ST. LOUIS COUNTY HEALTH& HUMAN SERVICES CONFERENCE

WEDNESDAY–THURSDAY
OCTOBER 7–8 , 2020

66 WORKSHOPS ▪ 5 INSTITUTES ▪ 100+ SPONSORS

COUNTY OF SAINT LOUIS ESTAB. MAR. 1ST 1856

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CONFERENCE OVERVIEW

WEDNESDAY, OCTOBER 7

DEB DEWITZ, Conference Keynote Speaker

Deb DeWitz, LICSW, has provided presentations, workshops, and training at the local, state and national level. She is a social worker, family therapist, teacher and consultant who is known for her humorous and down-to-earth style.

Deb spent the first half of her career in direct service to children and families and then became a faculty member, teaching social work in North Dakota and Minnesota. She owns Family Resource Consultants, has served on numerous boards and is the recipient of the "Distinguished Alumni" award and the "Ruth Meiers Award for Service".

Deb has three children who continue to teach her life lessons, even as adults.

CONFERENCE SCHEDULE

WEDNESDAY, OCTOBER 7TH

9:00–10:00	Conference Keynote Kickoff Deb DeWitz
10:00–10:30	BREAK
10:30–12:00	Session I Workshops
12:00–1:00	BREAK
1:00–2:30	Session II Workshops
1:00–4:30	Session II Institutes
2:30–3:00	Break
3:00–4:30	Session III Workshops

THURSDAY, OCTOBER 8TH

8:30–10:00	Session IV Workshops
8:30–12:00	Session IV Institutes
10:00–10:30	BREAK
10:30–12:00	Session V Workshops
12:00–12:30	BREAK
12:30–1:30	Conference Keynote Closing Derek Francis

DEREK FRANCIS, Closing Keynote Speaker

Derek Francis is a passionate school counselor with years of experience focusing on a proactive, equity based and proactive approach. He currently serves as the Manager of Counseling Services for Minneapolis Public Schools.

Derek specializes in helping students and staff build trusting cross cultural relationships and has presented at conferences throughout the country. Recently, Derek lead a webinar for over 20,000 counselors and educators on "Proactive School Counseling After a Major Racial Incident." Some of Derek's published work includes contributions to *Contemporary Case Studies in School Counseling*, published blog "This Is Not A Fire Drill — Supporting students after George Floyd" and July/August publication articles for *American School Counselors Association* and *American School Board Journal*. Spending time with his wife and daughter and traveling are Derek's favorite hobbies.

1 **Balance Your Boundaries: Moving From Fighting to Uniting**	Jody Janati, ED.D Organizational Leadership, Consultant
2 **Assessments: Tips and Methods to Make Your Assessments Great**	Glenn Maloney, MSW, LICSW LADC, The College of Saint Scholastica
3 **Grief in Your System**	Jenn Hamrick, Masters in Social Work, Chief Operating Officer, Jenn Hamrick LLC
4 **Journey of an Orphan: Growing up in the Owatonna State School**	Don Sundeen, Artist, ; Maria Brown, MA in Ceramic Arts, Instructor, Choice Unlimited; Toby Churchill, Filmmaker and Instructor; Annie Roseen, BA Theater, English, Gender Studies, Program Coordinator, Choice Unlimited
5 **Leadership Mapping**	Jerritt Johnston, M.A. Education, Owner, True North Consultants
6 **Life lessons from fiction**	Linda Conradi, Master of Liberal Arts; B.A. English & Education, Lifelong Learning Faculty, Principia College, Lifelong Learning Faculty
7 **Living a Minimalist Life**	April Sanderson, BA, Certified Financial Counselor, LSS Financial Counseling
8 **Minnesota, We're Not Getting Any Younger!**	Georgia Lane, MA in Social Work, Program Developer, Arrowhead Area Agency on Aging
9 **Move Worker, Get Out the Way...**	Laura Brandt, MSW, Youth in Transition Program and Minor Parent Program Case Manager, St. Louis County Public Health and Human Services; Nicolas Vogel, BS, Extended Foster Care Policy Specialist, Department of Human Services; Taylor McClung, MSW, Program Coordinator, Lutheran Social Service of MN
10 **Recovery Alliance Duluth: Breaking Barriers, Sharing Solutions.**	Beth Elstad, BA Accounting/Management, CPRS, Executive Director, Recovery Alliance Duluth; Julie Vena, Recovery Community Coordinator, Recovery Alliance Duluth
11 **Remote Restorative Justice: Implementation, Successes and Challenges**	Mallory Thorne, MSW, Restorative Justice Social Worker, Carlton County Restorative Justice
12 **Rising Up. Showing Up. Connecting.**	Jordon Johnson, MSW, PhD, Executive Director, Life House
13 **Safe Harbor in a Storm: Minnesota's Response for Sexually Exploited Youth**	Paula Schaefer, M.S., Safe Harbor Training Coordinator, Minnesota Department of Health; Mel Alvar, Safe Harbor Northeast Regional Navigator, PAVSA Program for Aid to Vicitms of Sexual Assault; Tatiana Bergum, Mental Health Practioner and Safe Harbor Program Coordinator, North Homes Children & Family Services
14 **Transitions to Independence**	Ryan Underwood, BA–Youth Development, Director of Operations, TLC of Duluth

