviors,**
Michael Favor, St. Louis Park Senior High School, Atrium 6

12:00 - 1:00 PM

LUNCH

1:15 - 2:25 PM

Dr. Deborah Prothrow-Stith, *Ballroom*

2:30 - 4:30 PM

WORKSHOPS 5 - 8

- 5 • **Assessment and Intervention of Children & Adolescents Affected by Domestic Violence,** *Davis, Schmidt, Kahn, Atrium 6*
- 6 • **Functional Assessment of Challenging Behaviors,** *Shevlin-Woodcock, Atrium 6*
- 7 • **Falling In Love Again,** *Brust Moore, Atrium 8*
- 8 • **Effective Treatment of Children with Mental Health Needs within the Criminal Justice System,** *Walsh, Atrium 7*

2:30 - 4:00 PM

WORKSHOPS 9 - 17

- 9 • **Effective Programming with SED/Violent Youth,** *Wilderson, Atrium 3*
- 10 • **Narrative Ideas Applied to Anorexia and Bulimia,** *Bugge, Atrium 2*
- 11 • **Coordinating Entitlements for Children: An Advocate's Guide to the Children's Mental Health Act, Individual with Disabilities Education Act & the Mysterious Workings of the Juvenile Court,** *Opsahl, Atrium 1*
- 12 • **Building a Peaceful Future: Domestic Violence Interventions & the School Community,** *Jensen, Veranda 1*
- 13 • **Addressing "Barriers to Learning": A Perspective from a School-Health Partnership,** *Harrison, Veranda 3*
- 14 • **Making Room for Daddy,** *Tift, Veranda 5*
- 15 • **Culturally Competent Psychological Assessments,** *Carbonell, Veranda 7*
- 16 • **Children with Mental Disorders of Learning Disabilities Who Are Also Gifted & Talented: Therapists Knowledge and Attitudes,** *Garwick, Edina Room*
- 17 • **Building Sensitive Leaders for the Future,** *Olson, Bloomington Room*

4:00 - 4:15 PM

BREAK

4:15 - 5:15 PM

WORKSHOPS 18 - 28

- 18 • **Mental Health in Refugee Youth & Their Families, Collaborative Models of Family-Based Intervention,** *Northwood, Veranda 1*
- 19 • **Classroom Strategies for Working with Students with ADD/ADHD,** *Kurtzman, Veranda 3*
- 20 • **Walking hand in Hand,** *McPeck, Kopeck, Meunier, Edwards, Atrium 2*
- 21 • **Innovations in Psychological Services for Children,** *Ferron, Davis, Veranda 4*
- 22 • **Navigating the Health Care Maze: A Session for Parents,** *Holmstoen, Veranda 5*
- 23 • **Stress Trauma Response in Children,** *Flackus, Atrium 1*
- 24 • **Problem Gambling Among Youth: Tools for Prevention,** *Sechrist, Veranda 2*
- 25 • **Motivating Students through Games and Laughter,** *Knoll, Veranda 2*

- 4:15 - 5:15 PM 26 • **Development of Aggression Replacement Skills with Adolescents with EBD**, Melloy, *Edina Room*
 27 • **Working with Neurobiological Youth**, Krug, *Veranda 7*
 28 • **The Importance of Parent Involvement**, Ortega, *Atrium 3*

