



# SCARRED BY STRUGGLE TRANSFORMED BY HOPE

105 WORKSHOPS

19 INSTITUTES

KEYNOTE SPEAKER

130 EXHIBITS

**T**he St. Louis County Health & Human Service Conference draws together more than 2,000 public and private sector practitioners for two days of training and networking, providing a forum for sharing innovative ideas and programs, stretching perspectives, strengthening community health and human services, and addressing the signs of our times.

*MN Board of Social Work C.E.U.s will be available; some C.E.U.s may also fulfill Minnesota Board of Nursing requirements.*

# 30TH ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

Monday-Tuesday ✨ October 8-9, 2012

at the DECC ✨ Duluth, Minnesota

[www.stlouiscountymn.gov/hhsconference](http://www.stlouiscountymn.gov/hhsconference)

## Conference Keynote Speaker

**S**ister Joan Chittister, OSB, PhD, is a social psychologist and communications theorist, best selling author and well-known international lecturer, and the executive director of Benetvision, a resource and research center for contemporary spirituality. ✨ Joan Chittister currently serves as co-chair of the Global Peace Initiative of Women, a partner organization of the UN, facilitating a worldwide network of women peace builders, particularly in Israel and Palestine. She was an advisor for the groundbreaking report, *A Woman's Nation*, led by Maria Shriver (2009) and was a member of the TED prize-sponsored Council of Sages, an interfaith group that developed a Charter for Compassion (2009) being promulgated worldwide with all faith organizations. ✨ Joan Chittister has written more than 45 books and received numerous awards and honorary degrees for her work on behalf of peace and women in church and in society. For our conference, Joan will address her book *Scarred By Struggle, Transformed By Hope*.



Sister Joan Chittister, OSB

# CONFERENCE OVERVIEW

## Monday, October 8

7:45 – 8:30 am **Registration at DECC, then visit exhibits in South Pioneer Hall.** Participants may attend any conference workshops and institutes of their choice throughout the conference.

8:30 – 10:00 am **Session I workshops** pp 3-6

10:00 – 10:30 am **Break and visit 130 exhibits**

10:30 – Noon **DECC Auditorium**  
**DVD Welcome** — Ann M. Busche, Director, St. Louis County Public Health and Human Services; Mary Bridget Lawson, Conference Chair; St. Louis County Commissioner Steve O’Neil, Chair, Health and Human Services Committee; Employees of St. Louis County  
**Music** by Echoes of Peace Choir, Director Sara Thomsen

### Keynote Presentation — Sister Joan Chittister “Scarred by Struggle, Transformed By Hope”



**Sister Joan Chittister**, O.S.B., Ph.D, is a social psychologist and communications theorist, best selling author and well-known international lecturer, and the executive director of Benetvision, a resource and research center for contemporary spirituality. Joan Chittister currently serves as co-chair of the Global Peace Initiative of Women, a partner organization of the UN, facilitating a worldwide network of women peace builders, particularly in Israel and Palestine. She was an advisor for the ground-breaking report, *A Woman’s Nation*, led by Maria Shriver (2009) and was a member of the TED prize-sponsored Council of Sages, an interfaith group that developed a Charter for Compassion (2009) being promulgated worldwide with all faith organizations. Joan Chittister has written more than 45 books and received numerous awards and honorary degrees for her work on behalf of peace and women in church and in society. For our conference, Joan will address her book *Scarred By Struggle, Transformed By Hope*.

Noon-1:00 pm Lunch on your own in Pioneer Hall or at eateries near the DECC

Noon – 1:00 pm **MSSA Region III Business Meeting & Region III Foster Care Awards** — French River Room 1

1:00-4:30 pm **Session II Institutes** pp 7-8

1:00 – 2:30 pm **Session II Workshops** pp 9-11

2:30 – 3:00 pm **Break & Visit Exhibits**

3:00-4:30 pm **Session III Workshops** pp 11-13

Both Days	“Homeless is My Address, Not My Name” Photographic Exhibit	Edmund Fitzgerald Room
Both Days	Udac Art Junction Artist Exhibit	Edmund Fitzgerald Room
Both Days	Mary Plaster Puppets	Throughout the DECC

## Tuesday, October 9

7:45 – 8:30 a.m. **Registration & visit exhibits**

8:30 a.m. – Noon **Session I Institutes** pp 14-15

8:30 – 10:00 a.m. **Session I Workshops** pp 16-18

10:00 – 10:30 a.m. **Break & visit exhibits**

10:30 a.m. – Noon **Session II workshops** pp 18-21

Noon – 1:30 p.m. **Lunch & visit exhibits**

1:30 – 3:00 p.m. **Session III workshops** pp 21-25

1	<b>ASWB Social Work Licensing Exams: Giving Light to Fact and Fiction</b>	Dr. Monica Roth Day, Ed.D., Associate Professor at the University of Wisconsin-Superior Social Work Program and ASWB Masters Exam Committee member	Board Room
2	<b>Family Foster Care for Persons with Developmentally Disabled Persons: "The First Year"</b>	Jerry Maurer, QMR, M.A.-Behavior Therapy, owner JM Consulting	Chester Creek
3	<b>AA: A Public Information/ Cooperation with the Professional Community</b>	James McK., B.A., Program Manager at Essentia Health/ Northern Pines, along with AA panel members	DECC Foyer
4	<b>Understanding Attachment and How it Affects Adult Behavior</b>	Renee M. Bipes, ABD- Education Psychology, Human Services Department Head at Duluth Business University	French River 1
5	<b>Child Maltreatment Reporting 2012</b>	Paula Stocke, M.S. Ed, Social Services Supervisor with St. Louis County Public Health & Human Services, along with Sheryl Abell, Social Worker at SLC PH&HS	French River 2
6	<b>Amberwing: Center for Youth &amp; Family Well-Being</b>	Rick Gertsema, M.S., Licensed Psychologist, Clinical Supervisor at Essentia Health along with Ron Niemi, M.S., Licensed Psychologist, Psychotherapist in the Intensive Outpatient program at Essentia Health, and Jim Hampton, LADC, Supervisor of Adolescent Chemical Dependency at Essentia Health	Gooseberry Falls 1
7	<b>Adult Protection and Ombudsmen: A Perfect Match for Advocacy</b>	Elizabeth Pfungsten, B.S., Adult Protection Social Worker, LSW at Crow Wing County Community Services, along with Jane M. Brink, B.S., Regional Ombudsman at the State of MN Office of LTC Ombudsman, and Cheryl Turcotte, B.S., Regional Ombudsman at the State of MN Office of Mental Health and Developmental Disabilities Ombudsman	Gooseberry Falls 2
8	<b>Veterans: What Issues Do They Face and What Resources Do We Have?</b>	Steve Saari, Regional Director, along with Cynthia Finley, Program Coordinator at the Minnesota Assistance Council for Veterans	Gooseberry Falls 3
9	<b>Hepatitis C in 2012</b>	Randy Huard, B.A./B.S., Public Health Nurse at St. Louis County Public Health and Human Services along with Betsy Ingram-Diver, M.A., Psychology Faculty at Lake Superior College	Harborside 202
10	<b>Using Systems Thinking to Understand Family and Organizational Dynamics</b>	David X. Swenson, Ph.D., L.P., Licensed Psychologist and Professor of Management at the College of St. Scholastica along with Terry Hill, M.P.H., Director at the National Rural Health Resource Center	Harborside 203
11	<b>Partner with SNAP Outreach and Nutrition Education Program</b>	Ryan Johnson, M.P.A., SNAP-Ed Liaison at the University of MN Extension along with Ross Stafford, B.A., Outreach Specialist at the University of MN Extension	Harborside 204
12	<b>Working with Mentally Ill Parents</b>	Dean Grace, Ed.D., Director of CADI Programs at Northwood Children's Services	Harborside 205
13	<b>When Professionals Grieve: Transforming Our Losses</b>	Gina Dixon, M.A.-Counseling, Licensed Psychologist and Grief Counselor at St. Mary's Medical Center Grief Support Services	Harborside 301-302
14	<b>"Working It Out" Circuit Training for Adolescent Sexuality</b>	Jeff McConnell, M.S.W., L.I.C.S.W., Therapist at The Duluth Institute	Harborside 303
15	<b>The "Rest of the Story" about Eating Disorders and Food Addiction</b>	Nancy N., Intergroup Treasurer and P.I. Committee Co-Chair at Northern Serenity Intergroup O.A., along with Shannon F., Intergroup Chair, and Arthur G., Intergroup Representative	Harborside 304
16	<b>TXT4Life</b>	Meghann Condit, B.A.S.-Health Education, Carlton County PHHS, along with Donna LeKander, B.S.-Leadership & Educational Management, Collaborative Director at Carlton County Children & Family Services, Traci Chur, M.A.-Marriage and Family Therapy, TXT Coordinator & Crisis Counselor, HIS Crisis Connection/ Canvas Health, and Dave Lee, M.A., L.P., L.M.F.T., L.I.C.S.W., Director at Carlton County Public Health & Human Services	Harborside 305

 **More Session I Workshops on next page.**

17	<b>Human Trafficking: Global Justice &amp; Recovery</b>	Michelle Robertson, M.S.W., Assistant Professor and Cynthia Donner, L.G.S.W., Tribal Site Coordinator at The College of St. Scholastica, along with Karen Bissonette, Janis Greene, Patricia Larsen, Christine Scheibelhut, and Jasmine Ward, College of St. Scholastica Social Work students	Lake Superior Ballroom "J"
18	<b>Storytelling in the 21st Century</b>	Debrah Johnson-Fuller, Cancer Health Educator at Fon du Lac Human Services	Lake Superior Ballroom "K"
19	<b>Living Positive — Searching for Bridges to HIV/AIDS Care</b>	Kathy Hermes, B.S.-Science Education, Coordinator at Lutheran Social Service/Together for Youth, along with Lisa Haberling, B.S., S.W., Intern at Lutheran Social Service and Kristine Schmidt; Volunteer at Lutheran Social Service	Lake Superior Ballroom "L"
20	<b>Racism and White Privilege: Why is This so Hard?</b>	Laura DeRosier, M.S.W., L.G.S.W., UnFair Campaign Planning Committee, member at St. Louis County Public Health & Human Services, along with Jane Gilley, M.S.W., also an UnFair Campaign Planning Committee member at St. Louis County Public Health & Human Services	Lake Superior Ballroom MN
21	<b>Widowers: Men and Their Grief... or is it... Just Suck it Up!</b>	Ben Wolfe, M.Ed., L.I.C.S.W., Program Manager and Grief Counselor at Essentia Health-St. Mary's Medical Center's Grief Support Center, along with Kyle Boyat, Thom Chartier, and Dick Spehar	Lake Superior Ballroom "O"
22	<b>Laughing to Keep from Crying</b>	Elizabeth Olson, M.A.-Congregational & Community Care, Director of Congregation Outreach at CHUM, along with Buddy Robinson, Executive Director at Citizens Federation	Split Rock 1
23	<b>Youthful Offenders- Carlton County's Restorative Justice Program</b>	Jan Ashmore, B.S.W., Coordinator at Carlton County Communities Restorative Justice Program along with Lucas Lekander, Skills Development Specialist at DHS and Circle Keeper Volunteer	Split Rock 2
24	<b>People First Language: Eliminating the "R" Word</b>	Andrea Filby, B.A.S., along with Erin Evans, B.A.A., Owners/operators at A&E Homes, Inc	St. Louis River Room

**Monday, October 8** **Session I Workshops** **8:30 – 10:00 am**

**1 AWSB Social Work Licensing Exams: Giving Light to Fact and Fiction**  
*Board Room*

This session will discuss the social work licensing exams facilitated by the Association of Social Work Board. These are the premier exams used across the United States and Canada, including Wisconsin and Minnesota. Participant will: 1) Identify the purpose and development of the exams, including collaboration with practicing social workers; 2) Distinguish the content areas in the four different levels of the exams (bachelor, master, advanced generalist, and clinical); and 3) Identify effective materials to use for test preparation. The session has been approved by ASWB and will be facilitated by a member of the ASWB Master's Exam Committee.

**2 Family Foster Care for Persons with Developmentally Disabled Persons: "The First Year"**  
*Chester Creek*

Over the past 1-2 years, six separate individuals who live in St. Louis County started their own family adult foster care services for people with developmental disabilities. Their success, trials, advice,

and thoughts will be part of this presentation as they address the start-up issues of supporting individuals under the Rule 245B guidelines while starting their own business. Jerry Maurer, QMRP for these providers, will facilitate the group's discussion on their involvement across the licensing application, Rule 245B licensing protocol (the paper work lowdown), and actual survey issues. This group has successfully made it through their first year and lived to tell about it, and, most importantly, they understand their business.

**3 AA: A Public Information/ Cooperation with the Professional Community**  
*DECC Foyer*

Alcoholics Anonymous (AA) members share experience, strength, and hope with conference attendees, and information on what AA is and is not, and the ways in which health and human service professionals and AA may cooperate.

**4 Understanding Attachment and How it Affects Adult Behavior**  
*French River 1*

We will discuss the basis of attachment

theory and the four styles of attachment to better understand the relationship between early attachment experiences, infant brain development, stress coping skills, and adult behavior patterns. Participants will learn how to better understand themselves and their clients and why it is important to facilitate a secure attachment experience and provide clients with knowledge of attachment to help empower them to fully integrate and embrace their own lives.

**5 Child Maltreatment Reporting 2012**  
*French River 2*

This session will focus on mandatory reporting of child maltreatment in St. Louis County. Participants will be given information regarding definitions of abuse and neglect, reporting requirements, protections for mandated reporters, statistical information, and types of responses to mandated reports. Statewide screening criteria will also be shared. Participants will be encouraged to ask questions and interact with presenters. Handouts of the presentation will be available.

