



Child & Adolescent Mental Health Conference

April 27 - 29, 2025
Duluth, Minnesota

Tell Me
Your Story



REGISTRATION NOW OPEN

www.macmh.org



Dear MACMHcon 2025 Attendees,

For my first time as President of MACMH's Board of Directors, I am excited to welcome you to our annual conference, MACMHcon2025. We are honored that you have chosen to spend a day, two, or three with us as we seek to nurture mental health and well-being for all Minnesotan kids and families.

Tell Me Your Story: Our 2025 Theme

This year's theme, "Tell Me Your Story", emphasizes our dedication to understanding and honoring the personal experiences that influence mental health. We aim to create an environment where voices are heard, stories are shared, and connections are fostered to promote healing and growth.

What to Expect

Throughout this event, you can anticipate:

1. Inspiring Keynotes: Renowned experts will share their insights and experiences, offering fresh perspectives on children's mental health.
2. Interactive Workshops: Engage in hands-on learning, where you can gain practical knowledge and skills that can be applied immediately.
3. Networking Opportunities: Connect with like-minded professionals, share ideas, and build lasting relationships.
4. Exhibitor Showcase: Explore the latest tools, resources, and solutions that support children's mental wellness.



Promoting Inclusive and Respect

We at MACMH know we cannot fulfill our mission if we do not emphasize inclusion and respect in our work. Today, there is tremendous pressure to focus on our differences and believe that if someone else receives support, resources, or respect, it comes at the cost of mine. This year's theme could not be more timely.

For millennia, communities' stories have helped them understand who they are, where they came from, and where they are going. As I have heard Native colleagues put it, stories hold the people's original instructions. On the individual level, our stories can reinforce past harm or be powerful vehicles to healing for ourselves and others.

The more I learn others' stories, the more connected and empathic I feel with them. I know I am not alone in that. Therefore, we invite you to engage all of your fellow learners as people with their own rich stories, just as rich as yours, even if you will never learn them. Join us in our work to create an inclusive conference experience, where our curiosity and imagination create space for all the identities, cultures, languages, worldviews, and lived experiences embodied by attendees.

Your Role Matters

Your attendance at MACMHcon2025 is a powerful statement of your commitment to children's mental health and well-being. You are part of an amazing, experienced, dedicated, and underappreciated community of providers, educators, and caregivers. We hope you find these days invigorating and a reminder that your work is seen and deeply appreciated.

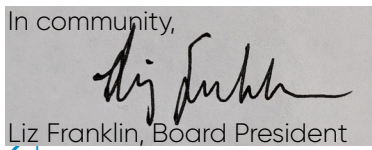
Stay Connected

Follow our social media channels and use the official hashtag, [#MACMHcon25], to stay updated throughout the conference.

Final Thoughts

Thank you for being a part of MACMHcon 2025. Should you have any questions or need assistance during the conference, please don't hesitate to contact our helpful staff.

I look forward to learning with you over the next three days. Thank you for making MACMH part of your story.



Join Us

Featuring more than 60 workshops and the opportunity to earn up to 15.5 CEHs, our annual conference is designed for everyone who works with or cares for infants, children and youth, prenatal to age 24. Join us this April to explore cutting-edge information and learn practical strategies you can apply directly to your work with children and families.

Registration

Reserve your spot online at www.macmh.org by April 15. Early-bird rate ends March 28. Students and groups of 5+ from the same organization are eligible to receive a coupon rate. For more information, reach out to us at info@macmh.org.

Days Attending	By March 28	After March 28
One Day	\$195.00	\$205.00
Two Days	\$365.00	\$385.00
Three Days	\$415.00	\$435.00

Register now at www.macmh.org.

This is our third year using our user/member registration system.

Instructions are included on pages 23-25. Please connect with us at info@macmh.org if you experience issues while registering.

Things to Know

Weather

Spring weather in Duluth and temperatures within the Duluth Entertainment Convention Center facility may fluctuate. We suggest wearing light clothing and bringing a sweater or jacket to workshops.

On-Site Registration

On-site registration will be available as space allows; please email info@macmh.org to check availability.

Schedule Changes

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

Cancellation

Refund requests must be made in writing by email to info@macmh.org at least 14 days in advance of the conference (Sunday, April 13) and are subject to 10% administrative cancellation fee. Read our full policy at www.macmh.org.

Exhibits

Move in: Sunday, April 27, 7:00 am – 12:00 pm

Sunday, April 27 • 12:00 – 5:00 pm

Monday, April 28 • 9:00 am – 5:30 pm

Tuesday, April 29 • 8:00 am – 3:00 pm

Please note break periods in the schedule for extra exhibit viewing time. Continental breakfast is served in the Exhibit Hall.

Accessibility

If you need an accommodation (e.g., wheelchair accessibility, interpreter or large print materials), such accommodations will be made available upon advanced request. Please contact Abbey Joyner at ajoyner@macmh.org on or before April 1. For TTY, contact Minnesota Relay Service at 1-800-627-3529.

Schedule

Sunday, April 27

9:00 – 5:00 Registration/Check-in Open
 9:00 – 10:00 Network, Breakfast
 10:00 – 5:00 Supervision Series
 10:00 – 12:00 Workshop 1-11
 12:00 – 1:00 Lunch
 12:00 – 5:00 Exhibits Open
 1:00 – 2:00 Keynote
 2:00 – 2:30 Break, Snacks, Exhibits
 2:30 – 4:30 Workshops 12-23

Monday, April 28

9:00 – 5:00 Registration/Check-in Open
 9:00 – 10:00 Network, Breakfast
 9:00 – 5:30 Exhibits Open
 10:00 – 12:00 Workshops 24-34
 12:00 – 1:00 Lunch/Exhibits
 1:00 – 2:00 Keynote
 2:00 – 2:30 Break/Exhibits
 2:30 – 3:30 Workshops 35-45
 3:30 – 3:45 Exhibits/Break
 3:45 – 5:15 MHED Talks

Tuesday, April 29

8:00 – 3:00 Registration/Check-in Open
 8:00 – 9:00 Network, Breakfast
 8:00 – 3:00 Exhibits Open
 9:00 – 10:00 Keynote
 10:00 – 10:15 Exhibits/Break
 10:15 – 12:15 Workshops 46-55
 12:15 – 1:15 Lunch/Exhibits
 1:15 – 2:15 Workshops 56-66

Location

Our conference takes place at the Duluth Entertainment Convention Center in picturesque Duluth, Minnesota.

Address: 350 Harbor Drive, Duluth, MN
Contact Info: 1-800-628-8385;
www.decc.org

Parking: Duluth Entertainment Convention Center parking is \$10.00 per day.
decc.org/parking-directions

Lodging

[Visit our website](#) to see a list of hotels that are offering special rates to conference attendees on our conference information page. *Be certain to identify that you are registering under the Minnesota Association for Children's Mental Health (MACMH) block of rooms.*

Workshop Descriptions

Target Audience

Presenters chose the primary target audience area while submitting their proposal. You can find each workshop's primary target audience listed with the Level information near the end of each workshop listing.

- + Social Services Professionals (e.g., county child protection workers, case managers, and social workers)
- + Educators and Others Working in Schools (e.g., special education & classroom teachers, paraprofessionals, school nurses, school counselors, school psychologists & school social workers)
- + Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors
- + Health Care Professionals (e.g., nurses and doctors)
- + Corrections Personnel: (e.g., Guardian Ad Litem, restorative justice personnel)
- + Parents and Caregivers: (e.g., family members, parents, caregivers, grandparents, foster parents)
- + Everyone: Suitable for all attendees

Clinical Content

Social workers 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.

Level 1: Introductory material and background information is covered. Audience needs no prior knowledge of topic.

Level 2: Material builds on existing knowledge and goes well beyond basics.

Audience should have some background knowledge of topic.

Level 3: Complex, in-depth concepts or features highlighted; basic and background information will not be covered.

Audience should have an intermediate understanding of topic.

Targeted Content

Targeted content is expected to be pre-approved by the boards listed below as indicated:

Board of Social Work And Board of Marriage & Family Therapy • Ethics Content ■

Board of Social Work And Board of Marriage & Family Therapy • Supervisory Content ●

Board of Marriage & Family Therapy • Cultural Competency Content ♥

Board of Social Work • Clinical Content ✓

Board of Social Work • Culture Responsiveness ●

Continuing Education

Our conference is designed to meet continuing education requirements for many disciplines. CEHs have been approved for:

- MN Board of Behavioral Health & Therapy (LPC, LPCC, LADC): up to 15.5 CEHs
- MN Board of Marriage & Family Therapy: up to 15.5 CEHs
- MN Board of Social Work: up to 15.5 CEHs
- MN Board of Psychology: up to 15.5 CEHs
- MN Board of School Administrators: up to 15.5 CEHs
- MN Board of Nursing: up to 15.5 CEHs*
- MN Board of Education: up to 15.5 CEHs*
- ND Board of Social Work: up to 15.5 CEHs*

*CEH approval requires independent submission to your board.

Option 1

Supervision Series | 10:00 am – 5:00 pm

"Who Am I as a Supervisor" An Ongoing Exploration of Cross Cultural and Ethical Supervision Practices

No matter how confident we are in our role as a supervisor, it is important that we continue to explore who we are as it relates to providing supervision in a cross cultural and relational fashion. During this workshop, participants will explore the meaning and common factors of providing cross cultural supervision; use tools to identify culture, experiences and learning styles in the supervisor/supervisee relationship; and identify components of who they are, including their roles and their styles of supervision. Using case samples, this workshop will also examine ethical considerations and dilemmas specifically related to the ethical component of supervision according to professional board standards. [This series is designed to help social work and marriage and family supervisors meet the Minnesota Board of Social Work and the Minnesota Board of Marriage and Family Therapy's requirement in the practice of licensing supervision. 6.0 CEH \(continuing education hours\)](#)

Renita Johnson, MSW, LICSW-Independent Clinical Social Worker

Level: 2 | For: **Social Services Professionals and Marriage and Family Therapists**

6 hours SW/MFT Supervision ●

3 hours SW CULTURE RESPONSIVENESS ●

3 hours MFT CULTURAL COMPETENCY ♥

2 hours SW/MFT ETHICS ■



Code of Conduct

At MACMH, we value the learning opportunities and community that are created during our conferences and events. We care about your mental health, and it is important that our conference provides a safe, inclusive, and welcoming environment for all to learn and engage with one another.