5:15 - 6:00 PM **SOCIAL HOUR, Garden Court**

6:00 - 8:00 PM **AWARDS BANQUET**

MACMH's 1998 Outstanding Service Awards

4th Annual Children's Mental Health Poster Contest Awards

WEDNESDAY MARCH 4, 1998

7:30 - 9:00 am **Registration**
 Continental Breakfast

7:30 - 9:00 am **Parent Breakfast**

9:00 - 10:00 am Dr. Joycelyn Elders, Ballroom

10:00- 10:15 am **BREAK**

10:15- 12:15 PM **WORKSHOPS 29 -36**

- 29 • **Adopting the Older Child: Counseling Families Experiencing Stressed Adoptions**, Collins-Marotte, *Atrium 1*
- 30 • **CAUTION: Children Under Construction**, Walsh, *Atrium 2*
- 31 • **The Critical Issue of Staff Resiliency**, Bowman, *Atrium 8*
- 32 • **The Circle Process: Creating Classrooms that Foster Competency, Problem Solving & Accountability**, Sullivan, *Bloominton Room*
- 33 • **CAUTION: Children Under Construction**, Walsh, *Atrium 2*
- 34 • **Promoting Healthy Girls & Girl Friendly Communities**, Schaefer, *Atrium 7*
- 35 • **Mental Health & People with Fetal Alcohol: Understanding the Disability & Improving Lives for Individuals & Families**, Frigaard, *Atrium 4*
- 36 • **Obsessive Compulsive Disorder in Children & Adolescents: Recognition, Treatment and Prognosis**, Reeve, *Edina Room*

12:15- 1:15 PM **LUNCH**

1:30- 2:30 PM Dr. Larry Brendtro, Ballroom

2:30- 2:45 PM **BREAK**

2:45- 4:15 PM **WORKSHOPS 37 - 47**

- 37 • **How to Turn Parent's Strengths into Equal Power in a Collaborative: A Governance Model**, Cox, *Veranda 1*
- 38 • **On-Site Mental Health Treatment Programs in the Schools & the Adolescent Psychiatrist**, Dikel, *Atrium 7*
- 39 • **Using a Family Peace Plan When Conflicts Arise**, Janke, *Veranda 7*
- 40 • **Why Can't We Be Friends?**, Lockett, *Atrium 2*
- 41 • **Animal Assisted Psychotherapy**, DePrekel, Welsch, *Atrium 3*
- 42 • **What's Wrong with this Picture**, McDonald, *Atrium 4*
- 43 • **Peaceful Parenting in Violent World**, Berlowe, *Veranda 3*
- 44 • **Children in the Obsessive compulsive Disorder Spectrum: An Overview of Diagnosis, Family Coordination & Treatment**, Garwick, *Atrium 8*
- 45 • **Never Underestimate the Power of Relationships**, Keenan, *Veranda 5*
- 46 • **Childhood Depression in the Classroom Recognition & Response**, Braswell, *Atrium 6*
- 47 • **Teaching Kids to Eat & Love Their Bodies Too**, Kater, *Veranda 2*



GENERAL INFORMATION

Registration Hours

Tuesday, March 3, 1998

8:00 - 10:00 am

Wednesday, March 4, 1998

7:30 - 9:00 am

Location

Radisson Hotel South
7800 Normandale Blvd.
Bloomington, MN 55439
612.835.7800

MACMH'S Annual Meeting

All MACMH members are invited to attend the annual meeting on Monday, March 2, 1998 from 6:00 - 8:00 PM.

Awards Banquet:

Tuesday March 3, 1998. Please join us for the MACMH Children's Mental Health Poster Contest Awards Banquet. The entertainment will be the Tourette's Travelling Troup, presented by children ages 9 - 12 yrs.

Parent Breakfast:

On **Wednesday, March 4, 1998**, parents are invited to attend a Parent Breakfast. The breakfast will be held at 7:30 AM, the location will be postmarked at the registration desk. This is a great way to meet other parents.

Hospitality Room:

A Hospitality room will be available throughout the conference. Everyone is welcome to gather here. It is an excellent opportunity to exchange information, experiences and addresses.

Exhibits:

Don't miss the exciting exhibits we have at this year's conference. There will be a wide variety of exhibits on display throughout the conference.

Cancellation Policy:

Registration fees, minus a \$50.00 administrative fee, will be refunded if the cancellation is made in writing to MACMH (Minnesota Association for Children's Mental Health) office on or before February 15, 1998. Fees are nonrefundable after this date, but registration can be transferred to another person.

Continuing Education Units:

The conference is designed to meet CEU credits for many disciplines. Certificates will be available to document participation.

Message Center:

There will be a message board located near the registration desk. Please make sure to check the board periodically during the conference for messages. It is difficult to get emergency messages to people, as there is not an intercom.

