

116 WORKSHOPS
11 INSTITUTES
KEYNOTE SPEAKER
150 EXHIBITS

The St. Louis County Health & Human Service Conference draws together more than 2,000 public and private sector practitioners for two days of training and networking, providing a forum for sharing innovative ideas and programs, stretching perspectives, strengthening community Health & Human Services, and addressing common issues and concerns.

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

32ND ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

Thursday-Friday ✨ October 9-10, 2014
at the DECC ✨ Duluth, Minnesota



www.stlouiscountymn.gov/hhsconference

"We Shape our self to fit this world..." is from the poem *Working Together* by David Whyte



CONFERENCE OVERVIEW

Thursday, October 9

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	
	Ivy Vainio Photography Exhibition: <i>Naamijig: Honoring Our Traditions</i> , Edmund Fitz Hall DECC Symphony Hall: UMD Student Photography Slide Show: <i>It Begins with a Home</i> by Daniel Badhwa, and children’s collaboration by Melissa Bensen	
10:30 – Noon	DECC Symphony Hall Welcome — Mary Bridget Lawson, Conference Chair Reading by Kyle Elden: <i>I’m Crazy Too</i>	
	Keynote Presentation — David Whyte “Work as a Pilgrimage of Identity”	
	<p>Poet David Whyte grew up with a strong, imaginative influence from his Irish mother among the hills and valleys of his father’s Yorkshire. He now makes his home in the Pacific Northwest of the United States. His keynote address will explore “Work as a Pilgrimage of Identity.”</p> <ul style="list-style-type: none"> • As a poet, he has explored three normally mutually exclusive areas: the literary world, the worlds of philosophical enquiry, and the world of vocation—work and organizational leadership. • The author of seven books of poetry and three books of prose, David Whyte holds a degree in Marine Zoology and is an Associate Fellow at Said Business School at the University of Oxford. He has taken his perspectives on creativity into the field of organizational development; he works with many European, American and international companies. • In organizational settings, using poetry and thoughtful commentary, he illustrates how we can foster qualities of courage and engagement; qualities needed if we are to respond to today’s call for increased creativity and adaptability in the workplace. He brings a unique and important contribution to our understanding of the nature of individual and organizational change, particularly through his unique perspectives on conversational leadership. 	
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 Business Meeting & Region III Foster Care Awards — 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

Friday, October 10

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 15-18
10:00 – 10:30 a.m.	Break & visit exhibits	
10:30 a.m. – Noon	Session II Workshops	pp 18-21
Noon – 1:30 p.m.	Lunch & visit exhibits	
1:30 – 3:00 p.m.	Session III Workshops	pp 21-25

1	Helpful Tips for Working with Those Who Have Epilepsy and Seizures	Lisa Peterson, MSE, BS, Outreach Coordinator with the Epilepsy Foundation of Minnesota, along with Kyah Altieri, LISW, MSW, MEd, Essentia Health Social Worker and Adult Connect Facilitator with the Epilepsy Foundation of Minnesota; Terri Keacher, EDAEG, BA, Case Manager; Patricia Linster; and Cynthia Reid, LSW MA	Board Room
2	Demographic Trends in Minnesota and St. Louis County	Susan Brower, MA, PhD, Minnesota State Demographer	Chester Creek
3	Child Maltreatment Reporting in 2014	Mark Wilhelmson, BA, Initial Intervention Unit Social Service Supervisor, along with David Vukelich, MSW, Initial Intervention Unit Social Worker — both with St. Louis County Public Health & Human Services	French River 1
4	Integrating Mental Health Services: A Family-Focused Approach	Celleste Schnellbach, BS, Mental Health Practitioner, along with Erin Carlson, BS, Mental Health Practitioner; Letisha Rice, MA, Targeted Case Manager; Jennifer Taggart, BA, Integrated Family Team Supervisor; and Kayla Wilson, MEd, Mental Health Practitioner — all from the Human Development Center.	French River 2
5	Don't Sleep on It: Shiftwork, Sleep and Fatigue in Health & Human Services	David Swenson, PhD, LP, Psychologist and Professor of Management with the College of St. Scholastica	Gooseberry Falls 1
6	SL CHAT: St. Louis County's Coordinated Housing Assessment Team	Laura DeRosier, MSW, Housing/Homeless Coordinator with St. Louis County Public Health & Human Services, along with Char McLennan, Planner with the City of Duluth; Michelle Lampton, Housing Manager with Arrowhead Economic Opportunity Agency; Kristy Jorgenson with the Salvation Army; Kim Randolph with Housing; and Rory Strange, United Way 2-1-1 Program Coordinator	Gooseberry Falls 2
7	Integrating Behavioral Health in Primary Care	Katie Onofreychuk, MSW, LGSW, Behavioral Health Specialist, along with Don Wiger, MD, Psychiatrist — both with Essentia Health	Gooseberry Falls 3
8	Duck, Duck, Goose: From Student to Rookie to Professional	Elizabeth Twining Blue, MSW, Professor of Social Work and Interim Dean of Facilities at the University of Wisconsin-Superior, along with Angela Shermer, MSW, LGSW, St. Louis County Public Health & Human Services CADI/BI Case Manager; Ann Kutzler, BSW, LSW, Franciscan Health Center Social Services Director; Heather Jarvis, MSW, LSW, Lutheran Social Service of Minnesota Administrative Specialist; and Kyle E. Mitchell, MSW, Challenge Center Supportive Home Services Team Supervisor and Job Coach	Harborside 202
9	PASS: Plans for Achieving Self Support	Joani Werner, BS, Area Work Incentive Coordinator with the Social Security Administration	Harborside 203
10	Using Narrative Practice with Children: Why and How it Works	Laura R. Gapske, BS Sociology – Cultural Studies, Multidisciplinary Team Coordinator and Forensic Interviewer with First Witness Child Advocacy Center	Harborside 204
11	Interdisciplinary Group on Child Health and Well Being: Together We're Better	Mary Ann Marchel, PhD, Assistant Professor with the University of Minnesota Duluth, along with Lake Dziengel, PhD, Assistant Professor with the University of Minnesota Duluth; and Lee Gustafson, PhD, Department Head of Social Work with the College of St. Scholastica	Harborside 205
12	Examining Compliance with the Indian Child Welfare Act	James W. Amell, PhD, MSW, MPH, Assistant Professor with the University of Minnesota Duluth, along with Jensina Rosen, MSW, LGSW, Professional Development Coordinator with the Center for Regional and Tribal Child Welfare Studies at the University of Minnesota Duluth's Department of Social Work; and Shirley M. Cain, JD, DHS, Indian Child Welfare Act Disparities Consultant	Harborside 301-302
13	Mental Health and the Movies: Mental Health Awareness	Hilary Novacek Bundt, BSW, Licensed Social Worker, Mental-Health Practitioner with STAR Services	Harborside 303

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

14	The Role of Social Media in Social Work and Human Services	Monica Roth Day, EdD, Associate Professor and Department Chair with the University of Wisconsin-Superior Human Behavior, Justice and Diversity Department; Michaela Longrie, Nicole Lien, Jolene Long, Morgan Maddy, Social Work Alumni	Harborside 304
15	Healing Stories, Physics and Parallel Process: We Are All in This Together	Joel Carter, MD	Harborside 305
16	Windows, Stories and Icebergs: Supporting Clients and Families Dealing with End-of-Life Concerns	Ben Wolfe, MEd, LICSW, FT, Grief, Loss, and Transition Trainer and Consultant, author, international presenter, award-winning educator, and past President of the Association for Death Education and Counseling	Lake Superior Ballroom "J"
17	Generations in the Workplace	Rita Olness, BA, Workforce Professional, along with Randy S. Back, MS, Ed Counseling, Operations Director — both with the Northeast Minnesota Office of Job Training	Lake Superior Ballroom "K"
18	Ethnic Identity Development	Jnana Hand, BA, BS, Social Service Specialist with St. Louis County Public Health & Human Services Children and Family Services Division	Lake Superior Ballroom "L"
19	Would You Work for You?	Tiffany Snider, MSW, LICSW, MAM, Assistant Director of Student Support Services with the College of St. Scholastica, along with Dawn Johnson; BA Psychology, MBA/MAM, Learning and Development Analyst with Allete	Lake Superior Ballroom "MN"
20	Assistive Technology for Personal Spaces	Jennie Delisi, MA, Assistive Technology Resource Specialist with the Minnesota STAR Program	Lake Superior Ballroom "O"
21	Brain Training Exercises	Lyle Wildes, BA Philosophy and Sociology, Brain Coach with the Positive Attitude Development Group	Split Rock 1
22	A Click Closer to Better Health: Healthy Northland Website	Annie Harala, Regional Statewide Health Improvement Coordinator with the Carlton-Cook-Lake-St. Louis Community Health Board, along with Andy Hubley, AICP, Regional Planning Division Director with the Arrowhead Regional Development Commission	Split Rock 2
23	Restorative Practices: Bringing Power Back to the Community	Paul Mickelson, BS, Restorative Justice Coordinator with the Carlton County Collaborative, along with Laraine Mickelson, BS, Restorative Justice Practitioner with ADR Mediation Services; and Ed Barkos, MSW, Restorative Justice Social Worker with Carlton County	St. Louis River Room

Thursday, October 9 **Session I Workshops** **8:30 – 10:00 p.m.**

1 Helpful Tips for Working with Those Who Have Epilepsy and Seizures

Board Room

Explore advocacy skills that will help you or your client when talking to an employer, coworker, doctor, senator, or friend about epilepsy. Learn how epilepsy is covered under the Americans with Disabilities Act, how employees with epilepsy can pursue accommodations, how safety issues are considered for employees with seizures, and how the Epilepsy Foundation of Minnesota provides free education, information, and referral services. Learn how to talk to your doctor about epilepsy, health-care facilities, treatment options, side effects, others'

perceptions, pregnancy, and how epilepsy is affecting you. Find out how you can get involved with the Epilepsy Foundation of Minnesota's programs and services.

2 Demographic Trends in Minnesota and St. Louis County

Chester Creek

The next two decades will bring big changes to the Land of 10,000 Lakes. Susan Brower, Minnesota's State Demographer, will discuss the changing demographic patterns in Minnesota and describe how demographic shifts are likely to play out in the years ahead. Join us for a lively discussion about what these changes will mean to current and future residents of Minnesota and St. Louis County.

3 Child Maltreatment Reporting in 2014

French River 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.

4 Integrating Mental Health Services: A Family-Focused Approach

French River 2

The Human Development Center is a

community mental-health center providing services to individuals and families in six counties in Minnesota and Wisconsin. HDC's Integrated Family team is a specialized multidisciplinary team consisting of targeted case managers, adult rehabilitative mental-health services and children's therapeutic services and supports workers, individual and family therapists, psychiatrists, and employment specialists to support families with children under age 18. This team is able to provide a whole-family approach to address mental, physical, emotional, and social wellness. A panel of service providers from this team will present information on this Integrated Family Model and the importance of early intervention.

5 Don't Sleep on It: Shiftwork, Sleep and Fatigue in Health & Human Services

Gooseberry Falls 1

Health and human service professionals often find themselves working night or rotating shifts, extended service during crisis, or simply working overtime too often. Insufficient sleep due to work demands can affect thinking, emotions, interactions, physical performance and health at a time when they need to be able to respond efficiently to others. In this program we will explain the consequences of restricted or disrupted sleep, and discuss a variety of organizational and personal methods to reduce such stress.

6 SL CHAT: St. Louis County's Coordinated Housing Assessment Team

Gooseberry Falls 2

The St. Louis County CHAT team will be implementing a Coordinated Assessment system, which is a powerful tool & uniform process designed to ensure that homeless persons are matched with the right housing intervention available as quickly as possible. This system replaces the traditional "first come, first serve" approach to housing. See how St. Louis County, the City of Duluth, 211, and non-profit housing providers are using this new system to streamline housing for their clients.

7 Integrating Behavioral Health in Primary Care

Gooseberry Falls 3

Primary-care providers are seeing individuals with behavioral health needs in their clinics, but services are typically not available to effectively address them. By integrating mental-health professionals into primary care using a consultative

model, we can increase the quality and availability of behavioral-health services, and improve early recognition and interventions. Participants will learn about the Integrated Behavioral Health model that is reshaping the way we deliver health and mental-health services in the region to improve consumer satisfaction, decrease individual's symptoms and increase their functioning, reduce health-care costs, and increase access to behavioral health care.

8 Duck, Duck, Goose: From Student to Rookie to Professional

Harborside 202

This presentation features several newer social-worker professionals and their licensure supervisor, who will discuss the transition from student to rookie to professional. Once in practice, professionalism is no longer an abstract idea. Professionals embody social work values and take ownership of their behaviors. They understand both the privilege and limits of managing power dynamics and ethical decision making. The presenters will discuss their experiences in making these transitions and invite participants to share as well.

9 PASS: Plans for Achieving Self Support

Harborside 203

What are PASS plans? A Plan for Achieving Self Support is a plan for your clients' future. Find out how PASS plans can help your clients get the items, services, or skills they need to reach their goals. We will also be discussing the Ticket to Work program and other work incentives like continued Medicaid eligibility (Section 1619b).