To ensure a positive and productive experience for all attendees, presenters, exhibitors, volunteers, and staff members, please review and adhere to the following policies of our event:

- + Be respectful: Use language that respects people of every culture, race, ethnicity, gender identity, sexual orientation, religion, class, ability and background: avoid profanity and other language that could be offensive.
- + Take responsibility for how your words and actions impact others, as they hold power. Aim to use them to uplift, support, and positively challenge others, rather than tear them down.
- + Honor privacy: Do not share anyone else's personal information and keep client information confidential.
- + Ensure that open seating is available for everyone, while prioritizing designated accessible seating for those who need it, even as the session fills up. Respect seating requests to guarantee that individuals of all abilities, needs, and learning styles can engage and participate equitably.
- + Do not stand or sit on the floor in session rooms, as it poses safety risks for all at the conference. If a session is full, please find another session to attend.
- + Please silence all electronic devices during sessions.
- + Refrain from taking or sharing recordings, photos, screenshots of presenters, exhibitors, attendees, or presentation/poster material without explicit permission from the individuals involved.

If a conference volunteer or presenter deems something to be inappropriate, harmful, or derogatory, they will address the attendee privately. Should the inappropriate behavior continue, the attendee may be asked to leave the session or potentially be removed from the conference entirely.

If you have any questions or concerns, please feel free to contact us.

Thank you for your participation.

Option 2 | Session 1

Concurrent Workshops 1 – 11 | 10:00 – 12:00 pm

01 – Checkmate: How Your Behavior Moves Spark Change and Impact Others

Experience factors that impact how we interact with our world. Reflect on what behavior is communicating through the perspective of the child's experiences, environment and stress/trauma reactions. Produce positive social and emotional exchanges. Reframe/reimagine child and adult behavior using strategies that help with behavior modification (calming techniques, positive reinforcement techniques and self-regulation).

Helene Pearson, M.A. (School Counseling), M.A. (Educational Leadership), Director – Agape Child Development Center

Nichole Butler, MEd (Curriculum and Instruction), Specialization in EBD/LD, Supervisor/Coach – Agape Child Development Center

Level: 2 | For: Educators and others working in schools including School Social workers and Counselors, County Child Protection Workers, Case Managers, and Social Workers.

02 – Introducing the MyGender Dolls: A New Psychotherapeutic Tool for Transgender and Gender Diverse Children

The MyGender Dolls (MGD) consist of two-dimensional "doll" bases that are inclusive of varying body sizes and varying skin tones. Accompanying these bases are a range of accessories including internal reproductive organs, external genitals, hair styles, clothing, and other accessories that are made from vinyl. These vinyl accessories can be peeled on and off each other and a chosen doll base. All children, but TGD children in particular, can "play" with the MGDs by picking the base that best fits them and then "layering on" the accessories in unique ways to build representations that allow for exploration of who they are now and how they see themselves in the future. It is difficult to describe the MGD in words, but when presented, most children become engaged quickly and want to "play" with them.

Dianne Berg, PhD, LP, Associate Professor – University of Minnesota

Nic Rider, PhD, LP, Associate Professor – University of Minnesota

Toli Reigada, BA, Research Professional and Community Partnership Liaison – University of Minnesota

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Health Care Professionals

2 hours SW CLINICAL CONTENT ✓
1 hour SW CULTURE RESPONSIVENESS ♥
1 hour MFT CULTURAL COMPETENCY ♥

03 – I Am Safe: movemindfully Trauma-Responsive Mind-Body Strategies for Mental Health

During this session, participants will explore mind-body practices to discern the strategies they can use and share right away in classrooms, in small groups, or in one-to-one sessions to support public mental health. Since I Am Safe was created from real-life teaching experiences in a wide array of special education districts, in-patient and out-patient mental health environments, and juvenile services, all practices are shared with a fully inclusive lens. The movemindfully visuals used to support I Am Safe practices feature images from a variety of cultural backgrounds, ages, and abilities—who are all real people we have worked with over the years in the communities we serve!

Chrissy Mignogna, E-RYT200, Lead Trainer and Director of Education – movemindfully

Level: 2 | For: Everyone
2 hours SW CULTURE RESPONSIVENESS ♥
2 hours MFT CULTURAL COMPETENCY ♥

04 – Integrating Digital Mental Health Solutions into Care & Treatment

This session will introduce attendees to the digital mental health landscape to start building awareness and trust around the available solutions. Participants will learn strategies for engaging in appropriate selection of resources and how to leverage knowledge for systems wide changes. Additionally, participants will be introduced to braided funding options along with resources to support the selection and adoption of digital mental health solutions.

Megan Gruis, Ed. S., LSC, Educational Consultant – IgnitED! Consulting

Amaya Lessard, MEd, Manager of Impact and Research – Headstream

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Parents and Caregivers

05 – Sensory Processing Issues and Their Hidden Effects on Mental Health

Mental health is an increasing concern, and we are constantly looking to expand our understanding of how the nervous system plays a role. While parents and providers may be familiar with common environmental factors, such as ACEs (Adverse Childhood Experiences), they are often looking to better understand what is happening neurologically in their child or the children they work with. By understanding how sensory processing can affect fight/flight/freeze in the body, they will be able to better support their children.

Tye Moe, Doctor of Chiropractic – Whole Family Chiropractic

Level: 1 | For: Everyone
2 hours SW CLINICAL CONTENT ✓

06 – Understanding and Addressing Pediatric Medical Traumatic Stress

Participants will learn to identify the signs and symptoms of PMTS, implement trauma-informed care principles to prevent it, and apply effective coping strategies for both children and families. Attendees will leave equipped with actionable insights and resources to address and mitigate the impacts of PMTS.

Jen Aspengren, MPP, CEO – Alongside Network

Amber Ross, MSW, LICSW, Clinical Lead – Alongside Network

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Health Care Professionals

Concurrent Workshops 1 – 11 | 10:00 – 12:00 pm

07 – DBT-Informed Coping Strategies and Safety Planning for Adolescent Suicidal Ideation and Self-Injurious Behaviors

This training will provide definitions of and prevalence rates for suicidal ideation and self-injurious behaviors within the adolescent population. Participants will learn about the function of these behaviors and review risk factors and warning signs. This presentation will also discuss safety planning, therapeutic interventions, and coping strategies focused on Dialectical Behavior Therapy techniques. The content of the presentation will be based on the Rathus Miller DBT manual (2014) and years of cumulative experience.

Lauren Mooney, MA, LPCC – Mental Health Systems

Julie Morin, MA, LPCC – Mental Health Systems

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

2 hours SW CLINICAL CONTENT ✓

08 – Bridging the Gap: Enhancing Student Well Being Through Coordination Between Mental Health Providers and School Supports

In today's fast-paced educational landscape, the mental health of students has become a critical focus for schools and communities alike. "Bridging the Gap" explores innovative strategies for enhancing student well-being through coordination between mental health providers and school support systems. This presentation is relevant to all professions and caregivers as it underscores the universal importance of mental health support in educational settings. Caregivers will gain strategies to advocate for students, while professionals will learn how their roles contribute to a comprehensive support system, fostering a more integrated approach to mental health.

Courtney Lezanic, MSW, LICSW, Director of Adolescent Services – Mental Health Systems, Inc

Lisa Dennis, MSW, LICSW, School Social Worker – Twin Cities Academy

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Parents and Caregivers

.5 hour SW CULTURE RESPONSIVENESS ♥
.5 hour MFT CULTURAL COMPETENCY ♥
.5 hour SW/MFT ETHICS ■

09 – Therapeutic Boundaries: An Essential Framework in Mental Healthcare

Therapeutic boundaries are a critical foundation for engaging in mental-healthcare work. The (often) natural confusion and discomfort that can come with setting and sustaining therapeutic boundaries may become less challenging when one has a general framework in mind. This presentation will provide information on therapeutic boundaries within the general mental health-care landscape and within clinical supervision, with a focus upon the "why" and "how," in an immediately useful way.

Anastasia Ristau, PhD, LP, Clinical Psychologist & Director of

Psychotherapeutics – PrairieCare, a division of Newport Healthcare

Mallory Jacobsen, MSW, LICSW, Director of Social Work – PrairieCare, a division of Newport Healthcare

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

1 hour SW CULTURE RESPONSIVENESS ♥
1 hour MFT CULTURAL COMPETENCY ♥
2 hours SW CLINICAL CONTENT ✓
2 hours SW/MFT ETHICS ■

10 – Through Our Eyes: Parents Experiences Navigating Children's Mental Health

In this session, participants will hear powerful firsthand stories from parents involved in the Parent Catalyst Leadership Group (PCLG) as they navigate the complexities of children's mental health systems. Through these personal accounts, attendees will gain new insights into the challenges families face and leave with actionable strategies to strengthen family partnerships in children's mental health care.

Amy Hanson – Mayo Clinic, Certified Wellness Coach, NBHWC

Triasia Yun-Robinson, MA, MAPL

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

1 hour SW CULTURE RESPONSIVENESS ♥
1 hour MFT CULTURAL COMPETENCY ♥

11 – Cultivating Compassion & Presence: Trauma Informed Frameworks for Working with Youth Involved in Juvenile Justice

The majority of youth involved in juvenile justice have experienced at least one traumatic event and are at risk for mental health and substance use challenges. Addressing youth trauma is vital in improving outcomes and decreasing recidivism. Individuals and organizations who support these youth often face systemic barriers to providing trauma informed care. The purpose of this presentation is to provide compassionate support to those involved in this work by providing an overview of the neurobiology of trauma, exploring the role of and barriers to compassion, and providing accessible trauma-informed frameworks for understanding offending behaviors and working with justice involved youth.

Jessica Simpson, MS – University of Minnesota

Level: 2 | For: Corrections Personnel, Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

2 hours SW CULTURE RESPONSIVENESS ♥
2 hours MFT CULTURAL COMPETENCY ♥
2 hours SW CLINICAL CONTENT ✓

Option 2 | Keynote

Keynote | 1:00 – 2:00 pm



Legislative Update | 1:00 – 2:00 pm

Learn what happened in the 2024 legislative session and the key issues being addressed during the 2025 session. Explore how you can be part of a movement to create change and how to make your voice heard.

Learning Objectives:

1. Understand changes made to the children's mental health system during the 2024 legislative session.
2. Learn what policies are being advocated for in the 2025 legislative session.
3. Learn how to make your voice heard.