Accessibility:

If you need a reasonable accommodation for a disability (e.g., wheelchair accessibility, interpreter, Braille, or large print materials) such an accommodation can be made available upon advance request. Please contact MACMH office on or before February 20, 1998 at

MACMH:

612.644.7333 or 1.800.528.4511

TTD, contact Minnesota Relay Service:

612.297.5353 or





CONFERENCE SCHEDULE

MONDAY, MARCH 2, 1998

Pre-Conference Symposium

12:00- 5:00 PM Early Conference Registration

1:00- 1:15 PM Welcome

1:15 - 2:00 PM Keynoter: Nurith Zmora

2:00 - 2:15 PM Break

2:15 - 4:00 PM Panel (Moderator: Andy Wiesberg)

4:00 - 4:30 PM Audience Questions & Wrap-up

MACMH'S ANNUAL MEETING

6:00 - 7:00 PM Social Hour • Hors D'Oevres

7:00 - 7:30 PM Entertainment

7:30 - 8:00 PM Meeting & elections

AWARDS BANQUET

Tuesday, March 3, 1998

6:00 - 7:30 PM

includes presentation of

MACMH'S

1998 Outstanding Service Awards

4TH ANNUAL CHILDREN'S MENTAL

HEALTH POSTER CONTEST AWARDS

TUESDAY, MARCH 3, 1998

8:00 - 10:00 PM Registration

Continental Breakfast

10:00 - 10:30 PM Opening and Welcome

10:30 - 12:00 PM Special presentations

12:00 - 1:00 PM Lunch

1:15 - 2:25 PM Dr. Deborah Prothrow Stith

2:30 - 4:30 PM Workshops 5 - 8

2:30 - 4:00 PM Workshops 9 - 17

4:00 - 4:15 PM Break

4:15 - 5:15 PM Workshops 18 - 28

5:15 - 6:00 PM Social Hour

6:00 - 7:30 PM Banquet

WEDNESDAY MARCH 4, 1998

7:30 - 9:00 PM Registration

Continental Breakfast

7:30 - 9:00 PM Parent Breakfast

(speaker: Mike Patrick)

9:00 - 10:00 PM Dr. Joycelyn Elders

10:00 - 10:15 PM Break

10:15 - 12:15 PM Workshops 29 - 36

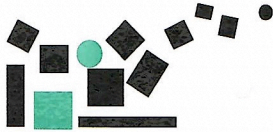
12:15 - 1:15 PM Lunch

1:30 - 2:30 PM Dr. Larry Brendtro

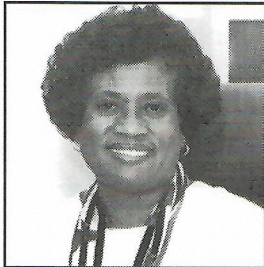
2:30 - 2:45 PM Break

2:45 - 4:15 PM Workshops 37 - 47



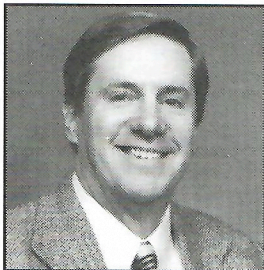


Keynote Speakers



DR. JOYCELYN ELDERS

is a pediatric endocrinologist who served as the first African American woman ever appointed U.S. Surgeon General. A dedicated and courageous woman, she continues to spread her critically important message that education, accepting personal responsibility and prevention are the keys to ensuring good health for everyone.



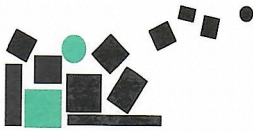
DR. LARRY BRENDTRO

is currently Professor of Special Education at Augustana College and directs the Black Hills Seminar, a national training institute for professionals serving troubled youth. He is the author of over ninety publications in eight languages. His most recent book Reclaiming Youth at Risk, is coauthored with Martin Brokenieg and Steve Van Bockern. Dr. Brendtro has spoken worldwide, and his presentations are both thought provoking and uplifting.



DR. DEBORAH PROTHROW-STITH

is Assistant Dean at the Harvard School of Public Health. She is widely respected for her work in adolescent health. Dr. Prothrow-Stith is the author of Deadly Consequences, the definitive work on gangs and youth violence. She treats violence as a public health issue, looking toward prevention, education, and teaching young people the skills of conflict.