10 Using Narrative Practice with Children: Why and How it Works

Harborside 204

This workshop will provide participants with an overview of new research supporting the use of narrative practice for interviewing children. The session is the result of numerous requests received by social-work trainees in the First Witness Child Advocacy Center's Forensic Interviewing of Children Training post-evaluation surveys. Participants will have an understanding of research on narrative practice with children, learn and practice how to formulate free-recall questions based on the age and developmental level of a child, and be educated on the new First Witness protocol changes, including narrative practice, truth agreement, reliability and technology.

11 Interdisciplinary Group on Child Health and Well Being: Together We're Better

Harborside 205

The purpose of this group is to promote relationships between students, faculty, and community professionals from across disciplinary perspectives. An intended outcome of this initiative is to address the complex and dynamic interconnectivity of programs and policies supporting children's health and well-being within their familial, community, and cultural contexts in Northeastern Minnesota through training, research, and service opportunities. The session will provide information about this group and its intent to create graduate interdisciplinary training and research opportunities for students and field-based professionals from disciplines relevant to child health and well-being.

12 Examining Compliance with the Indian Child Welfare Act

Harborside 301-302

This presentation will examine the significance of the Indian Child Welfare Act, including its legislative development and enactment in 1978. We discuss provisions of the ICWA, including the extent to which these provisions have been met in present child-welfare practice. We connect the historical and contemporary importance of the ICWA to factors that may promote or hinder ICWA compliance. We present approaches currently being applied to measure compliance with the ICWA. Finally, we make suggested recommendations for measuring and monitoring compliance with the ICWA while offering suggestions for best practices for social workers and human-service professionals.

13 Mental Health and the Movies: Mental Health Awareness

Harborside 303

One in four adults, or 57.7 million Americans, will experience a mental-health disorder in a given year. This workshop will explore the topic of mental-health diagnoses through the use of cinema to gain a deeper understanding of mental health and the ways it affects individuals and their families. Movies are a powerful tool to illustrate perceptions and reactions toward mental health as a society. We will discuss and learn more about mental health from a variety of new and classic movies, including *A Beautiful Mind*, *Gone with the Wind*, *The Hours* and *Silver Lining Playbook*.

14 The Role of Social Media in Social Work and Human Services

Harborside 304

Social media has become a part of our profession. Facebook and other sites can help social workers promote and manage services, and make stronger connections with clients and the community. How are professionals in our region using social media? What implications do these practices have for both those who use it and their employers? Results from a 2013 social-work research study will be presented with a discussion of the ethical implications for professionals and agencies. The University of Wisconsin Social-Work Program Social-Media Policy will also be presented in connection with social-work coursework and internship training.

15 Healing Stories, Physics and Parallel Process: We Are All in This Together

Harborside 305

This interactive workshop features the sharing of stories centered in the healing environment. The need to balance engagement with respect of professional boundaries in the shared healing experiences of both clients and care providers will be explored.

16 Windows, Stories and Icebergs: Supporting Clients and Families Dealing with End-of-Life Concerns

Lake Superior Ballroom J

Working with clients with life-threatening or terminal illnesses and/or their families, prior to or after the death of a loved one, is challenging. As social workers, counselors, therapists, chaplains — whatever our professional role — we need to remind ourselves, “What we see is not always obvious!” During this journey with illness and loss there are significant opportunities to engage in “conversations that matter.” This is unique and challenging work, which requires everyone to look beyond and below the surface to discover rich resources. This interactive workshop will provide strategies and clinical interventions to help along the end-of-life journey. Objectives include describing what is meant by “windows of opportunity” when dealing with client end-of-life issues, describing “stories we hear” and the “iceberg theory,” and listing ways professionals can work with their own families prior to and at the end of life.

17 Generations in the Workplace

Lake Superior Ballroom K

Participants in this workshop will learn about the influences and characteristics of the multiple generations in today’s

workforce and how those factors affect the workplace. A detailed review of the two newest generations in the workforce will cover how these generations view various aspects of work and life. Ideas on how to manage the changes created from multiple generations within our organizations will be outlined. Participants will have an opportunity to share their strategies, tools, and best practices for successful integration of multiple generations in the workplace. Rita Oiness is a workforce professional who has more than 20 years of experience in employee training and development for private and public sectors, including more than five years of curriculum development.

18 Ethnic Identity Development

Lake Superior Ballroom L

Identity development is the main job of our youth, and it is both fascinating and complex. While this process often lasts into adulthood, youth is a time when adult role models and allies can have a very positive impact on the lives of children. Encouraging healthy ethnic-identity exploration for children of color is especially critical for the development of a strong sense of self esteem, self knowledge, cultural pride, and sense of powerfulness for youth who are otherwise often marginalized in our society. This discussion is geared toward those who are interested in learning about some of the experiences of people of color and for those who are interested in learning ways to broaden the resources and supports they can provide for youth of color as they navigate this time in their lives. A mixture of music and discussion will be used to introduce this topic and a list of helpful resources, authors, movies, and artists will be provided to facilitate discussions with youth.

19 Would You Work for You?

Lake Superior Ballroom MN

Leaders are often shaped by their followers, as well as their experiences. Employees are often shaped by the leadership that surrounds them. Are you the type of leader you would want to work for? This workshop will help you recognize your leadership style, help you develop leadership tools you can use every day, and help you identify key drivers of employee engagement.

20 Assistive Technology for Personal Spaces

Lake Superior Ballroom O

People with disabilities and older adults are using assistive technology at home to help live more self-determined lives. Assistive technology is helping them be more inde-

pendent when they cook, use a computer, read books, listen to music, etc. In this session the Minnesota STAR Program will talk about the types of assistive technology available, how to get loans or demonstrations of these items, and where to find more information about funding. Come learn about devices that will make things easier to see, make things louder, read things out loud, and more.

21 Brain Training Exercises

Split Rock 1

Learn how to build a healthy relationship with your brain and how to exercise it to gain greater brain power. Researchers are discovering secrets about your brain and the reasons for exercising it. Like your body, your brain needs to be exercised, so let’s talk about brain exercises developed by neurologists. Enjoy learning about having more brain power through fun brain exercises.

22 A Click Closer to Better Health: Healthy Northland Website

Split Rock 2

Great health comes one step at a time. Take your next step through the Healthy Northland website. Healthy Northland, a Statewide Health Improvement Program in partnership with the Arrowhead Regional Development Commission, has developed a seven-county northeast region website for health. See how easy it is to find biking, walking and hiking trails near you. Find local resources for healthier eating, active living and tobacco cessation. Learn how you can post and promote upcoming events related to health improvement.

23 Restorative Practices: Bringing Power Back to the Community

St. Louis River Room

Restorative justice for criminal acts, restorative responses in schools, restorative discipline in corrections, and other restorative measures are bringing back the voice of community in response to crime, harm, and conflict. Restorative practices is a social science that integrates developments from a variety of disciplines and fields such as education, psychology, social work, criminology, and others. The Carlton County Communities Restorative Justice Program is working with local community members to reduce the harm of crime, reduce out-of-home placement costs, increase family voice in decision making, and strengthen our civil society through focused conversation and relationship-building practices. Attend this workshop to learn how your organization can benefit from what is being learned in Carlton County.

<p>24 Creating a Supportive, Empowering Environment for Children with Disabilities</p>	<p>Amber Madoll, MA, Commissioner with the City of Duluth's Commission on Disabilities</p>	<p>Harborside 203</p>
<p>25 Working Together: Supporting Families Grieving the Death of a Child</p>	<p>Gina Dixon, MA LP, Program Manager and Grief Therapist with Essentia Health Grief Support Services; Julie Eckman, RN; Deb Semmelroth, DNP, RN; Barb Titus, MA</p>	<p>Harborside 204</p>
<p>26 How Could Anyone Think Like That?</p>	<p>Sue Lawson, Principal, Superior Design and Planning, along with Ellen O'Neill, Organizational Change Consultant with Superior Design and Planning; and Scherrie Foster, Communication Consultant and Professor with Fond du Lac Tribal and Community College</p>	<p>Harborside 301-302</p>
<p>27 How Can 'Pimp's Manual' be Used by Social Services to Help Recognize Human Trafficking Victims in Minnesota?</p>	<p>Linda A. Miller, JD, Executive Director, along with Mila Hamilton, Law Clerk — both with Civil Society</p>	<p>Harborside 303</p>
<p>28 Storying and Re-Storying After Personal and Family Changes</p>	<p>Ted Bowman, MDiv, Independent Family and Grief Educator</p>	<p>Harborside 304</p>
<p>29 Person-Centered Systems Change</p>	<p>Angela Amado, PhD, Associate Researcher, along with Anne Roehl, BS, Project Coordinator; and Barb Kliest, MEd JD, Project Coordinator — all with the Research and Training Center on Community Living at the University of Minnesota's Institute on Community Integration</p>	<p>Harborside 305</p>

24 **Creating a Supportive, Empowering Environment for Children with Disabilities**

Harborside 203

Those of us who work with, live with, and/or interact with children who have special needs want to create a supportive, empowering environment so they can reach their greatest potential. Working with family members is imperative in creating a successful strategy for helping these children become independent and successful adults. This presentation will be composed of a panel with interactive dialogue that will provide tips for interacting with family members, creating positive relationships, and providing the tools they need in order to truly empower these children.

25 **Working Together: Supporting Families Grieving the Death of a Child**

Harborside 204

This presentation will assist participants in understanding the impact of child loss, as well as offer specific strategies for supporting grieving families, including those with young children and teenage siblings. Concerns unique to those who have experienced miscarriage, stillbirth, and neonatal loss will be explored, as well as for those who have experienced the death of an older child due to illness, accident, suicide, or other trauma. The panel will include grief therapists, as well as bereaved parents who have transformed their losses through volunteering and other rituals which promote continuing bonds with their beloved child who has died.

26 **How Could Anyone Think Like That?**

Harborside 301-302

When people think differently than you, do you find yourself shutting down, counter-arguing in your head, even giving up? This institute will journey into the world of transformational conversation to explore how we arrive at impasses and halted, nonproductive, frustrating conversations which often render us polarized and unable to understand one another. Using interactive tools, a perception walk, worldview exercises, reframing, and listening techniques to better understand each other, this institute will provide you with enhanced communication skills to engage in transformational conversations at work, at home, and at large in the community, creating new possibilities, enriched understanding, and better outcomes.

27 **How Can 'Pimp's Manual' be Used by Social Services to Help Recognize Human Trafficking Victims in Minnesota?**

Harborside 303

Linda Miller, Executive Director of Civil Society, will present on the unique dynamics of victimization between pimps/traffickers and their victims. Her presentation will combine accounts of victims and research results that will give social-service workers a foundation with which to identify trafficking victim traits and simple methods to begin appropriate intervention. The presentation will further explore the demographics of victims, types of victimization, and the approaches and resources essential for their safety.

28 **Storying and Re-Storying After Personal and Family Changes**

Harborside 304

It is a life task... storying and re-storying. When changes occur, stories are altered. Moving from health to sickness, living here to living there, adolescence to adulthood, and trust to suspicion changes stories and lives. In this session, Ted Bowman will draw on stories of honesty, courage, creativity, and resiliency found in poetry, essay, fiction and memoir as he facilitates discussion and writing about moving forward while holding on to parts of one's past. Local poets and writers will join in this workshop.

29 **Person-Centered Systems Change**

Harborside 305

Every systems service innovation underway in Minnesota today (245D, Olmstead, etc.) is calling for an expansion of person-centered thinking and planning. These methods are broadly recognized as critical to delivering quality service for everyone, regardless of disability. Together we will explore the tools of person-centered thinking, including how they complement and enhance other methods and practices. The session provides an overview of the tools and some hands-on practice applying them to your own work. We'll also look at how Positive Supports expands this foundation and is a critical skill for supporting those who may seem especially challenging to serve in the community. Come learn how you can create more person-centered services, organizations, and systems.