Sue Abderholden, MPH, Executive Director-NAMI Minnesota
Level: 1 | For: Everyone

Option 2 | Session 2

Concurrent Workshops 12 – 23 | 2:30 – 4:30 pm

12 – No Crispy Edges: Using Self-Care to Reduce Ethical Missteps

Are you feeling the crispy edges of burn out starting to creep in? In the helping field, we are tasked with being present and holding difficult stories all while trying to maintain a sustainable career and life. In this presentation we'll show you how to use the understanding of self-care to create clear directions on how to metabolize all we encounter in our work and insulate ourselves from ethical missteps.

Christina Corwin, MA, LMFT – Cedar Valley Center for Child & Family Therapy and Elizabeth Adedokun, LMFT, PMH-C, PhD – Cedar Valley Center for Child & Family Therapy
Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

1 hour SW CLINICAL CONTENT ✓
1 hour SW/MFT ETHICS ■

13 – Suicide Assessments with Children and Adolescents

This course is for anyone looking to build confidence in their suicide assessment skills. We will go through tools for better assessments, including regulating ourselves, how to ask assessment questions, evaluating what makes something an emergency, and how to respond to guilt and shame when it presents itself. Together we can better prepare ourselves, workplaces, and communities to address and support someone experiencing thoughts of suicide.

Kelsey Yale, MSW, LICSW – Manager of Mobile Crisis Services at Canvas Health
Level: 3 | For: Educators and others working in schools including School Social Workers and Counselors, Corrections Personnel

2 hours SW CLINICAL CONTENT ✓

14 – The Unique Challenges of Eating Disorders in Young Men

Using a conversational podcast interview format, Jason and Eric will draw upon their lived experiences to provide a better understanding of the unique challenges men face in terms of body image, stigma, and eating disorders. This presentation will also explore the societal and community pressures Jason and Eric experience as gay men. Through discussing effective approaches to recovery, lessons in advocacy, and sharing advice for allies, this presentation will better prepare attendees to treat, care, or support the men in their lives who may also be experiencing an eating disorder.

Jason Wood, Director of Community Engagement – National Association of Anorexia Nervosa & Associated Disorders
Eric Pothén, Eating Disorder Advocate and Coach

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Health Care Professionals

15 – Complementary Treatment Strategies Using Rhythm: An Experiential Dive into the Remo HealthRHYTHMS Protocol

(Limit to 20 attendees only)

The Remo HealthRHYTHMS protocol is a research-backed, evidence-based group drumming intervention aimed at promoting emotional, physical, social well-being and empowerment. Developed through a collaboration of music therapists, healthcare providers, and neuroscientists, this protocol has demonstrated benefits in reducing stress, enhancing mood, boosting immune function, and fostering social connections. HealthRHYTHMS is adaptable for diverse populations and can be applied in various settings, including healthcare, education,

and corporate environments. Its accessible format allows participants of all ages and skill levels to engage, making it a valuable tool for promoting holistic wellness.

Jane Tate, MMT, MT-BC, Board-Certified Music Therapist – Allina Health
Melissa Wenzell, MM, MT-BC, Fellow of Neurologic Music Therapy, Board -Certified Music Therapist – MacPhail Center for Music
Level: 2 | For: Health Care Professionals, Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

1.5 hours SW CLINICAL CONTENT ✓
1.5 hours SW CULTURE RESPONSIVENESS ♥
1.5 hours MFT CULTURAL COMPETENCY ♥

16 – The Strengths Connection: Bridging Your Strengths with a Child's Development

This workshop aims to help educators, parents, and caregivers integrate self-awareness of their own strengths with practical strategies to identify and nurture strengths in young children. Participants will explore how to create environments that promote positive behavior, emotional regulation, and resilience by focusing on personal strengths and neurobiology. Drawing from strength-based research, this workshop provides actionable insights for applying these strategies in everyday interactions with children.

Kathryn Magnusson, M. Ed., Founding Director – Wildewood Learning Training & Consulting

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Parents and Caregivers

Concurrent Workshops 12 – 23 | 2:30 – 4:30 pm

17 – The Internet is Here to Stay: Positives and Pitfalls for Our Children

Keeping up with the digital world can be a full-time job. In this presentation, participants will learn how children access the Internet, how it impacts them, as well as some of the dangers associated with it. Presenters will provide special consideration to dangers associated with online gaming as well as sextortion. Intervention strategies to help children foster a healthy relationship with technology, both on and offline, will be discussed.

Bonnie Brunette, MSW, LICSW – Washburn Center for Children
Max Utterberg, PhD, LPCC – Washburn Center for Children

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

18 – Engaging Parents for Real Change: 3 Essential Tools to Calm Families and Navigate Sensitive Conversations

This presentation equips professionals and caregivers with brain-based tools and practical communication strategies to manage challenging behaviors and big emotions in children while fostering collaborative relationships with parents. By utilizing the Mad to Glad Blueprint™, participants will learn three essential tools to calm behaviors quickly and the Positive Communication Template™ to navigate sensitive conversations effectively. The session is designed for professionals across various fields—including healthcare, education, social work, and mental health—providing them with actionable skills that result in lasting, positive changes for families.

Samantha Moe, MA SLP, Certified Parent Coach Creator – Mad to Glad Samantha Moe and Associates

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

2 hours SW CULTURE RESPONSIVENESS ♥
2 hours SW CLINICAL CONTENT ✓

19 – Intra-Trauma Family Interactions (IFTI) Model: Identifying Communication Patterns in Refugee Family Systems

Participants will learn about communication styles and patterns present in refugee family systems. The model introduces trauma-related parental communication and helps participants identify the flow of communication directionality. Participants will be introduced to potential family

therapy interventions and techniques that can be useful when working with refugee families. This model emerges from a research study with three generations of eight Somali refugee families including 24 participants.

Zamzam Dini, MA LAMFT, Mental Health Therapist – Minnesota Trauma Recovery Institute

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

2 hours SW CLINICAL CONTENT ✓
2 hours SW CULTURE RESPONSIVENESS ♥
2 hours MFT CULTURAL COMPETENCY ♥

20 – Supporting Families from the Start: Perinatal Mental Health for Child and Adolescent Providers

This session introduces child and adolescent mental health providers to the essential aspects of perinatal mental health, focusing on the identification and management of mental health disorders during pregnancy and postpartum. The presentation highlights the profound impact of parental mental health on child development and emphasizes the importance of early detection, intervention, and interdisciplinary collaboration.

Sogand Ghassemi, MD, Director of Perinatal Program Services, Child, Adolescent and Adult Psychiatrist – PrairieCare

Lisa Cross, LMFT, PMH-C, Lead Therapist Perinatal Program Services – PrairieCare
Level: 2 | For: Health Care Professionals
2 hours SW CLINICAL CONTENT ✓

21 – Fostering Psychological Safety in Schools: Impact on Student Behavior

Delve into the critical concept of psychological safety and its profound impact on student behavior. We'll discuss the challenges of cell phone usage and classroom management, offering practical strategies to address these issues effectively. Hear examples of actionable steps and strategies to help manage escalating behaviors where students put their phones away, promoting a focused and productive classroom environment ensuring everyone feels valued and respected.

Cheryl Cook, MN PBIS Lead Trainer and Educational Consultant

Erin Swoboda High School Assistant Principal and MN PBIS Trainer – Eastern Carver County Schools

Debi Doran, MN PBIS Coaching and Evaluation Coordinator & Educational Consultant

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors

22 – All About Me: An Intro into How Culture and Identity Affect Social and Emotional Growth

Building a strong foundation begins in the early years starting as soon as the child is born. These are the essential years in supporting children's growth, their well-being, identity, and overall development. Providing them with positive and healthy experiences, children begin to develop their own identity and have a better sense of self. Actively participating in a child's learning and development fosters motivation and encouragement, resulting in better outcomes.

Bao Vang, CFLE, LGSW, Training Manager – Hmong Early Childhood Coalition
Zang Vang-Lee, Project Manager – Hmong Early Childhood Coalition
Nee Xiong, Outreach Manager – Hmong Early Childhood Coalition

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Parents and Caregivers
2 hours SW CULTURE RESPONSIVENESS ♥
2 hours MFT CULTURAL COMPETENCY ♥

23 – I Am Safe Experience

Join Kathy, founder and CEO of movemindfully, and Chrissy Mignogna movemindfully Lead Trainer and Director of Education and author of the new book I Am Safe: Trauma-Responsive Practices in Crisis Mental Health for an experiential I Am Safe session where you will explore Breathe Move Rest practices you can use for yourself and share with your family, clients, and community. Discover accessible and practical mind-body strategies including breathing techniques, tapping, stretching, self-massage, and positive neuropsychology to address stress, distress, and trauma in your own life and learn how to become a public mental health activist and share these same practices with others. Using simple movemindfully visuals and the Inner Resources Card Deck, this session will help you develop a toolkit of regulating practices you can start using and sharing right away.

Kathy Flaminio, Founder/CEO – movemindfully

Chrissy Mignogna, Lead Trainer, and Director of Education – movemindfully
Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

2 hours SW CULTURE RESPONSIVENESS ♥

Session 3

10:00 am – 12:00 pm | Concurrent Workshops 24 – 34

24 - Cognitive, Neuropsychological, and Psychological Assessment of Afghan Refugee Children

This presentation describes barriers that evaluators may face to conducting valid and hospitable assessments for pediatric Afghan clients. Integrating cultural and clinical perspectives, we present practical solutions to improve the likelihood of accurately assessing clients' true abilities while honoring the impact of context and culture on current functioning. We offer ways to ensure families' agency and comfort are honored throughout.

Hopewell Hodges, MA, Doctoral Candidate, Practicum Therapist – University of Minnesota, Institute of Child Development, Masonic Institute for the Developing Brain
Zahra Wahidy, BA, Women's Mental Health Program Leader, Cultural Broker – Afghan Cultural Society, Watercourse Counseling

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators, School Social Workers, and Counselors
1 hour SW CLINICAL CONTENT ✓
1 hour SW CULTURAL RESPONSIVENESS 🍃
1 hour MFT CULTURE COMPETENCY ❤️

25 - Principles of Aikido and Their Application to Ethics & Supervision

This interactive presentation applies four Principles of Aikido and four Principles to Unify Mind and Body to ethics and supervision. Aikido is considered by many a spiritual as well as physical martial art. Aikido is about setting our intentions, harmonizing with others, and moving ourselves correctly with energy vs. the control or force of others. Attendees, plan to move a bit with those around you in really safe ways.

