

# WELCOME



## **Infant & Early Childhood Mental Health Conference**

October 26 - 27, 2020  
Online  
Up to 22 CEHs available



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

# Important Things to Know

## Workshop Access

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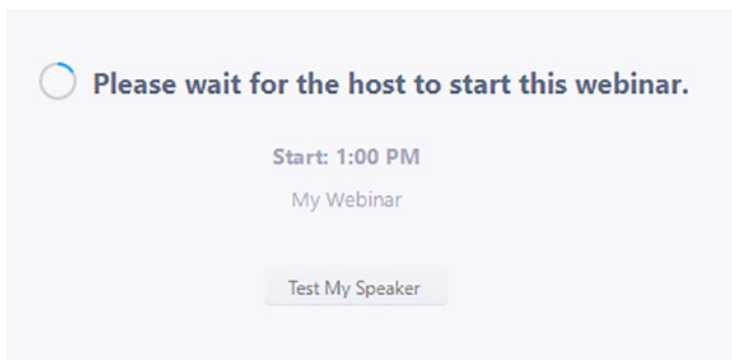
We will be using the Zoom platform to host our workshops. You do not need a Zoom account to participate; simply join each workshop via the provided link or over the phone. As you join the workshop, you may be prompted to run Zoom Desktop Client. Follow the automatic prompts to download the application. Additionally, for the best user experience, use Chrome as your browser.

Throughout this program, you will find the link, call-in number, ID and passcode (when required) for each workshop. If you do not have Internet access or experience technical difficulties, the call-in number, ID and passcode (when required) can be used to join.

## Workshop Start

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Workshops will be open for attendees to join 1-2 minutes prior to the start of the workshop. If you log on prior to 2 minutes, you will see the following message. Once the host starts the workshop, you will automatically join.



For both keynotes, please log on at 8:55 for a welcome message covering important things to know.

## Workshop Interactive Features

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The Zoom platform has several interactive features we will be using.

### + *Microphone and Camera*

Your microphone and camera will be off and not accessible during most workshops. For workshops utilizing Zoom Meeting, you will have the option to turn your mic and camera on.

### + *Chat*

*The Chat feature is located on your toolbar on the bottom of the screen.*

To see all interactions, select "All Panelists and Attendees" in the Chat dropdown.

You can type your message into the chat window and press "Enter" to send your message.

### + *Polling*

*A box will populate on your screen with the poll and you will be able to select your answer.*

### + *Breakout Rooms*

*For workshops utilizing Zoom Meeting, Breakout Rooms will be used.*

## Workshop Handouts

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Workshop handouts are now available on the MACMH website at

[www.macmh.org/ieconferencehandouts](http://www.macmh.org/ieconferencehandouts). The password to access this page is **2020Attendee**.

## Workshop Recordings

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By 9 p.m. on Tuesday, links to access the workshop recordings will be posted on our website at [www.macmh.org/ieconferencehandouts](http://www.macmh.org/ieconferencehandouts). This content will be available for 30 days following the conference. The password to access this page is **2020Attendee**.

## CEHs/Develop Credits

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This conference is designed to meet CEH (Continuing Education Hours) credits for many disciplines. **CEHs have been 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

Professionals in other related disciplines, as well as those working outside of Minnesota, can submit CEH certificates to their corresponding boards for independent approval.

Following the conference, you will receive an email with a CEH certificate. Please note this email will come from [info@macmh.org](mailto:info@macmh.org) and CEHs are only available for individuals that have registered for the conference.

This event is also Develop approved. Email [endorsement@macmh.org](mailto:endorsement@macmh.org) with your name and Develop ID to obtain credit.

## Post Tests

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Electronic post-tests are available for social workers working toward their LICSW to help them meet clinical clock hour requirements. You can complete one by [clicking here](#).

## Technical Support

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If you experience technical difficulties accessing the workshops or during the workshops, please contact Zoom technical support at 1-888-799-0125 and provide the ID number for the workshop you are attending. During the conference, all MACMH staff will be dedicated to running the conference workshops and will not be able to provide individual technology support.

Additionally, the below checklist can help with troubleshooting sound or video issues.

