



# MACMH Minute

## Vision & Commitments for 2025

From Brandon Jones, Executive Director

As we step into 2025, we do so with a clear and powerful theme: “Tell Me Your Story.” This theme is more than a message—it is a movement, a commitment to recognizing the transformative power of storytelling in shaping lives, building connections, and driving change.

At MACMH, we know that stories are more than just words. They are the foundation of understanding and progress. Whether it’s a parent advocating for their child, a professional striving to make a difference, or a young person navigating their path, the power of personal narratives is undeniable. Every voice matters, and every story deserves to be heard.

### ***Our Commitment in 2025***

This year, MACMH is dedicated to:

~ **Amplifying Voices** ~ We will create spaces where individuals feel seen, heard, and valued. By elevating lived experiences, we will foster meaningful conversations that drive awareness and advocacy for children’s mental health.

~ **Strengthening Community Connections** ~ We will build stronger, more inclusive communities by ensuring that people from all backgrounds have opportunities to share their truths and engage in open dialogue.

*Continued on the next page.*

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#### **MN Association for Children’s Mental Health**

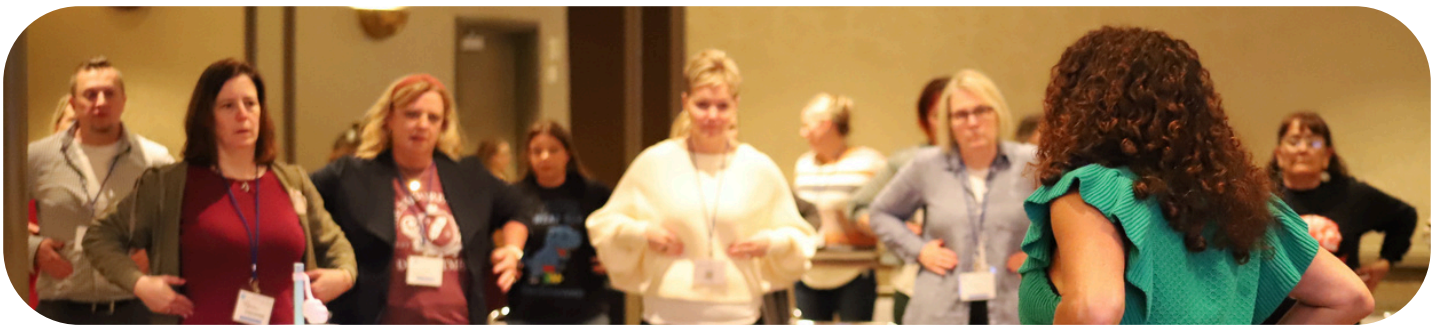
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[www.macmh.org](http://www.macmh.org)



***MACMH’s mission is to promote and pursue optimal mental health from infancy to young adulthood.***





*Executive Director's letter continued*

~ **Advancing Mental Health Education** ~ Through innovative programming, training, and resources, we will continue to equip professionals, families, and youth with the tools they need to navigate mental health challenges.

~ **Driving Systemic Change** ~ By listening to those most impacted, we will work to shape policies and practices that reflect actual needs and create lasting impact.

### **Supporting Children's Emotional and Mental Health Development**

Children's emotional and mental health development is at the core of MACMH's mission. We understand that ensuring every child in Minnesota has access to mental health support is essential for their growth and success. MACMH plays a vital role in assisting this development by:

~ **Providing a professional home for all providers** ~ We serve as a network and resource hub for mental health professionals, offering continued education, collaboration, and advocacy opportunities.

~ **Supporting parents and caregivers** ~ We equip families with the tools, resources, and guidance needed to navigate their child's mental health journey.



~ **Creating opportunities for young people** ~ We empower youth through programs that enhance resilience, provide peer support, and foster leadership in mental health advocacy.

### **Looking Ahead**

This year, we challenge ourselves and our partners to,

*listen deeply*

*share courageously*

*& advocate fiercely.*



Stories shape policies, inspire action, and bring hope. Together, let's harness the power of storytelling to transform mental health advocacy and education.

Thank you for your commitment to this work. Let's make 2025 a year of powerful conversations, strengthened connections, and lasting impact.



