



Child & Adolescent Mental Health Conference

April 27 – 29, 2025
Duluth, Minnesota

Tell Me Your Story



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.

In community,


Liz Franklin, Board President

Things to Know

Meals & Refreshments

Sunday: A light continental breakfast will be available in the Edmund Fitzgerald Hall Registration Area from 9:00 am – 10:00 am. A boxed lunch will be served in Pioneer Hall from 12:00 – 1:00 pm. Join us for Chips & Chat in the Arena Exhibit Hall from 2:00 – 2:30 pm.

Monday: A light continental breakfast will be available in the Arena Exhibit Hall from 9:00 – 10:00 am. Lunch will be served in Pioneer Hall from 12:00 – 1:00 pm. Join us for Chips & Chat in the Arena Exhibit Hall from 2:00 – 2:30 pm.

Tuesday: A light continental breakfast will be available in the Arena Exhibit Hall from 8:00 – 9:00 am. Lunch will be served in Pioneer Hall from 12:15 – 1:15 pm.

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.

Schedule Changes

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

Exhibits

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 Monday & Tuesday.

Daily Prize Drawings

We're celebrating each day of the conference—Sunday, Monday, and Tuesday—with random prize drawings for attendees. No sign-up required—winners will be notified by email with instructions to pick up their prize at the MACMH exhibit booth (Green Tent) in the DECC Arena.

Special thanks to our generous exhibitors for donating these wonderful prizes!

Green Initiatives

The DECC composts all organic waste and recycles all recyclable products in an effort to reduce landfill contributions. Surplus food from this event will be donated to the Second Harvest Food Bank.

Nursing Room

We have designated accommodations for those who are nursing in **Gooseberry 2**. There is a refrigerator available if you need to store items. It is in the Board Room near the Lake Superior Ballroom. Any additional questions or requests may be directed to the registration desk. See the map on the back cover.

Gender Neutral Restroom

There is a gender-neutral restroom located near the French River Room. See the map on the back cover.

Meditation, Prayer & Quiet Time Room

A shared space has been held in **Harborside 201** for those in need of a quiet place for prayer, meditation or just a break from the crowds. See the map on the back cover.

Lost & Found

If you lose something, check in with MACMH staff at on-site registration or with the DECC lobby staff.

Questions?

For building-specific questions, DECC staff are located at the front-lobby kiosk. For event-specific questions, see a MACMH staff member in the registration area or find someone wearing a staff name tag. Volunteers of MACMH are wearing bright green.



Workshop Handouts

All conference handouts are electronic this year!

To view handouts for each workshop, scan this QR code or visit macmh.org/conference/child-adolescent-conference/#tab-handouts



Internet

The WiFi for the DECC will be named **MACMH CONF**

Networking

We've included fans in your welcome bag. Our goal: to facilitate a self-led networking session where attendees independently engage, share insights, and offer support, fostering meaningful connections and collaboration. Read more on page 7.

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

Check in at user.macmh.org

Use this QR code to find your registration and check in to sessions.



Workshop Descriptions

Target Audience

Presenters chose the primary target audience area when they submitted 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 has been pre-approved by the boards listed below as indicated throughout the program:

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.

DIVERSITY-INFORMED TENETS FOR WORK WITH INFANTS, CHILDREN, AND FAMILIES

Irving Harris Foundation Professional Development Network Tenets Working Group



THE TENETS

DIVERSITY-INFORMED TENETS FOR WORK
WITH INFANTS, CHILDREN & FAMILIES

CENTRAL PRINCIPLE FOR DIVERSITY-INFORMED PRACTICE

1. Self-Awareness Leads to Better Services for Families:

Working with infants, children, and families requires all individuals, organizations, and systems of care to reflect on our own culture, values and beliefs, and on the impact that racism, classism, sexism, able-ism, homophobia, xenophobia, and other systems of oppression have had on our lives in order to provide diversity-informed, culturally attuned services.

STANCE TOWARD INFANTS, CHILDREN, AND FAMILIES FOR DIVERSITY-INFORMED PRACTICE

2. Champion Children's Rights Globally: Infants and children are citizens of the world. The global community is responsible for supporting parents/caregivers, families, and local communities in welcoming, protecting, and nurturing them.

3. Work to Acknowledge Privilege and Combat Discrimination: Discriminatory policies and practices that harm adults harm the infants and children in their care. Privilege constitutes injustice. Diversity-informed practitioners acknowledge privilege where we hold it, and use it strategically and responsibly. We combat racism, classism, sexism, able-ism, homophobia, xenophobia, and other systems of oppression within ourselves, our practices, and our fields.

4. Recognize and Respect Non-Dominant Bodies of Knowledge: Diversity-informed practice recognizes non-dominant ways of knowing, bodies of knowledge, sources of strength, and routes to healing within all families and communities.

5. Honor Diverse Family Structures: Families decide who is included and how they are structured; no particular family constellation or organization is inherently optimal compared to any other. Diversity-informed practice recognizes and strives to counter the historical bias toward idealizing (and conversely blaming) biological mothers while overlooking the critical child-rearing contributions of other parents and caregivers including second mothers, fathers, kin and felt family, adoptive parents, foster parents, and early care and educational providers.

PRINCIPLES FOR DIVERSITY-INFORMED RESOURCE ALLOCATION

6. Understand That Language Can Hurt or Heal:

Diversity-informed practice recognizes the power of language to divide or connect, denigrate or celebrate, hurt or heal. We strive to use language (including body language, imagery, and other modes of nonverbal communication) in ways that most inclusively support all children and their families, caregivers, and communities.

7. Support Families in Their Preferred Language:

Families are best supported in facilitating infants' and children's development and mental health when services are available in their native languages.

8. Allocate Resources to Systems Change: Diversity and inclusion must be proactively considered when doing any work with or on behalf of infants, children, and families. Resource allocation includes time, money, additional/alternative practices, and other supports and accommodations, otherwise systems of oppression may be inadvertently reproduced. Individuals, organizations, and systems of care need ongoing opportunities for reflection in order to identify implicit bias, remove barriers, and work to dismantle the root causes of disparity and inequity.

9. Make Space and Open Pathways: Infant, child, and family-serving workforces are most dynamic and effective when historically and currently marginalized individuals and groups have equitable access to a wide range of roles, disciplines, and modes of practice and influence.

ADVOCACY TOWARDS DIVERSITY, INCLUSION, AND EQUITY IN INSTITUTIONS

10. Advance Policy That Supports All Families:

Diversity-informed practitioners consider the impact of policy and legislation on all people and advance a just and equitable policy agenda for and with families.

IRVING HARRIS FOUNDATION

191 NORTH WACKER DRIVE, SUITE 1500
CHICAGO, IL 60606

312.621.3814

www.irvingharrisfdn.org

Diversity is used in the most inclusive sense possible, signaling race and ethnicity, as well as other identity markers, and referring to groups and individuals on both the "up and down side of power" along all axes.

Diversity-informed practice is a dynamic system of beliefs and values that strives for the highest levels of diversity, inclusion and equity. Diversity-informed practice recognizes the historic and contemporary systems of oppression that shape interactions between individuals, organizations and systems of care. Diversity-informed practice seeks the highest possible standard of equity, inclusivity and justice in all spheres of practice: teaching and training, research and writing, public policy and advocacy and direct service.

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.

Tell Me Your Story: Conversations That Connect

How it Works:

- 1) Each attendee will find a hand fan in their bag with "Tell Me Your Story" or "I Want to Share My Story".
- 2) Hold up the "I Want to Share My Story" side if you're ready to share your story.
- 3) Hold up the "Tell Me Your Story" side to hear others' stories.
- 4) Do this activity throughout the conference—during breaks, meals, or networking sessions to engage in meaningful conversations and foster natural connections.

Goal: To facilitate a self-led networking session where attendees independently engage, share insights, and offer support, fostering meaningful connections and collaboration.

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.

Take it Beyond #MACMHcon25: Bring this practice into your everyday life—at home, work, or the community. Try it with your loved ones, colleagues, clients, or students to continue fostering connection, understanding, and support.



MACMH's 2024 Annual Report Available for Download

A few of our key 2024 statistics



Total # of Trainings Hosted by MACMH:
167



Total # of Individuals Touched by MACMH Scholarships/Free Workshops/Services:
1,716



Top 3 Professions we serve:
+ Mental Health Professionals
+ Social Services Professionals
+ Education Professionals



More than **1,250** were reached in our Youth & Family Division!