1 Balance Your Boundaries: Moving From Fighting to Uniting

Most groups understand decisions need to be made and problems need to be solved. Effective group communication helps members move from debate to dialogue, which is focused on unearthing solutions. Learning the language of cooperation can help groups stay grounded in a collaborative approach. Drama free interactions allow group trust to grow. Learn step by step techniques to set healthy boundaries with others so groups can stay on the "grow" and use messages that support a cohesive group environment. Have confidence to bring up an issue and ensure it gets solved. "It's right to collaborate right because it's right."

2 Assessments: Tips and Methods to Make Your Assessments Great

Focuses on bring assessments for social workers and drug counselors to the next level, addressing Diagnostic Assessments as well as Comprehensive Assessments. Present ways to make your assessments more complete, readable, professional, and technically proficient. Glenn Maloney LICSW LADC teaches substance use disorder assessment in the College of Saint Scholastica's MSW program and has a background in journalism including a 2002 award from the Milwaukee Press Club, and regularly publishes poetry as well as prose, frequently addressing topics related to the human services field.

3 Grief in Your System

Organization systems can experience grief that impacts not only the workers but also those whom they serve. In this session we will explore how people in both formal and informal leadership roles can address the challenges of grief within an organization. Participants will gain an understanding of what grief looks like from a larger systems perspective, and learn tools that can help to address unresolved grief that influences the culture of organizations.

Session I Workshops continue on next page

4 Journey of an Orphan: Growing up in the Owatonna State School

A conversation with Don Sundeen, an artist that grew up in an institutional setting, chronicling his artwork, his autobiographical book "Journey of an Orphan: Growing up in the Owatonna State School", and a viewing of "State School Kid", a documentary about Don's visit to the school grounds 50 years after leaving. The workshop will cover how art has influenced Don in his identity and his ability to tell his story, recalling his unique experiences as a child with a disability growing up without parents.

5 Leadership Mapping

Where do you want to go as a leader? What do you want to accomplish as a professional and as a person? This unique session will focus on our current skills and abilities as a leader and what we need to do to achieve our goals at work and in our communities. Be ready to be reflective, honest and purposeful as you create a path to your leadership objectives.

6 Life lessons from fiction

Where the Crawdads Sing, the 2018 novel by Delia Owens, lends itself to a rich discussion of the human condition. It is a coming of age story, a mystery, homage to nature, and a tangled love story. It traces themes of abuse, abandonment, loneliness, effects of isolation, and more. It shows both vulnerability and resilience of the human spirit. This is a timely and timeless story. Read the book in advance, and come together to hear a short book talk followed by breakout discussions.I Workshops Wednesday 10/7/2020 10:30–12:00

7 Living a Minimalist Life

More than just an art movement, "Minimalism" is becoming a preferred lifestyle for people all around the country who are questioning what brings value to life. Learn to incorporate this philosophy into your own life to cut clutter and reduce stress, live a meaningful life, and start defining what a Minimalist Life would mean for you.

