



CHILDREN AND ADOLESCENT MENTAL HEALTH CONFERENCE

MARCH 1 & 2, 1999

RADISSON SOUTH HOTEL
7800 NORMANDALE BLVD.
BLOOMINGTON, MN

KEYNOTE SPEAKERS:

■ ■ ■ ■ ■ ■ ■ ■ MARIA TROZZI
DR. TERRY TAFOYA

SPECIAL PRESENTATION:

■ ■ ■ ■ ■ ■ ■ ■ CHRIS KOYANAGI

DESIGN BY:
kate meyers ofaliceon



Thank You! Thank You! Thank You!

MINNESOTA DEPARTMENT OF CHILDREN, FAMILIES & LEARNING
SPONSORS OF KEYNOTES & PARENT SCHOLARSHIP

MINNESOTA DEPARTMENT OF HUMAN SERVICES FOR SPONSORING
PARENT SCHOLARSHIP

THANK YOU ELI LILLY FOR YOUR SPONSORSHIP

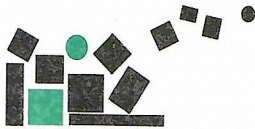


**Minnesota Association for
Children's Mental Health**

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, training and publications.
- Remove social stigma and barriers associated with children's mental health issues through public education.
- MACMH will propose and execute programs that will lead to improvements in children's mental health.



CONFERENCE SCHEDULE

MONDAY, MARCH 1, 1999

- 7:30 - 9:30 Registration, Continental Breakfast
& Exhibitor Viewing
- 9:30 - 10:45 Welcome and Keynote, **Maria Trozzi**
- 10:45 - 11:00 Break
- 11:00 - 12:00 Workshops 1 — 10
- 12:00 - 1:00 Lunch, - Children's Mental Health
Poster Contest Awards
- 1:00 - 2:30 Workshops 11 — 20
- 2:30 - 3:00 Break and Exhibitor Viewing
- 3:00 - 4:30 Workshops 21 — 30

TUESDAY, MARCH 2, 1999

- 7:30 - 9:00 Registration, Continental Breakfast
& Exhibitor Viewing
- 9:00 - 10:00 Keynote, **Terry Tafoya**
- 10:00 - 10:15 Break
- 10:15 - 12:15 Workshops 31 — 41
- 12:15 - 1:15 Lunch
- 1:15 - 2:45 Workshops 42 — 50
- 2:45 - 3:00 Break
- 3:00 - 4:00 Workshops 51 — 59

5TH ANNUAL

CHILDREN'S MENTAL HEALTH POSTER CONTEST AWARDS

WILL BE PRESENTED
DURING LUNCH ON
MONDAY
MARCH 1
1999

SPECIAL PRESENTATION
10:15-12:15
CHRIS KOYANAGI - TUESDAY

PLEASE TAKE TIME TO ENJOY THE WIDE VARIETY OF EXHIBITS, THEY
ARE OPEN FOR VISITORS THROUGHOUT THE ENTIRE CONFERENCE.

CONFERENCE AT A GLANCE

MONDAY MARCH 1, 1999

7:30 - 9:30 am **Registration**
Continental Breakfast & Exhibitor Viewing

9:30 - 10:45 **Welcome and Keynote, Maria Trozzi**

10:45 - 11:00 **Break**

11:00 - 12:00 **Workshops 1-10**

- 1 • Supporting Diverse Paradigms: Working Effectively with Culturally Diverse Students who have E/BD, *Redmond-Brown, Atrium 8*
- 2 • Working With Children Who Hurt: Creating a Healing Community in the Preschool *Nelson, Atrium 2*
- 3 • When Bad Things Happen: Keep It Simple, *Olson, Atrium 4*
- 4 • Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too! *Kate, Veranda 1*
- 5 • A Collaborative Model For Providing Day Treatment in Public Schools, *Gilbertson, Atrium 7*
- 6 • An Integrated Community Approach To Defining Guidelines For Child and Adolescent Day Treatment In Minnesota, *Bonk, Atrium 1*
- 7 • Restoring Hope and Wholeness to Families, *Setter, Atrium 6*
- 8 • Gambling Among Youth: Tools for Prevention, *Sechrist, Veranda 3*
- 9 • Classroom Strategies for Working With Students With ADD/ADHD *Kurtzman, Bloomington Room*
- 10 • Mental Health Needs of Girls with EBD & SLD, *Ryan, Edina Room*

12:00 - 1:00 **LUNCH - Ballroom**
Children's Mental Health Poster Contest Awards

1:00 - 2:30 **Workshops 11 - 20**

- 11 • The Scientific Understanding of ADHD, *Jenkins, Bloomington Room*
- 12 • Mental Illness and the Impact on the Family/A Personal, Professional Perspective, *Willenbring, Atrium 4*
- 13 • EPSDT Mental Health Screening Services: An Entitlement for Children and Adolescents, *Wyss, Atrium 7*
- 14 • Responding to Children who See No Future, *Bowman, Edina Room*
- 15 • Think About It, *Patrick, Atrium 1*
- 16 • The Truth About Adoption: Myth versus Reality, *Jones, Veranda 3*
- 17 • Creating and using Board Games for Child Therapy, *Anderson, Atrium 8*
- 18 • Introducing Cultural Competence and Diversity to Colleagues, Organizations & Students, *Clarke, Atrium 2*
- 19 • Impact of Changes in IDEA, *Sorum, Veranda 1*
- 20 • Using a System of Proactive Behavior Management at Home and School, *Dunn, Atrium 6*

