The Dance of Compassion

110 WORKSHOPS
14 INSTITUTES
KEYNOTE SPEAKER
150+ EXHIBITS

The St. Louis County Health & Human Service Conference draws together 2,500 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 & Human Services, and addressing common issues and concerns.

MN Board of Social Work
C.E.U.s will be available

33RD ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

Thursday-Friday
October 15-16, 2015
At the DECC
Duluth, Minnesota

COUNTY OF SAINT LOUIS
ESTAB. MAR. 1ST 1856

www.stlouiscountymn.gov/hhsconference

CONFERENCE OVERVIEW

Thursday, October 15

7:45 – 8:30 a.m.	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 a.m.	**Session I Workshops**, pp 3-6
10:00 – 10:30 a.m.	**Break and visit** 150+ exhibits in Pioneer Hall
10:30 – Noon	DECC Symphony Hall **Welcome**—Mary Bridget Lawson, Conference Chair **Musical welcome**—Sara Thomson, Echoes of Peace Choir and Mark Rubin, St. Louis County Attorney

Keynote Presentation: **Judge Shaun R. Floerke—"Calling: Our Work and Our Lives"**

Nothing is ultimately effective without healthy human connection. In his keynote, *Calling: Our Work and Our Lives*, Judge Floerke will share a vision of an integrated understanding of addiction, recovery, alliance, and mindful practice to fortify and sustain us. Through sharing the rapidly expanding body of research surrounding brain development, trauma, and resiliency, he will present a moving depiction of addiction. He will articulate the compassionate presence, an essential component of recovery, and encourage us to see ourselves as part of that compassionate presence for those who are struggling.

Finally he will challenge us that in order to vibrantly walk out our vocations, each of us (admittedly strugglers ourselves) must grapple with our own need for renewal.

Judge Shaun R. Floerke is the Chief Judge of the 6th District, chambered in Duluth. An innovator, Judge Floerke leads a high risk felony DWI Court; he is Co-Chair of the Minnesota Drug Court Initiative; he pioneered a community restorative circle model working with domestic violence offenders; and he is piloting a new approach to screen, educate and refer first-time offenders in order to prevent repeat offending. He serves with several teams of dedicated professionals and community members seeking to bring accountability and restoration for those in the judicial system. He focuses on people struggling with addiction and mental health concerns. He trains judges and other professionals throughout Minnesota and across the nation and has received awards and commendations for his passionate efforts to work out justice effectively and with care, dignity, and respect.

Noon – 1:00 p.m.	**Lunch** on your own in Edmund Fitzgerald Exhibit Hall or at eateries near the DECC
Noon – 1:00 p.m.	**MSSA Region III Meeting,** French River Room 1
1:00 – 4:30 p.m.	**Session II Institutes,** pp 6-7
1:00 – 2:30 p.m.	**Session II Workshops**, pp 8-10
2:30 – 3:00 p.m.	**Break & visit exhibits**
3:00 – 4:30 p.m.	**Session III Workshops**, pp 11-13
Both Days	**Participative Art** ("make and take art"): *Heart Strings*, with Cynthia Holmes, Fond du Lac Community College, Tribal affiliation: White Earth/St. Croix; in the Edmund Fitzgerald Exhibit Hall

Friday, October 16

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 19-21
Noon – 1:30 p.m.	**Lunch & visit exhibits**
1:30 – 3:00 p.m.	**Session III Workshops**, pp 22-25

1	**It's Your Money—Claim It!**	Julia Cheng, BA, Tax Site Program Coordinator; Noland Makowsky, BS, Benefit Outreach Specialist; Karen Walter, LPN, Benefit Outreach Specialist—all at Community Action Duluth	Board Room
2	**Hepatitis C in 2015**	Randy Huard, RN, DNP, Assistant Professor, Dept. of Nursing, St. Cloud State University; Betsy Ingram-Diver, MA, Lake Superior College	Chester Creek Room
3	**Trauma Transformation Project (TTP)**	Connie Gunderson, PhD, MSW, LISW, Associate Professor, The College of St. Scholastica; Anne Carrabino, Masters in Public Administration, Youth & Urban Community Development Professional, InVision Institute, Oakland, CA	French River 1
4	**What Happens in Groups for Men Who Batter?**	Sandra van den Bosse, MSW, DAIP Facilitator/University of Minnesota Duluth, Social Work Instructor, DAIP/UMD; Chris Godsey, MA, DAIP Facilitator/UMD Writing Studies instructor, DAIP/UMD	French River 2
5	**Restorative Justice: Bridging the Gap Between the Criminal Justice System and Community**	Paul Mickelson, degree in Criminology, Restorative Justice Coordinator, Carlton County; Ed Barkos, MSed, LSW, Restorative Justice Social Worker at Carlton County Restorative Justice Program; Laraine Mickelson, BS Criminology, Circle Keeper, Trainer, Community Volunteer Program; Carrie Manty, Restorative Practice Coordinator, Schools, Carlton County Restorative Justice Program	Gooseberry Falls 1
6	**Public Assistance/Income Maintenance Programs 101**	Barbara Hilde, Dusty Letica, Heather Larson, St. Louis County PHHS Supervisors; Julie Svatos, Tracy Eilola, Andrea Larson, SLC PHHS	Gooseberry Falls 2
7	**Overview of the Child Welfare System in St. Louis County**	David Vukelich, MSW, Social Services Supervisor; Kathy Bergum, MSW, Social Services Supervisor; Lisa Salo, MSED, Child Protection Social Worker (Indian Child Welfare Unit); Danette Kimball, MSW, Social Worker (Safety Planner); Paula Stocke, MSED, Social Services Supervisor—all with St. Louis County PHHS	Gooseberry Falls 3
8	**From OUR Point of View: The Perspective of Social Service Systems From a Woman of Color**	Kym Young, MA, BA, AA, AAS Art History/Anthropology, founder of Politics Off My Body & Superior African Heritage Community	Harborside 202
9	**Myers-Wilkins ACH: A Partnership Dedicated to Improving the Health and Wellness of Children and Families of the Myers-Wilkins School Community**	Mary Rapps, MHA, Program Development Director, Generations Health Care Initiatives; Kathy Bogen, Consultant; Anne Graves, RN, PHN, MHI, Public Health Nurse Supervisor; Laura Greensmith, RN, PHN, Family Health Coordinator and Community Health Worker with St. Louis County PHHS	Harborside 203
10	**Professional Balance and Wellness: Dealing With Change and Conflict**	John Paul, PhD, University of Wisconsin-Superior	Harborside 204
11	**Problem-Solving Courts: Mental Health Court**	Michelle Zywicki, BA Criminal Justice and Psychology, Mental Health Court Coordinator, MN Judicial Branch 6th District Courts; Matt Koppes, Probation Officer, ARC; Judge Sally Tarnowski, 6th Judicial District; Dr. Carolyn Phelps, HDC; Julie Seitz, LADC, LSW Center for Alcohol & Drug Treatment; Amy Lukasavitz, SLC Public Defenders	Harborside 205
12	**St. Louis County Substance Abuse Prevention and Intervention Initiative—One Year Later**	Marcia Gurno, MEd, Social Worker; Matthew Johnson, MSW, Social Worker; Jeff Polcher, BA, Social Worker—all with St. Louis County PHHS	Harborside 301-302
13	**The Empathy Effect**	Ann Harrington, MA, Principal, Ann Harrington Training & Consulting	Harborside 303
14	**Living With a Disability: Our Stories of Compassion, Empathy and Dignity**	Desiree Menuey, BA, QDDP, Accessibility Specialist, President; Julia Mattson, BS, Executive Director; Jerry Salveson, AA, Board Member; Bev Strongitharm, Board Member; Ralph Johnson, BS, Accessibility Specialist Board Member—all with People with Disabilities for Change	Harborside 304
15	**Mindfulness Matters**	Tiffany Kari, BA & BAS, Health Promotion Coordinator, St. Louis County	Harborside 305
16	**Healthy Self-Talk = Healthy You**	Jody Janati, EdD, Organizational Leadership, MA Speech Communication, Trainer, University of MN	Lake Superior Ballroom J

Session I Workshops continue on next page

17	**Understanding and Responding to Adverse Childhood Experiences (ACES)**	Dean Grace, EdD, Director of Training and Development, Northwood Children's Services; Laurel Anderson, McNair Scholar at St. Scholastica	Lake Superior Ballroom K
18	**How Husbandry Equals Healing in Youth**	Jessica Sweeney, MSW, Therapist & Anne Macaulay BA, Husbandry Specialist at Woodland Hills/Cambia Hills	Lake Superior Ballroom L
19	**Using Positive Emotions to Maximize Impact on the Working Environment**	Lynn Kalnbach, PhD Industrial-Organizational Psychology, Assistant Professor, Organizational Behavior Program Coordinator, The College of St. Scholastica	Lake Superior Ballroom MN
20	**Head of the Lakes Collaborative: Crisis Intervention Team**	Matt Koppes, BA, Probation Officer, Arrowhead Regional Corrections; Laura Nechanicky, MS, LMFT, Treatment Director, Birch Tree Center; Angela Robertson, Officer, Duluth Police Department; Nick Lepak, Officer, Duluth Police Department; Jill Eichenwald, Public Defender's Office; Erin Metzger, St. Luke's	Lake Superior Ballroom O
21	**Coordinated Entry System for Homeless Households**	Laura DeRosier, MSW, Housing & Homeless Coordinator, St. Louis County PHHS; Ji Young Choi, MBA, MEd, Homeless Policy Specialist; Heather Lindula, BSW, Paralegal Advocate, Legal Aid of NE Minnesota; Elise Strader, Housing Advocate, Salvation Army of Duluth	Split Rock 1
22	**A Therapist's Guide to Social Media: Why Clinicians Should Give a Tweet!**	Dina Clabaugh, MS, Career Counselor and MSW Grad Student, The College of St. Scholastica	Split Rock 2
23	**Bridging the Gap—My Bridge of Strength and Goal Action Planning**	Angela Bierly, BS, Employment Guidance Counselor at Ramsey County Workforce Solutions	St. Louis River Room

Thursday, October 15 — Session I Workshops — 8:30 – 10:00 a.m.

1 It's Your Money—Claim It!

Board Room

Are you or your clients leaving tax refund dollars on the table? You might know about the Earned Income Credit and the renter's rebate, but what about the Minnesota K-12 Education Credit or premium tax credits that subsidize health care? The Community Action Duluth free tax site has helped families since 2005 to leverage their tax refunds and truly get ahead. Learn how to maximize these benefits through free tax prep—online or in-person—and discover how you can further lose your fear of taxes by training as a tax site volunteer.

2 Hepatitis C in 2015

Chester Creek Room

The number of people infected with Hepatitis C continues to increase in the U.S. and in St. Louis County. Duluth has a higher rate of Hepatitis C infections than the rest of the state. In 2012, almost 20 percent of the acute Hepatitis C infections reported in Minnesota were among Duluth-area residents. The median age at diagnosis is lower in Duluth than in the rest of the state. The highest risk factor associated with Hepatitis C infection is injection drug use. The presenters will cover the fundamentals of the disease, modes of transmission and current treatments that are available.

3 Trauma Transformation Project (TTP)

French River 1

The Trauma Transformation Project (TTP) is a trauma-centered/ relational/cultural model for working with youth who have experienced chronic complex trauma. TTP combines multidisciplinary theories with practical behavioral tools to give youth professionals the skills and the attitudes they need to enable chronically traumatized youth to move from surviving to thriving. TTP mixes restorative practices, a caring relational culture and trauma and developmental theories to create its psychologically rich "holding environment." In this environment, chronically traumatized youth are held by the power of unconditionally caring relationships and empowered by healthy challenges to reach their full and unique potential.

4 What Happens in Groups for Men Who Batter?

French River 2

More precisely, what happens or can happen in the group Sandra van den Bosse and Chris Godsey co-facilitate at the Domestic Abuse Intervention Project (DAIP)? In this interactive workshop, we will do some process explanation, and tell stories and anecdotes from over five years of running men's groups (officially called "Creating a Process of Change for Men Who Batter").