Ron Lake, MSW, LICSW, School Social Worker, Board Chair – Duluth Public Schools, Northwood Children's Services
Jeff Agaton-Howes, MSW, LICSW, LADC, Program Supervisor, Therapist – Human Development Center

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers
1 hour SW CULTURAL RESPONSIVENESS 🍃
1 hour SW CLINICAL CONTENT ✓
1 hour SW/MFT ETHICS 🟡
1 hour SW/MFT SUPERVISION 🟢
1 hour MFT CULTURE COMPETENCY ❤️

26 - Psychiatric Pearls for the Non-Prescriber

A comprehensive review and update of commonly prescribed medications for the treatment of various mental health disorders, including depression, anxiety, mood disorders, ADHD, psychosis, and others. Emphasis will be placed on providing a framework for understanding psychiatric medications from the non-prescriber's point of view. Discussion will include the importance of holistic biopsychosocial treatment and longitudinal support across the ecology of a person for optimal patient outcomes.

Joshua Stein, MD, Child, and Adolescent Psychiatrist – PrairieCare/Psychiatric Assistance Line

Level: 2 | For: Health Care Professional, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors
2 hours SW CLINICAL CONTENT ✓

27 - Navigating Adolescent Substance Use: Strategies for Support

Is substance use among adolescents a pressing concern? This presentation will explore the latest research on substance use in minors and its implications for our practice. Attendees will learn to differentiate between normative and problematic use and explore techniques from Motivational Interviewing and Dialectical Behavior Therapy to promote positive change. Join us for an insightful discussion that will provide practical tools to make a meaningful impact in your work.
Nicole Hewer, MA, LPCC, LADC, Waypoint Coordinator – Mental Health Systems, Inc
Courtney Lezanic, MSW, LICSW, Director of Adolescent Services – Mental Health Systems, Inc.

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors
1 hour SW CLINICAL CONTENT ✓
1 hour SW CULTURAL RESPONSIVENESS 🍃

28 - Best Practices in Social-Emotional-Behavioral Intervention for Student Support Personnel

Further your knowledge of using data to identify students in need of SEB intervention, implementing EBPs in tiers 2 and 3, and progress-monitoring within the MTSS framework. Participants will walk away with practical tools and new interventions to use in their practice.

Megan Lagasse, MSW, LICSW, LSSW, Student Support Personnel Specialist – Minnesota Department of Education

Level: 2 | For: Educators and others working in schools including School Social Workers and Counselors
2 hours SW CLINICAL CONTENT ✓

29 - Breathe Well: Enhancing Nervous System Resilience

Discover the power of breath, our constant companion from birth to end. In today's world, our breathing often adds to stress. This overlooked element holds immense potential to shape our health. Learn to harness breath to modulate the nervous system, enhance resilience, and teach children lifelong self-regulation skills. Breathing, a natural, drug-free mood modifier, offers real-time shifts from stress to calm. Breathe to thrive, not just survive!

Stephanie Esser, MAEd, RYT200, Certified Breathing Coach – Balancing Elephants

Level: 2 | For: Educators and others working in schools including School Social Workers and Counselors, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors
2 hours SW CLINICAL CONTENT ✓

30 - From Conflict to Collaboration: Serving Families of Children with Disabilities in Multicultural Communities

Hear from families in multicultural communities about their experience accessing healthcare and mental health services, disability service navigation, and school-based services. Learn about the role that stigma plays in families' ability to access services, and how professionals can work with families to move from conflict to collaboration.

Maren Christenson Hofer, MIM, Executive Director – Multicultural Autism Action Network
Fatima Molas, Co-Founder – Multicultural Autism Action Network

Rufo Jiru, Founder – Anole Sisters

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers
1 hour SW CULTURAL RESPONSIVENESS 🍃
1 hour MFT CULTURE COMPETENCY ❤️

Concurrent Workshops 24 – 34

31 - Safety Online for Black Youth: A Community-Led Policy Demonstrations Initiative

The Reimagine Black Youth Mental Health Initiative is a community-led policy demonstration initiative. After extensive engagement with over 500 Black youth, safety online from bullying emerged as a topic priority. The emerging policy demonstration includes an 8-session curriculum in three schools where students will explore digital wellbeing, evaluate school cell phone policies with administration, and implement a school project. Results can inform school practices and response to state legislation.

Rachel Warren, MSW, Reimagine Black Youth Mental Health Initiative Coordinator – Brooklyn Bridge Alliance for Youth

Hilda Davis, MSW, Reimagine Black Youth Mental Health Initiative Evaluator – Minnesota Department of Health
Anna Lynn, MPP, Mental Health Promotion Coordinator – Minnesota Department of Health

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Parent and Caregivers
1 hour SW CULTURE RESPONSIVENESS 🍃
1 hour MFT CULTURE COMPETENCY ❤️

32 - ADHD Update 2025

For over ten years, this highly rated workshop presents recent research with an increased emphasis on practical application, including: five things everyone should know about ADHD and girls; important insights from two new types of brain imaging; genetic overlap with dyslexia; increased peer acceptance is linked with higher resilience; Chronic Fatigue twice as likely among children with ADHD; and executive function significantly impaired by poor sleep hygiene and social media usage.

Gary Johnson, PhD, Clinical Director – CALM
Kotatee Tamba, PsyD, Licensed Psychologist – CALM

Benjamin Kortuem, PsyD, Licensed Psychologist – CALM

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Parents and Caregivers
1.5 hours SW CLINICAL CONTENT ✓
.5 hours SW CULTURE RESPONSIVENESS 🍃

33 - The Power of Groups: Processing Trauma in Group Therapy Safely and Effectively

Group therapy is a powerful intervention for many presenting concerns. Frequently, clients will discuss with the group a traumatic experience, so it is essential that practitioners have skills to facilitate this group process safely for ethical client care. Attendees will learn variables to attend to and skills to engage within a group setting when a client is processing traumatic content.

Angela Lewis-Dmello, MSW, LICSW, President and CEO – Northeast Youth and Family Services

Level: 3 | For: Any who facilitates groups
2 hours SW CLINICAL CONTENT ✓

34 - Accessing Creative Expression and the Stories Children Hold: Moving from Trauma to Adaptation

This advanced workshop will enrich therapists' skills to work respectfully with child and teen PTSD defenses in order for them to be more present in their current lives. We have merged our decades of clinical observation and experience to lay out how therapists can tap creative movement, song, story, and art to fuel key change moments in a youth's therapy journey. This workshop will draw from Polyvagal Theory to facilitate deep healing with children who too often are caught in their reactions to complex trauma experiences. Participants will be offered methods of evoking creative expression for trauma healing directly into their own practice.

Krista Nelson, LICSW, LMFT, Co-Founder
Wendy Baker, LICSW, Co-Founder – Family Circle Counseling

Level: 3 | For: Everyone

Cultural Providers Network

Seeking to build and sustain a network of culturally and ethnically diverse voices to promote policies, practices, standards, and research that improve the mental health of children, their families, and communities.



About the podcast

This **FREE**, multimedia cultural mental health project is a **powerful** and **innovative** initiative to bring new perspectives, learnings, and opportunities to the field.

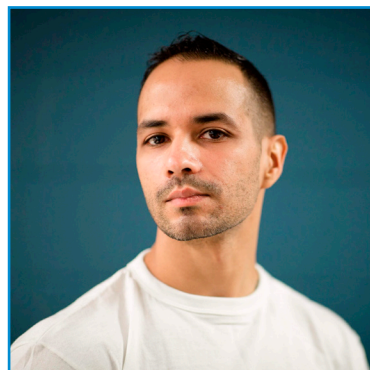
Learn from 10 providers from diverse cultural backgrounds as they share how they **prioritize humble, authentic support** for all people seeking to optimize their mental health journeys, while **promoting their individual well-being and sustainability** in the field as professionals.



Learn more about the Cultural Providers Network by visiting macmh.org.

Keynote

1:00 – 2:00 pm



Youth Treated, Not Defeated: How Restorative Practices Can Prevent Arrests at School

This presentation will provide an overview of an innovative Minnesota program funded by the State Legislature and designed to significantly reduce arrests and other punitive disciplinary practices that occur during the school day. Oftentimes, these types of interventions happen with students who have unmet mental and chemical health needs. Other times, the situation could readily be resolved with a Restorative Practices circle or a meeting with the parent(s). The topic relates to an equity conference theme in that cultural considerations and mental/chemical health are paramount in any discussion about youth arrests and subsequent incarceration. Young Black males are significantly overrepresented in juvenile arrest statistics and receive longer sentences than do their White peers. This student population, along with other BIPOC student members, those who have special education needs, youth living in poverty, and those who align with the LGBTQ+ community are often disproportionately punished and excluded in schools; sometimes resulting in their arrests. The United States has become known as "The Incarceration Nation" in justice and equity circles of influence. Participants will learn about the arrest and incarceration disparities revealed via youth voices, statistics from the Office of Juvenile Justice and Delinquency Prevention (OJJDP), and research about the multi-generational impact that occurs within the community context and with epigenetic influence. Finally, we will conclude the presentation with a message of hope and restoration.

Dr. Charlene Myklebust, Psy. D. Clinical Psychology, Executive Director- EQ Learn and Stone Arch Learning
 Dr. Charlene Myklebust has spent most of her professional career as a regular and special education teacher, school and school district level administrator, and a mental health counselor. She is the Executive Director of EQ Learn, LLC and Stone Arch Learning, LLC; companies that provide in person and online professional development opportunities for school district and mental health professionals. Char is an advocate for Restorative Practices for youth, as well as carceral and post-incarcerated people and is an education and mental health specialist with LiveMore ScreenLess, a youth-centered digital wellness company.

Christopher Fausto Cabrera, B.A., Independent Consultant- C. Fausto Cabrera Consulting
 Christopher Fausto Cabrera is a published author, distinguished artist, community activist, and passionate Restorative Justice advocate who, in early 2024, had his sentence commuted by the Minnesota Pardons Board. He was incarcerated for 21 years, led the RJ initiative at Stillwater Correctional Facility, taught writing and art classes for fellow inmates, contributed and spoke remotely at Minnesota Prison Writers Workshops, and participated in VOCARÉ, a program that brings together people in the community who have been harmed by others with those who have committed harm to others.