**6 Amberwing: Center for Youth & Family Well-Being**  
*Gooseberry Falls 1*

Amberwing is an innovative, Duluth-based mental health and wellness center for children, adolescents, young adults, and their families. The center is an integrated solution that improves the lives of young people facing mental health and chemical dependency challenges, and teaches everyone to think differently about mental wellness in a safe haven that feels like home.

Designed in part for youth with serious emotional or behavioral challenges, or those dealing with substance abuse, Amberwing features day-long intensive mental health programming in a welcoming, wellness-centered environment. The facility creates a model of care that employs evidence-based practices and innovative, holistic care. It also provides support, education, and assistance to parents, caregivers, and the community.

**7 Adult Protection and Ombudsmen: A Perfect Match for Advocacy**  
*Gooseberry Falls 2*

Experienced adult protection workers, social workers, regional long-term care ombudsmen, and regional ombudsmen for mental health, chemical dependency counselors, and developmental disabilities experts will discuss techniques used in "teaming" cases to best resolve both protection and advocacy issues for persons in long term care facilities or receiving long term care services. Contrary to popular belief, state ombudsmen are not scary and do not trump the excellent work done by adult protection social workers! Learn how to co-exist respectfully when disagreeing, and how to keep client-focused. Multiple case examples will be shared, and brainstorming will be encouraged during this lively session!

**8 Veterans: What Issues Do They Face and What Resources We Have?**  
*Gooseberry Falls 3*

There are an estimated 381,000 veterans in the state of Minnesota. On any given night, 700 are homeless and approximately 4,000 could experience an episode of homelessness or crisis that could lead to homelessness this year. National statistics show that 25% of all homeless people are veterans.

We, of course, are seeing more veterans from the current wars as they come home and face challenges of reintegration; some of those issues involve combat stress (PTSD), traumatic brain injury (TBI)—the signature wound of these wars—and family issues. The need for services

always far outweighs the funding. Veterans need a coordinated effort that provides secure housing and nutritional meals, essential physical health care, substance abuse aftercare, and mental health counseling, and personal development and empowerment. Veterans also need job assessment, training, and placement assistance. This session will provide a greater understanding of the various needs that all veterans have, either newly returning or a veteran of many years. It will also provide a greater understanding of resources for agencies working with veterans.

**9 Hepatitis C in 2012**  
*Harborside 202*

Minnesota continues to see pandemic clusters of the global Hepatitis C pandemic. An estimated four million people in the U.S., and 200 million worldwide, are carrying the disease, which is asymptomatic until its later stages. These two presenters will discuss Hepatitis C symptoms, modes of transmission, prevention methods, and current treatments in this frank, interactive workshop.

**10 Using Systems Thinking to Understand Family and Organizational Dynamics**  
*Harborside 203*

When trying to understand and solve problems we often focus too narrowly on the limited aspects of a problem rather than consider its context and wider connections that may be influencing it. Systems thinking is a way of understanding a situation that helps identify connections, patterns, and cycles of relationships in a situation that must be changed. It also enables more thorough ethical decision making by considering the possible spin-offs and longer term consequences of decisions. In this presentation we will define systems thinking, identify when to use and not use it, demonstrate several techniques, and give examples from planned change individual, family, and organizational systems.

**11 Partner with SNAP Outreach and Nutrition Education Program**  
*Harborside 204*

Partner with SNAP Outreach and Nutrition Education Program  
The Minnesota Department of Human Services, University of Minnesota Extension, Minnesota Chippewa Tribe, and many other community partners are working together to reach eligible families and enroll them in SNAP (food stamps) and nutrition education programs. SNAP helps families purchase

nutritious food and stretch budgets, and provides an economic boost to communities. Community-based nutrition education for SNAP participants teaches the importance of a quality diet, how to purchase healthy foods on a limited budget, and how to prepare healthy meals with quick and easy recipes. Please join us to share your experience and learn how we can work together.

**12 Working with Mentally Ill Parents**

*Harborside 205*

This outside the box workshop borrows ideas from a well-established management model designed to help organizations work around ineffective bosses. The model's application to children's mental health case management was developed by David Swenson, LP, and Dean Grace, Ed.D, in 2007. The workshop will briefly summarize what children need from adults and the developmental impact of insufficient parenting. The workshop will introduce a simple assessment tool and three alternative approaches to intervention. Participants will identify enhancers which serve to amplify authority and remove barriers to more effective parenting, substitutes for psychologically absent parenting, and neutralizers for adverse parenting effects.

**13 When Professionals Grieve: Transforming Our Losses**

*Harborside 301-302*

In our work as health care and human services providers, we are regularly confronted by the losses of those we serve as well as our own personal losses. This collaborative workshop will explore the impact of grief in situations including the deaths of clients, co-workers, friends, or family members. Evidence-based strategies to integrate and heal traumatic losses, including deaths by suicide, homicide, and accidental overdose, will be presented utilizing case-studies drawn from personal experience and 20 years of clinical practice. Barriers to integrating loss experiences will be discussed along with strategies for promoting resilience in the helping role.

**14 "Working it Out" Circuit Training for Adolescent Sexuality**

*Harborside 303*

This session will share ideas about how to provide for the therapeutic, educational, and developmental needs of adolescents demonstrating sexual behavior problems. The Duluth Institute has begun utilizing concepts related to physical exercise and training, as well as individual learning styles, to deliver information in different,

creative ways. The goal of the circuit training program is to increase client progress and application of treatment concepts in their daily lives. The program, similar to a trip to the gym, seeks to exercise, condition, and strengthen the whole person.

### 15 The “Rest of the Story” about Eating Disorders and Food Addiction

*Harborside 304*

We range from obese to skeletal, couch potatoes to exercise addicts. We binged, fasted, stuffed, dieted, and purged. Food was our supporter and comforter, then our nemesis. Our struggles scarred us physically and emotionally until we found Over eaters Anonymous! We discovered we were in the clutches of a dangerous progressive disease. Once we began working the steps and turned our lives and our wills over to a higher power, we found a life of peace and serenity beyond our wildest dreams! Transformed by hope, we gained strength and experience. Come, listen, and learn from our stories of struggle and transformation.

### 16 TXT4Life

*Harborside 305*

Come learn about TXT4Life and the strides we are making in suicide prevention across northeast Minnesota and the rest of the state. Prior to TXT4Life’s implementation, the National Suicide Prevention Lifeline (1-800-273-8255) was only receiving 2-3 calls per month from youth. Since TXT4Life was implemented in the fall of 2011, and opened the text line for suicidal crisis response, HIS Crisis Connection is currently receiving, on average, 10 texts per day, which averages 300–500 individual texters each month.

### 17 Human Trafficking: Global Justice & Recovery

*Lake Superior Ballroom “J”*

This dynamic panel presentation will highlight five senior St. Scholastica social work students who participated in an international conference on human trafficking and sex slavery in Hildesheim, Germany, in April 2012. The panel will present information on international strategies and approaches in the prevention, awareness, prosecution, treatment, and recovery in human trafficking. Discussion topics will include student participation on the local Native American Sex Trafficking Task Force, and what we can do as people and professionals for justice. Presentation topics include Sweden, Lithuania, the Baltic States, relational cultural theory, missing children, and Stop Slavery 2012.

### 18 Storytelling in the 21st Century *Lake Superior Ballroom “K”*

Influenced by popular education, third-world cinema, and community documentary, digital storytelling values the power of story as a tool for self-discovery and reflection, community building and education, program documentation, and advocacy. Objectives of this workshop are 1) Learn the background of storytelling past and present; 2) understand the elements of storytelling; 3) discuss the software used to create digital stories; 4) discuss how to use digital stories in today’s media

### 19 Living Positive — Searching for Bridges to HIV/AIDS Care

*Lake Superior Ballroom “L”*

Individuals living with HIV/AIDS who are not in major metropolitan areas are challenged in finding a full spectrum of adequate care services. In this session you will hear a first-hand accounting from a woman recently diagnosed with HIV+, and her advocate-friend, as they searched in the Duluth-Superior area for available offerings. They will share stories of fruitful connections and frustrating dead ends. Participants will be encouraged to ask questions, offer answers, and share their stories.

### 20 Racism and White Privilege: Why is this so hard?

*Lake Superior Ballroom MN*

Presenters will explore the community reaction to the UnFair Campaign, including newspaper articles and social media feedback, as well as expert analysis. Presenters will discuss some reasons racism and white privilege are so hard to see. Participants will have an opportunity to explore next steps in their personal journey to see, know, and stop racism and white privilege.

### 21 Widowers: Men and Their Grief... or is it... Just Suck it Up!

*Lake Superior Ballroom “O”*

*“Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.”*

*Earl Grollman*

A widow is a woman whose spouse has died, while a widower is a man whose spouse has died, and in either case, they have not remarried. Do men and women grieve differently? Is there a right or wrong way to grieve? Widowers have higher rates of mortality and depression, seek and receive less social support, and have a significantly higher suicide rate. This session will provide practical

information regarding widowers, and will include a panel of men sharing their personal experiences. At the conclusion, participants will be able to describe differences in how widows and widowers grieve, and describe effective ways to support widowers.

### 22 Laughing to Keep From Crying

*Split Rock 1*

Organizations often find themselves preaching to the choir and hosting dry information sessions about topics such as health care.

CHUM and the Citizens Federation put a new spin on educating the community on our current health care crisis by creating the variety show “Laughing to Keep from Crying.” The show highlights the absurdities of our current health care system through sketch comedy, storytelling, songs, and more! Through humor, participants learn what’s wrong with our current system and how they can become involved in improving it.

### 23 Youthful Offenders — Carlton County’s Restorative Justice Program

*Split Rock 2*

CCCRJP’s focus is to repair the harm created by crimes committed by youthful offenders. This process holds the youth accountable for their actions while addressing the needs of the victim, the offender and their family, and the community at large. This informative session will explain the Carlton County process, from law enforcement intervention of the youthful offense through the successful completion of the Restorative Justice Sentencing Circle. CCCRP’s brief history, inspirational stories, and circle structure will be shared.

### 24 People First Language: Eliminating the “R” Word

*St. Louis River Room*

This session will remind us of what People First Language is and how to use our experiences working with people with disabilities to educate our friends and families, going beyond our co-workers and work environment to impact our daily lives. We will focus on the movement of eliminating the “R” word.

25	<b>Strength-Based Treatment: An Evidence-Based Model to Build Resiliency With at-Risk Kids</b>	Dean Grace, Ed.D., Director of CADI Programs at Northwood Children's Services	Harborside 202
26	<b>Post-Separation Violence: Understanding Tactics and Identify Strategies</b>	Frances Macaulay, B.A.-Sociology, Team Leader, along with Jill Abernathey, Advocacy & Community Involvement Coordinator and Erin Wojciechowski, B.A., M.S.W. Student, Transition Specialist, all working at Domestic Abuse Intervention Programs/ Duluth Family Visitation Center	Harborside 203
27	<b>Healing the Wound: The Family's Journey Through Chemical Dependency</b>	Mathias Karaya, M.A., L.A.D.C., Family Therapist at New Beginnings at Waverly, MN	Harborside 204
28	<b>Many Countries; One Minnesota</b>	Tou Lee, M.P.H., Prevention Specialist at the MN Prevention Resource Center, along with Mohamed Duale, M.S.C., Consultant at the MN Prevention Resource Center & Somal Resource Network	Harborside 205
29	<b>On the Road to Cultural Competency: Are We There Yet?</b>	Kevin Skwira Brown, M.S.W., L.G.S.W., Adjunct Faculty — Social Work Department, along with Nam Provost, Coordinator for the Office of Institutional Diversity at the College of Saint Scholastica	Harborside 301-302
30	<b>Overcoming Workplace Uncertainty: Creating Hope &amp; Satisfaction</b>	Robert J. Hartl, M.A.-Management, Associate Professor of Management at the College of Saint Scholastica, School of Business and Technology along with Antoinette J. Pearson, M.A.-Management, Educator/Coordinator at the College of Saint Scholastica Center for Healthcare Innovation	Harborside 304
31	<b>Historical Trauma and the Effects on American Indian Children and Families</b>	Evie Campbell, M.S.W., Assistant Professor at the University of Minnesota Duluth along with Bree Bussey, M.S.W., Community Projects Specialist at the Center of Regional and Tribal Child Welfare Studies, University of Minnesota Duluth	Harborside 305
32	<b>Forensic Interviewer Refresher Course</b>	Michael W. Schiltz, Training Coordinator/Trainer at First Witness Child Abuse Resource Center	Lake Superior Ballroom "L"
33	<b>A Framework of Ethical Practice</b>	Barbara A. Dickenson, M.S.W.-Loyola University, semi-retired L.I.S.C.W., along with Andrea Dickenson, B.A.-Social Work, Tenant Services Coordinator at CCB-Housing	Lake Superior Ballroom MN

**25 Strength-Based Treatment: An Evidence-Based Model to Build Resiliency with At-Risk Kids**

*Harborside 202*

The workshop will examine the impact of resiliency on mental health and identify eight critical assets that lead to the development of resilience. The focus of the institute is on the practical application of strength-based counseling. The session will introduce effective, developmentally appropriate, asset-building interventions proven to help youth cope with serious emotional and behavioral problems. Treatment outcomes using the empirically-tested model will be compared to those using symptom-reduction strategies. Insights into the perceptions of the youth involved in the study will be examined in light of common assumptions made about these youth.

**26 Post-Separation Violence: Understanding Tactics and Identify Strategies**

*Harborside 203*

Why doesn't she just leave? Isn't she worried about her children? The reality is that many women do leave men who batter because they are worried about their children. The questions that rarely get asked are what happens when she leaves, and how are she and the children impacted by his continued violence? How can we, as practitioners, interrupt his continued violence and power-and-control tactics to ensure her and the children's safety? Over the past three years, the Duluth Family Visitation Center (DFVC) conducted focus groups and interviews

with battered mothers, which has led to the naming of post-separation violence tactics, a new Power and Control Wheel, and the development of a transitions program to move to less-restrictive visitation and exchange. Participants will learn the tactics, explore their impacts on children, name ways to interrupt these tactics, and understand how a transition program can be developed.