2:30 - 3:00 **Break and Exhibitor Viewing**

3:00 - 4:30 **Workshops 21-30**

- 21 • Understanding Emotional and Behavioral Disorders through Psychological Assessment, *Richardson, Bloomington Room*
- 22 • Survival of an E/BD Teacher 15 Years and Still Growing, *Holly Munson, Atrium 4*
- 23 • Strengthening Family and Community Through Wilderness Experiences, *Zalisk, Atrium 8*
- 24 • Using The Internet for Information and Support, *Moore, Atrium 1*
- 25 • Ethnic Identity Development of Biracial Asian American Children, *Ujifusa, Veranda 1*
- 26 • The Journey: Violence Reduction Project, *Kindem, Edina Room*
- 27 • "Take My Child Please" Issues in Childcare for Young Children, *Olen, Atrium 2*
- 28 • Balancing the Adolescent Client's Confidentiality with Parental Right-to-Know, *Cook, Atrium 6*
- 29 • Writing Through The Grief: A Panel of Parent Authors, *Tracy Marsh, Atrium 7*
- 30 • Creating a Parent Support Network, *Sandy Holmstoen, Veranda 3*

CONFERENCE AT A GLANCE

TUESDAY MARCH 2, 1999

7:30 - 9:30 am **Registration**

9:00 - 10:00 **Keynote, Terry Tafoya**

10:00 - 10:15 **Break**

10:15 - 12:15 **Workshops 31-41**

- 31 • Why Can't We Be Friends, *Lockett, Atrium 1*
- 32 • Addressing Mental Health Stigma in Refugee Families and Communities, *Northwood, Veranda 1*
- 33 • Developing a School Support System for Students Struggling with Eating Disorders, *Haugen, Veranda 3*
- 34 • Successful Adaptation After Divorce; Strengthening Children and Families, *Hage, Atrium 2*
- 35 • The Dance of Attachment, *Van Gulden, Bloomington Room*
- 36 • On-Site Mental Health Treatment in The School Setting, *Dikel, Atrium 4*
- 37 • Suicide & Violence: Responding to Deadly Connections, *Rickgarm, Atrium 6*
- 38 • Medication - A Guide For Parents and Professionals, *Reeve, Edina Room*
- 39 • Art, Play and Family Therapy Intervention with Sexual Offenders, *Johnson, Veranda 5*
- 40 • Living with Borderline Personality Disorder - A Journey Toward Healing, *Burns, Atrium 8*
- 41 • *Chris Koyanagi*, Director of Legislative Policy, Bazelon Center for Mental Health Law, Washington, DC, *Atrium 7*

12:15 - 1:15 **LUNCH - Ballroom**

1:15 - 2:45 **Workshops 42 - 50**

- 42 • Genetic Discrimination and Mental Illness: How Concerned Should We Be? *Peterson, Veranda 1*
- 43 • Living with an Angry Child, *Gulden, Bloomington Room*
- 44 • The Use of Animal-Assisted Therapy in Psycho-Social-Educational Settings *Deprekel, Atrium 1*
- 45 • Early Childhood Emotional Behavioral Challenges, *Foy, Edina Room*
- 46 • We Are Different, But We Are The Same!, *St. John, Atrium 2*
- 47 • Innovative Approaches to Collaborative Day Treatment, *Schultz, Atrium 4*
- 48 • Hennepin Children's Mental Health Pathway to Services, *Simpson, Atrium 7*
- 49 • The Impact of Interagency and Third Party Legislation, *Hale, Atrium 8*
- 50 • Managing Challenging and Aggressive Behaviors, *Favor, Atrium 6*

2:45 - 3:00 **BREAK**

3:00 - 4:00 **Workshops 51-59**

- 51 • Developing a Solution Focused Approach to Parenting and Family Management, *McCawley, Atrium 8*
- 52 • Strategies for Families With The ADD/ADHD Child at Home & School, *Pye Brokaw, Bloomington Room*
- 53 • Is There A Better Way? A Collaborative Family Law Model, *Niemi, Veranda 1*
- 54 • Local Coordinating Council: Collaborative Commitment to Our Communities Children, *Adams, Atrium 1*
- 55 • Parents and Professionals Partnering Together-The Best For Our Children, *Carl, Edina*
- 56 • Traditional Native American Wisdom Integrated with Post-Modernist Ideas of Therapy for Service to Families with Violent Youth, *Smith, Atrium 4*
- 57 • The Ongoing Journey of Hope: One Family's Story, *Pittenger, Atrium 6*
- 58 • Project Enhance, *Young Waite, Atrium 7*
- 59 • "Through Our Eyes", *Shepherd Lykken, Atrium 2*



**The
Wilson Center**
PSYCHIATRIC FACILITY

Welcomes You To
**"Building Our Future"
Children and Adolescents
Mental Health Conference**

COMPLETE CONTINUUM OF CARE:

- ◆ EMERGENCY PSYCHIATRIC CARE
- ◆ LOCKED SECURE UNIT
- ◆ SEMI-CLOSED UNIT
- ◆ OPEN HOSPITAL
- ◆ RESIDENTIAL TREATMENT
- ◆ COMPLETE PSYCHIATRIC AND ACADEMIC EVALUATIONS AND COMPETENCY EXAMINATIONS

New For 1999 -- NOW OPEN

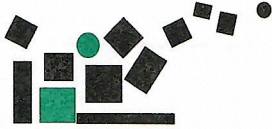
- ◆ *Licensed by MN Department of Corrections*
Boys Ages 10-18 Non-Secure Detention Unit
Juvenile Crisis Shelter
Per Diem \$119
- ◆ **Adult Emergency Psychiatric Unit**
Crisis, Stabilization, Medication Management

Please Stop By Our Booth To Learn More About All Our Programs!