2,373 people attended our conferences!
3,369 people attended our trainings!

We are continually inspired by the passion of those who seek to learn, grow, and support the mental health of young people. You are the reason we devote our time to building and offering continuing education events like our Child & Adolescent Mental Health Conference.

In January and February, 2025, MACMH received 353 scholarship applications for this conference. Due to limited funding, we were only able to grant 28 scholarships. This gap highlights the tremendous need for more donor and sponsor support. Each scholarship represents not just one individual, but a ripple effect—because the people we reach through scholarships and free trainings go on to impact **hundreds of children and families in their communities**. One applicant shared:

"I am so extremely grateful for the scholarship and ability to attend! The keynotes and breakouts were wonderful! Thank you!! Fabulous first experience :) Your staff were warm, welcoming, and SUPER helpful!"
-Mental Health Professional

When we invest in these professionals, we're investing in the mental health and well-being of **children and youth across Minnesota and beyond**. With more support, we could extend our reach and come closer to fulfilling our mission: **to promote and pursue optimal mental health for all from infancy to young adulthood**.



As we look ahead, we remain committed to **gathering and sharing the powerful stories** of our work—stories of resilience, growth, and impact that reflect our mission in action. Through our **annual report**, available via QR code or at our exhibit booth, we invite you to dive deeper into the lives touched by MACMH. Looking forward, we are turning our focus to **expanding scholarship funding**—with a spotlight on this effort at our upcoming "HeartStrings" brunch event in September. *With your continued support, we can open more doors, reach more communities, and move closer to a world where every child and young adult has access to the mental health resources and support they deserve.*

MACMH Event

Heartstrings:

A Benefit for Children's Mental Health

Helping the Healer

Together, we can make a difference in the lives of children facing mental health challenges. Come and show your support!

Join us September 19, 2025 at the Town & Country Club in Saint Paul, MN.

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 ■

Harborside Ballroom (301-305)



THANK YOU SPONSORS



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.

French River

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 ♥

Harborside 202

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 ♥

Harborside 203

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

Harborside 205

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 ✓

Lake Superior Ballroom JP

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

Harborside 204

Become Endorsed®

Endorsement® is an internationally recognized credential used to demonstrate specialization in the infant-early childhood mental health field. Developed by MI-AIMH in 2002, it is now used by 36 state infant mental health associations and 2 international associations.

There is a pathway for you!

- Childcare providers & early educators
- Mental Health Professionals
- Home visitors & child welfare professionals
- Systems & research professionals
- Healthcare 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 ✓
Lake Superior Ballroom KQ

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 ■

Lake Superior Ballroom LM

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 ■

Gooseberry 1

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 ♥

Gooseberry 3

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 ✓
Lake Superior Ballroom O

Tag Us on Social Media

Snap some pics of your time with us and make sure to tag us on social media! #MACMHCon24



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**

Lake Superior Ballroom JP

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 ■

Lake Superior Ballroom O

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 ✓
Lake Superior Ballroom LM

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**
Harborside 202

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 ♥

Symphony Hall

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**
Gooseberry 1

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**

French River

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 ✓

Lake Superior Ballroom JP

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 ♥

Harborside 204

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 ✓
Gooseberry 3

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**

Lake Superior Ballroom KQ

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, CFE, 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 ♥

Harborside 205

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 ♥
Harborside 203

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 ❤️

Harborside 202

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 ❤️

Harborside 204

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 ✓

Lake Superior Ballroom O

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 🍃

Lake Superior Ballroom LM

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 ✓

Lake Superior Ballroom KQ

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 ✓

Harborside 203

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 ❤️

Gooseberry 3

Concurrent Workshops 24 – 34

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

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 CULTURAL COMPETENCY

Harborside 205

32 - ADHD Update 2025

For over ten years, this highly rated workshop has presented 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

Lake Superior Ballroom JP

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: Anyone who facilitates groups

2 hours SW CLINICAL CONTENT

Gooseberry 1

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

French River

Monday, April 28

MACMH Program

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.



Your Professional Home for Optimal Mental Health

Take our survey and tell us how we can better meet your needs.



Keynote

1:00 – 2:00 pm

Doors open 12:15 pm | Doors close 12:45 pm
Mindful Moment with movemindfully®



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, PsyD 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 Supervision Series

Welcome to the MACMH Supervision Series! 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.

macmh.org/macmh-supervision-series

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Transforming Lives

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.

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Northeast Youth & Family Services

Session 4

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

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

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**
Gooseberry-3

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**
Harborside 202

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 ●

Harborside 203

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**

Lake Superior Ballroom KQ

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 ♥

Lake Superior Ballroom O

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**

Harborside 204



Join or refer someone to our Board of Directors

macmh.org/about/board

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 Bieganeke, 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 ✓

Lake Superior Ballroom JP

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 ✓

Lake Superior Ballroom LM

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 ✓

Gooseberry 1

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 ❤️

French River

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 hours SW/MFT ETHICS 🟡

Harborside 205

Save the Date



30th Annual Child & Adolescent Mental Health Conference

April 26 - 28, 2026
Duluth, MN

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**
Symphony Hall



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



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



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

SAVE THE DATE

Now accepting proposals to present.



8th Annual Infant & Early Childhood Multidisciplinary Conference

November 16 – 18, 2025

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

www.macmh.org

Keynote | 9:00 – 10:00 am

Doors open 8:15 am | Doors close 8:45 am
Mindful Moment with movemindfully®



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



Child & Adolescent Mental Health Training Series

New Webinars Added Regularly

Join us for our Children's Mental Health Training Series – continuing education designed for those who work with or care for infants, children and youth. Upcoming workshop topics include reducing shame & increasing resiliency, pediatric chronic illness & mental health, executive functioning strategies for neurodiverse humans, and more.

Not able to join us live? No problem. Each webinar will be recorded and available for registered attendees to watch for 45 days following the live session.

macmh.org/professional-development/training-series/

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

Gooseberry 3

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 ●

Harborside 205

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 ♥

Lake Superior Ballroom LM

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

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

Harborside 203

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

Naejee 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 ■

Lake Superior Ballroom JP

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

Lake Superior Ballroom KQ

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 ■

French River

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**

Gooseberry 1

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 ♥

Harborside 204

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 ■

Lake Superior Ballroom O



At Allina Health, our mission is to provide exceptional care to adolescents within and beyond the Twin Cities, expanding to Hastings, Faribault, and Cambridge.



We apply our collective talents to empower kids aged 13-18 in our Partial Hospitalization and Day Treatment Programs to achieve their goals, feel stronger, and lead better lives. We do this by providing **Whole Person Care for Those We Serve and Whole Person Care for Us.**



Join our Mental Health & Addiction Clinic Service Line, which consists of over 400 clinicians.

Contact julie.joseph@allina.com to learn more about our Mental Health & Addiction opportunities.

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 ✓

Lake Superior Ballroom LM

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 ✓

Harborside 204

58 - Surviving to Thriving

In this personal presentation, Jordan Angecneb 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 Angecneb – Director of Youth Services & Community Recreation

Level: 1 | For: **Everyone**

1 hour MFT CULTURAL COMPETENCY ♥

Harborside 202

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 ✓

Lake Superior Ballroom KQ

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**

French River

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 ✓

Lake Superior Ballroom JP

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 ✓

Lake Superior Ballroom O



On-Demand Trainings

Join us for our Children's Mental Health On Demand Trainings – continuing education designed to be accessible for those who work with or care for infants, children, and youth.

Learn at your own pace and earn CEHs anytime, anywhere with our on-demand learning opportunities. New On Demand content is added regularly.

macmh.org/professional-development/on-demand-training

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 ✓

Gooseberry 3

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

Gooseberry 1

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 ●

Harborside 205

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

Harborside 203

Tuesday, April 29



poremotionalwellness.com

P.O.R. Emotional Wellness
8441 Wayzata Blvd, Ste 130
Golden Valley, MN 55436

952.835.6540

info@poremotionalwellness.com

Exhibits

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

Don't miss the wide variety of exciting exhibits we have this year in the Arena Exhibit Hall.

View a map of the Exhibit Hall on the back cover.