8 Minnesota, We're Not Getting Any Younger!

FACTS: 60,000 Minnesotans turn 65 this year, next year and every year through 2030. Soon, 1 in 5 of our adult population will be 65+ (Rural MN is already there!). In 2020, the number of older adults 65+ exceeds the number of children under 18. In December 2019, Governor Walz enacted a statewide policy to promote healthy aging that requires engaging with older adults as contributors to the social, economic and civic fabric of our communities, encouraging physical and psychological health and well-being. Learn about the concept of Age Friendly Communities and how to get involved.

9 Move Worker, Get Out the Way...

Teens and young adults in the foster care system want to be the ones to choose their pathway to independence. This workshop is youth-led and will focus on what they want you to know about their experiences working with counties, foster families, non-profit agencies and the extended foster care program.

10 Recovery Alliance Duluth: Breaking Barriers, Sharing Solutions.

The pandemic has had a significant impact on the community. School closures, economic and food insecurities and a disruption in employment has created additional barriers and the need for recovery community organizations to respond with innovative solutions. Learn how RAD adapted our recovery support services and created new ways to connect to ensure individuals seeking or engaging in recovery have the opportunity to experience connection and support. Join us while we explore the virtual recovery world and how RAD adapted its services to keep up with changing environment to meet the needs of the recovery community.

11 Remote Restorative Justice: Implementation, Successes and Challenges

Quickly implementing a restorative justice program that partners with the criminal justice system to a virtual format had its successes and challenges. In this presentation, we will review our program and what modifications were made to ensure we could connect with the families we serve while maintaining the core principals of our program. Utilizing the lessons learned we will highlight suggestions for future implementation.

12 Rising Up. Showing Up. Connecting.

Pause. Take a Moment. Connect. Throughout this particular historical moment, our work as practitioners and leaders to deeply engage with the social determinants of health is critical for our future generations. Systematic injustices and health inequities are persistent and impacting the communities that we are connected to and working closely with in our region. Come participate in this interactive and exploratory workshop that provides space to critically look at the root causes of health inequities. Participants will be challenged to delve into the vulnerability of connection and courageous conversations, which is critical to addressing diversity, equity and inclusion.

13 Safe Harbor in a Storm: Minnesota's Response for Sexually Exploited Youth

Creating a robust statewide safety net for Minnesota's youth who are being sexually exploited is no easy task, and no one entity can do it alone. It takes genuine partnerships, a public health approach, and commitment from all stakeholders. Attendees will learn about sexual exploitation, data on youth reporting exploitation, the Safe Harbor network of services, best practice approaches to support youth, prevention efforts, and how participants can become an important part of the Safe Harbor safety net for youth. Numerous resources will be shared.

14 Transitions to Independence

This session will review the different waiver-based services that are available to assist individuals with disabilities that desire to live in independent community settings. This session will also feature some stories from individuals and support teams who have made these transitions successfully.