Level: I | For: Everyone
Symphony Hall

MACMH Program

Infant & Early Childhood Training Track



Expand your knowledge of **Infant & Early Childhood Mental Health** with MACMH's groundbreaking **Infant & Early Childhood Mental Health Training Track**.

Held virtually throughout 2025

The Training Track

MACMH's **Infant & Early Childhood Mental Health Training Track** is a multidisciplinary professional development pathway that offers **all professionals working with young children** a well-rounded understanding of **Infant & Early Childhood Mental Health** principles, inspired by the **Theoretical Foundations of Competency Guidelines® for Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant and Early Childhood Mental Health®**.

Pathways

- All training events are **DEVELOP approved**
- All training events are **Board approved**
- All training events apply toward the internationally-recognized credential, **Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant and Early Childhood Mental Health®**.

Full Pathway | 33 CEHs | \$495

Build-Your-Own Pathway | \$15 per CEH

MACMH Event

Heartstrings: A Benefit for Children's Mental Health

Friday, February 14, 2025

10am - 1pm CST

Location

The Town & Country Club
 300 North Mississippi River
 Boulevard Saint Paul, MN
 55104

LEARN MORE



September 19, 2025
 10am - 1pm

300 N Mississippi River Blvd
 Saint Paul, MN 55104

More than a mental health clinic, we are a community ecosystem.



Our mission is to transform lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

Northeast Youth & Family Services is a nonprofit, community-based and trauma-informed mental health and community services organization that has been serving the northeastern suburbs of the Twin Cities since 1976.

We partner with 16 municipalities, three school districts, and six public safety agencies to provide comprehensive and cost-effective care regardless of ability to pay.

Our services include:

- Clinic Based Therapy
- School-Based Therapy
- Restoring Power Program
- Community Advocate Program
- Youth Pathways Program
- Community Connections



NYFS is a community-centered, mission driven, supportive work environment –

and we're hiring!

For more information, contact humanresources@nyfs.org or visit nyfs.org/jobopenings



NYFS.ORG

NYFSorg
 Northeast Youth & Family Services

Session 4

Concurrent Workshops 35 – 45 | 2:30 – 3:30 pm

35 - Why Do We Even Do This Work? The Foundational Importance of Purpose and Meaning

Grounding our work in the "why" is essential to personal and professional well-being and career sustainment. Perhaps the reason we got into this work has become hazy or we have gotten somewhat disconnected from the "why." This workshop explores the importance of meaning and purpose as foundational to the work and proposes to enhance, re-discover or uncover your personal and professional "why."

Alan O'Malley Laursen, MSW, Emeritus
Active LICSW, Employee Well-Being Professional – Olmsted County Human Resources

Level: 1 | For: County Child Protection Workers, Case Managers, Social Workers, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors

36 - Fostering Student Success in a K-12 Online Synchronous Platform

MNSync Chargers presents a holistic approach to student success in virtual learning, focusing on onboarding, attendance, and mental health. This session offers strategies for addressing anxiety, gender identity, and behavior, while utilizing resources like advisory sessions, SEL lessons, and WIN (What I Need) initiatives to promote engagement, reduce truancy, and foster student well-being.

Eric McRae, MS, Instructional and Success Coach

Heather Duellman, MS, K-8 School Counselor

Sara Rich, MSW, LGSW, School Social Worker – MNSync Online

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors

37 - Culturally Responsive Supervision: Welcoming All Our Stories to the Supervisory Alliance

This presentation explores how supervisors can impact culturally responsive supervisory alliances. Supervision that invites culturally responsive dialogues leads to stronger, authentic connections and relationships with supervisees. Through honoring our stories, our alliances with our supervisees are better prepared to navigate the ever-changing systems we practice in.

David Hesse, PhD, LMFT, Training and Internship Manager

Ana Lewis, MA, LMFT, Outpatient Clinic Manager

Lisa Xiong, MA, LMFT, RPT, Senior Director, Clinical Services – Change Inc.

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, and Health Care Professionals

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

1 hour SW/MFT SUPERVISION ●

38 - Social Media, Teens, and Mental Health: How to Handle this Wasps Nest

Social media is a uniquely connective, enjoyable, and likely dangerous normative aspect of adolescent development. While it can lead to connection, it can also lead to mental health concerns and bullying. Participants will cover how to do a digital check in and review the indications based on the 2023 Surgeon General's recommendations. Strategies to help teens build upon their own awareness and media resources for the family will be shared.

Joshua Stein, MD, Child, and Adolescent Psychiatrist – PrairieCare/Psychiatric Assistance Line

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, and Health Care Professionals

39 - Understanding and Responding to Youth Experiences Across Time

The Minnesota Student Survey has been administered since 1989 to better understand students and their experiences. Survey questions include demographic information, questions about school, activities, family and relationships, risk factors, health and safety, mental health, behavior, substance use, sexual health, and socioeconomic status. Understand the changes and trends across time to better serve, engage, and meet youth where they are at.

Britt Olean, MSW, LICSW, District Social Worker – Anoka Hennepin School District

Level: 2 | For: Educators and others working in schools including School Social Workers and Counselors, Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

40 - Interactive Story Telling: Digital Genograms Allow Families to See and Share their Lived Experience

This presentation introduces digital genograms as a powerful, interactive tool to help children, parents, and families visually tell their stories, providing a dynamic way to understand family systems and structures. Whether families are navigating stepfamilies or destructive intergenerational patterns such as abuse; digital genograms offer a tangible way to map family systems and relationships. These visual maps enable families to share their lived experiences to encourage understanding and healing.

Mike Stensland, PhD, Chief Research Officer, and Co-Founder – Genograms

Kristine Stensland, MHA, MBA, CEO and Co-Founder – Genograms

Level: 1 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

Concurrent Workshops 35 – 45 | 2:30 – 3:30 pm

41 - Automatic Nervous System Regulation with Neurofeedback/Neuromodulation for Kids: What Neuroscience is Teaching Us

Join us in this engaging presentation where we'll discuss how to leverage the autonomic nervous system (ANS) to enhance performance and emotion regulation in children through the use of neurofeedback and neuromodulation. Regulating the autonomic nervous system enhances performance by optimizing the balance between its two branches: the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) systems. Effective regulation helps maintain an ideal state of arousal and focus - kids at their best!

Fran Bieganeck, MS, LP, Licensed Psychologist – Bhakti Brain Health Clinic

Guy Odishaw, Psychophysicologist – Bhakti Brain Health Clinic

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

1 hour SW CLINICAL CONTENT ✓

42 - Early Intervention: Identifying and Supporting Youth at Risk for Psychosis

Many young people experience unusual changes in perception and cognition, putting them at risk of eventually developing a psychotic disorder. Instead of waiting to offer services for more severe symptoms, interventions specifically designed for those at risk for psychosis can improve clinical and functional outcomes. Attendees will learn how to identify those at risk and connect them to services that address these concerns and improve outcomes.

Melissa Schedler, MSW, LGSW, Clinical Social Worker and Program Manager – University of Minnesota Physicians

Aimee Murray, PsyD, LP, Associate Professor and Director of Psychotherapy Training for the Child & Adolescent Fellowship – University of Minnesota

Craig Chapman, MSW Candidate, Supported Education and Employment Specialist – University of Minnesota Physicians

Level: 2 | For: Educators and others working in schools including School Social Workers and Counselors, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors

1 hour SW CLINICAL CONTENT ✓

43 - Navigating the Grey: Guidelines for Addressing Challenging Situations with Youth Victim Survivors

Following abuse, victim-survivors and their families are exposed to a whirlwind of novel emotions and experiences. The addition of helping professionals such as advocates, therapists, law enforcement, and lawyers can be jarring. Through this multi-part case study documenting a journey from disclosure through sentencing, we provide a framework for providers to navigate and demystify criminal justice involvement while prioritizing healing.

Trisha Sargent, MSW, LICSW, Internship Program Supervisor and Clinic Based Therapist – Northeast Youth and Family Services

Amanda Donley, MA, Restoring Power Youth Advocate – Northeast Youth and Family Services

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

1 hour SW CLINICAL CONTENT ✓

44 - Families as Partners: Breaking Barriers in Children's Mental Health Engagement with Parent Advocates

This interactive workshop, co-led by NAMI Minnesota and members of the Parent Catalyst Leadership Group (PCLG), delves into the real-life barriers families face in the mental health system. Participants will hear personal stories from parent advocates, explore how unconscious bias affects engagement, and learn actionable strategies for improving collaboration with families. Attendees will leave with practical tools for fostering stronger partnerships in their work.

Greta Kjos, Juris Doctor, Certified Life and Leadership Coach, Certified Facilitator for Employee Engagement, Director of Children's Programs – NAMI Minnesota

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

45 - Navigating Racial Discrimination: Supporting Cultural Identity and Mental Health in Asian American Youth

We will explore how racial discrimination disrupts cultural identity development and mental health in Asian youth, contributing to anxiety, depression, and cultural alienation. We will analyze the effects of microaggressions, overt racism, and acculturation stress on self-perception and emotional well-being. Case studies and data will reveal how family, community, and educational support systems foster resilience and cultural pride.

Soyoul Song, MA, Pre-Licensed MFT/Doctoral Candidate – University of Minnesota Twin Cities

Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Parent and Caregivers

1 hour SW CLINICAL CONTENT ✓

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour MFT CULTURAL COMPETENCY ♥

1 hour SW/MFT ETHICS ■



MHED Talks® | 3:45 – 5:15 pm

Mental Health Exploration & Discovery

MHED Talks® is a presentation series in the spirit of TED Talks. Using stories—both personal and experiences from the field—each speaker has 25 minutes to tell us their story. This year’s theme, “Tell Me Your Story,” emphasizes our dedication to understanding and honoring the personal experiences that influence mental health. We aim to create an environment where voices are heard, stories are shared, and connections are fostered to promote healing and growth. Join us as we come together to hear inspiring stories, connect through shared experiences, and build a healing community.

Level: I | For: **Everyone**

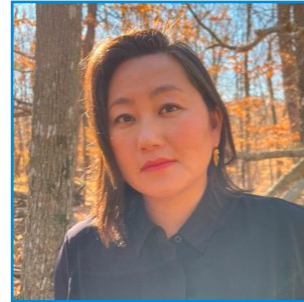


Amanda Amos

Doing the best we can with what we have: Resilience and the importance of Early intervention.