32 | Acadia Healthcare Children's Behavioral Solutions



6100 Tower Circle Suite 1000, Franklin, TN 37067
www.acadiahealthcare.com/programming-treatment/childrens-behavioral-solutions/?q=MN&searchType=cbs&see=1&fr=21h1704750710#almform
Contact: Amber Lancaster | 304-374-5187
amber.lancaster@acadiahealthcare.com

Our program is a cost-free referral assistance service designed to help children, adolescents, and their families find and select the appropriate treatment solutions to best meet their behavioral health needs. By calling our Referral Coordination Center, you can get help finding and securing the most beneficial treatment solution for your child as efficiently and seamlessly as possible.

20 | Aris Clinic

2040 Woodwinds Dr,
Woodbury, Minnesota 55125

www.aris-clinic.com

Contact: Zachary Diaz-Howard | 651-259-9750
zhoward@aris-clinic.com

Aris Clinic is a mental health clinic specializing in the treatment of children and adolescents.



5 | Beacon of Strength Mental Health Services

205 W 2nd St, Suite 335,
Duluth, MN 55802

beaconofstrength.com

Contact: Jasmine Maki | 612-440-3499
info@beaconofstrength.com

Beacon of Strength Mental Health Services is an outpatient mental health therapy practice that aims to illuminate paths to mental wellness with compassion, expertise, and empowerment.



77-76 | Behavioral Institute for Children and Adolescents



203 Little Canada Road E, Suite 200,
Little Canada, MN 55117

www.behavioralinstitute.org

Contact: Melissa Knoll | 651-484-5510
mknoll@behavioralinstitute.org

BICA has been promoting improved services for troubled children and youth since 1982. The Institute provides a wide variety of supporting services to professionals and parents who work with children with emotional and behavioral challenges. Our services include professional development, discounted publications and materials, conferences, workshops, consultation, program design and evaluation and a professional library.

17 | Bhakti Brain Health Clinic

7300 Metro Blvd, 340,
Edina, MN 55439

bhaktibrainhealthclinic.com

Contact: Allysen Hoberg | 888-783-2242
allysen@bhakticlinic.com

BBHC is a center for excellence in brain and central nervous system health. We offer a full spectrum of QEEG assessment and neuromodulation/neurotherapy services to address brain dysregulation. We have both in-clinic and at-home training options to address mild traumatic brain injury, ADHD, anxiety, depression, PTSD, dementia, early cognitive decline and other brain related issues. We help you retrain your brain and nervous system resulting in a more regulated, more organized pattern of functioning.



79 | Blue Cross Blue Shield and Blue Plus of Minnesota

3400 Yankee Drive, Eagan,
Minnesota 55121

www.bluecrossmn.com/

Contact: Brad Vold | 630-8703
Bradley.Vold@bluecrossmn.com

Blue Cross and Blue Shield of Minnesota and Blue Plus are committed to the health of our members and people in communities throughout the state. As a nonprofit health plan, Blue Plus helps raise awareness and supports initiatives to encourage healthy eating, physical activity and a tobacco-free lifestyle. An extensive network provides access to health care, tools and resources that help people live safe and healthy lives. You can count on us to provide excellent coverage, value and service.



42 | Cairns Psychological Services

6400 Flying Cloud Dr
#180,, Eden Prairie, MN
55344

amidstthetrees.com

Contact: Molly DePrekel | 307-0982
molly@cairnshealing.com

Vision Amidst the Trees is to step into alignment with the natural world and the wisdom of the body to access authentic knowing for both personal and professional restoration. Mission is to create and hold space for those who seek consultation, authentic restoration and restorative retreats so healing can happen. Nature based healing and somatic work is provided for mental health clinicians to combat compassion fatigue/create wellness so participants can be in their most resourced self.



70 | Cantata Health Solutions, LLC

2303 Ranch Road 620 S,
Suite 160 #523, Lakeway, TX 78734

CantataHealth.com

Contact: Dylan Bestler | 516-304-1882
Dylan.Bestler@cantatahealth.com

Cantata is transforming care for Behavioral Health and Human Services with Arize EHR. Developed by experts driven by empathy with deep industry experience, Arize puts you in control – with tools that can run right out of the box, or can be easily configured to adapt to providers' work. With integrated features like built-in telehealth full mobile functionality, and real-time team collaboration, Arize eases workloads and empowers providers to elevate care to improve lives.



66a | Carlton County PHHS/MN Suicide Prevention Regional Coordination

14 N 11th St. , Cloquet,
MN 55720

www.health.state.mn.us/communities/suicide/mnresponse/regionalcoord.html

Contact: Molly Johnson

molly.johnson@carltoncountymn.gov

The Suicide Prevention Regional Coordinators work with individuals, organizations, and communities to support community-led suicide prevention efforts through free trainings and technical assistance across all of Minnesota's 87 counties.



63 | Charlie Health



233 E. Main Suite 401, Bozeman, Montana 59715
Contact: Shawna Suomi | 218-600-8845

shawna.suomi@charliehealth.com

We are a 100% Virtual Intensive Outpatient Program. Our goals are suicide prevention and removing the barriers to mental health care. We have no wait lists, flexible day/evening/Saturday schedules and we customize our groups based on age, treatment modality and lived experience. Clients have high attendance rates due to accessibility but also connection. We are metrics based and have Yale peer reviewed studies to prove our treatment is working and saving lives. We also offer many free programs.

4 | Children's Nebraska

8200 Dodge Street,
Omaha, NE 68114

www.childrensnebraska.org

Contact: Erin Pearson | 402-560-4170

epearson@childrensnebraska.org

The Behavioral Health & Wellness Center at Children's Nebraska, built in partnership with the Mental Health Innovation Foundation, will open in early 2026 as a world-class facility providing the full spectrum of pediatric mental health services for children and their families. Children's Nebraska supports the whole child with the region's most comprehensive offerings and an innovative model of care. This ensures children and youth receive the expert care they need, when they need it.



27 | Ellie Mental Health

1370 Mendota Heights Rd,
Mendota Heights, Minnesota 55120

www.elliementalhealth.com

Contact: Abby Sorensen | 612-418-1318

asorensen@elliementalhealth.com

Outpatient mental health services for all ages.



59 | Equip Health

8943 York Rd S, Bloomington,
MN 55431

www.equip.health |

949-282-7648

Contact: Brooke Spencer

bspencer@equip.health

Equip is an eating disorder treatment program on mission to ensure that everyone who needs it has access to treatment that works. Built by clinical experts and people who've been there, Equip treatment leads to lasting recovery at home. We provide virtual, evidence-based treatment through a dedicated multidisciplinary care team, allowing each patient to achieve recovery without disrupting their life. We treat patients of all ages and diagnoses in all 50 states, and we accept most insurances.



Equip

74 | Course Counter

12517 Danbury Way, Rosemount,
MN 55068

coursecounter.com

Contact: Carl Wills | 651-757-6565

carl@coursecounter.com

Mobile App designed to help licensed professionals manage and stay on top of their licensure requirements. App is free to use with optional PRO subscription. Focused on making the license renewal process easier, and helping professional always know where they stand in regards to their requirements. I created and run the app myself, made here in the metro area of Minnesota.



36a | Crosswind Counseling Center

306 W. Superior St. #601,
Duluth, Minnesota 55802

crosswindcenter.com

Contact: Amber Snow

amber@crosswindcenter.com

Crosswind Counseling Center offers comprehensive mental health services to people throughout Minnesota and Wisconsin, with a trauma-focused lens and providing gender-affirming care. Our team has added expertise in serving clients of all ages with sexual behavior problems, or intimacy concerns. Available services include psychotherapy, medication management, and psychological assessment.



9 | Families Rising Minnesota

2380 Wycliff St
Suite 200-11, St. Paul, MN 55114

wearefamiliesrising.org/families-rising-mn/

Contact: Melissa Greene | 651-410-3754

melissagreene@wearefamiliesrising.org

Families Rising Minnesota (FRMN) provides a statewide network of support services for adoptive, foster, and kinship care families. Support services are free and include 1:1 parenting support and education, online and in-person support groups, online peer-to-peer support, education support, and youth programming.



61 | Family Based Therapy Associates

f b t a INDIVIDUALS • COUPLES • FAMILIES
personal, comprehensive mental health care

199 Coon Rapids Blvd, Suite 306, Coon Rapids,
MN 55433

www.fbta.biz

Contact: Tammy Gudim | 612-816-5179

tgudim@fbtacounseling.com

Outpatient mental health clinic providing services to individuals, couples and families. We have three locations in Minnesota and we provide services to clients starting at the age of 2.