30	Healthy Lives and Healthy Communities	Ryan Johnson, MA, Supplemental Nutrition Assistance Program Education Liaison, along with Ross Safford, Associate in Culinary Arts, Supplemental Nutrition Assistance Program Educator — both with the University of Minnesota Extension	Board Room
31	Mobility for Social Workers: If it's Not Documented, it Didn't Happen	Chuck Barber, BA, Solution Analyst with Northwoods; Amy Moe, MSW, Winona County Community Services	Chester Creek
32	Elder Abuse in Minnesota: What, Where, When and Why	Barbara Doherty, MSWM, along with Sandi Lubrant, CAPS, Co-chairs of the Public Awareness Committee with the Minnesota Elder Justice Center	French River 1
33	Introduction to Criminal Procedure 101 for the Media ... and You!	Mark S. Rubin, JD, St. Louis County Attorney	French River 2
34	Apple to Android and Everything in Between: Alternative Technologies for Reading	Ann Forrest Clark, OTR/L, Grant Project Director with Lighthouse Center for Vision Loss, along with Aaron Windsor, BA, Technology Instructor; and Nimer Jaber, Technology Instructor — all with Lighthouse Center for Vision Loss	Gooseberry Falls 1
35	Getting it 'Straight:' How to Approach LGBTQ+ Clients	Julia Johnson, Information and Referral Specialist with United Way 2-1-1	Gooseberry Falls 2
36	Community Intervention Group	Deb Holman, SW, Street Outreach with CHUM, along with Officer Dave Drozowski, Duluth Police Department; Dan Lew, Public Defender Supervisor and Lead Attorney; Laurie Hull, RN, Center for Alcohol & Drug Treatment; Marcus Jones, Duluth City Attorney; Matt Koppes, Probation; Patty Minougue, RN, St. Luke's Emergency Room; and Cathy Coffman, Essentia Emergency Room Social Worker	Gooseberry Falls 3
37	Living by Heart	Joyce Eckes, MA, along with Lisa Mer, MA, Personal and Professional Renewal Facilitators	Harborside 202
38	Trauma-Informed Biographical Timeline: A Tool for Case Conceptualization and Planning	Dr. Constance Gunderson, MSW, LISW, PhD, Associate Professor at the College of St. Scholastica, along with Mary Vicario, LPCC-S, MA, Certified Trauma Specialist; and Carol Hudgins Mitchell, MEd, LSW, NBCCH, Certified Trauma Specialist with Finding Hope Clinical Counseling and Consulting	Harborside 205
39	Supervision and Ethics: What Every Social Worker Needs to Know!	Kathy Heltzer, MSW, LICSW, Field Director, along with Anne Tellett, MSW, Ed.D, Assistant Professor — both with the University of Minnesota Duluth	Lake Superior Ballroom "J"
40	Families in Recovery: Understanding Systemic Dynamics to Promote Healing	M. Casey Ladd; MSW, LICSW, LMFT, Director of Child and Family Services with the Human Development Center	Lake Superior Ballroom "K"
41	Achieving Cultural Competency with CLAS	Arlene Arias, MSW, EdD, Licensed Clinical Social Worker with Western Connecticut Mental Health Network	Lake Superior Ballroom "L"
42	Walking in Two Worlds: A Journey of Self Exploration	Chip Beal, MEd, Multicultural Affairs Coordinator with the University of Wisconsin-Superior	Lake Superior Ballroom "MN"
43	Substance-Abuse Prevention and Intervention in St. Louis County	Marcia Gurno, MEd, along with a panel of other St. Louis County Public Health & Human Services chemical dependency social workers	Lake Superior Ballroom "O"
44	Northland Children's Mental Health Collaborative: How We Work with Each Other and Duluth Schools	Leslie Chaplin, LICSW, Director of Community Services with Northwood Children's Services, along with Dawn Peterson, LICSW, Clinical Director with Woodland Hills; and Paul Goossens, MA, LP, Licensed Psychologist with Harbor City Psychological Associates	Split Rock 1
45	Maximizing Relationships Through Emotion Regulation	Lisa Nos-Tollefson, PsyD, Therapist with Therapeutic Services Agency	Split Rock 2
46	Superior Babies: Promoting Sobriety in Pregnant Women	Dani Spolarich, MA, LADC, Superior Babies Counselor with Arrowhead Center and St. Louis County Public Health Department, along with Molly Edwards, RN, St. Louis County Public Health & Human Services Public Health Nurse and a Superior Babies Graduate	St. Louis River Room

30 Healthy Lives and Healthy Communities

Board Room

The University of Minnesota Extension and partners around the state are working together with children, adults, and seniors to create healthier communities. Extension continues to provide nutrition-education classes for Minnesotans with limited financial resources. However, Supplemental Nutrition Assistance Program Education now includes train-the-trainer, fostering coalitions and networks, and changing organizational practices and environments to improve nutrition for participants and make the healthy choice, the easy choice. Join us to learn more about the new SNAP-Ed model and how we can work together to create healthier communities.

31 Mobility for Social Workers: If it's Not Documented, it Didn't Happen

Chester Creek

Winona County Community Services was challenged by skyrocketing caseloads, tight budgets, and social-worker burnout related to the inefficient paper-based documentation system in the field. Now that the agency has implemented new mobile technology for social workers, they are focused less on document management and more on clients. True mobility is saving social workers up to two hours a day, boosting worker morale and improving the quality of their casework. During this session, attendees will learn best practices to redesign business processes, be more audit-ready, and how mobility in social work gives workers time to focus more on clients.

32 Elder Abuse in Minnesota: What, Where, When and Why

French River 1

This session will present the video "S.A.F.E.," which presents the current status of incidents, responses and outcomes for elders who have been victims of various kinds of neglect, abuse and financial exploitation. Participants will be able to respond to examples of actual scenarios and how they were resolved. Responsibilities of mandated reporters, civil and criminal investigators, and service providers will be discussed. Challenges encountered by those providing services to vulnerable adults are also covered in this session.

33 Introduction to Criminal Procedure 101 for the Media ... and You!

French River 2

For the past two years, St. Louis County Attorney Mark Rubin has been teaching an introductory criminal procedure class for the local media. The theory behind

the effort is that we, as citizens, benefit from a better informed media that has a deeper understanding of the system and knows how to ask the right questions. In the workshop, you will be introduced to an abbreviated look at the criminal-justice system from arrest, arraignment, omnibus hearing, pleas, trial, to sentencing. If you think a primer on criminal procedure just might help you shape yourself to do your work, or you are just plain curious, then join us.

34 Apple to Android and Everything in Between: Alternative Technologies for Reading

Gooseberry Falls 1

Many people are challenged by the task of reading the traditional printed page or computer monitor. This presentation will highlight alternative technologies for reading and accessing a variety of functional daily-life information. These technologies will include reading food labels, money identification, accessing the newspaper, using the phone directory, reading pill bottles using internet-device applications, android applications, computer access, magnification and several different dedicated devices. Many of these devices use voice control, also making them good alternatives for people with motor-control concerns. This presentation will include demonstrations and hands-on learning opportunities for attendees.

35 Getting it 'Straight:' How to Approach LGBTQ+ Clients

Gooseberry Falls 2

What do all those letters mean anyway? Learn about the acronym and more at this session. You can learn the basics or refresh your knowledge about this specific, yet broad-ranging group: lesbian, gay, bisexual, transgender, questioning and other gender/sexuality nonconforming groups (LGBTQ+). Gain skills and perspective to maintain a positive and culturally sensitive approach with clients to become an advocate or ally to this group.

36 Community Intervention Group

Gooseberry Falls 3

Community Intervention Group is an organization composed of 18 agencies that meet monthly to coordinate care for the most difficult to serve. This group is most often homeless, using hospital emergency rooms, mental-health facilities, detox, and having repeated contact with law enforcement for what is most often crimes relating to homelessness. Individuals often revolve in and out of the criminal justice system. Chum staff members communicate daily with law enforcement and detox staff regarding individuals enrolled

in the group. Hospitals and emergency-room staff play a key role on any given day. Chum staff meet with clients on the street, detox, jail and hospitals between meetings. Members of the group sign a Health Insurance Portability and Accountability Act-approved release. Law enforcement compiles a monthly list of individuals having high contact with them. Chum updates for the monthly meeting, at which time individual needs are gone over and an attempt is made to create a coordination of care that does not duplicate services. We work using the Harm Reduction Model. We will be also looking at a new court in Minneapolis in June called "Homeless Court" in an attempt to implement something similar here. The group has seen numerous successes in assisting individuals create a healthier lifestyle and most often move into stable housing. Since its inception, police have removed more than 75 individuals from the list who have moved toward some level of stability.

37 Living by Heart

Harborside 202

As we show up to be of service to others, we engage in an ongoing conversation about what has heart and meaning. We are invited, again and again, to wrestle with such questions as: "What is shaping and re-shaping me?" "How authentic and congruent is this life I am living?" "How do I nurture myself in order to give from a clear, strong, open and full heart?" In our fragmented and ever-changing human community, we ponder how our inner life informs our outer life — our work in the world. This session will explore the indigenous wisdom of the four-chambered heart and how this tracking tool can support us in reflecting on our personal and professional experiences and contributions and help guide us in areas of challenge. We can become more intentional about the "who" we are and the "who" that serves. We invite you to consider an ancient navigational tool that aids us in deepening and strengthening our impact in the world.

38 Trauma-Informed Biographical Timeline: A Tool for Case Conceptualization and Planning

Harborside 205

A trauma-informed biographical timeline is a tool for generating a better understanding of the whole person by mapping his or her story and planning supports and services for the person's need. This process represents an integration of the relational-cultural work of Maureen Walker and trauma-informed practices of finding hope with the biographical time-

line as described by Beth Barol into a tool for understanding and service planning.

39 Supervision and Ethics: What Every Social Worker Needs to Know!

Lake Superior Ballroom J

Whether you are supervising other 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 them better supervisors, whether working with students, as a part of providing supervision for licensure, or in the workplace. Additionally, ethical considerations specific to supervision will be considered.

40 Families in Recovery: Understanding Systemic Dynamics to Promote Healing

Lake Superior Ballroom K

Many human-service providers serve families in which parents are struggling with both mental-health and substance-abuse issues. This workshop will focus on understanding recovery and the effect on family functioning when parents begin their journey of recovery. Participants will examine practical strategies to promote healing for all family members. The discussion will include myth busting about chemically dependent families, review the Adverse Childhood Experiences Study in light of chemically dependent families, altering shame-based family interaction patterns, learning the language of resilience, and developing realistic treatment goals for all family members. One family's story will be explored by family members "walking the walk."

41 Achieving Cultural Competency with CLAS

Lake Superior Ballroom L

Organizational cultural competency has long been one of several solutions to address health and mental-health disparities among minority groups in the United States. The Office of Minority Health published national standards on Culturally and Linguistically Appropriate Services in an effort to provide health-care organizations with guidelines to address ethnic and racial health disparities. In this workshop, participants will learn about the three main categories of CLAS standards and examples of organizational efforts to implement CLAS standards. Participants will construct a gen-

eral plan for their own organization.

42 Walking in Two Worlds: A Journey of Self Exploration

Lake Superior Ballroom MN

Prepare to take a journey through the upbringing of America, and your own upbringing. Learn how the nation has a bent toward racism, sexism, etc., and why Affirmative Action is such a hot topic in today's news. Learn how each person comes to see the world through the lenses of personal values and experiences. Discussion topics: ethnocentrism, racism, prejudice, discrimination, diversity through cloning, and "Walking in Two Different Worlds." The journey of being culturally different and walking in two different worlds is unique and challenging. The exploration of the world views of culturally different people and the majority culture can be daunting. You will be empowered with insight to what it is like for culturally different people transitioning between these two worlds, thus diversifying your multicultural understanding to help you to become more culturally competent. The major compromises, internal and external conflicts, and challenges for culturally different people when transitioning from their world to the majority cultural world will be presented.

43 Substance-Abuse Prevention and Intervention in St. Louis County

Lake Superior Ballroom O

Chemical dependency affects all aspects of human-service professions and places a heavy financial and service burden on organizations. The St. Louis County Board has initiated a substance abuse prevention and intervention project designed to improve education and outreach for professionals and community members within St. Louis County. This institute, presented by chemical dependency prevention and intervention social workers, will examine current drug and alcohol trends and provide an overview of prevention and intervention efforts, including outreach and education, professional development within human-service professions in the area of screening, brief interventions, and referral to treatment, and community organizing, including the work of the Northeast Minnesota Opioid Abuse Response and Strategy workgroup.

44 Northland Children's Mental Health Collaborative: How We Work with Each Other and Duluth Schools

Split Rock 1

Have you heard of the Northland

Children's Mental Health Collaborative? We'll tell you how we got started a year ago, show you our new website and share how three collaborative leaders provide integrated mental-health work in Duluth Public Schools. Northwood Children's Services, Woodland Hills and Harbor City Psychological Associates have joined together with 30 other agencies to collaborate in providing accessible and necessary services for children and families in the area.

45 Maximizing Relationships Through Emotion Regulation

Split Rock 2

Have you ever interacted with someone who left you feeling emotionally charged? The strong emotional reaction we feel in our relationships with children, adults, and families often guide our future interactions and treatment with them. This presentation is designed to help professionals, parents, and caregivers recognize when they are experiencing an emotional charge, learn what to do with those emotions via self-regulation, learn to avoid emotionally biased decision making, and learn to become a regulating partner within their relationships, maximizing supportive care and treatment for the individuals and families with whom they work.

46 Superior Babies: Promoting Sobriety in Pregnant Women

St. Louis River Room

Superior Babies is an innovative program that was awarded Best Emerging Practice by the Association of Maternal & Child Health Programs. The program provides in-home counseling, education, and support to pregnant women who have a history of chemical-use issues from both an alcohol and drug counselor and a public-health nurse. This session will discuss the affect of fetal alcohol spectrum disorders and other chemical-health effects on the child, family, as well as the community. It will also address the components of the Superior Babies program and how it benefited women and children. The program has been successful in northern St. Louis County for 13 years and has recently expanded to include the Duluth area. Professionals will be able to learn how to refer to the program, as well as how Superior Babies staff will work with the women, children, medical professionals, social services, law enforcement, and identified support systems.