- + Be sure you are using Chrome as your internet browser
- + Check to see if your home internet connection is stable
- + Shut down your computer and re-start

## Cancellations and Updates

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

## Questions During the Conference

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For questions during the conference, please reach out to Amanda at [axiong@macmh.org](mailto:axiong@macmh.org).

You can also call the MACMH office at 651-644-7333, but please know that **email is the most efficient way to get your questions answered**.

## Community Resources & Services

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In lieu of the exhibitors we would typically have in person, visit pages 12 and 13 for a list of organizations providing resources and services related to infants, young children and their families.

# Schedule

All times listed in CST

MONDAY, OCTOBER 26

- 8:55 – 10:30 . . . . . Keynote
- 10:30 – 11:00 . . . . . Break
- 11:00 – 12:30 . . . . . Concurrent Sessions 1–3 Part A
- 12:30 – 1:30 . . . . . Lunch
- 12:45 – 1:20 . . . . . Networking Groups
- 1:30 – 2:45 . . . . . Concurrent Sessions 1–3 Part B
- 2:45 – 3:00 . . . . . Break
- 3:00 – 4:00 . . . . . Reflective Groups
- 4:00 – 4:15 . . . . . Introduction to Endorsement\*

TUESDAY, OCTOBER 27

- 8:55 – 10:30 . . . . . Keynote
- 10:30 – 11:00 . . . . . Break
- 11:00 – 12:30 . . . . . Concurrent Sessions 4–6
- 12:30 – 1:30 . . . . . Lunch
- 12:45 – 1:20 . . . . . Networking Groups
- 1:30 – 3:00 . . . . . Concurrent Sessions 7–9
- 3:00 – 3:15 . . . . . Break
- 3:15 – 4:00 . . . . . Reflective Groups

# Workshop Details

## Clinical Content

Social workers and psychologists are often required to obtain CEHs with clinical content. The sessions marked with this designation qualify for the Board of Social Work’s clinical content requirement.

## Level

Presenters chose levels that best describe their material and the knowledge attendees should have to derive the greatest

benefit from their presentation.

**Basic:** Introductory material and background information is covered. Audience needs no prior knowledge of topic.

**Intermediate:** Material builds on existing knowledge and goes well beyond basics. Audience should have some background knowledge of topic.

# Special Conference Offerings

## Endorsement Q&A

Monday, October 26, 4:00 – 4:15 p.m.\*

If you work with or on behalf of children prenatal–6 and their families then you are qualified to pursue Endorsement! Join Coordinator Lauren Moberg to learn about the Infant/Early Childhood Mental Health Endorsement credential. \*Please note this is not approved for CEHs.

**Link:** <https://zoom.us/j/97290055617?pwd=UzJ6NWFuenZMQ1hvbUJlZERC0lYUT09> **Dial in:** 1 301 715 8592 **Meeting ID:** 972 9005 5617 **Passcode:** 180965

[Click here to join](#)

## Lunch Networking

12:45 – 1:20 p.m. during lunch each day

This conference may be online—but we can still connect with one another! In support of our relationship-based work, we are hosting optional lunch networking. Participants will be split into small groups. **For discussion prompt ideas, click here.**

**Link:** <https://zoom.us/j/96443084740?pwd=UCtuOW1ES3FQZ2RBa2xESWFmSkdWdz09> **Dial in:** 1 301 715 8592 **Meeting ID:** 964 4308 4740 **Passcode:** 785360

[Click here to join](#)

## Reflective Small Groups

3:00 – 4:00 p.m. Monday

3:15 – 4:00 p.m. Tuesday

In an effort to connect with one another and internalize the information we’ve taken in, we are holding reflective small groups at the end of each day. We will gather to get to know one another, reflect on workshops and explore how we might put information into practice after the conference. Each group will have a facilitator guiding conversation, and **small group questions can be found here.** These groups will take place using Zoom meeting rooms and we encourage individuals to keep their camera on as possible in an effort to best utilize this time.

