



Register and pay by August 31st: Early Bird: \$60
Sept–Oct 6, 2017 \$75 * Walk-in: \$90

106 WORKSHOPS
16 INSTITUTES
KEYNOTE SPEAKER
152 EXHIBITS

The St. Louis County Health & Human Service Conference draws together 3,000 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.

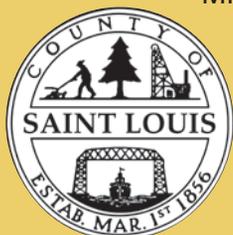
MN Board of Social Work
CEUs will be available

Some CEUs may also fulfill
MN Board of Nursing
requirements

35TH ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE



Thursday-Friday
October 12-13, 2017
At the DECC
Duluth, Minnesota



www.stlouiscountymn.gov/hhsconference



CONFERENCE OVERVIEW

Thursday, October 12

7:30 – 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.

7:45 – 8:15 a.m. **Pipe Ceremony**, Roxanne DeLille, outside the DECC Harborside entrance by Lake Superior Bay

8:30 – 10:00 a.m. **Session I Workshops**, pp 3-6

10:00 – 10:30 a.m. **Break and visit** 152 exhibits in Pioneer Hall

10:30 – Noon **DECC Symphony Hall**

Welcome—Mary Bridget Lawson, Conference Chair

Musical welcome—The Lake Superior Youth Chorus, celebrating their 25th anniversary, cultivates an active and inclusive community of young choral artists, centered on a holistic music education. www.lsyouthchorus.org

Lake Superior Youth Chorus, Cantemus, Dr. Bret Amundson, artistic director

Keynote Presentation: Maura Cullen



Maura Cullen has been referred to as being the best there is at simplifying the complex issues of diversity in an entertaining and educational manner. Since 1987, Dr. Cullen has been capturing the hearts and minds of people with her dynamic seminars and speaking engagements throughout the U.S., Canada and Australia. Maura is considered one of the foremost authorities on issues of diversity and leadership having worked with over 500 organizations with audiences ranging from eight to 8,000 people.

One of the guiding forces that led her to attaining her doctorate from the University of Massachusetts/Amherst in Social Justice and Diversity Education is her passion to make diversity training as engaging and enjoyable as possible. By utilizing her wonderful sense of humor and real life stories, she resonates with her audience without being aggressive or domineering. Participants remark that Maura is “down to earth” and genuine, and though some may have initially resisted attending her program, they ended up enjoying it immensely. Said one participant, “I was required to go to Maura’s session and without question I will never see things the same way again. It is a defining moment in my life.” She offers participants concrete ideas to make immediate and significant changes in their lives.

Noon – 1:00 p.m. **Lunch** on your own in Edmund Fitzgerald Exhibit Hall or at eateries near the DECC, and **visit exhibits**

1:00 – 4:30 p.m. **Session II Institutes**, pp 6-8

1:00 – 2:30 p.m. **Session II Workshops**, pp 8-10

2:30 – 3:00 p.m. **Break & visit exhibits**

3:00 – 4:30 p.m. **Session III Workshops**, pp 11-13

Both Days **Exhibit: Words Are Powerful** in the Edmund Fitzgerald Exhibit Hall

Friday, October 13

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

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

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

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

10:30 a.m. – Noon **Session II Workshops**, pp 18-20

Noon – 1:30 p.m. **Lunch** on your own in Edmund Fitzgerald Exhibit Hall or at eateries near the DECC, and **visit exhibits**

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

1	DHS Housing and Homelessness Programs Overview and New Legislation	Rebecca Melang, Masters in Nonprofit Management, Project Manager, State of Minnesota DHS; Kristine Davis, Group Residential Housing Policy Lead, State of Minnesota DHS; Alison Niemi, Housing Policy Specialist, State of Minnesota DHS	Boardroom
2	What We Think We Become: Mindset	Julie Zaruba Fountaine, MS Health Nutrition and Exercise Science, Wellness Coordinator, The College of St. Scholastica	Chester Creek
3	Expanding Transgender Health Services in a Large Health System: Essentia Health’s Process to Becoming More Trans Friendly *	Jamie Conniff, MD, MPH, Faculty, Duluth Family Medicine Residency Program, Essentia Health; Julie Schoff, MS, RN-BC, Operations Administrator, Medical Specialties, Essentia Health; Chris Russ, Operations Administrator, Primary Care, Essentia Health	French River 1
4	Resettlement of Refugees in Germany: Lessons Learned	Connie Gunderson, PhD, Associate Professor, The College of St. Scholastica; Michelle Robertson, MSW, LGSW, Assistant Professor, The College of St. Scholastica; Mikayla Winkels, UMD Student, BSW; Amanda Yliniemi, CSS Student, MSW; Eileen Huggins, MSW, LGSW, CSS Alumna; McKenzie Kanipes, UWS Student, BSE; Abigail Lingwall, MSW, LGSW, CSS Alumna; Sarah Nelson, UMD Student, MSW; McKenzie Kanipes, UWS Student, BSW	French River 2
5	Chasing the High: A Family’s Journey from Addiction to Recovery	Marcia Gurno, MEd, BA, Social Worker, St. Louis County Public Health and Human Services; Theresa Wanless, past heroin and meth user now in recovery; and her mother, Eve Farrow, mother, grandmother, and SLC foster parent	Gooseberry Falls 1
6	Linda, Listen to Me...	Michelle Nelson, BA Criminology/Sociology, Admissions Manager, The Hills Youth and Family Services	Gooseberry Falls 2
7	Positivity and Prevention: HIV/AIDS in the Northland	Paige Smith, LGSW, Program Coordinator, Lutheran Social Service; Kathy Hermes, BS, Program Coordinator, Lutheran Social Service; Mark Medelbo, HIV Support Group Member; Jameson Danielson, Rural AIDS Action Network	Gooseberry Falls 3
8	See What I’m Saying: Culturally Sensitive Mental Health Services for the Deaf and Hard of Hearing Population	Madison Haeg, MSW, LGSW, Deaf and Hard of Hearing Therapist, Therapeutic Services Agency; Lori Vigesaa, MS, NCC, Deaf and Hard of Hearing Therapist, Therapeutic Services Agency; Nicki Melby, MA, Deaf and Hard of Hearing Therapist, Therapeutic Services Agency	Harborside 202
9	Be “The Boss Baby” for Professional Supervision *	Kelli Bodie-Miner, MISS, MSW, LICSW, Department of Human Services; Zachary Campbell, MR, MA, LPCC, Department of Human Services	Harborside 203
10	DHS Audits: Partnering with Counties to Reduce Errors – Family Cases	Don Skoy, BA Health & Physical Education K-12 and Elementary Education K-6, State Program Administrator Director/Internal Audits, Minnesota Department of Human Services; Jill Kozemczak, BS Social Work and Human Relations, State Program Administrator Principle, Minnesota Department of Human Services; Lori Hill, State Program Administrator Senior, Minnesota Department of Human Services; Connie Thomas, AA Accounting, State Program Administrator Principle, Minnesota Department of Human Services	Harborside 204
11	The Challenge of Climate Change to Health and Human Services	David Swenson, PhD, Psychologist, The College of St. Scholastica	Harborside 205
12	What Social Workers Need to Know about Fetal Alcohol Spectrum Disorders and Mental Health *	Ruth Richardson, JD, Director of Programs & National Strategic Initiatives, Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)	Harborside 301-302
13	This is What Advocacy Looks Like	Christina Zeise, MSW, MPP, Executive Director, Minnesota Social Service Association	Harborside 303
14	Type 2 Diabetes—It’s Preventable	Kim Matteen, BA, Regional Lifestyle Change Coordinator, Healthy Northland; Jen Collard BSN, PHN, Public Health Nurse, St. Louis County; Tiffany Kari, BA, BASc, Health Promotion Coordinator, St. Louis County	Harborside 304

* An asterisk means a post-test will be offered

✱ Session I Workshops continue on next page

15	All May Experience Duluth Outside *	Dwight Morrison, BS, MA, ABD, Co-Chair of Wheels on Trails Organization, Disability Trail Organization	Harborside 305
16	Strategies for Prevention & Serving Sexually Exploited Youth	Mel Alvar, BASc Community Health Education & Promotions and Gender & Women Studies, Youth Advocate, PAVSA; Mary Cowen, Safe Harbor Program Manager, Life House; Makoons Miller-Tanner, Trafficking Outreach Advocate, PAVSA	Lake Superior Ballroom J
17	The ACES Have It: The Neurobiology of Complex Trauma and Addictions *	Libby Marlatt-Murdoch, MS Clinical Mental Health, LPCA, LCASA, CTRTC, CCTP, Finding Hope Consulting, LLC; Mary Vicario, MEd, LPCC-S, Finding Hope Consulting, LLC	Lake Superior Ballroom K
18	Relationship of the Body and Mind in the Healing Process *	Leah Prussia, MSW, LICSW, Clinical Social Worker–Assistant Professor, Natural Connections LLC/The College of St. Scholastica	Lake Superior Ballroom L
19	Communicating Across Cultural Boundaries: Beginning the Conversation	Robert Hartl, MA in Management, Director, MBA in Leadership & Change, The College of St. Scholastica; Antoinette Pearson, EdD in Organization Development, Assistant Professor of Management, Labovitz School of Business & Economics, University of Minnesota Duluth	Lake Superior Ballroom MN
20	The Acculturation Model: A Supervisory Tool to Promote Aspirational Ethical Decision Making *	Mary Casey Ladd, MSW, LICSW, LMFT Family Therapist in Private Practice, Mary Casey Ladd, LLC	Lake Superior Ballroom O
21	Overview of Social Security Disability Programs	Dawn Holmen, BS, Social Security Benefit Advocacy Coordinator, Department of Human Services	Split Rock 1
22	Well Care Network: Chronic Disease Management and Falls Prevention Initiatives	Georgia Lane, MSW, Program Developer, Arrowhead Area Agency on Aging; Nancy Sudak, MD, ABIMH, Director of Integrative Health, Essentia Health; Lisa Porthan, Exec. Director, Northwoods Area Partners	Split Rock 2
23	Working With a Criminal Background	Jason Beckman, Masters in Management/MBA, Program Director, SOAR Career Solutions; Jessica McCarthy, BA in progress, Career Specialist, SOAR Career Solutions; Kristen Jacobus, MA English, Career Specialist, SOAR Career Solutions; Ashley Lovold, BA Social Work, Re-entry Career Specialist, SOAR Career Solutions; Cynthia Finley, BS Sociology/BS Communication, Re-entry Case Manager, SOAR Career Solutions	St. Louis River

Thursday, October 12 **Session I Workshops** **8:30 – 10:00 a.m.**

1 DHS Housing and Homelessness Programs Overview and New Legislation
Boardroom
 An overview of the new changes to DHS funded housing programs. The legislature passed a comprehensive package for housing entitled Individual Community Living during the 2017 session. The package consists of three parts: 1) Expanded eligibility and increased amount for MSA Housing Assistance to help people pay for housing in their own home in the community; 2) Legislative ok to get federal approval for two new Medicaid benefits to help people with housing transition and ongoing tenancy supports; and 3) An increase to infrastructure to help support the Individual Community Supports.

2 What We Think We Become: Mindset
Chester Creek Room
 Participants will explore the concepts of fixed, mixed, and growth mindsets. Attendees will learn intelligence can be developed, the brain is malleable, and doing challenging work is the best way to develop the brain. After the presentation participants will walk about with a new perspective on growth and learning and a plan to implement these strategies into their work and personal lives.

3 Expanding Transgender Health Services in a Large Health System: Essentia Health's Process to Becoming More Trans Friendly *
French River 1
 In the Fall of 2016, Essentia began a formal process to improve the quality of the care it provides to transgender and gender

nonconforming (TGNC) people in the Twin Ports region. Workgroups are identifying clinical services and building operational processes to create an affirming, welcoming environment. In keeping with its mission and values, Essentia aims to be a source of high-quality, competent, and respectful care to TGNC community members.

4 Resettlement of Refugees in Germany: Lessons Learned
French River 2
 Based on a 2017 Study Abroad Program to Germany with students from UWS, CSS, and UMD, this interdisciplinary and intercollegiate workshop will offer a deeper understanding about the current refugee resettlement process in Germany, and how the German academic and community-based responses have been influenced by international political and societal factors.

5 Chasing the High: A Family's Journey from Addiction to Recovery
Gooseberry Falls 1

This workshop will provide participants with a look at the human side of addiction. Following a brief overview of addiction, Theresa and her mother Eve will share the story of Theresa's struggle with addiction and their road to recovery. Professionals will gain an understanding of addiction and hear directly how they might alter their practice to a humanistic and holistic approach to best support children and families through a loved one's addiction.