47	How Can AA Help?	Alcoholics Anonymous District 12 panel	Board Room
48	HIV in the Northland: Making it Personal	Kathy Hermes, BS, Program Coordinator with Lutheran Social Service, along with Kristine Schmidt and Mark Medelbo, HIV Support Group Members	Chester Creek
49	Hepatitis C in 2014	Randy John-Chapin Huard, BA, BS, Public Health Nurse with St. Louis County Public Health & Human Services, along with Betsy Ingram-Diver, MA Psychology, Faculty Member with Lake Superior College.	French River 1
50	Dabinoochiwag (For the Children): Addressing American Indian Disparities in St. Louis County	Holly Church, MSW, Child & Family Services Director with St. Louis County Public Health & Human Services, along with Priscilla Day, MSW, EdD, Head of the Social Work Department at the University of Minnesota Duluth	French River 2
51	NAMI: In Our Own Voice	Louise Newsom and Shelly Britton — both with the National Alliance on Mental Illness of Minnesota	Gooseberry Falls 1
52	A Forensic Approach to ARMHS	Steve Siebers, MSW, Forensic Adult Rehabilitative Mental-Health Service Practitioner, along with Dave Lindlbauer, BS, Adult Rehabilitative Mental-Health Service Practitioner; and Jeff McConnell, MSW, Therapist — all with the Duluth Institute	Gooseberry Falls 2
53	Public Assistance / Income Maintenance Programs 101	Janet Eichholz, MSW, Financial Assistance Division Director, along with various financial assistance staff members with St. Louis County Public Health & Human Services	Gooseberry Falls 3
54	Managing Aggressive Behavior	George Demers, MS, self-employed Safety Consultant	Harborside 202
55	There's No Place Like Home!	Erin Fontaine, BAS, Independent Living Manager with Access North Center for Independent Living of Northeastern Minnesota, along with Amanda Pursi, Adult Services Case Manager with St. Louis County Public Health & Human Services; and Steven Rodriques, Nursing Home Relocation and Independent Living Specialist with Access North Center for Independent Living of Northeastern Minnesota	Harborside 205
56	Hooked on Happiness	Jeannie Kermeen, CPC, BS, Director of Customized Training with Fond du Lac Tribal and Community College	Lake Superior Ballroom "J"
57	Spring Forest Qigong and a Healthy Identity	Glenn Tobey, MDiv, MA in Management, along with Katrina Tobey, MA — both psychotherapists in private practice	Lake Superior Ballroom "K"
58	Dual Diagnosis in Juvenile Justice: History, Assessment, Treatment	Geoffrey Ammerman, MEd, Licensed Psychologist, Director of Psychological Services with KidsPeace Mesabi Academy	Lake Superior Ballroom "L"
59	Got Grief? A Practitioner's Toolbox	Mechele Pitt, BS, MSSW, Chief Operating Officer, along with Brenda Anderson, BA, LSW, Intensive Permanence Services Specialist; and Erin Wall, BSW, MSW, Integrative Healing Specialist — all with Anu Family Services	Lake Superior Ballroom "MN"
60	LGBT Elders: From Defense to Offence	Kathleen Gates, MA, Independent Psychotherapist and Spiritual Director, along with Marg France, retired Chaplain and Social Worker; and Bev Pehkonen, retired Nurse	Lake Superior Ballroom "O"
61	Dialogue: The Pedagogy of Inquiry	Rogier Gregoire, EdD, retired Scholar in Critical Pedagogy, Curriculum and Supervision with the Harvard Graduate School of Education	Split Rock 1
62	Getting to Know the Minnesota Assessment of Parenting for Children and Youth	Deborah Beske Brown, Foster Care Policy Specialist, along with Jody McElroy, BSW, Minnesota Assessment of Parenting for Children and Youth Quality Assurance Program Consultant — both with Child Safety & Permanency Division of the Minnesota Department of Human Services	Split Rock 2
63	Prenatal Substance Use and Civil Commitments	Marcia Gurno, MEd, Chemical Dependency Social Worker with St. Louis County Public Health & Human Services	St. Louis River Room

47 How Can AA Help?*Board Room*

This presentation outline Alcoholics Anonymous and what it does. The presenters have over 50 years of experience in working with alcoholics, helping them to attain long-term sobriety.

48 HIV in the Northland: Making it Personal*Chester Creek Room*

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 Minnesota Department of Health-funded harm-reduction initiatives operating out of Duluth will also be featured. One is a Lutheran Social Service program aimed at HIV-testing outreach for youth. The other is a relatively newly established syringe-exchange program facilitated 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.

49 Hepatitis C in 2014*French River 1*

The number of people infected with hepatitis C continues to increase in the United States 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.

50 Dabinoochiwag (For the Children): Addressing American Indian Disparities in St. Louis County*French River 2*

This workshop is a partnership between St. Louis County Family and Children's Services and the University of Minnesota Duluth Department of Social Work. It was one of 11 projects in the United States to be awarded a five-year grant to address American Indian child-welfare disparities through workforce development, training, and improving relationships between county and tribal child-welfare workers and agencies. This presentation

will provide a background of why this project was started and an overview of the activities of the grant and initial first steps. Participants will be engaged in conversations about disparities and ideas to address them.

51 NAMI: In Our Own Voice*Gooseberry Falls 1*

The National Alliance on Mental Illness is a unique public-education program in which two trained speakers share compelling personal stories about living with mental illnesses and achieving recovery, showing in-person that there is recovery for people with mental illnesses. The presentation includes personal stories from two presenters, video clips of other people's personal stories, as well as an opportunity for questions and answers with the presenters. There are five topics in the "In Our Own Voice" presentation: 1) Dark Days, 2) Acceptance, 3) Treatment, 4) Coping skills, and 5) Successes, Hopes, and Dreams.

52 A Forensic Approach to ARMHS*Gooseberry Falls 2*

Adult Rehabilitative Mental Health Services are enabling many individuals with serious and persistent mental illness to gain functioning within the community and the satisfaction of maintaining their independence. These services appear too often to be targeted toward more typical mental-health symptoms. This presentation will introduce the program of the Duluth Institute's "forensic" ARMHS specialty. The goals of this program are intended to address the criminogenic needs within client mental-health concerns that are contributing to high rates of recidivism for these clients and costs of incarceration for the community.

53 Public Assistance / Income Maintenance Programs 101*Gooseberry Falls 3*

Public assistance income maintenance programs offer of 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. This panel presentation, made up of financial assistance staff from St. Louis County, will share program knowledge and provide helpful insight 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.)

54 Managing Aggressive Behavior*Harborside 202*

Violent behavior surrounds us. Could you predict or prevent an individual's violence? This workshop will focus on teaching techniques to protect yourself and others in potentially explosive situations. It is designed to teach how to safely manage out-of-control behavior, including the processes involved, looking critically at situations (from your point of view and the other person's), assessing, planning, and evaluating each step and most importantly, seeking ways to avoid events which can become explosive.

55 There's No Place Like Home!*Harborside 205*

People who experience an accident, injury, or illness that leads to hospitalization or nursing-home care often worry they might never return to home/community living. The nursing-home relocation process can be complex and many people benefit from a support team assisting with getting needed resources arranged in the least restrictive setting. Personal care services, waived services, subsidized/accessible housing, assisted living, home modifications, and community-based housing with service are options a person with a disability may want to consider in a plan to returning to the community. Participants will learn how to collaborate with the consumer, family/caregivers, local social services, and community agencies to create a safe plan for community-based living. They will also discuss and learn strategies to support consumers, whether their disability is physical, mental health, sensory, or cognitive, or if they experience multiple disabilities.

56 Hooked on Happiness*Lake Superior Ballroom J*

According to the Declaration of Independence, the "pursuit of Happiness" is one of our unalienable rights. So, the big question is: "Are you happy or are you just pursuing happiness?" This session will provide an overview of the science behind the study of happiness, why happiness is so important, how happiness is measured, and some practical ways you can increase happiness in your own life.

57 Spring Forest Qigong and a Healthy Identity

Lake Superior Ballroom K

Spring Forest Qigong is an amazing 6,000-year-old energy balancing practice that is simple and powerful. The focus is on health, healing, and longevity and activates the individual to have a strong identity of physical, emotional, and spiritual health. The practice is a combination of five simple movements that can be practiced almost anywhere, healing-focused meditations, and a rich philosophy of life where practitioners find their physical bodies getting healthier, their emotional states getting more meaningful, and their spiritual perspectives deepening. Learn how to practice Spring Forest Qigong for your own health benefits and/or start a practice group in your organization or area so others may benefit.

ness for permanence; whether adoption, reunification, placement with permanent support, etc. Additionally, participants will receive multiple tools and activities used to assist youths in resolving past grief, loss and trauma, and developing healthy and emotional connections. A combination of didactic and experiential learning experiences will be utilized to assist participants in developing transferable skills. Learning objectives include developing an understanding of the Intensive Permanency Services model, increasing awareness of skills and tools needed to guide youths in developing emotional readiness for permanence, and developing a toolbox of activities to guide youths through the grieving process.

58 Dual Diagnosis in Juvenile Justice: History, Assessment, Treatment

Lake Superior Ballroom L

The National Institute on Drug Abuse reports that 75 percent of youths placed in juvenile justice settings evidence a dual diagnosis of chemical dependency and mental illness. The research identifies that the same areas affected by the brain in mental illness are affected by drug use, while demonstrating evidence that the earlier the use begins the more profound the affect is on the user. We will cover an overview of neurodevelopmental processes affected by use, view positron emission tomography scans, identify assessment methods and develop a treatment plan.

60 LGBT Elders: From Defense to Offense

Lake Superior Ballroom O

For many years the services provided to lesbian, gay, bisexual, and transgender elders have been informed by prejudice and ignorance. A panel from the Northland Elders Group will share the proactive strategies that have helped move senior services toward equality and fairness in housing, health care, and long-term care.

59 Got Grief? A Practitioner's Toolbox

Lake Superior Ballroom MN

This workshop will provide an overview of the Intensive Permanency Services model which integrates best practices in grief, loss, and trauma and prepares youths for permanency while seeking, engaging, and developing caring adult connections. Participants will increase awareness of skills needed to guide youths in developing emotional readi-

61 Dialogue: The Pedagogy of Inquiry

Split Rock 1

The dialogue is a process originating with the Greek philosopher Socrates. It has been refined by David Bohm to promote a closer relationship among members of an organization, community or enterprise through a strategy that works to improve the quality of communication by removing or mitigating issues that impede clear and accurate individual understandings of reality. Modern rules of dialogue support cooperative discussion, intending to create a sense of common understanding within and between individuals. By recognizing differences as assets, participants find a closer relationship with one another that improves their effectiveness and increases organizational cohesive-

ness. This practice is built on four clear rules: 1) Speak from the first person — from one's own experience. 2) Improve the ability to listen more attentively. 3) Suspend judgment to better understand differences. 4) Use inquiry to examine the assumptions that support our differences. Inquiry allows the collective to expose its diverse understanding of reality. Shared understanding is the praxis that forms a foundation for the notion of inclusiveness, essential to organizational cohesiveness.

62 Getting to Know the Minnesota Assessment of Parenting for Children and Youth

Split Rock 2

A uniform assessment process is a key part of Northstar Care for Children legislation. This tool is called the Minnesota Assessment of Parenting for Children and Youth. It unifies three outdated methods into a thorough assessment of the individual needs of the child and the parenting required to care for that child. Starting Jan. 1, the MAPCY will be the method used to assess the benefit level for new foster-care placements, Northstar Adoption, and Northstar Kinship. Learn the who, what, when, and why of MAPCY.

63 Prenatal Substance Use and Civil Commitments

St. Louis River Room

This workshop will address prenatal substance use and the civil commitment process. Participants will learn about the statute for civil commitment due to prenatal use and the criteria required to meet the legal standard for commitment, the screening process, and the potential outcomes of a commitment screening. Special emphasis will be on collaboration between child-protective services, health-care providers, and the chemical-dependency pre-petition screener.

2014 Health & Human Service Conference Planning Committee

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Kim Rendulich

Theresa Roebke

Jensina Rosen

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Shelley Saukko

Abigail Schaefer

Day 2: Friday, October 10

Friday, October 10	Session I Institutes	8:30 – Noon
64 Healing the Wound: The Family's Journey through Chemical Dependency	Mathias Karayan, MA, LADC, Family Therapist with New Beginnings at Waverly	Harborside 203
65 Using Developmental Assets to Promote the Strengths of American Indian Families	Monica Roth Day, EdD, Associate Professor and Department Chair with the University of Wisconsin-Superior Human Behavior, Justice and Diversity Department, along with Muskadee Montano, MSW, Adjunct Instructor with the University of Minnesota Duluth Department of Social Work and University of Wisconsin-Superior Social Service Department; and John Day, MSW, retired Director of American Indian Projects with the University of Minnesota Duluth Department of Social Work	Harborside 204
66 Safe Harbor and Sex Trafficking in the Northland	Charlotte Karsh, MSW, Family Support Services Social Worker with St. Louis County Public Health & Human Services, along with Shunu Shrestha, Trafficking Task Force Coordinator with the Program for Aid to Victims of Sexual Assault	Harborside 205
67 Professional Renewal: Reflecting Together in a Circle of Trust	Dr. Maria Stalzer Wyant Cuzzo, PhD, JD, Mediator, Professor of Legal Studies, Academic Advisor, Director of the Center for Excellence in Teaching and Learning at the University of Wisconsin-Superior, along with Dr. Gary Boelhower, PhD, Professor of Theology and Religious Studies with the College of St. Scholastica	Harborside 301-302
68 Supporting Family Caregivers at Times of Serious Illness	Susan Dolph, MSW, along with Sonja Winder, MSW — both Hospice Social Workers with Essentia Health – St. Mary's Hospice	Harborside 304

64 **Healing the Wound: The Family's Journey through Chemical Dependency**
Harborside 203

This workshop will practically and progressively address family dynamics, the motivation that enables chemical dependence, and how the family can interrupt the cycle. We will take a fresh look at what chemical dependence is and how to help the family move from enabling to real support. Within interactive process, we will identify behavioral and attitude adjustments family members make in their attempts to change the chemically dependent loved one. Through the clinical application of the principles of real forgiveness, we will address how to help the family work through anger, guilt, and fear, toward healing and wholeness. We will grapple with the end goal: How to move toward detachment with love, and what it looks like in practice.