52 | Duluth Core Learning

4801 Burning Tree Road,
Duluth, MN 55811

www.duluthcorelearning.com

Contact: Carolyn Haney | 218-393-8590

carolyn@duluthcorelearning.com

Cognitive Skills Clinic—Strengthening attention, memory, processing, executive function, and primitive reflex integration, learning.



8 | Fernbrook Family Center

2575 Harvest Lane NW,
Owatonna, MN 55060

fernbrook.org

Contact: Laura Millar

lmillar@fernbrook.org

Fernbrook Family Center provides inclusive mental health services to all ages, improve emotional well-being, encourage healthy relationships, and foster resiliency by using innovative strategies to transform lives.



25 | FIREFLY MENTAL HEALTH LLC

4891 Miller Trunk Hwy,
Ste 206, Hermantown,
Mn 55811

www.fireflymh.com

Contact: Karissa Haugen

karissahaugen@fireflymh.com

New private practice in the Hermantown Mn area. Serving the community ages 7 and older. Owned by Karissa Haugen, PMHNP.



51 | Foster Adopt Minnesota

2446 University Ave. NW,
Suite 140, St. Paul, MN 55114

www.fosteradoptmn.org

Contact: Jackie Brovold | 612-746-5130

jbrovold@fosteradoptmn.org

Foster Adopt Minnesota provides programs and services to fully support adoptive, kinship and foster families and their children.



39 | Groves Learning Organization

3200 Hwy 100 S, St Louis
Park, MN 55416

www.groveslearning.org

Contact: Linda Roslansky | 952-283-3323

roslansky@groveslearning.org

Groves Learning Organization® (GLO) is an educational ecosystem that empowers students to unleash their brilliance with expert literacy instruction for all students and supportive solutions for students who experience learning challenges.



Allina Health

2925 Chicago Avenue,
Minneapolis, MN 55407

account.allinahealth.org/servicelines/826

Contact: Michelle Moua | 763-501-3749

michelle.moua@allina.com

We are a nonprofit healthcare system headquartered in Minneapolis, MN, offering a wide range of services, including 12 hospital campuses, 90+ clinics, and various specialty care centers across Minnesota and western Wisconsin, with a mission to enhance the health of individuals, families, and communities.



6a | Hazelden Betty Ford Foundation

505 AQUA CIR, Lino Lakes, MN 55014

www.hazeldenbettyford.org

Contact: Karyn Else

kelse@hazeldenbettyford.org

The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs. As the nation's leading nonprofit provider of comprehensive inpatient and outpatient addiction and mental health care for adults and youth, the Foundation has treatment centers and telehealth services nationwide as well as a network of collaborators throughout health care.



68 | Help Me Grow

325 W 1st St Suite 300, Duluth, MN 55802

helpmegrowmn.org

Contact: Kacy Jacobs | 218-336-8846

Kacy.Jacobs@isd709.org

Help Me Grow provides resources for families to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost. Minnesota's Help Me Grow is an interagency initiative of the State of Minnesota Department of Education, Department of Health and Department of Human Services. We partner with all local service agencies.



11a | Hennepin County Children's Mental Health Collaborative

c/o MACMH, 23 Empire Drive, Suite 1000, Saint Paul, MN 55103

hccmh.org

Contact: Laura LaCroix-Dalluhn

hc.childernsmentalhealth@gmail.com

Hennepin County Children's Mental Health Collaborative provides a forum for a diverse and representative group of system stakeholders to influence the development and ongoing operation of an accessible and effective children's mental health service system within Hennepin County. The CMHC promotes innovative service development and continuous quality improvement in the children's mental health system by embracing the system of care principles and research on children's mental health services.



56 | INDIGO Education

2438 33rd Ave S, Minneapolis, MN 55406

www.indigoed.org

Contact: Hannah Peterson | 651-235-2825

hpeterson@indigoed.org

INDIGO Education has been a progressive catalyst for innovation in special education for over 25 years, serving more than 65 tuition-free charter schools across Minnesota. We address the unique and diverse needs of students with disabilities while helping schools overcome staffing and resource challenges. Our support includes robust professional development, cohort opportunities for both new and experienced educators, mentorship, and tuition assistance for aspiring special ed teachers.



62 | Insight Counseling

Contact: Dina Clabaugh | 218-428-0448

dina@insightcounselingduluth.com

www.insightcounselingduluth.com/

We are compassionate, professional practitioners who hold integrity of care to the highest standards.



37 | Lakeview Behavioral Health

516 S Pokegama Ave, Grand Rapids, Minnesota 55744

www.lakeviewbh.com | 218-398-3116

Contact: Marki Klatt

markik@lakeviewbh.com

At Lakeview Behavioral Health, we understand the challenges of mental health and substance use disorders. Our team of compassionate and experienced professionals is dedicated to helping you achieve lasting recovery. We offer a comprehensive range of services, including outpatient therapy, substance use treatment, medication management and co-occurring services, tailored to your individual needs, to help you regain control of your life. With locations throughout Minnesota, we are here to support.



58 | Little Otter

7851 Metro Pkwy # 115 PMB1032, Bloomington, MN 55425

littleotterhealth.com

Contact: Alexis Cedeño

alexis@littleotterhealth.com

Little Otter is a digital mental health company that offers holistic, evidence-backed care for children 0-18 and their families. Through its AI-powered platform and virtual care offerings, Little Otter provides a comprehensive suite of mental health services that go beyond just treating children to address the needs of the entire family. Available in 15 states and expanding, Little Otter is on a mission to make mental health care accessible, effective, and personalized for families everywhere.



44 | Little Sand Group Home

5910 Little Sand Lane NE, Remer, Mn 56672

www.littlesandgrouphome@gmail.com

Contact: Michelle Pepin

Michellepepin7@gmail.com

Little Sand is committed to providing individualized programming to adolescent females that is based on empathy, support, structure, and consistency. We provide therapeutic expertise and interventions to facilitate significant improvement in overall emotional, behavioral and social functioning.



12 | Lorenz Clinic of Family Psychology

1772 Stieger Lake Lane, Victoria, MN 55386

lorenzclinic.com

Contact: Chloe Roovers

outreach@lorenzclinic.com

Lorenz Clinic is a multi-disciplinary psychotherapy clinic serving the unique mental health needs of children, adults, families, couples, and groups. Located on the edge of the Minneapolis Metropolitan area, our five locations are located south/southwest of downtown Minneapolis and St. Paul and provide access for both suburban and rural communities. Care includes home-based, outpatient, day treatment, and medication management. Lorenz Clinic also hosts a vibrant training program.



53 | Melrose Center

3525 Monterey Dr., St. Louis Park, MN 55416

www.melroseheals.com

Contact: Carmen Hansen | 952-993-6475

carmen.hansen@parknicollet.com

Melrose Center helps patients and families struggling with an eating disorder recover and thrive. Based in the Twin Cities, we partner with patients and use evidence-based therapy to support healing. We care for patients ages 10 and up and have all levels of care: intensive residential, residential, partial hospitalization, intensive outpatient and outpatient care. Call 952-993-6200 to schedule an initial assessment. Start your recovery today with the compassionate experts at Melrose Center!



71 | Mhealth Fairview

1675 Beam Ave, Suite 200, Maplewood, MN 55109

mhealthfairview.org/categories/Mental-Health-and-Addiction-Care

Contact: Nicole Herlofsky | 612-313-8871

nicole.herlofsky@fairview.org

MHealth Fairview provides mental health and addiction care to people of all ages. Services include inpatient care, partial hospital programs, intensive outpatient programs, outpatient therapy, & psychiatric services. We have locations throughout the metro and surrounding areas.



26 | MHS

3033 Campus Drive, Suite E180, Plymouth, MN 55441

www.mhs-dbt.com

Contact: Heather Anton | 651-338-3887

hanton@mhs-dbt.com

MHS is an intensive outpatient mental health clinic with 5 locations in the Twin Cities and a Virtu-Clinic serving the rest of Minnesota. With over 20 years of experience, MHS offers DBT services to individuals 12 years and older. Some specialty programs include: DBT for chemical dependency/mental health, DBT for trauma, DBT for perinatal mental health, DBT for healthcare providers, and more. With most programs, clients are able to continuing working with their external individual therapist.