SPECIAL PRESENTATION

10:30 - 12:00 PM TUESDAY

1

Greg Olson, Critters and Company:

"Dealing With Me: Building Sensitivity for Success" Whether for kids or coworkers, the stories and live animals brought by Greg Olson and Critters and Company will stimulate insights into our interactions with others. Come prepared to have a wild time, but the memories and ideas you capture will create opportunities for future success. *Bloomington Room*

2

Mary Grealish, M. Ed., Community Partnership Group

"What is the Wraparound Process?" No single service system can respond to the costly and complex challenges of treating troubled children and youth. As families seek support, the Wraparound process offers a fresh approach to mobilizing family and community resources. MaryGrealish will provide you with practical clinical and management information for new and veteran staff. *Edina Room*

3

Terry Zielinski, M.A., Monitoring and Compliance Specialist and lead social worker for the Minneapolis Public Schools

What you need to know about changes in IDEA, school discipline policies, graduation standards and the status of the diversity rule as it relates to children's mental health disabilities. Time will be set aside for questions and answers. *Atrium 4*

4

Michael Favor, St. Louis Park Senior High School District # 283

"Managing Challenging and Aggressive Behaviors" Michael Favor will provide you with skills and knowledge of how to manage challenging and aggressive behavior with at-risk youth. He will teach you how to negotiate and empower youth as well as how to avoid power struggles. *Atrium 6*

12:00 - 1:00 PM

LUNCH

1:15 - 2:25 PM

KEYNOTE SPEAKER: *BALLROOM*

DR. DEBORAH PROTHROW-STITH

2:30 - 4:30 PM

5

ASSESSMENT AND INTERVENTION OF CHILDREN AND ADOLESCENTS AFFECTED BY DOMESTIC VIOLENCE.

Diane Davis, MA, LP, LGSW, Dir of Therapy Shannon Schmidt, MS, LP, Jerry Jensen, MA, LPP, Domestic Abuse Project (DAP)

This presentation will provide information about appropriate assessment and effective intervention to practitioners working with child and adolescent witnesses and adolescent perpetrators of domestic violence. *Atrium 6*

6

FUNCTIONAL ASSESSMENT OF CHALLENGING BEHAVIORS

Cindy Shevlin-Woodcock, Spec Educ Coor. & Jennifer Babiracki., School Psych, Early Childhood Coor. Centennial School Dist. #12

Determining the purpose of challenging behaviors helps design PROACTIVE interventions. Looking at these behaviors as opportunities to teach is a more positive and rewarding way to work with students. *Atrium 4*

7

"FALLING IN LOVE AGAIN"

Cynthia Brust Moore, Coordinator Parent Support Network of the Dakota Co. Children's Mental Health Collaborative

This is a hands-on workshop designed to encourage parents to relax and renew and to re-examine their "problem" child in a new light. *Atrium 8*

8

EFFECTIVE TREATMENT OF CHILDREN WITH MENTAL HEALTH NEEDS WITHIN THE CRIMINAL JUSTICE SYSTEM

Timothy B. Walsh, M.A.C.P. & Jane F. Johncox, M.S.W Dakota Co. Community Corrections

"Nothing works ?" There are effective treatment interventions for children with mental health needs and their families within the Criminal Justice System. *Atrium 7*

2:30 - 4:00 PM

9

EFFECTIVE PROGRAMMING WITH SED/ VIOLENT YOUTH

Thad Wilderson, Adoles. Service Grant Provider Children's Mental Health Collaborative of Ramsey County

Multisystemic Therapy (MST) is being promoted as the most viable approach to dealing with Aggressive/Violent SED adolescents. Ramsey Co. will share their experience and how effective it has been. *Atrium 3*

10

NARRATIVE IDEAS APPLIED TO ANOREXIA AND BULIMIA

Irene Bugge, Ph.D., L.P, Program Dir. Eating Disorders Institute, Methodist Hospital Health System Minnesota

This presentation will describe how the Eating Disorders Institute has developed a collaborative, non pathologizing approach to the treatment of eating disorders and integrating narrative ideas into clinical practice. It will demonstrate the therapeutic power of situating eating disorders in a sociopolitical context. *Atrium 2*

11

COORDINATING ENTITLEMENTS FOR CHILDREN: AN ADVOCATE'S GUIDE TO THE CHILDREN'S MENTAL HEALTH ACT, INDIVIDUAL WITH DISABILITIES EDUCATION ACT, & THE MYSTERIOUS WORKINGS OF THE JUVENILE COURT.