6 Linda, Listen to Me...
Gooseberry Falls 2

Want to thrive as a Human Services professional? Come learn about conflict and all the intimate details that lead to and create conflict. This presentation has somewhat of a youth focus, yet can be applied in a variety of settings, such as dealing with difficult clients, customers, or stakeholders. Learn how rapport building, connecting, verbal interventions, and stress management are the key strategies to defeat the unproductive conflict cycle. If you have clients who get into conflict, or are responsible to train your employees about conflict, this training is for you.

7 Positivity and Prevention: HIV/AIDS in the Northland
Gooseberry Falls 3

Members of an area HIV support group will share their journeys from before diagnosis to the present time. Workers from Rural Aids Action Network and Lutheran Social Service will summarize their program offerings and share details of their respective prevention and harm reduction efforts. Attention will be given to the introduction of PEP (Post-Exposure Prophylaxis), PREP (Pre-Exposure Prophylaxis), and other issues related to HIV.

8 See What I'm Saying: Culturally Sensitive Mental Health Services for the Deaf and Hard of Hearing Population
Harborside 202

Continue your cultural sensitivity journey by participating in this informative presentation on improving mental health services for individuals who are deaf or hard of hearing. Become more aware of what it's like to be deaf or hard of hearing in a hearing culture, as well as the social, emotional, and educational challenges that are multiplied by a hearing loss. See what it means to have culturally

affirmative and language specific mental health therapy, and why it is critical for deaf and hard of hearing individuals. Learn some important communication techniques and practical skills for interacting with clients with hearing loss.

9 Be "The Boss Baby" for Professional Supervision *
Harborside 203

Do you want to be large and in charge of your clinical team? It's not necessarily what we do as a supervisor, but how we do it. We will work with your strengths to maximize the time with your supervisees in order to help nurture their career and skill development. A parallel to clinical supervision would be an apprenticeship in other fields, so this will be a chance to consider new or different techniques. We want our staff to mature, gather insightful perspectives, and grow out of bad habits with their clients. We recognize that one might be a great therapist, but one might lack in quality supervision. This workshop will reflect on basic clinical supervision theories, highlight the importance of acknowledging counter transference, consider cultural competency, adjust to different generational aspects in the workplace, and give you the skills to bring back to the workplace tomorrow.

10 DHS Audits: Partnering with Counties to Reduce Errors—Family Cases
Harborside 204

DHS Program Compliance & Audits (PC&A) performs audits for the following areas: TANF, Child Care, Health Care, General Assistance, Group Residential Housing, and Minnesota Supplemental Aid. Since 2014, we have presented to counties on how we perform our audits, the most frequent errors we find, and how to avoid those errors. This workshop will concentrate on TANF, Childcare, and Health Care Programs.

11 The Challenge of Climate Change to Health and Human Services
Harborside 205

The consensus of climate scientists is that global climate change is well underway and will have dramatic and diverse impacts on earth. This program will use a systems approach to describe the interconnections of weather, ecology, economy, risk, and stress. Emphasis will be on the likely impact on physical, mental, and social health in Minnesota, and what providers should be aware of and discuss in the near future.

12 What Social Workers Need to Know about Fetal Alcohol Spectrum Disorders and Mental Health *
Harborside 301-302

Research estimates approximately 90% of individuals with an FASD have a co-occurring mental health disorder. This presentation will give an overview of the physical, cognitive, mental, and behavioral traits associated with Fetal Alcohol Spectrum Disorders, as well as discuss the "red flags" for identifying prenatal alcohol exposure. This workshop will also explore the commonly seen challenges and strengths of individuals with a FASD. Lastly, we will provide practical strategies to better support this population in a case management setting.

13 This is What Advocacy Looks Like
Harborside 303

As health and human service providers, we play an important role in working toward social justice. There are many ways to advocate for yourself and your clients, and we can all find ways that fit with our unique strengths and expertise. Join us to learn ways that will make advocacy easier and more accessible. Whether you are new to advocacy, or have been active for many years, learn what you can do to work toward social justice as an advocate for those you work with and for.

14 Type 2 Diabetes — It's Preventable
Harborside 304

If you're an adult resident of Northeast Minnesota the odds that you have prediabetes are 1 in 3. Don't become a statistic! At this workshop you'll learn about prediabetes, risks for developing type 2 diabetes, and some actions you can take to prevent or delay this debilitating disease. We'll also give you an overview of the Diabetes Prevention Program, a highly effective lifestyle change program developed by the Centers for Disease Control and Prevention. With support and changes to your lifestyle, you (or your clients) CAN beat diabetes! Help yourself or someone you know by becoming informed about preventing T2.

15 All May Experience Duluth Outside *
Harborside 305

This is an inside look at the "Experience Duluth Outside" program of healthy events for people with disabilities, those with health limits, and the elderly. The idea is to make the parks and trails of Duluth available to ALL citizens through introductory experiences. The events of 2017 are 1) Lake Walk trail hike; 2) Overnight camp out at Indian Point;

* An asterisk means a post-test will be offered

* Session I Workshops continue on next page

3) St. Louis Water trail; and 4) The Lester River Rendezvous. This is an ongoing effort of Wheels On Trails Organization.

16 Strategies for Prevention & Serving Sexually Exploited Youth
Lake Superior Ballroom J

Although youth who are being sexually exploited regularly interact with numerous social service professionals, their experiences are often overlooked or misidentified. MN Safe Harbor creates a trauma-informed, victim-centered system of response to identify child victims and move them towards recovery and healing. Learn how you can become an important part of the Safe Harbor system of care in your region.

17 The ACES Have It: The Neurobiology of Complex Trauma and Addictions *
Lake Superior Ballroom K

Over two decades ago, the Adverse Childhood Experiences (ACE) study documented the enduring wounds of early trauma and the experience-dependent nature of addiction. We live in a dangerous and toxically stressful world throughout our lifespan. This training will explore the neurobiology of complex trauma and addiction, as well as their connection to one another. It will help us shift our frame of reference from, "What is wrong with you?" to "What has happened to you and what have you done to survive?"

18 Relationship of the Body and Mind in the Healing Process *
Lake Superior Ballroom L

Indigenous teachings have acknowledged the importance of balance and the inter-connection of the mental, emotional, physical, and spiritual aspects of the self for thousands of years. Western science has recently awoken to this essential knowledge. This presentation will pro-

vide an overview of how the body has been reintroduced as vital in the mental health/trauma and wellness process by sharing basic tenets of Peter Levine's work on Somatic Experiencing.

19 Communicating Across Cultural Boundaries: Beginning the Conversation
Lake Superior Ballroom MN

Participants will learn how to utilize "Bohman Dialogue" as a means of communicating across cultural differences (demographic, national, or organizational). This approach to dialogue produces collective learning that can be an effective prelude to problem solving, strategic planning, or conflict resolution.

20 The Acculturation Model: A Supervisory Tool to Promote Aspirational Ethical Decision Making*
Lake Superior Ballroom O

This workshop will introduce supervisors and providers to the Acculturation Model of Ethical Decision Making. A previous attendee stated, "Very helpful information that is applicable to every day practice. My critical thinking for ethics has increased." Participants will learn about and then apply the model to common ethical and boundary issues. This workshop is designed to satisfy both supervisory and ethics continuing education for licensure.

21 Overview of Social Security Disability Programs
Split Rock 1

Obtain an overview of the Social Security Administration's disability programs and key steps in the disability application process that can provide you the knowledge to assist your clients. Learn about

resources to assist clients with the SSI/RSDI application process.

22 Well Care Network: Chronic Disease Management and Falls Prevention Initiatives
Split Rock 2

Eighty percent of healthcare costs are incurred from the impact of chronic disease; less than 1% of healthcare dollars are spent on prevention. Fifty percent of all adults have a chronic physical or mental health condition; 40% of all hospital admissions are due to fall-related injuries. Evidence-based health promotion workshops are developed by researchers to support individuals' abilities to self-manage and prevent disease and falls risk. These workshops are offered in community settings and improve multiple health outcomes while reducing healthcare costs and utilization. Learn about a growing network of community organizations and health systems actively working to increase access to evidence-based programs.

23 Working With a Criminal Background
St. Louis River Room

Working with clients who have a criminal history can be frustrating. Employers and landlords are wary of second (or third) chances when it comes to their businesses. We know people can change and we believe they are worthy of equal opportunities to gain self-sufficiency. SOAR Career Solutions has found some answers to the barrier of criminal history and are excited to share them with you during this session. Takeaways will include a better understanding of the fears of employers and landlords, and how to assist clients with discussing their backgrounds in a way that will mitigate those fears.

Thursday, October 12		Session II Institutes	1:00 – 4:30 p.m.
24	Social Skills Training for Substance Use Disorders *	Tanya Line, MPS, Clinical Trainer & Research Associate, MNCAMH University of Minnesota; Jennifer Wiseman, BS, Research Assistant, University of Minnesota	Harborside 202
25	Positive Psychology in the Workplace, Home, and with Clients*	Adam Hancock, MS Marriage Family Therapy, Owner, Discover Your Ultimate, Inc.	Harborside 203
26	Ethical/Legal Perspectives and Risk Management *	Brian Nystrom, MSW, President/CEO, Nystrom & Associates, Ltd.	Harborside 204
27	The Benefits of Self-Direction in Rural Minnesota	Vicki Gerrits, BS Vocational Rehabilitation, Chief Strategy Officer, Accra; Shantel Jaszczak, President, Consumer Directions, Inc.; Julie Lux, Program Manager, MRCI WorkSource; Ed Sootsman, Social Work Unit Supervisor, Hennepin County Human Services and Public Health; Teresa Walsh, Social Worker Unit Supervisor, Dakota County Social Services; Polly Owens, Support Planner/Region 10 Quality Assurance	Harborside 205

28	Healthy Relationships are the Antidote to Chronic Stress: The Nuts and Bolts of Growth Fostering Connections *	Amy Banks, MD, Director of Advanced Training, The Jean Baker Miller Training Institute and the Center for Relational-Cultural Growth; Judith Jordan, PhD, Director JBMTI; Connie Gunderson, PhD, Associate Professor, Department of Social Work, The College of St. Scholastica	Harborside 301-302
29	Dance and Story to Enter the Separations and Inseparability of our Humanity	Regina Laroche, BA Theatre and Communications, Artist/Educator/Facilitator & Farmer, Diaspora Arts & Diaspora Gardens	Harborside 303
30	Leading the Way: Police and Community of Color Relations	Gabriela Theis, MAEd, Educational Specialist Degree and Doctoral Candidate, Multicultural Student Services Specialist, University of Wisconsin-Superior; Nicholas Alexander, Police Chief, Superior, Wisconsin Police Department; Ivy Vainio, Multicultural Student Services Specialist, UW-Superior; Robinson D'Andre, Student, UW-Superior Black Student Union President, UW-Superior	Harborside 304
31	It's OK To Call Us Queer and Other Things to Know About Us: AKA "LGBTQ Cultural Considerations" *	Kathy Hermes, BS, Program Coordinator, Lutheran Social Service; Paige Kennedy, LGSW, Program Coordinator, Lutheran Social Service; Khayman Goodsky, Program Facilitator, Lutheran Social Service; Will McGraw, Intern, Social Work Major/LGBTQ Minor, Lutheran Social Service; other Youth/Parent/Citizen speakers	Harborside 305

Thursday, October 12 **Session II Institutes** **1:00 – 4:30 p.m.**

24 **Social Skills Training for Substance Use Disorders ***
Harborside 202

Social skills are often challenge areas for people in recovery. Whether used for building relationships or refusing offers to use drugs and alcohol, Social Skills Training is a powerful strategy for a practitioner who wishes to support behavioral change in clients. Join in our discussion about the rationale for using this cognitive behavioral strategy with individuals who have substance use disorders. We will outline the steps of Social Skills Training so you can try out your skills in this institute.

25 **Positive Psychology in the Workplace, Home, and with Clients***
Harborside 203

Discover some of the latest and greatest life-changing clinical interventions in positive psychology. Find out how to avoid burnout and dissatisfaction at work and other areas of life. Help yourself, your family, and clients with tools you will be able to implement immediately. Discover your core strengths/needs, and what to do with them – then, help others. You will also find out:

- How to be meaningfully fulfilled each day.
- How to be a real giver and not become a “doormat.”
- How fast you can legitimately make a positive life change.
- How to Discover Your Ultimate love, work, and play.

26 **Ethical/Legal Perspectives and Risk Management ***
Harborside 204

This session is designed for clinicians or supervisors regardless of years of practice. The session will identify core ethical principles underlying good clinical practice, landmark legal cases impacting clinical practice, risk management strategies, minimizing liability, managing ourselves as clinicians, and evaluating actual case examples. Participants will integrate their own knowledge plus new material from an “ethics/risk management” perspective. Brian brings a cogent perspective from many years as a clinician, supervisor, and program creator.

27 **The Benefits of Self-Direction in Rural Minnesota**
Harborside 205

Participate in an engaging conversation about self-directed services. Hear from panelists who will share their perspectives on self-directed services across the state. With staffing shortages, hear how self-direction can be part of the solution with a foundation in person-centeredness. This interactive workshop will provide you with resources, ideas, and concrete examples of creative solutions to promote self-direction in people’s lives.