Amanda Amos lives by the saying we all do the best we can with what we have and what we have access to. During her presentation she will share her story of adversity she experienced including being raised by a teen parent, having a father who was incarcerated, witnessing domestic violence, and losing her brother when she was 19 years old. Through sharing her story, she will explain how she made it through and why she is so passionate about Early intervention and the work she does today.

Amanda Amos, MA, IMH-E®, Infant & Early Childhood Assistant Director – MACMH



Kao Kalia Yang

The Stories from Within

Award-winning author Kao Kalia Yang will read from her 2024 picture books *The Rock In My Throat* and *Caged* and discuss her journey of selective mutism and life as a young refugee and new American.

Kao Kalia Yang, Writer – Independent Author



Jim Keenan

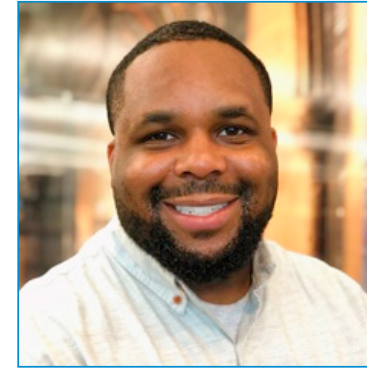
Stumbling is Forward Progress!

During this presentation, Jim Keenan will share the story behind the creation of *Power of Relationships*, a journey deeply rooted in his own experiences as both a mental health provider and a survivor of childhood sexual abuse. Jim will candidly discuss how he navigated his recovery from the trauma of abuse, which was perpetrated by a priest, and how this personal journey fueled his passion for advocating for change within the Catholic Church.

His experiences have not only shaped his commitment to helping others but have also driven his work in supporting and empowering those in need. Jim will highlight the challenges and triumphs of being an agency owner, as well as the importance of creating a safe and supportive work culture. Throughout his 28 years of leadership, he has strived to keep young people safe and ensure that the organization remains a place of healing and growth. This presentation will offer a powerful and heartfelt perspective on resilience, advocacy, and the ongoing fight for change.

Jim Keenan, MS, LP, Founder and CEO of Power of Relationships – Emotional Wellness

Keynote | 9:00 – 10:00 am



Moving Beyond Wounds: Embracing Opportunities and Healing through Post-Traumatic Growth

In this keynote speech, we will explore the transformative journey of Post-Traumatic Growth (PTG)—the positive psychological change experienced as a result of the struggle with highly challenging life circumstances. While trauma can shatter one’s world, it can also be the foundation for profound personal growth and development. This speech will delve into the mechanisms that facilitate PTG, emphasizing how individuals can move beyond the pain of trauma to discover new opportunities for healing and purpose.

We will discuss the dual nature of trauma: its capacity to wound deeply and its potential to catalyze remarkable growth. Through storytelling, evidence-based research, and practical strategies, the speech will illuminate the paths that lead from adversity to a more resilient, empowered, and purposeful life.

This keynote speech aims to shift the narrative from trauma being a solely destructive force to one that, when navigated with intention and support, can lead to meaningful and life-affirming growth. The audience will leave with a deeper understanding of PTG, practical tools for fostering their own growth, and a sense of hope and empowerment for the future.

Brandon Jones, M.A. CPPM, Executive Director – MACMH

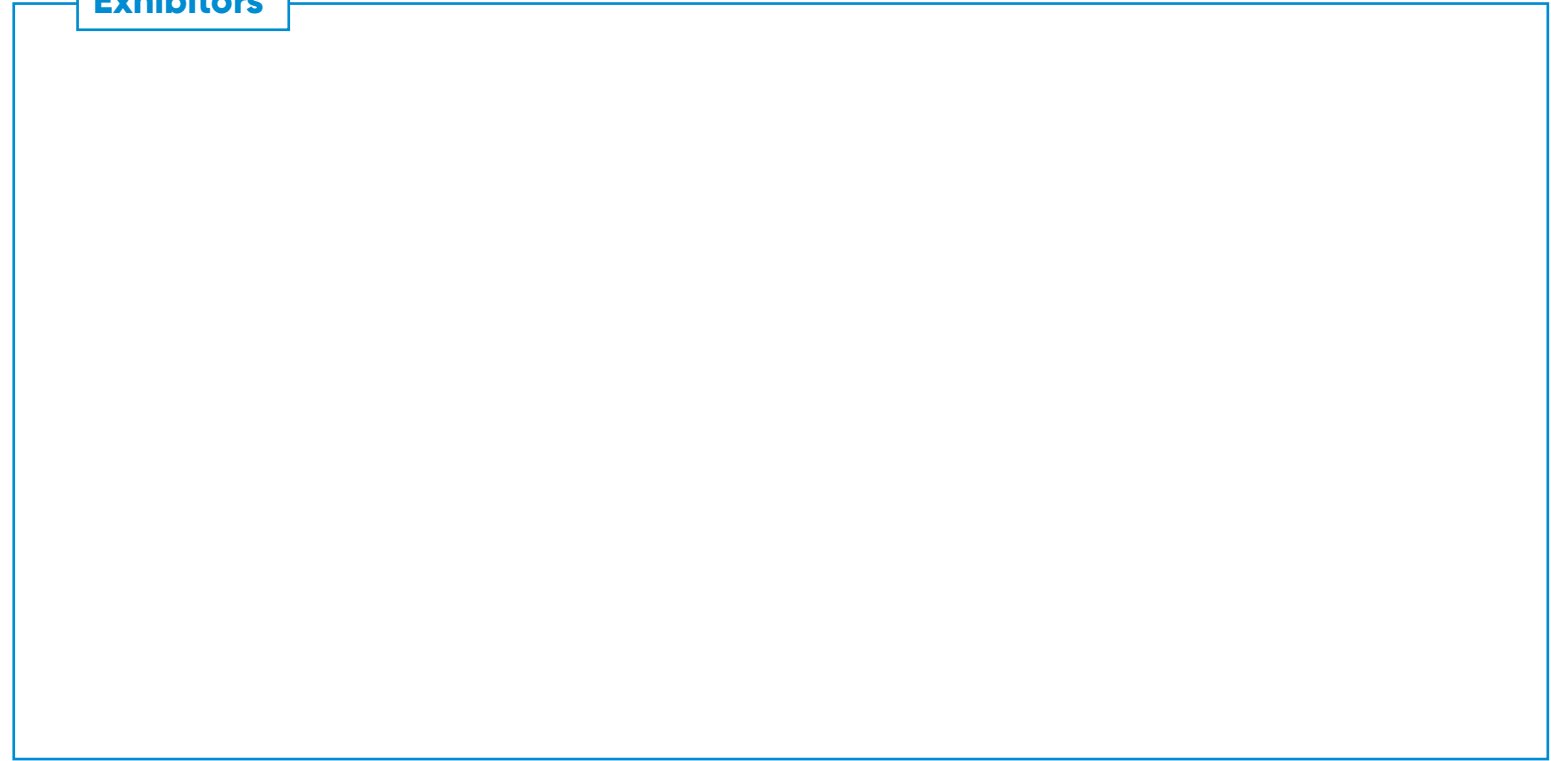
Brandon, serving as the Executive Director of the Minnesota Association for Children’s Mental Health, brings a wealth of expertise in consulting and therapy. His focus areas encompass Adverse Childhood Experiences (ACEs), Historical and Intergenerational trauma, Social/Emotional Intelligence (EQ), Leadership, and the Intercultural Development Inventory (IDI).

Brandon’s academic journey boasts a BA in Sociology from the University of Minnesota, a master’s in Community Psychology from Metropolitan State University, and a master’s in Psychotherapy (MFT) from Adler Graduate School. His distinction as a 2013 Bush Foundation Leadership Fellow also speaks to his dedication to leadership excellence. His life ethos is encapsulated in the motto: “Live life with Purpose on Purpose.”

Level: I | For: **Everyone**

Symphony Hall

Exhibitors



Session 5

10:15 am – 12:15 pm | Concurrent Workshops 46 – 55

46 - From Learning to Action: Essential Tools and Resources Found on the MN Autism Resources Portal

This presentation is designed to support providers, caregivers, educators, and advocates working with families of children, youth, and young adults with ASD and related conditions. Representatives from the Minnesota Department of Education and the Department of Human Services will provide an overview of the MN Autism Resource Portal website. The session will include small group activities and discussions to facilitate hands-on learning, with ample time for questions and further discussion.

Nicole Berning, MS, BCBA, Autism Clinical Lead – MN Department of Education and Erin Farrell, EdD, BCBA, Autism Specialist – MN Department of Education
Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors

47 - The Impact of Heat Waves on Youth and Implications for Health, Learning, and Mental Health

The 2023 IPCC Report on Climate Change is clear on the rapid increase of global warming and its current and future impact on mental and physical health, especially with youth. This program will explain the mechanics of climate heat increase, the adverse effects of excessive heat on child development, health, learning, and behavior problems, and recommend practices for families, schools, and human services for safe operations.

David Swenson, PhD, LP, Psychologist – College of St. Scholastica Brianna Schaus, MEd, LPCC, Clinical Trainee, Therapist – Northwood Children's Services
Level: 1 | For: County Child Protection Workers, Case Managers, Social Workers, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors

1 hour SW CLINICAL CONTENT ✓
1 hour SW CULTURE RESPONSIVENESS ♥

48 - Leading the Helpers: Reducing Anxiety and Vicarious Trauma in the Helping Profession

Mister Roger's said, "look for the helpers." In order for the helpers to be there when needed, it's necessary as leaders to create healthy supportive organizations. Whether you are a Clinical Supervisor, Manager or Director we all know the health of a team trickles down from the top. By using a relational model of leadership, we can create connections, reduce system stress, prevent burn out and vicarious trauma.

Christina Corwin, MA, LMFT – Cedar Valley Center for Child & Family Therapy Elizabeth Adedokun, LMFT, PMH-C, PhD – Cedar Valley Center for Child & Family Therapy

Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

1 hour SW CLINICAL CONTENT ✓
1 hour SW CULTURE RESPONSIVENESS ♥
1 hour MFT CULTURAL COMPETENCY ♥

49 - Styles of Communication

Teachers often use their communication style(s) to control or coerce students to comply rather than teach them how to manage their own behavior. By discovering how the short and long-term effect of communication can have on students, the classroom environment, and the teacher/student relationship, this session will give teachers the skills to begin communicating in ways that are non-coercive and more effective.