Irene M. Opsahl, Legal Aid Society of Mpls, **Kathy Kosnoff**, **Amy Goetz**, MN Disability Law Center, **Candace Rasmussen**, Chief Public Defender- 3rd District

Learn about overlap between three "systems" required to address the needs of children with disabilities. Discuss strategies for making the "systems" work together to generate a comprehensive, individualized response to the needs of each eligible child and that child's family. *Atrium 1*

TUESDAY WORKSHOPS

2:30 - 4:00 PM

12 BUILDING A PEACEFUL FUTURE: DOMESTIC VIOLENCE INTERVEN- TIONS & THE SCHOOL COMMUNITY

Jerry E. Jensen, MA, LPP, Psychotherapist
River City Mental Health Clinic

Being exposed to domestic violence negatively impacts children's development in many ways and is linked to higher incidence of violence as an adult. School-based anti-violence education programs are a good first-step, but schools must also address institutionally reinforced attitudes about abuse and emulate an alternative vision.
Veranda 1

13 ADDRESSING "BARRIERS TO LEARNING": A PERSPECTIVE FROM A SCHOOL-HEALTH PARTNERSHIP

Lois Harrison, School Mental Health Coord.
MN Dept. Of Health- Maternal & Child
Health, Lucy Kapp, Parent, Minneapolis
Public Schools

This session addresses a new partnership between a health agency and a school district to promote positive social, emotional and mental health for children in schools. An overview of the "Barriers to Learning" model will be provided by the presenters.
Veranda 3

14 MAKING ROOM FOR DADDY

J. Neil Tiff, Fathers' Resource Center

This workshop will examine individual, societal, and institutional barriers that confront men in their role as involved parents and offer specific strategies to employ to help enhance father involvement.

Veranda 5

2:30 - 4:00 PM

15 CULTURALLY COMPETENT PSYCHOLOGICAL ASSESSMENTS

Sonia Carbonell, Eng/Span Speaking
Licensed Psychologist

This workshop will address issues regarding psychological assessments including testing of culturally diverse populations; what parents can expect from a sensitive assessment that is culturally competent and what providers should keep in mind when evaluating individuals from diverse populations.
Veranda 7

16 CHILDREN WITH MENTAL DISORDERS OR LEARNING DIS- ABILITIES WHO ARE ALSO GIFTED & TALENTED: THERAPISTS' KNOWLEDGE & ATTITUDES

Geoffrey Garwick, Ramsey Co. Mental
Health Center, **Marcia Bennett**, Ramsey
Co. Mental Health Center

Children with serious emotional problems, attention deficit, or learning disabilities may be highly gifted academically or creatively, but these "dual needs" tend to be poorly served. A survey of Minnesota therapists reveal that almost none have training in the area of giftedness, and many believe the myths about bright kids with mental disorders.
Edina Room

17 BUILDING SENSITIVE LEADERS FOR THE FUTURE

Greg Olson, Critters and Company Inc.

Come and enjoy the animals and learn about the potential leader in you or those you are responsible for. Explore leadership styles and discover interjects that enhance or deter the success of ourselves or others.
Bloomington Room

BREAK 4:00 - 4:15 PM

4:15 - 5:15 PM

18

MENTAL HEALTH IN REFUGEE YOUTH AND THEIR FAMILIES: COLLABORATIVE MODELS OF FAMILY-BASED INTERVENTION

Andrea Northwood, Ph.D., Psychotherapist
Center for Victims of Torture

This presentation will focus on addressing the mental health needs of refugee youth through collaborative models of family-based intervention. Specific strategies and techniques for teachers and other school professionals will be emphasized.
Veranda 1