7 | Minnesota Alliance on Problem Gambling



Minnesota Alliance on Problem Gambling

1935 Co Rd B2 West, Ste 420, Roseville, MN 55113

mnapg.org/

Contact: Sonja Mertz | 651-361-0916

smertz@mnapg.org

Minnesota Alliance on Problem Gambling (MNAPG) is a non-profit, gambling-neutral organization dedicated to improving the lives of Minnesotans affected by problem gambling. MNAPG is a coalition of individuals and organizations sharing the belief that problem gambling is a serious public health problem that is both treatable and preventable. MNAPG provides resources on gambling addiction and gaming disorder and materials aimed towards family and youth.

45 | Minnesota Association of Community Mental Health Programs



2038 Ford Parkway #453, Saint Paul, MN 55116

www.macmhp.org

Contact: Simona Stoianovici | 612-483-8404

simona.stoianovici@macmhp.org

We are a statewide network of 36 community-based mental health programs that serve over 200,000 Minnesotans every year. Our mission is to serve all who come to us seeking mental and chemical health services, regardless of their insurance status or their ability to pay.

24 | Minnesota Autism Center



Contact: Kimberly Salmela | 612-488-9058

Kimberly.Salmela@mnautism.org

www.mnautism.org

MAC Midwest is a nonprofit organization dedicated to supporting individuals with autism and their families through compassionate, evidence-based care. For nearly 30 years, we've helped children and young adults develop essential life skills, build meaningful connections, and reach their fullest potential.

36b | Minnesota Counseling Association (MnCA)



MINNESOTA COUNSELING ASSOCIATION
Your Professional Home

8360 90th Street s, Cottage Grove, MN 55016

Mnca.org

Contact: Natasha Powell

info@mnca.org

MnCA is the Minnesota branch of the American Counseling Association. We work on advocacy for mental health services, advocating for LPC and LPCC's in Minnesota. We also provide opportunities for continuing education and networking across the state.

67 | Minnesota Department of Commerce



85 7th Place East, Suite 280, St Paul, MN 55101

mn.gov/commerce/insurance/health/mental-health/

Contact: Angie Laschinger | 651-502-8361

angie.laschinger@state.mn.us

The Mental Health Parity Office at the Minnesota Department of Commerce is responsible for engaging stakeholders in parity related concerns, for education and outreach to providers and consumers, and in assisting in the enforcement of parity laws.

13 | Minnesota Department of Human Services - Direct Care and Treatment (CBS MITH Program)



PO Box 64997, St. Paul, Minnesota 55164

mn.gov/dhs/general-public/about-dhs/employment/dct-careers

Contact: Jessica Engle

dct.recruitment.dhs@state.mn.us

Minnesota Intensive Therapeutic Homes (MITH) provides an effective treatment model alternative for children and adolescents with severe emotional disturbance (SED) and/or intellectual disabilities. The MITH Model of Care is an added service that builds support around a foster parent and youth to promote overall placement stability, structure, skill building and mental health resilience in a family placement setting environment.

10 | Minnesota Disability Determination Services



180 E Fifth St Suite 500, St Paul, Minnesota 55101

www.ssa.gov

Contact: Tanya Heitzinger | 651-259-7835

tanya.heitzinger@ssa.gov

The Minnesota Disability Determination agency partners with the Social Security Administration to make the medical decision if an individual qualifies for the Social Security Disability program. Our both will display a wide variety of important information regarding the Social Security Disability program along with other services that SSA provides.

33 | MKG Parent Coach



2590 67th Court East, Inver Grove Heights, Minnesota 55076

mkgparentcoach.com

Contact: Merri Guggisberg | 261-9942

merri@mkgparentcoach.com

MKG Parent Coach offers coaching, workshops, and resources for parents, caregivers, students, and professionals. Focusing on mindfulness, kindness, and gratitude, MKG Parent Coach helps individuals build emotional resilience, strengthen connections, and develop leadership skills. Using strengths-based approaches and the PAUSE framework, services empower families and communities to navigate challenges and foster personal and professional growth.

38 | MN Autism Resource Portal (DHS)



13857 10th Ave S, Zimmerman, Minnesota 55398

www.mn.gov/autism

Contact: Nicole Berning | 763-639-8209

nicole.berning@state.mn.us

The purpose of the Autism Resource Portal website is to provide the Minnesota Autism community with up-to-date information and resources related to Autism Spectrum Disorder (ASD). It is the hope of all involved that this website will help the Minnesota Autism community connect, share and learn together. Content will be collected from a variety of sources, such as nonprofit organizations, state and federal agencies and other autism-related organizations. The website is managed by DHS.

14 | MN Dept. of Human Services - Direct Care and Treatment (CABHH)



Contact: Jessica Engle |

jessica.engle@state.mn.us

40 | Monarch Learning & Attention Center



6600 City West Parkway, Ste 207, Eden Prairie, Minnesota 55344

www.monarchassessment.com/

Contact: Sarah Kupfer | 612-562-9007

skupfer@monarchassessment.com

We are a small practice of licensed clinical psychologists with a wealth of experience conducting psychological assessments. We provide comprehensive assessments for children (ages 6 and up), adolescents, and young adults with concerns related to learning (dyslexia, dysgraphia, dyscalculia), attention, executive functioning, and social differences.

80 | *movemindfully*[®]

1882 Princeton Ave.,
St. Paul, MN 55105

move-mindfully

Contact: Kathy Flaminio |
651-373-1352

kathy@move-mindfully.com

movemindfully[®] is a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into simple trauma-responsive practices that are used in educational, therapeutic, corporate, and home environments. We offer training, workshops, products, consultation, residencies, and curricula that teach simple mind-body practices for self-regulation, focus, and overall well-being. Based on the latest research in neuroscience and best practices for intervening



movemindfully

22 | *NAMI Minnesota*

1919 University Ave Suite 400,
St Paul, MN 55104

namimn.org

Contact: Dana Malan | 651-645-2948

directorofoutreach@namimn.org

NAMI provides education, support and advocacy to reduce suffering related to mental illnesses.



23 | *Natalis Psychology*

1600 University Ave W Ste
12, Saint Paul, MN 55104

natalispsychology.com

Contact: Jennifer Joseph | 651-497-1300

jjoseph@natalispsychology.com

A Certified Mental Health Clinic that provides outpatient services to children/adolescents and their families. Our clinic also provides Integrated Behavioral Health (IBH) services at pediatric primary care clinics and School Based Mental Health Services (SBMH).



46-47 | *Newport Healthcare*

19200 Von Karman Ave. #
500, Irvine, CA 92612

www.newporthealthcare.com/

Contact: Kathaleen Richburg | 320-372-2336

katie.richburg@newporthealthcare.com

Newport Healthcare is the national leader in treating higher-acuity mood and co-occurring disorders in teens and young adults, such as depression, anxiety, mood disorders, trauma, and substance use disorder. As our country and the world face the most devastating crisis of our time – the youth mental health crisis – Newport Healthcare is at the forefront in the essential work of helping young people to heal and to thrive.



NEWPORT
HEALTHCARE

1 | *Nexus Family Healing*

505 Hwy 169 N,
Plymouth, MN 55441

NexusFamilyHealing.org

Contact: Amy James |
763-551-8640

ajames@nexusfamilyhealing.org

Nexus Family Healing is a national, nonprofit mental health, organization that restores hope for thousands of children, families, and adults who come to us for community mental health services, foster care and adoption, and residential treatment. For 50 years, our network of agencies have used innovative, personalized approaches to heal trauma, break cycles of harm, and reshape futures. We believe every child is worth it – and every family matters.



83 | *North Homes Children and Family Services*

303 SE First St, Suite 1,
Grand Rapids, MN 55744

www.northhomes.org

Contact: Wade Chiodo |
218-327-3000

wade.chiodo@northhomes.org

Our Mission: Providing a community-based continuum of compassionate care to children and families



30 | *Northeast Youth & Family Services*

3490 Lexington Ave. N.,
Shoreview, MN 55126

www.nyfs.org

Contact: Jennifer Lenart

jennifer.lenart@nyfs.org

NYFS is a nonprofit, trauma-informed mental health and community services agency serving the northeastern suburbs of the Twin Cities metro area.



66b | *NorthStar Community Services*

1804 Cloquet Ave, Cloquet, MN 55720

northstarcommunityservices.com

Contact: Heather Wright | 218-626-5175

heather@northstarcommunityservices.com

NorthStar Community Services provides multiple services including Employment Support, Behavioral Health Services, IHS Services, Housing Services and EIDBI Services. NorthStar focuses on the betterment of life for individuals and families with disabilities and strive to help them succeed in all aspects of their life.