24-HOUR ADMISSION for ALL PROGRAMS: (800) 676-5561

(507) 334-5561 • Fax (507) 334-0641 • <http://www.wilsoncenter.com> • P.O. Box 917 • Faribault, MN 55021

The Wilson Center is owned and operated by Faribault Psychiatric and Educational Services, LLC



Keynote Speakers



MARIA TROZZI

Director of the acclaimed Good Grief Program, Trozzi lectures with sensitivity and humor on strategies to assist children, schools and families facing losses imbedded in foster care, illness, divorce, and death. The Good Grief Program helps educators, health care clinicians and other professional care givers assist children and adolescents facing loss.

In addition to Directing the Good Grief Program at Boston City Hospital and Judge Baker Children's Center, Boston, Maria is also a clinical assistant professor with the Department of Pediatrics at Boston University Medical School.

Trozzi has traveled extensively training educators and other professionals in the techniques for helping children cope. Among the topics addressed in her programs are sibling issues of grief, living with a life-challenging illness, developmental differences in understanding, and helping parents help their children.



DR. TERRY TAFOYA

Trained as a traditional Native American Storyteller, Dr. Terry Tafoya is a Taos Pueblo and Warm Springs Indian who has used American Indian ritual and ceremony in his work as a family therapist, while serving as Clinical Faculty and Senior Staff for the University of Washington's School of Medicine.

With over 20 years of university level teaching experience, including his position with the National Bilingual Training and Resource Center, Dr. Tafoya has worked with mental health, human sexuality, HIV/AIDS, substance abuse prevention, and bilingual education in his work as a trainer and an educator.

He is also on the National Teaching Faculty for the American Psychological Association and on the International Faculty of the Milton H. Erickson Foundation for Clinical Hypnosis and Psychotherapy.

Dr. Tafoya enralls audiences with his compelling delivery as both a gifted lecturer and an engaging storyteller.

Special Presentation



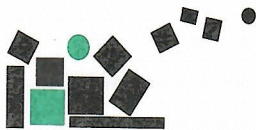
CHRIS KOYANAGI

Chris Koyanagi has twenty five years of experience representing both mental health advocacy and provider associations in Washington.

Currently, she serves as a Director of Legislative Policy at the Bazelon Center for Mental Health Law, a legal advocacy organization concerned about the rights of persons with severe mental illness. Her particular areas of responsibility are mental health financing and children's mental health services.

Chris acts as a chair of several Washington coalitions on mental health issues and provides leadership for coordinated lobbying strategies by the mental health community on major federal policy issues. She also provides technical assistance to Congressional Committees, Members of Congress and their staff as they develop legislative proposals.





MONDAY WORKSHOPS



KEYNOTE: MARIA TROZZI - BALLROOM

9:30 AM - 10:45 AM

11:00 AM - 12:00 PM

1

Supporting Diverse Paradigms: Working Effectively with Culturally Diverse Students who have E/BD

Dr. Yvonne Redmond-Brown, Asst. Professor of Education & Director of Disabilities Services, Northwestern College *Laura Dulan*, Ed.D, Forefront, Inc.

As the population becomes more diverse so must the practitioners strategies used in helping students with special needs. This presentation will discuss the ways in which we can increase awareness of culturally specific norms and gain the skills required to work with the needs of a changing population.

Room: Atrium 8

2

Working With Children Who Hurt: Creating a Healing Community in the Preschool

Julie Nelson, Early Childhood Teacher/Home Visitor, St. Paul Rehabilitation Ctr.-Families Together Program

Children overwhelmed with anger, sadness, or fear often overwhelm their teachers and classrooms. This workshop will focus on supporting hurting children through intervening at the level of underlying questions, relationship based planning, and making room in the preschool for the emotional lives of children.

Room: Atrium 2

3

When Bad Things Happen: Keep It Simple

Gregory Olson (CEO) & *Diane Olson*: Critics and Company **

Gregory and Diane are back with a new presentation that focuses on, not what happens to us and our clients, but how we react that makes the difference. Come and explore how to minimize the risk - when bad things happen.

Room: Atrium 4

4

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!

Kathy J. Kater, LICSW, Psychotherapist **

Because it is extremely difficult to change unhealthy body image and eating habits once they are established, primary prevention needs to begin before middle school. This presentation introduces the principles, methods, and results of a new prevention curriculum to promote healthy body image and prevent unhealthy and disordered eating behaviors.

Room: Veranda 1

5

A Collaborative Model For Providing Day Treatment in Public Schools

Gary Gilbertson, Project Supervisor at Stellher Human Services Inc.