**27 Healing the Wound: The Family's Journey Through Chemical Dependency**

*Harborside 204*

This workshop will practically and progressively address family dynamics, the motivation that enables chemical dependency, and how a family can interrupt the cycle. We will take a fresh and chal-

lenging look at what chemical dependency is, and how to help a family move from enabling to real support. Within an interactive process, we will identify behavioral and attitude adjustments family members make in their attempts to change their chemically dependent loved ones. Through the clinical application of the principles of radical forgiveness, we will address how to help a family work through anger, guilt, and fear, towards healing and wholeness. We will grapple with the end goal — how to move towards detachment with love — and what it looks like in practice.

**28 Many Countries; One Minnesota**  
*Harborside 205*

Minnesota today is quite different from the Minnesota of fifty years ago. Attend this workshop to learn more about your East African and Hmong neighbors who now call the Land of 10,000 Lakes home. Presenters will provide brief historical perspectives on why East Africans and Hmong are here in the U.S. and Minnesota. They will also discuss some of the challenges that are faced by these communities as they pursue their American Dream. Some challenges that will be highlighted include the use and abuse of alcohol, tobacco, and other drugs (ATOD). Participants will walk away with a better understanding of whom their neighbors are and ideas and strategies on how to engage and work with these two communities here in Minnesota.

**29 On The Road to Cultural Competency: Are We There Yet?**  
*Harborside 301-302*

It's been in our mission for years, yet do we really understand what it means and what it takes? Do you struggle with what to say when clients attribute failure to racism? Do you wonder if you or others' reactions seem biased? Are you ready to

deepen your understanding of what it means to be culturally competent? Too often discussions about privilege and racism result in finger pointing, blame, and guilt, none of which are productive. Instead, join us for a safe and stimulating exploration of the complex dynamics that shape cross racial relationships. Come as you are, with your questions, struggles, and experiences as we explore together through video, presentation, and dialogue the journey toward cultural competence. Come away with an understanding of how to more effectively work with diverse clients, coworkers, and customers.

**30 Overcoming Workplace Uncertainty: Creating Hope and Satisfaction**  
*Harborside 304*

Today's workplace presents an often inhospitable environment. Downsizings, office closings, and mergers all are part of the current organizational landscape. Such issues have created a sense of uncertainty and fear that permeates the lives of many employees. This anxiety is worsened when organizations fail to help employees develop their job skills and their careers. Central to the developmental role that managers must play is the ability to give and receive effective feedback. This institute will teach participants how to both give and elicit helpful feedback that can reduce fear and anxiety and increase workplace effectiveness and job satisfaction.

**31 Historical Trauma and the Effects on American Indian Children and Their Families**  
*Harborside 305*

This session will focus on historical trauma and its impact on American Indian families. The objective is to trace the history of social policies and analyze the impact they have had on health issues with American Indian children and their families. We will also examine the

disparities in out-of-home placements. Recommendations for practitioners working with American Indian families will also be discussed.

**32 Forensic Interviewer Refresher Course**

*Lake Superior Ballroom "L"*

First Witness has trained internationally for many years. We have come to appreciate "rural interviewers" who may have been through a forensic interviewer training course, but have not had the opportunity to build skills or confidence due to a lack of practical application. This course is designed for those people to refresh skills and memories about what was learned in a forensic interviewing course. It is not designed as a stand-alone forensic interview course, but may also be of value to those wanting a snapshot of what a forensic interview looks like and the skills involved in successfully interviewing children who are suspected of being abused.

**33 A Framework for Ethical Practice**  
*Lake Superior Ballroom MN*

This session reviews the current NASW Code of Ethics briefly, toward demonstrating how ethical practice can enhance our effectiveness with clients and help us to carry out our responsibilities toward our helping profession. A focus of the session will be to present a framework, a how-to, step-by-step procedure map to use as we make decisions about ethical issues as they arise in our practice. The presenter, who has worked in a variety of practice settings, will offer case scenarios for discussion by conference participants. This is designed to be an interactive learning event.



# "Homeless is My Address, Not My Name"

This powerful audio/photo exhibition created from hundreds of conversations with individuals and families experiencing homelessness in Minnesota.

Through striking portraits and first person audio, "Homeless is My Address, Not My Name" will undoubtedly alter your perceptions of homelessness. The exhibit

features photography by Larry LaBonté and Kris Drake.

**Edmund Fitzgerald Exhibit Hall**

34	<b>Creative Therapeutic Techniques for Children and Teens</b>	Tamarah Gehlen, M.A., L.A.M.F.T., L.A.D.C., C.F.L.E., C.C.T.P., Director at the WINGS Treatment Center Program	Board Room
35	<b>Transitioning: Working with Older Youth in Foster Care</b>	Anna Beadle, J.D., AmeriCorps VISTA Lawyer along with Weida Allen, M.S.W., Staff Social Worker at Children's Law Center of Minnesota	Chester Creek
36	<b>Taking A Personal Inventory</b>	Dana Stroschein, M.S.W., L.I.S.C.W., Therapist, Diversity Trainer at Woodland Hills	DECC Foyer
37	<b>The Unique Role of Catholic Higher Education in a Hopeful Society 7 Attitudes and Approaches That Promote Hopeful Transformation for Those Scarred by the Struggle</b>	William C. Graham; Ph.D., Reverend at The College of Saint Scholastica	French River 1
38	<b>The Connection Factor</b>	Michelle K. Nelson, B.A.- Criminology/Sociology, Quality Assurance Training Coordinator at Woodland Hills	French River 2
39	<b>Living With a Disability</b>	Desiree Menuey, B.A., Q.M.R.P., Chair of People with Disabilities for Change and Program Director with DRCC, along with Jerry Salveson, A.A., Bev Strontharm, Glenn Tridgell, M.S., and Randy Vogt, M.S., Board Members of People With Disabilities for Change	Gooseberry Falls 1
40	<b>Reflections and Recommendations on Visitation</b>	Shaun R. Floerke, District Court Judge, State Courts	Gooseberry Falls 2
41	<b>The Built Environment and Health Outcomes: Transforming Food Deserts</b>	Michelle MacDonald, R.N./P.H.N., B.A., M.A., D.N.P., Public Health Analyst, along with Carrie Gertsema, P.H.N., B.S.N., Public Health Nursing Supervisor and Randy Huard, P.H.N., B.A., B.S., Public Health Nurse all working at St. Louis County Public Health & Human Services	Gooseberry Falls 3
42	<b>Spark in the Dark II</b>	Cyrene Baskett, M.S., B.S.W., B.S.N., Chemical Dependency Educator at the Center for Alcohol and Drug Treatment along with FayeBeth Pingry, M.S.W., ACT Case Manager at St. Louis County, Christa Oerson, M.S., Case Manager at Human Development Center, Mark Schneiderhan, Pharm.D., Associate Professor at UMD College of Pharmacy, Duluth.	Harborside 303
43	<b>Understanding Anxiety — The "What if" Disorder</b>	Todd Mulliken, M.S., L.P.C.C.; Mulliken Counseling Center, Inc. director and owner	Lake Superior Ballroom "J"
44	<b>Honest Hope for Troubled People in Troubling Times</b>	Ted Bowman, Family and Grief Educator, Adjunct Professor with the University of Minnesota and University of Saint Thomas	Lake Superior Ballroom "K"
45	<b>RECOVERY: Living Our Struggles and Choosing New Life</b>	Sister Pauline Micke, O.S.B., M.A.-Theology, Certified Spiritual Director at Benedictine Center of Spirituality at St. Scholastica Monastery, along with Father Steve Ulrick, L.S.W., Pastor at Holy Name of Jesus Parish in Medina, MN and two panelists	Lake Superior Ballroom "O"
46	<b>People With Disabilities Scarred by Struggle, Transformed by Hope</b>	Sister Mary Carla Flood, M.S.W., L.G.S.W. (MN), Social Worker and Retreat Facilitator at St. Scholastica Monastery	Split Rock 1
47	<b>Thin Places: Where Faith is Affirmed and Hope Dwells</b>	Mary Treacy O'Keefe, M.A.-Theology, President of Well Within, a nonprofit holistic wellness center	Split Rock 2
48	<b>Juvenile Detention Alternatives Initiative (JDAI)- Community Leaders, Justice System Agencies, Community Organizations, and Foundations Transforming the Juvenile Justice System in St. Louis County</b>	Sue Lawson, JDAI Coordinator, along with other TBD panelists from Arrowhead Regional Corrections/Juvenile Detention Alternatives Initiative (JDAI)	St. Louis River Room

**34 Creative Therapeutic Techniques for Children and Teens***Board Room*

Tamarah will share her unique presence and some hands-on therapeutic techniques that have worked well with children and teens to change up traditional therapy sessions. Tamarah uses humor and believes that therapists are the best tools we have. Attendees will learn how to use humor, multi-media, art, and play techniques, and to present issues in ways that younger children can understand and relate to.

**35 Transitioning: Working With Older Youth in Foster Care***Chester Creek*

Helping older youth in foster care prepare for independent living is critical to ensuring that they successfully transition into adulthood. This presentation will provide an update on federal and state laws applicable to older youth in foster care who are preparing for adulthood, including a discussion of extended foster care for 18-to-21-year olds. It will also address best practices for professionals working with older youth in foster care to address specific needs such as education, health care, and housing.

**36 Taking A Personal Inventory***DECC Foyer*

Understanding our own internal stereotypes and biases will likely lead to a better understanding of the issues that we and each person we encounter in our professional and personal lives has been through, and how those experiences have shaped their views of the world. This workshop will consist of taking a deeper look at our own experiences with diversity in order to explore what has and continues to shape our own journey of cultural competency. Participants will also be challenged to make a commitment to work toward increased cultural competency.

**37 The Unique Role of Catholic Higher Education in a Hopeful Society: 7 Attitudes and Approaches that Promote Hopeful Transformation for Those Scarred by the Struggle***French River 1*

There are seven ways that Catholic colleges participate in building a just society. As there is no escaping the primacy of justice as a life-building virtue, we seek to create and sustain a place where all are welcome, all are respected, and the

dignity of each is celebrated. Teaching our students to study the Church's rich legacy of social teachings and put it into practice, we all seek to grow in wisdom and grace.

**38 The Connection Factor***French River 2*

Do you deal with conflict? Conflict has many stages and can cycle into crisis quickly without the right intervention. One key element of intervention is the "connection factor": one's ability to connect with the audience, client, or customer. This workshop will break down the stages of conflict, demonstrate successful and failed connections, and provide a youth focus. However, the material will prove useful in dealing with a wide array of "people situations."

**39 Living With a Disability***Gooseberry Falls 1*

Were you born with a disability? Did you develop a disability later in life? Come and learn from five people who are currently living with various disabilities. Hear how they have coped, and about the stigma that is often attached to the diagnosis. Good, bad, or otherwise, we are not defined by our disabilities.

**40 Reflections and Recommendations on Visitation***Gooseberry Falls 2*

Parental visits can be tricky. Kids are caught in the middle, perhaps pawns in the battle or even the battlefield. Issues abound, and are complicated by the various players involved, who often have divergent motives and agendas. Frankly, it's a recipe for trouble even on our best days. We must do our level best to make visits meaningful, helpful, and good. We must be devoted, mindful, thoughtful, diligent, and often courageous. And, we better learn to take care of ourselves and keep hope alive in the midst of it. In this session, one judge reflects and makes suggestions on these issues.

**41 The Build Environment and Health Outcomes: Transforming Food Deserts***Gooseberry Falls 3*

Designing Healthy Communities, Episode 3: Social Policy in Concrete Designing Health Communities is a four-part series that explores the relationship between the built environment and public health problems such as obesity, asthma, diabetes, and heart disease.

Presenters will share the segment "Social Policy in Concrete," which links the built environment with health outcomes while sharing how citizens and communities are using upstream thinking to develop innovative solutions. Transforming food deserts is one of the inspirational models illustrated. Presenters will also share examples of change in St. Louis County.

**42 Spark in the Dark II***Harborside 303*

People living in the complex addiction and mental illness world struggle with confusion and darkness. The ACT program has developed a stable, sober-focused group of people who have exhibited sparks in recovery. A unique program with the University of Minnesota School of Pharmacy, Duluth, has enabled our group to learn complex ideas through various learning styles. This session will review the general foundation of the IDDT program, highlight guest speakers in recovery, and give audience members opportunities to participate in interactive games. We also have exciting ideas for future IDDT groups and booklets to assist other groups. Come and enjoy our new developments and games!

**43 Understanding Anxiety — The "What If" Disorder***Lake Superior Ballroom "J"*

Todd Mulliken, LPCC, with over 25 years of clinical experience, will be presenting this workshop, which last year had standing room only. Todd will discuss the difficult traces of anxiety, specific treatment strategies, and risk and protective factors for this mental health condition, which is the most common disorder in our society today.

**44 Honest Hope for Troubled People in Troubling Times***Lake Superior Ballroom "K"*

Hope gets underwhelming attention. Faced with distressed citizens and clients, caring workers want to stop the bleeding, lighten the load, promote resiliency or protect the vulnerable. This is to be applauded. But, when doing this, program and workers can become reactive, problem-centered, and jaded. Hope can be placed on the back burner where is little fire, money, and commitment. This experiential session will explore the significant place of honest hope in therapeutic, medical, and educational settings. Perspectives and tools will be included, demonstrated, and practiced.

**45 RECOVERY: Living Our Struggles and Choosing New Life**  
*Lake Superior Ballroom "O"*

This presentation will be grounded in the 12-step process. A few panel members will share the stories of their journeys from addiction to recovery. We will then examine how the 12-step process guides one through life's struggles to a decision which leads to recovery and a new way of life. The presentation will focus on steps 3, 6, 7, and 11 by which we will consider how the choice to live a new life is essential to the transformation that recovery presents individuals and families.