Jon Halpern, MA in Counseling Psychology, School Counselor – The Blake School and Jeff Fink, MA, Special Ed, Retired Graduate School Faculty – Hamline University
Level: 2 | For: Educators and others working in schools including School Social Workers and Counselors, Parents and Caregivers

50 - Domestic Violence's Impact on Children: What About the Children?

Join staff from the Domestic Abuse Project in our workshop on the impacts of domestic violence on children. We'll examine the psychological, emotional, and behavioral effects, and share strategies for effective support and intervention. This is an essential opportunity for professionals, caregivers, and advocates to connect and learn how to make a positive difference.

Noureen Wallani, LICSW, Director of Program – Domestic Abuse Project Naajee Dennis, LPCC, Program Supervisor Victim Survivor and Youth – Domestic Abuse Project

Ciara Duffy-Gideon, LICSW, Early Childhood Therapist – Domestic Abuse Project
Level: 2 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers

1 hour SW CLINICAL CONTENT ✓
.5 hours SW CULTURE RESPONSIVENESS ♥
.5 hours MFT CULTURAL COMPETENCY ♥
1 hour SW/MFT ETHICS ■

51 - Supporting Children and Youth Mental Health in Today's Tech-Filled World: Practical Tips and Tools

The mental health of children and youth has been impacted by the pervasive use of technology, including social media. This presentation will explore the latest research on technology and its impact on children and youth wellbeing with a focus on ways to mitigate the harm. Intervention strategies and practical tools for promoting digital wellbeing will be shared, especially tools and tips that can be shared with families and youth.

Maree Hampton, MEd, CHES, Certified Digital Wellness Educator, Founder – Digital Wellbeing Solutions
Level: 1 | For: Educators and others working in schools including School Social Workers and Counselors, Educators and others working in schools including School Social Workers and Counselors

10:15 am – 12:15 pm | Concurrent Workshops 46 – 55

52 - Ethics on the Record: A Deep Dive

Providers may often review the Code of Ethics and have worries about the consequences of not following them. This presentation aims to explore cases that have been reported to various licensure boards and corrective actions taken. Ethical dilemmas will be explored along with ways to prevent licensure violations. This presentation will be similar to last year's session with new examples of licensure violations reviewed.

Emily Coler Hanson, LMFT, Clinical Practice Director – Ellie Mental Health Barb Stanton, PhD, LPCC, Clinical Operations Director – Ellie Mental Health
Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, and Health Care Professionals

2 hours SW/MFT ETHICS ■

53 - Resilient Response to the Effects of Stress and Trauma Program: Leveraging School and Community Partnerships

Presenters will provide an overview of the REST (Resilient response to the Effects of Stress and Trauma) program designed to support students who've experienced stress and/or trauma, highlighting the program's culturally specific interventions. They will emphasize the crucial role strong partnerships between school districts and community mental health agencies play in the success of the program.

Nelsie Stern, LPC, Director of School-Based Services – Journey Mental Health Center Olivia Jones, MSW, APSW, School-Based Services Coordinator – Journey Mental Health Center Julia Stanley, MSW, APSW, School and Community Outreach Manager – Journey Mental Health Center
Level: 3 | For: Educators and others working in schools including School Social Workers and Counselors, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors

54 - A New Generation: A Successful, Gender-Diverse Healthy Relationships Pilot Group for Adolescents

This presentation will discuss a Healthy Relationships group provided to adolescents ages 13 -17 who experienced a form of trauma or abuse from proposal and creation, through implementation, to outcomes and evaluations. Participants will be equipped to create trauma-informed, gender-inclusive psychoeducation support groups by practicing group activities and learning how to address healthy relationships specific to the youth of today.

Trisha Sargent, MSW, LICSW, Internship Program Supervisor & Clinical-Based Therapist – Northeast Youth and Family Services

Lauren Kelzenberg, MSW, LGSW, School-Based Therapist – Northeast Youth and Family Services

Level: 3 | For: Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors

1 hour SW CLINICAL CONTENT ✓
1 hour SW CULTURE RESPONSIVENESS ♥
1 hour MFT CULTURAL COMPETENCY ♥

55 - Engaging and Supporting Caregivers in Their Children's Healing Journey

How do we observe caregivers' emotional states and experiences while engaging in work with youth who have experienced abuse and trauma? How do we address non-offending caregiver engagement and participation in the services provided to their children? This presentation will explore trauma-informed approaches with tools and resources to engage caregivers in their child's healing process.

Tina Strong, PhD, Child, and Family Therapist/Clinical Supervisor – CornerHouse Inesa Zbarouskaya, Child, and Family Therapist/Clinical Supervisor – CornerHouse Jen Markworth, MA, LP, Clinical Director – CornerHouse

Level: 2 | For: Providers who work with kids, adolescents, and their non-offending caregivers where abuse and/or trauma has impacted the family system
1.5 hours SW CLINICAL CONTENT ✓
1.5 hours SW/MFT ETHICS ■

Session 6

Concurrent Workshops 56 – 66 | 1:15 – 2:15 pm

56 - Youth and the Legalization of Marijuana

This session will explore the impact of marijuana legalization on youth, focusing on the risks and the role of prevention and education strategies. We will examine the latest research on how legalization influences youth behavior, mental health, and developmental outcomes. The session aims to provide attendees with a comprehensive understanding of the trends in youth marijuana use post-legalization, the effects on the adolescent brain, and effective intervention and treatment strategies.

Sara Polley, MD, FAPA, FASAM, Chief Medical Officer – Ellie Mental Health

Level: 2 | For: **Health Care Professionals, Educators and others working in schools including School Social Workers and Counselors**

1 hour SW CLINICAL CONTENT ✓

57 - Tending the Garden: Growing Groups from the Ground Up

Group experiences can be transformational. This workshop will prepare participants for creating and maintaining a healthy group culture for many different applications. This workshop will address development of therapy groups, youth skills groups, support groups and body-based healing groups. Learn the essential components for an effective launch and long-term success. Learn to use a quick, easy evaluation tool to examine the effectiveness of your group.

Elizabeth Bergman, LICSW, Clinical Supervisor – Family Enhancement Center
Amanda Moses, LGSW, Survivor Support Program Manager – Family Enhancement Center

Level: 1 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers**

1 hour SW CLINICAL CONTENT ✓

58 - Surviving to Thriving

In this personal presentation, Jordan Angeconeb shares their own journey as a 2SLGBTQIA+ and Indigenous person, from facing homelessness, addiction, and trauma to becoming a passionate advocate for youth. Drawing from their lived experience, Jordan highlights the unique challenges faced by 2SLGBTQIA+ and Indigenous youth, including higher rates of suicide and lack of resources for sexual health and healthy relationships. Through their story, Jordan emphasizes the importance of creating supportive environments that foster growth and resilience, showing that while youth are incredibly strong, they deserve the resources and support to thrive—not just survive. This presentation calls for action to ensure every young person has access to the care, opportunities, and community they need to succeed.

Jordan Angeconeb – Director of Youth Services & Community Recreation

Level: 1 | For: **Everyone**

1 hour MFT CULTURAL COMPETENCY ♥

59 - Up Your Game: Using Games and Gaming to Improve Practice

Explore how games—board, video, and role-playing—can be powerful tools for therapeutic interventions. This workshop will cover practical ways to integrate games into therapy or skills sessions, meet kids where their interests lie, and foster emotional resilience, communication, and problem-solving skills. Participants will learn hands-on techniques for using games with children, teens, and adults in clinical, educational, and family settings.

Jessi Robin, MSW, LGSW – Great Minnesota Family Services

Heather Oxendale, LMFT, ATC – Greater Minnesota Family Services

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Educators and others working in schools including School Social Workers and Counselors**

1 hour SW CLINICAL CONTENT ✓

60 - Supporting Grieving Students in Schools

Grief is a common part of life, but it can affect students' ability to learn and function in school. Schools can help students cope with grief by creating a safe environment, acknowledging their experiences, and providing support. In this workshop, we will discuss different strategies that school staff can utilize to support students in their grief.

Melissa Lee, LICSW, School Social Worker – Minneapolis Public Schools

Cassie Zonnefeld, LICSW, School Social Worker – Minneapolis Public Schools

Level: 2 | For: **Educators and others working in schools including School Social Workers and Counselors, Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors**

61 - Stop Pathologizing Me: How Overdiagnosis Impacts Children's Mental Health

The collective efforts to destigmatize mental health conditions have been widely successful. However, this newfound focus on mental health has placed an untenable strain within the behavioral healthcare system. This workshop will explore the role of diagnosis and treatment while identifying how mental health providers can better meet the demand for children's mental health services.

Thad Shunkwiler, LMFT, LPCC, ACS, CCMHC, Professor – Minnesota State University, Mankato

Level: 3 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, County Child Protection Workers, Case Managers, and Social Workers**

1 hour SW CLINICAL CONTENT ✓

62 - Telling A Story: A Journey Through Your Sensory Systems

The world is experienced through sensory systems. The brain takes in information, processes information, and makes behavioral responses. Sometimes the over or under-reactivity of sensory systems impacts one's ability to manage expectations. This workshop will take you through each of the sensory systems, the brain processes behind them, and strategies for integrating systems or adapting to manage differences.

Michelle Fyle, MA, OTD, OTR/L, IMH-E, Occupational Therapist – St. Paul Public Schools

Michelle Mercado, MA, OTD, OTR/L, BCP, Occupational Therapist – St. Paul Public Schools

Level: 2 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, Counselors, Parents and Caregivers**

1 hour SW CLINICAL CONTENT ✓

Concurrent Workshops 56 – 66 | 1:15 – 2:15 pm

63 - Empowering Effective Teams and Organizations: Applying Clinical Principles at the Macro Level

Human service organizations rely on healthy workplace culture in navigating change with limited resources. Leadership must deliver services in more innovative ways. Effective teams make an investment in team norms, harness diversity, collaborate with accountability, innovate, and practice resilience. This workshop is designed to introduce the macro principles of team wellness anchored in the same foundation that supports healthy adaptation at the micro level.

Steve Ritter, LICSW, Executive Director – Elmhurst Counseling

Level: 3 | For: **Educators and others working in schools including School Social Workers and Counselors and Health Care Professionals**

1 hour SW CULTURE RESPONSIVENESS ♥

1 hour SW CLINICAL CONTENT ✓

64 - Guidelines for Parents, Caregivers, and Educators in Supporting Children with Obsessive Compulsive Disorder

This presentation will provide helpful psychoeducation as well as tools for the parents, caregivers, teachers, and other adult support people who interact with children and teens diagnosed with Obsessive-Compulsive Disorder (OCD). If you are wondering how to best support a child or teen struggling with OCD at home, in the community or in the classroom, this presentation is for you!