This workshop will show a way to deliver day treatment services to clients within their normal school environment and the necessary components to make day treatment successful within the parameters of a public school. Other topics to be covered are delivering day treatment services for children by forming strong collaboratives, building services on a solid theoretical foundation and maintaining committed relationships.

Room: Atrium 7

6

An Integrated Community Approach To Defining Guidelines For Child and Adolescent Day Treatment In Minnesota

Jim Bonk, Ph.D. LPRN & *Mark Justic* MA, LP, United Behavioral Health

This is an informational session on the process initiated by United Behavioral Health to define guidelines for referral, continued care and transition of day treatment services for children and adolescents. Advisory committees consisting of day treatment providers, Parent Advocate Groups, State Departments of Humans Services, Social Services and Educators have been organized to discuss and develop these guidelines.

Room: Atrium 1



11:00 AM - 12:00 PM

7

Restoring Hope and Wholeness to Families

Patricia J. Setter, M.A., Director of Family Education at Alfred Adler Graduate School, Family Education Center; Robert Bartholow, MSW, Holly Jones, M.A.

Successful families do not just happen they are created. This workshop will offer strategies and techniques designed to help parents and educators build cooperative, cohesive, and supportive environments for families with children and adolescents who have challenging needs.

Room: Atrium 6

8

Gambling Among Youth: Tools for Prevention

*Rebecca Sechrist, Assoc. Director, Gambling Problems Resource Ctr./ MN Institute of Public Health ***

From lottery tickets to the casinos, more and more kids are participating in gambling's many forms and unfortunately its many risky side affects. Because of its increased accessibility and social acceptance, gambling activity has grown in popularity for adults as well as for youth throughout Minnesota and the United States. This session will highlight four prevention programs designed to increase awareness for youth, parents, and educators. **Room:** Veranda 3

9

Classroom Strategies for Working With Students With ADD/ADHD

*Nancy Kurtzman, Special Education Teacher at Stillwater High School ***

Teachers, do you have students with ADD/ADHD in your classroom and your not quite sure what to do? This presentation will give practical ideas, strategies, and tips on everything from how to organize your classroom, modify assignments, strategies for math and written language, to tips for parents on self-esteem and taking care of yourself. From K-12, information will be shared that can help all students be successful.

Room: Bloomington

10

Mental Health Needs of Girls with EBD & SLD

Charlotte Ryan, Ph.D., EBD Consultant & Nancy Larson Ph.D. SLD Consultant, Dept. of Children, Families and Learning.

This session will focus on the mental health needs of girls with EBD and SLD. Current research and trends will be presented on characteristics, age of onset, symptom clusters and educational accommodations and strategies. A decision making matrix will be presented along with essential elements of intervention programs. Pragmatic tip sheets will be provided for session participants. **Room:** Edina

1:00 PM - 2:30 PM

11

The Scientific Understanding of ADHD

Susan C. Jenkins, MD, Associates 2000, P.A.

Recently, public interest in ADD/ADHD has soared. Media accounts give the impression that controversies rage over diagnosis and treatment. Unfortunately, misinformation and myths abound. This presentation will focus on the scientific basis of ADD/ADHD. Long-term outcome studies will be discussed as well as recent and past research of neuroimaging techniques. The scientific evidence for the use, safety, and effectiveness of Ritalin and other medicines will be reviewed.

Room: Bloomington

12

Mental Illness and the Impact on the Family/A Personal, Professional Perspective

Mark L. Willenbring, MD, Associate Professor at U of M Kate Meyers, Nancy Meyers

In this unique presentation, Dr. Willenbring begins with an overview of the effects of mental illness and substance dependence on the family. Then he and several other family members, his wife Kate, Kate's sister Nancy, and son Morgan, who live with depression, share their experiences coping. Nancy is an engaging speaker who is unusually open and clear about what mental illness is like. Kate and Mark also share their experience as the family care givers.

Room: Atrium 4

13

EPSDT Mental Health Screening Services: An Entitlement for Children and Adolescents

Bill Wyss, Children Specialist, State Office of Ombudsman for Mental Health and Mental Retardation; Boyd Brown, Ombudsman for Mental Health and Mental Retardation.

This presentation will discuss the importance of mental health screening as a preventative health care measure for children and adolescents. You will also learn of a state entitlement program that provides this valuable service.

Room: Atrium 7

14

Responding to Children who See No Future

Ted Bowman, Independent Trainer/Consultant

Children not only face losses through death, divorce, moves, violence or as they live with a chronic condition but also with shattered dreams which may result in a feeling of hopelessness. In this session participants will be presented with a framework of loss, resources and tools to aid in the grieving process. You will be able to immediately apply learning and tools to your work or family. **Room:** Edina

1:00 PM - 2:30 PM

15

Think About It.**Mike Patrick**, President of Patrick Communications Inc.

Mike Patrick is an inspiring speaker that as a result of a football injury is a quadriplegic. He is now a health educator who converts limitations into achievements. Mike's presentation "Think About It," helps individuals overcome obstacles, creatively solve problems and perform successfully at school, at work and at home. His message includes candor, wit and humor. **Room:** Atrium 1

16

The Truth About Adoption: Myth versus Reality

Ann Jones, Supervisor of Social Service, & **Pat McKee** Ph. D. Adoptive Father Counselor, Wellspring Adoption Agency.; **Judith Vincent J.D.** Adoptive Mother, Vincent Law Office, **Ruth Jenson**, BA, Adopted Person, Birth Parent Counselor, Wellspring Adoption Agency; **Erika Beuge**, BA, Birth mother.