18 | *NOVA Education Consultants*

5081 Bald Eagle Avenue,
White Bear Lake, MN 55110

www.nova-education.org

Contact: Emily Cooley Dobbins

emily@nova-education.org

NOVA is a first-of-its-kind education cooperative supporting schools with staffing, consulting, professional development and more. Our services include mental health, special education, human resources, school finance, and school operations. We keep outstanding educators in the profession and provide a cost-effective alternative to staffing agencies. We are relationship-driven and focused on the success of students, staff, and schools.



11b | *Nystrom & Associates*

1900 Silver Lake Rd,
Ste 110, New Brighton, MN 55112

www.nystromcounseling.com

Contact: Angela Khalar | 715-205-8326

Akhalara@nystromcounseling.com

With over three decades serving patients, Nystrom & Associates is one of the largest behavioral health organizations in the country. We are on a mission to empower people to be the best version of themselves by providing therapy, psychiatry, substance use and a variety of other services for adults, children, couples, and families.



28 | *One Circle Foundation*

734 A. Street, Suite 4, San
Rafael, CA 94901

onecirclefoundation.org/

Contact: Victoria Mahand |
415-419-5119

Victoria@onecirclefoundation.org

At One Circle Foundation, we promote resiliency and healthy development in children, adolescents, families, adults, and communities. We train, consult, and equip service providers across all youth sectors in the United States and internationally with state of the art, research based Circle program models, best practice approaches, and manual-guided curricula for programs serving youth and communities. Girls Circle™, The Council for Boys and Young Men™, Women's Circle™ and Unity Circle™



75 | *P.E.A.S.E. Academy*

601 13th Ave SE, Minneapolis, MN
55414

www.peaseacademy.org

Contact: Michael Durchslag |
612-378-1377

mdurchslag@emailmcs.org

Started in January, 1989, P.E.A.S.E. Academy is the longest running recovery high school in the United States. Staff, students, families, and board members create a community who aims to: acknowledge and affirm individuals; support responsible choices that strengthen recovery; develop each individual's capacity to succeed; empower students to grow in mind, body, and spirit; encourage the search for greater purpose; and celebrate each day living in recovery.



P.E.A.S.E.
ACADEMY

64 | PACER Center

8161 Normandale Blvd,
Minneapolis, MN 55437

www.pacer.org/

Contact: Karen Malka | 6123822736

karen.malka@pacer.org

Through more than 30 projects, PACER provides individual assistance, workshops, publications, and other resources to help families make decisions about education and other services for their child or young adult with disabilities.



43 | Prairie Lakes Youth Programs

1808 Civic Center Dr,
Willmar, Minnesota 56201

prairielakesyouth.org

Contact: Kayla Thrush | 320-235-6895

kayla@prairielakesyouth.org

At Prairie Lakes Youth Programs, we believe that everyone has the potential to live a life with dignity. Our programs and services are designed to help youth overcome challenges and achieve success. We offer a variety of placement options: Toledo's Passage (Secure) Leo's Legacy (Corrections) Captain's Academy (Non-Secure) Haven House (Girls Group Home) Integrity House (Boys Group Home)



15 | Qualifacts

315 Deaderick Street,
Nashville, TN 37238

www.qualifacts.com

Contact: Sheila Cashman | 651-303-3488

sheila.cashman@qualifacts.com

Qualifacts is a leading provider of behavioral health, rehabilitative and human services software and SaaS solutions for clinical productivity, compliance and state reporting, billing, and business intelligence. Its mission is to be an innovative and trusted technology and solutions partner, enabling exceptional outcomes for its customers and those they serve. Qualifacts' comprehensive portfolio includes the CareLogic, Credible, and InSync platforms.



31a | Parent Coach Connection

13434 Van Buren St NE, Ham
Lake, MN 55304

parentcoachconnection.com

Contact: Lisa Krause | 763-438-1093

lisa@parentcoachconnection.com

Parent Coach Connection offers strengths-based coaching for parents at any stage of their journey – whether navigating stress, mental health challenges, or simply wanting to grow. Coaching provides a nonjudgmental space to reflect, build on what's working, and take small, meaningful steps forward. We focus on parent development, not just parenting skills – because when parents grow, children benefit. Learn more at www.parentcoachconnection.com



Parent Coach
Connection

82 | Prairie St. Johns

510 4th St. S, Fargo, ND 58103

prairie-stjohns.com

Contact: Marita Palya |
701-936-3548

marita.palya@uhsinc.com

Prairie St. Johns is a Behavioral health hospital located in Fargo, ND. Just across the river from Minnesota. We have both inpatient and outpatient programming for adults and children. PHP, IOP and housing available as well as a relationship with Ronald McDonald house for those in need. There are 132 inpatient beds available.



41b | RECLAIM!

2446 University Ave W STE
104, Saint Paul, MN 55114

reclaim.care

Contact: Jess Ngo | 612-235-6743

jess@reclaim.care

RECLAIM's mission is to increase access to mental health care for queer and trans youth so they may reclaim their lives from oppression in all its forms. We're one of the only organizations in Minnesota that offers financially accessible, specialized mental health care to this population. We primarily serve queer and trans youth ages 12-25.



2 | PICS (Partners in Community Supports)

1605 Eustis Street, St. Paul,
Minnesota 55387

www.picsmn.org

Contact: Jessica Girard | 651-432-4823

jessica.girard@picsmn.org

PICS is a non-profit Home and Community-Based Services (HCBS) provider for individuals with disabilities and older adults funded by state and federal programs, such as Medicaid and Medical Assistance waivers. We provide Financial Management Services (FMS) for Consumer Directed Community Supports (CDCS) and Community First Services and Supports (CFSS). As a 245D basic licensed provider, we also offer Individualized Home Supports (IHS). PICS is a subsidiary of Lutheran Social Service of Minnesota.



48-49 | PrairieCare

Contact:
Lily Hanzek |
920-585-5401

lhanzek@prairie-care.com

prairie-care.com/

PrairieCare provides people of all ages with the compassionate mental health services they truly need. We offer a full range of mental health services – from inpatient services to outpatient programming, PrairieCare will meet people right where they are at in their mental health journey.



41a | Recovering Hope Treatment Center

2031 Rowland Rd, Mora,
Minnesota 55051

www.recoveringhope.life

Contact: Sadie Broekemeier | 844-314-4673

sadie@recoveringhope.life

Recovering Hope Treatment Center is a substance use and mental health organization dedicated to healing families. They offer a range of services, including residential programs for women, pregnant women, and women with children, intensive outpatient services for all genders, lodging options for women, and comprehensive mental health support for everyone. Their mission is to restore families and foster recovery from any entry point.



60 | Port

PO Box 488,
Brainerd, MN 56401

www.portgrouphomes.org

Contact: Heather Kelm | 218-454-7219

hkelm@portgrouphomes.org

Port Group Homes is a nonprofit organization in Minnesota dedicated to providing structured, supportive residential care for at-risk youth under Minnesota Rule 2960. Our programs offer a safe and stable environment where youth can develop essential life skills, receive educational support, and access therapeutic services tailored to their needs. We work closely with families, social services, and community partners to empower young people, helping them build a foundation for a successful future.



50 | Psychiatric Assistance Line (PAL) / PrairieCare

9400 Zane Ave Brooklyn Park, MN, Brooklyn Park,
MN 55443

www.mnpsychconsult.com/

Contact: Jade Mueller | 952-303-9086

jmueller@prairie-care.com

The Psychiatric Assistance Line (PAL) is a grant funded service that serves the state of Minnesota by providing free and immediate access to psychiatric consultations for primary care. PAL also provides mental health training and education as well as mental health triage and referrals.



57 | Residential Services, Inc. (RSI)

2900 Piedmont Avenue,
Duluth, MN 55811

www.residentialservices.org

Contact: Claire Farmer-Lies | 218-740-7621

claire.farmerlies@residentialservices.org

RSI has been working in communities in Minnesota since 1978 in home and community-based settings for people living with disabilities and mental illness, providing a range of services catered for individuals of all ages, identities, and abilities. We believe that all people, regardless of their disability, can live successfully in a community-based setting given the proper supports.