**Link:** <https://zoom.us/j/95492629558?pwd=cVBtdG1ZcUYyV1JObHNCNFduMmVFZz09> **Dial in:** 1 301 715 8592 **Meeting ID:** 954 9262 9558 **Passcode:** 648976

[Click here to join](#)

# Monday, October 26

Keynote | 8:55 – 10:30 a.m. CST

## Keynote Presentation

### ACES: Strategies for Addressing Adversity in the Lives of Young Children and their Families

Link: <https://zoom.us/j/95160812366> Dial in: 1 301 715 8592 Webinar ID: 951 6081 2366

[Click here to join](#)



This keynote will explore the impact of adverse childhood and community experiences on the development and mental health of infants, toddlers, preschoolers and their caregivers. Strategies for optimizing young children's outcomes in the face of these challenges will be discussed, including interventions for the children themselves, parenting programs, and community-based initiatives.

*Presented by Dr. Brenda Jones Harden, PhD, Alison Richman Professor for Children & Families – University of Maryland School of Social Work*

*Dr. Brenda Jones Harden is the Alison Richman Professor for Children and Families at the University of Maryland School of Social Work. She directs the Prevention and Early Adversity Research Laboratory, where she and her research team examine the developmental and mental health needs of young children who have experienced early adversity and toxic stress, particularly those who have been maltreated or have experienced other forms of trauma. A particular focus is preventing maladaptive outcomes in these populations through early childhood programs. She has conducted numerous evaluations of such programs, including early care and education, home visiting services, parenting interventions, and infant mental health programs. Dr. Jones Harden is a scientist-practitioner who uses research to improve the quality and effectiveness of child and family services and to inform child and family policy. She received a PhD in developmental and clinical psychology from Yale University and a Master's in Social Work from New York University.*

## THANK YOU SPONSORS



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*A place for growth, development, and reflection*



University of Minnesota Extension  
Children, Youth & Family Consortium

# Monday, October 26

Concurrent Sessions 1 – 3 | 11:00 a.m. – 2:45 p.m. CST (Includes Lunch Break and Networking)

## Breakout Session 1

### Pandemic Parenting: An Experiment in Infant Mental Health

Link: <https://zoom.us/j/93108051227?pwd=eHI3Y0xhWm1XbXl1ejJEaUZVbnlldzO9>

Dial in: 1 301 715 8592 Meeting ID: 931 0805 1227 Passcode: 432388

[Click here to join](#)



We are in an unprecedented era in the lives of parents and young children. When have we ever raised children during a prolonged period of isolation because other people might be dangerous to our health? What will this mean for young children's development, and how can parents adapt to the new paradigm? This presentation will discuss themes and challenges that have emerged during the shutdown, the impact on parents, and considerations for infant mental health in light of what we know about early development.

*Carol Siegel, PhD, LP, IMH-E@IV, Private Practice & Instructor in Infant and Early Childhood Certificate Program – Univ. of MN*  
Level: Intermediate | Includes Clinical Content

## Breakout Session 2

### Supporting American Indian Children and Families: Understanding Risk and Resilience in Cultural, Community and Historical Context and Implications for Practice

Link: <https://zoom.us/j/93949106275> Dial in: 1 301 715 8592 Webinar ID: 939 4910 6275

[Click here to join](#)



Join two American Indian tribal community members for an overview of the American Indian and Alaska Native population in the U.S., and the historical, cultural and community factors that shape young children's development. Participants will explore risks to development that derive from structural inequalities prevalent in many tribal communities, as well as sources of resilience that derive from rich cultural beliefs, practices and extended family relationships. The workshop is intended for participants with a range of experience working with this population, including those with little experience.

*Susan Beaulieu, MPP, Tribal Community Facilitator – Univ. of MN Extension & Michelle Sarche, PhD, Associate Professor, Licensed Clinical Psychologist – Ctrs for American Indian and Alaska Native Health, Univ. of Colorado*  
Level: Basic



## Breakout Session 3

### Reflective Supervision/Consultation (RS/C): Self-Awareness, Bias, Race, Culture and Diversity

Link: <https://zoom.us/j/92086346208?pwd=cFZUNHNjTTh1QnVNNjdDcEIIISU8xZzO9>

Dial in: 1 301 715 8592 Meeting ID: 920 8634 6208 Passcode: 178253

[Click here to join](#)



We live in challenging times which require us to examine our inevitable implicit biases, take the perspective of others and increase our capacity for reflection. This workshop will explore ways to co-create reflective spaces to consider the thoughts, feelings, values and intentions of ourselves and others. Intended for professionals who provide and receive RS/C, this workshop is grounded in self-awareness, bias, race, culture and diversity in conjunction with our reflective work with infants, children and families. Bring your authentic self, and let's get ready to stretch ourselves to new heights.