28 **Healthy Relationships are the Antidote to Chronic Stress: The Nuts and Bolts of Growth Fostering Connections ***
Harborside 301-302

Relationships are at the center of everyone’s lives, but most people know little about the

nuts and bolts of how they work. This institute will describe Relational-Cultural Theory (RCT), a theory of human development focused on the radical notion that growth is through and toward relationship rather than toward separation and independence, as many traditional psychological theorists put forth. The presenters will help attendees understand why believing you can stand on your own two feet and should not turn to others for help is fueling a health crisis in our country. We will describe some of the concrete relational skills needed to build and maintain healthy connections, and will buttress the material with an in-depth look at the latest research on the neuroscience of human connection.

29 **Dance and Story to Enter the Separations and Inseparability of our Humanity**
Harborside 303

It is a world of many divisions with the resulting violence and personal and societal dis-ease. When the ancient ones attempted to heal gulfs and build peace, they danced together, shared stories together. Inspired by her African Heritage, dance, story, and InterPlay’s “Changing the Race Dance” work, Regina invites people of any and no experience into this participatory session. We draw on the creativity, empowerment, and connection of story sharing and movement to enter conversations of race, division, alienation, and commonalities. This happens in ways that allows for honestly being with the questions, the aches and wounds, and the possibility of healing.

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* Session II Workshops continue on next page

30 Leading the Way: Police and Community of Color Relations
Harborside 304

According to the Associated Press-NORC Center’s study, “There is support among both blacks and whites for many changes in policies and procedures that could be effective in reducing tensions between law enforcement and minorities.” This workshop will focus on the benefits, stereotypes, and assumptions between law enforcement and communities of color to help build positive relationships and safe communities. In addition, we will discuss the implications when communities of color and law enforcement are discon-

nected. Join us to discuss challenges, personal experiences, and successes from the perspective of the Superior Police Chief, UW-Superior Black Student Union President, and UW-Superior Multicultural Affairs Staff Member. As part of the presentation, a photographic exhibition by Ivy Vainio will be included.

31 It’s OK To Call Us Queer and Other Things To Know About Us: AKA “LGBTQ Cultural Considerations” *
Harborside 305

This presentation is part of educational outreach done by Lutheran Social

Service’s Together for Youth, a social support group for LGBTQ and allied youths. Participants will gain a deeper understanding of the challenges young people face, from living life in the closet to being out and proud. In addition to personal stories, topics covered will include presumed heterosexuality, heterosexual privilege, cisgender privilege, homophobia, and transphobia. Micro-aggressions and micro-affirmations will be covered as well as the important role of allies. Emphasis will be placed upon trans identities, policy protections, and more considerate workplace practices.

Thursday, October 12 **Session II Workshops** **1:00 – 2:30 p.m.**

32 Moving Home Minnesota – A Program Overview *	John A Anderson, MA Health and Human Services Administration, Deputy Project Director, Department of Human Service–Moving Home Minnesota; Tony Gantenbein, BA Sociology, MA Industrial Relations, Employment Specialist, DHS–Disabilities Services Division; Heidi Sandberg, Housing Opportunities Manager, DHS–Housing and Support Services Division; Enrollment Specialist, DHS–Moving Home Minnesota	Boardroom
33 Problem Gambling as a Co-Occurring Disorder *	John Voneschen, Masters, LMFT, Therapist, Trainer Consultant, Northstar Problem Gambling Alliance	Chester Creek
34 The State of Social Work Ethics: The Ethical Impact of a Changing Social Work Demographic and Workplace	Elizabeth Twining Blue, MSW, Professor Emeritus, Social Work, University of Wisconsin-Superior; Maria Stalzer Wyant Cuzzo, PhD, JD, Professor of Legal Studies, Program Coordinator of Legal Studies & Criminal Justice, UW-Superior	French River 1
35 Aging and Trans *	Abel Knochel, PhD, MSW, Assistant Professor, University of Minnesota Duluth Social Work Department	French River 2
36 The MOFAS Young Adult Panel Presents a Personal Outlook on Fetal Alcohol Spectrum Disorders	Shauna Feine, BA, LSW, Training Coordinator, Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)	Gooseberry Falls 1
37 YOUTH Speak!	Nicolas Vogel, BS, Agency Policy Specialist, Department of Human Services; youth in foster care	Gooseberry Falls 2
38 Access to Homeless Services in St. Louis County: Navigating the Coordinated Entry System Together	Kristy Eckart, BA Education, MS Psychology, Director of Residential Services, The Salvation Army; A’livia Juusola, BS Psychology, Case Manager/ FHPAP Coordinator, The Salvation Army; Kate Bradley, Coordinated Entry Coordinator, Duluth HRA; Elise Strader, Homeless Program Coordinator, HDC; Rosalyn Horn, LSW, Homeless Housing Case Manager, The Salvation Army	Gooseberry Falls 3
39 Taking Adversity Out of Diversity	Maura Cullen, EdD, Keynote Speaker, Diversity & Inclusion Training	Lake Superior Ballroom J
40 From A-Zuckerburg: Websites, Apps and Tips that Make Work and Life Easier	Josh Dye, Master’s Degree in Public & Nonprofit Administration, President and Founder, Convene, LLC	Lake Superior Ballroom K
41 The Trauma Lens: An Exploration of the Many Facets of Trauma *	Leah Cleeland, PhD, MSW, Assistant Professor, University of Minnesota Duluth, Social Work Department; Dawn Eckdahl, MSW, LGSW, Native American Equity Project Coordinator, University of Minnesota Duluth, Center for Regional and Tribal Child Welfare Studies	Lake Superior Ballroom L
42 The Daring Way: Approach to Wholehearted Living *	Kerry Sopoci, PsyD, LP, St Luke’s Mental Health	Lake Superior Ballroom MN

43 Reporting Child Maltreatment 2017	David Vukelich, MSW, Social Services Supervisor, St. Louis County Public Health & Human Services; Brianna Evans, MSW, Social Worker, St. Louis County	Lake Superior Ballroom O
44 Public Assistance 101	Heather Larson, Admin Asst I (Income Maintenance Supervisor), BA, SLC PHHS	Split Rock 1
45 Words Are Powerful	Kyle Heyesen, MSW, PHHS Planner, St. Louis County PHHS	Split Rock 2
46 Under One Roof: Integrated Care Model	Ronni Murphy, Bachelor of Business Administration, Quality Improvement Coordinator, Lake Superior Community Health Center; Hannah Johnston, RN, BSN, Medical Clinic Manager, Lake Superior Community Health Center; Emily Anderson, MD, Medical Director, Lake Superior Community Health Center; Aaron Pust, MSW, LICSW, Behavioral Health Clinician, Lake Superior Community Health Center	St. Louis River

Thursday, October 12 **Session II Workshops** **1:00 – 2:30 p.m.**

32 **Moving Home Minnesota—
A Program Overview *** *Boardroom*

Moving Home Minnesota (MHM) is a federally-funded demonstration project aimed at moving individuals from institutions back to the community. The presentation will provide information about the program, including eligibility, referral process, enrollment, benefits, and services. Also covered will be details about supported employment and housing subsidies for which many MHM participants are eligible.

33 **Problem Gambling as a Co-Occurring Disorder *** *Chester Creek Room*

John Von Eschen works with Northstar Problem Gambling Alliance as a trainer and speaker. He primarily speaks at chemical dependency treatment centers in MN and brings the message about the dangers of dual addiction and how so often the person in recovery leaves their primary addiction and then shifts to gambling. The nature of dual addiction and co-occurring disorders will be discussed. John also has been working at Pathways Counseling Center in St. Paul as a compulsive gambling therapist for the last 10 years. He is a state certified LMFT and a Certified Problem Gambling Therapist.

34 **The State of Social Work Ethics: The Ethical Impact of a Changing Social Work Demographic and Workplace** *French River 1*

Taught by experienced trainers from social work, ethical leadership, and law, this workshop explores the changing social work field using an ethics lens. This workshop invites attendees to reflect on their own ethical lens and then interact with others on the driving influences on

ethical choices within the field. Key questions include: What ethical lens do you use when making critical decisions? How does your sub-field specialty affect ethical decision-making? What tensions exist between sub-fields when analyzing social work ethical questions? How can the field continue to maintain high ethical standards and practices while meeting a rapidly changing workplace context?

35 **Aging and Trans *** *French River 2*

Transgender and gender nonconforming (trans) elders are increasingly more visible in communities across the U.S. Who are they, what are their experiences, and what do they need from health and human services? How can you be a more effective advocate and provider to trans older adults? This workshop will provide both an overview and time in groups to plan for more effective advocacy and practice.

36 **The MOFAS Young Adult Panel Presents a Personal Outlook on Fetal Alcohol Spectrum Disorders** *Gooseberry Falls 1*

The Minnesota Organization on Fetal Alcohol Syndrome (MOFAS) young adult panel gives a personal outlook on Fetal Alcohol Spectrum Disorders. This presentation will showcase a group of young adults affected by Fetal Alcohol Spectrum Disorders (FASD). By sharing their inspirational stories from a first-person perspective about living with these disorders, they can give advice on living or working with individuals prenatally exposed to alcohol. MOFAS is excited to continue to share the wisdom of these promising young adults with youth-serving professionals and families.

37 **YOUth Speak!** *Gooseberry Falls 2*

A panel of youth will discuss their stories regarding foster care and what social workers, foster parents, judges, and guardian ad litem can do to assist youth in foster care. This will be an interactive session where the audience can ask any questions they have always wanted to know regarding foster care from the real experts—the youth themselves!

38 **Access to Homeless Services in St. Louis County: Navigating the Coordinated Entry System Together** *Gooseberry Falls 3*

Access to homeless housing options and assistance has drastically changed in the past few years. Do you work with families or single adults who may be homeless? How can you best assist them? Where do you start? Come with us as we guide you through the process of the St. Louis County Coordinated Entry System and provide you with the referral resources to assist clients, patients, students, friends, or family find their way out of homelessness. This interactive workshop will take you through the entire process, help you navigate the system, and connect you with valuable resources and contact information. In addition, you will learn the difficult choices and confusion homeless families must face, and how this new streamlined system will better assist each household to fit their needs with compassion and understanding from qualified, trained staff. This is a great workshop for anyone who may be in contact with a homeless household, including medical professionals, educators, law enforcement, legal services, first-responders, landlords, property managers, case-workers, social workers, and many other human service professionals.

* An asterisk means a post-test will be offered * Session II Workshops continue on next page

39 Taking Adversity Out of Diversity
Lake Superior Ballroom J

This honest and engaging program will inspire people to create more inclusive communities. Our biggest challenge in achieving this goal is our fear of being judged and misunderstood. This fear prevents good people from taking meaningful action. At times we are so afraid of saying the “wrong” thing that we make the biggest mistake of all which is to say nothing. Our patterns of communication are vital to our success when exploring such explosive issues as race, gender, sexual orientation, class, disabilities, age, and religion. This session gets beyond our fear of saying the “wrong” thing and teaches more effective and compassionate ways to connect

40 From A-Zuckerburg: Websites, Apps and Tips that Make Work and Life Easier

Lake Superior Ballroom K

Social work is as busy and hectic as ever. Are email overload, daunting documentation requirements, boring meetings, and overwhelming clients (and co-workers!) driving you to the brink? Let technology help! In this fast moving session, Josh will share websites, apps, and technology tips that will increase your productivity, efficiency, and learning, and help relieve stress.

41 The Trauma Lens: An Exploration of the Many Facets of Trauma *

Lake Superior Ballroom L

Over the past 20 years, helping professionals have recognized the significant role trauma plays in peoples’ lives and well-being. The impact of traumatic events manifests in a variety of ways, including post-traumatic stress disorder, depression, anxiety, and substance abuse. In this workshop the effect of trauma on a variety of groups—such as children and adolescents, American Indians, and veterans—will be examined. Tools for screening, assessment, and intervention strategies will be discussed and best practice guidelines for working with these groups will be highlighted.

42 The Daring Way: Approach to Wholehearted Living *
Lake Superior Ballroom MN

We are all made of strength and struggle. If we are brave enough often enough, we will fall; this workshop can help us to recognize what it takes to get back up and claim our stories of courage. The Daring Way is an experiential methodology based on the research of Dr. Brené Brown and 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 daily practices that will move us toward more authentic and wholehearted living. The presenter is a Certified Daring Way Facilitator.

43 Reporting Child Maltreatment 2017
Lake Superior Ballroom O

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.

44 Public Assistance 101
Split Rock 1

Public assistance income maintenance programs offer a wide variety of services. Knowing the basics helps those in our community achieve a better understanding of what is available as well as the basic eligibility requirements. A panel of financial assistance and child care staff from St Louis County will share program knowledge and provide helpful insights into accessing and navigating this sometimes complex system. Income maintenance programs covered include: MN Family Investment Program (MFIP); Diversionary Work Program (DWP); Supplemental Nutrition Assistance Program (SNAP); General Assistance (GA); Medical Assistance; Long-Term Care Medical Assistance; county burials; group residential housing; MN Supplemental Aid (MSA); waiver services; emergency assistance; fraud prevention; and child-care. (This session does not include child support.)