19

CLASSROOM STRATEGIES FOR WORKING WITH STUDENTS WITH ADD/ADHD

Nancy Kurtzman, Spec. Ed. Teacher,
Stillwater Area HS

You have students with ADD/ADHD in your classroom. You know what it is but what do you do? This presentation will give practical ideas, strategies, & tips for K-12.
Veranda 3

20

WALKING HAND IN HAND

Debra McPeck, Middle School Dept. Lead, **Stephanie Kopeck**, Elem. Lead/Liaison, **Paul Meunier**, **Mary Edwards**, Case Manager Bell Center

This workshop will focus on innovative, collaborative approaches that enable students to achieve a functional level of stability. *Atrium 2*

21

INNOVATIONS IN PSYCHOLOGICAL SERVICES FOR CHILDREN

Fredrick Ferron, MD, Psychiatry
William Davis, MD, Psychiatry, Behavioral
Healthcare Providers

Expertise & knowledge in current assessment and treatment issues for children & adolescents will be shared.
Veranda 4

4:15 - 5:15 PM

22

NAVIGATING THE HEALTH CARE MAZE: A SESSION FOR PARENTS

Sandy Holmstoen, PACER Center

This session is designed for parents who want to become effective advocates within the health care system. An overview of insurance issues with a particular emphasis managed care will be provided. *Veranda 5*

23

STRESS TRAUMA RESPONSE IN CHILDREN

Cynthia Flackus, LICSW, Northern Pines
Mental Health Center

This presentation will familiarize the children's mental health worker with common causes of traumatic stress in children. Stress reduction and stress beaters will be explored with special emphasis on creative expression, storytelling and play therapy. *Atrium 1*

24

PROBLEM GAMBLING AMONG YOUTH: TOOLS FOR PREVENTION

Rebecca Sechrist, Associate Director,
MN Institute of Public Health

Because of it's increased accessibility & social acceptance, gambling activity has grown in popularity with youth throughout MN and the US. This session will highlight 4 prevention programs designed to increase awareness for youth, parents and educators. *Veranda 2*

25

MOTIVATING STUDENTS THROUGH GAMES AND LAUGHTER

Mary Beth Knoll, Assoc. Prof., St. Cloud
State University, Dept of Spec Ed

This session will present a variety of techniques using the powerful tools of humor and play to build self-confidence, to reduce stress, to enhance the learning process and learning environments.
Bloomington Room

4:15 - 5:15 PM

26 DEVELOPMENT OF AGGRESSION REPLACEMENT SKILLS IN ADOLESCENTS WITH EMOTIONAL/ BEHAVIORAL DISORDERS

Kristine J. Melloy, Ph. D., Assoc., Prof.
University of St. Thomas

This presentation is designed to assist educators and mental health professionals who work with youth with E/BD who engage in violent and aggressive behavior. Techniques and strategies will be shared for teaching aggression replacement skill.
Edina Room

27 WORKING WITH NEUROBIOLOGICAL YOUTH

Mark Krug, Student Outreach Service Specialist, Northeast Metro ISD #916

This presentation will provide an overview of the Northeast Metro Alternative Learning Program and the programming for students with neurobiological disorders. Participants will gain and understanding of the population served and the rationale for programming.
Veranda 7

28 THE IMPORTANCE OF PARENT INVOLVEMENT

Amy Ortega, MN Dept of Human Services, Children Mental Health Division

The importance of parent involvement will be discussed. How can parents be empowered to effectively advocate for their children at all levels of service.
Atrium 3

SOCIAL HOUR 5:15 - 6:00 PM

Garden Court

BANQUET 6:00 - 7:30 PM

Ballroom

WEDNESDAY, MARCH 4, 1998

DR. JOCELYN ELDERS 9:00 - 10:00 PM

Ballroom

BREAK 10:00 - 10:15 AM

10:15 - 12:15 PM

29 ADOPTING THE OLDER CHILD: COUNSELING FAMILIES EXPERIENCING STRESSED ADOPTIONS

Joan Collins-Marotte, Clinical Supervisor
St. Cloud Children's Home

Adoption has traditionally served a younger population but now thousands of older children await adoptive homes. Research suggests that at adoption, older children are more likely to develop emotional problems. Characteristics of successful placements, treatment options, and family counseling will be discussed. *Atrium 7*

30 AGGRESSION PERCEPTION AND NEEDS. WHAT IF EVERYTHING WE KNOW REALLY IS WRONG. AGGRESSION AS THE ENERGY AVAILABLE TO MEET NEEDS.