5 Restorative Justice: Bridging the Gap Between the Criminal Justice System and Community

Gooseberry Falls 1

In today's world, communities often experience a disconnect with the criminal justice system. Some citizens feel these systems are too punitive; others feel they are neglectful. Community-based restorative justice programs can bridge gaps, educate the public, assist criminal justice practitioners and enhance community safety. This workshop will explore proactive and reactive restorative responses to youth who commit crimes and demonstrate disruptive behavior in our schools and community.

6 Public Assistance/Income Maintenance Programs 101

Gooseberry Falls 2

Public assistance income maintenance programs offer a wide variety of services. Knowing the basics helps helpers and the people they serve to better access what they need and what they may be eligible for. A panel of financial assistance staff from St. Louis County will share program knowledge and provide helpful insights into accessing and navigating this sometimes complex system. Income maintenance programs include: Minnesota Family Investment Program, Diversionary Work Program, Supplemental Nutrition Assistance Program, Minnesota General Assistance, health care, long-term care, county burials, group residential housing, Minnesota Supplemental Aid, waiver services, emergency assistance and fraud prevention. (This session does not include child care or child support.)

7 Overview of the Child Welfare System in St. Louis County

Gooseberry Falls 3

This panel will provide an overview of the child welfare system in St. Louis County. Panel members will discuss voluntary and mandated services, how families enter the child welfare system, services provided and possible outcomes for those families and their children. A large percentage of time will be devoted to answering questions from conference participants.

8 From OUR Point of View: The Perspective of Social Service Systems From a Woman of Color

Harborside 202

Using alliteration, spoken-word analogy and true-life experience, Ms. Young will discuss the point-of-view of women of color who have been assisted, empowered, victimized/revictimized by social services systems navigation. The purpose of this presentation is to shed light on the absolute necessity of including compassion, empathy and dignity in advocacy and interaction with clients.

9 Myers-Wilkins ACH: A Partnership Dedicated to Improving the Health and Wellness of Children and Families of the Myers-Wilkins School Community

Harborside 203

Myers-Wilkins Accountable Community for Health (ACH) is an innovative approach to improving the health and well-being of students and families involved at the Myers-Wilkins School. The project builds on the strengths and diversity of the school community, the Hillside neighborhood, health care, mental health providers, public health and local community agencies. As one of the 15 Minnesota Accountable Community for Health Projects funded by MDH through the State Innovation Model (SIM) cooperative agreement, Myers-Wilkins ACH is developing and testing strategies to improve the health of its community through community care coordination and population-based prevention strategies.

10 Professional Balance and Wellness: Dealing With Change and Conflict

Harborside 204

We will learn more about dealing with change, conflict and keeping our own professional balance. Discussion will include effective practices to help professionals who work with difficult client populations. Learn how to prevent burnout and maintain professional balance. We will cover principles from the Stages of Change (Prochaska & Levesque, 2001), Theories of Wellness (Roscoe, 2009) and Motivational Interviewing (Miller & Rollnick, 2012). The first hour will be a PowerPoint guided presentation. In the next half hour, we will break into small groups to discuss our own professional experiences with guided case studies and questions.

11 Problem-Solving Courts: Mental Health Court

Harborside 205

Almost half of all addicted persons in the justice system have a co-occurring mental illness, and over 70 percent of incarcerated mentally ill persons wrestle with addiction. Mental Health Court aims to improve mental health, promote self-sufficiency, reduce recidivism, and offer cost-effective alternatives to incarceration and hospitalization, and is one of the fastest growing types of Problem-Solving Courts in the nation. St. Louis County has one of three specialized Mental Health Courts in the state of Minnesota. Learn how community partnerships with attorneys, treatment providers, social workers, law enforcement, probation, the judicial branch and others invested in the community bring a distinct view to each case, leading to better collaboration between agencies and better compliance with treatment.

12 St. Louis County Substance Abuse Prevention and Intervention Initiative — One Year Later

Harborside 301-302

In January 2014, the St. Louis County Board of Commissioners approved the formation of the St. Louis County Substance Abuse Prevention and Intervention Initiative to provide substance abuse prevention and intervention services for St. Louis County. This workshop will provide an overview of the initiative and examine the efforts implemented by the Substance Prevention and Intervention Team in addressing substance abuse in St. Louis County. Special emphasis will be on the efforts of the Initiative in addressing the rising use of heroin and methamphetamines in St. Louis County. Workshop participants will gain valuable information in creating community partnerships and prevention/intervention programs designed to address substance abuse in their community.

13 The Empathy Effect

Harborside 303

What are the four choices we have as any relationship and conversation unfolds? How often do you feel well-listened to? How often do you listen well to others? What does it mean to "listen well" and "practice empathy," and how do you do it? How does your body feel when you have received empathy? Join us for stories and an opportunity to practice empathy in community and experience its effects.

14 Living With a Disability: Our Stories of Compassion, Empathy & Dignity

Harborside 304

Living with a disability can be difficult, but that does not mean that we should not retain our dignity and be shown compassion and empathy. Come hear our personal stories about living with and working with disabilities. We would like the audience to share their stories as well.

15 Mindfulness Matters

Harborside 305

What does it mean to be your authentic self? Are you living a life of purpose and meaning? What is considered true success? Where does it come from and what does it feel like? Learn how it starts with changing your perception. Learn what new research says about the power of perception, environment and how cell fate can be determined by what's called Epigenetics (above the genes). This breakthrough shows that our bodies can be changed as we retrain our thinking, and it all starts with a practice of mindfulness.

16 Healthy Self-Talk = Healthy You

Lake Superior Ballroom J

Drama-free communication starts with you. The way you talk to yourself directly impacts how you both behave and interact with others. Examine how your self-talk often creates more drama in your life than is necessary. Learn to reframe your destructive thoughts into solutions-based thinking. Explore strategies to help change your negative thoughts and go from "you stress" (bad stress) to

"eustress" (good stress). Understand how thoughts affect reality and how to work through your anger, fear and stress.

17 Understanding and Responding to Adverse Childhood Experiences (ACES)

Lake Superior Ballroom K

The Adverse Childhood Experiences Study (Anda & Felitti) provide scientific evidence that adversity in early life increases physical, mental and behavioral problems later in life. The workshop will review those findings, introduce the brain science that explains why they occur in such a predictable pattern, and, most importantly, describe how we can help build resilience to overcome the negative impact of early trauma.

18 How Husbandry Equals Healing in Youth

Lake Superior Ballroom L

Experience how the Woodland Hills Husbandry Program contributes to the healing process in their treatment programs as youth work with the earth and animals in a structured program. Learn about the where, what, why, how and who of this long-standing program in Duluth. Proven strategies, creative programming and innovative solutions used in the Woodland Hills Husbandry Program will be presented in an experiential format.

19 Using Positive Emotions to Maximize Impact on the Working Environment

Lake Superior Ballroom MN

This workshop will focus on providing a theoretical framework for understanding how positive affect (moods and emotions) can be used to create a more satisfying and productive work environment. The presenter will solicit ideas from the participants regarding their experiences with positive affective events that could be used to transform relationships and the working environment within an organization.

20 Head of the Lakes Collaborative: Crisis Intervention Team

Lake Superior Ballroom O

CIT (Crisis Intervention Team) programs are local initiatives designed to improve the way law enforcement and the community respond to people experiencing mental health crises. They are built on strong partnerships between law enforcement, mental health provider agencies and individuals and families affected by mental illness. This workshop will provide insight into the new initiative and the Duluth Crisis Intervention Team.

21 Coordinated Entry System for Homeless Households

Split Rock 1

This workshop will provide an update on the homeless Coordinated Entry System (CES). Learn how communities are aligning the CES across the state of Minnesota. State homeless programs and ten Continuum of Cares are working together to develop statewide Minnesota CES core components on policy, standards, procedures, and guidelines. The outcome is to have a level of consistency throughout the state that will promote more effective and seamless services to end and prevent homelessness. This session will provide an overview and progress of the statewide CES and local experiences in St. Louis County to share planning, implementation and evaluation efforts.

22 A Therapist's Guide to Social Media: Why Clinicians Should Give a Tweet!

Split Rock 2

Social media is changing the relative anonymity of therapists: the mystery, power and privacy that were once assumed are being pushed aside. Join this session to learn how to effectively manage your personal and professional digital identity.

23 Bridging the Gap—My Bridge of Strength and Goal Action Planning

St. Louis River Room

In 2014, Ramsey County implemented a new tool that shifts how employment counselors work with families on MFIP. The My Bridge of Strength (MBOS) and Goal Action Plans (GAPS) were adapted from the Crittenton Women's Union Bridge to Self-Sufficiency and the Minnesota DHS Employability Measures. The MBOS takes a comprehensive, participant-centered approach to fostering economic stability. The MBOS visualizes a person's journey from poverty to economic self-sufficiency as a bridge supported by critical life pillars that include well-being (mental and physical health), education and training, financial management and employment and career management. Counselors work with participants to assess their current stage in each of the pillars and through partnership/coaching intervention and motivational interview intervention, participants acquire the resources, knowledge and skills necessary to attain and keep economic independence.

Thursday, October 15	Session II Institutes	1:00 – 4:30 p.m.
24 **Supervision and Ethics—What Every Social Worker Needs To Know!**	Kathy Heltzer, MSW, LICSW, MSW/BSW Field Director; Wendy Anderson, PhD, MSW, LGSW, Assistant Professor—both at UMD Social Work Department	Harborside 203
25 **LGBTQ Cultural Considerations**	Kathy Hermes, BS, Youth Worker, LSS; Jessica Mantor, BSW, Safe Harbor Program Manager, Life House; Angela Skogstad, BSW, Program Manager, LSS; and a panel of youth and parents of LGBTQ youths	Harborside 204
26 **Making a Change for Good: Compassionate Self-Discipline**	Teri Sanders, BA, RYT500, PYT, registered yoga teacher and yoga therapist at Yoga North	Harborside 205
27 **What You Need to Know About Aging and Caregiver Services**	Ida Watson-Souther, MSW, Managed Care Coordinator, St. Louis County PHHS; Randy Huard, DNP, RN, Assistant Professor, Dept. of Nursing, St. Cloud State University; Ashley Hart, Financial Worker, St. Louis County PHHS; Jill Corbin, Masters in Management, Account Executive, St. Croix Hospice; Jane Brink, Regional Ombudsman, State of Minnesota; Julie Keller, LPN, Care Transition Coordinator, St. Croix Hospice; Jill Corbin, MSW, St. Croix Hospice	Harborside 301-302

28 **The C.A.R.E Program: A Roadmap for Understanding the Neurobiology of Relationships**	Connie Gunderson, PhD, MSW, LISW, Associate Professor, The College of St. Scholastica; Dorothy Graff, PhD, Assistant Professor, The College of St. Scholastica; Jane Larson, MSW LGSW, Coordinator of Prevention Services, Human Development Center	Harborside 303
29 **Addiction 101**	Julie Seitz, BA Social Work, LADC, LSW, Clinical Director; Gary Olson, MBA, CEO—both at Center for Alcohol and Drug Treatment (CADT)	Harborside 304
30 **The Reality of Disability: How Compassionate Understanding and Communication Will Ensure More Effective Case Workers, Social Workers and Policy Makers**	Gaelynn Lea Tressler, BA in Political Science and Psychology from UMD, Disability Advocate, Musician, and Fiddle Teacher at Gaelynn Lea Music	Harborside 305

Thursday, October 15 — Session II Institutes — 1:00 – 4:30 p.m.

24 Supervision and Ethics—What Every Social Worker Needs To Know!

Harborside 203

Whether you are supervising other social workers, non-social workers, student interns or others, it is critical to implement "best practices" and avoid the pitfalls that are commonly associated with "poor" supervision. Have we not all experienced less than optimal supervision in our professional lives or as students preparing for professional practice? This session will give participants an opportunity to learn techniques that will make you a better supervisor whether this is for working with students, as a part of providing supervision for licensure or in the workplace. Additionally, ethical considerations specific to supervision will be considered.