45 Words Are Powerful
Split Rock 2

From our perspectives we speak, and Words Are Powerful. St. Louis County Public Health and Human Services (PHHS) Diversity Action Team (DAT) has worked to develop a Words Are Powerful campaign to bring about awareness of the impact of our words on others. This is specifically related to microaggressions and indignities and how to effectively respond when we are confronted with or witness these. We will share our four *Words Are Powerful* posters, discuss strategies found in *Ouch! That Stereotype Hurts* and *Ouch! Your Silence Hurts* films and brainstorm ways we can help transform our workplaces and communities to become more inclusive and respectful of the beautiful diversity that exists in our world.

46 Under One Roof: Integrated Care Model
St. Louis River

In order to provide the best care experience possible for our patients, Lake Superior Community Health Center has focused on an integrated care model. Join us while we navigate the ins-and-outs of working with a comprehensive care team: medical, dental, behavioral health, social workers, navigators, and so much more! This session provides a detailed journey through our care model, starting with our morning huddle and leading to our unique use of integrated behavioral health, care coordination, oral health education, and health coaching services. Participants are encouraged to come with questions for an interactive, open discussion regarding integrated care models.

47	Championing Improvement at St. Louis County	BreAnn Graber, MBA, Budget & Business Improvement Manager, St. Louis County; Stephanie Wollack, MS Engineering Management, IT Manager-Business Systems Division, St. Louis County	Boardroom
48	News You Can Use: Tips on Talking to Clients about STIs	Ellen Hill, MSc, Northeast District Epidemiologist, Minnesota Department of Health; Candy Hadsall, RN, MA, Prevention Nurse Specialist, Minnesota Department of Health	Chester Creek
49	Building Capacity to Address Racial and Ethnic Disparities in County Human Services	Gary Mortensen, MA International Trade Policy, Manager, Human Services Performance Management System, Department of Human Services; Deb Anthony, MSW, Performance Improvement Coordinator, Department of Human Services; Charity Friederichs, MPP, Performance Improvement Coordinator, Department of Human Services	French River 1
50	How to Navigate Your New Normal....	Dana Moore, BA Health and Physical Education, Head Women's Volleyball Coach, The College of St. Scholastica	French River 2
51	Give Peace a Chance—From Chaos to Calm with Mindful Movement	Jean Fraser, CYT; Undergraduate work Dance/Journalism U of M; SoHK MA (School of Hard Knocks), Body Mind Guide, President, Soma Ventures Innovations in Wellness	Gooseberry Falls 1
52	Autism Basics	Tanya Verdugo, MAEd, Training Specialist for Lutheran Social Service of MN, Lutheran Social Service of MN	Gooseberry Falls 2
53	Curiosity: A Foundation of Effective Social Work Practice	Brianna Evans, MSW, Initial Intervention Unit Social Worker, St. Louis County Public Health & Human Services	Gooseberry Falls 3
54	Ethical Codes of Conduct: Integrating Religious and Spiritual Concerns in Mental Health Practice and Supervision *	Mary Casey Ladd, MSW, LICSW, LMFT, Family Therapist in Private Practice, Mary Casey Ladd, LLC	Lake Superior Ballroom J
55	Activism and Caregiving: a Spring Forest Qigong Perspective	Glenn Tobey, MDiv, MA, LICSW, Psychotherapist, Private Practice: Katrina Tobey, MS, LMFT, Psychologist	Lake Superior Ballroom K
56	Dementia Friendly Duluth: A Collaborative Effort!	Kathy Heltzer, MSSW, LICSW, MSW/BSW Field Director, Social Work, University of Minnesota Duluth; Mimi Stender, Dementia Friendly Duluth Coordinator, Victory Fund; Cindy Conkins, BA Urban Studies, Senior Planner, ARDC Arrowhead Area Agency on Aging; Jenna Herbig, MSW, LGSW, Program Manager-Northern MN, Alzheimer's Association; Kim Hileman, Program Director, Certified Volunteer Administrator, Agewell Arrowhead	Lake Superior Ballroom L
57	Boundaries: Easier Said Than Done *	Karen Edens, BA and MPH University of Minnesota, Director of Training, Edens Group, Inc	Lake Superior Ballroom MN
58	Crisis Intervention De-escalation 101 *	Linda Flanders, BS in Criminal Justice, Development Coordinator, HOPE Coalition	Lake Superior Ballroom O
59	Navigating Housing Supports and Planning: Housing Benefits 101	Rajeane Moone, PhD, Consultant, MN DHS; Heidi Sandberg, Housing Specialist	Split Rock 1
60	Towards Quality Improvement: Regional Quality Councils	Zoey Leege, MS in Vocational Rehab Counseling, Arrowhead Regional Quality Council Coordinator, Arc Northland; Kayla Nance, BS in Human Development, Metro Regional Quality Council Coordinator, Arc Greater Twin Cities; Becky Jakubek, BA, Receptionist, Trillium Services	Split Rock 2
61	Collaborating Around the Changing Scene in Health Care Coverage	Megan Halena, MA, BA, Program Director, Generations Health Care Initiatives; Buddy Robinson, BA, Staff Director, Minnesota Citizens Federation Northeast; Alyssa Peoples, MSW, BSW, Health Care Access Office Program Coordinator, Lake Superior Community Health Center; Natalie Listemaa, Financial Worker Senior, Triage Team, St. Louis County PHHS; Rose Hockett, BS, Director, Business Services, St. Luke's; Angela Neal, BA, Homeless Program Manager, AEOA	St. Louis River

* An asterisk means a post-test will be offered

☀ Session III Workshops continue on next page

47 **Championing Improvement at St. Louis County**
Boardroom

BreAnn Graber, Budget and Business Improvement Manager, and Stephanie Wollack, IT Manager-Business Systems Division, will explain St. Louis County's Continuous Improvement (CI) Program and how its CI Champions have brought together cross-functional teams to address inefficiencies of the organization. Learn how St. Louis County is assessing whether it is effectively using its resources to best meet the evolving needs of the organization and the individuals it serves. Best practices and success stories will be shared.

48 **News You Can Use: Tips on Talking to Clients about STIs**
Chester Creek Room

Do you get questions from clients about sexually transmitted infections (STIs)? Do you know if you work with populations that are at higher risk for STIs? This session will provide background on the ever increasing burden of disease and provide tips and resources for sharing prevention messages with clients/patients. Information on the current burden of disease will include disease patterns and high risk populations. Tips and resources for answering questions about STIs will include ideas for incorporating discussion of STIs into conversations with clients.

49 **Building Capacity to Address Racial and Ethnic Disparities in County Human Services**
French River 1

This session provides an overview of the Human Services Performance Management system, the efforts being taken by the agency to develop measures focused on identifying racial disparities in MN counties, and initiatives being developed to help counties address racial inequalities.

50 **How to Navigate Your New Normal....**
French River 2

You never think it is going to happen to you.... When your new normal is getting over the shock of a fatal diagnosis, your world changes. When your new normal is being a caregiver, your world changes. When your new normal is being a widow, your world changes. How I'm learning to cope without my spouse has given me the opportunity to affect change—however slowly, it is still change!

51 **Give Peace a Chance—From Chaos to Calm with Mindful Movement**
Gooseberry Falls 1

Do you serve clients struggling with anxiety, stress, and the effects of trauma? Do you wish you had the hands-on tools to ease their distress and pain on the spot? This training provides fresh and effective emotional regulation skills that will serve for a lifetime. Done standing or seated in a chair, Mindful Movement is gentle, powerful, and easy-to-learn. You will take your clients from chaos to calm and watch resilience emerge. Join Jean as she brings over 35 years experience in yoga and movement arts to this bold and empowering training.

52 **Autism Basics**
Gooseberry Falls 2

Tanya Verdugo, MAEd, Training and Quality Specialist of Lutheran Social Service of MN, has 15 years of experience serving those with developmental disabilities, specializing in autism spectrum disorders. Tanya's passion is advocating for individuals and their families. Her inspiration is her son.

53 **Curiosity: A Foundation of Effective Social Work Practice**
Gooseberry Falls 3

"Let go of certainty. The opposite isn't uncertainty. It's openness, curiosity and a willingness to embrace paradox, rather than choose-up sides." —Tony Schwartz

Curiosity allows for human-ness to enter professionalism. Children are comfortable with curiosity. Adults have been taught that it is not polite to be curious. Through this interactive workshop, we will utilize appraisal theory, theories of intersectionality, and group exercises to explore how we know what we know – and how to be curious about all that we don't know.

54 **Ethical Codes of Conduct: Integrating Religious and Spiritual Concerns in Mental Health Practice and Supervision ***
Lake Superior Ballroom J

In recent years, there has been an increased interest in the integration of spirituality and religion in mental health treatment. This workshop will highlight some of the ethical guidelines and issues to consider when encountering spiritual and religious issues in clinical practice. Upon completion of this workshop, participants will be able to:

- Enhance supervisors' and providers' abilities to ethically integrate spiritual and religious issues into clinical practice by:

- Identifying spiritual and religious beliefs and practices that may enhance and/or interfere with mental health treatment;

- Examining ethical religious and spiritual challenges facing mental health professionals.

- Apply professional codes of conduct to clinical cases.

This workshop is designed to satisfy both supervisory and ethical licensure requirements.

55 **Activism and Caregiving: a Spring Forest Qigong Perspective**
Lake Superior Ballroom K

"I've got to do something about the pain and suffering in the world." This workbook format workshop uses Spring Forest Qigong, an ancient energy healing practice, to guide you through a series of concepts, exercises, and tasks, to help move your loving presence somewhere into the midst of your community as an activist or into the lives of others as a caregiver. It will help you care for others without losing or diminishing yourself to the cause or issue, or becoming entangled and depleted with life's circumstances. This workshop highlights a deeper, purposeful perspective on change and the nourishing of your heart.

56 **Dementia Friendly Duluth: A Collaborative Effort!**
Lake Superior Ballroom L

This workshop will provide participants an opportunity to learn about the Dementia Friendly Duluth project, a collaborative effort currently underway in Duluth. This is a part of the larger "Dementia Friendly America" initiative announced in 2015 at the White House Conference on Aging. Duluth hopes to join communities across Minnesota who have already implemented the ACT on Alzheimer's Toolkit to create a supportive environment for people living with Alzheimer's and their families. Local partners include the Duluth Police and Fire Departments, Agewell Arrowhead, the Arrowhead Agency on Aging, UMD, and the Alzheimer's Association.

57 **Boundaries: Easier Said Than Done ***
Lake Superior Ballroom MN

Boundaries can be influenced by each staff member's role and responsibilities in the agency, the services the agency provides, and the agency's history. When boundaries are compromised there is a risk that the quality of consumer care is decreased. This session will focus on the importance of healthy professional boundaries and the knowledge and skills needed to maintain healthy boundaries.

58 **Crisis Intervention De-escalation 101***

Lake Superior Ballroom O

Anyone can have a situational mental health crisis—all it takes is for an experience to be beyond the skills we have to cope with it, whether at home, at work, or if living with a mental illness. When that happens, we need someone else to help de-escalate the situation. Crisis intervention verbal de-escalation skills are used throughout the country by first responders, and they are skills we all can learn. Come and learn the basics of de-escalation in this interactive workshop. Approved by the State Board of Social Work for CEUs.

59 **Navigating Housing Supports and Planning: Housing Benefits 101**
Split Rock 1

The DHS updated housing resources toolbox, unveiled as Housing Benefits 101 (www.hb101.org), is designed to support individual planning through person-centered approaches. The online tool offers robust content to make informed decisions and facilitates the creation of individualized housing plans based on consumer preferences and needs. Learn about this new tool developed in partnership with a wide range of stakeholders including counties, housing experts, and other community partners.

60 **Towards Quality Improvement: Regional Quality Councils**
Split Rock 2

Learn about efforts to improve the quality of Home and Community Based Services (HCBS) through the work of Regional Quality Councils. Over the last few years, there has been a movement toward person-centered thinking, planning, and practices. How do we determine what effect this has on the quality of life for people who are receiving waived services? Currently there are three

Regional Quality Councils in Minnesota working to answer this question by interviewing people receiving HCBS and looking at existing data on quality of services. These Regional Quality Councils are made up of people with disabilities, their families, county workers, the Department of Human Services, community members, and service providers. Presenters from the Arrowhead Regional Quality Council and the Metro Regional Quality Council will share their findings.

