

WELCOME



5th Annual Infant & Early Childhood Mental Health Conference

***Connecting to
What We Know***

November 6 - 8, 2022

For professionals who work with very young children and their families and caregivers

Things to Know

Continuing Education Hours

CEHs are approved by the following boards:

- + MN Board of Behavioral Health & Therapy
- + MN Board of Marriage & Family Therapy
- + MN Board of Psychology
- + MN Board of Social Work

The following boards do not require pre-approved CEHs. CEHs should be approved upon independent submission to your board:

- + MN Board of Education
- + MN Nursing Board
- + ND Board of Social Work

Professionals in other related disciplines, as well as those working outside of Minnesota, can submit CEH certificates to their corresponding boards for independent approval. This event is also DEVELOP approved for KCF VI: Professionalism. Additionally, Sunday's workshop Perspectives: Looking Through the Many Lenses of IECMH Professionals is Develop-approved for 2 hours of KCF IX: Trauma Informed Care. Make sure to add your name to the Develop-approval list at the registration table if you would like Develop credit.

Up to 15.5 CEHs available. Actual CEH amounts will be dependent upon your specific licensure board and attendance.

Professional Development Systems

Did you know? There are professional development systems in our state that recognize the unique knowledge and skills needed to work with very young children and their families. These include Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant & Early Childhood Mental Health® (which you can find more information about on MACMH's website) and The Minnesota Knowledge and Competency Framework (KCFs) (which you can find more info about within your folder). These compatible systems support a qualified and competent multidisciplinary infant and early childhood workforce. Our conference workshops support both Endorsement competencies and KCFs and can aid in your professional development within these systems.

Exhibits

Stop by our exhibit area to connect with a variety of organizations in the field of infant and early childhood mental health.

Sunday, November 6, 12:30 p.m. – 5:30 p.m.

Monday, November 7, 8:00 a.m. – 5:00 p.m.

Tuesday, November 8, 8:00 a.m. – 5:00 p.m.

Internet

Free Wi-Fi is available during the conference using either of the following networks: **coonrapids** and **bunkerhills**

Wellness Room

If you need a space for pumping, prayer, etc. we have a designated room. Check in at the registration table for more information.

Meals

A breakfast buffet will be available to all attendees starting at 8:15 on Monday and Tuesday. Lunch will be available both days to those who selected the lunch option during registration. Meal tickets can be found in your name badge identifying the lunch option you picked each day.

Questions

For questions during the event, please visit the MACMH registration table just inside the main entrance of the venue.

Schedule

Sunday, November 6

1:00 – 5:00 Specialized Focus Tracks 1 & 2

2:00 – 5:00 Specialized FocusTrack 3

5:30 – 7:00 Kick Off Reception

Monday, November 7

8:55 – 9:00 Morning MoveMindfully®

9:00 – 10:30 Keynote – Dr. Stroud

10:30 – 10:45 Break/Exhibit Hall

10:45 – 11:15 Small Group Discussion

11:15 – 12:00 Q&A with Dr. Stroud

12:00 – 1:00 Lunch/Exhibit Hall

12:30 – 12:40 Midday Brain Break

1:00 – 2:30 Concurrent Workshops 1 – 4

2:30 – 2:45 Break/Exhibit Hall

2:45 – 4:15 Concurrent Workshops 5 – 8

Tuesday, November 8

8:55 – 9:00 Morning MoveMindfully®

9:00 – 10:30 Keynote – Dr. Sweeney

10:30 – 10:45 Break/Exhibit Hall

10:45 – 12:00 Concurrent Workshops 9 – 11 Part A

12:00 – 12:45 Lunch/Exhibit Hall

12:45 – 1:45 Concurrent Workshops 9 – 11 Part B

1:45 – 2:00 Break/Exhibit Hall

2:00 – 3:00 Keynote – Dr. Gearity

3:00 – 3:15 Break/Exhibit Hall

3:15 – 4:15 Small Group Discussion

Workshop Descriptions & Handouts



Use this QR code to view full descriptions and electronic handouts for each workshop. (New to QR codes? Point your phone's camera at the code to the left and click the link that pops up on your screen.) Enter password **2022Attendee**.

Diversity Informed Tenets for Work with Infants, Children & Families

The Diversity-Informed Tenets for Work with Infants, Children and Families are a set of strategies for professionals, organizations and systems that serve children and families to embed diversity, inclusion and equity principles into their work.