25 LGBTQ Cultural Considerations

Harborside 204

This presentation is part of educational outreach done by Lutheran Social Service's (LSS) Together for Youth, a social support group for lesbian, gay, bisexual, transgender, queer, questioning and allied youths. Participants will gain a deeper understanding of the challenges young people face from living life in the closet to being out and proud. In addition to personal stories, topics covered will include presumed heterosexuality, heterosexual privilege, cisgender privilege, homophobia and transphobia. Micro-aggressions and micro-affirmations will be covered, as well as the important role of allies. We will also address serving LGBTQ youths who are victims of human trafficking.

26 Making a Change for Good: Compassionate Self-Discipline

Harborside 205

How do we break "bad habits" and start good ones, whether in the realm of exercise, eating, shopping, or committing to daily spiritual practice? At times, we all believe if we were only better in some way, we'd find happiness. Perhaps even thinking, "life isn't how it should be—and it's my fault!" But self-punishment will never bring happiness or control over life's problems. The happiness and peace we seek is ultimately found only in self-acceptance and kindness. Compassionate self-discipline encourages us to focus on what's true for us moment-to-moment so our experience can be authentic, awake, honest, and joyful.

27 What You Need to Know About Aging and Caregiver Services

Harborside 301-302

As we age, figuring out how to care for ourselves, our aging family members, or our parents becomes more difficult. A typical question that I am often asked is: "Where can I go, and what do I need to do to get help?" A panel of community providers will include a St. Louis County PHHS Managed Care Social Worker, Managed Care Public Health Nurse and Financial Worker; a St. Croix Hospice provider, a Home Health Care provider, and a Regional Ombudsman for our area.

28 The C.A.R.E Program: A Roadmap for Understanding the Neurobiology of Relationships

Harborside 303

Relational neuroscience demonstrates that healthy relationships promote a sense of worth, help persons to develop clarity about each other, provide zest, and empower people to participate in the world. This workshop will introduce the C.A.R.E. program developed by Amy Banks, MD, and designed to help develop four neural pathways in the brain that support healthy relationships. Results of a local study of the C.A.R.E. program and its relevance for the field of social work will be discussed. Participants will be invited to complete the C.A.R.E. assessment and participate in C.A.R.E. exercises used in diverse settings.

29 Addiction 101

Harborside 304

In order to understand best practices and evidence-based treatment approaches for substance-use disorders, it is imperative to have a fundamental understanding of addiction. This institute will provide the participant with a historical and research-based understanding of addiction and the best practices used to treat it, including pharmacotherapies.

30 The Reality of Disability: How Compassionate Understanding and Communication Will Ensure More Effective Case Workers, Social Workers and Policy Makers

Harborside 305

This Institute explores the oft-undiscussed realities of disability and lays out strategies for more honest and compassionate conversation between social service employees, policy makers and people with disabilities. Gaelynn Lea Tressler—a woman with a disability, lifelong activist, musician, and insurance agent—uses examples from her personal life mixed in with historical and contemporary research to clarify the challenges that people with disabilities still face in modern society. She will offer suggestions and exercises to promote respectful and compassionate dialogue between people with disabilities and the social service professionals who work with them.

31	**SNAP at the Farmers' Market: The EBT & Market Bucks Initiative**	Hilary Gebauer, MPH, Grants Manager, MN Department of Human Services (MDHS); David Nicholson, Grants Manager, MDHS; Chanti Calabria, Seeds of Success Coordinator, Community Action Duluth	Board Room
32	**Acting From Your Heart**	Angie Frank, MEd, Director, Heart Theatre	Chester Creek Room
33	**Creating Health in Our Communities**	Amy Westbrook, MPH, PH Division Director, St. Louis County PHHS; Jim Gangl, MA, Public Health Data Analyst	French River 1
34	**Dancing to a Different Drum**	Patricia Hemming, MEd, Director, Jail Education Program; Patrick Shields, Masters in Criminal Justice, Founder, Jail Education Program—both at Lac Courte Oreilles Ojibwa Community College	French River 2
35	**Coordination for Housing Success**	Bill Maxwell, BA, JD, Staff Attorney, Legal Aid Services of NE MN; Adam Venne, MBA, Executive Director, Range Transitional Housing; Nate Fredrickson, BS, Homeless and Housing Manager, Range Mental Health Center; Angela Neal, BS, Housing Supervisor for Homeless and Crisis Programs, Arrowhead Economic Opportunity Agency (AEOA)	Gooseberry Falls 1
36	**Living in Dignity**	Michele Naar-Obed, MS Anatomical Pathology, Catholic Worker, Hildegard House Duluth Catholic Worker; Treasure Jenkins, BA Sociology, social activist	Gooseberry Falls 2
37	**Talk Plain to Me: The Power of Plain Language**	Jane Davison, BA Visual Communications Design, MA, MFA (ABD), ITIL-F, Management Analyst, Information Coordinator, MN Information Technology Services; Lynn Butcher, BA, Learning & Development Specialist Lead; Greg Ellis, BS, AS, EDS2 Learning and Development Training Specialist— all at MDHS	Gooseberry Falls 3
38	**Work Benefits Youth**	Bekah Satre, MPP, Employment and Disability Policy Consultant, MN Department of Human Services	Harborside 202
39	**Steering DWI Clients Toward Help**	Jill Kemper, MA, Project Manager/HealthCare Consultant, Institute for Clinical Systems Improvement; Shaun Floerke, 6th Minnesota District Court Judge; Matt Johnson, MSW, LADC, St. Louis County Substance Abuse Prevention Social Worker, St. Louis County PHHS; Nicole Korby, Court Administration, MN 6th District; Heather Kussatz, Probation Officer, Arrowhead Regional Corrections	Lake Superior Ballroom J
40	**Time Flies When You Waste it: How to Take it Back**	Josh Dye, Masters in Public & Nonprofit Administration, President & Founder, Convene, LLC, Marketing & Outreach Coordinator, HousingLink	Lake Superior Ballroom K
41	**Adolescent Development and Substance Use**	Joni Cabrera, BSW-LADC, Fond du Lac Human Services	Lake Superior Ballroom L
42	**Building a Case Conceptualization in Supervision and Consultation**	Rachel Rehbein, MA, Psychotherapist, Northwood Children's Services; David Swenson, PhD, Psychologist, The College of St. Scholastica	Lake Superior Ballroom MN
43	**Building Bridges: Addressing American Indian Child Welfare Disparities**	Dawn Eckdahl, MSW, Student Support Coordinator, The Center for Regional and Tribal Child Welfare Studies UMD; Brenda (Bree) Bussey, MSW, Director, American Indian Projects, UMD Dept. of Social Work; Evelyn (Evie) Campbell, MSW, Assistant Professor, UMD Dept. of Social Work	Lake Superior Ballroom O
44	**Smoking Cessation for People Living with Mental Illness**	Jessica DeWolfe, MPH, Wellness Coordinator, National Alliance on Mental Illness (NAMI) Minnesota	Split Rock 1
45	**Social Welfare Lessons Learned From Petrozavodsk, Russia**	Lynn Goerdt, MSW, EdD, Assistant Professor, UWS; Michelle Robertson, MSW, Assistant Professor, CSS; Dan Nolan, PhD, Assistant Professor, UMD; Erin Collins, student, UWS; Nicolle Gross, BSW, UWS; Caitlyn Taylor, student, CSS	Split Rock 2
46	**HOPE: Shift Your Perspective on Supporting Those with Eating Disorders and Their Families**	Becky Henry, Certified Professional Co-Active Coach (CPCC), Associate Certified Coach (ACC), President, Hope Network, LLC; Thea Sheldon, BS, CPCC, Certified Professional Co-Active Coach, Prime of Life Coaching	St. Louis River Room

31 SNAP at the Farmers' Market: The EBT & Market Bucks Initiative

Board Room

Farmers' Markets are a great place to get fresh, healthy, local foods. But for those who rely on SNAP, access to farmers' markets is limited. Come learn about the growing network of Minnesota farmers' markets that offer EBT at their markets along with the Market Bucks healthy eating incentive. This session is for anyone who works with SNAP participants, is affiliated with a farmers' market or would like to find out more about increasing food access at their local farmers' market.

32 Acting From Your Heart

Chester Creek Room

Do you want to change the world? Join us in the most revolutionary thing we can do: act from our hearts. Participants will engage in theatre activities to identify, explore and rehearse change in their personal lives, communities and larger systems. Participants will customize workshop content as they contribute to the theatre process. This experience will be positioned within the larger framework of applied theatre and its uses in the health and human service field.

33 Creating Health in Our Communities

French River 1

There are many social and economic factors that influence our health at the individual and community level. This presentation will review the determinants of health from a broad perspective, and include local data to demonstrate what health determinants and outcomes look like in our communities. The presenters will describe the role of the local public health system and discuss emerging public health practices. The session will include a large group discussion of how to create health in our communities.

34 Dancing to a Different Drum

French River 2

This session focuses on a restorative justice approach to teaching college courses to incarcerated audiences in county correctional institutions in Northwest Wisconsin. Presentation includes a faculty/student film project that discusses the roots of restorative justice in traditional Ojibwe culture and how healing and compassion applies to contemporary incarcerated populations. This is an educational delivery system that encourages community engagement as well as admission to degree-seeking programs with the objective of improved retention.

35 Coordination for Housing Success

Gooseberry Falls 1

A panel of housing providers in northern St. Louis County will present on how coordination with agencies is the key to housing success. These agencies have a partnership with each entity bringing their expertise to the relationship. Working together minimizes the amount of steps an individual/family has to take to obtain housing that best meets their needs.

36 Living in Dignity

Gooseberry Falls 2

Hildegard House offers compassionate, nonjudgmental day and live-in hospitality to those who have experienced human trafficking and are in need of a safe place to rest and heal. We strive to love and learn from each other, focus on the goodness in each person and support the growth and wholeness of all. Rooted in the Catholic Worker tradition, we embrace the God-given dignity of all creation. This workshop will explain the role the Hildegard House Duluth Catholic Worker plays to help people healing from sexual exploitation.

37 Talk Plain to Me: The Power of Plain Language

Gooseberry Falls 3

Would you like to improve your communications? Plain language, sometimes described as writing like you speak (with correct grammar), can transform jargon-ridden walls of text into easy-to-read copy. In this introductory workshop, you will learn how to:

- Define plain language
- Recognize confusing text
- Apply some basic plain language principles
- Engage and empower your readers

38 Work Benefits Youth

Harborside 202

Work expectations for youth with disabilities are changing. This workshop will outline what's changing in Minnesota and the nation around employment. We will explore why it is important youth work and highlight the new tools on Disability Benefits 101.org that help professionals and families navigate and understand why work is important and how youth make more money working. The workshop will explore the new WorkBenefitsYouth.org campaign, materials and tools and help professionals and families understand their role in increasing the number of youth with disabilities in the workforce.

39 Steering DWI Clients Toward Help

Lake Superior Ballroom J

Translating the screening, brief intervention, and referral to treatment (SBIRT) model from health care to a judicial venue, a new program has been created for first-time Driving While Intoxicated (DWI) clients in Duluth. Learn how a partnership made up of representatives from various areas of court, public health and human services, law enforcement, a treatment provider and a health care improvement organization integrated the SBIRT model into the DWI court system. Attendees will learn how the approach was developed and modified over time, resulting in positive behavioral change among DWI clients, and a decrease in DWI court-processing time and costs.

40 Time Flies When You Waste it: How to Take it Back

Lake Superior Ballroom K

The old saying, "time flies when you are having fun!" is true, but time flies at the speed of light when you waste it. This presentation highlights the ways we waste time professionally and personally, and offers practical, helpful tips for getting the most out of each precious moment we are given. Do you feel like time is no longer your own? In this refreshing and motivational presentation you will learn how to take it back. Learn:

- How to change your meeting culture so they no longer drain time and energy
- Email hacks to have a manageable inbox every day
- Practical minimalism: transforming how time is spent personally
- How to have tough conversations that address challenging issues

41 Adolescent Development and Substance Use

Lake Superior Ballroom L

Participants will receive an overview of the process of adolescent physiological, emotional and social development. The session will primarily focus on the structure of the brain during this time period and how it impacts proper decision making. Drug trends among adolescents will also be discussed to help participants understand the long-term impacts of substance use.