61 **Collaborating Around the Changing Scene in Health Care Coverage**
St. Louis River Room

Insure Duluth is a coalition representing community non-profit agencies, health-care providers, faith communities, and higher education, who have been working together since 2013 to help people in the greater Duluth area understand and use MNsure, Minnesota's health insurance exchange. A panel of representatives from the coalition will educate attendees about the current marketplace structure, discuss recent state and federal health care policy activity, and share how a coordinated community approach to outreach and enrollment benefits organizations and community alike. The panel will include representation from St. Louis County, community non-profits, a health care provider, and a health care foundation.

* An asterisk means a post-test will be offered

2017 HEALTH & HUMAN SERVICE CONFERENCE

Planning Team and Volunteers

Mary Bridget Lawson,
Chair

Jay Anderson

Kate Asperheim

Mary Bishop

Candy Bruno

Therese Campbell

Abby Cool

Julie Drake

Jill Eckenberg

Derrick Ellis

Barb Farrell

Lee Francisco

Julie Fredrickson

Carrie Gertsema

Brent Harju

Joaquim Harris

Cori Helget

Kyle Heyesen

Laurie Johnson

Jane Larson

Juli Lattner

Scott Lesnau

Kenndy Lewis

Amy Madsen

Peter Moeri

Bonny Moran

Deb Nelson

Everett Niska

Caroline Pelzel

Nichole Rahman

Theresa Roebke

Meg Sarazine

Kyle Sather

Shelley Saukko

Abigail Schaefer

Judy Schaefer

Melodie Schultz

Denise Scott

Rene Selleck

Tiffany Snider

Joann Solin

Dana Swift

Kathy Vake

Tonia Villegas

Ida Watson-Souther

Kristin Wawersich

You will leave with purposeful tools to implement change in your relationships at work and home and feel more confident in resolving challenging situations.

65 Staying Out of Power Struggles: Treating Oppositional Defiant Disorder *

Harborside 205

This workshop will describe the etiology, impact, and treatment of Oppositional Defiant Disorder. The session will examine the emotional needs as well as the temperamental and perceptual differences underlying oppositional behavior. Participants will learn to respond effectively to the child's provocations, to correct misconduct, and to help kids be kids.

66 Empathy, Authenticity, and Mutuality: Anchoring Social Justice in Relational Practice *

Harborside 301-302

We are living in times that truly test our most cherished human assets: connection and community. Policy violence threatens our well-being in every health/human service sphere concerned with economic justice and the common good. Exploitive political and cultural power is used to breed fear, hostility, and disconnection. Navigating change, even survival, can seem daunting. Through experiential activities, presenters will work with partic-

ipants to develop relational competencies that resist forces of violence and division, using a Relational-Cultural model that brings empathy, authenticity, and mutuality to life. Grounding real world relevance on these three anchors can strengthen our capacities for hope, justice, and transformative power in work and community.

67 Living Our Resiliency

Harborside 303

This workshop will increase awareness of factors that perpetuate historical trauma among indigenous populations. Participants will explore strategies to understand trauma, the multiple impacts of trauma, and ways to address it. Some themes will be intergenerational trauma, blood memory, and historical empathy. Participants will engage in interactive activities to unpack the themes.

68 Working with Transgender and Gender Nonconforming Youth: Clinical Practices and Approaches *

Harborside 304

This workshop supports mental health practitioners to provide exceptional care when working with transgender and gender nonconforming youth. Participants will learn methods of working with youth and adolescents around gender identity and transition care while centering and empowering youth in the process.

Attendees will explore the clinical use of global review questions, hormone recommendations, and will question practices that perpetuate the pathologization of trans and gender nonconforming people. It is recommended that participants have an understanding of gender identity before attending this workshop. We will discuss clinical practices which move beyond the basic understanding of various gender identities.

69 Hello From the Other Side— Understanding the Dementia Journey from Caregivers' and Care Receivers' Perspectives

Harborside 305

It can be challenging to provide support to folks who struggle with dementia when you don't have the tools to understand what is happening to them and how to work with them instead of against them. This workshop will give the learner an understanding of why the people who struggle with dementia do what they do, along with tools to work with what they have left so everyone thrives and not just survives. By educating professional and family caregivers, we empower everyone to be in control of the dementia journey and not at the mercy of it.

*** An asterisk means a post-test will be offered**



70	The Ins and Outs of Non-emergency Medical Transportation (NEMT)	April Beachem, AA, Provider Trainer, DHS	Boardroom
71	Endurance Leadership *	Jerritt Johnston, MA Curriculum Instruction and Design, Owner, True North Consultants	Chester Creek
72	Intersections of Inclusiveness: Drawing Our Locations	Denise Starkey, PhD, Associate Professor, Theology and Religious Studies; Director, Women's and Gender Studies, The College of St. Scholastica; Nelle Rhicard, MA Management, Graphic Recorder	French River 1
73	Housing Support— Formerly Known as Group Residential Housing (GRH)	Jana Prasek, BS Psychology and Alcohol and Drug Abuse Studies, Housing Support Policy and Training Specialist, Department of Human Services; Kristine Davis, MA Non-Profit Administration Housing Support Policy Lead, Department of Human Services	French River 2
74	Transformative Parent Education Courses— Why Choose Kids First	Stephanie Love, MS Experiential Education, Kids First Instructor, Volunteer Attorney Program and Positive Energy Outdoors	Gooseberry Falls 1
75	Tri-occurring Disorders: Mental Health, Substance Use, and Criminality *	Tim Walsh, DPA, MA Counseling Psychology, Vice President, Minnesota Adult and Teen Challenge	Gooseberry Falls 2
76	Gun Violence: Navigating a Growing Public Health Challenge	Nancy Nord Bence, MDiv, Executive Director, Protect Minnesota; Kenneth Bence, MHA-MBA, Past President, Minnesota Public Health Association	Gooseberry Falls 3
77	MN Northstar Care for Children— The Road's Been Long, Did We Get Where We Wanted to Go?	Jody McElroy, BSW, Agency Policy Specialist, MN Dept of Human Services; Kathleen Hiniker, MSW, LISW, Adoption/Kinship Supervisor, MN DHS; Heidi Ombisa Skallet, MSW, LISW, Agency Policy Specialist, MN DHS; Cynthia Shypulski, MSW, LISW, Research Analyst Senior, MN DHS; Jon Pedersen, MA Social Psychology, Research Analyst Specialist, MN DHS	Lake Superior Ballroom J
78	Changing One's Core Values for a Better Life *	Lyle Wildes, BA Philosophy and Sociology, Master's Liberal Studies, Brain Coach, Positive Attitude Development Group, Inc.	Lake Superior Ballroom K
79	Want to be Happy? Do What the Research Suggests or Pretend You Are Danish!	Laurie Anderson, MA Psychology, Professor, The College of St. Scholastica	Lake Superior Ballroom L
80	Hepatitis C – 2017	Randy Huard, DNP, Assistant Professor of Nursing, St. Cloud State University; Betsy Ingram-Diver, MA, Instructor, Lake Superior College	Lake Superior Ballroom MN
81	Opioid Epidemic *	Jeffrey Kazel, BA History, AA Law Enforcement, Commander, Duluth Police Department	Lake Superior Ballroom O
82	MAARC— What is that?	Kelli Klein, BS, Adult Protection Resource Specialist, MN Department of Human Services	Split Rock 1
83	Tribal Efforts to Improve Breastfeeding Rates through Indigenous Doula Program	Rebekah Dunlap, PHN, BSN, Fond du Lac Human Services	Split Rock 2
84	Gay and Gray: Serving LGBT Older Adults *	Rajeane Moone, PhD, Executive Director, Training to Serve	St. Louis River

* An asterisk means a post-test will be offered

70 The Ins and Outs of Non-Emergency Medical Transportation (NEMT)
Boardroom

Do you ever have problems knowing how to get rides to medical appointments for your clients through Minnesota Health Care Programs (MHCP)? This workshop will answer many of the questions you may have regarding NEMT and provide helpful tools to make understanding the policies and procedures easier.

71 Endurance Leadership *
Chester Creek Room

In this high-speed world it is difficult to effectively lead for long-term success. Drawing on lessons from adventurers, endurance athletes, and leaders, this interactive workshop encourages participants to look at leadership differently. Want to increase short-term successes while building your team for the future? Join us for this engaging and energizing session.

72 Intersections of Inclusiveness: Drawing Our Locations
French River 1

This session explores the significance of social location and the understanding of intersections to deepen inclusive human services work. Alongside the good intentions, values, and commitments we bring to our work, we also bring our particular identities. Awareness of our own social locations and the intersections that inform lived experiences directly impact our ability to meet people “where they are.” A robust understanding of where we are “at” deepens our listening and responsiveness to where clients are. The session also provides an introduction to the concept and practice of intersectionality. Participants will be invited to explore and reflect on their multiple identities to consider ways they can deepen practices of inclusiveness in their particular work. Graphic recording in real-time will demonstrate an inclusive method for naming and honoring the particularities of experience.

73 Housing Support—Formerly Known as Group Residential Housing (GRH)
French River 2

Group Residential Housing (GRH)—it’s not just for groups anymore! This session will review recent legislative changes to the GRH program: what stays the same, what has changed, and the drivers for why things changed. This is a great opportunity to learn how this benefit (and a few others!) can be used as a resource to help people achieve housing stability in group settings or in their own home.

74 Transformative Parent Education Courses Why Choose Kids First
Gooseberry Falls 1

Parents going through divorce, separation, or changes in custody situations are required to participate in an approved parent education course. Join Stephanie Love, Kids First Instructor and Positive Energy Outdoors Co-Founder/Director, to learn about Kids First, a transformative parent education course that provides parents with effective strategies to help children adjust to family changes during this difficult time. Participants will experience highlights from the seminar, including an opportunity to learn and practice active listening, a key parenting skill.

75 Tri-occurring Disorders: Mental Health, Substance Use, and Criminality *
Gooseberry Falls 2

In addition to polysubstance and mental health disorders, clients with extensive justice system involvement often have criminal patterns of thinking and behavior that present a clinical challenge to treatment programs. This workshop will examine the interaction of these issues, evidence-based principles, and practices to address them.

76 Gun Violence: Navigating a Growing Public Health Challenge
Gooseberry Falls 3

Gun violence is a pervasive negative influence in America today, stealing lives, devastating families, oppressing communities, and costing our state over \$2 billion every year. Social services professionals regularly deal with its adverse effects and are often at risk themselves. This presentation will present highlights from and action steps developed at Protect Minnesota’s Northstar Public Health Conference on Gun Violence, in Minneapolis, September 13-14, 2017. Topics will include emerging research and best practices related to guns and mental health, suicide, domestic violence, urban violence, social determinants, racial and ethnic disparities, and childhood trauma.

77 MN Northstar Care for Children—The Road’s Been Long, Did We Get Where We Wanted to Go?
Lake Superior Ballroom J

Minnesota’s Northstar Care for Children launched on 1/1/15. An overview of Northstar’s three main components—

foster care, adoption, and kinship—will be the main focus of the discussion. In addition, after more than two and a half years of implementation, an update on its success, identified concerns, and legislative changes will be addressed.

78 Changing One’s Core Values for a Better Life *
Lake Superior Ballroom K

This session covers how to identify one’s personal Core Values and understand their role in creating chaos or success in one’s life, and then understanding the process for changing one’s Core Values.

79 Want to be Happy? Do What the Research Suggests or Pretend You are Danish!
Lake Superior Ballroom L

What is the value of measuring happiness? If happiness is subjective, how do we measure it? What is the World Happiness Report and how does it measure the well-being of countries? What is the secret to Denmark’s high ranking in World Happiness Reports? What can Americans learn from the Danes? The College of St. Scholastica offers a course on Positive Psychology and takes students to Denmark to examine the above questions. What we have learned from our research and the many conversations with Danes and the folks at the UN, WHO, and Happiness Research Institute might surprise you.

80 Hepatitis C—2017
Lake Superior Ballroom MN

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

81 Opioid Epidemic *
Lake Superior Ballroom O

The Opioid Epidemic workshop will review opioid history and trends with the evolving problem and discuss current proactive measures to curb the growth of the pool of addiction.

✦ *Workshops continue on next page*

82 MAARC – What is That?

Split Rock 1

MN Adult Abuse Reporting Center (MAARC) is the centralized data system for reporting alleged maltreatment of MN vulnerable adults. What do you know about MAARC? How do you make a report? What information is needed? Are the reports you're submitting being opened for investigation? Attendees will gain the skills needed to make successful maltreatment reports. This session will provide a general overview of MAARC, offer mandated reporters the tools to recognize who is considered a vulnerable adult, and explain the different types of maltreatment and the facts needed to assist lead investigative agencies and local law enforcement.

83 Tribal Efforts to Improve Breastfeeding Rates through Indigenous Doula Program

Split Rock 2

Breastfeeding was once a customary practice in Native American communities. Studies show that mothers who are connected to traditional teachings are more inclined to breastfeed as compared to those who are culturally disconnected (Rhodes, 2008). Fond du Lac Human Services Division is a Tribal facility on an innovative journey to reclaiming these customary practices through their unique doula peer mentoring program. This program implements community based, Indigenous methods to encourage tribal members to recognize breastfeeding as a sacred practice everyone benefits from. Find out how these efforts are improving breastfeeding rates in this local Native community.