81b | Rogers Behavioral Health

6442 City West Parkway,
Suite 200 Eden Prairie MN,
Minneapolis, Minnesota
55344

rogersbh.org/

Contact: Brendon Schmitzer
| 763-392-8388

brendon.schmitzer@rogersbh.org

Rogers Behavioral Health is a private, not-for-profit provider of specialized mental health and addiction services. Since its opening in 1907, today Rogers offers evidence-based treatment for adults, children, and adolescents with depression and other mood disorders, eating disorders, addiction, obsessive-compulsive and anxiety disorders, and posttraumatic stress disorder.



34 | SecondMuse

Amaya Lessard

amaya.lessard@secondmuse.com

www.secondmuse.com/

At our core, we are a team dedicated to building social, environmental and economic impact through the power of communities. Our services help leaders, innovators and other key actors navigate evolving landscapes, develop game-changing innovations and bring ambitious dreams to life – especially when they seem out of reach.



35 | Somali Parents Autism Network (SPAN)

310 E. 38th Street, Suite 203,
Minneapolis, MN 55409

www.somaliautism.org

Contact: Mahdi Warsama | 763-657-0049

mwarsama@somaliautism.org

The Somali Parents Autism Network (SPAN) was founded in 2014 by a group of Somali American immigrant parents with children diagnosed with autism. The mission of Somali Parents Autism Network (SPAN) is to educate and inform Somali families of children with autism spectrum disorders (ASD) in Minnesota via outreach, education, and collaboration, for the purpose of connecting them with resources and services with the end goal of early intervention, and caregiver empowerment.



21 | Sophie's Squad

6371 Red Hawk Trail, Lino
lakes, Minnesota 55014

www.sophiessquad.org

Contact: Elissa Hughes | 612-
386-8263

events@sophiessquad.org

Sophie's Squad is a nonprofit organization that provides education and awareness to improve the mental health of athletes by encouraging open conversations and emphasizing that seeking help is a sign of strength.



69 | SpEd Forms

5000 S MacArthur Lane,
Sioux Falls, SD 57108

spedforms.com

Contact: Tonia Czech | 507-215-1063

tonia@spedforms.com

Our mission is to produce easy to use, reliable, powerful education software. Since 1993 SpEd Forms has been making it easier for educators to manage paperwork requirements and for administrators to have up-to-the-minute data at their fingertips while reducing costs. We understand the only effective way to grow our business is to ensure our customers receive the best possible service and value for their money.

78a | Stone Arch Learning, LLC

Contact: Charlene
Myklebust | 612-240-6103

ckmyklebust@gmail.com

14414 Stewart Lane #415, Minnetonka, MN 55345

EQ Learn, LLC is an online company that offers professional development courses for educators, mental health providers, and parents. The course offerings have been approved by PELSB (educators) and BOSA (school administrators). Stone Arch Learning, LLC offers educational and mental health consultation and workshops, specializing in trauma, early warning signs of childhood mental illness, social emotional learning, cultural competence, and restorative practices.



73 | St. Catherine University

2004 Randolph Ave
#4027, St. Paul, MN 55125

stkate.edu

Contact: Kristina Sande | 651-690-6933

graduateadmission@stkate.edu

St. Catherine University offers associate, bachelor's and graduate programs in healthcare, business, education and more. Our students build positive relationships within a small, supportive community that celebrates the diverse world in which we live, and works together to make it better.



54 | Superior Counseling LLC

324 W Superior St Ste
530, Duluth, MN 55802

www.superiorcounselingllc.com

Contact: Andrea Wells

andrea@superiorcounseling.org

Superior Counseling LLC is a small private practice that opened in June 2018 by Andrea Wells, MSW, LICSW. Since the initial opening in 2018, Superior Counseling LLC has been able to contract with other professionals including therapists and a nurse practitioner to provide medication consultation and management, who all provide a wide variety of experience, backgrounds, and specialties. Together, Superior Counseling LLC is able to offer evidence-based modalities to include psychotherapy services



31b | Tempus "TEMPUS"

4291 Annika
Court, Minnetonka, MN 55345

Tempus

Contact: Nicole Boyer | 253-334-0588

Nicole.boyer@tempus.com

At Tempus, we believe that mental healthcare should be personalized for each individual. We share information with your provider that may assist them in personalizing your care through pharmacogenomics (or PGx). PGx informs your provider about how your body may respond to different medications, based on your genes. We generate PGx results to give your provider information that may help guide their medication selection.

55 | The Emily Program

1295 Bandana Blvd
W, St Paul, MN 55108

emilyprogram.com

Contact: Chrystie Soriano

chrystie.soriano@accanto.com

The Emily Program is nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. We know that you're not defined by your eating disorder, and our team of experts – including therapists, dietitians, and medical staff – focuses on treating the whole person. The Emily Program offers in-person and virtual treatment with personalized options for all eating disorders.



The Emily Program

29 | Tribal Training & Certification Partnership

11 E Superior St; Suite 210, Duluth, MN 55802

cehsp.d.umn.edu/departments-centers/centers/ttcp

Contact: Mark Erickson | 218-491-4156

merickson@d.umn.edu

The Tribal Training and Certification Partnership (TTCP) is an independent program at the University of Minnesota Duluth to provide education, training, and practice application to improve outcomes for American Indian families in the child welfare system. The TTCP works with tribal nations, the MNCWTA, and Minnesota's DCYF to train professionals across the state on foundational issues related to American Indian child welfare laws, worldview, and engagement with Native families and tribes.



Tribal Training and
Certification Partnership
University of Minnesota Duluth

**16 | Twin Cities
Education
Consultants**



14027 Lynch Dr, Rogers, Minnesota 55374

www.tcectechnicians.com

Contact: Jon Hummel | 763-220-0599

jhummel@tceducationconsultants.com

We are a team of School Psych's SPED teachers and ECSE teachers providing SPED Education services to charter and some public schools. Ignite Child Development Services provides clinical and school based autism services "ABA" in Wisconsin and co-located services in Minnesota.

**72 | University
of Minnesota
- Center for Advanced Studies in Child
Welfare**



**CENTER FOR ADVANCED
STUDIES IN CHILD WELFARE**

1711 County Road BW Suite 320N, Roseville, MN 55113

cascw.umn.edu/

Contact: Denise Cooper

mcki0055@umn.edu

CASCW is a research and training center located in the School of Social Work at the University of MN. Our mission is to improve the well-being of children and families that are involved in the child welfare system by educating human service professionals, fostering collaboration across systems and disciplines, informing policy makers and the public, and expanding the child welfare knowledge base.

**6b | University of
Wisconsin Superior**

University of Wisconsin Superior, Superior, WI 54880

online.uwsuper.edu/kelli

Contact: Kelli Abar |

952-738-2156

kabar@uwsuper.edu

The University of Wisconsin Superior's 100% online programs offer flexibility with our seven-week courses. Our Master of Science in Education & School Counseling, Clinical Mental Health, or Marriage Family Therapy, Master of Science in Instruction, Master of Science in Special Education, Master of Science in Educational Administration & Education Specialist - Superintendent License are offered six times a year. We are awarding 12 \$5000 school counseling scholarships deadline 4/30.



**3 | Wings Adolescent
Recovery Services**

1326 E Ripley St, Litchfield, Minnesota 55355

wingsats.com

Contact: Wylie Boehmlehner | 320-434-7802

wingspd@wingsats.com

Wings is a residential treatment center for all genders aged 13 to 18 who struggle with both addiction and mental health disorders.



**19 | Youable Emotional
Health**



6425 Nicollet Ave Suite 210, Richfield, MN 55423

www.youable.health

Contact: Madison McConnell | 218-260-8234

madison.mccConnell@youable.health

Youable Emotional Health empowers people of all ages to live emotionally healthy lives, including you. Whether you're dealing with a serious mental illness or the natural ups and downs of life, we believe you can live your life with purpose. Our variety of emotional health services is here to help the Twin Cities do that.

**78b | Zenith
Bookstore**



318 N. Central Ave., Duluth, MN 55807

www.zenithbookstore.com

books@zenithbookstore.com

Browsing and shopping at Zenith Bookstore is a unique experience. Walk through the door, past our colorful murals, and stop and smell the books! High ceilings, exposed brick walls and hardwood floors – the vibe is warm, comfy, and inviting, but also quirky and fun.