John B. Coleman, MSLP/CCDCR, Prog.
Dir Omnia Family Services

This presentation will focus on recent theories suggesting that aggression has a strong genetic component. Rather than something to be eliminated aggression is the energy we use to meet our needs.
Atrium 6

31 THE CRITICAL ISSUE OF STAFF RESILIENCY

Ted Bowman, Trainer/Consultant

This workshop will address what some describe as an erosion of the spirit-burnout, compassion fatigue, and the impact of secondary traumatization. Practical suggestions will be offered, drawing on case studies offered by the presenter and examples from participants. *Atrium 8*

10:15 - 12:15 PM

32 THE CIRCLE PROCESS: CREATING CLASSROOMS THAT FOSTER COMPETENCY, PROBLEM SOLVING AND ACCOUNTABILITY

Carol Sullivan, MA-Violence Prevention Consultant, *Kay Pranis*, Restorative Justice Planner, MN Dept. of Corrections

This workshop will give participants an opportunity to experience the circle problem solving process, thus aiding them in addressing behavioral issues in the classroom. This experience will lead to a discussion of best practices in the restorative philosophy, the underlying principles & programmatic examples. *Bloomington Room*

33 CAUTION: CHILDREN UNDER CONSTRUCTION

Dr. David Walsh, Founder and Exec Director, National Institute on Media & the Family

This workshop will deal with the impact of mass media on the development of children's attitudes, values and behaviors. Specific suggestions and strategies will also be offered to help parents and other caregivers take charge of these very powerful influences in our children's lives. *Atrium 2*

34 PROMOTING HEALTHY GIRLS AND "GIRL FRIENDLY" COMMUNITIES

Paula Schaefer, Planner for Juvenile Females, MN Dept of Corrections

How can service providers (and parents) assist girls during adolescence? Participants will learn how to take a leadership role within their agencies and how to network with other service providers, agencies and their communities to promote and develop an effective continuum of care for girls. *Atrium 7*

10:15 - 12:15 PM

35 MENTAL HEALTH & PEOPLE WITH FETAL ALCOHOL: UNDERSTANDING THE DISABILITY & IMPROVING LIVES FOR INDIVIDUALS & FAMILIES

Lynne R. Frigaard, Administrator & Fetal Alcohol Educator, Arc Duluth (formerly the Association for Retarded Citizens)

Alcohol use during pregnancy can cause a wide variety of disabilities, including many diagnosed as mental health problems. This workshop will help participants identify behaviors/characteristics which may indicate Fetal Alcohol and provide the audience with methods/techniques for working more effectively with this population. *Atrium 4*

36 OBSESSIVE COMPULSIVE DISORDER IN CHILDREN AND ADOLESCENTS: RECOGNITION, TREATMENT AND PROGNOSIS

Elizabeth Reeve, MD, Dept of Psychiatry Regions Hospital, St. Paul MN

This presentation will address the recognition and diagnosis of obsessive compulsive disorder in children and adolescents. There will be a review of the current understanding regarding the neurobiology of the disorder, the genetics and family history, co-morbid psychiatric diagnosis found with OCD, prognosis for these children and current treatment modalities. *Edina Room*

12:15 - 1:15 PM LUNCH

1:30 - 2:30 PM **Keynote Speaker:**
DR. LARRY BRENDTRO

2:30 - 2:45 PM BREAK

2:45 - 4:15 PM

37 HOW TO TURN PARENT'S STRENGTHS INTO EQUAL POWER IN A COLLABORATIVE: A GOVERNANCE MODEL

Gary Cox, Managed Care and Collaborative Consultant, MN Dept. of Human Services Children's Mental Health

Collaboratives are beginning to recognize the need to partner with parents. In this session, participants will learn about a new approach that allows parent organizations to lay their expertise on the table along side tax dollars in order to form the core of an equal partnership with government agencies.
Veranda 1