**46 People With Disabilities Scarred by Struggle, Transformed by Hope**  
*Split Rock 1*

This workshop will look at some famous and not-so-famous people with disabilities who have faced up to their challenges and have gone on to be leaders in various ways. Participants will also have an opportunity for some hands-on simulation experience, and time for discussion about how they can use their gifts, and how disability can be a gift.

**47 Thin Places: Where Faith is Affirmed and Hope Dwells**  
*Split Rock 2*

Thin places are experiences or places where the veil between this world and the next one is just that: thin. One of the best ways to identify and share our thin-place experiences is with a soul friend. By sharing inspiring stories from her book *Thin Places: Where Faith is Affirmed and Hope Dwells*, Mary Treacy O'Keefe will demonstrate how soul friendships and thin places help us live more fully, affirm our faith, provide hope, and enable us to find meaning, even within the most difficult times in our lives.

**48 Juvenile Detention Alternatives Initiative (JDAI)- Community Leaders, Justice System Agencies, Community Organizations, and Foundations Transforming the Juvenile Justice System in St. Louis County**  
*St. Louis River Room*

The Juvenile Detention Alternatives Initiative (JDAI), a cross-system, community collaborative, has started transforming the St. Louis County juvenile justice system in 2009. Since then, St. Louis County secure detention has dropped by 20

percent, and the JDAI collaborative has been fulfilling its mission, which ensures child and community safety, a justice system in which children are treated fairly, the unnecessary detention of children is eliminated, and community-based alternatives allow children to develop to their full potential.

Join a panel of JDAI leaders who will focus on 1) The tools and strategies developed to decrease use of secure detention; 2) How the community, local agencies, and foundations came together to develop alternatives that are community- and culture-based. In particular they will discuss the Culturally Based Community Coach Program.

Monday, October 8		Session III Workshops	3:00 – 4:30 pm
49	<b>Word Medicines: An Experience of Words and Writing</b>	Ted Bowman, Family and Grief Educator, Adjunct Professor with the University of Minnesota and University of Saint Thomas	Lake Superior Ballroom "K"
50	<b>Collegial Conversations in a Time of Community Conflict: The Parker Palmer Method of Keeping the Dialogue Going Even Under Pressure!</b>	Dr. Maria Stalzer Wyant Cuzzo, Ph.D., J.D., Mediator, Professor of Legal Studies, Academic Advisor to CCE Mediation/Conflict Resolution, Paralegal Certificates at the University of Wisconsin-Superior	Lake Superior Ballroom "J"
51	<b>Truth or Consequences: When is "Blowing the Whistle" Ethical?</b>	Elizabeth Twining Blue, M.S.W., Social Work Professor at the University of Wisconsin-Superior, along with Jennifer Hoffman and Lori Magerl, B.S.W. Students in the UW-Superior Social Work Program	Split Rock 2
52	<b>Staying Healthy in the Struggle-McNair Scholar Student Research</b>	Michelle Robertson, M.S.W., L.G.S.W., Assistant Professor at The College of St. Scholastica along with Amber Cooper, B.S.W. Student at The College of St. Scholastica	Split Rock 1
53	<b>A Nomadic Spirituality of Home: An Alternative Map for Survivors of Childhood Violence</b>	Denise Starkey, Ph.D.-Constructive Theology, Assistant Professor of Theology and Religious Studies at the College of St. Scholastica	Lake Superior Ballroom "O"
54	<b>Finding Wisdom Within: Mountain 10 Xperience for Personal Growth</b>	Gary J. Boelhower, Ph.D. Professor at The College of St. Scholastica	DECC Auditorium Foyer
55	<b>OutSide the Lines/ Personal Journey</b>	Karen Wussow, S.W.,L.S.W., Author/ Professional Speaker, LIGGSS Team Coordinator/ MFIP Out-Reach Specialist at Crow Wing County Social Services	Board Room
56	<b>Ending Homelessness in St. Louis County and Across the State!</b>	Steve O'Neil, M.S.W., St. Louis County Commissioner, along with Laura DeRosier; M.S.W., L.G.S.W., Housing & Homeless Coordinator at St. Louis County Public Health and Human Services,	Harborside 303

✱ *More Session I Workshops on next page.*

	<b>Workshop 56 Continued</b>	Durbin Keeney, Regional Director Minnesota Assistance Council for Veterans (MACV Duluth), Dana Hiltunen, Director of Housing Services, Arrowhead Economic Opportunity Agency (AEOA)	
57	<b>Brains At Work, Let's Put Our Heads Together</b>	Lyle Wildes, B.S.-Philosophy & Sociology, Brain Coach Positive Attitude Development Group, Inc.	St. Louis River Room
58	<b>Multi-generational Perspective on LGBTQ Cultural Competence</b>	Kathy Hermes, B.S.- Science Education, Coordinator at Lutheran Social Service/ Together for Youth along with Kathleen Gates, M.A., C.P.H., Consultant at Northland Elders Network and Laura Jensen, B.S.-Secondary Education, English Teacher & Gay Straight Alliance Advisor at Chaska High School	French River 2
59	<b>Get SETT: Sustainable Employment Through Training and Trade</b>	Beth Peterson, B.A.S.- Psychology, Planner at the Arrowhead Economic Opportunity Agency, along with John Pettinari, B.A.- Psychology & Sociology, Assistant Director of Employment & Training at AEOA and Kyle Erickson, B.A.- Political Science/ Public Administration, Employment Lead at AEOA	French River 1
60	<b>The 4 Goals of Misbehavior</b>	Tamarah Gehlen, M.A., L.A.M.F.T., L.A.D.C., C.F.L.E., C.C.T.P., Director at the WINGS Treatment Center Program	Gooseberry Falls 1
61	<b>Topics In Public Guardianship</b>	John Fillbrandt, B.S.-R.N., Public Guardianship Administrator at the Department of Human Services-(DHS) in St. Paul	Gooseberry Falls 2
62	<b>Caring for Clients with a History of Mild Traumatic Brain Injury (mTBI)</b>	Rachel Ann Scott, M.D.	Gooseberry Falls 3

**49 Word Medicines: An Experience of Words and Writing**

**Lake Superior Ballroom "K"**

*"Human beings do not simply tell stories, or illustrate their lives with storytelling. We construct our sense of identity out of stories. Our sense of self, our identity, is built piece by piece as we form experiences into stories and then integrate these stories into our ongoing core narratives."*

Andrew Lester

In this session, participants will draw on the writing of others (poetry, memoirs, fiction) to prompt growth and hope through stories or writing. Clients' work can be enriched when they find stories that mirror their own lives or point toward possibilities that may inspire or foster resilience.

**50 Collegial Conversations in a Time of Community Conflict: The Parker Palmer Method of Keeping the Dialogue Going Even Under Pressure!**

**Lake Superior Ballroom "J"**

Parker Palmer's new works *Healing the Heart of Democracy* and *The Heart of Higher Education* expand and deepen his proven methodologies for professional renewal, transformation of public spaces, and preservation of self-integrity. This interactive session will explore the skills and techniques of preserving collegial conversations and remaining true to one's personal and professional identity in the

midst of public tension and conflict. Learn how to practice and articulate the story of self, the story of us, and the story of NOW with your professional colleagues! Help learn how to move from the politics of broken-heartedness to the transformative struggle to the ethic of hope.

**51 Truth or Consequences: When is "Blowing the Whistle" Ethical?**

**Split Rock 2**

Whistle blowing is supposed to put an end to "harmful behavior and to prevent such conduct in the future" (Mansbach, 2006). What constitutes harmful behavior in a human services setting? What is whistle blowing? Under what circumstances is whistle blowing appropriate? What are the real-world risks and benefits of whistle blowing? What are the steps involved in whistle blowing? What guidelines are available to make ethical decisions about whistle blowing activities? This workshop will discuss the literature on this topic, tie it to ethical imperatives set out by our code of ethics, and offer ethical guidelines for practice.

**52 Staying Healthy in the Struggle – McNair Scholar Student Research**

**Split Rock 1**

This session will explore McNair Scholar students' research in secondary trauma on helpers. As practitioners, we struggle with the trauma experiences of our

clients. What does the professional literature tell us about the indirect, long-term effects of helping others? Are helpers able to mitigate potential burnout and other adverse effects? How can we find healthy ways to cope with the situations that we face in helping others? When is self care most effective in finding ways to stay healthy in the struggle to help others?

**53 A Nomadic Spirituality of Home: An Alternative Map for Survivors of Childhood Violence**

**Lake Superior Ballroom "O"**

This session focuses on the experience of spiritual homelessness, particularly for survivors of childhood violence, exacerbated by the compounded experiences of suffering in adulthood in the forms of interpersonal violence, addiction, material homelessness, and complex post-traumatic stress disorder. The study is informed by the empirical studies that explore the contributions of spirituality to healing for survivors, as well as the impediments spirituality sometimes represents, particularly in the idealized myths of home and belonging. My goal is to construct a nomadic spirituality of home that dislodges conventional metaphors and notion of home and belonging.

**54 Finding Wisdom Within: Mountain 10 Xperience for Personal Growth**

*DECC Auditorium Foyer*

This workshop will introduce the Mountain 10 Xperience, a personal reflection activity based on ancient wisdom technologies of the mandala and the labyrinth. Using a paper labyrinth and crayons, participants will journey into their own wisdom and gain clarity about their priorities, roadblocks, and new possibilities. This simple activity creates a safe and challenging space for interior reflection that is appropriate for clients facing transitions, clarifying life goals, seeking new work, or developing personal growth. The Mountain 10 Xperience is a powerful tool for anyone wishing to consider their boldest possibilities by journeying into their own deep knowing.

**55 OutSide the Lines/ Personal Journey**

*Board Room*

This session will provide unique insight and deeper understanding of at-risk family dynamics. The presenter will describe her own journey from growing up with abuse, alcoholism, neglect, poverty, and foster care to her current position as a licensed social worker, offering perspectives as both a child and a professional in the system. This powerful story will especially benefit anyone who interacts with at-risk children and families.

**56 Ending Homelessness in St. Louis County and Across the State!**

*Harborside 303*

Working in collaboration with the State of Minnesota's Roadmap to End Homelessness and the Federal Strategic Plan to End Homelessness, St. Louis County is gearing up for year six in our 10-year plan to end homelessness. The federal government has begun to align its homeless programming through the legislation outlined in the Hearth Act. Find out what the County has been up-to, including its new restructuring plan, which increases collaboration between public and private sectors. Discussion topics will include housing and homeless prevention opportunities in St. Louis County, new housing developments, and local trends. MACV's — Duluth's veterans place — and AEOA in Virginia's Youth Foyer are two new housing projects that will be highlighted.

**57 Brains At Work, Let's Put Our Heads Together**

*St. Louis River Room*

I spent 20 years growing up, 20 years

messed up, and 20 years locked up, but I never gave up. That's why I am here today. As a brain coach, I focus on the power of attitude and show what happens when core values are the boss in the work place. Each participant will learn how to build a healthy relationship with their brain, and the importance of having a brain date daily.

Learn powerful prefrontal lobe exercises for change, success, and happiness

**58 Multi-generational Perspective on LGBTQ Cultural Competence**

*French River 2*

Our six living generations of LGBTQ people have had experiences ranging from the invisibility of fully closeted lives to "Don't Ask, Don't Tell" to having the option to participate in gay-straight alliances in schools across the country. This workshop will feature adults joined by participants in Lutheran Social Service's "Together for Youth," a social and support group for LGBTQ youth. Come hear how absence of LGBTQ cultural competency in our public and private institutions influences lives, and how we can do better on this front. Focus will be placed upon schools and their supporting personnel.

**59 Get SETT: Sustainable Employment through Training and Trade**

*French River 1*

With ever-increasing unemployment at all socioeconomic levels, the need for post-high-school training for a livable-wage job is extremely high. Without higher skill levels, workers are often limited in advancement and higher wage opportunities. The Arrowhead Economic Opportunity Agency (AEOA) and Mesabi Range and Hibbing Community Colleges collaborated on the Sustainable Employment through Training and Trade (SETT) model to connect low-income participants with access to training and paid internship opportunities to meet the needs of the area's labor market. Its implementation is a collaborative consisting of AEOA, Mesabi Range College, Hibbing Community College, The Blue/Green Alliance, and area employers.

**60 The 4 Goals of Misbehavior**

*Gooseberry Falls 1*

This presentation builds upon the work of Rudolph Dreikurs and looks at the four goals of misbehavior and how we can use them as ways to further treatment by better aligning with our clients and working with presented behavior, rather than against it. The interventions provided

work with clients across substance abuse and mental health counseling areas and age ranges.

**61 Topics In Public Guardianship**

*Gooseberry Falls 2*

For more than half of the twentieth century, thousands of people with developmental disabilities were confined to state institutions. Public guardianship now supports over 2,000 individuals who lack the capacity to make informed choices. This session will address the more-significant responsibilities and duties of county guardianship delegates, such as health care decisions and end-of-life planning. As a refresher, a basic overview of public guardianship from the nominating and petitioning process to ongoing monitoring and reporting will also be provided. Current county and state demographics and trends will also be presented.

**62 Caring for Clients with a History of Mild Traumatic Brain Injury (mTBI)**

*Gooseberry Falls 3*

Diagnosis, recognition and treatment of mild traumatic brain injury (mTBI) in the medical field has not kept pace with progress in other areas of medicine, in part because the signs and symptoms can be subtle, and people affected by mTBI are often unable to articulate their symptoms or needs. As a family practice physician who has also been the victim of a mild TBI, I have an almost unique understanding of how and why mTBI goes unrecognized, and would like to share my perspective about how health professionals can intervene most effectively, and tailor their treatment for particular needs of each client. Every aspect of care must also take mTBI into account.