Adoption has changed dramatically in the past ten years. This presentation will cover all aspects of an adoption by providing the perspective of adoptive parents, the adopted child, birth parents, professional counselors and a lawyer. The goal is to dispel myths surrounding adoption and discuss the true risks and rewards of adoption today. **Room:** Veranda 3

17

Creating and using Board Games for Child Therapy**Jim Anderson**, SSP (School Psychologist) Eden Prairie Public Schools

This hands-on, interactive presentation gives counselors, psychologists, and social workers useful insights in working with a broad range of children. There are a variety of formats, themes, and topics of board games that will be discussed and that can be used in therapy, social skills training, self-esteem building, and family change groups. **Room:** Atrium 8

18

Introducing Cultural Competence and Diversity to Colleagues, Organizations & Students**Roger L. Clarke**, Founder/Director of Side by Side Institute of Minnesota

The more you know, the more you can help others. Experience creative ways to teach others about the importance of cultural competence and diversity, two very sensitive and controversial subjects. Participants will have the opportunity to acquire skills in creating a safe non-intimidating environment for proactive discussions on diversity and cultural competence. **Room:** Atrium 2

1:00 PM - 2:30 PM

19

Impact of Changes in IDEA**Barbara Sorum**, Parent Advocate, PACER Center

1997 Amendments to IDEA made a number of changes in the law. This workshop will discuss the impact of these changes on parents and students with disabilities. **Room:** Veranda 1

20

Using a System of Proactive Behavior Management at Home and School**Kari Dunn**, Education Specialist, Intermed. School District 916

If you deal with a difficult and explosive child who shows inflexibility, rigidity and anxiety this workshop will give you techniques that bypass the issue of "motivation" for apparently non-compliant behavior. You can begin creating an atmosphere of acceptance and success. **Room:** Atrium 6

3:00 PM - 4:30 PM

21

Understanding Emotional and Behavioral Disorders through Psychological Assessment**Mike Richardson**, Richardson & Associates

The workshop will present an overview of psychological testing and provide the participants with the insight into how learning disorders and cognitive deficits affect a child's mental health. **Room:** Bloomington

22

Survival of an E/BD Teacher 15 Years and Still Growing**Holly Munson**, E/BD Teacher, St. Cloud Children's Home Youth Learning Center

Do you feel you have done all you can do to teach E/BD children and are almost feeling a sense of hopelessness? You're not alone, the stress and emotional strain of being an E/BD teacher can cause many to leave the field. This presenter believes the answer lies in what and how you teach. She will share specific strategies, curriculums, and set-up ideas for those starting new programs and hopefully you will leave feeling energized with new ideas and strategies. **Room:** Atrium 4

3:00 PM - 4:30 PM

23

Strengthening Family and Community Through Wilderness Experiences*Debi Zalisk*, Program Coordinator at Wilderness Inquiry

Are you looking for a different approach to bonding with your family and strengthening your relationships? Wilderness inquiry provides outdoor recreation experiences for people with and without disabilities that inspire personal growth, instill confidence, develop peer relationships and enhance awareness of the natural environment. This presentation brings to light the impact a shared wilderness experience can have for both the family unit as a whole and the children.

Room: Atrium 8

24

Using The Internet for Information and Support*Cynthia Moore*, Parent Support Network in Dakota Co., *Kathy Henderson*, Parent Support Network, *Rene Ford*, Pioneer Planet.

The pioneer Planet will provide training in the use of the Internet for researching Web sites, sending E-mail and other pertinent functions. This presentation will offer a parents perspective on the usefulness of the internet.

Room: Atrium 1

25

Ethnic Identity Development of Biracial Asian American Children*Ken Ujifusa*, PSY. D., Psychotherapist, Counseling Psychologists of Woodbury PA.

Conclusions from a dissertation on Parents of Biracial Asian American Children is the focus. This presentation will help you better understand the identity confusion your child may experience and the influences of their identity development. Topics will include identifying environmental/mental influences on identity development and biracial ethnic identity development versus monoracial ethnic identity development. The content is geared towards parents.

Room: Veranda 1

26

The Journey: Violence Reduction Project*Joan Kindem*, Adolescent Services Coordinator at Rice County Community Corrections; *Sonja Brady*, RCCC; *DeAnn LaCanne*, RCCC

Come learn about a new violence reduction project, "The Journey" has been serving SED/Violent youth, 10-18 years old, in Rice County for two years. This workshop will share the different components from "The Journey" that make this group unique and successful. A small panel of youth from "The Journey" will share their experience in the program as well.

Room: Edina

3:00 PM - 4:30 PM

27

"Take My Child Please" Issues in Childcare for Young Children*LuAnn Olen*, Special Needs Consultant/Parent, *Judy Sweet*, Parent/Trainer, *Colleen Cook*, Childcare Director, Project Exceptional MN,

This workshop will begin with a family's perspective on having a child with special needs followed by a discussion of the issues that childcare providers face when trying to include children with special needs in their programs. Strategies will be given to allow both children with special needs and providers to feel successful. An overview of ADA as it pertains to childcare and information on community resources will also be provided.