42 Building a Case Conceptualization in Supervision and Consultation

Lake Superior Ballroom MN

There are multiple pressures on providers to quickly diagnose and plan treatments, but such urgency can result in unclear and even misleading case conceptualizations. This program will identify the pressures and risks, rationale and model for case conceptualization, tools for organizing case information, and approach for conducting individual/group case supervision and consultation.

43 Building Bridges: Addressing American Indian Child Welfare Disparities

Lake Superior Ballroom O

This workshop will provide a historical and present day understanding of American Indian child welfare practices in northern Minnesota through an overview of projects developed to reduce out-of-home placement of American Indian children. The Center for Regional and Tribal Child Welfare Studies and American Indian Projects at the University of Minnesota Duluth work together with tribes, counties and communities to foster innovative solutions to systemic American Indian child welfare disparities. Specific initiatives which have been implemented to address American Indian disproportionality in child welfare will be shared.

44 Smoking Cessation for People Living With Mental Illness

Split Rock 1

Tobacco is the leading contributor to preventable death and disease, especially for people living with mental illnesses who smoke at a rate two to three times higher than the general population. This workshop will present information on smoking among those living with mental illnesses and offer practical tools for assessing and integrating smoking cessation into mental health services.

45 Social Welfare Lessons Learned From Petrozavodsk, Russia

Split Rock 2

This session will focus on current and historical social, political and economic factors which influence the Russian social welfare system, specifically in Petrozavodsk. Hear from faculty and student representatives from UMD, CSS and UWS who all traveled to this beautiful region this year. We will highlight what we learned about specific agencies as well as our amateur photography. We will also share what we learned about the Russian social welfare system and the impact it has had on how we view our own services. During the presentation you will also hear from our Russian faculty and student colleagues who also traveled to the Twin Ports. *Spasiba* (thank you)!

46 HOPE: Shift Your Perspective on Supporting Those with Eating Disorders and Their Families

St. Louis River Room

Hope Network Retreats for Caregivers of Loved Ones with Eating Disorders presents innovative tools to help you, the professional, provide a bridge between your clients and their stressed, overwhelmed caregivers to lessen family conflict, increase trust and better ensure your client's success with long-term recovery. Our approach applies to alcohol, drug and other mental health issues as well. We provide strategies for you to engage with your clients and caregivers, create hope and be a compassionate presence in their lives. Join us for a compelling, interactive session that will change your perspective and help make your job easier.

Thursday, October 15	Session III Workshops	3:00 – 4:30 p.m.
47 **The Hearing Bone is Connected to the… How Hearing Relates to Diabetes and Other Health Conditions**	Sara Downs, AuD, Board Certified in Audiology; Jonathan Gervais, AuD, Board Certified in Audiology—both at Hearing Wellness Center	Board Room
48 **WorkForce Center Demystified**	Betsy Hill, BA Communicating Arts Journalism, Employment Technician, Duluth Workforce Development; Paula Reed, BA Communications, Manager, Duluth Workforce Development; Rhonda Rutford, Business Services Rep., Minnesota Job Service; Pam Hawkins, BA Psychology and Social Work, Employment Counselor, AEOA; Randy Back, MS Community Counseling, Operations Director, NE MN Office of Job Training; Steve Benson, MS Vocational Rehabilitation Counseling, Counselor, State Services for the Blind	Chester Creek Room
49 **Pearls of Wisdom: The Compassionate Art of Assessing and Reducing Suicide Risk**	Gina Dixon, MA Licensed Psychologist, Program Manager/Grief Therapist, Essentia Health Grief Support Services	French River 1
50 **Problem Solving Courts: DWI Courts Work**	Jessica Lange, BA Legal Studies and Criminal Justice, Problem Solving Courts Coordinator, 6th Judicial District; Jill Eichenwald, JD, Managing Attorney, 6th Judicial District; Chris Pinkert, JD, Assitant County Attorney; Shaun Floerke, JD, Chief Judge, 6th Judicial District; Wendy Grohs-Graehling, BA, Probation Officer, ARC; Russ Spurrier, BA, Probation Officer, ARC	French River 2
51 **Child Maltreatment Reporting in 2015**	David Vukelich, MSW, Social Services Supervisor; Jennifer Fick, MSW, Child Protection Social Worker—both with St. Louis County PHHS	Gooseberry Falls 1
52 **You are NOT Crazy! Crazy-making in Abusive Domestic Relationships**	Terry Trogdon, JD, Gerlach Beaumier & Trogdon, Attorneys at Law	Gooseberry Falls 2
53 **How to Be Happy at Work**	Denise Moreland, MA Public Administration, LifeGuides	Gooseberry Falls 3
54 **This is My Story: Postpartum Depression, Anxiety and Panic Disorder**	Cathy Luiken, MSW Social Work	Harborside 202
55 **Marijuana: The Science and the Politics**	Carol Falkowski, BA, CEO, Drug Abuse Dialogues	Lake Superior Ballroom J
56 **SomaYoga for Neck and Shoulders**	Jodi Christensen, CYT, CSE, E-RYT500, Yoga Therapist, Clinical Somatic Educator at Yoga North International SomaYoga Institute	Lake Superior Ballroom K
57 **Keeping Kids and Teens Safe—Tough Conversations About Guns**	Joan Peterson, Board Chair of Protect Minnesota, Boards of Domestic Abuse Intervention Programs (DAIP); Mary Streufert — both serve as Co-Presidents of Northland Chapter Northland Brady/Protect Minnesota	Lake Superior Ballroom L
58 **Person-Centered Service Delivery—A Deeper Understanding**	Angela Gustafson, BA, Executive Director; Jennifer Steger, BA, Program Director; Becky Jakubek, BA—all at Trillium Services, Inc.	Lake Superior Ballroom MN
59 **What is Privilege?**	Kevin Skwira-Brown, MSW, Diversity Trainer, The College of St. Scholastica	Lake Superior Ballroom O
60 **Compassion, Life Purpose and Spring Forest Qigong**	Glenn Tobey, MDiv, MA in Management, LICSW; Katrina Tobey, MS, Licensed Psychologist, LMFT—both in private practice	Split Rock 1
61 **Compassionate Accountability: The New Paradigm in Human Services**	Sara Romagnoli, MA Advocacy and Political Leadership, Program Director; John Ball, BA Language and Literature, Career Specialist; Linda Papison, MEd, Career Specialist; Jason Beckman, BA Psychology, Career Specialist—all at SOAR Career Solutions	Split Rock 2
62 **Compassionate Care Through Personal Wellness**	Jodi L. Tervo Roberts, MS Exercise Science, Owner, E3 Twin Ports, LLC	St. Louis River Room

47 The Hearing Bone is Connected to The… How Hearing Relates to Diabetes and Other Health Conditions

Board Room

Ears don't exist in isolation; they are attached to a dynamic physiological system. We know now that the inner ear is very sensitive to metabolic changes. We also know how auditory deprivation (untreated hearing loss) can have an impact on memory and cognition. Recent research has shown that hearing loss can be a catalyst for some conditions and a canary in the coal mine for others. In this discussion, we will cover the inner workings of the ear and explain how hearing relates to other health conditions.

48 WorkForce Center Demystified

Chester Creek Room

Ever wonder who does what at the WorkForce Center? Would you like to know what funding is available and who you (or your clients) could call there to find out about eligibility or enrollment? Did you know the WorkForce Center has free job search workshops and offers services to businesses too? A panel representing the agencies that together make up the WorkForce Center will provide information in this session to help explain the resources, programs and services available at the Duluth and Iron Range WorkForce Centers.

49 Pearls of Wisdom: The Compassionate Art of Assessing and Reducing Suicide Risk

French River 1

While no single intervention can prevent all suicides, research and experience have shown that suicide is most effectively prevented by a comprehensive approach. This presentation will discuss creative best practices for identifying and responding to those at greatest risk of suicide as well as strategies to establish crisis management and post-vention procedures for those impacted by traumatic death. Participants will be provided with developmentally appropriate tools and activities for a variety of settings, including resources for youth, emerging adults and for those in senior living communities.

50 Problem Solving Courts: DWI Courts Work

French River 2

According to the research, DWI Court saves lives and money and restores participants to a clean and sober life. Attendees will gain an increased understanding of the principles specific to DWI Court, important issues in dealing with DWI Court participants, and how current operations impact the community. The South St. Louis County DWI Court is highly successful with a recidivism rate of fewer than 3%. Not only does the SSLC DWI Court leave important resources available, but it has been proven to save $120,350 per year due to positive outcomes for its participants and lower recidivism rates. Come hear what Judge Shaun Floerke and his team have done to be successful over the years!

51 Child Maltreatment Reporting in 2015

Gooseberry Falls 1

This workshop will focus on mandatory reporting of child maltreatment in St. Louis County. Participants will be given statistical data, definitions of abuse and neglect, reporting requirements, protections for mandated reporters and responses to mandated reports. Statewide screening criteria will also be included within the presentation. Handouts of the PowerPoint presentation will be available.

52 You are NOT Crazy! Crazy-making in Abusive Domestic Relationships

Gooseberry Falls 2

This session will explore how domestic abuse impacts a victim's perception of self and impedes his or her ability to access resources that may assist in leaving an abusive relationship and remaining out of the relationship. Participants can expect to gain insight into techniques abusive partners may use to retain control over their partners including leading a victim to question his or her sanity. While serving as attorney for the Center Against Sexual and Domestic Abuse, Inc. (CASDA), attorney Terry Trogdon represented numerous victims of domestic abuse in restraining order and family law cases.

53 How to Be Happy at Work

Gooseberry Falls 3

We want happy marriages and happy children. We wish each other Happy Birthday and Happy New Year. We exchange stories at Happy Hour. But we are conditioned to believe that happiness has no place at work, even in a country where the right to pursue happiness is a self-evident, inalienable right. What if it was possible to be happy at work? This workshop will help you imagine what happiness at work looks like for you, and give you practical advice on how to get there.

54 This is My Story: Postpartum Depression, Anxiety and Panic Disorder

Harborside 202

In 2012, I suffered a severe major depressive episode with generalized anxiety, panic disorder and OCD. Through the help of doctors, nurses, family, and friends I can now share my story with others and educate people on what it means to be a person with a mental illness. This presentaion will include my personal story, how I managed to survive those dark days, and what professionals need to know to help people with mental illness.

55 Marijuana: The Science and the Politics

Lake Superior Ballroom J

Marijuana, America's most beloved illegal drug, captures the headlines every day as more states and cities expand its use. Public opinion about marijuana has changed dramatically in recent years. Come learn about marijuana today: the drug, its effects, medical applications, the science and the politics.

56 SomaYoga for Neck and Shoulders

Lake Superior Ballroom K

SomaYoga is a therapeutic style of yoga that blends yoga and Somatics. Relieve tension and increase pain-free range of motion in your shoulders and neck. Tension and compensation in the neck and shoulder joints can lead to carpal tunnel syndrome, tennis elbow, frozen shoulder, headaches and much more. Learn simple but profound practices to find freedom, resolve pain and increase functionality. Class will be floor-based with use of unique yoga therapy props and small movements to create neuromuscular re-education of these chronically impacted areas. This class will be taught with participants lying on the floor.

57 Keeping Kids and Teens Safe — Tough Conversations About Guns

Lake Superior Ballroom L

With the constant news of injuries, deaths and suicides caused by guns, it is easy to feel helpless. This workshop will present two innovative national programs that give hope to service providers, teachers and parents. The ASK campaign give adults a nonjudgmental way to inquire

about unsecured guns in homes where children and youth play and hang out. The Student Pledge Against Gun Violence provides a means for beginning the conversation with young people about gun violence. These programs reduce the likelihood of gun injuries and deaths to children and teens.

58 Person-Centered Service Delivery — A Deeper Understanding

Lake Superior Ballroom MN

The inclusion of person-centered principles in 245D has service recipients, providers, case managers and team members digging deeper into the practices of person-centered service delivery. As we explore individual gifts and capacities the vision for an inclusive and meaningful life becomes clear. This training will challenge us to take person-centered thinking to another level and will offer participants resources to expand their person-centered toolbox.