# Day 2: Tuesday, October 9

Tuesday, October 9		Session I Institutes	8:30 - 12:00 pm
63	<b>Child Abuse Investigation &amp; Offender Interviewing-A Systematic Approach</b>	Michael Bryant, M.S.W., AAS Law Enforcement, Child Protective Services Social Worker at St. Louis County Public Health & Human Services	Harborside 202
64	<b>New Conversations: Uncovering Five Myths that Support Racism</b>	Sharon Goens, M.A. Counseling Psychology, Racial Equity Conversation Coordinator at the St. Paul Foundation	Harborside 203
65	<b>Communicating with Meaningful Access In A Very Rich Environment</b>	Alejandro Maldonado, C.C.P., C.H.I., B.A., LEP Coordinator at the Minnesota Department of Human Services	Harborside 204
66	<b>Employees' Empowerment and Culture of Fairness</b>	Sabah Alwan, Ph.D., Associate Professor at the College of St. Scholastica	Harborside 205
67	<b>The Mysteries and Challenge of FASD</b>	Lynne R. Frigaard, Fetal Alcohol Program Director at ARC Northland	Harborside 301-302
68	<b>Key Warning Signs for Mental Illness in Children and Adolescents</b>	Deborah Cavitt, M.S., Project Director at Minnesota Association for Children's Mental Health	Harborside 303
69	<b>Generations in the Workplace (2.5 Hour Session)</b>	Ouida Crozier, M. Ed., Coordinator for Diversity and Cultural Competency, Equal Opportunity and Access Division at MN Department of Human Services	Harborside 305
70	<b>Echoes of War: The Combat Veteran Comes Home</b>	Brock Hunter, J.D., attorney at the Brockton D. Hunter P.A. law firm in Minneapolis, former Army Scout, nationally recognized for his work with veterans in the criminal justice system, along with Hector Matascastillo, M.S.W., former Army Ranger and Special Operations soldier with 13 combat deployments over an 18-year career, whose PTSD led to an armed standoff with police in 2004. Matascastillo was given a second chance, and is now a clinical therapist working with veterans and other survivors of trauma.	Lake Superior Ballroom "K"
71	<b>Compassion Fatigue: Defining the Struggle, Choosing the Healing</b>	Ann Harrington, Trainer and Consultant	Lake Superior Ballroom "L"
72	<b>Managing Fear &amp; Risk: Social Work Competencies in Today's World</b>	Elizabeth Twining Blue, M.S.W., Social Work Professor at the University of Wisconsin-Superior along with Maria Stalzer Wyant Cuzzo, Ph.D., J.D., Professor of Legal Studies at UW-Superior	Lake Superior Ballroom MN

## Tuesday, October 9 Session I Institutes 8:30 - 12:00 pm

### 63 Child Abuse Investigation & Offender Interviewing-A Systematic Approach *Harborside 202*

Child abuse investigations range from simple to complex, and even skilled professionals who work such cases may feel unprepared or ill-equipped for the required tasks, or not know what basic investigative steps include. This session will focus specifically on defining and discussing proper steps for conducting a systematic child abuse investigation. Attendees should leave with enhanced ability and confidence to conduct child abuse investigations. Session two continues with a focus on systematic offender interviewing. Offender interviewing is one of the most

important yet under-developed skills for child abuse investigators. Interviews may be used for criminal court and by various law enforcement and social service agencies. This session will focus on steps in preparing for an interview, formulating of initial and follow-up questions, competently identifying verbal and non-verbal clues that indicate honesty or deception, and whether such interviews are ethical. Attendees should leave with a concise offender interview method that will help improve skills necessary to obtain a "sufficient amount of truth" from an alleged offender.

### 64 New Conversations: Uncovering Five Myths that Support Racism *Harborside 203*

The Five Myths tool draws on the work of white author Dr. Peggy McIntosh, who believes Americans are raised on five strong cultural myths that help deter us from entering into serious discussions about racism. This dialogue uses Dr. McIntosh's five myths as a jumping-off place to examine the impact of the myths on both people of color and white people. This dialogue uses both small and large group activities to help participants recognize the myths in everyday experiences, explore their power, and practice countering them. General and sector-specific examples will be used. The dialogue

also encourages people to consider taking action against racism in their lives.

### **65** Communicating With Meaningful Access In A Very Rich Cultural Environment

*Harborside 204*

This engaging and fun workshop provides new insights on how to communicate effectively with individuals from other cultures, including folks from our own mainstream. Good anecdotes and guidance on how to work more productively with interpreters will help you save time. Join us in this interactive and fun presentation!

### **66** Employees' Empowerment and Culture of Fairness

*Harborside 205*

Organizations have strived to develop an interactive culture that has limitless boundaries and an open integration of communication. This strategy, by nature, leads to the empowerment of middle management and the enlargement of the empowered delegations of upper management. All of this resonates well with most employees, and creates many layers of empowered culture. This integration of delegated empowerment culture can be misused by the middle and upper management to treat employees unfairly. Often, the concept of employee fairness affects low- to middle-ranking employees. Management perceptions of employees are often tools for employee promotion and prosperity in the organization. The disparate impact (negative outcome) ramifications of middle- and upper-management actions result from two main factors — diversity management initiatives and harassment training — that organizational culture is lacking.

### **67** The Mysteries and Challenges of FASD

*Harborside 301-302*

Individuals with fetal alcohol spectrum disorders (FASD) present us with some unique challenges. This workshop will provide participants with knowledge to recognize behaviors that may indicate FASD, and practical strategies for working with individuals who may have this type of brain damage. This workshop is interactive and dynamic, and is both necessary and relevant for anyone working in social services and supporting people with disabilities.

Goal: To educate participants about FASD, and to provide tools for being more effective in working with people who are affected.

Outcomes:

1. Participants will be able to identify potential fetal damage that can occur from alcohol use in each of the trimesters of pregnancy.
2. Participants will be able to identify at least three characteristics or behaviors seen in four developmental stages (early childhood, elementary school, high school and adulthood) that could be indicative of fetal alcohol damage.
3. Participants will be able to identify at least three environmental factors that can help or inhibit the ability to work effectively with people who have FASD.
4. Participants will understand and be able to apply at least five techniques for working with people who have FASD.

### **68** Key Warning Signs for Mental Illness in Children and Adolescents

*Harborside 303*

This training will examine risk factors, early warning signs, and educational implications of children's mental health disorders. Through better understanding of biological and environmental causes and profound effects of children's mental health disorders, participants will learn how to reduce negative impacts of these disorders on a young person's social, emotional, and academic success. Using positive behavioral interventions, strategies, and accommodations, a positive climate can be created in schools, families, and communities to better meet individual children's needs and improve outcomes for children and adolescents with mental health disorders.

### **69** Generations in the Workplace

*Harborside 305*

With four generations currently represented in the workplace, challenges to working effectively across generations are presented to line staff and managers alike. This class will provide a brief overview of the formative events that occurred for each generation, and point to effects of those events on each generation in the workplace. Some consideration will be given to the pluses and minuses that each generation brings, and to the kinds of messages that successfully motivate members of each generational cohort.

### **70** Echoes of War: The Combat Veteran Comes Home

*Lake Superior Ballroom "K"*

More than 2 million Americans have served in Iraq and Afghanistan. Most return home stronger from their experience, but a significant percentage bring their war home with them in the form of invisible injuries. Hundreds of thousands

have been diagnosed with post-traumatic stress disorder and traumatic brain injury. History tells us that significant numbers of these troubled returning veterans will land in the criminal justice system. Minnesota is leading the nation in dealing with this newest generation of veterans when they return home and find themselves in trouble.

### **71** Compassion Fatigue: Defining the Struggle, Choosing Healing *Lake Superior Ballroom "L"*

Compassion — both giving and receiving — is a powerful and potent quality of being we deeply value. But it is a fact that caring too much can hurt! Giving too much can drain us, and actually be dangerous to our health and wellbeing. So what to do? How do we embrace this struggle to create a realistic and sustainable balance for ourselves as caregivers? In this interactive session we will share a definition and some causes of compassion fatigue, learn to recognize its symptoms, use a life-stress self-quiz, discuss characteristics of healthy caregiving vs unhealthy caregiving, discuss breaking the compassion fatigue cycle, and describe eight steps to healing and self-care. Compassionate listening to each other will be offered throughout!

### **72** Managing Fear & Risk: Social Work Competencies in Today's World

*Lake Superior Ballroom MN*

This institute explores risk areas in current social work practice, identifying core competencies to be mastered by social workers, as specified by the Council on Social Work Education. An overview of practice risks will be provided for each of these ten competencies. Ethics issues inherent in each competency area will be flagged and evaluated. Each participant will complete a self-assessment process during which he/she will evaluate and process existing competencies, identifying areas for development. Small group discussion will occur around each core competency. Participants should come away with a professional development plan to enhance professional skill sets. Key Words: Risk management, social work, practice competencies, social work ethics.

Tuesday, October 9		Session I Workshops	8:30 - 10:30 am
73	Music Therapy for Children with Developmental Disabilities	Jody St. George, M.A.-Music Therapy, Board Certified Music Therapist at Access Music Therapy, LLC	Board Room
74	Creating Your Bucket List: 1001 (or maybe 101) Ideas on Things to do Before You Die	Lee Berlinquette, Recreation degree, Training & Development Coordinator at Lutheran Social Service Agency	Chester Creek
75	No, I Don't Have A Problem!	Faith M. Clark, M.S.W., L.G.S.W., L.A.D.C., B.S.W., at The Duluth Bethel	DECC Foyer
76	Adult Bullying	Kathleen Gates, M.A., L.P.C., Licensed Professional Counselor in Independent Private Practice	French River 1
77	Health Disparities: Local data... Local Action	Jim Skoog, B.A., B.S., Community Health Specialist along with Jane Gilley, M.S., Planner, and Jim Gangle, M.S., Public Health Analyst all at St. Louis County Public Health and Human Services	French River 2
78	Disability Linkage Line and Disability Benefits 101	Josie Laporte, B.S.W., S.E.M.C.I.L., Disability Linkage Line Options Counselor at Southeastern Minnesota Center for Independent Living	Gooseberry Falls 1
79	"Voices of Women in Transition": The Role of Mentoring	Kristina Blasen, Ph.D., Graduate Researcher at the University of MN Extension, Family Development	Gooseberry Falls 2
80	Narcissism...What It Is and What It Is Not	Todd Mulliken, M.S., L.P.C.C., Mulliken Counseling Center, Inc. director and owner	Gooseberry Falls 3
81	Fon du Lac Band of Lake Superior Chippewa (FDL) Biomonitoring Project	Bonnie LaFromboise, R.N., B.S.N., Public Health Nurse at Fon du Lac Public Health Nursing Department along with Rebecca Provost, M.S.Ed., MBA, Biomonitoring Project Manager at Fond du Lac Public Health Nursing Department	Harborside 304
82	Managing Aggressive Behavior	George Demers, B.S., M.S., Consultant	Lake Superior Ballroom "J"
83	Our Girls Are Not For Sale!	Kim Crawford, Executive Director at Life House along with Candy Harshner, Executive Director at PAVSA	Lake Superior Ballroom "O"
84	Breaking Down Health Disparities in Lesbian, Gay, Bisexual, Transgender, & Queer Communities	Nicky Simon-Burton, M.A.O.L., Director of Community Relations at PRIDE Institute	Split Rock 1
85	ICWA Active Efforts Best Practices	John Hudson, B.A., Social Service Program Consultant with Minnesota Department of Human Services along with Paula Woods, M.S.W., Human Services Director at Red Lake Band of Chippewa and Michael Hogan, J.D., Court Monitor at the Minneapolis American Indian Center	Split Rock 2
86	National Cancer Prevention Study Comes to Northland	Marjorie Johnson, B.A., Specialist Community Partnerships along with Joni Tauzell, M.S. Ed., Senior Community Relations at the American Cancer Society	St. Louis River Room

**Tuesday, October 9**      **Session I Workshops**      **8:30 - 10:30 am**

**73 Music Theory for Children with Developmental Disabilities**  
*Board Room*

Music therapy is motivating, captivating, reinforcing, and easily adaptable. Music therapy provides success-oriented therapeutic interventions for children with disabilities. Sessions incorporate the use of different musical media to achieve individualized goals. This session will discuss music therapy interventions, session types, and formats used, goals addressed, and generalization of skills attained in music therapy to other settings for children with developmental disabilities.

**74 Creating Your Bucket List: 1001 (or maybe 101) Ideas on Things to do Before You Die**  
*Chester Creek*

OK, what does your bucket list have to do with anything concerning social services? Probably nothing, but self-care and taking steps to uncanceled your dreams and live life to the fullest is what this is all about! Everyone has a bucket list, even if it is just floating around in your head! This will be a fun and interactive way to look at creating your own bucket list and making it a reality.

**75 No, I Don't Have A Problem!**  
*DECC Foyer*

This session discusses the benefits of using the treatment method of caring confrontation with involuntary chemically dependent clients. The materials in this session are based on research, theory, and professional background. This session addresses the clinical social work content area of clinical intervention methods informed by research and current standards of practice. This session also addresses the ADC/LADC 6th core function of counseling & theory. A post test will be provided for social workers.

## 76 Adult Bullying

*French River 1*

Where do all the bullies go? School bullying is a large problem receiving much attention currently. When these school bullies graduate, where do they go? Most move on as any other graduates, to college, work, and families, and they continue bullying. Their attacks may become more sophisticated. This session will explore adult bullying in the workplace and in the family. We will cover the types of bullies, what's behind bullying, and how to deal with adult bullies, with a special focus on bullying in the family, and on which professions seem to support this horizontal violence.

## 77 Health Disparities: Local data...Local Action!

*French River 2*

Addressing health disparities in a comprehensive, targeted, intentional way is the most efficient and effective strategy. This report shows areas of need and leads us to shift resources to better address those needs. We will 1) show health disparities in St. Louis County; 2) suggest options on how St. Louis County could proceed to address those disparities; and 3) provide discussion on how other counties and agencies could address disparities.

At the conclusion of this session, participants will

1. Understand health disparities in SLC and know possible avenues for SLC to take in response to the report
2. Explore how their agency or county could undertake a similar process to more effectively address health disparities
3. Have their awareness and knowledge of health disparities heightened.