Room: Atrium 2

28

Balancing the Adolescent Client's Confidentiality with Parental Right-to-Know*Pamela Cook*, LP, PsyD/Counseling Program Director, West Suburban Teen Clinic
Topics will include: For what issues do adolescents seek confidential counseling?, Family conflict - is the therapist the mediator or the adolescent advocate?, What are the adolescent developmental issues that perpetuate conflict?, Self destructive/risk behaviors, including chemical abuse, sexual activity and self-mutilation? This workshop will discuss these issues and the (what and when) does the therapist share with the parents.**Room:** Atrium 6

29

Writing Through The Grief: A Panel of Parent Authors*Tracy Marsh*, Tourette Syndrome: A Parents Guide; *David Spohn*, Living on the Edge: Life with Attention Deficit Disorder; *Jane Rosauer*, Life after Grief.

Meet three Minnesotans whose children have a variety of disabilities and who have gone one step beyond how most of us cope. Each one has published a book, finding the information, time and determination they needed to share what they gained as a "special needs parent". You'll have a chance to hear their stories, see their books and buy copies to have autographed if you choose.

Room: Atrium 7

30

Creating a Parent Support Network*Sandy Holmstoen*, MACMH, Advocate

Parents attend this session if you are interested in starting a support network in your community. Topics include: support group development, facilitation skills and on going technical assistance.

Room: Veranda 3



TUESDAY WORKSHOPS

KEYNOTE: TERRY TAFOYA - BALLROOM

9:00 AM - 10:00 AM

10:15 AM - 12:15 PM

31

Why Can't We Be Friends

Thomas C. Lockett, MS, LSW, Social Worker, Family Alternatives; *Mark W. Wilson*, Metropolitan Council for Independent Living; *Cornelius Ristff*, Anoka Senior High School Counselor **

This is a cultural sensitivity and awareness workshop explaining the importance of creating cultural and gender sensitive environments for our children in our homes, schools and communities to promote positive healthy growth. This workshop will look at the effects of exclusion and the "miseducation" of our youth. Specific strategies will be offered to combat racism, increase sensitivity and awareness. We will also see what one high school is doing to combat intolerance and spread the message of valuing diversity. (Anoka Senior High School acting group "Revolution" will perform at this seminar.)

Room: Atrium 1

32

Addressing Mental Health Stigma in Refugee Families and Communities

Andrea Northwood, Ph D, LP, Clinical Psychologist, *Mirjana Bijelic*, Center for Victims of Torture

Mental health stigma is often a major barrier in obtaining services for refugee youth and their families. This workshop will identify unique aspects of mental health stigma for this population and practical methods of addressing it in schools and community mental health agencies. Participants will design an individual action plan specifying what they can do to address mental health stigma for refugee youth in their own setting.

Room: Veranda 1

33

Developing a School Support System for Students Struggling with Eating Disorders.

Nancy Haugen, R.N., M.S, PHN, LSN, Independent School District 621.

Today, eating disorders are so common that most of us know at least one person with this disorder. This workshop will discuss treatment models, prevention, assessment, intervention, collaboration, with parents and school staff in addition to meeting students who will share their experiences with an eating disorder.

Room: Veranda 3

34

Successful Adaptation After Divorce; Strengthening Children and Families

Sally M. Hage, Faculty Dept. of Educational Psychology; University of MN; *Mia Nosanow*, Sandcastles Program.

This workshop is for parents and professionals who wish to clarify potential risk factors for children and adolescents of divorce and explore possible strategies to strengthen both internal and external resources for both children and families in dealing with the long term effects of divorce.

Room: Atrium 2

35

The Dance of Attachment

Holly Van Gulden, Adoptive Family Counselor, Adoptive Family Counseling Center

This workshop offers an in-depth look at how healthy parent-child attachments are formed. Participants will learn the steps and stages of attachment, specific behaviors and styles of interaction to look for, how to design a treatment plan for enhancing attachment and techniques for parents.

Room: Bloomington

36

On-Site Mental Health Treatment in The School Setting

William Dikel, MD, Consulting Child and Adolescent Psychiatrist

This seminar will present an overview of the various models of providing accessible, affordable mental health diagnostic and treatment services in the school setting. A number of models have been implemented around the nation and in MN and they will be discussed as well as an overview of the process of setting up these services.

Room: Atrium 4

10:15 AM - 12:15 PM

37

Suicide & Violence: Responding to Deadly Connections*Ralph L. V. Rickgarm*, Coordinator & Lecturer, Housing & Residential Life/Ed. Psychology, University of MN

Violence and suicide unfortunately have become part of the life experience of children and adolescents. This workshop has been developed to provide information on the relationship between violence and suicide and how to prepare to take actions to engage in interventions by overcoming the barriers to listen and responding.

Room: Atrium 6

38

Medication - A Guide For Parents and Professionals*Elizabeth Reeve MD*, Child and Adolescent Psychiatrist, Regions Hospital.

Dr. Reeve who is currently involved in pharmacological research, intends to cover the use of medication in all ages of children and adolescents. She will review the basic psychotropic medications in addition to the newly marketed ones. The discussion will also include major side effects and when to start and discontinue treatment.