**About your hosts
MACMH promotes
and pursues
optimal mental
health from prenatal to young
adulthood.**



At the Minnesota Association for Children's Mental Health (MACMH), we provide education and resources to professionals, families, and youth throughout Minnesota and beyond.

Founded in 1989, MACMH is a 501(c)(3) nonprofit whose mission is to promote positive mental health for all infants, children, adolescents, and their families.

With a number of new and flagship events and programs, like our new quarterly Community Events, our annual Children's Mental Health Conference, and Infant & Early Childhood Endorsement®, MACMH is actively involved in the community, prioritizing diversity, equity, and inclusion in all we do.

www.macmh.org

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

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- students experiencing life transitions
- students with learning differences
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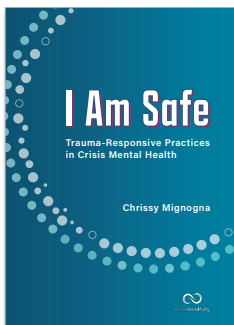
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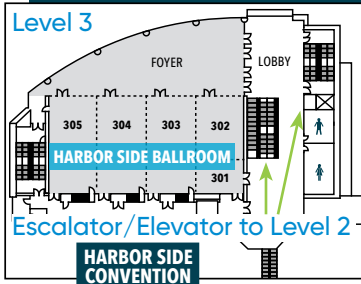
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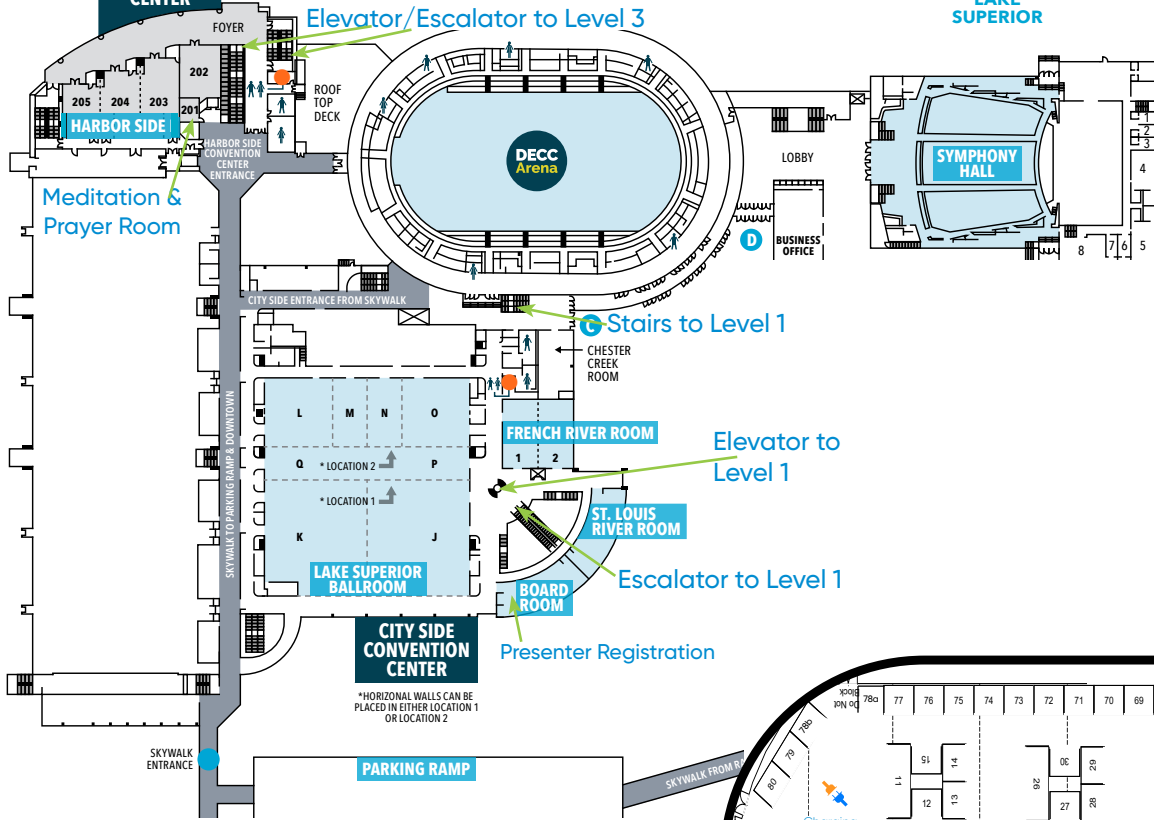
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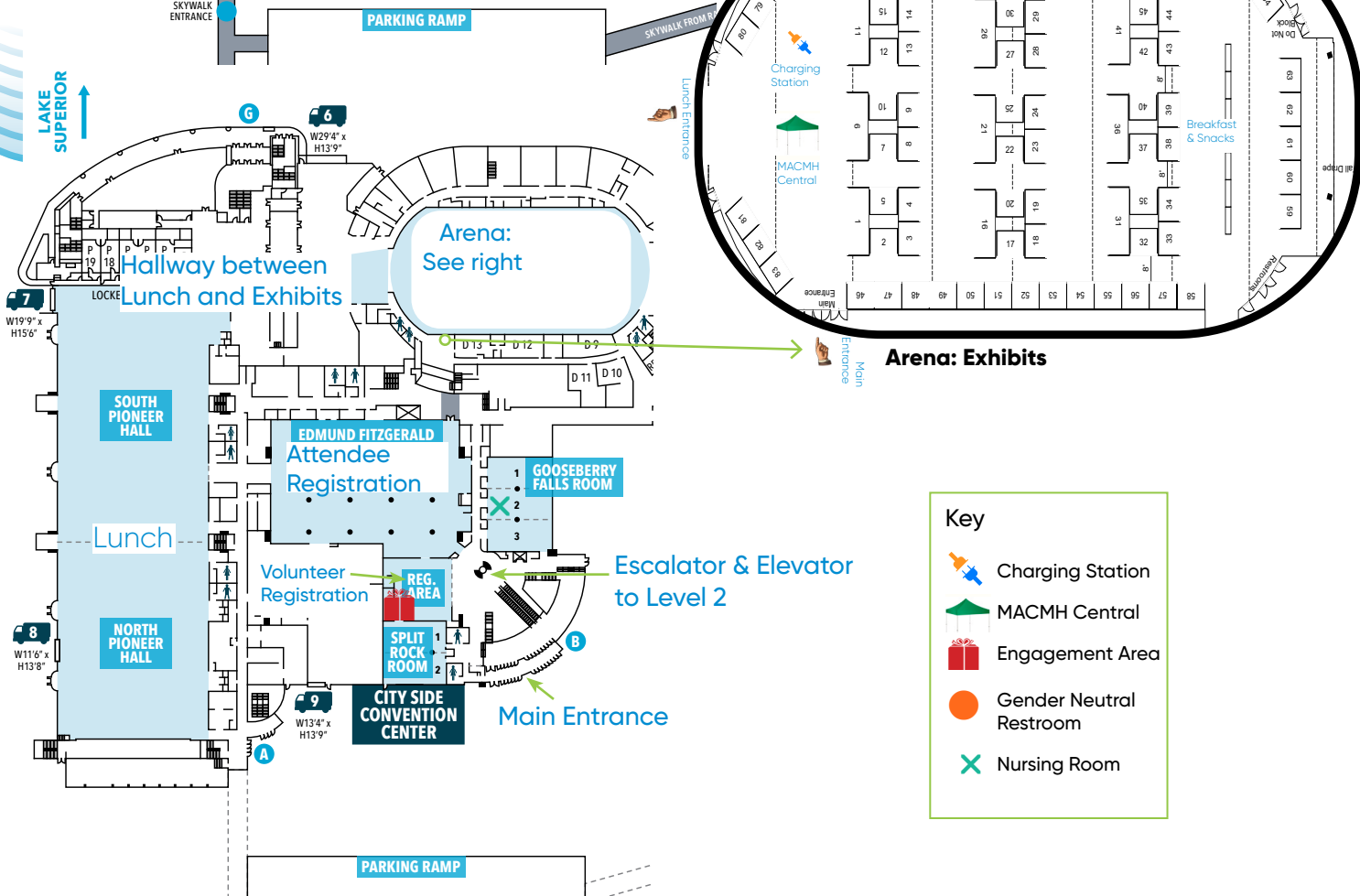
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 - MACMH Central
 - Engagement Area
 - Gender Neutral Restroom
 - Nursing Room