In our work as MACMH's Infant & Early Childhood Division, the tenets help us evaluate our progress and continue to embed these principles into all of our practices and policies.

Each workshop description in this program has a number by it which corresponds to a tenet the workshop will address. We encourage you to read through the



full Tenets document in your folder or by scanning this QR Code and reflect on how you might integrate the tenets into your own setting. Please reach out to Imoberg@macmh.org to let us know if there are ways you believe we could

better support and carry these out at MACMH.

To access a Spanish version of the Tenets see page 2 of the tenet document.

Land Acknowledgement Statement

The tenets remind us that language can both hurt and heal, and discriminatory policies and practices that harm adults also harm the young children in their care. We have chosen to begin the days of our conference with a land acknowledgement to honor our Native and Indigenous neighbors and acknowledge the sacred and unceded land that was stolen from the Dakota and Anishinaabe people who first inhabited the land in Minnesota.

Specialized Focus Tracks

1:00 – 5:00 p.m.

CPP Booster: The Power of Play in Child Parent Psychotherapy

Jane R. Ellison, LMFT, IMH-E® | Addresses Tenets 5 & 6 | WEST ROOM

1:00 – 5:00 p.m.

Home Visiting: Infant and Early Childhood Mental Health in Action

Janelle Weldin-Frisch, Consultant (Home Visiting & Professional Development), Prairie Learning Options, LLC & Angie Klinefelter, MS, LMFT, IMH-E® | Addresses Tenet 1 | NORTH ROOM

2:00 – 5:00 p.m.

Perspectives: Looking Through the Many Lenses of IECMH Professionals

Arielle Handevitd, MA, IMH-E®, Director of Early Childhood & Jaton White, Director of Community Wellness - Northside Achievement Zone | 1 hour Cultural Competence Included | Addresses Tenets 1 & 9 | EAST ROOM

Thank You to Our Sponsors & Supporters

PLATINUM



Woods Psychological Services LLC



UNIVERSITY OF MINNESOTA
Driven to Discover®



SILVER



BRONZE



COPPER



8:55 a.m.

Morning Move Mindfully

Get ready for the day! Practice simple MoveMindfully® BREATHE-MOVE-REST strategies to wake up your mind, body and heart for an engaging day of learning. Chrissy will also lead a midday brain break in the main ballroom during lunch.

Chrissy Mignogna, Lead Trainer and Director of Education – MoveMindfully® | MAIN BALLROOM

Keynote Presentation | 9:00 a.m.

Back to Basics: Remembering What We Know

Infant and Early Childhood Mental Health practices stand on relationship engagement, a family's cultural narrative, compassionate listening, and seeking joy. We know that individuals thrive when they feel safe, seen, heard, and helped. These healing activities have not changed since the COVID pandemic. However, our overly stressed brains are misdirected and we find ourselves rushing to do rather than resting in the relational moment. This Keynote will focus on the miraculous moments that create meaningful change. When we pause to explore unique cultural practices and sensitively hold each family's COVID story, we harness the power of not only story telling but story hearing. Let's refresh our skills of listening to the baby, caregiver and the ever-changing needs of our service community.



Dr. Barbara Stroud, Ph.D., LP | Includes Cultural Competence Content | Addresses Tenets 3 & 4 | MAIN BALLROOM

Barbara Stroud is a licensed psychologist with a rich clinical and administrative background in culturally informed clinical practice within the fields of early childhood development and mental health. She is a founding organizer and the inaugural president (2017-2019) of the California Association for Infant Mental Health, a ZERO TO THREE Fellow, and holds prestigious endorsements as an Infant-Family and Early Childhood Mental Health Specialist/Reflective Practice Facilitator Mentor. In April of 2018 Dr. Stroud was honored with the Bruce D. Perry Spirit of the Child Award. Additionally, Dr. Stroud's book "How to Measure a Relationship" [published 2012] is improving infant mental health practices around the globe and is now available in Spanish. Her second book, an Amazon best seller "Intentional Living: finding the inner peace to create successful relationships" walks the reader through a deeper understanding of how their brain influences relationships. Both volumes are currently available on Amazon. Dr. Stroud is also a contributing author to the text "Infant and early childhood mental health: Core concepts and clinical practice" edited by Kristie Brandt, Bruce Perry, Steve Seligman, & Ed Tronick. In all things Dr. Stroud remains steadfast in her mission to 'change the world – one relationship at a time'.