*Brandon Jones*

*Executive Director of the Minnesota Association for Children's Mental Health*

# Continuing Education Opportunities



## Child & Adolescent Mental Health Conference

April 27-29, 2025 | Duluth, Minnesota

[Learn More](#)

[Register](#)

Join us for one of the largest conferences of its kind in the country – the Child & Adolescent Mental Health Conference. We welcome teachers, therapists, psychiatrists, counselors, social workers, infant and early childhood professionals, health care workers, parents and all others who support children prenatal to age 24.

- 1,600+ Participants
- 67 Workshops
- Up to 15.5 CEHs
- 3 Days in Duluth, Minnesota
- Volunteer applications close **February 15.**
- Scholarship applications close **February 26.**
- Early Bird rates available through **March 28.**



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.

### FEATURED SPEAKERS



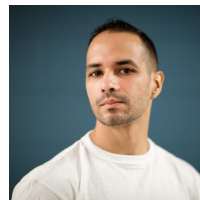
**Sunday Supervision**  
Renita Johnson,  
MSW, LICSW



**Legislative Update**  
Sue Albderholden  
MPH



**Monday Keynote**  
Dr. Charlene  
Myklebust, Psy.D.  
Clinical Psychology



**Monday Keynote**  
Christopher Fausto  
Cabrera, BA



**Tuesday Keynote**  
Brandon Jones,  
M.A., CPPM

Click to learn more!





New Webinars Added Regularly



## Understanding the Impact of Early Development Across a Lifetime: IECMH for ALL Helping Professionals

with **Brandon Jones**, MA CPPM – Executive Director, MACMH; **Lauren Moberg**, MA LMFT IMH-E® – Infant & Early Childhood Assistant Director, MACMH; and **Amanda Amos**, MA IMH-E® – Infant & Early Childhood Assistant Director, MACMH

February 4, 2025 | 12 – 1 pm CST | 1 CEH | FREE

Early relationships and experiences lay the foundation for all future development. For this reason, having a grounding in infant & early childhood mental health will enhance your ability to support individuals and families, regardless of the age of the children or adults you work with.

Come and learn what is meant by ‘infant and early childhood mental health’ and explore the principles guiding this work. Then, hear about the competencies that are critical to the field, what they look like in practice, and how MACMH’s subsequent training track trainings will support your development in these competencies.



## Helping Incarcerated Parents & Caregivers Support Infants/Young Children Through Separation

with **Rebecca Schlafer**, PhD, MPH, Associate Professor - Department of Pediatrics at the University of Minnesota

February 5, 2025 | 9-11 am CST | 2 CEHs | \$30

This session will explore infants’ and young children’s experiences when parents are involved in the criminal legal system and consider how professionals can support families before, during, and after these experiences. We will explore how to support children’s behaviors and emotions when separations that are short-term (e.g., jail visits), as well as those that are more permanent (e.g., termination of parental rights). We will consider these experiences through an attachment and development lens.



## Introduction to Infant & Early Childhood Mental Health

with **Arielle Handevit**, MA, IMH-E – Senior Director of Early Education & Innovation, Northside Achievement Zone; **Lauren Moberg**, LMFT, IMH-E – Director of Infant & Early Childhood, MACMH

**Expires June 1, 2026 | 3 CEHs | \$45 | DEVELOP Approved Content**

When infants are born into this world, they come with a brain that is ready to learn through relationships. For those of us that choose to work with these infants and young children, we must understand the importance of holding a specialized set of skills to support their development through the context of relationships with their families. During this workshop, presenters will dive into the definition of IECMH, begin to understand how IECMH principles inform our work, and better understand the importance of reflection in our work.



[Learn More & Register](#)



## Identifying & Supporting Autistic Individuals

with **Jessica Mertins**, LICSW – Neurodiversity Specialist, Fernbrook Family Center

**Expires September 16, 2026 | 3 CEHs | \$45 | Clinical Content**

This course is presented from a neurodiversity affirming lens, by a clinician with lived experience as a neurodivergent person.

The purpose of this course is to increase understanding of ADHD and Autism, including how to better identify, intervene, and provide accommodations for both. Participants will have a better understanding of why neurodiversity affirming care is important, how to use neurodiversity affirming language and interventions, how to identify ADHD and Autism more effectively in clients, and how to best accommodate neurodivergent staff and clients.