59 What is Privilege?

Lake Superior Ballroom O

Privilege is a concept that is too often misunderstood and as a result is commonly accompanied by anger and defensiveness. Come learn what privilege really means and assess for yourself ways in which it might apply to you. This will be a great session for those seeking a fuller understanding the concept of privilege and anyone looking for effective ways to talk about it.

60 Compassion, Life Purpose and Spring Forest Qigong

Split Rock 1

Learn and experience how Spring Forest Qigong, an energy healing practice, can provide a beautiful and compassionate way of living. Know how energy works in your body, and the importance of compassion for having a deeper level of healing energy. The choices you make in your life, focuses your energy: the energy goes where your mind goes, where the heart goes. Learn how to use the SFQ movements, focused meditations, and other purposeful activities (all newly updated, simpler and more powerful) to impact ownership of your own health, letting go of old stories, motivation, etc.

61 Compassionate Accountability: The New Paradigm in Human Services

Split Rock 2

Compassion alone is not enough. Accountability alone is not enough. This presentation challenges human service professionals to consider a new paradigm. Compassionate accountability will increase skills in goal attainment, self-care, relationship development and navigating change. Coupling self-compassion and self-accountability—seemingly paradoxical concepts—can help participants navigate inevitable change. Some jobs stress accountability over compassion; others, compassion over accountability. This workshop will debunk the myth that you have to be one or the other. Through presentation and panel discussion, this workshop will explore positive, life-changing outcomes and will show how compassion, coupled with accountability impacts the lives of people in our community.

62 Compassionate Care Through Personal Wellness

St. Louis River Room

Where do you place yourself on your own wellness scale? Find out, experience, and see the results and benefits of taking care of yourself using scientifically proven methods. This session includes a pre- and post-assessment, with education and practice. Your own health and wellness, your ability to look at stress positively, and your ability to keep your personal anxieties low will allow you to provide more compassionate care to your clients. This is a hands-on workshop, where you will practice the strategies you are learning.

2015 Health & Human Service Conference Planning Committee

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Meg Sarazine
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Melodie Schultz
Kathy Simonson
Joshua Stainer
Kathy Vake
Ida Watson-Souther

Day 2: Friday, October 16

Friday, October 16	Session I Institutes	8:30 – Noon
63 **APS: Making Sense if it ALL**	Kelli Klein, BS, Adult Protection Resource Specialist; Melissa Vongsy, BS, Adult Protection Resource Specialist—both at MN Department of Human Services	Harborside 203
64 **Introduction to the Culture of Homelessness**	Marti Maltby, MA, Program Director, House of Charity	Harborside 204
65 **Mindful Self-Compassion as a Therapeutic Tool**	Ellie Hyatt, BS Social Work, Director of Family & Spiritual Recovery, The Retreat in Wayzata, MN	Harborside 205
66 **When Ethics and Law Intersect: A Workshop for Social Workers**	Maria Stalzer Wyant Cuzzo, JD, Professor of Legal Studies, University of WI-Superior	Harborside 301-302
67 **BOING! Resilience Through Self-Care and Mind-Body Medicine**	Sara Downs, AuD, Certified in Mind-Body Medicine; Stacy Crawford, MEd—both with Inspiral Wellness	Harborside 303
68 **Core Concepts of Childhood Trauma**	Saprina Matheny, MSW, LICSW, Clinical Program Manager, University of MN—Ambit Network, Human Development Center	Harborside 304
69 **Making Trauma Treatment Real: The Three R's of Successful Trauma Resolution and the Top Five Resilience Factors**	Connie Gunderson, PhD, MSW, LISW, Associate Professor, The College of St. Scholastica; Mary Vicario, MA Education and Counseling, Licensed Professional Clinical Counselor Supervisor and Certified Trauma Specialist, Finding Hope Consulting, Cincinnati OH	Harborside 305

Friday, October 16 Session I Institutes 8:30 – Noon

63 APS: Making Sense of it ALL

Harborside 203

MN Department of Human Services Adult Protection Resource Specialists (APRS) will present a step by step approach for adult protection workers to understand and complete their duties. Adult protection workers across the state have requested specific guidance to their roles and duties in adult protection. This session will walk the participants through the Guidelines of the Investigation of Vulnerable Adult Maltreatment Manual.

64 Introduction to the Culture of Homelessness

Harborside 204

Those who have been homeless for extended periods face unique challenges. As a group, the homeless have developed an identifiable culture that influences their interactions with society in general and social services in particular. This session will examine the social dynamics that the homeless must navigate on a daily basis and how their culture adapts to these challenges. Attendees will leave with a cultural understanding that they can apply in their daily work with homeless clients.

65 Mindful Self-Compassion as a Therapeutic Tool

Harborside 205

Ellie Hyatt brings participants on a journey to self-compassion, kindness and forgiveness with creative strategies and unique exercises that provide effective solutions for professionals and those they serve. Goals include giving participants the opportunity to directly experience self-compassion and learn innovative practices that evoke self-compassion in their daily life and work, understand the empirically supported benefits of self-compassion, learn to transform challenging relationships and manage burn-out. Explore new possibilities for helping others and experience how these tools assist in self-discovery and change. Practices include unique approaches to meditation, journaling, and breath, grounded in strategies many practitioners may not have experienced before.

66 When Ethics and Law Intersect: A Workshop for Social Workers

Harborside 301-302

This session explores the intersection between law, social work and ethics by focusing on some key case study dilemmas and diagnosing the legal, ethical and professional obligations and options. Attendees will be able to refresh their working knowledge of the code of ethics, legal implications and professional challenges posed by real social work practice. This session is particularly relevant to social workers seeking to fulfill ethics training obligations but may also be of interest to all those who interact with social workers in their everyday working roles/responsibilities.

67 BOING! Resilience Through Self-Care and Mind-Body Medicine

Harborside 303

Feeling crispy? Scorch-proof yourself! Avoid going up in flames by attending this interactive and practical workshop that will equip you with the tools and resources you need to bounce into wellness. In this workshop, you will learn self-care techniques, the science behind the techniques, and how to make a plan for creating an environment of resilience in your life both at work and in your daily life.

68 Core Concepts of Childhood Trauma

Harborside 304

The National Child Traumatic Stress Network has identified 12 Core Concepts of childhood trauma. These concepts are applicable if you have years of experience working with childhood trauma or if you are new to the field. The session will include an introduction to a case conceptualization model based on Problem-Based Learning.

69 Making Trauma Treatment Real: The Three R's of Successful Trauma Resolution and the Top Five Resilience Factors

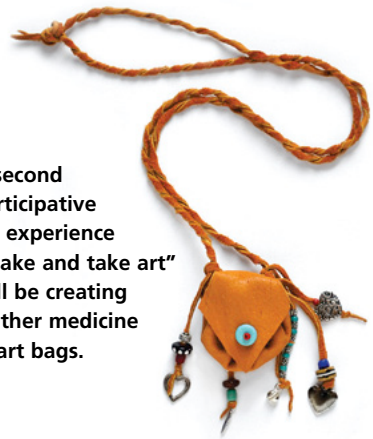
Harborside 305

Whether you are on Sigmund Freud's couch or engaging in the latest efficacy-based interventions, there are three stages to successful trauma resolution: re-experiencing, releasing and reorganizing. We will explore your current treatment methods, how to use them to promote movement through the stages, dismantle trauma triggers, improve connection and heal damaged areas of the brain. Also, learn the top five resilience factors found in those who have experienced trauma and moved beyond it. Explore your role in helping those you serve develop resiliency and how to use the same skills to support yourself in this important and challenging work.

Heart Strings

"Heart strings" is an interactive Conference art piece in which you are invited to participate in during the conference in the *Edmund Fitzgerald* Exhibit Hall. You will be gifted the opportunity to scribe words of deliverance and detachment or thoughts to promote growth and new directives. We will write on thin strips of fabric that will be fastened to the heart. It will be a forever marker that joins us in our collective efforts as we recommit to love and all its joy that it can bring when we love full, freely and with grace and dignity. This Conference art piece will then hang in the St. Louis County Government Service Center following the Conference.

Cynthia Holmes,
Fond du Lac Community College,
Conference Artist;
Tribal affiliation:
White Earth/St. Croix



A second participative art experience "make and take art" will be creating leather medicine heart bags.

Friday, October 16	Session I Workshops	8:30 – 10:00 a.m.
70 **Advances in Pediatric Orthotics and Prosthetics at Shriners Hospitals for Children**	Sophia Jones, BA, Professional Relations Coordinator, Shriners Hospitals for Children—Twin Cities; Jeffrey Bruce, BS, CPO, Director of Pediatric Orthotic and Prosthetic Services, Midwest Region	Board Room
71 **RentWise Tenant Education Program: A Tool to Assist in Finding Rental Housing**	Becky Hagen Jokela, MS, AFC, CFCS, Extension Educator and Professor in Family Resiliency; Lori Hendrickson, MEd, AFC, CFCS Extension Educator and Professo—both with the University of MN Extension	Chester Creek Room
72 **Punishment Doesn't Work: Understanding and Working With Challenging Behaviors in Individuals With Cognitive Disabilities—Strategies and Tools That Do**	Annette Pearson, MS, LADC, CBIS, Outpatient Services Manager, Vinland National Center	French River 1
73 **Military Sexual Trauma: An Overview for Providers**	Shari Kosobuski, MSW, LGSW, Readjustment Counselor/ Social Worker; Stacey Rhodes, MSW, LGSW, Readjustment Counselor/Social Worker; Cindy Macaulay, MEd, Readjustment Counselor—all at the Duluth Vet Center	French River 2
74 **Getting From "What if?" to What to Do—Understanding & Working With Anxiety**	Tamarah Gehlen, MA, Marriage and Family Therapy, LADC, owner of Gehlen Counseling and Consulting	Gooseberry Falls 1
75 **Brainwave Optimization—A Tool for Well-Being**	Kim Luedtke, Brain Wave Optimization Technician, Fond du Lac Human Services; Everett LaFromboise, Brain Wave Optimization Technician at Fond du Lac	Gooseberry Falls 2
76 **"Someone Else's Blues"— Compassion Fatigue, an Occupational Hazard**	Alan O'Malley-Laursen, MSW, Program Manager at Olmsted County Community Services	Gooseberry Falls 3
77 **Advancing Continuous Improvement**	Linnea Mirsch, MPP, Deputy County Administrator–Operations & Budget; Juli Lattner, Senior Human Resources Advisor—both with St. Louis County	Harborside 202
78 **Childhood Obesity and School Wellness Committees**	Randy Huard, RN, DNP, Assistant Professor, Dept. of Nursing, St. Cloud State University	Lake Superior Ballroom J
79 **Managing Aggressive Behavior**	George Demers, MS, Safety Consultant	Lake Superior Ballroom K
80 **Organizational Inclusiveness With the DIA**	Sarah Gleason, MEd, Partner, DIAworks; Lisa Tabor, Partner, CultureBrokers LLC; Barb Rose, Master of Library Science, Partner with Side by Side Associates; Kia Moua, Master of Human Development, Partner with DIAworks.	Lake Superior Ballroom L
81 **Responding to Child Abuse Disclosures: A Field Guide for Practitioners**	Laura Gapske, BS Sociology, Forensic Program Coordinator, Interviewer, Trainer; Rachel Johnson, BS Public Service, Sociology and Spanish, MDT, Outreach Coordinator, Interviewer—both at First Witness Child Advocacy Center	Lake Superior Ballroom MN
82 **From Invisible to Visible: Understanding Fetal Alcohol Spectrum Disorders**	Ruth Richardson, JD, Director of Programs; Zora Rabb, BSW, Training Coordinator—both with the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)	Lake Superior Ballroom O
83 **Cultural Awareness: Working With Different Cultures**	Youa Her, MSW, Lead Case Manager; Wa Xiong, BS in Sociology, Lead Case Manager; Xai Xiong, BS in Family Social Science, Case Manager—all at Dungarvin, Inc.	Split Rock 1
84 **Poo Fighters 2015 Tour Starring Norovirus**	Sarah Leach, BA, Planner Principal; Denise Schumacher, BA, Planner Principal; Jim Topie, BS, Planner Principal; Amy Saupe, BA, Epidemiologist—all with the Minnesota Department of Health	Split Rock 2
85 **Personal Intervention: A Process for Teaching Self-Management of Unwanted Behaviors**	Kathy Nesheim-Larson, MSW, CBIT, Director of Brain Injury Services, REM MN-IA-ND-WI-IL	St. Louis River Room

70 Advances in Pediatric Orthotics and Prosthetics at Shriners Hospitals for Children

Board Room

Within the last 93 years, Shriners Hospitals for Children has broken barriers in pediatric orthopedic care, including the capabilities in the fabrication of pediatric orthotics and prosthetics. With advanced technology, O&P specialists are able to treat many pediatric orthopedic conditions through the use of braces, adaptive orthotics, or artificial limbs; decreasing, or even eliminating, the need for intrusive surgeries. This workshop will demonstrate the successes in new O&P practices within the Twin Cities hospital, and share advanced systems being used by our team to perfect and accelerate the fabrication of devices for our patients, regardless of ability to pay.