Following the keynote and a short break, an unfacilitated small group discussion will take place from 10:45-11:15 followed by a Q&A with Dr. Stroud.

Concurrent Workshops 1 – 4 | 1:00 – 2:30 p.m.

1. Examining Implicit Biases to Increase Equity

Dr. Barbara Stroud, Ph.D., LP | Addresses Tenets 1 & 3 | WEST ROOM

2. Inclusive Environments and Experiences for Children with Sensory Needs

Gina Brady, OTR/L, Sensory Supports and Training Program Manager – Fraser | Addresses Tenet 8 | NORTH ROOM

3. Advocacy: The Superpower you Didn't Know You Had

Nikki Graf, Equity and Advocacy Coordinator – Child Care Aware of Minnesota | Addresses Tenet 10 | EAST ROOM

4. A Conversation On Tenderness in Reflective Practice and Therapy

Linda Kantner, Reflective Practice Consultant, Infant and Early Childhood | Addresses Tenet 1 | SIMULATOR ROOM

Concurrent Workshops 5 – 8 | 2:45 – 4:15 p.m.

5. Gender Identity in Young Children: Questions, Answers, and Group Insights

Katherine A. Lingras, PhD, LP, Associate Professor, Child Psychologist – University of Minnesota – Department of Psychiatry and Behavioral Sciences | Cultural Competence | Addresses Tenets 1-6 | NORTH ROOM

6. Moving through the Pandemic with Resiliency: Applying Infant Mental Health Knowledge to Support Children and Adults

Beth Menninga, RBPD Manager – Center for Inclusive Child Care & Alyssa Meuwissen, Research Associate – Center for Early Education and Development, University of Minnesota | Addresses Tenets 2, 3 & 6 | WEST ROOM

7. Music a Natural and Amazing Teaching Tool!

Jane Tate, MMT, MT-BC, Board-Certified Music Therapist – MacPhail Center for Music | Addresses Tenet 4 | SIMULATOR ROOM

8. Pandemic Life and Developmental Detours

Carol Siegel, PhD, LP | Addresses Tenets 3, 8 & 10 | EAST ROOM

ONLINE COURSES

Earn clock hours and gain actionable information and skills. Courses are asynchronous and instructor-led. Group rates available. Topics include:

- Challenging Behavior
- Infant Mental Health
- Reflective Interaction Observation Scale (RIOS™)

z.umn.edu/ceedonline

SELF-STUDY MODULES

Self-paced online modules on reflective supervision and the Reflective Interaction Observation Scale (RIOS™) take just three hours each to complete. Modules meet Endorsement® requirements. Topics include:

- Group reflective supervision/consultation
- Parallel Process
- Implicit bias

z.umn.edu/self-study-modules

EARN A CREDENTIAL

Our **Supporting Early Social and Emotional Development Credential** meets Endorsement® requirements through the Minnesota Association for Children's Mental Health.

z.umn.edu/sesed

Stop by our table for a chance to win the new RIOS™ Guide!

GET IN TOUCH

We can design a professional development package for your organization, including online courses tailored to your group's schedule and needs.

Deborah Ottman, Professional Development Coordinator

dottman@umn.edu

z.umn.edu/ceedpd

Center for Early Education and Development

UNIVERSITY OF MINNESOTA

THANK YOU PLATINUM SPONSOR



Our Mission is to provide a full spectrum of services for those with major behavioral and emotional difficulties, especially the serious and persistently mentally ill (SPMI) population in the metro and beyond.

Our treatment team includes psychiatrists, psychologists, psychiatric social workers, advanced nurse practitioners, and psychiatric nurses.

Find out more www.hennepinhealthcare.org

Transforming the health of our community – exceptional care without exception.

We Believe

Children should be born healthy.

Children should stay healthy.

Children can develop to their fullest potential.

Early childhood services at Hennepin County Public Health support young families from pregnancy through kindergarten.

THANK YOU PLATINUM SPONSOR

Institute of
Child Development

UNIVERSITY OF MINNESOTA
Driven to Discover®

Programs in Infant and early childhood mental health

Online MA in applied child and adolescent development Infant and early childhood mental health track

Take core courses in social, emotional, and cognitive development. Track courses include infant observation, early childhood assessment, and prevention and intervention practices and principles. If you live in Minnesota, pursue an option to prepare for an LPCC license.