## Eating Disorders in Children & Adolescents

with **Dr. Heather Gallivan**, PsyD, LP – Clinical Director, Melrose Center

**Expires May 17, 2026 | 2 CEHs | \$30 | Clinical Content**

Research indicates that the incidence of eating disorders in teens has doubled during the pandemic. It is important for all mental health professionals to understand the different eating disorder diagnoses, high-risk groups, how to screen and assess, and understand referral parameters for specialty ED treatment.

Eating disorders are secretive illnesses where individuals often minimize, hide and rationalize ED behaviors and physical changes. Professionals working with children and adolescents are in a unique position to identify ED warning signs and refer individuals for treatment.



## Michele Fallon Award to recognize 'rock-star workhorses' in IECMH

"This field is full of humble and unassuming rock star workhorses," Michele Fallon, recent recipient of her new namesake award, said.

To define a workhorse, we look for those who are doing extraordinary things in ordinary settings. The work they're doing is not glamorous; it is challenging. Michele is an exemplary workhorse, and it was with this in mind that the Michele Fallon Award was created.

It was a labor of love to help launch and sustain the Infant & Early Childhood Division of the Minnesota Association for Children's Mental Health. What began as a small, siloed section of MACMH is now a robust, renowned leader in the multidisciplinary infant and early childhood field.

Michele is a former Infant & Early Childhood Division Advisory Board co-chair and recently retired member of MACMH's Board of Directors. With great humility, Michele emphasizes the multifaceted team effort it took, and continues to take, to enhance the programs and vitality of the infant and early childhood work at MACMH.

Michele's impact spans far beyond MACMH. Some of the most notable ways include,

~ Developing the "Nursery Way" curriculum in partnership with the Greater Minneapolis Crisis Nursery to support staff in serving children and families impacted by trauma.

~ Developing trainings for the Department of Human Services and helping to launch and expand mental health consultation in Minnesota.

~ Forging partnerships in other states, including Connecticut, where she and Jane Ellison co-developed an ongoing collaborative trauma centered training with Head Start and Child Protection Services.

### Words of Wisdom from Michele

~ It is wonderful to love working with children, but **promoting healthy relationships between children and their important adults is the essential work of IECMH.** We must work with the important adults too. The quality of our relationship with the important adult can influence the quality of that adult's relationship with the child. IECMH work is all about the relationships.

~ **Reflective Consultation** is a game changer for how we work with children, their families and caregivers. It is a growth process which acknowledges that our own experiences and reactions influence our work. Reflective consultation promotes our self-awareness and ability to take the perspective of others

~ **Embrace curiosity.** Every child and family are different and we can never know all there is to know.

~ **Be solidly grounded in development** – not just the stages of development, but the process of it, too. What enhances it? What impedes it?

For those in the Infant and Early Childhood professions, there is not always an obvious outcome or end to a story. Children grow up and age out of IEC care. They become tweens, teenagers, and adults. In this work, you must have faith and hope, Michele said. Believe that what you're doing is making a difference, often in the most everyday moments. Because it is.

The Minnesota Association for Children's Mental Health will present the Michele Fallon award to a professional each fall at the Infant & Early Childhood Multidisciplinary Conference. Michele hopes to see it continue to recognize not just thought leaders and rock stars but focus on the invaluable accomplishments and contributions of the workhorses – those who are exceptional in quiet ways.

# Endorsement & the Supervision Series

**Endorsement®** is an internationally recognized credential used to demonstrate specialization and proficiency in the infant-early childhood mental health field that you can take with you throughout your career.



## Things to know

- The Mental Health Specialist pathway NO LONGER REQUIRES AN EXAM!
- If you took the exam and did not pass you, we are offering **50% off application fees**.
- All in-progress applications that are within **2 years of start dates are able to be edited**.
- Endorsed Reflective Supervisor for all.
- Family Associates and Family Specialists **may seek ERS now**.
- Endorsed Reflective Supervisor hours now **count for the mentor category**.
- If you hold ERS or are part of the mentor category you are able to **provide qualifying reflective hours for all Endorsement categories and people seeking Endorsement**.