Rebecca Murphy, PsyD, LP – Murphy Psychological Services

Abby Ernst – Murphy Psychological Services
Level: 1 | For: **Educators and others working in schools including School Social Workers and Counselors, and Parents and Caregivers**

65 - Mind the Generation Gap: Supervision Without Going Boomer on Your Zoomer

This presentation explores the dynamics of multigenerational supervision among mental health providers. It highlights effective strategies for giving and receiving supervision across age groups, emphasizing communication styles, values, and expectations. Attendees will learn to bridge generational gaps, foster collaboration, and enhance professional growth, creating a supportive environment that leverages the strengths of diverse perspectives.

Emily Coler Hanson, LMFT, Clinical Practice Director – Ellie Mental Health

Barb Stanton, PhD, LPCC, Clinical Operations Director – Ellie Mental Health,

Anika Walstrom, LPCC, Therapist – Ellie Mental Health

Level: 3 | For: **Psychologists, Marriage and Family Therapists, Clinical Social Workers, and Counselors**

1 hour SW CLINICAL CONTENT ✓

1 hour SW/MFT SUPERVISION ●

66 - Optimizing Tier 2 & Tier 3 Supports for Effective PBIS Implementation

This session will explore the key site conditions required for successful Tier 2 implementation and how it integrates with school-wide PBIS. Participants will gain clarity on the purpose of Tier 2, who it serves, and how to ensure that mental health support staff follow protocols with fidelity. Attendees will leave with actionable strategies to create well-organized Tier 2 and Tier 3 systems that enhance student support and success.

Ellen Grossman, PBIS MN Train & Coach, School Psychologist, Special Education Director – Uptick Education

Ron Lake, MSW, LICSW, School Social Worker & Adjunct Instructor – Duluth Public Schools/PBIS

Erin Engness, PBIS MN North Regional Implementation Project Coordinator – Resource Training Solutions

Level: 2 | For: **Educators and others working in schools including School Social Workers and Counselors, County Child Protection Workers, Case Managers, and Social Workers**

Brightmont is a proud supporter of the Minnesota Association for Children's Mental Health.

Brightmont is one-to-one, full or part-time, 1st to 12th grade private school for students who need flexibility or struggle in a traditional classroom setting.

- students with anxiety and/or depression
- students who refuse school
- students experiencing life transitions
- students with learning differences
- students needing academic challenge



NORTH HOMES
Children and Family Services

Providing a community-based continuum of compassionate care since 1990

Our Services

- School-based skills and therapy
- Foster care and adoption licensing and case management
- Residential treatment services for youth
- Adult services and case management
- Out-patient behavioral health and substance use disorder services

www.northhomes.org

BRIGHTMONTACADEMY.COM
1-888-521-0887

10% off movemindfully

Visit move-mindfully.com — Use code: MACMH10 for products

Training and Products for Therapeutic Settings



School Trainings, Classroom Demos, and Products



For a discount on services, please email info@move-mindfully.com

Get started now!



Free Resources for Mind-Body Practices



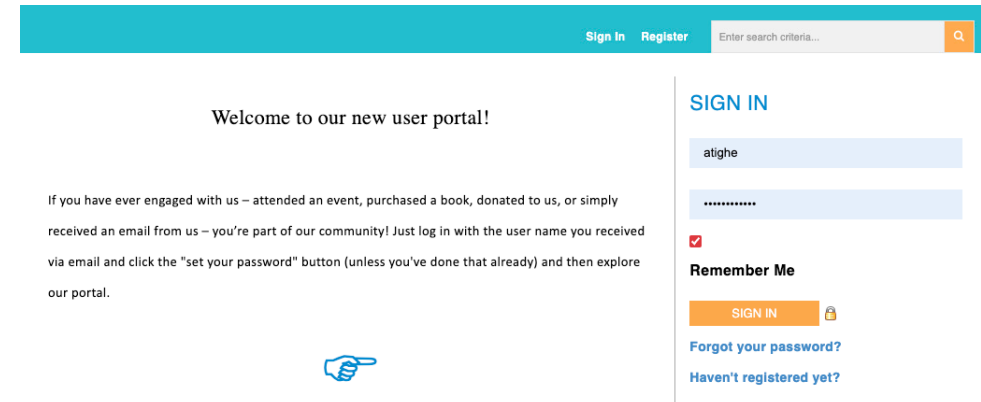
Download the movemindfully app now for just \$4.99



Have you tried out our new user portal? It's a location where you will be able to keep your information up to date, track your participation, and connect with others.

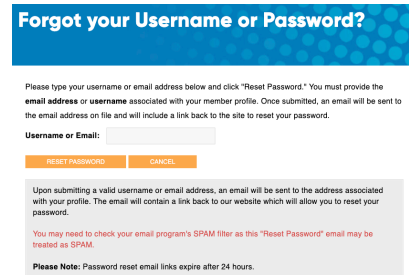
HOW TO LOG IN

1. Enter user.macmh.org into your preferred Internet browser.
2. Click Sign In or scroll down to the sign in area
3. Been here before? Log in. First time? Click on forgot password and enter the email you received with this brochure.



FAQ & TROUBLESHOOTING

- Q. I am not receiving a response from my reset password request**
A. If you've changed your email in any way or have received emails from us at any other email address please reach out to us, we may have your account linked to another email account.
- Q. I can't get in because my membership has expired?**
A. Choose a membership type after clicking renew. There are paid and free memberships types.



We set up these memberships with a few common usernames.
Option 1: 3 letters of your first name, 3 letters of your last name, your zip code. For example, apttig55008 for April Tighe.
Option 2: Your email or the first section of your email. For example, ajtighe@macmh.org or ajtighe.

Sign in to our User Portal

HOW TO REGISTER

We are using a new registration system. Please connect with us at 651-644-7333 or info@macmh.org if you experience issues while registering.

Child & Adolescent Mental Health Conference April 27 - 29, 2025 | Registration

1. Scroll down the page. If you know your user information sign in first.

2. **Attendee Type:** Choose which days you will attend. Please note any selection jumps you to the top of the page. Just scroll down again.

3. Click Next

4. **Attendee Info:** This is the registration information of the person attending. Scroll down to answer all required questions.

5. Click Next

To register for the conference: Log in to your account. (If you do not have an account yet, please continue to registration below the member banner). Scroll down and enter information in the "attendee type" (days attending) and "attendee info" (your contact information) and "attendee selections" (choose your ticket type, workshops and lunches) tabs.

Attendee Type Attendee Info Attendee Selections

Please select one of the following

- A. Sunday Only | April 27, 2025:
- B. Monday Only | April 28, 2025:
- C. Tuesday Only | April 29, 2025:
- D. Sunday & Monday | April 27 & 28, 2025:
- E. Monday & Tuesday | April 28 & 29, 2025:
- F. Sunday & Tuesday | April 27 & 29, 2025:
- G. All 3 Days | April 27, 28 & 29, 2025:

NEXT

Attendee Type Attendee Info Attendee Selections

Registration Information

* Required Fields

Event Name
Child & Adolescent Mental Health Conference April 27 - 29, 2025

Your Name *

First Name Last Name

NEXT

Attendee Type Attendee Info Attendee Selections

Please select one of the following (required)

3 Day Attendee/ Up To 15.5 CEHs Regularly: ~~\$435.00~~ **Early Bird Price: \$0.00** for \$435 - 2025

Please select any sessions you wish to attend

Sunday Option A - Supervision 10:00 am - 5:00 pm	Starts	Ends
<input type="checkbox"/> Sunday - Supervision - "Who Am I as a Supervisor" An Ongoing Exploration of Cross Cultural and Ethical Supervision Practices 6 CEHs	10:00 AM	5:00 PM
Sunday Option B - Workshop Session 1 10:00 am - 12:00 pm	Starts	Ends
<input type="checkbox"/> Workshop 01 - Checkmate: How Your Behavior Moves Spark Change and Impact Others	10:00 AM	12:00 PM
<input type="checkbox"/> Workshop 02 - Introducing the MyGender Dolls: A New Psychotherapeutic Tool for Transgender and Gender Diverse Children	10:00 AM	12:00 PM

SAVE & ADD ANOTHER ATTENDEE SAVE & FINALIZE REGISTRATION

HOW TO PAY

We are using a new registration system. Please connect with us at 651-644-7333 or info@macmh.org if you experience issues while paying.

Checkout (Step 1 of 2)

1. Scroll down the page

2. **Recipient Information:** fill out all required fields

3. Note Promo Code AKA Coupon Code

4. **Payment Information:** Required information changes based on Check, ACH or Credit Card.

5. Click here if information you entered above is accurate for billing. Or don't check if you want us to bill someone else.

6. Click Proceed to Confirmation

Are You a Member?

You are not currently signed in. If you are a member, please sign in before proceeding.

Please enter your address and billing information in the form below.

Recipient Information

First Name: 1
Middle Name:
Last Name: 1

Business Phone:
Mobile Phone:
Email Address: info@macmh.org
Confirm Email Address: info@macmh.org

Payment Information

Total Amount: \$410.00

Promo Code: Apply

Payment Type:
 Check/Money Order
 ACH/E-Check
 Credit Card

Card Type:

Check here if the billing address is the same as the recipient information

Phone: 651-789-3147
PD: Only Alphanumeric Characters Allowed

Additional Customer Information

Please Enter Comments Below:

PROCEED TO CONFIRMATION

09:50 Time left to complete the page.

Location: Alabama
Postal Code: 1
Country: United States
Phone: 651-789-3147
PD:

Additional Customer Information

Qty.	Product	Price
1	3 Day Attendee/15 CEHs for \$429	\$429.00
	Early Bird Discount Applied	(\$19.00)
	Subtotal:	\$410.00
	Grand Total:	\$410.00

COMPLETE ORDER

2. Confirm your purchase details than click Complete Order



Learn when YOU want

Sensory Processing and Mental Health: A Trauma Informed Approach

Expires January 1, 2025 | 3
CEHs | \$45 | On Demand
Webinar | Clinical Content



Understanding FASD: Facts, Strategies & Personal Insights from Youth with Lived Experience

Expires January 15, 2025 |
2 CEHs | \$30 | On Demand
Webinar | Youth Panelists



Learning On-Demand • 24/7 • 365