Visit: z.umn.edu/ICDMA

Online graduate certificate in infant and early childhood mental health

Similar to the MA track without core coursework. Take foundational courses in early childhood development, infant observation, early childhood assessment, and prevention and intervention practices and principles. Earn either academic credit or continuing education units.

Visit: z.umn.edu/IECMHCertificate

CONTACT

Email: icdapply@umn.edu

College of Education and Human Development

© 2021 Regents of the University of Minnesota. All rights reserved. The University of Minnesota is an equal opportunity educator and employer. This material is available in alternative formats upon request. Direct requests to Kirsten Mortensen, CEHD Communications and Marketing, 612-626-7257, mort0076@umn.edu.



Start Early Funders Coalition is a collaboration of 19 members of MN's philanthropic community. We provide critical leadership and funding for research, program development, public policy, & grantmaking to improve early childhood efforts in Minnesota.

Join our Parent & Provider Advisory Group!



We elevate the direct role of parents & providers -as shapers of agendas, primary informative voice to activate systems change goals.

Scan this QR Code to join!



Healthy development starts at home.

Find fun and easy ideas for infants,
toddlers & pre-schoolers.



HelpMeGrowMN.org

THANK YOU PLATINUM SPONSOR



Woods Psychological Services LLC

111 Riverfront, Suite 410, Winona, MN 55987
4800 Olson Memorial Highway, Suite 202, Golden Valley, MN 55422
Phone: 507-474-6264 Fax: 507-218-8553

<https://woodsmn.com/>



See Me Neurodiverse

See Me: Unlocking Resources for the Neurodiverse is a non-profit organization developed to support the neurodiverse and their families by increasing connections. Neurodiverse conditions can range from ADHD, Autism, and Anxiety, to Sensory Processing Disorder, Bipolar Disorder, and many more. Neurodiverse differences are life long and there is no cure.



If you need help finding resources, please reach out at seemeneurodiverse@gmail.com.

www.seemeneurodiverse.org

MoveMindfully® BREATHE-MOVE-REST for Young Learners

Science into Practice with Mindfulness, Movement,
and Social-Emotional Learning



move**mindfully**

Available in English, Spanish, French, and Somali

move-mindfully.com

Download FREE resources to get 10% discount at move-mindfully.com/subscribe



8:55 a.m.

Morning Move Mindfully

Get ready for the day! Practice simple MoveMindfully® BREATHE-MOVE-REST strategies to wake up your mind, body and heart for an engaging day of learning. Chrissy will also lead a midday brain break in the main ballroom during lunch.

Chrissy Mignogna, Lead Trainer and Director of Education – MoveMindfully® | MAIN BALLROOM

Keynote Presentation | 9:00 a.m.

The Plug, The Power, The Play: Recognizing the Capacity We Have

Many are called, and few are chosen – we are called into this work, and we are called into this work for so many different reasons, personally and professionally. As we sort through the aftermath of many traumatic moments over the past few years that dimmed, dulled, and flickered our lights, we need a moment of pause and reorganization to recognize what we truly bring to this practice. Did you know that we are beacons of light that shine on our work, and we have to reconnect with the source that fuels us and powers us to move forward in the spirit of the work we do with children, families, professionals, and systems? We will begin the morning by identifying what we need along the way to keep going and unapologetically show up as our best selves. Let's get recharged.

Dr. Sheila Sweeney, Ph.D., LICSW, CEO, Psychotherapist, Consultant, PsychoEducator – Peaces 'n PuzSouls: Journies thru Healing, LLC | Addresses Tenet 1 | MAIN BALLROOM

Dr. Sheila Sweeney is an experienced Psychotherapist, Consultant, & Faculty Member with a demonstrated history of working in the mental health & higher education industry. Skilled in Psychodynamic Psychotherapy, Parent-Child Development, Consultation, Reflective Practice, Crisis Intervention, and Family-Community Connections. A strong educated professional, who has obtained the Doctor of Philosophy (Ph.D.) Degree in psychodynamic psychotherapy, a Master of Social Work Degree, with a clinical emphasis, and certification in Infant and Early Childhood Mental Health.



