

Welcome to our first
Infant and Early Childhood Mental Health Conference



Conference Program

October 29 - 30, 2018
Coon Rapids, MN
12 CEHs available

A collaboration between
MACMH-IEC,
CYFC's Lessons from the Field, and
The Reflective Practice Center at CEED



Minnesota Association for
Children's Mental Health
Infant & Early Childhood Division



University of Minnesota Extension
Children, Youth & Family Consortium



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

Schedule at a Glance

Monday, October 29

- 8:00 - 9:00 Registration/Continental Breakfast/Networking/Exhibit Hall Open
- 9:00 - 9:15 **Welcome/Introduction**
- 9:15 - 10:30 **Keynote**
- 10:30 - 10:45 Break/Exhibit Hall Open
- 10:45 - 12:15 **Panel and Q&A**
- 12:15 - 1:00 Lunch/Exhibit Hall Open
- 1:00 - 2:20 **Session 1**
- 2:20 - 2:40 Break/Exhibit Hall Open
- 2:40 - 4:00 **Session 2**

Tuesday, October 30

- 8:00 - 9:00 Registration/Continental Breakfast/Networking/Exhibit Hall Open
- 9:00 - 9:30 **Introduction to Reflective Supervision/Consultation**
- 9:30 - 10:30 **Session 1**
- 10:30 - 10:45 Break/Exhibit Hall Open
- 10:45 - 12:30 **Fishbowl Reflective Supervision/Consultation**
- 12:30 - 1:30 Lunch/Exhibit Hall Open
- 1:30 - 2:30 **Session 2**
- 2:30 - 3:00 Break/Networking
- 3:00 - 3:45 **Session 3**
- 3:45 - 4:00 **Wrap-Up**

Things to Know

Continuing Education Hours

The conference is designed to meet CEH (Continuing Education Hours) credits for many disciplines.

CEHs for the entire conference have been approved by the following Minnesota boards:

- Behavioral Health & Therapy: 12
- Marriage & Family Therapy: 11
- Social Work: 12
- School Administrators: 12

The following boards do not require pre-approved CEHs. An estimate of 12 CEHs should be approved upon independent submission to your board:

- MN Board of Education
- MN Board of Nursing

Post-Tests

Post-tests will be provided at on-site registration. Post-tests are only intended for social workers working toward their LICSW to help them meet clinical clock hour requirements. Completed tests must be confirmed at on-site registration. Once you have signed off on your post-test, you will receive a receipt of completion.

Exhibits

Stop by our exhibit area to connect with a variety of organizations in the field of mental health. Exhibits are open Monday from 8:00 a.m. to 4:00 p.m. and Tuesday from 8:00 a.m. to 1:30 p.m.

Internet

Free Wi-Fi is available during the conference.
Network: CREmpl
Passcode: Whet15this

Schedule Changes

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

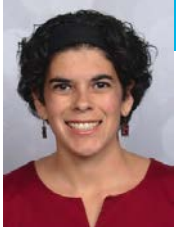
Nursing Mothers' Room

Nursing mothers, we have designated accommodations for you. To receive the key code for the private room or for any additional questions, please see the registration desk.



Monday, October 29

Monday's Emcees: *Sara Langworthy, PhD, Consultant, Author, Speaker, Tracy Schreifels, MS, LMFT, IMH-E® (III), Infant Mental Health Specialist – Reach Up Inc.*



Keynote Presentation • 9:15 to 10:30

Young children's challenging behaviors create stress for all involved: parents, providers, and the children themselves! This workshop will take a look at common challenging behaviors, the contexts in which they occur, and what may underlie the behaviors we see. We will also consider the role of two-generation models and infant mental health frameworks to identify potential intervention opportunities and strategies. We will examine the roles that providers across disciplines and settings (i.e. primary care, early care and education, home visiting, etc.) can play in addressing and reducing challenging behaviors.

Katherine Lingras, PhD, LP, Assistant Professor, Licensed Child Psychologist – U of MN Psychiatry Dept.

Panel Discussion and Q&A • 10:45 to 12:15

Representing the fields of medicine/healthcare, early care and education, home visiting, and mental health/skills education, panelists will offer their perspectives relating the content shared in the keynote to the work they do in each of their settings. They'll share how challenging behaviors look in their work, how they use research to help guide them, and hands-on practice strategies that can be used to support multiple generations in different settings that serve young children and families. Panelists will also discuss how context and culture influence our understanding of challenging behaviors.