65 **Using Developmental Assets to Promote the Strengths of American Indian Families**
Harborside 204

Development assets can be used to understand the strengths of communities,

and promote healthy behaviors in individuals and families. These assets, which are directly related to the positive aspects of families and communities, have been correlated with thriving behavior in children. Research was completed by social workers to understand the assets specifically of American Indian families in both rural and urban areas. This workshop will describe the research, define the developmental assets and provide examples of assets in families, and suggest ideas for use in staff training and direct programming. As a result of attending this workshop, participants will identify the core developmental assets of American Indian families, determine how they can be incorporated into staff training to help promote strengths, and determine how they can be applied to direct services with American Indian families and communities.

66 **Safe Harbor and Sex Trafficking in the Northland**
Harborside 205

The panel will present a three-part session that includes Minnesota's Safe Harbor legislation, sex trafficking in the Northland — including case examples and

challenges to intervention — and goals for improving our community's response to helping victims.

67 **Professional Renewal: Reflecting Together in a Circle of Trust**
Harborside 301-302

This 3.5-hour institute will provide a renewal experience for health and human service professionals to reconnect with their professional calling and explore a question or dilemma they currently face in their professional lives. It will begin with a circle process drawing on the writing of David Whyte (the keynote speaker) for inspiration. Attendees will then explore and practice an intensive method invented by the Quakers in 1660 called the "clearness committee." This method is a simple, yet powerful, way for attendees to explore personal or professional questions or dilemmas while drawing on the support of others. Once learned, it can be taught to others and used in multiple settings for individual and community discernment. It invites our "inner voice of wisdom" to show-up and be heard in the company of others who deeply care. The institute will conclude with a final circle processing the

experiences of the “clearness committee” and messages of inspiration for our professional journey in the future. Designed around the provocative poetry and writings of David Whyte and the long-standing work of Parker Palmer, this institute will create a space of reflection, confidentiality, and inspiration in the midst of a busy and taxing professional world.

68 Supporting Family Caregivers at Times of Serious Illness
Harborside 304

Serious illness infuses care giving with increased complexity. The usual issues inherent in providing care to a family member continue, but with the added strain of approaching end-of-life. This institute will focus on providing services to caregivers at this taxing time. The

panel will present facets of decision making, care planning, and support to family caregivers. Topics will include advance care planning, health-care directives, family meetings, and defining and redefining goals of care. Specific consideration will also be given to the complexities that arise within conflicted family relationships, with multiplicity of caregivers and in the presence of unhealthy coping.

Friday, October 10	Session I Workshops	8:30 – 10:00 a.m.
69 Navigating MnSure: Lessons Learned on the Frontlines	Leigh Granman, LSW, Training and Policy Implementation Manager with Portico Healthnet	Board Room
70 You Matter to Al-Anon	Caroline Pelzel, Masters – UWS, retired Social Worker, Al-Anon, along with Erin Anderson, SS, MS Educator – Special Education, Health Care Professional with CSL Plasma; Kathy Meyer, AD in Nursing, Registered Nurse with Essentia Health - St. Mary's, June K., Northeast Regional Correction Center; and Patti Davy, former President of the Board of Directors of the Epilepsy Department	Chester Creek Room
71 Tactical Urbanism: Low Cost Projects that Create Healthier Communities	Josh Gorham, BSN, MA Exercise Physiology, Public Health Nurse with St. Louis County Public Health & Human Services, along with Lisa Loukkala, Master's in Advocacy and Political Leadership, Director with Healthy Duluth Area Coalition; James Gittemeier, Master's in Urban Planning, Senior Planner with the Duluth Superior Metropolitan Interstate Council; and Shawna MullenEardley, Active Transportation Coordinator with the Duluth Area Family YMCA	French River 1
72 Inter-professional Collaborative Dementia Care Management	Sara McCumber, MS, RN, CNP, CNS, Assistant Professor with the College of St. Scholastica, along with Mary Lou Donovan, PhD, MEd, OTR/L, Assistant Professor with the College of St. Scholastica; and Kristine Dwyer, LSW, MS, Consultant with Family Memory Care	French River 2
73 100 Shades of Gray: Rights & Sexuality in Long-Term Care	Sandra Newbauer, BFA, Team Lead and Regional Ombudsman, along with Dan Tupy, BFA, Regional Ombudsman — both with the Office of Ombudsman for Long-term Care	Gooseberry Falls 1
74 Sexual Offender 101... and Beyond	Jeff McConnell, MSW, LICSW, Therapist, along with Linda Petsoulis, MA, LP, Clinical Director; and Alexa vanDonselaar, MSW, LGSW, Therapist — all with the Duluth Institute	Gooseberry Falls 2
75 Living Well with Bipolar Illness: A Story of Hope	Julie Roppe-Stern, Board President, will introduce Viola and Robert Labounty who will share their personal story — all representing the National Alliance on Mental Illness Duluth Area	Gooseberry Falls 3
76 The Myth of Closure	Lake Dziengel, PhD, Assistant Professor at the University of Minnesota Duluth	Harborside 202
77 Homeless and in Crisis Veterans: MN Update	Kathleen Vitalis, President and CEO, along with Nathaniel Saltz, Statewide Program Director; and Steve Saari, Duluth Regional Director — all with the Minnesota Assistance Council for Veterans	Harborside 303
78 Power Plays	Dr. Constance Gunderson, MSW, LISW, PhD, Associate Professor at the College of St. Scholastica, along with Cynthia Donner, MSW, LGSW, Program Coordinator with the College of St. Scholastica's Social Work Program at Fond du Lac Tribal & Community College; Michelle Robertson, MSW, LGSW, Assistant Professor and Field Director with the College of St. Scholastica's Undergraduate Social Work Department; Carol A. Hand, MSSW, PhD, Adjunct with the College of St. Scholastica's Social Work Program at Fond du Lac Tribal & Community College; Susanna Miller, MSW, Academic Counselor with the College of St. Scholastica's Social Work Program at Fond du Lac Tribal & Community College; Julie Kim, MSW, LICSW, Licensed Professional Clinical Counselor with the College of St. Scholastica; and Toni Thorstad, MSW	Harborside 305

 **More Session I Workshops on next page**

Friday, October 10		Session I Workshops	8:30 - 10:00 a.m.
79	Promoting Secure Attachment with Young Children in Foster Care: Enhancing Attunement and Sensitive Caregiving	M. Casey Ladd, MSW, LICSW, LMFT, Director of Child and Family Services with the Human Development Center	Lake Superior Ballroom J
80	Soma Yoga	Jodi Christensen, 500ERYT, CSE, along with Teri Sanders, 500RYT, Registered Yoga Teachers with Yoga North	Lake Superior Ballroom K
81	Treating the Tip of an Iceberg: Psychotherapy with Older Adults	Angela Hauger, PhD, LP, Professor of Psychology with the College of St. Scholastica	Lake Superior Ballroom L
82	Building a Trans-inclusive Practice	Nathalie Crowley, BS with Lake Superior Transgender Groups	Lake Superior Ballroom MN
83	Jumping Borders: The Power of Shifting Perspectives	Gabriela Theis, MA, Multicultural Student Services Specialist, along with Yvonne "Ivy" Vainio, MA, Senior Multicultural Student Services and Kang Her, Student — all with the University of Wisconsin - Superior	Lake Superior Ballroom O
84	Northstar Care for Children 101	Cynthia Shypulski, MSW, LISW, Program Administrator Senior, along with Liz Scudder, MA, Northstar Consultant and Kelly Nelson, MSW, LICSW, Adoption Supervisor — all with the Child Safety & Permanency Division of the Minnesota Department of Human Services	Split Rock 1
85	Even the Score: The Counterattack for Fear of Retaliation in Long-term Care	Maisie Blane, MSW, LICSW, State of Minnesota Regional Ombudsman, along with Jane Brink, BSW, State of Minnesota Regional Ombudsman — both with the DHS Office of Ombudsman for Long-term Care	Split Rock 2
86	Getting My Teenage Life Back, Part 2: The Future Looks Bright	Mae Katt, NP, MEd, Primary Health Care Nurse Practitioner with Dennis Franklin Cromarty High School, along with Kim Karioja, MBA, Regional Knowledge Exchange Lead with the Centre for Addiction and Mental Health	St. Louis River Room

69 Navigating MnSure: Lessons Learned on the Frontlines

Board Room

Open enrollment for MnSure begins Nov. 15. In preparation for that important opportunity to help Minnesotans get access to health-care coverage, this informative interactive session will look back on some of the challenges faced and lessons learned in the 2014 open enrollment period and help social-service professionals prepare for successful open enrollment in 2015. Portico Healthnet, a leader in navigation services that has helped nearly 17,000 Minnesotans get health-care coverage over the past 19 years, will share best practices around enrollment services, tools for effective outreach, tips for successfully navigating MnSure's online application, and ways to help people access health care once they are approved for coverage.

70 You Matter to Al-Anon

Chester Creek Room

Are you affected by someone else's drinking? Are your clients affected by someone else's drinking? This workshop will cover a working definition of family recovery from the family disease of alcoholism. A panel of recovering family members,

who are also professionals, will share the benefits of Al-Anon to the recovery of all family members.

71 Tactical Urbanism: Low Cost Projects that Create Healthier Communities

French River 1

The built environment can have a significant impact on how physically active members of your community will be. In this session, we will discuss national best practices for building communities that support active, healthy lifestyles and how we are piloting some of these in Duluth. Learn what can be done to create transportation systems that serve all users, all transportation modes, and help to promote equity, safety, and health.

72 Inter-professional Collaborative Dementia Care Management

French River 2

Dementia care management's goal is to help clients remain in the community and reduce the burden of caregiving. Eighty-eight thousand Minnesotans aged 65+ live with Alzheimer's disease or other types of dementia and the number is growing. Dementia presents a multitude of challenges for clients, families, and caregivers. Inter-professional team mem-

bers will review effective dementia-care management strategies to increase the skills of families and caregivers. Strategies include health and psychosocial care, referral to community resources, evaluation of functional cognition to promote independence and effective communication, caregiver support, and education.

73 100 Shades of Gray: Rights & Sexuality in Long-Term Care

Gooseberry Falls 1

This presentation explores the complex sexual issues in long-term care settings and includes gay, lesbian, bisexual, and transgender issues, as well as rights for people with dementia. Sexual aggression, sexual appropriateness, and the life-long need for intimacy will also be discussed. Participants will complete a short survey about resident sexuality to illustrate and discuss the balance between rights and safety, attitudes, supports and biases. Resources for best practices will be provided.

74 Sexual Offender 101 ... and Beyond

Gooseberry Falls 2

Sexual offending continues to be a significant social problem. The enduring nature of the problem has contributed

to the growth of misinformation and misunderstanding about the problem and the most effective means of response. This presentation will share current understanding of the reality of sexual offending in our communities, will illuminate what we continue to learn about the offenders, and information regarding evidence-based and best practices in providing treatment to the offenders and their support network. Participants will be introduced to research supporting a "Good Lives" approach to treatment and how the Duluth Institute is working to provide this means of intervention.

75 Living Well with Bipolar Illness: A Story of Hope

Gooseberry Falls 3

Caring professionals often are concerned with how best to encourage recovery from mental illness. This workshop presents a lived example of the many factors which support creative recovery to a full and positive life, even with recurrences of a brain-related illness. Vi and Bob LaBounty are valued guest speakers at the National Alliance on Mental Illness – Duluth Area Family-to-Family classes. They share their personal story — from each of their viewpoints — of a 30-year journey in dealing with Vi's bipolar illness, highlighting faith in God, love for each other, self education, and openness.

76 The Myth of Closure

Harborside 202

People recovering from a grief and/or loss event are often encouraged to obtain "closure." This sense of needing to reach closure is an expectation verbalized by individuals themselves, family, and community members, as well as larger society. But is closure really attainable, particularly in the instance of ambiguous losses? Is closure appropriate even in the case of the death of someone we love? This workshop looks at grief, loss, and coping through the lens of different grief frameworks and will encourage participants to consider how emphasizing the need for closure may do more harm than good.