## 78 Disability Linkage Line and Disability Benefits 101

*Gooseberry Falls 1*

Disability Linkage Line is a free Minnesota information referral and assistance resource for all disability-related questions and program information. Join us to find out more about how the Disability Linkage Line can assist the consumers you serve, and to get an introduction to the Disability Benefits 101 Web site, [www.db101.org](http://www.db101.org), and all it has to offer consumers who want to find out how working may impact their benefits.

## 79 "Voices of Women in Transition": The Role of Mentoring

*Gooseberry Falls 2*

This presentation seeks to inform the practice of case workers and other practitioners who deal directly with low income women on welfare. It emphasizes

the importance of understanding the lived experience of women transitioning off of welfare, and provides an outlet for the voice of a traditionally under-represented group. It seeks to shed light on the lived experience of self-concept transformations that are required for women to successfully transition off of welfare. The researcher interviewed women participating in a voluntary welfare-to-work mentoring program about their transition experiences.

## 80 Narcissism...What It Is and What It Is Not

*Gooseberry Falls 3*

Todd Mulliken, owner of Mulliken Consulting Center in Edina, will present on this most pertinent topic. Todd will discuss the origins of narcissism, both genetic and environmental, the nine potential symptoms of narcissistic personality disorder, treatment strategies, and, the impact of the illness on couples and families.

## 81 Fon du Lac Band of Lake Superior Chippewa (FDL) Biomonitoring Project

*Harborside 304*

In 2010, the Minnesota Department of Health received a grant through the Agency for Toxic Substances and Disease Registry (ATSDR) to work jointly with the Fond du Lac Band of Lake Superior Chippewa (FDL) on a biomonitoring project. The purpose of the project is to obtain baseline exposure information on environmental chemicals and their exposure pathways, including fish consumption. The project will recruit 500 randomly-selected members of the Fond du Lac community who will give blood and urine samples and answer a questionnaire. Findings will inform and guide public health actions to reduce exposures to environmental contamination.

## 82 Managing Aggressive Behavior

*Lake Superior Ballroom "J"*

Violent behavior surrounds us. Could you predict or prevent an individual's violence? This session will focus on teaching techniques to protect yourself and others in potentially explosive situations. It is designed to teach knowledge techniques for safely managing out-of-control behavior, including the processes involved, looking critically at situations (from your point-of-view and the other person's), assessing, planning, and evaluating each step, and, most importantly, seeking ways to avoid events that could become explosive. Topics will include factors in a crisis situation, personal awareness, psychologi-

cal and physiological changes, mental preparation, and what to do when weapons are involved.

This workshop has been presented to public schools, community hospitals, law enforcement, and small and large businesses, and to city and county employees.

## 83 Our Girls Are Not For Sale!

*Lake Superior Ballroom "O"*

Life House, a youth drop-in center, and PAVSA, a sexual assault program, both interact daily with human trafficking victims through crisis services including therapy. At Life House, many youth are experiencing homelessness, are victims of abuse, and represent a minority population — all factors which make youth more vulnerable to trafficking. According to research, the most effective way to intervene in trafficking cases is to have adequate shelter with supportive comprehensive services. In Duluth, there is an overwhelming need for safe housing for young trafficking victims. Today, Life House and PAVSA are developing a strategic community plan to provide shelter and support services for young victims of trafficking. Join them in this very important discussion.

## 84 Breaking Down Health Disparities in Lesbian, Gay, Bisexual, Transgender, & Queer Communities

*Split Rock 1*

Are you an LGBT Ally providing competent service? Still reading the headline and surprised "queer" is listed? There are many factors contributing to the increased health disparities within the Minnesota LGBT community. From bullying and legal discrimination to social pressure and internalized homonegativity, LGBT people can struggle finding safe spaces for care. Challenge yourself to attend this seminar and take a look at privilege, homophobia, and gender identity considerations relevant to your work today.

Attendees will 1) understand the complexity of the triad of identity development impacting health disparities in minority communities; 2) review terminology and appropriate language to create safe space in the social work agency; 3) explore substance abuse, mental health, and sexual compulsivity within the LGBT community, and tools for creating a network for support.

## 85 ICWA Active Efforts Best Practice

*Split Rock 2*

The intent of this session is to share best practices for purposes of enhancing and sustaining county compliance with federal and state Indian Child Welfare (ICWA)

laws and the tribal/state agreement. The first part of the session will consist of a PowerPoint presentation that revisits the practices and strategies developed in collaboration by the Department of Human Services and the American Indian Child Welfare Advisory Council as described in the ICWA Active Efforts Best Practices Guide. The second half will consist of tribal child welfare professionals and practitioners sharing insight, knowledge, and expertise from their respective agencies. Time has been set aside at the end of the workshop to ask and respond to questions.

**86 National Cancer Prevention Study Comes to Northland**  
*St. Louis River Room*

How often do you see someone battling cancer and wish there was something tangible you could do to make a difference? The American Cancer Society Cancer Prevention Study 3 (CPS-3) is currently enrolling 300,000 adults ages 30 to 65 with no personal cancer history in order to learn more about how cancer develops in a population over time. Previous studies uncovered the links between smoking and lung cancer, postmenopausal hormone use and breast cancer, alcohol and pancreatic cancer, and the role of lifestyle in increas-

ing or decreasing cancer risk. These studies saved lives! CPS-3 will begin recruiting participants in the Twin Ports in 2013.

Tuesday, October 9		Session II Workshops	10:30 - 12:00 pm
87	<b>Special Needs BasicCare (SNBC) Program</b>	Maggie Friend, Agency Policy Specialist at MN Department of Human Services (DHS) along with lead agency and health plan representatives	Board Room
88	<b>The Global Awareness Project</b>	Jay Newcomb, M.Ed., Director of Service Learning at the College of St. Scholastica, along with Mary B. Newcomb, B.A.; Physical Therapist at St. Luke's Hospital	Chester Creek
89	<b>Turn On Your Body's Ability to Relax and Rejuvenate!</b>	Marjorie Ames, B.A.-Dance Movement Therapy, Trainer/ Consultant at STAR Services, along with Dawn Dakota Presenter and Self Advocate at The Cooperating Community Program (CCP)	DECC Foyer
90	<b>Personal Outlook on Fetal Alcohol Spectrum Disorders</b>	Angie Dyer, B.S., Training Coordinator at Minnesota Organization on Fetal Alcohol Syndrome along with Liz Kulp, Martin Beyer, James Jarvis, Ken Moore, Troy Carlson, Richard Walinski, MOFAS Panelists	French River 1
91	<b>Results Only Work Environment – The NEW Direction of Government</b>	Kara Terry, M.B.A., ROWE Project Manager at Hennepin County Human Services & Public Health Department, along with Carolyn Vreeman, M.S., ROWE Change Agent at Hennepin County Human Services & Public Health Department	French River 2
92	<b>Working to Improve Lives, Reduce Recidivism, and Enhance Public Safety</b>	Deb Holman, Street Outreach Case Management/Social Work at CHUM, along with Officer David Drozowski, Duluth Police Department, Theresa Neo, City Attorney/Prosecutor at the City Attorney's Office, Dan Lew, Attorney at the Public Defender's Office, The Honorable Sally Tarnowski, Judge of Sixth District Court, and Laurie Hull, R.N. in Detox at the Center for Alcohol and Drug Treatment	Gooseberry Falls 1
93	<b>Unify Services; Unify Families</b>	Scott Nielsen, M.A., C.P.R.P., Treatment Director (ARMHS) Accend Services along with Rose Hoene, M.A., L.I.C.S.W., Family Support Services, Inc. Supervisor/ Professional Family Based Division, Deanna Edwardson, M.A., Family Support Services, Inc. Practitioner/ Family Based Division and Katy Karas, M.S., N.C.C., Family Support Services, Inc. Practitioner/ Family Based Division	Gooseberry Falls 2
94	<b>Engaging Dads</b>	Morgan Streeter, B.A., Executive Director at Minnesota Fathers and Families Network	Gooseberry Falls 3
95	<b>Exercise Nutrition and the Addicted Brain: A Biochemical Approach to Addiction Treatment</b>	Melissa Huray, M.S., L.A.D.C., at Nystrom and Associates, Ltd.	Harborside 304
96	<b>Borderline Personality Disorder and Addiction</b>	Erica Hoff, Ph.D., Clinical Psychologist at ShareHouse, Inc.	Lake Superior Ballroom "J"

✱ *More Session II Workshops on next page.*



**90 Personal Outlook on Fetal Alcohol Spectrum Disorders**

*French River 1*

FASD is a life-long disability that impacts us all. A panel of young adults living with FASD will share from a first-person perspective about living with these disorders, from their personal struggles with accepting the diagnosis to the support they rely on to get through each day. Audience members will also have the chance to ask their own questions of the panel and receive advice on living or working with individuals prenatally exposed to alcohol.

**91 Results Only Work Environment –The NEW Direction of Government**

*French River 2*

Doing things differently, saving money and creating efficiencies are today's themes in the public sector. This session will offer information about the Results Only Work Environment that began at Best Buy. ROWE is a management philosophy based on the idea that the way to increase productivity is to give employees complete control over their time and the way they do their work.

**92 Working to Improve Lives, Reduce Recidivism, and Enhance Public Safety**

*Gooseberry Falls 1*

CHUM Street Outreach has been partnering with the Duluth Police Department for five years to tackle long-standing problems: homelessness and chemical dependency, mental illness, and other issues relating to homelessness. The group acknowledges that law enforcement and jails alone will not work. The Community Intervention Group (CIG) brings homeless advocates, and professionals from CD & mental health, probation, the St. Louis County jail, and law enforcement, hospital representatives, and defense and prosecuting attorneys together into active engagement with judges. The group provides much-needed support in the community, and is intended to partner with courts to offer continuity in services. The hope is to change the way we address the issues of homelessness in sustainable ways meant to benefit offenders and the community as a whole. The process is an efficient use of court and community resources. All files an individual may have are handled together, causing less defendant confusion, because when agencies communicate there is less redundancy. An advocate or agency may see an issue arising and bring it to the group, and the team works to find a solution tailored to the individual client. Small problems are

prevented from growing. The goal is to reduce recidivism while giving the client a better chance at rehabilitation, and to move people from homelessness to safe housing, and to enhance individuals' health and well-being.

**93 Unify Services; Unify Families**

*Gooseberry Falls 2*

How can we most effectively serve the families of those afflicted with mental illness? Many children of adults with serious mental illness also receive services utilizing evidence based practices, care coordination, and concurrent groups for adults and children. We present a model of systemic family intervention and rehabilitation through ARMHS and CTSS. We have created a curriculum based in illness management and recovery, and a model for coordination that will be presented and discussed.

**94 Engaging Dads**

*Gooseberry Falls 3*

Minnesota Fathers and Families Network (MFFN) will illustrate the importance of incorporating fathers into your work through new and innovative approaches. Uncovering the barriers that workers face in reaching fathers, including incarceration, housing status, finances, proximity, and more. We also hope to share with workers a male socialization model and how it relates to a lack of father involvement even in the healthiest of homes. We hope to educate workers on how dads can be used as assets for child safety and well-being, then look at how child welfare workers identify, locate, and involve non-resident fathers.

**95 Exercise Nutrition and the Addicted Brain:**

**A Biochemical Approach to Addiction Treatment**

*Harborside 304*

Addiction isn't about substances, it is about brains. Underlying biochemical causes of chemical dependency must be addressed during treatment for full recovery to take place. Many people relapse shortly after completing a treatment program, and talk therapy alone is not usually effective in treating physiological causes of drug-seeking behavior. Learn to use nutrition, exercise, meditation, and amino acid supplementations through evidence-based research. Addiction is both a mental AND physical disorder. Let's start treating both.

**96 Borderline Personality Disorder and Addiction**

*Lake Superior Ballroom "J"*

This presentation provides a review of

current research regarding the etiology, assessment, and treatment of borderline personality disorder. It also looks at the damaging stigma associated with the diagnosis and our responsibility, as health and human service professionals, to ensure these individuals receive effective treatment. Additionally, particular focus is placed on the common co-occurrence of addiction and borderline personality disorder with a discussion of treatment implications including the use of dialectical behavior therapy in the co-occurring disorders.

**97 Traditional Family Roles: Assessing the American Indian Family**

*Lake Superior Ballroom "O"*

This research based presentation will be both lecture and hands-on. It will give characteristics of healthy family functioning of traditional family roles as described from traditional teachings. It will explore current and historical issues that affect traditional family roles today. You may have heard a relative blame parenting, by saying something like, "It's not surprising, considering how he or she was raised," for a young person's misbehavior that has drawn the community's attention. Or maybe the comments are historical: "There was a time when you could correct a youth who was displaying inappropriate behavior in public without fear of retaliation from the youth or the parents. What happened?" Hands-on: Participants will learn how to use the traditional family roles assessment tool to help foster engagement with the American Indian family and promote the helper-client relationship in a culturally friendly, safe, respectful manner.

After taking this highly interactive will:

- 1) Be able to discuss the characteristics of healthy function in an American Indian family;
- 2) become more aware of the roles parents and children play in a traditional family;
- 3) be able to use the traditional family roles assessment tool to strengthen their clients' family ties;
- 4) become more adept at culturally responsive treatment planning and case management.

**98 "Walk the Walk" don't just "Talk the Talk": Components of a Successful Community**

*Split Rock 1*

Successful communities are not developed by chance, they're developed by committed, passionate people. This session will explain the rationale for

developing a sense of community in the work place as well as any other group you may belong to. We will define and cover the components of a successful community, including expectations, boundaries, modeling and addressing disagreements while maintaining a culture of openness. This approach is applicable to not only those working in adult foster care home settings, but to any group with a common goal.