Room: Edina

39

Art, Play and Family Therapy Intervention with Sexual Offenders*Mark A. Johnson Ph.D.*, Dakota Clinic, Park Rapids

This presentation proposes that the adjunctive use of play, art, and family therapy may assist the process of relapse prevention work with adolescent perpetrators. Play and art therapy provide both group and family treatment opportunities. The ultimate goal is the development of ongoing life management.

Room: Veranda 5

40

Living with Borderline Personality Disorder - A Journey Toward Healing*Christine Burns*, Youth in Care, Human Service Associates

Learn by listening to Christine discuss her experiences as a person coming to terms with Borderline Personality Disorder. She will touch on issues for both professionals and parents through her unique and inspiring story.

Room: Atrium 8

10:15 AM - 12:15 PM

41

SPECIAL PRESENTATION
Chris Koyanagi, Director of Legislative Policy, Bazelon Center for Mental Health Law, Washington, DC

Parents, Professionals and policy makers - Don't miss this unique opportunity to gain the skills to become effective partners and advocates in the managed care system from this nationally recognized speaker. Learn the key points necessary to become a true partner in planning in managed care, especially within contracting in the public sector. A copy of the managed care technical assistance publication "Partners in Planning" will be given to workshops participants.

Room: Atrium 7

1:15 PM - 2:45 PM

42

Genetic Discrimination and Mental Illness: How Concerned Should We Be?*Kristin Peterson*, MS, Genetics Consultant, MN Department of Health

Genetic information is perhaps the most sensitive and private information but is there any real danger of misuse of this information? This area of study has expanded its' focus beyond mental illness and as this research continues there is hope for new discoveries but also concerns about potential uses of information that may result in discrimination. Join this public policy dialogue and add your thoughts and concerns to what is currently being proposed to address this issue.

Room: Veranda 1

43

Living with an Angry Child*Holly Van Gulden*, Adoptive Family Counselor, Adoptive Family Counseling Center

Children struggling with unresolved loss, abuse, neglect, and/or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non-compliance. This interactive lecture gives examples and demonstrates thought patterns and body language that escalates anger. Both parents and professionals are invited to look at their own and their client's reactive responses to the angry child from a new perspective.

Room: Bloomington

1:15 PM - 2:45 PM

44

The Use of Animal-Assisted Therapy in Psycho-Social-Educational Settings*Molly Deprekel, LP*, Therapist, Phoenix Process Consultants; *Tanya K. Welsch*, LGSW, MN L.Y.N.C. **

In this seminar, participants will learn about the emerging field of animal-assisted therapy (AAT) and animal assisted activities (AAA) and how these techniques can be used in a variety of therapeutic settings. Participants will learn to distinguish between the two types of techniques and what characteristics need to be present to allow them to work versus just being fun. **Room:** Atrium 1

45

Early Childhood Emotional Behavioral Challenges*Diane Foy*, LP/Child Behavior Specialist, Scott Co. Mental Health Ctr.; *Richard Scott*, Scott Co. Public Health; *Andrea Cuene*, MN River Valley Special Ed. Coop.

Professionals are invited to attend this presentation on an innovative process to identify, assess and address the emotional and behavioral challenges of young children. The presenters will also provide an evaluation of the behavior screening process and the Child Behavior Specialist services through family surveys and case studies. **Room:** Edina

46

We Are Different, But We Are The Same!*Phillip St. John*, Fairview/University Medical Center

This presentation will cover, appropriately and respectfully identifying Native American clients and meeting their tribal and cultural needs. In addition to appropriate assessments and evaluations. **Room:** Atrium 2

47

Innovative Approaches to Collaborative Day Treatment*Lana Schultz*, Day Treatment Counseling Specialist; Episcopal Community Services, Arch Deacon Gilfillan Ctr.; *Diane Nyland-Plante*, IDS#31; Arch Deacon Gilfillan Center

This workshop will focus on assumptions, recruiting/identification screening, resources, innovative strategies, and feedback processes employed by the Archdeacon Gilfillan Center to create a conducive environment for success and reintegration. It will teach attendees how to structure a school/community collaborative that enhances a student and their family's existing strengths while providing applicable social, coping, recreational and maintenance skills via a therapeutic approach. **Room:** Atrium 4

1:15 PM - 2:45 PM

48

Hennepin Children's Mental Health Pathway to Services*Sherrie Simpson*, Principal Planning Analyst; *Mary Andrews*, Parent, *Bobbie Evans*, Right Step Academy

Everything you wanted to know about Hennepin Children's Mental Health Collaborative pathway for services. This workshop will cover background of the collaborative, client demographics, pathway for service, feedback from members both benefits and challenges, and the future of children's mental health in Hennepin County. **Room:** Atrium 7

49

The Impact of Interagency and Third Party Legislation*Norena A. Hale*, Ph.D. Supervisor Special Education Interagency, DCFL

New Special Education Interagency and Third Party Funding legislation: What does it mean for coordination within our communities. **Room:** Atrium 8

50

Managing Challenging and Aggressive Behaviors*Michael Favor*, St. Louis Park Senior High School District #283 **, *Ricky Williams*.