15	**"Identifying Language Deprivation Syndrome and Understanding The Implications"**	Karen Sheldon, MS Mental Health Counseling, Mental Health Practitioner, Therapeutic Services Agency; Lori Vigesaa, MS-Clinical Counseling, Mental Health Professional, Therapeutic Services Agency; Nichole Melby, MA Marriage and Family Therapy, Mental Health Practitioner, Therapeutic Services Agency; Chad Richardson, MA Clinical Mental Health Counseling, Mental Health Practitioner, Therapeutic Services Agency
16	**Biomedical Ethics During the Pandemic**	Trisha Curioz, Master of Social Work, Master of Healthcare Administration, Director of Operations, Rogers Behavioral Health
17	**Correcting Misbehavior**	Dean Grace, Ed.D, Training Consultant, Northwood Children's Services
18	**General Assistance and Minnesota Supplemental Aid: Two Programs You Should Know More About**	John Petroskas, JD, Policy Specialist, MN Department of Human Services
19	**Improving Behavioral Health Outcomes through Collaboration and the Patient-Centered Incident Matrix**	Pat Conway, Ph.D., MSW, Senior Research Scientist, Essential Insitute of Rural Health; Katie Bauman, BSn, RN, Operations Manager, Psychiatry, Essentia Health; Diane Holliday-Welsh, MHR, OTR/L, Operations Administrator, Behavior Health, Essentia Health; Joan Oswals, MA GPC, Donor relations & Major Gift Specialist, Miller Dwan Foundation
20	**Informed Choice and the Pathway to Person Centered, Competitive, Integrated Employment**	Linda Wolford, Masters of Science, Interagency Coordinator, Department of Human Services; Beth Grube, Benefits Coordinator, Minnesota Department of Human Services
21	**Leading with Resiliency**	Cara Ruff, LSW, Executive Director, Independent Lifestyles, Inc.
22	**Our Own Voices, Our Own Stories: The Adult Korean Adoptee Experience**	Shawyn Lee, Ph.D., MSW, Assistant Professor, University of Minnesota, Duluth; Julie Kim, MSW, LICSW, Counselor, University of Minnesota, Duluth Counseling Services; Kyah Altiere, MSW, Counselor, Clearpath Clinic–CADT; Adam Wetterlin, Associates of Liberal Arts; Jill Geroy, BSW, Director of Personal Support Services, Lutheran Social Service
23	**Rising to find Meaning following Suicide Loss**	Deb Semmelroth, DNP, MA, MSW, Psychotherapist, LGSW, facilitator, Insight Counseling; Marcie Knase, MA, Suicide Bereavement Support Group member, Insight Counseling; Melina Hough, BA, Suicide Bereavment Support Group member, Insight Counseling; Holly Lind, AA, Suicide Bereavement Support Group member, Insight Counseling; Walt Pfister, BA, Suicide Bereavement Support Group member, Insight Counseling; Wendy Carlson, Suicide Bereavement Support Group member, Insight Counseling
24	**Supervision of Social Services Social Workers–Promoting Energy & Creativity**	David Glesener, MSW, Child Welfare Consultant & PhD Candidate, University of Minnesota
25	**The Juniper Network: Virtual Options for Improving Health & Staying Connected**	Georgia Lane, MA in Social Work, Program Developer, Arrowhead Area Agency on Aging; Krista Harju, College of St. Scholastica
26	**Compassion Fatigue**	Karen Edens, BA, MPH, President, Director of Training, Edens Group Training Center
27	**Exploring the Missing Chapter**	Marsha Lue, Educational Doctorate, TRIO SSS Advisor, Lake Superior College; Colleen Bernu, Bachelor's of Science, Mission Developer, ELCA

15 "Identifying Language Deprivation Syndrome and Understanding The Implications"

Attendees will develop a basic understanding of Language Deprivation Syndrome (LDS) affecting individuals with significant hearing loss, are deaf, or have societal barriers to language access and development. Language deprivation syndrome has far reaching and long-lasting impacts on an individual's cognitive and social emotional development. Attendees will leave with an understanding of who is likely to have LDS, what deficits arise as a result, the impacts of LDS on mental health, and finally how provider services, specifically mental health therapy, must be adapted.

16 Biomedical Ethics During the Pandemic

Review the principles of biomedical ethics. Review current CDC guidelines and the ethical principles that are in conflict during the pandemic.

17 Correcting Misbehavior

Learn why punishment only corrects misbehavior 20% of the time. If that doesn't sound good enough come to this training opportunity! The workshop will provide an effective, evidence-based approach to correct the other 80% of misbehavior. Learn how you can help youth correct behavior, build relationships, and strengthen mental health at home and in the classroom.

18 General Assistance and Minnesota Supplemental Aid: Two Programs You Should Know More About

General Assistance and Minnesota Supplemental Aid are important income support programs that help people live in the community. If you work with single adults, this workshop is for you! You'll learn all about GA and MSA eligibility, benefits, and important program changes. Bring your questions!