*Michele Fallon, LICSW, IMH-E@IV, IECMH Consultant & Sheila Sweeney, PhD, IMH-E@III – Peaces 'n PuzSouls*  
Level: Intermediate



# NEW MACMH EVENT



## Child & Adolescent Mental Health **RESEARCH SUMMIT**

December 7 & 8 | Online | Earn up to 8 CEHs

Join us for our first-ever Child & Adolescent Mental Health Research Summit to hear top experts from leading institutions across the country share current, innovative research in the field of children's mental health, and explore how research informs practice and practice informs research.

### Welcoming presenters from:

- + Johns Hopkins University
- + George Washington University
- + UCLA
- + University of Bath, United Kingdom
- + National Institute of Mental Health
- + Renaissance School of Medicine

[Learn More](#)

## EARN CEHS ANYTIME, ANYWHERE



## On-Demand Trainings

Learn at your own pace and earn CEHs anytime, anywhere with our on-demand trainings—featuring a variety of new webinars and a refreshed, more user-friendly web page to help you better find content you need.

### Topics include:

- + Anxiety
- + Cultural Responsiveness
- + Diagnoses
- + Infant & Early Childhood
- + School-Based Interventions
- + Substance Use
- + Suicide Prevention
- + Trauma

[Learn More](#)

# Tuesday, October 27

Keynote | 8:55 – 10:30 a.m. CST

## Keynote Presentation

### Structural Factors and Inequities in Maternal and Infant Health and the Path Towards Birth Equity

Link: <https://zoom.us/j/96622942485> Dial in: 1 301 715 8592 Webinar ID: 966 2294 2485

[Click here to join](#)



Structural racism disadvantages parents of color before, during and after pregnancy, leading to heartbreaking perinatal health inequities for both birthgivers and their babies. Relationship-centered and culturally-centered care models provide needed support to parents of color, making strides on the path towards racial birth equity. Building anti-racism into medical, educational, and policy systems beyond perinatal care is necessary for sustainable racial health equity throughout the lives of people of color.

*Presented by Dr. Rachel R. Hardeman, PhD, MPH, Associate Professor in the Division of Health Policy & Management – University of Minnesota, School of Public Health*

*Dr. Rachel R. Hardeman is a tenured Associate Professor in the Division of Health Policy & Management at the University of Minnesota, School of Public Health and the Blue Cross Endowed Professor in Health and Racial Equity. A reproductive health equity researcher, she applies the tools of population health science and health services research to elucidate a critical and complex determinant of health inequity: racism. Dr. Hardeman leverages the frameworks of critical race theory and reproductive justice to inform her equity-centered work which aims to build the empirical evidence of racism's impact on health particularly for Black birthing people and their babies. Dr. Hardeman's research includes a partnership with Roots Community Birth Center, in North Minneapolis, one of five Black-owned freestanding birth centers in the United States. Her work also examines the potential mental health impacts for Black birthing people when living in a community that has experienced the killing of an unarmed Black person by police. Published in journals such as the New England Journal of Medicine and the American Journal of Public Health, Dr. Hardeman's research has elicited important conversations on the topics of culturally-centered care, police brutality and structural racism as a fundamental cause of health inequities. Her overarching goal is to contribute to a body of knowledge that links structural racism to health in a tangible way, identifies opportunities for intervention, and dismantles the systems, structures, and institutions that allow inequities to persist.*