At the request of last years conference participants Michael was asked to return and offer the same presentation to those who could not get into his over crowded workshop and to those who wanted to see it again. This workshop provides the knowledge and skills necessary 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. **Room:** Atrium 6

3:00 PM - 4:00 PM

51

Developing a Solution Focused Approach to Parenting and Family Management*Michael McCawley*, Director of Children and Family, Services, Northern Pines Mental Health Center

This interactive presentation is intended to provide a practical approach for parents who want to be continuous learners with a New Aptitude. Come and enjoy creative ways to parent and manage your family's uniqueness with a solution-focused approach to problem solving. (For Parents 20 - 30 maximum)

Room: Atrium 8

52

Strategies for Families With The ADD/ADHD Child at Home & School*Susan Pye Brokaw*, Executive Director - Attention Deficits Support Services (ADSS)

ADD/ADHD children and teens have many struggles at school and at home that are difficult to overcome without help. Topics covered include: the complexity of dealing with ADD/ADHD in the family and school in addition to concrete strategies that can be implemented to deal with some of the major difficulties that they are facing on a daily basis.

Room: Bloomington

53

Is There A Better Way? A Collaborative Family Law Model*Andrea Niemi*, Collaborative Law Institute

Collaborative Family law is an innovative way for lawyers to handle family law matters. This presentation explains the philosophy of the Collaborative Law Institute and outlines the special techniques and training that Collaborative Lawyers employ. By learning about this process, family law can be transformed into a new way of practicing family law.

Room: Veranda 1

54

Local Coordinating Council: Collaborative Commitment to Our Communities Children*Deb Adams*, Community Support Technician; Human Services of Faribault and Martin Counties; *Annette Bremer*, Human Services; *Joe Fox*, Court Services.

What is an LCC? Local Coordinating Council (LCC) is not just another meeting. Participants will learn how an LCC can be used to promote change and support families. How an LCC is organized and how it can promote communication between families and services. An off shoot of the LCC, Rapid Response Team, will be described and how it can help children at critical moments. **Room:** Atrium 1

3:00 PM - 4:00 PM

55

Parents and Professionals Partnering Together-The Best For Our Children*Carl Gaede*, LICSW, Program Therapist at Gerard Treatment Programs

How to keep your sanity while effectively working with challenging youth. This presentation will offer suggestions on how we can provide support for one another. Effective collaboration is essential to preventing burnout and providing the best services for our youth. Professionals and parents will be encouraged to look beyond the behavior to see the needs that the child is trying to communicate. **Room:** Edina

56

Traditional Native American Wisdom Integrated with Post-Modernist Ideas of Therapy for Service to Families with Violent Youth*Steven M. Smith*, M.A., Psy. D., L.P.; *David Nicholson*, Ain Dah Yung

This program presents the philosophy of an Adolescent Violence Reduction Project of the Ain Dah Yung Shelter for Native American families. The presenters provide relevant historical background to the practices and a discussion of why Western (American) service delivery models historically have been ineffective with this population. **Room:** Atrium 4

57

The Ongoing Journey of Hope: One Family's Story*Ann Pittenger*, Parent, Paraprofessional in E/BD Special Ed. Classroom.

How a child can change a family and how parents cope. This is a story told by the mother of a 13 year old son and his effect on the family. Candid, honest experiences that have changed their idea of what is "normal" and how hope is their driving force of happiness. **Room:** Atrium 6

58

Project Enhance*Kimberly Young Waite* LICSW, *Sheila Garofalo*, LGSW, *Pat Sorensen*, *Elizabeth Scott*, *Kim Cleminson*, LSW, Project Enhance.

This presentation will provide an over view of the Children's Mental Health Act as it pertains to family community support. It will also provide an in depth discussion on, engaging families, working with multiple agencies on a common treatment plan, MA billing, the evaluation process and using community resources. **Room:** Atrium 7

59

"Through Our Eyes"*Veneta Shepherd Lykken*, Producer/Director; MIEIC; *Faye Fisher Ward*, MIEIC; *Elaine Hale*, MIEIC.

This Video presentation is a documentary, told from a parent's perspective, gives insight into how a child's disability affects their family. See how five families, each with children with different disabilities, cope from day to day. Topics covered include diagnosis, medical issues, insurance concerns, and daily situations. **Room:** Atrium 2



BUILDING OUR FUTURE
CELEBRATING COMMUNITY AND FAMILY STRENGTHS

MACMH STAFF

Deborah Saxhaug
Executive Director

Sandy Holmstoen
Advocate

Shayrn North, *Accountant*

Nancy Giguere, *Editor/Wordsmith*

BOARD MEMBERS

Ellen Ardery

Louise Brown

Vice President, Patricia M. Buss

Lois Demers

Lois Grams

Ann Hill

President, Jorgette Knoll

Sarah Lilja

Treasurer, Michael J. McCawley

Donna McDonald

Carol Raabe

Claire Tschida

Beth Zeilinger

THANK YOU TO MACMH VOLUNTEERS

This event was made possible by
our dedicated volunteers

Paula Achenbach

Darwin Beachem

Bruce Bettendorf

Erica Buffington

Dennis Finnegan

Patty Fitzgerald

Alma Garay-Lehn

Linda Hansen

Michelle Hemingway

Kathy Henderson

Brenda Johnson

Kate Kampa

Darlene Morgan, *Coordinator*

Ken Nitsche

Tammie Odland

Amy Ortega

Sunday Olayinka

Priscilla Pope

Cynthia Moore

Beverly St. John

Dawn Witthaus

Janice Wisen

Wendy White

Bill Wyss