Kiran Sheikh, PsyS, Special Needs/Mental Health Mgr. – Community Action Partnership of Ramsey & Washington Counties Head Start/Early Head Start Prog.; **Beth Kinyua Gathetu, MS, Early Childhood Counselor – Greater MN Family Svcs.;** **Tom Scott, MD, Adjunct Professor of Pediatrics – U of MN;** & **Barb Fabre, CEO – Indigenous Visioning**

Session 1 • 1:00 - 2:20 and Session 2 • 2:40 - 4:00

The following workshops will be offered during both afternoon sessions.

Partnering with Parents to Address Behavioral Concerns

Attendees of this workshop will learn practical strategies to use to partner with parents when behaviors arise; acknowledge perspectives of both the child and parent as well as the parent-child relationship; and explore how past relationships and experiences impact current parent-child relationships.

Carol Siegel, PhD, LP, IMH-E®(IV), Private Practice & Instructor in Infant and Early Childhood Certificate Prog. – U of MN

Can't Pour From an Empty Cup: Supporting Ourselves Through Self-Care

Each day we bring our talent and passion to work as we interact with infants, young children, and families. This workshop will explore how to have greater compassion and patience for meeting the needs of the infants, young children, and families we work with.

Chrissy Mignogna, Dir. of Progs. and Development – 1,000 Petals

Supporting Dual Development Agendas

This workshop will focus on the development of both parent and child inclusive of the effects on the parent-child relationship. Relationship based strategies and techniques to engage parents will be addressed along with tools to overcome barriers in parent engagement.

Angie Klinefelter, MS, IMH-E®(III)

Continued Conversations and Practical Applications: Considerations of Cultural Perspectives About Children's Behavior and 'Good Parenting'

Presenters will explore how behavioral expectations are perceived in different family cultures and how these expectations may work in one context but create challenges in another. Participants will leave with tools to incorporate culture into interactions with children and families across settings.

Katherine Lingras, PhD, LP, Assistant Professor, Licensed Child Psychologist – U of MN Psychiatry Dept. & Jane Ellison, LMFT, IMH-E®(IV)

Tuesday, October 30

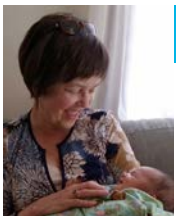
Session 1 • 9:30 - 10:30

Group One: For more experienced providers of Reflective Supervision/Consultation, attendees will participate in a facilitated discussion with peers about the issues and challenges of providing supervision and consultation.

Jill Hennes, MSW, LICSW, IMH-E®(IV-C), Consultant and Trainer – Jill E Hennes Consulting

Group Two: For those interested in learning the foundational principles of Reflective Supervision/Consultation, participants will explore its importance in the field of infant and early childhood mental health.

Mary Harrison, PhD, LICSW, Research Associate - CEED, U of MN & Michele Fallon, MSW, LICSW, IMH-E®(IV), Infant and Early Childhood Mental Health Consultant – What About the Baby?



Fishbowl on Reflective Supervision/Consultation • 10:45 to 12:30

The "fishbowl" refers to a live, in-person, unrehearsed group reflective supervision/consultation session that will be observed by conference participants. This is a unique opportunity to see the process of reflective supervision happen from a third-person perspective, and participants will have opportunities to learn from and process this experience throughout the rest of the day.

Jill Hennes, MSW, LICSW, IMH-E®(IV-C), Consultant and Trainer – Jill E Hennes Consulting

Session 2 • 1:30 - 2:30

This workshop will include a facilitated small group discussion of the experience of observing the Fishbowl that will encourage participants to share their own experiences and questions.

Session 3 • 3:00 - 3:45

This workshop will include facilitated small group conversations to address 'next steps' in promoting Reflective Supervision/Consultation through professional development, agency development and increasing statewide accessibility to this essential practice.

MACMH Infant & Early Childhood Fall 2018 Training Series

Brianna and Tanya

*Are you a teacher or trainer?
Add this interactive case study to your course.*

Brianna and Tanya is a research-based case study curriculum for professionals and students who interact with young children and families. Through story, questions, and online activities, users learn about a young mother and the influences of family, school, community, and service systems.

Learn more and access this case:
<https://z.umn.edu/CYFCcases>.

Contact: Cari Michaels, cmichael@umn.edu

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September 19 – December 19

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- Understanding Early Social and Emotional Development
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Minnesota Association for
Children's Mental Health
Infant & Early Childhood Division

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