84 Gay and Gray: Serving LGBT Older Adults *

St. Louis River Room

Whether you know it or not, lesbian, gay, bisexual, and transgender (LGBT) older adults are your clients. Learn the unique issues facing these populations and how these issues affect their willingness to seek out services. This session will outline LGBT aging, describe the diversity of sexual orientations and gender identities among senior clients, present findings from a recent needs assessment, and identify actions you can take to make your practice more LGBT culturally sensitive.

Friday, October 13		Session II Workshops	10:30 – Noon
85	What is a CIL?	Amanda Crosby, BS Sociology, Independent Living Specialist, Access North Center for Independent Living; Kristine Nelson, MAEd, Independent Living Specialist, Access North Center for Independent Living; John Hoge, Independent Living Specialist and VR/IL Liaison, Access North Center for Independent Living	Boardroom
86	Let's Talk About Touches: Best Practices in Sexual Abuse Prevention Education *	Rachel Johnson, BS in Public Service, Spanish, and Sociology, Forensic Interviewer, Prevention Educator, Trainer, First Witness Child Advocacy Center; Ina Newton, BA Psychology, Family Advocate, First Witness Child Advocacy Center	Chester Creek
87	Reducing the Risk: Principles of Effective Interventions with High Risk Clients *	Kevin Fawcett, MA Criminal Justice Leadership, Concordia of St. Paul, Regional Coordinator, Department of Corrections	French River 1
88	Perspectives on Social Work Education at the University of Minnesota Duluth	Dennis Falk, PhD, Professor Emeritas, University of Minnesota Duluth; Shawyn Lee, MSW, PhD, Assistant Professor, University of Minnesota Duluth	French River 2
89	Building Your Interagency Care Team: Keys to Success	Heidi Favet, BS, Community Care Team Leader, Ely Area Community Care Team; Jenny Uhrich, MPA, Executive Director, Well Being Development; Pat Conway, PhD, MSW, Senior Research Scientist, Essentia Institute for Rural Health; Sally Koski, RN, PhD, CCT Volunter Co-chair, Community Member	Gooseberry Falls 1
90	A Vital Safety Net for Our Community: Mental Health Crisis Services on the Iron Range *	Dana Stroschein, MSW, Mobile Crisis Coordinator, Clinical Supervisor, Range Mental Health Center; Marissa Stitt, MA, LPCC, NCC, Clinical Director/Program Manager, Wellstone Center, Range Mental Health Center	Gooseberry Falls 2
91	Build Your Ethics Toolbox: Applying Regulations to Social Work Practice	Michelle Kramer-Prevost, MSW, LISW, Assistant Director, Minnesota Board of Social Work; Megan Gallagher, JD, Regulations Analyst, Minnesota Board of Social Work	Gooseberry Falls 3
92	Gray Area Thinking *	Ellen Krug, JD, Diversity and Inclusion Trainer and Consultant, Human Inspiration Works, LLC	Lake Superior Ballroom J
93	Now That We Have Laid Systemic Oppression on the Table, Where Do We Go From Here?	Kym Young, MA, BS, AA, AAS, Community Human Rights Activist, Superior African Heritage Community	Lake Superior Ballroom K

94 Safe Harbor Efforts to Improve Outcomes for Minnesota Youth Victims of Human Trafficking	Paula Schaefer, MS Community Counseling, Safe Harbor Training Coordinator, MN Department of Health; Amanda Colegrove, MA, Safe Harbor Expansion Coordinator, MN Dept of Health	Lake Superior Ballroom L
95 Engaging in Challenging Conversations: A Primer for Success	Maria Stalzer Wyant Cuzzo, PhD, JD, Professor of Legal Studies, University of Wisconsin-Superior	Lake Superior Ballroom MN
96 Community Response to the Opioid Crisis	Dave Rompa, State Program Administrator, Minnesota Department of Human Services; Don Moore, LADC, Director of Chemical Dependency Special Communities; Faye K Bernstein, MA, JD, Minnesota Department of Human Services; Marcia Gurno, Social Worker, St. Louis County Substance Abuse Prevention and Intervention Initiative	Lake Superior Ballroom O
97 Managing Dementia Effectively at Home *	Sara McCumber, DNP, APRN, CNP, CNS, Associate Professor & Nurse Practitioner, The College of St. Scholastica	Split Rock 1
98 Indigenous Innovation and Practices in Victim-Centered Response	LeAnn Littlewolf, Master's in Advocacy and Political Leadership, Master's in Education, Advocate Training Specialist, American Indian Community Housing Organization; Marisa Ring, BA Political Science, Legal Advocate, American Indian Community Housing Organization; Moira Villiard, BS Communicating Arts with minor in Global Studies, Cultural Program Coordinator, American Indian Community Housing Organization	Split Rock 2
99 The Invitation	Danette Kimball, MSW, Social Worker, St. Louis County; Susan Bolos, MSW, Supervisor, St. Louis County	St. Louis River

Friday, October 13 **Session II Workshops** **10:30 – Noon**

85 **What is a CIL?**
Boardroom
What is a Center for Independent Living? What is the history behind the Independent Living movement? Did you know our services are free of charge and open to all individuals of all ages and all disabilities? Come learn a brief history of the CIL Movement and what shapes a CIL. Learn what services Access North provides and how we collaborate with other agencies in our community and beyond.

86 **Let's Talk About Touches: Best Practices in Sexual Abuse Prevention Education ***
Chester Creek Room
This session will outline best practices for discussing safe and unsafe touches, healthy boundaries, and body sovereignty with children, families, and youth-serving professionals. It will also provide an overview of the researched-based Safe and Strong Child prevention education curriculum and will further explore how the curriculum can be implemented in schools and youth programs. This session also details core messages around body safety that can be incorporated into everyday conversations with family and communities.

* An asterisk means a post-test will be offered

87 **Reducing the Risk: Principles of Effective Interventions with High Risk Clients ***
French River 1
The Minnesota Statewide Initiative to Reduce Recidivism (MNSIRR) is a state-wide collaboration to reduce recidivism. This initiative has brought together State and county systems, along with community services providers, in an effort to reduce recidivism with high risk clients. This innovative approach teaches effective interventions, creating safer institutions and communities. This workshop will introduce the principles of effective interventions and share ideas on how to implement a client friendly approach to behavior change within your agency.

88 **Perspectives on Social Work Education at the University of Minnesota Duluth**
French River 2
This workshop will share and invite diverse perspectives on social work education at the University of Minnesota Duluth over the past four-plus decades. The presenters will provide an overview of the programs that have been offered and the people who have been involved. Participants will be encouraged to share their perspectives on their experiences and the impact of social work programs over the years. Current and former students, faculty, and staff are especially invited to participate in this interactive session.

89 **Building Your Interagency Care Team: Keys to Success**
Gooseberry Falls 1
The Ely Community Care Team has five years of experience collaborating across agency lines to address health and wellness needs in this remote, rural area. The Community Care Team brings together healthcare, mental health care, government services, education, non-government social services, and community members to increase community capacity to address wellness needs and to improve the health and wellness of individual community members. This session will feature key strategies for building and maintaining successful interagency teams; tools to help you build a community care team or network; techniques for overcoming barriers to collaborative care; and specific examples to illustrate these keys.

90 **A Vital Safety Net for Our Community: Mental Health Crisis Services on the Iron Range ***
Gooseberry Falls 2
Range Mental Health Center provides mental health crisis services for Northern St. Louis County through both our Mobile Crisis Program and the Wellstone Crisis Stabilization Center. Collaboration with local service providers in a number of different professions, including physicians/hospitals, law enforcement officials,

☀ *Workshops continue on next page*

schools, and social service agencies, is vital for positive, long-term results. This includes preventative, acute, and follow-up care. What are best practices for effective crisis services? What does it take to develop a solid foundation for service delivery? What are some of the major obstacles in service delivery, on both the micro and macro level? We will share what we have been doing, but are also interested in some brainstorming and interactive discussion to ascertain ways we can continue to provide these essential services to our community.

91 Build Your Ethics Toolbox: Applying Regulations to Social Work Practice
Gooseberry Falls 3

Ethical dilemmas are guaranteed in social work practice, such as unlicensed practice, texting, and “friending” clients. Colleagues falsifying records. Expand your knowledge of licensing responsibilities and learn how to incorporate Board regulations into ethical social work practice.

92 Gray Area Thinking *
Lake Superior Ballroom J

All humans habitually categorize and group others who are “different” from “us,” which often leads to black and white thinking, as in “good” versus “bad,” or “native” versus “immigrant,” and a host of other isolating labels. With this presentation, Ellen (Ellie) Krug offers a toolset “Gray Area Thinking” for interacting with diverse humans in a mindful and compassionate way.

Gray Area Thinking is a simple three-part toolset for interacting with diverse humans.

- Awareness of another human’s vulnerability or suffering
- Risk-taking to alleviate or lesson that vulnerability or suffering
- Compassion and kindness for both self and others

93 Now That We Have Laid Systemic Oppression on the Table, Where Do We Go From Here?
Lake Superior Ballroom K

Participants will learn to put diversity inclusion into actual daily routines. This interactive training module is designed to be a working action plan for those who intend to put into practice and develop on top of the base. Three areas will be covered:

- Expanding the conversation to include solution-based advocacy and action

- Creating safe and brave spaces for everyone to be included in the process of change
- Actively working towards an inclusive community

Learning objectives:

- Putting knowledge gained into actual working practices
- Continuing education and development of best practices
- Increase interactions and exchange of ideas and functionality
- Modeling new paradigms

94 Safe Harbor Efforts to Improve Outcomes for Minnesota Youth Victims of Human Trafficking
Lake Superior Ballroom L

Imagine being a youth attempting to get help but not being able to speak the unspeakable or connect with professionals who understand. The Minnesota Safe Harbor law has created a victim-centered system of response to identify youth victims of sexual exploitation. A new federal grant will also include youth labor trafficking in statewide efforts. Attendees will learn about human trafficking and how social service communities can join efforts to identify and respond to youth victims with a trauma-informed approach. Come to this workshop and become an important part of the Safe Harbor system of care for youth.

95 Engaging in Challenging Conversations: A Primer for Success
Lake Superior Ballroom MN

This session offers specific tips and techniques for preparing for, designing, engaging in, and debriefing from challenging conversations in your life. Whether with your supervisor, peer, spouse, clients, customers, or kids, these methods will help ensure that you know how to discuss what matters most and can focus your energies on finding the best resolution to your challenging situation. Find out how to shift to a “learning conversation” stance and how to design a conversation that can get to the core of the concern. Taught by an experienced educator, mediator, and practitioner of conflict resolution, this session provides basic skills to enhance your conflict competence.

96 Community Response to the Opioid Crisis
Lake Superior Ballroom O

The Minnesota Department of Human Services, Alcohol and Drug Abuse Division, is dedicated to providing com-

munity-based solutions to address the opioid use crisis. This workshop will highlight the work of DHS/ADAD in providing innovative programs to address the opioid crisis throughout Minnesota, including partnering with St. Louis County and the Northeast Minnesota Opioid Abuse Response Strategies task force. This partnership establishes an Opioid Withdrawal and Management Unit, expands office-based opioid treatment, and also expands the use of Naloxone within the SLC community.

97 Managing Dementia Effectively at Home *
Split Rock 1

One in six older adults has dementia. Most older adults and their families wish to age in their own home. A dementia diagnosis presents many unique challenges to successfully aging in place. Families and care partners are central to the older adult with dementia remaining at home. This session will focus on strategies to address the challenges of remaining at home, the necessary components of an effective dementia home care plan, and caregiver support strategies. The importance of a person-centered dementia care plan, creating a dementia care team, and effectively planning ahead will be included.

98 Indigenous Innovation and Practices in Victim-Centered Response
Split Rock 2

The American Indian Community Housing Organization will showcase how they have incorporated art as a catalyst to open non-threatening discussions on the topics of sexual assault and domestic violence within culturally specific women’s education groups. Participants will gain a deeper understanding of the intersections of community issues such as housing, self-sufficiency, safety and systems response in connection with homelessness, sexual assault, and domestic violence. This session will deepen the participant’s understanding of core Indigenous values and how to honor life experiences through meeting individuals where they are in a victim-centered response to sexual assault and domestic violence.

99 The Invitation
St. Louis River Room

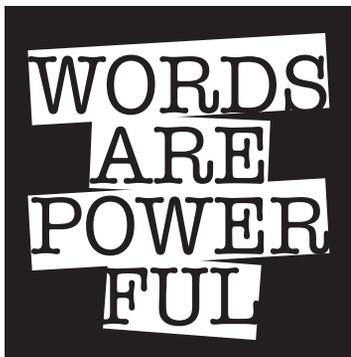
Join us as we explore the art of being human in county social work practice. Our big hearts are impacted by the daily “wear and tear” of life and the profession we have chosen. When we care for and open our hearts we are more able to heal and inspire healing in others.