## THANK YOU CONFERENCE PLANNING COMMITTEE

### MACMH Staff

**Arielle Handevidt**, Infant & Early Childhood Division Director

**Lauren Moberg**, Infant & Early Childhood Division Assistant Director

### Committee Members

Anna Clavin

Michele Fallon

Kat Kane

Alyssa Meuwissen

Cari Michaels

Krista Mrozinski

Jessica Niemi

Tracy Schreifels

Susan Williams

Judy Woods

*A special thanks to Elizabeth Carlson for her support in shaping this year's conference.*

# Tuesday, October 27

Concurrent Sessions 4 - 6 | 11:00 a.m. - 12:30 p.m. CST

## Breakout Session 4

### Regaining our Sense of Safety, Connection and Self-Efficacy During the Pandemic

Link: <https://zoom.us/j/98589477285?pwd=MONrWS84M3hLZUYwR1RPUeO3OFRidz09>

Dial in: 1 301 715 8592 Meeting ID: 985 8947 7285 Passcode: 071771

[Click here to join](#)

Children, families, early childhood educators and those who support them have all had their world rocked over the past months. Join staff from the Center for Inclusive Child Care as they share strategies they have used to regain balance across relationships in early childhood settings. Attendees will examine and discuss in small groups the many ways we can and do promote safety, connection and a sense of competence for children, families, our colleagues and ourselves.

*Brenda Lowe, MA ECE, IMH-E®(II), Mentor Coach & Beth Menninga, MA Ed, IMH-E®(II), RBPD Mgr. - Ctr. for Inclusive Child Care*

Level: Basic



## Breakout Session 5

### Young Children in Foster Care: Experience, Development and Intervention

Link: <https://zoom.us/j/95914874712> Dial in: 1 301 715 8592 Webinar ID: 959 1487 4712

[Click here to join](#)

This workshop will describe the epidemiology and developmental consequences relative to young children in foster care. The child welfare experiences of these children will be explored, as well as evidence-based interventions to promote their development and mental health. Attendees will explore working with young children and their families and caregivers in foster care from a multidisciplinary perspective.

*Brenda Jones Harden, PhD, Alison Richman Professor for Children & Families - Univ. of Maryland School of Social Work*

Level: Basic | Includes Clinical Content



## Breakout Session 6

### Resiliency in Challenging Times: Supporting Caregivers Across Disciplines in Rural Minnesota

Link: <https://zoom.us/j/98257557850?pwd=UVM3eGhGRjFYZUYxZnpJeC9pSy9wQT09>

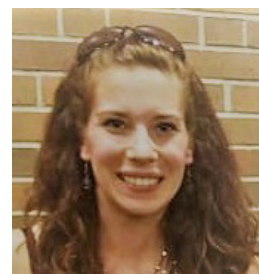
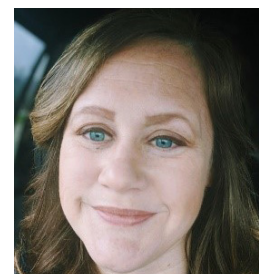
Dial in: 1 301 715 8592 Meeting ID: 982 5755 7850 Passcode: 877071

[Click here to join](#)

Caregivers who have never felt calm must experience this feeling with others before they can soothe their children. For many parents stable, healthy caregiving experiences have not been the narrative of their life. Professionals in early childhood have an opportunity to help parents heal trauma while increasing protective capacities. In this workshop, attendees will learn strategies that allow caregivers to understand the impacts of trauma on parenting, while offering tools to address challenges with their children and themselves.

*Jessica Croatt Niemi, MSSW, LICSW, IMH-E®(IV), Co-owner - Lake Country Associates & Cailee Furer, MEd, Licensed Parent and Family Educator, Coordinator - Bemidji Area Schools, Bemidji Early Childhood Collaborative*

Level: Intermediate | Includes Clinical Content



# Tuesday, October 27

Concurrent Sessions 7 – 9 | 1:30 – 3:00 p.m. CST

## Breakout Session 7

### Working with Parents During Stressful Times

Link: <https://zoom.us/j/95062964825> Dial in: 1 301 715 8592 Webinar ID: 950 6296 4825

[Click here to join](#)



We are all experiencing increased amounts of stress as we revamp our personal and professional roles amidst the ever-changing landscape of COVID. Professionals are challenged to meet the needs of families while constantly adjusting the expectations we have related to best practice service delivery and those required from the systems we work within. This session will highlight the shared experience and parallel process of expectations, capacity for stress, and considerations for navigating this time in a way that supports healthy relationships for all.