71 RentWise Tenant Education Program: A Tool to Assist in Finding Rental Housing

Chester Creek Room

Today, due to high costs, rental availability and other issues, people may have difficulty in obtaining suitable housing. The RentWise Tenant Education Program is a University of Minnesota Extension curriculum designed to assist people find and keep affordable, safe rental housing. The curriculum stresses tenant responsibilities and the benefits of positive property manager-tenant relationships. Explore the newly adapted program sections, focusing on three important content areas:

- Acquiring your rental housing
- Sustaining your home environment and relationships
- Aspiring your future and housing

72 Punishment Doesn't Work: Understanding and Working With Challenging Behaviors in Individuals With Cognitive Disabilities — Strategies and Tools That Do

French River 1

Attendees will explore how the brain works, how damage to the brain affects it and creates challenges. Often, providers try to correct these challenges with more consequences resulting in poor outcomes. This session is designed to teach positive tools and strategies that effectively work to address the most common challenges including impulsivity, mental flexibility, initiation and short-term memory loss.

73 Military Sexual Trauma: An Overview for Providers

French River 2

Military Sexual Trauma, or MST, is the term used by VA to refer to experiences of sexual assault or repeated, threatening sexual harassment that a veteran experienced during his or her military service. MST is an experience, not a diagnosis, but can contribute to mental health issues in a veteran. This workshop will include the definition of MST, the history of the VA's recognition of MST, military culture and how it relates to MST, markers and assessments used, resources for veterans if MST is indicated, and different case examples of MST and the interventions used.

74 Getting From "What if?" to What to Do — Understanding & Working With Anxiety

Gooseberry Falls 1

This session helps attendees understand some of the components of anxiety and ways to help address situational, minor and moderate anxiety symptoms with clients by using therapeutic techniques and some hands-on activities.

75 Brainwave Optimization — A Tool for Well-Being

Gooseberry Falls 2

Brainwave Optimization (BWO) is a computer-guided way to help people achieve a deep state of relaxation through the power of their own brains. BWO facilitates the brain to adjust its own brainwave activity in order to balance and optimize itself naturally, in its own way, its own time and on its own terms. FDL Human Services has been offering BWO to its clients since 2009. Although BWO is not designed to diagnose or treat anything specifically, our clients report that they've found it helpful for everything from better sleep to stress relief to sobriety support to improved mood, focus and energy.

76 "Someone Else's Blues" — Compassion Fatigue, an Occupational Hazard

Gooseberry Falls 3

Child welfare work entails constant exposure to children and families who are experiencing and expressing great pain. Secondary Traumatic Stress (STS) is the emotional, physical, and personal response to the cumulative experience of empathic engagement with these folks and their situations. It is the "emotional cost of caring" — an occupational hazard of the work we do. This workshop will give a brief overview of STS with focus on strategies for addressing it. In addition to personal self-care strategies, emphasis will be placed on the critical role of organizations, managers and supervisors in mediating the day-to-day emotional impact of our work.

77 Advancing Continuous Improvement

Harborside 202

This course is designed to provide leaders with practical skills and lessons learned to support and encourage continuous improvement projects. This class will emphasize the planning phase of the project, teaching project scoping tools and ensuring success through proper CI project planning.

78 Childhood Obesity and School Wellness Committees

Lake Superior Ballroom J

Childhood obesity continues to present as a growing public health epidemic in the US. One in three children are now considered to be obese. In response, the 2004 WIC Reauthorization Act required schools to develop school wellness policies. Although the majority of schools met this mandate, the practice and implementation of these policies have fallen short. This presentation will cover the contributing factors of childhood obesity, the role of school wellness policies, and most importantly, how a school wellness committee may contribute to successful intervention.

79 Managing Aggressive Behavior

Lake Superior Ballroom K

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. This presentation is designed to teach techniques for safely managing out-of-control behavior, including the processes involved, looking critically at situations (from both yours and the other person's point-of-view), assessing, planning and evaluating each step, and most importantly, seeking ways to avoid events which could become explosive.

80 Organizational Inclusiveness With the DIA

Lake Superior Ballroom L

Are you struggling with how to make your organization more inclusive? Learn about the newly launched Diamond Inclusiveness Assessment™ (DIA), a Minnesota-based, low-cost instrument

designed to help organizations better define and shape their performance with culturally diverse employees, clients, and communities. The DIA sheds light on eight dimensions of organizational inclusiveness so you can leverage your assets and develop more specific, measurable and relevant goals. You will sample the DIA experience, interact with insights gleaned from DIA results and explore ways to design and implement organizational diversity and inclusion initiatives in a strategic, systemic way.

81 Responding to Child Abuse Disclosures: A Field Guide for Practitioners

Lake Superior Ballroom MN

This session is the result of comments from social workers and other practitioners who work with kids in MN about the appropriate response to initial disclosures. Our workshop will address many frequently asked questions and tips for the do's and don'ts in responding. After attending this workshop, learners will be able to:

- Be better equipped to respond to initial disclosures of abuse or conduct a follow up screening for abuse prior to scheduling a forensic interview.
- Explore using narrative practice to collect further information.
- Know the research behind the importance of the response and reaction to initial disclosures on kids.
- Understand possible implications on the forensic interview process when responding to a child who has disclosed abuse allegations.

82 From Invisible to Visible: Understanding Fetal Alcohol Spectrum Disorders

Lake Superior Ballroom O

FASD is a range of birth defects caused by prenatal alcohol exposure that is often referred to as an invisible disability. This presentation will provide a brief overview of the FASD Basics, how to identify FASD and offer strategies for working with families impacted by prenatal alcohol exposure.

83 Cultural Awareness: Working With Different Cultures

Split Rock 1

As the demographics and cultural needs of Minnesota changes, competence in working with these changes is essential for health and human service providers. When culture is ignored, barriers to effective service may emerge. This presentation will give you the foundation for how to work cross-culturally, as well as provide information about what your agency can do to become a culturally competent provider. Cultural self-assessments will be provided for participants to assess their personal area of need and to assess their agency's area of need.

84 Poo Fighters 2015 Tour Starring Norovirus

Split Rock 2

The Minnesota Department of Health (MDH) has long been recognized as having a state-of-the-art foodborne outbreak detection and investigation system based on innovative approaches. This workshop will improve knowledge of and response to foodborne illness (FBI) for public health and human services staff in communities statewide. Real-life examples from familiar settings bring science and regulation to life. Presentations include:

- The Band — human/economic burden, Norovirus facts
- Event Staff — FBI risk factors, food worker roles
- Poo Fighters Diarrhea & Vomit Tour — MDH hotline, outbreak data
- Classic Hits/New Releases — historic/recent outbreaks

85 Personal Intervention: A Process for Teaching Self-Management of Unwanted Behaviors

St. Louis River Room

Personal Intervention is a proactive, coaching model for assisting individuals in learning to manage their own unwanted behaviors. With a strong person-centered approach, the use of the Personal Intervention Tool can assist in increasing awareness, improving anger management skills, and increasing independent management of unwanted behaviors thus improving social and community integration. This session will present the model and tool for developing a Personal Intervention Plan in partnership with the individual in need.

Friday, October 16	Session II Workshops	10:30 – Noon
86 **St. Louis County Employment Equity Project: Addressing Racial Disparities for MFIP Participants**	Kate Wigren, MSW, Director of Employment Services; Deb Eagle, MEd, EEP Program Lead—both with Community Action Duluth; Dusty Letica; Michael Williams; Terri Ferris	Board Room
87 **Psychotherapy for Complex Trauma Survivors**	Mari Trine, MSW, LICSW, Therapist, Program for Aid to Victims of Sexual Assault (PAVSA)	Chester Creek Room
88 **Problem Solving Courts: Drug Courts Work!**	Jared Hendler, BA, Criminal Justice, Specialty Courts Coordinator, MN 6th Judicial District; Kim Radloff, BS Criminal Justice, Probation Officer, ARC; Michelle Anderson, BA Psychology, JD, Asst. St. Louis County Attorney; Sara Niemi, BA Child Psychology, MA, LADC, Program Director of CD Services, Duluth Bethel; Honorable Leslie Beiers, JD, BA, MN 6th Judicial District Carlton County Drug Court Judge; Andrew Poole, Public Defender, Duluth Drug Court, JD, BA	French River 1
89 **Let's Talk About Sex!**	Kelli Bodie-Miller, MSW, Clinical Supervisor; Courtney Menten, MA, Clinical Supervisor; Laurel Benoit, MA, Clinical Supervisor—all with the MN Sex Offender Program	French River 2
90 **Treating Anger, Rage and Resentment**	Tim Walsh, Masters Counseling Psychology; PhD Public Administration, Treatment Director, MN Adult and Teen Challenge	Gooseberry Falls 1
91 **Advance Care Planning**	Sandra Carlson, Masters in Nursing, APRN, CNS, Program Coordinator, Essentia Health Advance Care Planning; Jonathan Sande, MD, Hematologist/Oncologist/Director of Advance Care Planning and Medical Ethics—both with Essentia Health	Gooseberry Falls 2
92 **Do Actions Speak Louder Than Words? Three Contemporary Models Used to Facilitate Discourse on Racism**	Arlene Arias, LCSW, EdD, Licensed Clinical Social Worker, Western Connecticut Mental Health Network	Gooseberry Falls 3
93 **Coming Out: Emotional Transitions Within the Family**	Bob Lyman, MEd, Employee Assistance Counselor, The Sand Creek Group; Emi Lyman, Software Engineer, LeadPages; Katherine Speare, PhD LP	Harborside 202
94 **Compassion Fatigue is an Ethical Issue**	Karen Edens, BA, Graduate work MPH, Founder/Director of Training, Edens Group	Lake Superior Ballroom J
95 **Merging Positive Psychology With Everyday Actions to Improve Your Work**	Jenifer May, BA Political Science and International Relations, MA Liberal Studies, VP Operations, STAR Services	Lake Superior Ballroom K
96 **Mindfulness: An Antidote for Depression and Anxiety**	Philip Martin, BA, Senior Social Worker, Goodhue County Social Services	Lake Superior Ballroom L
97 **Our Dance From Struggle to Serenity**	Faith G., BA, Northern Serenity Intergroup Chair, Overeaters Anonymous	Lake Superior Ballroom MN
98 **Recovery: Finding and Being the Face of Compassion**	Sister Pauline Micke, OSB, Masters in Theology/Certified Spiritual Director, Director, Benedictine Center of Spirituality, St. Scholastica Monastery	Lake Superior Ballroom O
99 **Policies and Best Practices for Youth in Foster Care**	Kathleen Hiniker, MSW, LICSW, Policy Specialist; Kim Lemcke, MA, Program Consultant; Tamara Moore, MSW, Program Consultant—all with the MN Department of Human Services	Split Rock 1
100 **NAMI "In Our Own Voice"**	Kim Sherva and Megan Turner, NAMI of MN	Split Rock 2
101 **Living With Brain Injury**	Robyn Wheeler, Education and Community Outreach Manager, Minnesota Brain Injury Alliance	St. Louis River Room

86 St. Louis County Employment Equity Project: Addressing Racial Disparities for MFIP Participants

Board Room

The St. Louis County Employment Equity Project (EEP) is a county-wide racial disparities program that began in late 2014. This exciting and innovative new program is a partnership between St. Louis County, Arrowhead Economic Opportunities Agency, Community Action Duluth and Duluth ABE. EEP provides MFIP Employment Services to African American and Native American participants in a way that addresses the multiple barriers that families face, including structural racism. EEP utilizes a team approach to service delivery, small caseloads, intensive case management, individualized employment plans and offers extra supports to address barriers to participation. EEP is providing a unique MFIP service delivery model that offers family friendly and culturally specific programming that looks at what the whole person needs for long-term success.