19 Improving Behavioral Health Outcomes through Collaboration and the Patient-Centered Incident Matrix

This presentation will describe 1) collaboration between Essentia Health Behavioral Health and group homes in St. Louis County to

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

Session II Workshops continue on next page

improve outcomes of their residents and 2) of ducation of group home staff in use of patient-centered incident matrix. Process and outcomes include: 1) development of patient-centered procedures in emergency departments and group homes, 2) training curriculum presented, 3) experiences of individuals who live in group homes with crises and emergency departments, 4) status of patient-centered practice in the context of a pandemic, and 5) evaluation strategies, including use of electronic health records, training evaluations, and conversations with group home staff.

20 Informed Choice and the Pathway to Person Centered, Competitive, Integrated Employment

Join us to discover how to support people with disabilities in making informed decisions about employment. This interactive session will address what informed decisions look like as well as strategies and person centered tools to address common concerns, including how employment and benefits work together. Hear stories and watch videos from people with disabilities who have overcome barriers to be competitively employed. Learn how better informed decisions results in people living there best lives. To get to more informed decisions about employment, you won't want to miss this session!

21 Leading with Resiliency

Today, more than ever, Social Workers need to be masters and role models in the art of Resiliency. Leading with Resiliency will provide you with the perspective, skills and strategies necessary for leading your clients and your teams through difficult times. Human services is one of the most difficult professions in which you, the professional, must act with resiliency in order to lead our clients and teams with resiliency. In the wake of COVID-19 this is more urgent than ever before. Give yourself a much needed does of optimism, coupled with real strategies that will help you lead with resiliency.

22 Our Own Voices, Our Own Stories: The Adult Korean Adoptee Experience

In the mid-1950s, in the aftermath of the Korean War, international adoption from South Korea was formalized into policy and practice in the United States. Since then well over 100,000 Korean children have been placed into American homes. Much of the existing adoption research has focused on children and adolescents, and does not come from the perspective of the adoptee. This workshop centers the voices of adult Korean adoptees. Panelists will share personal stories of the complexities associated with being adopted. We will include topics of attachment; loss; identity politics; connections to place; and historical, intergenerational, and collective trauma.

23 Rising to find Meaning following Suicide Loss

Grief is a difficult journey, albeit an experience everyone in this life will undergo. How can we create a healing and scared space to fully witness another's grief? A grief support group has been gathering to find solace, support, education and understanding following a suicide loss. Traumatic grief impacts us deeply! A few participants of our Suicide Bereavement Support Group will share stories of their experience and the creative ways they found hope, healing and meaning amidst this painful journey. During COVID-19 this group found ways to connect weekly via Zoom, and continued to provide connection among one another.

24 Supervision of Social Services Social Workers—Promoting Energy and Creativity

How to encourage energy and creativity in social workers. This workshop is a synopsis of attitudes, goals, and methods to lead, support, and inspire social workers to become engaged in the work they do. It emphasizes positive supervision taking into account workers' needs and allowing individuals to tap into their strengths and abilities. It promotes atmospheres of safety and trust allowing truthful feedback and sharing of ideas. It contains ideas for hiring quality workers and supportive measures to help employees grow stronger, reach their potential, and remain with a thriving agency.

25 The Juniper Network: Virtual Options for Improving Health and Staying Connected

In light of COVID-19, Juniper has transitioned to from in-person to virtual small group classes that help people stay well, stay connected, and take charge of their health. We offer classes in three categories: Live Well, Get Fit and Prevent Falls. In today's world of social distancing, social connections and managing chronic health conditions like Chronic Pain, Diabetes, depression, and social isolation is more important than ever. Understand the variety of evidence-based programs offered through Juniper, and identify how you can be involved as a referral source, leader, and/or sponsoring organization.