## Reminders

### 2025 Application Deadlines

- Family Associates, Family Specialist, Mental Health Specialist, & Mentors
- Submit by March 31, 2025, review in April.
  - Submit by June 30, 2025, review in July.
  - Submit Sept. 30, 2025, review in October.
  - Applications for ERS will be reviewed as they are received.

### MACMH Office Hours

- Every third Tuesday via Zoom
- 12:30-1 p.m. and 5-6 p.m.
- Upcoming dates include: February 18, March 18, April 15 & May 20
- No renewal for Endorsement until 2027

*If you have questions, please reach out to us at [endorsement@macmh.org](mailto:endorsement@macmh.org).*

[Access your application in the EASy System](#)

[Learn more about Endorsement](#)



Become a Certified Supervisor for FREE



**Cohort 2 | May 2025 – August 2025 | Thursdays, 5-8 p.m. CST | Online via Zoom**

*You will be notified of your acceptance by Friday, March 28, 2025*

*Facilitated by **Renita Johnson, MSW, LICSW** – Independent Social Worker*

[Learn More About Registration & Eligibility](#)

This free, 15-week training program is designed for eligible participants who wish to become board-recognized supervisors for mental health practitioners from underrepresented communities seeking licensure. By completing this program, you'll gain the knowledge and tools to become a culturally responsive supervisor, ready to support students and new graduates. Each session is 3 CEHs and participants must complete all meetings and assignments to earn the 45 credits necessary for board recognition as a supervisor.

# Partner Events & Opportunities



## **Bemidji Early Childhood Collaborative Professional Education Workshops**

February 21 & 22 | Bemidji, Minnesota

*Staff from MACMH will be in attendance to share about MACMH's programs and resources, and hear from you about what you need from a state children's mental health association.*

### **Gather and Grow | Navigating Baffling Behaviors: Strategies for Childcare Providers**

February 20, 2025 | 6:30-8:30 pm | FREE | Northwest Technical College, Bemidji, MN  
with **Beka Swisher, MS, LAMFT**

Join BECC for a valuable 60 minute session focused on supporting young children's baffling behaviors in childcare settings.

[Learn More](#)

[Register](#)

### **Raising Kids With Big Baffling Behaviors | From Confusion to Clarity: Addressing Baffling Behaviors in Young Learners**

February 21, 2025 | 9 am to 1 pm | \$40 | Calvary Lutheran Church, Bemidji, Minnesota  
with **Beka Swisher, MS, LAMFT**

Join BECC for an engaging and interactive session tailored for educators and other professionals working with young children exhibiting challenging behaviors.

[Learn More](#)

[Register](#)



**JUSTCALL.**

## **Minnesota Mobile Mental Health Crisis Response Summit**

August 5 - August 6, 2025 | Virtual Summit

*Submit a Proposal by April 1, 2025*

[Learn More & Submit](#)

The Minnesota Mobile Mental Health Crisis Response (MetrCCS) Summit has become a prominent annual event that brings together leading professionals, experts, and innovators to discuss the latest trends, challenges, and advancements in mental health crisis response.

Help us build a dynamic, meaningful program. We welcome proposals from presenters from a broad variety of backgrounds.

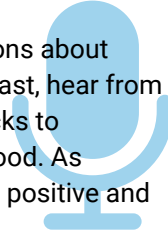
# Updates & Resources



## Mental Health Bytes Podcast *Building Healthy Relationships & Attachment*

[Listen to the Episode](#)

As Valentine's Day approaches, MACMH is having conversations about relationships. In this episode of the Mental Health Bytes Podcast, hear from Executive Director Brandon Jones on some of the tips and tricks to cultivating healthy relationships from infancy to young adulthood. As caregivers, parents, and loving adults, how can we best model positive and healthy relationships for our young people?



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## *Heartstrings: A Benefit for Children's Mental Health*

Our Heartstrings Benefit has been **postponed**. Stay tuned in the coming months for new dates. We look forward to gathering together to support professionals working with families and children in pursuit of optimal mental health.

## Newsletter Update

From now on, you will see the MACMH Minute in your inbox four times a year as a robust, digital newsletter. We look forward to providing you with the highest quality communication about how you can join us in our pursuit of optimal mental health from prenatal to young adulthood.

### EXECUTIVE DIRECTOR

Brandon Jones

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