87 Psychotherapy for Complex Trauma Survivors

Chester Creek Room

This session will begin with an overview of many causes of complex trauma, including developmental trauma, and the three stages of trauma work. Participants will increase their understanding of the necessity of utilizing therapeutic modalities that are associated with the right hemisphere of the brain and with the felt sense or bodily sensations of bottom up processing. Interactive dialogue will also include the dissociative nature of complex trauma and survivors' commonly being hypo- or hyper-trusting. The session will conclude with a discussion of specific treatment interventions that are effective in addressing the many sequelae of complex trauma.

88 Problem Solving Courts: Drug Courts Work!

French River 1

Drug Court takes the initiative and cooperation of a diverse group of players. Drug Courts work best for individuals who are high risk/high need in terms of reoffending and addiction. This session will speak to 13 years of operating the drug court model in northern Minnesota. Drug Court is a highly structured program that combines intensive supervision, chemical dependency treatment and regular communication between participants and the Court Community partnerships with attorneys, treatment providers, social workers, law enforcement, probation, the judicial branch and others invested in the community bring a distinct view to each case.

89 Let's Talk About Sex!

French River 2

What is healthy sexuality across a lifespan? What is normal? They do what, with what? Is a foot fetish "normal?" This beginner's course explores areas of sexuality to prepare others in professionally assisting their clients. In order for us to talk about sexuality with our clients we need to be comfortable talking about sexuality. Content includes factors contributing to sexual identity, sexuality, sexual development within and outside norms, and sexual attitudes.

90 Treating Anger, Rage and Resentment

Gooseberry Falls 1

Anger and resentment damage people's lives. They contribute to failed relationships, destructive and impulsive decisions, legal issues, relapse and mental health disorders. This program will provide guidelines about how to help clients manage anger, prevent rage and let go of resentment.

91 Advance Care Planning

Gooseberry Falls 2

Advance Care Planning involves having a facilitated discussion with patients and agents regarding goals, values and wishes for future health care. This is an overview of Advance Care Planning as a patient and family-centered, structured process of communication to help individuals understand, reflect upon and discuss goals of care for future healthcare decisions in the context of their values and beliefs.

92 Do Actions Speak Louder Than Words? Three Contemporary Models Used to Facilitate Discourse on Racism

Gooseberry Falls 3

As human service professionals, we understand that acknowledging the whole person, including cultural aspects including race, ethnicity, gender, age, religion and sexual orientation is important in our work. This workshop will detail three specific models used to facilitate rigorous group discussions about discrimination. Attendees will learn the basic aspects of these three training models which can be easily incorporated into any organizational setting.

93 Coming Out: Emotional Transitions Within the Family

Harborside 202

Learn the first-hand experience of a father-daughter relationship when a father is told by his daughter she is gay. Understand the emotional transition both go through and are still working on in this journey of love and reflection. Gain insight into helping and supporting other parents and children find healthy ways to process their feelings as they go on this journey.

94 Compassion Fatigue is an Ethical Issue

Lake Superior Ballroom J

Individuals who work in the helping professions face an extremely challenging environment, and are often impacted by Compassion Fatigue (CF). CF is a diagnosable condition often resulting from traumatic encounters with clients, colleagues or in one's personal life. CF can emerge at any time; often a direct result of the helping professional's empathetic and compassionate care. CF often results in compromised clients services, significant poor self-care and extreme self-sacrifice in the helping process. This training provides an overview of CF; its causes, manifestations and strategies for resolution. Participants will explore personal risks for CF, be able to recognize compassion indicators in others and will develop an individual and agency CF/Stress Management Plan.

95 Merging Positive Psychology With Everyday Actions to Improve Your Work

Lake Superior Ballroom K

Adults spend approximately 1/3 of our waking lives working. This reality compels us to think about how we feel about work, whether we experience satisfaction and enjoyment at work, or if it brings us stress and frustration. This session will focus on Positive Psychology, the science behind creating happiness and satisfaction in the workplace. Learn easy, low-cost techniques to improve office culture. Through storytelling and multi-media examples, you'll learn about individuals who found passion and happiness at work, and see how you can replicate their successes. Leave this session energized, motivated and ready to transform yourself and others.

96 Mindfulness: An Antidote for Depression and Anxiety

Lake Superior Ballroom L

Mindfulness techniques have been shown to be effective in treating depression and anxiety. The practice can be used in conjunction with other interventions, even for severe depression. This class will discuss how mindfulness works with symptoms and causes, techniques to use, and how it can be used in a group setting. We will discuss specifically how an ongoing, supportive, open-ended group can be sustained.

97 Our Dance From Struggle to Serenity

Lake Superior Ballroom MN

Some of us were obese, some skeletal. We were couch potatoes who binged, fasted, stuffed, dieted and purged. We all had an unhealthy relationship with food. We bought it, stole it, hid it and hoarded it. Then we walked through the doors of OA! What a wonderful feeling of homecoming we experienced! They spoke our language, understood our cravings and heard food talk like we did! They danced the dance of compassion with us. Together we found peace and understanding beyond our wildest dreams!! Come, listen and learn from our stories. With help from our Higher Power, encouragement from our sponsors and understanding from our fellow OA's we are able to live life NOT ruled by food!

98 Recovery: Finding and Being the Face of Compassion

Lake Superior Ballroom O

"The first movement in compassion is to look long enough into the face of another person and to 'read' the face of pain and suffering." Beginning with this statement we will consider the attitude/mindset that tells us that addiction is not just a problem nor is recovery just a process to clear up this problem. It's a way of life. We'll spend this session looking at addiction and recovery as a journey leading to a new way of life. We will take stops along this journey to consider the isolation, shame/guilt and disconnectedness with addiction and how in recovery we find what we need to come to a new way of life with forgiveness, healing, relationships and a way to find and be the face of compassion.

99 Policies and Best Practices for Youth in Foster Care

Split Rock 1

Preparing foster care youth to transition to adulthood requires a comprehensive and ongoing process of collaborative and individualized planning that provides youth skills, long-term well-being and supportive relationships. The training provides an overview of transition planning, the statutes, the Affordable Care Act, minor parents and a discussion of Extended Foster Care, the Healthy Transition and Homeless Prevention, Support for Emancipation and Living Functionally (SELF) and the Education and Training Voucher programs.

100 NAMI "In Our Own Voice"

Split Rock 2

Presenters share compelling stories of living with mental illnesses and achieving recovery. The presentation includes personal stories from two presenters, video clips of other stories and an opportunity for questions and answers with presenters. Topics include: dark days, acceptance, treatment, coping skills and successes, hopes and dreams.

101 Living With Brain Injury

St. Louis River Room

Brain Injury is a serious public health problem in the U.S. The severity of brain injury may range from what some may consider mild to severe. Every brain injury is unique and an injury which may be mild for one person could be very severe for another. In this presentation, you will learn some basic facts about the brain and brain injury and living with brain injury and its effects.

Friday, October 16	Session III Workshops	1:30 – 3:00 p.m.
102 **Let's Play the "What if…?" Game**	Jim Gangl, MS Biological Sciences, Public Health Emergency Preparedness Coordinator; Amy Westbrook, MPH, PH Division Director—both at St. Louis County PHHS	Board Room
103 **Housing First? Homelessness and the Barriers to Housing**	Monique Barnes, BS Human Services with an emphasis on Family Studies, Housing Case Manager; Famatta Hayes, BS Criminal Justice, Housing Case Manager — both with The Salvation Army–Harbor Lights	Chester Creek Room
104 **The Tasks of Grief: A Newer Approach in Working with Clients Experiencing Different Types of Grief**	Molly Smith, MSW, LGSW, Psychotherapist, Human Development Center	French River 1
105 **An Invitation to Vulnerability… Waking Up in Our Work**	Paula Williams, Certified Life Coach; Stacy Husebo, MSW, LICSW, Professional Faculty/Independent Clinical Social Worker/Therapist, St. Catherine University	French River 2
106 **Building Compassion for Self in the Workplace**	Tiffany Snider, MSW, LICSW, MAM, Assistant Director/Student Support Services; Julie Zaruba Fountaine, MS Health Nutrition and Exercise Science, Wellness Coordinator—both from The College of St. Scholastica	Gooseberry Falls 1
107 **HIV in the Northland: Living It and Preventing It**	Kathy Hermes, BS, HIV Testing Outreach Coordinator, Lutheran Social Services; Maggie Kazel, MSE, Harm Reduction Specialist, Rural AIDS Action Network; Mark Medelbo and Kristine Schmidt, HIV Support Group members	Gooseberry Falls 2
108 **Restorative Justice: How Can You Use Compassionate Practices to Enhance Your Workplace?**	Dr. Maria Stalzer Wyant Cuzzo, PhD, JD, Mediator, Human Resources Generalist, UWS; Laraine Mickelson, BS, Restorative Justice/Mediation Practitioner, ADR Services LLC; Paul Mickelson, BS, Coordinator, Carton County Restorative Justice Program	Gooseberry Falls 3
109 **Moving to Action Around Cultural Competence and Equity**	Sue Plaster, MEd, Owner, Sue Plaster Consulting	Harborside 202
110 **Volunteers CAN Make it Happen!**	Sue Hilliard and Marlys Wisch, Co-founders/Leaders, Lake County Sex Trafficking Task Force	Harborside 203
111 **SSI/RSDI as a Tool for Stability and Recovery**	Emily Olson, BS, Eligible for Direct Pay Non-Attorney (EDPNA), Disability Specialists	Harborside 204
112 **Crap… The Fertilizer of Life**	Jil Fiemeyer, BA Journalism, Communications Specialist, Tri-County Health Care	Harborside 205
113 **Optimizing Medication Therapy Throughout the Recovery Process**	Kathy Jarve, MSW, Treatment Director; Kristi Melby, Clinical Pharmacist, Licensed Alcohol and Drug Counselor, PharmD—both at Genesis Recovery Services	Harborside 301-302
114 **Stepping Up When Conflict Happens**	Elise Chambers, Program Director, Conflict Resolution Center	Harborside 303
115 **The Amazing Benefits of Relaxation and Meditation**	Bonnie Ambrosi, MA, Grihastashrami Yoga	Harborside 304
116 **Integrating Certified Peer Specialists Into a Recovery-Based Organization**	Amanda Okech, BA in Human Services/Sociology, Director; Janet Miller, Level 2 CPS, Certified Peer Specialist—both at Northland Counseling Center/Kiesler House	Harborside 305
117 **Understanding Hoarding**	Erin LaVenture, Bachelor's Psychology, LADC; Laura Marquette, Masters in Leadership/Marriage and Family Therapy, MAL, LMFT—both with Accurate Home Care, LLC	Lake Superior Ballroom J
118 **Person-Centered Planning—Not Just Fluff!**	Leane Brown, BA, Business Development Manager, STAR Services	Lake Superior Ballroom K
119 **Fun and Creativity in the Work Place**	Michael Monroe Kiefer, PhD, Speaker/Psychologist/Author, Powermind Training, Inc.	Lake Superior Ballroom L
120 **Minnesota's Transition From Restrictive Interventions to Positive Support**	Charles Young, BA, Positive Support Lead, MDHS	Lake Superior Ballroom MN

121 **Hopeless vs. Hopeful: The Challenges of Providing Effective Adolescent Treatment**	David Smith, PhD, LICSW, Maple Lake Recovery Center	Lake Superior Ballroom O
122 **Empowering Patients by Improving Health Literacy**	Kevin Walsh, MSW, PA, CHUM and Fond du Lac Human Services	Split Rock 1
123 **Promoting Cultural Relativism in International Social Work Practice**	Vladimir Kozubovsky, MSW, PhD, Social Science Faculty, Wisconsin Indianhead Technical College	Split Rock 2
124 **Tails For the Journey**	Jane Eckes Etzel, MSW, LICSW, North Memorial Hospice	St. Louis River Room

Friday, October 16 — Session III Workshops — 1:30 – 3:00 p.m.