77 Homeless and in Crisis Veterans: MN Update

Harborside 303

This workshop presents a statewide update on current trends and resources available to communities that serve homeless veterans, with a focus on St. Louis County resources. The presentation will include Minnesota Assistance Council for Veterans activities surrounding the Plan to End Veteran Homelessness by 2015 and include updates on major initiatives such as the Supportive Services

for Veterans Families grant as well as many other resources and programs that address legal, employment, and housing challenges for veterans. Vetlaw and Stand Downs will also be discussed.

78 Power Plays

Harborside 305

This workshop offers heartfelt, humorous skits and sculpted presentations by diverse women, all social workers, that mirror the unavoidable relational dynamics of power and politics encountered in our work that profoundly shape the experiences of helping professionals. Participants are invited to explore effective didactics associated with flight and fight, tend and befriend, and stand-in-integrity to deal with power dynamics that may be exploitive, manipulative, competitive, nurturing, empowering, or integrative. The workshop also provides insight into how constructive conflict, humor, and forgiveness can build bridges of understanding and a spirit of heartfelt mindfulness with colleagues, clients and ourselves.

79 Promoting Secure Attachment with Young Children in Foster Care: Enhancing Attunement and Sensitive Caregiving

Lake Superior Ballroom J

Since 2009, the Human Development Center has been serving families with children under age 5, both through the Early Intervention Program for referred young children, and with targeted case management and adult rehabilitative mental-health services for parents of very young children. HDC clinicians are supporting St. Louis County foster parents in understanding how early trauma and multiple placements threaten healthy social emotional development. HDC staff working with very young children are trained in two evidence-based practices designed for very young children and their families — Parent Child Interaction Therapy and Child Parent Psychotherapy. This workshop will be an in-depth case review of two referrals of foster parents intending to adopt toddler-aged children who needed to enhance their reflective capacity and parenting skills to be more attuned and effective with the traumatized young children placed in their care.

80 Soma Yoga

Lake Superior Ballroom K

Take time to de-stress, relax, and rejuvenate. Somatic yoga involves gentle therapeutic movements that relieve pain and tension while increasing strength and flexibility. Learn simple movements that can be done in as little as 10 minutes a

day to feel better and increase energy. In this workshop you will be led through movements while lying on the floor. The workshop will also include a brief lecture about somatic yoga and how you can release tension correctly and beneficially.

81 Treating the Tip of an Iceberg: Psychotherapy with Older Adults

Lake Superior Ballroom L

As they turn 65 years old, Baby Boomers are labeled "older adults" at the rate of 10,000 per day. They bring mental-health and social situations both similar to, and different from, generations aging before them. This session will begin with a review of evidence-based psychotherapeutic interventions used with older adults, including strategies for treating depression and anxiety, as well as working with individuals with dementia and their families. The session will conclude with a discussion of what mental-health providers might expect as a growing number of Baby Boomers age into late life and seek services.

82 Building a Trans-inclusive Practice

Lake Superior Ballroom MN

In this workshop, we will focus on what a transgender-inclusive practice might look like. We will look at what inclusive forms look like, common concerns of transgender clients, and what resources there are for inclusive service providers. We will also discuss the two main models of transgender care, the World Professional Association for Transgender Health standards of care and a harm-reduction and informed-consent model.

83 Jumping Borders: The Power of Shifting Perspectives

Lake Superior Ballroom O

How do we shape ourselves to be successful in an unknown environment, and what happens to those who can't? This workshop will share intercultural experiences from personal journeys that allowed us to understand an unfamiliar world and succeed in education and professionally, while analyzing the factors that hinder achievement for multicultural learners. We will take a look at how culture, and cultural practices, can be viewed as obstacles in education, and the implications of trying to achieve in a system that operates divergent to diversity. A panel representing African American, Native American, and Asian perspectives will discuss these systemic struggles. At the end of the workshop you will be able to understand the correlation and causes of academic and race disparities in organizations, apply strategies to better serve multicultural students, and appreciate

the meaning of diversity for success in organizations by the power of multiple perspectives.

84 Northstar Care for Children 101
Split Rock 1

Northstar Care for Children’s goal is to improve permanency for children in Minnesota by reducing the number of children in out-of-home care, their length of stay in out-of-home care, and increasing the percentage of children adopted within 24 months of entry into foster care. Effective Jan. 1, Northstar Care for Children will provide counties and tribes with new tools to assist children in foster care to gain permanent legal families through transfer of legal custody to relatives or adoption. Learn about the philosophical shift, the unified rate structure, the impact on children, care providers, agencies, and specific programmatic changes supporting timely permanency.

85 Even the Score: The Counterattack for Fear of Retaliation in Long-term Care

Split Rock 2

Fear of retaliation is real for the people living in long-term care in Minnesota. This session will give an overview of resident and tenant rights in long-term care settings. In addition, we will address issues of retaliation in long-term care. What is retaliation? What is fear of retaliation? What is the impact on resident and tenant quality of life and what are best practices to support resident and tenant rights as they pertain to retaliation in long-term care?

86 Getting My Teenage Life Back, Part 2: The Future Looks Bright
St. Louis River Room

Dennis Franklin Cromarty High School provides secondary education for First Nation students from 19 remote reserves in Northwestern Ontario. Students leave their home communities, often for the first time, to live with boarding families. Youth are overwhelmed by the fast pace of urban lifestyle and academic demands. Many students come to the school with complex mental-health and substance-abuse issues. The success of the three-year in-house suboxone program in addition to support from the Service Collaborative, a group of external service providers, has resulted in improved class attendance, a higher graduation rate, and more importantly, no suicides for the first time in several years.

Friday, October 10		Session II Workshops	10:30 – Noon
87	Playing it Safe in the Workplace with State Data	David T. Anderson, Security Business Analyst, along with Nancy Skuta, BA, Security Awareness Coordinator — both with the Department of Human Services MN.IT	Board Room
88	Accessing and Making the Most of Disability Benefits from SSA	Julia Welle Ayres, MSW, SOAR and Supplemental Security Income Advocacy Specialist, along with Beth Grube, General Assistance and Minnesota Supplemental Aid Policy Lead — both with the Minnesota Department of Human Services	Chester Creek Room
89	Jensen Settlement Agreement Updates	Maggie Friend, Jensen Implementation Office Analyst, along with Peg Booth, PhD, Jensen Implementation Office Director; and Shannon Torborg, PsyD, LP, Jensen Implementation Office Clinical Psychologist — all with the Minnesota Department of Human Services	French River 1
90	Time Does Not Heal, Action Does: Treating Grief and Loss Issues	William Sparke, MSW, Licensed Independent Clinical Social Worker with Sharehouse	French River 2
91	Small Actions, Big Impact	Rosemarie Merrigan, MSW, Diversity and Inclusion Manager with MnDOT	Gooseberry Falls 1
92	Action-Oriented Community Assessment: An Application of a Strengths-based Community Assessment Process Between the University of Minnesota Duluth Department of Social Work and the City of Duluth Indigenous Commission	James W. Amell, PhD, MSW, MPH, Assistant Professor with the University of Minnesota Duluth, along with Ricky DeFoe, Commission Chair, Tina Olson, Carol Deverney, City of Duluth, Duluth Indigenous Commission	Gooseberry Falls 2
93	Recognizing and Responding to Caregiver Abuse	Erin Fontaine, BAS, Independent Living Manager, along with Meredith J. Kujala, BSW, Qualified Professional / PCA Choice — both with Access North Center for Independent Living of Northeastern Minnesota	Gooseberry Falls 3
94	Transition Planning for Foster Care Youth	Jill Von Holtum, BA, along with Kathleen Hiniker, MSW, LICSW; and Kim Lemcke, MS — Adolescent Service Unit, Minnesota Department of Human Services	Harborside 202

95	Wounds, Gifts, Needs: A Tool To Help Clients Get Unstuck	Barbara Vallecillo, MSW, LICSW, Outpatient Psychotherapist with Project Pathfinder / Canvas Health	Harborside 303
96	You Don't Look Like You Have Lupus!	Sandy Parnell, MSW, LICSW, Director of Education with the Lupus Foundation of Minnesota, along with Jody Anderson and Lois Backscheider, Lupus Foundation of Minnesota Education Support Group Facilitators; and Dr. Cynthia Weaver, MD, Rheumatologist with St. Luke's Rheumatology Associates	Harborside 305
97	The Daring Way™: Approach to Wholehearted Living	Kerry Sopoci, PsyD, LP, Licensed Psychologist with St. Luke's Mental Health Services	Lake Superior Ballroom J
98	The Multidimensional Nature of Eating Disorders	Sarah Hrudka, Outreach Specialist with the Emily Program	Lake Superior Ballroom K
99	So You Want to Live in Your Own Home?	Theresa O'Halloran-Johnson, BS, Waiver Coordinator, along with Karen McGreevey, BS, Waiver Coordinator; Michelle Janz, BS, Social Worker; and Amy Sylvester, MSW, Social Worker — all with St. Louis County Public Health & Human Services	Lake Superior Ballroom L
100	Got Conflict? Find Your 'Conversation Peace'	Dr. Jody Janati, EdD, MA, with the University of Minnesota	Lake Superior Ballroom MN
101	Ghosts from the Nursery	Gary Eustice, MS, Licensed Psychologist with Tearmann Trauma Informed Care	Lake Superior Ballroom O
102	Spiritual Awakening Applied to Behavioral Health	Dennis Medved, BA, BS, Founder of Lakeplace Retreat Center and Fellowship Foundation	Split Rock 1
103	Circles of Support and Accountability: Community Involvement in Offender Re-entry	Sarah King, BA, Minnesota Circles of Support and Accountability Volunteer Coordinator, along with Kevin Nelson, MA, Minnesota Circles of Support and Accountability Lead Coordinator — both with the Minnesota Department of Corrections	Split Rock 2
104	Race is a Significant Predictor of Health Outcomes. The Facts are Correct; Let's Change the Facts!	Babette Sandman, BAS, Community Organizer with Health and Wellness Table, along with Cherise Payton, "Life Experience" degree, Wolffe Cultural Center Community Outreach Coordinator; and Tony Hernandez, Outreach Worker, Community Leader with life experiences representing All Nations Indigenous Center and Anishanaabe Ode'	St. Louis River Room

87 Playing it Safe in the Workplace with State Data

Board Room

The Department of Human Services and MnSure have joined together to roll out new data practices and security training required for all those having access or requesting access to DHS information systems. The new training combines various legal requirements for handling data securely and maintaining privacy and confidentiality. This session will provide an overview of the training, an opportunity to understand the training requirements from the state, and give participants an opportunity to provide feedback on their training experiences.

88 Accessing and Making the Most of Disability Benefits from SSA

Chester Creek Room

Whether you're working with someone who needs to apply for disability benefits from the Social Security Administration to maintain their state benefits, or you can't understand why on earth this person isn't receiving disability benefits already, it's important to have some key facts. In this session, we'll cover the basics of SSA's disability programs: Supplemental Security

Income and Social Security Disability Insurance, including their medical and non-medical eligibility criteria and the application process, how Department of Human Services-contracted SSI Advocacy and SSI/SSDI Outreach, Access and Recovery agencies can help individuals apply for SSI and SSDI, as well as SSA's Work Incentives programs that give people with disabilities choices and opportunities to reenter the work force.

89 Jensen Settlement Agreement Updates

French River 1

How much do you know about the Jensen Settlement Agreement? Do you know what Minnesota Life Bridge is? What services and training can the Department of Human Services provide to help lead agencies and providers to develop plans that best serve clients with challenging behaviors? The Jensen Settlement Agreement and Comprehensive Plan of Action requires the development of best practices with person-centered plans and transition planning, and has enhanced community mobile services for clients and providers. Lead agencies and providers also

have responsibilities under the Jensen Settlement Agreement.

90 Time Does Not Heal, Action Does: Treating Grief and Loss Issues

French River 2

Many people seeking addiction treatment will have underlying grief and loss issues. Left untreated, these issues will lead to relapse. Participants in this session will learn to identify those issues, and learn ways to help clients do the work necessary to heal from loss. Objectives of this presentation are to be able to identify tangible and intangible losses that clients may present, help clients identify "hidden losses" that negatively impact recovery, and assist clients in beginning to work through grief and loss issues.

91 Small Actions, Big Impact

Gooseberry Falls 1

We are cultural beings and we approach situations with learned cultural assumptions. In addition, we hold forms of unconscious bias which influence our decisions, communications, and interactions, at times with unintended consequences. Increasing understanding of one's cultural context and awareness

of unconscious bias fosters intercultural effectiveness. In this workshop participants will have the opportunity to strengthen understanding of cultural behavior and cultural assumptions, explore the affect of unconscious bias on decisions and interactions, and develop strategies to mitigate unintended consequences and promote greater understanding, respect, and effectiveness.

92 Action-Oriented Community Assessment: An Application of a Strengths-based Community Assessment Process Between the University of Minnesota Duluth Department of Social Work and the City of Duluth Indigenous Commission

Gooseberry Falls 2

We discuss the application of an Action-Oriented Community Assessment approach (i.e. assumptions and methods) between the UMD Department of Social Work and the Duluth Indigenous Commission. AOCA is a strengths-based assessment strategy that has implications for human-service practitioners. The purpose of an AOCA is to gain an understanding of the cooperative dynamics and functions of relationships within communities, to examine connections between community members and broader structures, and to promote the conditions and skills required for practitioners and community members to collaborate as equal partners to affect change. Action strategies to be carried out with the Duluth First Nations Community will be discussed.