*Angie Klinefelter, MS, LMFT, IMH-E@(III), Parent Educator, Home Visitor – St. Cloud School Dist. Early Childhood Family Education Prog.*  
Level: **Basic** | Includes Clinical Content

## Breakout Session 8

### Reconceptualizing Training as “Professional Formation” in the Field of Infant Mental Health

Link: <https://zoom.us/j/95083162978> Dial in: 1 301 715 8592 Webinar ID: 950 8316 2978

[Click here to join](#)



This workshop challenges common methods of professional development which frequently rely on “training” that focuses on transmission of core knowledge—viewed as fundamental to the discipline—and on the imparting of skills—viewed as derivatives of that core knowledge. This approach fails to adequately recognize interpersonal processes and the context of our work. During this workshop, attendees will explore the “formation” model, which embodies notions of integration, personal unfolding, layered knowledge of self and development. This model can guide those who seek to support the growth of a responsive, multidisciplinary field.

*Gerard Costa, PhD, DIR-C@-Training Leader, IMH-E@ (IV), Founding Dir. – Ctr. for Autism and Early Childhood Mental Health*  
Level: **Basic/Intermediate** | Includes Clinical Content

## Breakout Session 9

### Holding the Holders: Finding Balance During Times of Uncertainty

Link: <https://zoom.us/j/96097075197?pwd=R2s4cDRydVRiQ3dLWVlRQ0tJZW9kQT09>  
Dial in: 1 301 715 8592 Meeting ID: 960 9707 5197 Passcode: 640832

[Click here to join](#)



As professionals, we regularly hold the emotions and experiences of the families and children we are working with. But often, especially during uncertain times, we may find ourselves feeling empty, as if there isn't much left of ourselves to offer. How do we prevent ourselves from feeling drained and overwhelmed? How do we prioritize taking care of ourselves? This workshop will explore what we have been learning about self-care during this time of uncertainty, and will identify strategies and tools to regain professional and personal balance.

*Anna Clavin, MS, LMFT, IMH-E@(III), Therapist & Tracy Schreifels, MS, LMFT, IMH-E@(III), Exec. Dir. – Ellison Ctr.*  
Level: **Intermediate** | Includes Clinical Content



NEW PROGRAM AVAILABLE

## Early Childhood Day Treatment

Help children reach their fullest potential so they can live, learn and play in the community with our new Early Childhood Day Treatment program. Our relational therapy approach is specifically designed to reduce challenging behaviors and improve functioning, setting them up for success at a critical stage of their development.

### Program Snapshot:

- **Ages:** 3 to 7-years old
- **Scheduling:** 3 hours/day, 5 days/week
- **Format:** Up to 6 kids/session
- **Family therapy** available for parents and caregivers
- **Highly certified** Mental Health Professionals & Practitioners
- **Interpretation services** available

[Click to learn more](#)

NEW PROGRAM

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Programs in  
**Infant and early  
childhood mental  
health**

Now accepting applications for Summer/Fall 2021



### 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](http://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](http://z.umn.edu/IECMHCertificate)

### CONTACT

Email: [icdapply@umn.edu](mailto:icdapply@umn.edu)

### College of Education and Human Development

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# Community Resources & Services

Click on each organization's logo to learn more about their offerings.



# Community Resources & Services

Click on each organization's logo to learn more about their offerings.



# REGISTRATION OPEN



## Fall 2020 Training Series

Now – December 16 | Up to 24 CEHs

Join us for our Fall Training Series, featuring webinars on ethics, anxiety, racism, trauma, school-based mental health services and more.

Not able to join us live? No problem. Each webinar will be recorded and available to watch for 30 days following the live session. For access to the recordings, please register prior to each webinar.

[Learn More](#)

## Save the Date

Join us for our **4th Annual Infant & Early Childhood Mental Health Conference** happening October 25 & 26, 2021.



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