102 Let's Play the "What if ...?" Game

Board Room

Welcome to my "What if…?" world. Emergency preparedness is a particular mindset that can be developed. Come and play a game that will help you prepare for and respond better to the next emergency you might face. We will talk about emergency situations and how to approach preparing for any emergency. This session will be limited to the first 25 people through the door.

103 Housing First? Homelessness and the Barriers to Housing

Chester Creek Room

What exactly is Housing First? Homelessness in Minnesota has been a huge multi-faceted dilemma that the state has been struggling to rectify for decades. Homelessness is not solely designated to a certain group of people, however low-income people of color with a mental and/or physical disability are the most affected and subjected to it. With a number of agencies in the social services realm that are currently tackling this problem while using the Housing First Model, there are still barriers that continue to keep people from getting into housing.

104 The Tasks of Grief: A Newer Approach in Working with Clients Experiencing Different Types of Grief

French River 1

An inevitable truth is that we will all face numerous losses within our lifetime. Grief, loss, and death are topics that most of us would rather avoid discussing. The "Stages of Grief," which was introduced by Dr. Elisabeth Kubler-Ross in 1969, has been highly debated and criticized for its oversimplification of a complex human experience. Dr. J. William Worden developed the "Tasks of Grief" from developmental psychology. This workshop is designed to help you broaden your knowledge regarding different types of grief and loss, identify the four specific tasks of grief while also learning different skills and therapeutic strategies for each respective task and facilitate conversations with your clients regarding their personal grief experience.

105 An Invitation to Vulnerability… Waking Up in Our Work

French River 2

Like someone newly in love, many of us began our work with hearts wide open to the possibilities of making a difference. Inherent in an open heart is the mutually transformative power of vulnerability. Over time, we encounter uncertainties and upsets at work that leave us feeling disappointed, stressed out, and shut down. Being vulnerable in the face of this is the last thing we think will help. Join us in an exploration of how we are showing up at work and experience what it would feel like to wake up to the gift of vulnerability.

106 Building Compassion for Self in the Workplace

Gooseberry Falls 1

This session will engage participants in the process of building compassion for self in the workplace through identifying signs of burnout, recognizing signs of stress, and building resilience (the ability to bounce back from adversity). Do you feel overworked and under-appreciated? Are you overwhelmed by your responsibilities in the workplace? Are you stressed at work or at home? Join us for an interactive session on increasing compassion and care for self through building resiliency and identify tools to help prevent and/or recover from stress and burnout.

107 HIV in the Northland: Living It and Preventing It

Gooseberry Falls 2

Members of an area HIV support group will share their journeys from before diagnosis to the present. Both helpful and fruitless connections in the search for services will be addressed. Two MDH-funded harm-reduction initiatives operating out of Duluth will also be featured: a Lutheran Social Service program aimed at HIV testing outreach for youth; and a new program established by Rural AIDS Action Network. Supplies and services available through these two programs will be shared. Opportunities for community involvement through World AIDS Day will be discussed.

108 Restorative Justice: How Can You Use Compassionate Practices to Enhance Your Workplace?

Gooseberry Falls 3

This session, facilitated by three experienced workplace restorative justice practitioners and trainers will explore core principles and practices of restorative justice that can build positive relationships, enhance effective communication and create meaningful processes to address conflict in your workplace. Restorative practices have been used around the world and in workplaces right here in the Northland to change business as usual approaches into relational responses so your staff are treated like human beings in a compassionate way. Learn three key principles and practices that can make a difference, starting now.

109 Moving to Action Around Cultural Competence and Equity

Harborside 202

This engaging session focuses on meaningful action around cultural competence, looking first at our zones of influence in

cultural competence and at key skills in communicating across differences. Then we will explore cases based on cultural competence challenges, including differences in race and ethnicity, spirituality, generation, mental health, personality, and gender. After small group discussion, a large group conversation will pull together learning from the cases and we will consider goals based on the learning.

110 Volunteers CAN Make it Happen!

Harborside 203

Learn how Lake County Sex Trafficking Task Force organized, expanded, and finances work as an all-volunteer group. They will share programs and projects they have created and used to reach out to the community, feedback received, and visible results from those efforts. Open discussion will follow the presentation.

111 SSI/RSDI as a Tool for Stability and Recovery

Harborside 204

Ghandi said, "You can judge a society by how they treat their weakest members." The disabled are often the most disadvantaged members of our communities. Social Security Disability can provide benefits that allow disabled individuals and their families the stability necessary for recovery and meeting basic needs. Attendees will be educated about their roles professionally and personally in the process and will learn about the disability programs under Titles II and XVI of the Social Security Act, the criteria for each, the process through which the cases are evaluated and the benefits eligible individuals and their families may receive.

112 Crap…The Fertilizer of Life

Harborside 205

Jil Fiemeyer, a Wadena native and single mom of three girls, will speak about her determination to remain compassionate amongst the "crap" in life. In 2012, Jil lost both her daughter and father to cancer. Jil has struggled through death, divorce, IRS struggles and angelversaries, yet is determined that crap will not be an excuse for not living a compassionate joyful life. Through her stories of caregiving, grieving and searching for a "new normal," Jil hopes to help caregivers understand the journey from a parent's perspective and inspire those around her to be compassionate to grieving parents, siblings and families.

113 Optimizing Medication Therapy Throughout the Recovery Process

Harborside 301-302

Genesis Recovery Services is an integrated, intensive chemical and mental health outpatient recovery center. Genesis's program is designed to educate, support and assist adult men and women who suffer from co-occurring disorders in the application of recovery principles. Genesis is taking a progressive approach in addiction treatment by incorporating Medication Therapy Management lead by a Clinical Pharmacist to optimize medication adherence, safety and to improve clinical outcomes. This service is available to all clients who participate in the recovery program

114 Stepping Up When Conflict Happens

Harborside 303

This fun, experiential workshop will provide information and skills on how to truly listen to and understand others. When done well, listening transforms relationships, resolves conflicts and helps people to work well together. Through simulation, exercises and discussion, we will cover disadvantages and advantages of conflict, different conflict resolution styles, interest-based negotiation and the world's most powerful skill: listening. We will also cover basic premises of mediation and how it can be used to prevent major disputes. Participants will have the opportunity to hone their communication skills in order to collaborate with others in their community, and will learn that every conflict presents an opportunity for deeper understanding and transformation.

115 The Amazing Benefits of Relaxation and Meditation

Harborside 304

Progressive deep relaxation and the related practice of meditation are easy to do and offer many physical and mental benefits. This session will teach you a guided relaxation technique and several simple meditations, and will discuss how these practices promote health. Instructor Bonnie Ambrosi has been teaching yoga and relaxation for over 25 years.

116 Integrating Certified Peer Specialists Into a Recovery-Based Organization

Harborside 305

The focus of this breakout session is to educate providers about the importance of having Certified Peer Specialists (CPS) on your team as well as tips and secrets to ensuring the program's success. Northland Counseling Center has one of the largest and most successful CPS programs in the state. We will be sharing data about our program, our personal recovery stories, as well as organizational changes that have been made to successfully merge the CPS Program into a clinical atmosphere in a way that builds up the whole team and provides a recovery based, person-centered practice.

117 Understanding Hoarding

Lake Superior Ballroom J

Now identified in the DSM-5, hoarding disorder is recognized more than just a subset of Obsessive Compulsive Disorder. Symptoms of hoarding can cause clinically significant stress and can impair important areas of functioning. This session allows the learner to identify hoarding, and understand the professional role, implications, and interventions in cases of hoarding. Hoarding symptoms are thought to be three times more prevalent among the aging, but can affect persons of any age. Participants will:

- Identify the pathology of hoarding and co-morbidities.
- Differentiate between collecting and hoarding.
- Identify self-awareness of hoarding using a screening tool.
- Identify the roles that law enforcement and Human Services play in the interventions and treatment of hoarding.

118 Person-Centered Planning — Not Just Fluff!

Lake Superior Ballroom K

Person-centered thinking and planning have been increasing in popularity in all areas of the human services field. However, many people think of it as a fluffy and feel-good process that doesn't really accomplish anything. In this session, learn from a trained person-centered planner the practical results and change which can be achieved through person-centered planning. Attendees will learn about ways they can begin implementing person-centered philosophies in their agencies to facilitate change. Participants will also hear real-life scenarios in which a person's life and services were positively impacted through person-centered planning and supports.

119 Fun and Creativity in the Work Place

Lake Superior Ballroom L

When is the last time you had fun at work? If you can't remember then this session is for you! Participants will hear a short seminar about right-brain/left-brain learning, productivity and then engage in some group art learning sessions including mind-mapping problem-solving and high performance team poster making. Many ideas will be presented for using a systems approach to experience "fun at work."

120 Minnesota's Transition from Restrictive Interventions to Positive Support

Lake Superior Ballroom MN

Due to factors such as a class action lawsuit, changes in federal regulation and trends in behavioral support, the MN Department of Human Services is in the process of transitioning from the use of restrictive interventions to positive supports. Restraint, seclusion and punishment techniques are now generally prohibited for providers of home and community-based services. This session will cover the history behind the changes (including a summary of the Jensen Settlement), the new regulation and how people receiving services and providers have fared/are faring during the transition. Recommendations for best practice in implementing positive supports and reducing restrictive interventions will be discussed.

121 Hopeless vs. Hopeful: The Challenges of Providing Effective Adolescent Treatment

Lake Superior Ballroom O

Adolescent substance abuse/co-occurring treatment services lack the efficacy and outcome measures now demanded of the adult care system, yet they come with greater regulatory burdens and complicating factors that affect client care. The future of these services is uncertain. Examining clinical needs, treatment strategies and clinical markers and barriers will help participants meet client needs and clearly focus debate about the future of these services.

122 Empowering Patients by Improving Health Literacy

Split Rock 1

If we believe that each patient/client is the most important agent in their own health journey, then what we might do or not do, say or not say, to our patients that might endorse, support, affirm and build up this person's power on their own behalf. In this workshop we will hear from patients and providers and share our insights, embarrassments and victories—small or grand. Also we will consider how patient access to records can best work to the benefit of their health.

123 Promoting Cultural Relativism in International Social Work Practice

Split Rock 2

This session will aim at creating an immersive and stimulating experience in cultural diversity. Dr. Kozubovsky will share interesting moments of his life's journey from working as a social worker in Ukraine to a social science teacher in the U.S. Participants will be challenged to introspect about their own cultural stereotypes and ethnocentric beliefs. The presentation will cover various aspects of non-Western cultures, from mundane to philosophical, and examine our preparedness to live and work in a "global village."

124 Tails For the Journey

St. Louis River Room

Through pictures and storytelling, this session will describe the significance and meaning of Animal Assisted Therapy (AAT), describe the difference between Animal Assisted Therapy and Animal Assisted Activities (AAA), and identify the benefits of Animal Assisted Therapy for hospice clients, their families and staff members.

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

- Accend Services
- Access North Center for Independent Living of Northeastern MN
- ActivStyle
- Beyond Barriers
- Blue Cross Blue Shield of Minnesota
- Cambia Hills, a mental health program of Woodland Hills
- Carlton County Public Health & Human Services
- Carlton-Cook-Lake-St. Louis Community Health Board
- Center for Alcohol & Drug Treatment
- CentraCare Behavioral Health Services of St. Cloud Hospital
- Cummings Mobility Conversions and Supply
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- Minnesota Department of Human Services – Disability Services Division – HIV/AIDS Unit
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- Mom's Meals NourishCare
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- St. Luke's
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- The Duluth Bethel
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SAVE THE DATE:

October 13–14, 2016
Thursday–Friday

34RD ANNUAL
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