* An asterisk means a post-test will be offered

Friday, October 13	Session III Workshops	1:30 – 3:00 p.m.
100 Let's Talk about Sex!	Meredith Kujala, BSW, Minors in Psychology & Disability Studies, Community Organizer/Advocate/SAM NE Representative, ARC Northland; Katie Thune, MA in Education (DD Disability focus), RYT, Self-Employed	Boardroom
101 Ethical Dilemmas in Homeless Work *	John Petroskas, JD, Policy Specialist, MN Department of Human Services	Chester Creek
102 Collaboration is the Key	Heather Lindula, Paralegal/Housing Advocate, Social Work, Legal Aid Service of Northeastern Minnesota; Barb Hilde, St. Louis County; Angela Neal, AEOA; Adam Venne, Executive Director, Range Transitional Housing	French River 1
103 Addiction and Recovery: Change the Lens – Change Your Perspective	Sister Pauline Micke, OSB, MDV, Certified Spiritual Director, nine years experience facilitating treatment groups, Coordinator of Outreach, Center for Spirituality and Enrichment, St. Scholastica Monastery	French River 2
104 Transition Planning for Foster Care Youth	Tamara Moore, MSW, Adolescent Services Consultant, MN Department of Human Services; Kim Lemcke, MA, Adolescent Services Consultant, MN Department of Human Services; Nic Vogel, Policy Specialist, MN Department of Human Services	Gooseberry Falls 1
105 Through Our Eyes: Viewing Dementia Through a Cultural Lens *	Geoffrey Ammerman, MEd, LP, Clinical Director, Fond Du Lac Department of Behavioral Health	Gooseberry Falls 2
106 The Perspective of Race Relations in the Twin Ports Public School System	D'Andre Robinson, McNair Scholar, Current Student (Sociology), UW-Superior McNair Scholars Program	Gooseberry Falls 3
107 "What Do I Say?" Communicating About Politics, Hot-Button Issues, and Online Comments	Annalisa Peterson, JD, MDR, Duluth Program Director, Conflict Resolution Center	Harborside 202
108 Social Work in the Digital Age: How Repeated Exposure to Negative News Online Could Affect the Wellbeing of Social Workers	Shawyn Lee, MSW, PhD, Assistant Professor, University of Minnesota Duluth, Department of Social Work	Harborside 203
109 Emotional First Aid: Supporting Professionals and the Community Following Traumatic Events *	Gina Dixon, MA, Licensed Psychologist, Program Manager, Essentia Health St Mary's Grief Support Services	Harborside 204
110 An Anishinabe Perspective: Utilize the Teachings in Everyday Life	Everett LaFromboise, Student, Human Services, Fond Du Lac Tribal Community College	Harborside 205
111 Transforming Community Through the Lens of Relational-Cultural Theory: Applications in Health Care, Education, Social Justice, and the Environment *	Connie Gunderson, PhD, Associate Professor, The College of St. Scholastica; Julie Kim, MSW, LICSW, Counselor, University of Minnesota Duluth Counseling Services; Erin Therrien, MSW, LGSW, Psychotherapist, Human Development Center; Renee Brechter Burns, MSW, LGSW, Clinical Social Worker, Self-employed; Jane Larson, MSW, LGSW, APSW, Coordinator of Prevention Services, Psychotherapist, Human Development Center; Connie Roy, MSW, LGSW, Clinical Associate, ARMHS Practitioner, Accend Services	Harborside 301-302
112 Roller Derby for the Workplace: Be Bold, Agile, and Team-up for the Win *	Sarah Crowell, MPP, Branch Chief, Evaluation and Assessment Branch, Office of Internal Planning and Management, National Institutes of Health, Health and Human Services	Harborside 303
113 Exciting and Innovative Ways to Engage Clients in Workforce Activities	Paula Reed, BA Communications, Manager, Workforce Development, Duluth Workforce Development Board	Harborside 304
114 Learning Compassion and Empathy in Mental Health	Susan Anderson, MSW, Mental Health Practitioner, NHS-Northstar Specialized Services	Harborside 305
115 Healing the Fear that Hides: Trauma Informed Biographical Timelines and Interventions for Addiction *	Mary Vicario, MAEd, LPCC-S, Finding Hope Consulting, LLC; Libby Marlatt-Murdoch, MS Clinical Mental Health Counseling, LPCA, LCASA, CTRTC, CCTP, Finding Hope Consulting	Lake Superior Ballroom J

 *Session III Workshops continue on next page*

116	Reversing the Stress Response with SomaYoga – The Physiology of Freedom	Jodi Christensen, C-IAYT, AYS, RYT500, CSE, Certified Yoga Therapist, Somatic Educator, Ayurvedic Yoga Specialist, Yoga North International SomaYoga Institute	Lake Superior Ballroom K
117	Using Motivational Interviewing in a Group Format for Dual Diagnosis (CD/SPMI) Clients *	Jenny Adams Salmela, MSW, LICSW, Therapist/Sr. Psychiatric Social Worker, Hennepin County Mental Health Clinic; Kathleen Sapp, MSW, LICSW, Therapist/Sr. Psychiatric Social Worker, Hennepin County Mental Health Clinic	Lake Superior Ballroom L
118	Use of Music, Massage, and Pet Therapy with Hospice Patients and Grief Work for the Family *	James Heymans, MSW, Lead Social Worker and Bereavement Coordinator, Ecumen Hospice; Julie Keller, LPN, Hospice Care Consultant, Ecumen Hospice; Carol Nelson; Theresa Bulger; Gina Watson; and Michael Hedges	Lake Superior Ballroom MN
119	Person-Centered Thinking Tools... Now What?	Caryn Walters, MS Counseling Psychology, Intellectual Disability Social Worker, St. Louis County; Melissa Weber, Designated Coordinator, Trillium Services; Jennifer Hurst, BS Psychology, Designated Manager, Trillium Works!; Bradley Hoffmocker, MSW, Adult Mental Health Social Worker, St. Louis County; Lisa Oberstar, BS Applied Psychology, Elderly and Disability Social Worker, St. Louis County	Lake Superior Ballroom O
120	Our Intersectional-Perception: Responding to Drug Use and Overdose, HIV and HCV in Northern Minnesota *	Maggie Kazel, MS Counseling, University of Wisconsin, USCDC and MDH certified in HIV Counseling Testing and Referral, USCDC trained in Street Smart HIV Prevention/Intervention Curriculum, Expressive Arts Trauma-Informed Care Level One Certification by Doctor, Rural AIDS Action Network, RAAN Duluth Program Manager; Jameson Danielson, MDH Trained and Certified in HIV Counseling, Testing and Referral, Rural AIDS Action Network, Health Educator; Mary McCarthy, Executive Director, Rural AIDS Action Network	Split Rock 1
121	A Family Problem Requires a Family Solution: How Families are Affected by Addiction, and What to Do About it	Sherry Gaugler-Stewart, BS, Spiritual Director, Director of Family and Spiritual Recovery, The Retreat	Split Rock 2
122	Self-Care: The Road Less Traveled	Bryan Johnson, BSW, LSW, LADC, Social Worker, Ongoing Child Protection, St. Louis County Public Human Services	St. Louis River



Words Are Powerful is an interactive St. Louis County Public Health & Human Service Exhibit to explore and experience the power of our words.

The Exhibit will be located in the Edmund Fitzgerald Exhibit Hall both days of the conference. * St. Louis County Public Health and Human Services (PHHS) Diversity Action Team (DAT) has worked to develop a **Words Are Powerful** campaign to bring about awareness of the impact and power of our words on others. This is specifically related to micro-aggressions and indignities, and how to effectively respond when we are confronted with or witness this. * We will share our four **Words Are Powerful** posters, have postcards and resources available, and a video viewing of two films: *Ouch! That Stereotype Hurts* and *Ouch! Your Silence Hurts*. * An accompanying workshop on this exhibit will be:

Thursday, October 12, 1:00–2:30 pm, at Split Rock 2.

100 Let's Talk about Sex!**Boardroom**

Did you know many adults with I/DD disabilities were pulled from their sex ed classes in school? Did you also know that people with intellectual disabilities have a high rate of sexual abuse? In this session we will discuss the importance of sexual education and healthy relationships for people with I/DD disabilities. We will briefly go through curriculum materials used to teach sex ed to people with disabilities and cover the importance of bringing awareness of this topic and getting the information in the community. Healthy sexual education is important for *everyone* no matter our differences! Both Katie and Meredith have decades of experience working with and advocating for people with disabilities.

101 Ethical Dilemmas in Homeless Work***Chester Creek Room**

What does it mean to be an ethical human services worker? We're often confronted with ethical dilemmas during our work with clients who are (or have been) homeless. In this workshop, participants will work through a series of real-life ethical dilemmas and, through a facilitated discussion, share how they resolved them.

102 Collaboration is the Key**French River 1**

Collaboration across providers is essential to provide expedited services to our clients in need. This session will focus on housing-specific collaboration in Northern St. Louis County. Even if you are not involved in housing, we would encourage you to attend as the philosophy of collaboration crosses the spectrum of client needs.

103 Addiction and Recovery: Change the Lens — Change Your Perspective**French River 2**

This presentation will look at our perspective as we move out of an addictive lifestyle into a recovery lifestyle. We will look at how we change the lens through which we see using Terence Gorski's work and the practice of Welcoming Prayer. Led by our Higher Power, we make choices free of our false self and are able to live in the *NOW* from a balanced life that leads to *HOPE and motivation*.

104 Transition Planning for Foster Care Youth**Gooseberry Falls 1**

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

105 Through Our Eyes: Viewing Dementia Through a Cultural Lens ***Gooseberry Falls 2**

Dementia in our American Indian Communities has grown substantially. Its origins can be traced to historical trauma in many forms. We will discuss the impact of historical trauma, the impact and cultural depth of dementia in the Native population, as well as assist in helping the participant become more culturally attuned to unique issues that affect Native Americans with dementia.

106 The Perspective of Race Relations in the Twin Ports Public School System**Gooseberry Falls 3**

Despite the massive amounts of research conducted in urban areas, little is known about small town relationships regarding race. Literature shows investigations in metropolitan cities that account for more diversity. We were unable to find literature discussing any type of racial connection in a small town atmosphere. This study produces 23 qualitative interviews; our target sample was white adults from the Twin Ports. The University of Wisconsin-Superior provides the town with most of its culture. An analysis of these interviews yields residential perspectives on race, diversity, and culture within the public school system. What roles, if any, do residents of the Twin Ports play in racial disparities regarding their children's interactions with their peers? We have found that residents are subject to color blindness and covert ramifications of social justice issues. This study is a building block that has set a foundation that will contribute to future small town researchers.

107 "What Do I Say?" Communicating About Politics, Hot-Button Issues and Online Comments**Harborside 202**

In the midst of a particularly polarized political climate, conversations in the public sphere have been as charged as ever. Whether it's conversations about deeply-held, differing beliefs with family members or friends, posts on social media, or runaway exchanges in the comments section of a newspaper article, it can be difficult to know when to speak up and what to say. This workshop will explore strategies for effective communication, de-escalation, and self-reflection when dealing with highly-charged topics.

108 Social Work in the Digital Age: How Repeated Exposure to Negative News Online Could Affect the Wellbeing of Social Workers**Harborside 203**

In July 2016, Philando Castille was shot and killed by a police officer. His girlfriend recorded the event with her cell-phone from the passenger seat of their car. Using Facebook Live's video recording feature, Reynolds's live footage was instantly streaming on Facebook. Social networking sites such as Facebook have become major sources of news for many people. We are exposed on a regular basis to stories, images, and live video content of violence, suffering, and death. This workshop will discuss the effects of repeated exposure to human suffering from online sources on the wellbeing and work of professional social workers.

109 Emotional First Aid: Supporting Professionals and the Community Following Traumatic Events ***Harborside 204**

Drawing on 23 years of experience with supporting individuals and groups following a critical incident, this presentation will offer an up-to-date, systematic approach to supporting team members following a critical incident or traumatic event, including the serious illness, injury, or death of a coworker, patient, student, or consumer. Potential risks related to older debriefing models as well as benefits of a First Aid approach will also be explored. Creative and comprehensive strategies for fostering individual resilience to trauma exposure will be shared.

along with strategies to enhance team cohesion and reestablish stability after a traumatic event.

110 An Anishinabe Perspective: Utilize the Teachings in Everyday Life

Harborside 205

I will tell the story of my life. I will speak of how I overcame addiction and historical trauma through the use of Native American teachings and ceremonies. I will give a description of the Seven Teachings and the Four Sacred Medicines and how to utilize them in everyday life and practice. I am an Anishinabe Native who was born and raised in this area and learned through experience. This will be highly useful for anyone who works with the Native American population and will be presented in a way that anyone can gain awareness of the spiritual aspect of health, healing, and unity.