93 Recognizing and Responding to Caregiver Abuse

Gooseberry Falls 3

Participants will learn strategies to recognize warning signs and understand dynamics of caregiver abuse. Participants will also explore similarities and differences between caregiver abuse, sexual assault, domestic violence, verbal/psychological abuse, and financial exploitation. Participants will learn the importance of education and awareness to empower people with disabilities and create a safe environment for disclosure of abuse and connecting to available community resources.

94 Transition Planning for Foster Care Youth

Harborside 202

Preparing foster-care youths to transition

to adulthood requires a comprehensive and ongoing process of collaborative and individualized planning that provides skills, long-term wellbeing, and supportive relationships. This training will offer an overview of transition planning, the statutes, and a discussion of the Healthy Transition and Homeless Prevention program, Support for Emancipation and Living Functionally program, and the Education and Training Voucher program.

95 Wounds, Gifts, Needs: A Tool To Help Clients Get Unstuck

Harborside 303

Are you working with a client who excels in some areas of life and falters in others? Does it feel like you are at an impasse in helping him or her move forward? This simple and respectful tool can be used with clients to outline areas of difficulty and growth. Whether you are a caseworker or a therapist, this client-centered paradigm will benefit your work and the success of your clients.

96 You Don't Look Like You Have Lupus!

Harborside 305

One out of 200 people are diagnosed with lupus — 90 percent being women — and yet, like many other chronic illnesses, lupus continues to be an invisible disease in our communities. This workshop will remove the invisible cloak and provide participants with an overview of lupus, updates about current research including treatments, strategies to manage lupus holistically, as well as ways to create an integrated health-care team.

97 The Daring Way™ Approach to Wholehearted Living

Lake Superior Ballroom J

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, groups, families, work teams, and organizational leaders. It can be facilitated in clinical, educational, and professional settings. During the process we explore topics such as vulnerability, courage, shame, and worthiness. The primary focus is on developing shame-resilience skills and developing daily practices that will move us toward more authentic and wholehearted living. The presenter is a Certified Daring Way Facilitator Candidate.

98 The Multidimensional Nature of Eating Disorders

Lake Superior Ballroom K

Eating disorders are serious, life-threatening conditions that require appropriate care and management by a team of mental-health and medical professionals. This session will provide a basic level of understanding of the multidimensional nature of eating-disorder development and maintenance, challenges related to recovery, and communication techniques to help approach someone who may be struggling. The session will also address the diverse range of people affected by eating disorders and how personalized treatment can manage individual needs.

99 So You Want to Live in Your Own Home?

Lake Superior Ballroom L

Explore options for individualized residential services in your community. Learn how to access home and community-based, county and state services that are available for creating person-centered community-integrated living options. Discover how transition services and independent living options can be used to develop and maintain individual residential options.

100 Got Conflict? Find Your 'Conversation Peace'

Lake Superior Ballroom MN

Learn 101 things to say and do during difficult interactions. Maintain your personal integrity through effective communication strategies that really work. Participants will learn step-by-step responses to transform difficult conversations. Multiple techniques will be discussed to ensure you can find your voice, maintain wholeness, and go unimpaired while engaging others during difficult interactions. Say what you mean, mean what you say, and don't be mean when you say it. Be cool, calm, and collected. Set healthy boundaries with others and ultimately find your "conversation peace."

101 Ghosts from the Nursery

Lake Superior Ballroom O

Ghosts from the Nursery was a best-selling book in 1997 that contradicted the belief that violence started in adolescence. It provided a background of biological and sociological conditions that suggested violence in a person began to form in the crib. Since 1997 new findings in neurology support that brain changes that can occur at birth or infancy can lead

to violent outcomes. This session will follow the case study from the book and relate how an individual's life experiences can lead to tragic outcomes.

102 Spiritual Awakening Applied to Behavioral Health

Split Rock 1

This workshop is designed to look beyond more traditional behavioral-health therapies — most specifically chemical-dependency care — into assessment of, and attention to, spiritual health and healing. Exploration of a progressive “spiritual awakening” toward continued recovering is also considered. Primary research includes participation at George Washington University Institute for Spirituality & Health and at the CD Rehab Camp in Nicaragua.

103 Circles of Support and Accountability: Community Involvement in Offender Re-entry

Split Rock 2

In 1994, Circles of Support and Accountability began in Hamilton, Ontario, utilizing community volunteers to participate

in a restorative justice process to assist high-risk sex offenders as they transition from correctional facilities to the community. Over time, CoSA was adopted by other cities and provinces across Canada. The Minnesota Department of Corrections adopted the model and started a pilot program in 2008 called Minnesota Circles of Support and Accountability, which is still in operation. Recently, MnCoSA has expanded to work with military veterans (regardless of criminal history) and life-term offenders who are eligible for parole. With this expansion of serving different populations also comes expansion to different geographical areas in Minnesota. MnCoSA has historically operated exclusively in the Twin Cities, however, expansion to the Duluth area is underway. The goals of the presentation are to provide session attendees with information on the logistics and success of the CoSA model, the offender populations it serves, and opportunities for community members to participate in the MnCoSA program.

104 Race is a Significant Predictor of Health Outcomes. The Facts are Correct; Let's Change the Facts!
St. Louis River Room

Native Americans and communities of color experience significant health disparities due to the social and structural determinants of health and wellness. Because health inequity is socially determined, change is possible. Using a parallel development process, this workshop will explore opportunities to build respectful partnerships and empower the communities most impacted by health disparities. Participants will be challenged to become more effective allies with marginalized communities, reduce policy and system barriers to health and wellness, and build community capacity for peace, shelter, education, healthy food, fair income, and social justice.

Friday, October 10		Session III Workshops	1:30 – 3:00 p.m.
105	Responding, Recovery, Resiliency from the 2012 Flood	Russell Rowenhorst, MSW, Mental Health Professional along with Jodi Anderson, LICSW, Mental Health Professional with Northland Regional Flood Recovery; and Joanne Erspamer, BA, PHN, Health Educator and Emergency Preparedness Coordinator with Carlton County Public Health & Human Services	Board Room
106	TXT4LIFE: Suicide Prevention Program	Meghann Levitt, BAS Community Health Ed, Health Educator and Grant Coordinator with Dave Lee, MA, LP, LMFT, LICSW, Director, Carlton County Public Health & Human Services; Donna LeKander, Director of the Carlton County Children & Family Services Collaborative	Chester Creek Room
107	Stress Relief: Care for the Caregiver	Jane Larson, MSW Student, Certified Massage Therapist with Wellness Massage, along with Pat Luoma, Certified Massage Therapist with the Clinic for Massage Therapy	French River 1
108	Creating a Tribally-based Child Welfare Practice Model and Workforce	Bree Bussey, MSW, Community Programs Coordinator with the Center for Regional and Tribal Child Welfare Studies at the University of Minnesota Duluth, along with Earl Robinson, BSW, IV-E Coordinator; and Jari Hanson, BSW, Training Coordinator and Case Manager with the Leech Lake Child Welfare Program	French River 2
109	Communicating with Gender Non-conforming and Transgender Clients	Caroline Woods, PA-C, MS, Health & Wellness Director with the YWCA of Duluth	Gooseberry Falls 1
110	Tobacco Use and Recovery Among Individuals with Mental Illness or Addiction	Pat McKone, Director with the American Lung Association of the Upper Midwest	Gooseberry Falls 2
111	Stepping Stones, Not Stumbling Blocks	Tim Hammond, MHA, Contract Manager with Ramsey County Community Human Services, along with Karen Nelson-Klein, MHA, Senior Program Manager with Rescare Minnesota	Gooseberry Falls 3
112	Moving from Table Talk to Action	Simonita P. Simkins, MA Candidate, Artistic Theater Director at the University of Wisconsin-Superior	Harborside 202

 *More Session I Workshops on next page.*

Friday, October 10		Session III Workshops	1:30 – 3:00 p.m.
113	Understanding and Treating Codependency	Carol Lynn Hulce, PhD, Assistant Professor of Counselor Education with the University of Wisconsin-Superior	Harborside 203
114	Catch the Mentoring Spirit and Shape Our Future	Sue Plaster, MEd, owner of Sue Plaster Consulting	Harborside 204
115	Emerging Leadership for Our Time: Hosting Meaningful Conversations and Problem-Solving Methods with Grace	Dr. Maria Stalzer Wyant Cuzzo, PhD, JD, Mediator, Professor of Legal Studies, Academic Advisor to CCE Mediation/Conflict Resolution/Paralegal/Ethical Leadership Certificates, Director of Center for Excellence in Teaching and Learning at UW-Superior	Harborside 205
116	The MOFAS Birth Mother Panel	Michele Fournier, MA, Chemical Health and Program Coordinator with the Minnesota Organization on Fetal Alcohol Syndrome, along with the MOFAS Birth Mother Panel	Harborside 301-302
117	The Science and Art of Living a Balanced and Fulfilling Life	Linda Wieser, OSF, MS, Integrative Therapist with Riverseasons	Harborside 303
118	True Freedom: A Love Story	Tiffany Kari, BAS, BS, Health Promotion Coordinator with the St. Louis County Human Resources Department	Harborside 304
119	Through Our Eyes: Child Protection from the Perspective of the Child	Kelly Crow, BSW, along with Shawna Pulford, BSW; and Annie Krohn, MSW — all Child Protection Social Workers with St. Louis County Public Health & Human Services	Harborside 305
120	Simple Techniques for Working Effectively with Hard to Serve Youth	Maude Dornfeld, MA, Executive Director, along with Julie Flint, MSW, LICSW, Mental Health Professional; and Ahna Pelto, BSW, Youth Center Supervisor — all with Life House	Lake Superior Ballroom J
121	Theater for Change	Angie Frank, MS Education, Teaching Artist and Independent Contractor with the St. Louis County Jail	Lake Superior Ballroom K
122	An Invitation to Vulnerability: Waking Up in Our Work	Paula Williams, Self-employed Certified Integral Coach, along with Stacy Husebo, MSW, LICSW, Professional Faculty, Independent Clinical Social Work and Therapist with St. Catherine University	Lake Superior Ballroom L
123	Powerful Tools for Long-term Caregivers	Rebecca Hagen-Jokela, MS, Family Resource Management Regional Extension Educator with the University of Minnesota Extension Service, along with Debra Laine; Master of Education, Special Program Developer with Arrowhead Area Agency on Aging	Lake Superior Ballroom MN
124	If We Can't Laugh at Ourselves, Then Who Can We Laugh At?	Desiree Menuey, BA, QDDP, President, along with Julia Mattson, BS, Executive Director; and Jerry Salvesson, AA, Board Member — all with People with Disabilities for Change	Lake Superior Ballroom O
125	Healthy Sexuality in Today's Culture	Lindsey Saukko, MEd, MFT, along with Sarah Anderson, MA, LMFT, Therapists at the Duluth Institute	Split Rock 1
126	Group Residential Housing and MSA Housing Assistance Reform	Kristine Davis, MA, Policy Consultant with the Department of Human Services	Split Rock 2
127	Child Protection Investigations: Social Services and Law Enforcement Coming Together and How They Can Make or Break a Case	Sharon Chadwick, along with Renae Darland and Michelle Anderson — all Assistant St. Louis County Attorneys — to be joined by a member of the Virginia Police Department	St. Louis River Room

105 Responding, Recovery, Resiliency from the 2012 Flood

Board Room

The flood of 2012 affected individuals, families, businesses, organizations, and communities in the Aitkin, Carlton, Pine, and St. Louis County. This presentation will review some of the damage, responses, resource development, and lessons learned in responding to the flood. We will present information ranging from grant development, implementation, to impact the volunteers had in response to the flood. We will present information on the differences of short-term and

long-term recovery and resilience. There will be individual stories of the night of the flood, evacuation, recovery efforts, and elements of resiliency and strength from organizations, neighborhoods, volunteers, and families. Presenters will also provide information regarding expended mental health services.

106 TXT4LIFE: Suicide Prevention Program

Chester Creek Room

TXT4LIFE is a suicide prevention program, started in 2011 with a federal grant from the Substance Abuse and

Mental Health Services Administration. By opening the Minnesota affiliate of the National Suicide Prevention Lifeline to text messaging, the program has seen a huge increase in youth and young adults reaching out for help during a crisis. Coordinators have used extensive marketing, education, trainings, and community involvement to further raise awareness for TXT4LIFE and suicide prevention, reduce stigma, and equip communities with important skills. Staff will focus on plans for, and progress on, the expansion of the program statewide, through

continued grant funding, and state legislative funding, and the program's application for Best Evidence-based Practice.

107 Stress Relief: Care for the Caregiver
French River 1

Caregivers are usually alert to the stresses of the people they help. They are not, however, always alert to the stress and fatigue that can slowly surface in their own lives. In this interactive session we will present information about the physical and physiological responses to stress, discuss ways to reduce stress, and demonstrate techniques to improve stress management and self care. Most of these techniques have little or no cost, pose little risk, and can be done just about anywhere, anytime.