Safety. The social workers will discuss the importance of partnering with the family in directly connecting the safety plan to minimizing harm and danger, having a safety goal before creating a plan, and involving the family's relatives and friends to help keep children safe.

ing more ease into daily living. Join me for this workshop and feel better, more relaxed, and refreshed. Workshop will include some discussion and movement with Somatics, therapeutic yoga, and relaxation techniques. We will be lying on a carpeted area—please bring a yoga mat or blanket if you prefer.

**99 Early Safety Planning in Child Protection**

*Split Rock 2*

St. Louis County Public Health & Human Services Child Protection Safety planners will share case examples to illustrate traditional child protection response and safety planning using many of the tools from Andrew Turnell's Signs of

**100 SomaYoga – Restore, De-stress, and Refresh**

*St. Louis River Room*

Performing a job that serves others meaningfully can be incredibly stressful, and staying healthy requires cultivating the care of our bodies/minds/souls. Learn how the effects of stress can be minimized through greater awareness of your body's natural reactions and habitual responses. SomaYoga provides practical strategies for freeing tension in the body, calming the mind, and bring-

Tuesday, October 9		Session III Workshops	1:30 – 3:00 pm
101	<b>Mac Attack on Epilepsy: Struggles, Hope, and Grace of a Special Young Man</b>	Lawaine Longen, M.S.W., Social worker with St. Louis County, along with Mary Giese, Community Outreach Coordinator at Minnesota Epilepsy Foundation	Board Room
102	<b>PYC for LSC: Prepping Your Clients for Lake Superior College</b>	Georgia Robillard, B.A.-Psychology, Disability Coordinator, along with Carl Crawford, B.S.-Psychology, Intercultural Center Coordinator, Paula Young, B.A.S.- Vocational Education, Director of Learning Center, John Arola; M.A.-Counseling Education, Counselor, and Heidi Bagley, M.A.-Counseling Education, Counselor all from Lake Superior College	Chester Creek
103	<b>Messages of Hope from the Global Social Work Community</b>	Lynn Amerman Goerdt, Ed.D., M.S.W., Assistant Professor of Social Work at the University of Wisconsin - Superior	DECC Foyer
104	<b>Only Connect! Skills and Insights for Bridging Client Differences</b>	Sue Plaster, M.Ed., Owner of Sue Plaster Consulting	French River 1
105	<b>Applying the Principles of Ethical Intelligence to Social Work Practice</b>	Jim Tift, M.A., Community Services Coordinator at Tubman Elder Care & Rights Center	French River 2
106	<b>GLBT Bullying &amp; the DVD "Bullied"</b>	Mary Bridget Lawson, M.A., Staff Development Specialist, Sr. along with Joaquim Harris, B.A.-Management & Marketing, Supervisor both at St. Louis County Public Health & Human Services	Gooseberry Falls 1
107	<b>Enhance Your Emotional Intelligence with the Enneagram</b>	Curt Micka, J.D., Owner & Director of Conflict Management Services, LLC	Gooseberry Falls 2
108	<b>Gambling: The Hidden Addiction</b>	Susan Champion, M.S., L.A.D.C., N.C.G.C.-II, Training Manager at Northstar Problem Gambling Alliance	Gooseberry Falls 3
109	<b>Inter-Generational Volunteerism</b>	Katherine Karakash, M.S.W., Social Worker at St. Louis County Public Health and Human Services along with Steven Johnson, A.S. Business/ B.A.S. -Elementary Ed., Executive Director at Apple Tree Learning Center	Harborside 202
110	<b>Narcissism—It's Everywhere!!</b>	Nancy Van Dyken; L.P., L.I.C.S.W., M.S.Ed, Licensed Psychologist and Licensed Independent Clinical Social Worker	Harborside 203
111	<b>Motivating Techniques in Enhancing Supervision With Limited Resources</b>	Karen Helfand, M.A. L.I.C.S.W., Clinical Supervisor at Medica along with Bernice Moreau, B.S.W. L.S.W.	Harborside 204

✳ *More Session III Workshops on next page.*

112	<b>The State of Accessible Transportation</b>	Bob Grytdahl, Human Rights Officer at the City of Duluth, along with Amber Madoll, M.A., District Manager at Junior Achievement, and Lars Kuehnow, B.S., Executive Director at ARC Northland/ Living Northland	Harborside 205
113	<b>Preventive Medicine, Adolescent Style: Keeping Our Youth Out of the ER</b>	Caroline Woods, P.A.-C., M.S., Program Manager at Lutheran Social Service Wellness Center – Free Teen Clinic	Harborside 301-302
114	<b>In Our Own Voice: Mental Illness and Recovery</b>	A panel from Duluth-NAMI (National Alliance on Mental Illness)	Harborside 303
115	<b>Legal and Psychological Concepts of Competence to Stand Trial and Insanity Defense</b>	Dr. Gerald Henkel-Johnson, Psy.D., The College of St. Scholastica	Harborside 304
116	<b>Healthy Homes; Healthy Communities</b>	Kim Labo, Program Organizer for the Clean Water Action/ Healthy Legacy Coalition	Harborside 305
117	<b>Transformed by Struggle: Processing Letting Go and Moving on from Workplace Conflict</b>	Maria Stalzer Wyant Cuzzo, Ph.D., J.D., Mediator, Professor of Legal Studies, Academic Advisor to CCE Mediation/Conflict Resolution, Paralegal Certificates at the University of Wisconsin-Superior	Lake Superior Ballroom "J"
118	<b>Spring Forest Qigong and Health</b>	Glenn Tobey, M.Div., M.A., Psychotherapist in private practice along with Katrina Tobey, M.A., Psychologist in private practice	Lake Superior Ballroom "K"
119	<b>Healing the Hearts of the Healers</b>	Chris Henley, M.S., Licensed Psychologist/ Psychotherapist with Chris Henley M.S.L.P.	Lake Superior Ballroom "L"
120	<b>Native American Parenting Program</b>	Angie Dalbec, M.A.-Marriage and Family, Life Skills Parenting Mentor at Minnesota Indian Women's Resource Center along with Lindsay Guthrie, M.S.W., Life Skills Parenting Intake Mentor at Minnesota Indian Women's Resource Center	Lake Superior Ballroom MN
121	<b>Understanding Mental Health Issues in the Elderly</b>	Todd Mulliken, M.S., L.P.C.C., Mulliken Counseling Center, Inc. director and owner, Kevin Spading, L.I.C.S.W., L.A.D.C., MN Prevention Resource Center	Lake Superior Ballroom "O"
122	<b>Religious Accommodations: Focus on Islam and Muslims in Minnesota</b>	Saly Abd Alla, J.D., Civil Rights Coordinator at the Council on American-Islamic Relations (CAIR-MN) along with Lori Saroya, J.D., Executive Director at the Council on American-Islamic Relations (CAIR-MN)	Split Rock 1
123	<b>"It's Time to Talk...Again!" Guidelines for Older Adults</b>	Steve Zvonar, D.C., W.C., Private Practice Consultant along with Kirsten Dawson, B.A., M.A., L.A.D.C., Teacher & Consultant at the Invitation Health Institute (formerly MN Institute of Public Health)	Split Rock 2
124	<b>Defying The Myth of Aging with Somatics</b>	Jodi Christensen, 500 RYT, Yoga Teacher at Deep Peace Wellness Studio	St. Louis River Room

**101 Mac Attack on Epilepsy: Struggles, Hope, and Grace of a Special Young Man**

*Board Room*

Mac is a very courageous young man who has struggled with epilepsy since he was eight months old. This session will share Mac's story from birth to present, including events that took place in November 2011, when his family was informed that he may not survive his seizures. The presenters will tell the story of the family's struggle to come to terms with Mac's

diagnosis and the hope that they live by every day. Interwoven within Mac's story will be information regarding what epilepsy is, and how to recognize and respond to seizures.

**102 PYC for LSC: Prepping Your Clients for Lake Superior College**

*Chester Creek*

Do you work with clients who are interested in attending Lake Superior College? This session will provide practitioners and advocates with helpful tips and current

resources to develop realistic academic and career plans. Learn about the variety of free workshops and services available at Lake Superior College.

**103 Messages of Hope from the Global Social Work Community** *DECC Foyer*

This session will report messages of hope that are gleaned from attendance at the 2012 Joint Conference on Social Work and Social Development in Stockholm, Sweden, in July. The messages will be gathered through attending workshops, keynote

speakers, print and other resources, and in conversations with social workers from across the globe. The ideas will be about policy, service, and education. As we work together to address local needs and to tackle local issues, it is important that we look to our colleagues in the world for ideas and inspiration. Since the speaker has worked in the region for years on program evaluations and service development, she will focus the workshop on messages that are very relevant to current needs and issues.

**104 Only Connect! Skills and Insights for Bridging Client Differences**

*French River 1*

Introverts and extroverts. Generations. Differences in ethnicity, language and accent, spirituality, size, and physical ability. Sexual orientation and gender identity. Education and economics. We constantly establish new relationships and often that means navigating those and other differences. "Help did not help, Sue!" said one client when he came to me in distress. He felt nobody had really understood his unique challenges or skillfully addressed them. Our first need was to establish a bond and connection.

This participatory session will begin with self-awareness. Then we'll explore how to more effectively recognize and navigate differences through practical approaches to building connection, establishing trust, and communicating.

**105 Applying the Principles of Ethical Intelligence to Social Work Practice**

*French River 2*

In this workshop, participants will learn the five principles of ethical intelligence and contrast Weinstein's description of ethical intelligence with Goleman's description of emotional intelligence. Attendees will relate the principles of ethical intelligence to the social work code of ethics, and will learn through the case study approach how principles of ethical intelligence can be applied by social workers as they work with both their colleagues and their clients.

**106 GLBT Bullying & the DVD "Bullied"**

*Gooseberry Falls 1*

This workshop will showcase the film *Bullied: A Student, a School, and a Case that Made History*, an award-winning documentary about Jamie Nabozny, who for years experienced relentless anti-gay verbal and physical abuse from fellow Ashland, WI, high school students. The film is endorsed by the National Education Association. We will

also describe the St. Louis County GLBT Affinity Group process and share two educational clips that can be used to help increase awareness about bullying and steps to intervene. Dialog following the film will be used to share strategies for preventing GLBT-based bullying.

**107 Enhance Your Emotional Intelligence With the Enneagram**

*Gooseberry Falls 2*

Studies show that emotional intelligence matters twice as much as IQ or technical expertise when it comes to workplace success and satisfaction. At the same time, we all have habituated patterns of thought, emotional reactivity, and behavior that can make us defensive, reactive, and less than "pretty"! One way to become more aware of our default patterns, and to more consciously respond to, rather than react to, difficult situations is through the Enneagram, a system of human development that maps nine different personality types and their inter-relationships. Come and learn more about how people view the world differently, where we focus our attention and energy, our default strategies, and a four-step process for better managing our reactivity.

**108 Gambling: The Hidden Addiction**

*Gooseberry Falls 3*

Problem gambling has few outward signs and is under-diagnosed by professionals. The frequent co-occurrence of pathological gambling and other mental health problems makes it important for community members and professionals to ask questions about gambling behavior during diagnostic interviews, and to recognize the risks of pathological gambling for those in recovery from chemical dependency and other mental health problems:

OBJECTIVES: 1) become familiar with problem gambling and its signs; 2) understand the hidden nature of pathological gambling; 3) begin asking questions about gambling behavior during diagnostic interviews; and 4) learn how to use a simple screening tool to assess for problem gambling using the South Oaks Gambling Screen (SOGS).

**109 Inter-Generational Volunteerism**

*Harborside 202*

Creating interagency and intergenerational connections to promote informal support systems with the example of adults with disabilities and children in child care centers. This will examine the fiscal and social benefits of these arrangements with time for attendees to brainstorm potential for their own informal connections.

**110 Narcissism—It's Everywhere!**

*Harborside 203*

Narcissism is alive and well and all around us. Today we see many teenagers and young adults struggling with narcissism. Parents of these young adults are struggling with how to deal with them. Marriages are hurting as one or more of the partners are steeped in narcissism or selfishness, and/or consumed with self. How is narcissism developed? How do we recognize it? How do we deal with it? How do we help our clients deal with their narcissism, or their children's or partner's narcissism? In this workshop we will explore all these questions, giving skills and tools to manage these concerns. It's very freeing to understand common ordinary narcissism. The things that used to hurt so deeply no longer do. Most things will feel more like a disappointment than a gut-wrenching pain. Come get the skills and find the freedom! Find the peace.

**111 Motivating Techniques in Enhancing Supervision with Limited Resources**

*Harborside 204*

This workshop will explore motivational techniques in enhancing supervision in financially challenged times. Social workers work in stressful environments and need increased support and positive reinforcement.

Objectives for this interactive workshop are:

- 1) explore various motivational techniques used in supervision;
- 2) provide examples of low- or no-cost positive reinforcement that can enhance job satisfaction;
- 3) show techniques for creating improved team dynamics.

**112 The State of Accessible Transportation**

*Harborside 205*

This session by the City of Duluth's Commission on Disabilities Accessible Transportation Task Force will discuss 1) accessible and affordable transportation;

- 2) best accessible-transportation practices in other communities;
- 3) the current state of accessible transportation in our community;
- 4) attendee experiences; and
- 5) how we can achieve best accessible transportation practices in our community.

The goal of this session is to present the current state of accessible transportation in our community, to discuss the objectives of the Transportation Task Force, and to develop a comprehensive, best-

practices solution for accessible transportation in our community.

**113 Preventive Medicine, Adolescent Style: Keeping Our Youth Out of the ER**

*Harborside 301-302*

Participants will be educated on how youth may use the ER as their primary source of medical care, and how audience members can act to help the youth avoid the ER and remain healthier. Focus will be placed on youth who are at risk secondary to unstable housing, mental health issues, or lack of proper adult stability in their lives, and perceived lack of access to medical care secondary to barriers.

**114 In Our Own Voice: Mental Illness and Recovery**

*Harborside 303*

In Our Own Voice is a unique public education program in which two trained speakers share compelling personal stories about living with mental illness and achieving recovery. Developed by the National Alliance on Mental Illness (NAMI), In Our Own Voice has shown to be effective in educating and combatting stigma through discussion and stories of recovery and resilience.