111 Transforming Community Through the Lens of Relational-Cultural Theory: Applications in Health Care, Education, Social Justice, and the Environment *

Harborside 301-302

We need healthy connections throughout our lives, and we thrive in growth-fostering relationships. In this workshop we wish to provide support and inspiration about the practice of the power of connection and the possibility of building and shaping more safe and compassionate communities. Our panel of RCT practitioners and students will share how they are actively transforming community in the areas of health care, education, social justice, and the environment from a relational-cultural perspective. We will share our diverse voices, creative ideas, and expansive perspectives. We invite you to bring some aspect of your work or life experiences to add to the social movement that puts relationship at the center of change and offers each of us meaning and mutual benefit.

112 Roller Derby for the Workplace: Be Bold, Agile, and Team-up for the Win*

Harborside 303

Get ready to jam! Sarah Martyn Crowell combines highlights from her All-Star roller derby career with leadership and management research to provide professional lessons learned about taking risks, adapting to change, and excelling on a team in the health and human services sector. This

session is interactive – each section of the presentation provides prompts for participants to reflect and explore their style and approach to interpersonal communication, strategic thinking, and decision-making. Participants will be engaged, rejuvenated, and gain a fresh perspective for how they can innovate and drive their career and projects forward.

113 Exciting and Innovative Ways to Engage Clients in Workforce Activities

Harborside 304

Under the Workforce Innovation and Opportunity Act (WIOA), the City of Duluth is recognized as a Local Workforce Development Area (LWDA) operating under the guidance and direction of the Duluth Workforce Development Board (DWDB). The DWDB is made up of individuals from private business, education, economic development, nonprofit, labor and government entities, all working together to address workforce needs in our local community.

Attendees of this session will gain insight into special projects the DWDB has been working on as members share insights and experience related to the following:

1) Development and implementation of career pathways; 2) Results of a nine-month regional asset mapping project; 3) An overview of an experiential learning framework for matching youth and young adults with career exploration opportunities; and 4) Highlights from DWDB efforts to engage with the community to address education and employment disparities.

The session will culminate with a panel discussion featuring board members from different sectors sharing workforce challenges and best practices.

114 Learning Compassion and Empathy in Mental Health

Harborside 305

Compassion and empathy are similar concepts, yet are different in the way they are presented. I will teach you through research, literature, and personal experience about both compassion and empathy and how each concept can help you to have a better rapport with the people you work with. When you are done with this workshop, it is my hope that you will have a better understanding of how compassion and empathy work and how both concepts can be a stepping stone to a multi-personal relationship with the people you work with.

115 Healing the Fear that Hides: Trauma Informed Biographical Timelines and Interventions for Addiction *

Lake Superior Ballroom J

Trauma is now recognized as a near universal experience of individuals with addiction and behavioral health issues often resulting in a complex array of social, emotional, and behavioral challenges. A trauma-informed Biographical Timeline is a tool for generating a better understanding of the whole person by mapping their story and planning supports and services for the person's needs. This process represents an integration of the Relational-Cultural work of Maureen Walker, which places behavior in context, with trauma-responsive addiction practices, into a tool for understanding and service planning. This training explores trauma's effect on the brain, behavior, and relationships, as well as how to identify resilience experiences and create additional resilience opportunities to heal the damage done from trauma and addiction. As Maureen Walker reminds, "Strategies for disconnection are an intense yearning for connection in an atmosphere of fear." Come explore how to uncover and address the fear that hides behind substance use.

116 Reversing the Stress Response with SomaYoga—The Physiology of Freedom

Lake Superior Ballroom K

Learn to recognize the effects of the stress response and discover your body's hidden reactions to stress that can cause pain, dysfunction, and a lack of freedom in our lives. Discover how to release some of the physical habits that lead to the cumulative effects of stress and gain easy practices that can be used daily. Learn about the body's reaction to stress and the main stress reflexes/responses. Understand the concepts of Sensory Motor Amnesia and Sensory Motor Competence and how this new work is the key to sustained freedom and function in the body. Tap into the tools of proprioception, exteroception, and interoception to heal yourself. Participate in SomaYoga Therapy practices and take home tangible tools to feel better today! This session combines lecture, discussion, and accessible movements sitting on chairs and standing that will build awareness, better function, and more ease in the body and mind.

117 Using Motivational Interviewing in a Group Format for Dual Diagnosis (CD/SPMI) Clients *
Lake Superior Ballroom L

This presentation will include an overview of Motivational Interviewing (MI) as a communication style to have more effective conversations with clients about change. It will provide strategies for using MI in group settings with clients, specifically with clients who have both chemical dependency and mental illness. Case examples and best practices from the long-standing Mental Health Chemical Health therapy group at the Hennepin County Mental Health Center will be provided. Issues of trauma, peer support, work with mandated clients, and group dynamics will be highlighted. Professionals who serve dual diagnosis clients in a variety of settings and modalities will find this material relevant to their work.

118 Use of Music, Massage, and Pet Therapy with Hospice Patients and Grief Work for the Family *
Lake Superior Ballroom MN

Explore how the use of music, massage, and pet therapies are used for the palliation of symptoms at the end of life. Learn how to provide "grief work" with patients and families prior to death and survivors after the death of a hospice patient.

119 Person-Centered Thinking Tools... Now What?
Lake Superior Ballroom O

Whether you are just starting to learn about Person-Centered Thinking (PCT) tools or have attended formal training, this presentation is designed to help identify practical uses of PCT in your work. In collaboration with lead agency and provider PCT coaches, this presentation offers different applications of tools by providing varying perspectives. From the initial idea of using a tool to implementation and follow through, real life examples will be shared of how the tools can be applied through discovery and problem solving. Examples will include tools used in service delivery, lead agency application, and administration processes.

120 Our Intersectional-Perception: Responding to Drug Use and Overdose, HIV and HCV in Northern Minnesota *
Split Rock 1

At Rural AIDS Action Network in Duluth, we focus on facing drug use, overdose, HIV, and Hepatitis C. We arrived at our response by examining our perceptions from the intersections where we live: at the corner of multiple traumas and resiliencies, histories of drug tourism, harm reduction tenets, and LGBTQAI awareness. We will share how we actualize the tenets of Dr. Judith Herman (Harvard faculty, author of *Trauma and Recovery*), Dr. Gabor Mate (*In the Realm of Hungry Ghosts*), Dr. Camara Jones ("The Gardener's Tale," US CDC), and Dr. Iris Heavy Runner (Blackfeet Nation, Miracle Survivors Family Education Model) in our everyday work with drug users, their families, and friends.

121 A Family Problem Requires a Family Solution: How Families are Affected by Addiction, and What to Do About It
Split Rock 2

When a loved one struggles with addiction, families tend to focus their energy and attention on getting that person well. Most believe that if their loved one finds help, then everyone else will be okay. Many family members can see the negative impact and consequences of addiction on their loved ones, but find it difficult to see the depth of how they've been affected. This session will look at ways families are affected by the disease of addiction, and how to overcome the obstacles that stand in the way of families finding support for themselves.

122 Self-Care: The Road Less Traveled
St. Louis River Room

Self-Care and Wellness: We teach it to our clients, but do you find personal self-care a challenge to implement? We are professional counselors, social workers, and human service workers, but are we healthy workers? In order to perform our jobs we must be emotionally attuned and available to our clients. In this workshop I will share my personal journey, which through its darkest moments has brought me to the brightest moments in my career, and what it taught me about the consequences of minimizing self-care and wellness.

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

- * Accend Services
- * Access North Center for Independent Living
- * Accra
- * Accurate Home Care, LLC
- * ActivStyle
- * Argosy University
- * Augsburg College Master of Social Work (MSW)
- * Augustana Care – Moose Lake
- * Benedictine Living Community of Duluth
- * Blue Cross Blue Shield and Blue Plus
- * Carlton County Public Health & Human Services
- * Center for Alcohol and Drug Treatment
- * DRCC
- * Ecumen Lakeshore
- * Ecumen Scenic Shores
- * Essentia Health
- * Essentia Health Medical Equipment & Supplies
- * Fon du Lac Human Services Division
- * Help Me Grow
- * Home Instead Senior Care
- * Homestyle Direct
- * Housing Benefits 101 / Disability Benefits 101
- * Human Development Center
- * Key Medical Supply, Inc.
- * Lakeplace Retreat Center
- * Leo A. Hoffmann Center
- * Mains'l Services Inc.
- * Maple Lake Recovery Centers
- * Melrose Center
- * Minnesota Adult & Teen Challenge
- * Mom's Meals Nourishcare
- * Monarch Healthcare Management
- * NHS – Northstar Specialized Services
- * North Homes Children & Family Services
- * Northeast Minnesota Office of Job Training
- * Northstar Problem Gambling Alliance
- * Northwood Children's Services
- * Nystrom and Associates
- * Option Care Home Infusion
- * PAL Medical Systems
- * Part-Time MSW Program, School of Social Work, UW – Madison
- * Planned Parenthood of MN, ND, SD
- * Port Group Homes
- * Prairie St. John's
- * Pride Institute
- * Project Turnabout
- * Provide Care
- * Range Mental Health Center
- * Red River Behavioral Health System
- * Residential Services, Inc (RSI)
- * Riverplace Counseling Center
- * Rural AIDS Action Network
- * Sand Creek Workplace Wellness
- * St. Kate's – St. Thomas School of Social Work
- * St. Louis County Public Health & Human Services
- * St. Luke's
- * St. Scholastica Monastery
- * STAR Services
- * The College of St. Scholastica
- * The Duluth Bethel
- * The Salvation Army of Duluth
- * Tranquility Incontinence Products
- * UCare
- * University of Minnesota Duluth – Dept. of Social Work
- * Volunteers of America
- * Whole Person Associates
- * Wing House
- * WINGS
- * Wisconsin Indianhead Technical College
- * Woodland Hills

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REGISTER:

**Via web only — by Friday,
October 6, 2017**

Complete your online registration at:
www.stlouiscountymn.gov/hhsconference

2

PAYMENT:

NEW: Register online now with credit card, e-check, p-card or mail your check. Make your check payable to: SLC Human Service Conference Fund

Mail to:

Cori Helget
Government Services Center
Suite 401 West
320 West Second Street
Duluth, MN 55802-1495

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MORE INFORMATION?

- Deadline to request accommodations (interpretive services, hearing assistive technologies or other services): September 1, 2017.
- No registration refunds after Friday, September 15, 2017.
- Participants are free to attend the institutes and workshops of their choice throughout the conference.
- Registration is accepted at the door; however, expect delays. Pre-registration is appreciated!
- Cash or checks will be accepted at the door. Walk-in rate is \$90. Student walk-in rate is \$80.



**Register and
pay by:**

August 31st

Early Bird: \$60

Sept–Oct 6, 2017: \$75

Walk-in: \$90

Student Registration:

June–Oct 6, 2017: \$50

Walk-in: \$80.00

For registration and accounting questions, call Cori Helget at: **218-733-2722**, or email: helgetc@stlouiscountymn.gov

Conference Contact/Questions

Mary Bridget Lawson
HHSC Chair
Call: (218) 726-2140
lawsonm@stlouiscountymn.gov

ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE

OCTOBER 12–13, 2017

Duluth Entertainment &
Convention Center
350 Harbor Drive
Duluth, MN 55802
www.decc.org

To view, share, or print
our brochure, visit
[www.stlouiscountymn.gov/
HHSConference](http://www.stlouiscountymn.gov/HHSConference)

Hotels

When calling for hotel reservations, please mention "St. Louis County Human Service Conference Rate" (must be made by September 12, 2017).

Canal Park Lodge
250 Canal Park Dr.
218-279-6000
800-777-8560
www.canalparklodge.com

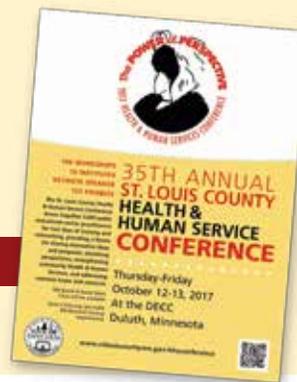
Holiday Inn Hotel & Suites
200 W. 1st St.
218-722-1202
800-477-7089
www.hiduluth.com

Hampton Inn
310 Canal Park Dr.
218-720-3000
www.duluthmn.hamptoninn.com

The Inn on Lake Superior
350 Canal Park Dr.
218-726-1111
1-888-668-4352
www.innonlakesuperior.com

About Duluth

Contact Visit Duluth
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SLC HHS Conference
320 West Second Street
GSC 6 East
Duluth, Minnesota 55802-1495

106 WORKSHOPS * 16 INSTITUTES * KEYNOTE SPEAKER * 152 EXHIBITS



**35TH ANNUAL
ST. LOUIS COUNTY
HEALTH & HUMAN SERVICE
CONFERENCE**

Thursday-Friday * October 12-13, 2017
At the DECC * Duluth, Minnesota