108 Creating a Tribally-based Child Welfare Practice Model and Workforce

French River 2

In this workshop we will discuss the creation of a tribally-based Child Welfare Practice Model that has been developed by the Leech Lake Child Welfare Program and the Center for Regional and Tribal Child Welfare Studies at the University of Minnesota Duluth. The Practice Model is based on the Seven Anishinaabe Teachings and contains tribally based definitions of safety, permanency, and well-being. A child-welfare workforce training is currently in development, which is also rooted in the seven teachings. An overview of the Practice Model and training development will be discussed.

109 Communicating with Gender Non-conforming and Transgender Clients
Gooseberry Falls 1

It is important to have a professional environment that responds positively to the needs of transgender and gender nonconforming people. When anyone is seeking services it is important that they are treated respectfully by all staff, including first-point-of-contact staff. For providing a respectful workplace culture, basic principles, definitions, customer-service strategies, organizational strategies, and the advantages of avoiding gender terms altogether are included.

110 Tobacco Use and Recovery Among Individuals with Mental Illness or Addiction

Gooseberry Falls 2

Tobacco use in Minnesota has decreased to approximately 18 percent. But for those with mental illness or addiction the rate has remained relatively unchanged with up to 70 percent prevalence. People with mental disorders in the past month

consume about half of the cigarettes smoked in the United States. Recent data from several states has shown that people with serious mental illness die, on average, 25 years earlier than the general population as a direct result of tobacco use. This session will address the affect of tobacco on this population, the barriers to addressing and providing treatment and resources for working with low-motivated clients, and what is happening in Minnesota to address this important topic.

111 Stepping Stones, Not Stumbling Blocks

Gooseberry Falls 3

Professionals encounter many different and difficult challenges in helping the people they care for who have physical, mental, or intellectual disabilities. This session will present and discuss applied knowledge in two areas: 1) getting underneath the true issues that manifest in complicated physical and behavioral outcomes, and 2) teaming with families in ways that encourage their positive involvement. Research and innovated approaches will be shared to successfully step around the stumbling blocks.

112 Moving from Table Talk to Action

Harborside 202

This workshop is an interactive theater experience written and performed by local community members who have been directly affected by health disparities predicted by race and culture. Workshop participants will watch a performance exploring the intersection of health and race, and then have the chance to enter the scene and change its direction. Thus, audience members will have a safe space to test out various scene endings they can then apply to their real-life experiences. We will end with information on current research regarding the goals and outcomes of interactive theater practices in creating positive social change.

113 Understanding and Treating Codependency

Harborside 203

His happiness is dependent on others. A good day is defined by her significant other being content. She spends hours worrying about issues she can't control. These may seem like familiar, appropriate reactions to those who experience them daily, but they're likely a problematic pattern known as codependency. Codependency is an unhealthy relational pattern between friends, lovers, colleagues, parents, or children. Overcoming codependency is possible by understanding its origin, recognizing common

characteristics, and creating pathways to healthy change. This presentation will provide foundational information on codependency, suggestions for treatment, and an open forum to discuss your questions and observations.

114 Catch the Mentoring Spirit and Shape Our Future

Harborside 204

You'll gain from this session whether you are a mentor to others, need a mentor, or want to imbed mentoring into your organization. We'll examine the magic of mentoring, paying particular attention to mentoring across differences, where it's even more powerful. And we'll tap into the group's wisdom, through the experiential learning of storytelling. How can we foster more mentoring at work? How can we encourage others who are unlike us? We'll gain practical approaches to spread the mentoring spirit.

115 Emerging Leadership for Our Time: Hosting Meaningful Conversations and Problem-Solving Methods with Grace

Harborside 205

This workshop will focus on an overview of practices for current or emerging leaders in the health and human service field that practices inclusion, co-creation, and participatory leadership. The four key principles of being a good "host" (leader) of critical conversations in your unit will be explored. Attendees will have a chance to self-evaluate on how frequently they approach their work of leadership with those principles in mind. Then, the presenter will share an overview of many common methods (including Appreciative Inquiry, World Café, Open Space Technology, Circles, and other methods) that can be used to create a participatory, inclusive way of doing business and finding creative solutions to current issues in your workplace and unit. You'll have a chance to ask questions (the key to participatory leadership) and talk about the opportunities and challenges of being a participatory, inclusive leader. This is the emerging leadership model in many public sector organizations today so come and find out how to be a good host, leader and participant in your workplace.

116 The MOFAS Birth Mother Panel

Harborside 301-302

The Minnesota Organization of Fetal Alcohol Syndrome's Birth Mother Panel is a network of women who have used alcohol and/or drugs while they were pregnant. These women come together

and share their stories across Minnesota so other women know they are not alone and there is help for them and their children. Many of the women are in recovery and serve as mentors to one another to collectively overcome the stigma of alcoholism, addiction, and fetal alcohol spectrum disorders. The panel educates others about the dangers of substance use and abuse during pregnancy, shedding the shame and sharing the hope.

117 The Science and Art of Living a Balanced and Fulfilling Life
Harborside 303

This workshop offers a review of the components of both the science and art of how to live a life that is fulfilling and of service to others. Linda Wieser will draw upon the works of Sonja Lyubomirsky's grant from the National Institute of Health, as well as material from Martin Seligman, president of the American Psychological Association. Participants will also receive an overview of studies of neuroscience today and the impact of body/mind therapies in the healing process. The presentation will be interactive, with the experience of doing a wellness mandala and meditation.

118 True Freedom: A Love Story
Harborside 304

Understanding struggle, pain, grief, and forgiveness. Finding purpose, meaning, and love in all situations. This workshop has been designed to support all on their personal journeys to discover the greatest love, which manifests into love, light, and joy all around us. Learning to live out our own "greatest love story."

119 Through Our Eyes: Child Protection from the Perspective of the Child
Harborside 305

This session is an opportunity to learn about social services, Children in Need of Protection court, foster care, and permanency through the perspective of the youth and children involved.

120 Simple Techniques for Working Effectively with Hard to Serve Youth
Lake Superior Ballroom J

Life House serves high-risk, street-dependent and homeless youth in the Duluth area. During this workshop, our experienced youth workers and case managers will share their tried and true techniques for guiding street youth from crisis to stability, including building rapport from the ground up, a relay approach to making referrals, creating a safe and welcoming environment, keeping kids invested in their success, managing self-defeating behaviors, providing consistency with

flexibility, and building a unified multi-disciplinary team. The panel will present concrete examples drawn from decades of combined experience.

121 Theater for Change
Lake Superior Ballroom K

Participants in this workshop will engage in theater activities designed to rehearse the changes people want to make in their individual lives, communities, and society. They will leave with an introductory understanding of a model they can modify to use in a variety of settings. Specifically, the presenter will discuss a program, Theatre for Change, carried-out at the St. Louis County jail, which used theater activities to teach and rehearse cognitive restructuring skills adapted from the National Institute of Corrections curriculum, "Thinking for a Change." Note: This workshop requires audience participation.

122 An Invitation to Vulnerability: Waking Up in Our Work
Lake Superior Ballroom L

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 countless 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.

123 Powerful Tools for Long-term Caregivers
Lake Superior Ballroom MN

Long-term caregivers face unique caregiving challenges. Powerful Tools for Caregivers, an evidence-based health program, provides self-care tools and strategies for family caregivers. Explore the Powerful Tools for Caregivers curriculum components: self-care behaviors, management of emotions, self-efficacy, and use of community resources. Participants will gain an understanding of the importance of caregivers, caring for self in long-term care-giving situations, explore strategies for positive self care, and gain an understanding of the Powerful Tools for Caregivers intervention and implementation strategies in Minnesota.

124 If We Can't Laugh at Ourselves, Then Who Can We Laugh At?
Lake Superior Ballroom O

We know how difficult it can be living with a disability or helping someone with a disability, but do we know how to see the humor in it? One proven method of coping is to use humor, so come join us in sharing our humorous stories about dealing with disabilities and how it has helped us. We would like to encourage our audience to bring some of their own humorous stories to share as well.

125 Healthy Sexuality in Today's Culture
Split Rock 1

This session will, in fitting with the conference theme, explore how the current messages in a sexualized society shape an individual's sexuality. The discussion will consider what is prescribed as typical developmental process regarding sexuality, and the dynamic interchange between this process and the influences of a sexualized society. Workshop participants will be encouraged to consider the apparent conflict between these sexualized messages and desire for privacy regarding sexuality, sexual behavior, and healthy sexuality for the individual. The goal of the workshop is to expand definitions of sexuality beyond sexual behavior, to acknowledge the significance of sexuality as a component of our personality, and to explore the developmental influences to healthy, unhealthy, and even deviant sexuality.

126 Group Residential Housing and MSA Housing Assistance Reform
Split Rock 2

The Department of Human Services is engaging in a statewide visioning process to guide the reform of the Group Residential Housing and Minnesota Supplemental Aid housing-assistance programs. The goal of the reform is to increase housing options that promote choice and access to integrated settings, aligning with the state's Olmstead Plan and Plan to Prevent and End Homelessness; simplify state-funded income-supplement programs and supports for people with disabilities and people who are elderly; improve work incentives and self-sufficiency; develop payment rates based on meaningful criteria; and improve program integrity. This session offers an opportunity to learn about the GRH/MSA housing-assistance reform efforts and provide valuable feedback.

127 **Child Protection Investigations:
Social Services and Law Enforcement
Coming Together and How They Can
Make or Break a Case**

St. Louis River Room

First Witness interviews, suspected physical abuse, drug arrests with young children in the home ... we are all too

familiar with the many ways social-services reports can lead to law-enforcement investigations and vice versa. Three members of the St. Louis County Attorney's Office representing the Criminal, and Public Health & Human Services divisions, along with a Virginia Police Department officer, will talk about the respective obli-

gations of law enforcement and social services, where their interests can come into conflict, and practices that help ensure the best outcomes for children. Questions and discussions will be encouraged.

Naamijig: Honoring Our Traditions

Photography Exhibition, both days, Edmund Fitzgerald Hall



Ivy Vainio Artist Statement:

I am a direct descendant of a Grand Portage Band of Ojibwe tribal member and am very connected to Ojibwe culture, values, and beliefs. During the summers I document life on the "powwow trail" through my photography. I try to capture the true essence of this contemporary American Indian gathering by photographing dancers, their colorful and sacred outfits, and interactions between tribal members. I try to capture the strong sense of connection that symbolically binds them together, and that is their culture. Through these photographs I feel I add to the prideful and strong sense of cultural identity for many American Indians. I am happy to be among the growing number of indigenous photographers who are now documenting tribal members and cultural activities in a respectful and honoring way.

We all need to honor our traditions.

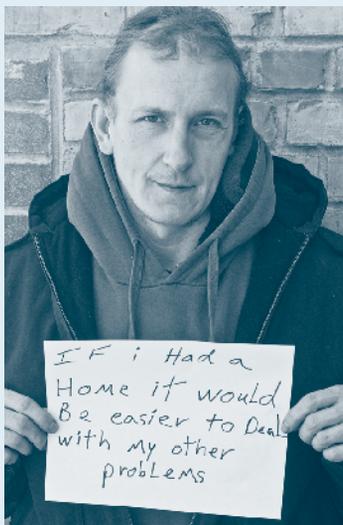
Ivy Vainio

Sr. Multicultural Student Services Specialist
University of Wisconsin-Superior
yvainio@uwsuper.edu

Beauty, Strength, Vision. T'ea Drift, Bois Forte Tribal member, looks out over the dance arena at the annual Mashkawisen Veterans Powwow in Sawyer, Minnesota on July 14, 2012.

It Begins with a Home

Photographic Slide Show prior to Keynote, Thursday, 10:00 – 10:30 a.m., Symphony Hall



Daniel Badhwa is a fall, 2014 Digital Arts & Photography BFA candidate at UMD. He is a recipient of Skomars Family and Geraldine Hanson Heller scholarships and one of his photographs was the UMD Chancellor's Purchase Award in 2014. To create *It Begins with a Home*, he worked at CHUM in Duluth and the MN Coalition for the Homeless. badhw001@d.umn.edu

Melissa Bensen is a 2014 Digital Arts & Photography UMD graduate. In creating this photography project, she collaborated with children from the Duluth Boys and Girls Clubs, asking them to write stories that she then illustrated by creating Lego scenes with added elements. benso875@d.umn.edu

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

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

Deadline to request accommodations: August 15, 2014

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

\$50 registration fee whether attending one or both days

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

**Register by
mail, fax or web
by Friday,
October 3, 2014**

Registration questions?
Call Christina Zeise at MSSA
651-789-4327 or deb@mnssa.org

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

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

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

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NO REGISTRATION REFUNDS AFTER FRIDAY, SEPTEMBER 12, 2014

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

For More Information...

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and workshops of their choice throughout
the conference.

**Registration
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Mary Bridget Lawson,
HHSC Chair
Government Services Center
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Duluth, Minnesota 55802-1495

Call: (218) 726-2140
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lawsonm@stlouiscountymn.gov

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