38 ON-SITE MENTAL HEALTH TREATMENT PROGRAMS IN THE SCHOOLS AND THE ADOLESCENT PSYCHIATRIST

William Dikel, M.D., Consulting Child & Adolescent Psychiatrist

A review of successful methods of arranging cooperative ventures between schools and mental health providers that result in accessible mental health services in the school setting and that will ultimately benefit the schools, students, and their families.
Atrium 7

39 USING A FAMILY PEACE PLAN WHEN CONFLICTS ARISE

Rebecca Janke, Co-Director & Co-Founder, Growing Communities for Peace

Learn how to help your family be peacemakers when peace gets interrupted. Make conflict work for you instead of against you.
Veranda 7

2:45 - 4:15 PM

40 "WHY CAN'T WE BE FRIENDS?"

Thomas C. Lockett, MS, Director-Transition Follow-Up Services Sheriffs Youth Programs

A Cultural Diversity workshop exploring the importance of educating our children to recognize and respect our differences. The concepts "melting pot" and "color blind society" will be reviewed and discussed. Strategies to enhance sensitivity and awareness will be explored.
Atrium 2

41 ANIMAL ASSISTED PSYCHOTHERAPY

Molly M. DePrekel, Psychologist, **Tanya Welsh**, Phoenix Process Consultants

This workshop will provide an overview of *Animal Assisted Therapy (AAT)* and the use of AAT for children with mental health concerns. Highlighted will be current AAT organizations and projects occurring in these fields including the Equine Facilitated Mental Health Association (EFMHA) and Minnesota Linking Youth Nature and Critters (MNLINC).
Atrium 3

42 WHAT'S WRONG WITH THIS PICTURE

Donna McDonald, LSW, Dir. of Comm. Relations, Gerard Treatment Programs

Working together is hard work. Understanding how communication and difference in style, experience and perspective affect our ability to work together is one step toward working together effectively.
Atrium 4

43 PEACEFUL PARENTING IN A VIOLENT WORLD

Burt Berlowe, Free-lance Writer, Community Activist Peaceful Parenting

How to raise and discipline children without violence? Learn practical methods of parenting that promote peace and harmony in the home and community.
Veranda 3

2:45 - 4:15 PM

44

**CHILDREN IN THE OBSESSIVE
COMPULSIVE DISORDER SPECTRUM:
AN OVERVIEW OF DIAGNOSIS,
FAMILY COORDINATION AND
TREATMENT**

Geoffrey Garwick, Clinical Psychologist,
Ramsey County Mental Health Center

Over the last decade, obsessive-compulsive disorder ("O.C.D.") has been recognized as one of the most common severe mental illnesses, effecting 1 to 2% of the general population, with 50% of these people experiencing substantial problems in childhood. Behavior therapy, medications and family involvement have produced high success rates for children with O.C. D. and will be outlined. *Atrium 8*

45

**NEVER UNDERESTIMATE THE POWER
OF RELATIONSHIPS**

James W. Keenan, Lic. Psychologist, P.A.

Never Underestimate the Power of Relationships is a workshop title and philosophy of intervention with people. The focus of this program is on using relationships to bring about positive change in families and individuals. *Veranda 5*

2:45 - 4:15 PM

46

**CHILDHOOD DEPRESSION IN THE
CLASSROOM:
RECOGNITION AND RESPONSE**

Lauren Braswell, Ph.D., Child Clinical
Psychologist

Description: Participants will gain an increased awareness of common symptoms of childhood mood disorder as presented in the classroom setting, become familiarized with assessment tools, and learn how to incorporate the principles of cognitive-behavioral therapy for depression in their daily interactions with children struggling with depression. *Atrium 6*

47

**TEACHING KIDS TO EAT, AND
LOVE THEIR BODIES TOO**

Kathy Kater, LICSW, Psychotherapist,
Private practice

This presentation describes a ground-breaking curriculum, successfully piloted with 222 children designed to prevent negative body image and disordered eating habits in fourth through sixth grade children. Survey results are promising, suggesting that targeting critical concepts can have a significant effect in promotion of healthy body image and reduction of eating disorder risk factors. *Veranda 2*



M A C M H

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Children's Mental Health**

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