Visit the Organizations in Our Exhibit Area

- Adoption Medicine Clinic
- Blue Cross and Blue Shield of Minnesota and Blue Plus
- Canvas Health
- Center for Early Education and Development
- Center for Inclusive Child Care
- Ellie Mental Health
- Encompass Mental Health, LLC
- Fernbrook Family Center
- First Children's Finance
- Institute of Child Development, University of Minnesota
- Language of the Heart, LLC
- Little Moments Count
- Montessori Center of Minnesota
- MoveMindfully®
- PrairieCare
- Ramsey County Children's Mental Health Collaborative
- University of Minnesota Extension Center for Family Development

Concurrent Workshops 9 – 11 | 10:45 a.m. – 1:45 p.m.

9. Somatic Regulation, Attachment-Building, and Trauma Processing Through Embodied Play

Amie Summers, LICSW, SEP | Addresses Tenet 5 | EAST ROOM

10. Nature-Based Learning for Young Children

Sheila Williams Ridge, Lab School Director – University of Minnesota Child Development Laboratory School | Addresses Tenet 4 | NORTH ROOM

11. Using an Infant Mental Health Case Study Across Disciplines

Carmen Cook, PhD, Early Childhood Studies Assistant Professor – Metro State University; Michele Fallon, LICSW, IMH-E; Martha Higuera, MA ECSE, Infant Mental Health Specialist – St. Paul Public Schools; Cari Michaels, MPH, University of Minnesota Extension Center for Family Development & Susan B. Williams, MSW, LICSW, IMH-E, Social Worker II – Saint Paul Public Schools | Panel: Jennifer Davis, Parent Educator and Organizer with Nokomis East Neighborhood Association (NENA); Nadia Dah, Specialized Care Coordinator; Maria Snider, Director and Owner of Rainbow Child Development Center; Maiyer Thor, Child Development Specialist – Neighborhood House | Includes Ethics & Cultural Competence | Addresses Tenets 4, 5 & 8 | WEST ROOM

Keynote Presentation | 2:00 p.m.

Now Let's Return Our Minds to the Children...



These past two+ years may have been challenging for children but also clarifying for caregivers. What is most important to help our youngest thrive and grow? Asking this question reminds us to appreciate how children perceive their experiences and depend on their adults to make sense of what happens around them. At the same time, knowing their needs could help us embrace new ideas and social realities that facilitate a changed and better community. This closing talk will focus on recognizing and engaging with the minds of our youngest children in ways that can help us be better at our jobs.

Anne Gearity, PhD, LICSW | Addresses Tenets 2 & 5 | MAIN BALLROOM

Anne R. Gearity has a mental health practice in Minneapolis and provides consultation to agencies and schools. She authored Developmental Repair (DR) in collaboration with staff at Washburn Center for

Children. DR is a treatment approach for aggressive and disruptive young children that proposes to fix deficits and disruptions of self-regulation, recognizing (through infant research) how these deficits and disruptions put children at risk. She taught in the UMN infant and early childhood mental health certificate program, and is now faculty in the department of child psychiatry. Recently she has been privileged to consult with the HCMC Mother/Baby program as they expand their model.

Following the keynote and a short break, a facilitated small group discussion will take place from 3:15 – 4:15 in the main ballroom. Your small group number can be found on your name badge and corresponds to a designated table in the ballroom.

Event Made Possible By

Conference Planning Committee

Carmen Cook
Michele Fallon
Arielle Handevidt
Katie Lingras
Alyssa Meuwissen

Mary Muhs
Alicia Runquist
Tracy Schreifels
Priscilla Weigel
Susan Williams

Special thanks to Elizabeth Carlson and the Harris Foundation for their support shaping this year's conference.

MACMH Staff

Grace Carey
Program Assistant

Brandon Jones, MA
Executive Director

Rachael Jacques
Director of Development and Programming

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

Krista Mrozinski, MA, LMFT, IMH-E®
Endorsement Coordinator

Emily Richardson, MAPL
Director of Communications

Kassi Schimek
Infant & Early Childhood
Program Assistant

April j Tighe
Senior Graphic Designer,
Office Manager

Amanda Xiong
Professional Development
Coordinator



23 Empire Drive, Suite 1000
Saint Paul, MN 55103

651-644-7333
800-528-4511
info@macmh.org

www.macmh.org

Leading with compassion, knowledge and support