**115 Legal and Psychological Concepts of Competence to Stand Trial and Insanity Defense**

*Harborside 304*

This session will summarize the legal and psychological concepts of competency to stand trial and insanity defense. Often confused, these are two fairly separate issues in the criminal pre-trial process. Different states' criteria definitions (and examples) will be discussed. Though it is infrequently attempted and rarely successful, insanity defense receives much attention in the media; its main component is knowledge of the illegal act's wrongfulness. Competency to stand trial is the most requested forensic psychological evaluation; it focuses on the ability of the defendant to exercise and protect his or her constitutional rights.

**116 Healthy Homes; Healthy Communities**

*Harborside 305*

Many consumer products such as furniture and food packaging contain chemicals harmful to our health and environment. Some chemicals are asthma triggers, and others contribute to long-term health problems such as cancer. The American Academy of Pediatrics, American Medical Association, and other

health groups agree current chemical laws are not adequately protecting public health, and are putting Americans at risk. Learn how chemical exposure is impacting public health, tips for reducing exposure, tools and resources for educating and engaging the public, and what is happening locally and nationally to address this systemic problem.

**117 Transformed by Struggle: Processing Letting Go and Moving on from Workplace Conflict**

*Lake Superior Ballroom "J"*

Forty percent of managerial time is consumed by managing workplace conflict. One major reason people leave an employer is unresolved conflicts. A major contributor to sick leaves is stress-related workplace conflict. These statistics demonstrate the negative effects of everyday work conflict, but what are the positive effects? How does a person experiencing workplace conflict find a "zone of transformation" in order to process, let go, and move on? This session explores cutting-edge approaches to being transformed by struggles and moving on with our professional lives. This interactive session will invite you to briefly explore your workplace conflicts and explore some specific ways to "live with," "live through," and "live one" past them. The presenter will share some recent research on workplace conflict-management techniques.

**118 Spring Forest Qigong and Health**

*Lake Superior Ballroom "K"*

Spring Forest Qigong is an amazing, simple, and very powerful energy balancing practice. Many people who practice SFQ find their physical bodies getting healthier, their emotional states getting more meaningful, and their perspectives about life deepening. Stress is experienced more briefly and less deeply. Calmer, more patient, richer confidence, and more subtle and persistent compassion are frequent outcomes of SFQ. SFQ is a wonderful loving way of experiencing life.

**119 Healing the Hearts of the Healers**

*Lake Superior Ballroom "L"*

Our empathy, which makes us fully human and leads us into the work we do, can also lead us to imbalance, compassion fatigue, and various trauma. Our brain science opens us to taking in all that is around us and makes us vulnerable to our clients' distress and other emotions. This is a continuation of last year's conference experience. Presenter will offer up-to-date information, self-assessment, and practical applications. The presenter

will help you form a plan to heal your heart, and to infuse hope and joy into your work. Attending my last year's workshop is not a pre-requisite, and this is not a repeat. Hands on techniques such as EFT and mindful awareness will help ease your fatigue while continuing to focus on your clients' well-being.

**120 Native American Parenting Program**

*Lake Superior Ballroom MN*

This life skills parenting program is designed to provide a practical approach to culturally specific mentoring focused on life skills and parenting. The program is divided into three phases: stabilization, mentoring, and reunification. Phase II includes a 10-week parenting group that utilizes the Positive Indian Parenting Curriculum developed by the National Indian Child Welfare Association. The target population is Native American families, with many of the families served having involvement with child protection services.

**121 Understanding Mental Health Issues in the Elderly**

*Lake Superior Ballroom "O"*

Todd Mulliken, contractor with Invitation Health Institute, will be presenting the Institute's latest research regarding protective and risk factors for mental health issues in the elderly, as well as guidelines for families with an elderly member who struggles with a mental illness. Todd will also share the top four mental health concerns for the elderly population.

**122 Religious Accommodations: Focus on Islam and Muslims in Minnesota**

*Split Rock 1*

Equip your industry with the tools needed to legally and compassionately accommodate Muslims. This session will provide participants a basic understanding of Islam and common religious practices which may need accommodation by service providers. This is an opportunity for participants to ask uncomfortable questions and receive knowledgeable answers so that inclusion programs in their fields can progress by proactively addressing the religious dimension of diversity. This interactive training will provide an atmosphere to creatively think about accommodating religious obligations under Title VII of the Civil Rights Act of

1964 and the Minnesota Human Rights Act.

**123 "It's Time to Talk...Again!"  
Guidelines for Older Adults**

*Split Rock 2*

When people think about getting older, many things come to mind: retirement, grandchildren, and hobbies. But one thing we don't often think of is alcohol and substance abuse problems. The fact is over 8 million senior citizens are addicted to alcohol, prescription medications, or other chemicals, according to the U.S. Department of Health. In this session, you will learn about the growing need for prevention, early intervention, and treatment for older adults. You will have a clear overview of the prob-

lem and how you could adapt the materials, lessons learned, and approach of the It's Time to Talk...Again training to your own community. You will experience firsthand the process of helping older adults develop guidelines, and will learn the six steps to addressing someone whose substance use or abuse is of concern to you.

**124 Defying The Myth of Aging with Somatics**

*St. Louis River Room*

The myth is that as we age we age we become stiff and hurt more, but we have more control over the aging process than once thought. If we don't keep learning and evolving as we age, we become habituated in movements that eventu-

ally cause the aches and pains of old age. These movement patterns can cause over-use in some muscles and under-use of others. Somatics is a mind/body system that re-educates our neuro-muscular pathways. You will learn and practice slow, conscious exercises to stimulate the pathways and move beyond pain.

**2012 Health & Human Service Conference Planning Committee**

**Mary Bridget  
Lawson, Chair**

Therese Campbell  
Kyle Elden  
Lee Francisco

Andrea Gelb  
Jane Gilley  
Brent Harju  
Debby Henkin  
Randy Huard  
Julie Jagim

Juli Lattner  
Muskadee Montano  
Bonny Moran  
Deb Nelson  
Caroline Pelzel  
Velura Peterson

Nichole Rahman  
Kim Rendulich  
Meg Sarazine  
Shelley Saukko  
Rene Selleck

*Program edited by Chris Godsey*



**Echoes of Peace Choir**

Sarah Thomson began the choir in 2002 in Duluth, MN in response to the events of 9/11/01. The choir is a member

of the Ubuntu Choirs Network, a "growing community of choirs who believes that the joy of singing is a universal birthright,

**Monday, October 8th  
10:30 am DECC Auditorium**

and that together, regardless of musical background, we can help improve the world by joining voices in song."

**Larger Than Life Puppets**

**M**ary Plaster, DMin, MA, is a multimedia artist and spiritual director, residing with her family since 2000 on Spirit Mountain near Duluth, Minnesota. Her published contemporary icon of *Sophia, Divine Wisdom* is displayed in spiritual centers and homes around the world. Her masks and large puppets have toured to several interfaith & sustainability conferences across the continent. [www.maryplaster.com](http://www.maryplaster.com)



# Helping to make this conference possible are the following **co-sponsors**:

- Accend Services, Inc.
- ActivStyle, Inc.
- American Cancer Society
- Arrowhead Economic Opportunity Agency
- Bayada Home Health Care
- Behavioral Health Care Providers
- Benedictine Health Center
- BlueCross BlueShield of MN
- Carlton County Public Health & Human Services
- Center for Alcohol & Drug Treatment
- Community Connection of MN, Inc.
- Disability Linkage Line
- DRCC
- Duluth Bethel
- Duluth Business University
- Ecumen Duluth, Lakeshore/Bayshore/Lakeshore at Home
- Edgewood Vista-Hermantown
- Essentia Health
- Essentia Health Medical Equipment & Supplies
- Family Focus
- Fon du Lac Human Services
- Franciscan & Viewcrest Health Centers
- Gerard Academy
- Gillette Children's Specialty Healthcare
- Goodwill Industries/Work-Links
- Human Development Center
- Interim HealthCare
- Key Medical Supply, Inc.
- KidsPeace Mesabi Academy
- Kindred Family Services
- Lighthouse Center for Vision Loss
- Lutheran Social Service of MN
- Mash-Ka-Wisen Treatment Center/Thunderbird-Wren
- Medica Health Plans
- Mille Lacs Academy
- Minnesota Social Service Assoc.
- MN ADOPT
- Minnesota Dept. of Human Services, HIV/AIDS Unit
- Minnesota Social Service Association
- MN Organization on Fetal Alcohol Syndrome
- Mom's Meals
- NE MN Office of Job Training
- New Beginnings at Waverly
- North Homes Children and Family Services
- Northeast Minnesota AHEC
- Northland Recovery Center
- Nystrom & Associates, Ltd.
- Oconomowoc Development Training Center
- PAL Medical Systems
- Planned Parenthood MN, ND, SD
- PORT Group Homes
- Provide Care, Inc.
- Range Mental Health Center
- Recovery Plus
- Riverplace Counseling Centers
- St. Scholastica Monastery
- ShareHouse, Inc.
- Spectrum Community Health/Carefree Living
- Saint Luke's
- St. Francis in the Park Health & Rehabilitation
- St. Louis County Public Health & Human Services
- STAR Services
- Stepping Stones for Living
- TBI Residential & Community Services
- The College of St. Scholastica, Dept. of Social Work
- The Salvation Army
- The Superior Treatment Center
- UCare
- Udac, Inc.
- University of Minnesota Duluth, MSW Department of Social Work
- University of Minnesota, Extension Family Development
- University of Wisconsin-Madison, School of Social Work
- University of Wisconsin- Superior, Social Work Program
- University of Wisconsin- Superior, Continuing Ed.
- Virginia Regional Medical Center Acute Inpatient Rehab Unit
- WINGS
- WITC Human Services Associate Program
- Woodland Hills
- YMCA of Duluth

# St. Louis County HEALTH & HUMAN SERVICE CONFERENCE REGISTRATION

Name \_\_\_\_\_ Phone \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Street Address \_\_\_\_\_

E-mail \_\_\_\_\_ (to receive registration confirmation)

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I would like to be added to your conference mailing list.

Please check if you need:  Interpreter Services  Hearing Assistive Technologies  Other \_\_\_\_\_

Deadline to request accommodations: August 3, 2012

Participants are free to attend the institutes and workshops of their choice throughout the conference.

\$50 registration fee whether attending one or both days

\$40 registration fee for students or seniors (62+) whether attending one or both days

**Register by  
mail, fax or web  
by Tuesday,  
October 2, 2012**

Registration questions?  
Call Deb Most at MSSA  
651-789-4328 • deb@mnssa.org

**Make \$50 check (\$40 for students & seniors) payable and mail registration to:**

**SLC Human Service Conference**  
125 Charles Avenue  
St. Paul, MN 55103

**Fax Registration:** 651-224-6540 (payment must follow in mail)

**Web Registration:** [www.stlouiscountymn.gov/hhsconference](http://www.stlouiscountymn.gov/hhsconference)  
(no credit card — payment must be sent by mail)

**NO REGISTRATION REFUNDS AFTER FRIDAY, SEPTEMBER 7, 2012**

Registration is accepted at the door; however, pre-registration is appreciated!



## For More Information...

### ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

**OCTOBER 8–9, 2011**

Duluth Entertainment & Convention Center

350 Harbor Drive, Duluth, MN 55802

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

**Registration fee \$50  
students or seniors (62+ years) \$40  
whether you attend  
one or both days.**

Participants are free to attend the institutes and workshops of their choice throughout the conference.

**Registration form above.**



To register, view,  
share or print our  
brochure on-line go to

[www.stlouiscountymn.gov/HHSConference](http://www.stlouiscountymn.gov/HHSConference)

## Contact/Questions

**Mary Bridget Lawson,**  
HHSC Chair  
Government Services Center  
320 West Second St. Room 605  
Duluth, Minnesota 55802-1495

Call: (218) 726-2140  
Fax: (218) 726-2093  
[lawsonm@stlouiscountymn.gov](mailto:lawsonm@stlouiscountymn.gov)

## Hotels

When calling for hotel reservations, please mention "St. Louis County Human Service Conference Rate."

**Canal Park Lodge**  
250 Canal Park Dr.  
218-279-6000  
800-777-8560  
[www.canalparklodge.com](http://www.canalparklodge.com)

[www.hiduluth.com](http://www.hiduluth.com)

**Hampton Inn**  
310 Canal Park Dr.  
218-720-3000  
[www.hamptoninn.com/hi/duluth](http://www.hamptoninn.com/hi/duluth)

**The Inn on Lake Superior**  
350 Canal Park Dr.  
218-726-1111  
1-888-668-4352  
[www.innonlakesuperior.com](http://www.innonlakesuperior.com)

**Holiday Inn Hotel & Suites**  
200 W. 1st St.  
218-722-1202  
800-477-7089

**Comfort Suites Canal Park**  
408 Canal Park Dr.  
218-727-1378  
[www.comfortsuites.com/hotel-duluth-minnesota-MN031](http://www.comfortsuites.com/hotel-duluth-minnesota-MN031)

## About Duluth

Contact Visit Duluth

1-800-4-duluth • [cvb@visitduluth.com](mailto:cvb@visitduluth.com) • [www.visitduluth.com](http://www.visitduluth.com)

SCARRED BY  
STRUGGLE  
TRANSFORMED  
BY HOPE

SLC HHS Conference  
320 West Second Street  
Room 605 GSC  
Duluth, MN 55802-1495

 Printed on paper containing 50% post consumer waste

105 Workshops • 19 Institutes • Keynote Speaker • 130 Exhibits



SCARRED BY  
STRUGGLE  
TRANSFORMED  
BY HOPE

# 30TH ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

Monday-Tuesday  October 8-9, 2012

at the DECC  Duluth, Minnesota

[www.stlouiscountymn.gov/hhsconference](http://www.stlouiscountymn.gov/hhsconference)