26 Compassion Fatigue

Human service professionals work in an extremely challenging environment. Compassion Fatigue (an often traumatic state of anxiety and preoccupation with clients) can emerge at any time; simply due to the human service professional's own efforts to be an empathetic and compassionate care-giver. Compassion Fatigue often results in poor self-care and extreme self-sacrifice in the helping process. Repeated exposure to unresolved workplace issues such as these can be considered secondary post-traumatic stress. This training provides an overview of Compassion Fatigue; its causes, manifestations and strategies for resolution.

27 Exploring the Missing Chapter

This interactive workshop will examine the Missing Chapter (Vox) episode *How the US Stole Thousands of Native American Children* and hold discussions based on real-life experiences of Native peoples to begin conversation about how we can build intercultural bridges together. We will reflect on historical narrative and implicit biases and how these affect our journeys within the mental health and education professions. Participants may experience powerful emotions during the exercise and can step away if needed.

28 "It's OK To Call Us Queer And Other Things To Know About Us"	Kathy Hermes, B. S., Program Coordinator, Lutheran Social Service; Young people and adults associated with the Together for Youth program
29 Understanding and Managing Clients with Personality Disorders: A Guide for Case Managers and Providers	David X. Swenson, PhD LP, Licensed Psychologist, Director of the MBA in Rural Health at The College of St. Scholastica

28 "It's OK To Call Us Queer And Other Things To Know About Us"

This presentation is part of the educational outreach done by Lutheran Social Service's Together for Youth; a social support group for lesbian, gay, bisexual, transgender, queer, questioning, intersex two spirit and allied youths. Participants will gain a deeper understanding of the challenges LGBTQ+ people face, from living life in the closet to being out and proud. In addition to personal stories, topics covered may include presumed heterosexuality, heterosexual privilege, cisgender privilege, homophobia, transphobia, microaggressions, micro-affirmations and the important role of allies. Emphasis will be place upon trans identities, policy protections and more considerate workplace practices.

29 Understanding and Managing Clients with Personality Disorders: A Guide for Case Managers and Providers

This intensive and content-heavy presentation overviews the essential information on the 10 DSM-5 personality disorders. Emphasis is on their definition, development, common clinical features and presentation, problem behaviors, treatment and case management considerations. The slide presentation is a comprehensive reference source for practitioners as well.

Opening Keynote Performance by **Superior Siren**!

Superior Siren is an eerie folk project from Duluth, Minnesota. It is led by singer-songwriter and guitarist Laura Sellner. The project is inspired by Lake Superior and siren mythology, and creates alluring yet dangerous music. Sellner's vocals stand out with strength and depth and her lyrics are intimate and raw, evoking connection and compassion from listeners. Soon after debuting as a solo artist, Sellner joined forces with cellist Rachel Gobin, bassist Nyssa Krause, and drummer Emma Deaner to craft a mesmerizing blend of strings and percussion.

Superior Siren released the first full length album in 2018, followed by a tour of the Midwestern United States. Superior Siren continues to perform solo or as a full band throughout the region, and is in production of a new album.

We will be live streaming their performance

Bold Choice Theatre Performs **"Whodunit?"**

On demand throughout the conference.

A stormy night…a mansion estate…the unveiling of a rare treasure…that's the setting for BOLD-choice's new production. We have all the makings of an old fashioned mystery; a regular "Whodunit?" —unlikely alliances and faces from the past, jealousy and accusations, ties that bind and some that are already broken. Join BOLD-choice Theatre as they reveal the usual and unusual suspects. Did the butler do it? *Always a possibility.*

BOLD-choice Theatre Company is an outreach theatre program created by CHOICE, unlimited introducing adults with disabilities to the world of theatre and performing arts and encouraging them to further their path as artists. BOLD provides a unique style of theatre performance that allows student and community audiences a chance to share in the talents of individuals with disabilities; opening new channels for dialogue and providing a venue to "talk" across barriers.

30	**360 Degrees of Trust**	Jerritt Johnston, M.A. Education, Owner, True North Consultants
31	**Ageism: Prejudice Against Our Future Selves**	Kimberly Scanlon, BS, Eldercare Development Partnership (EDP)A Program Developer, Arrowhead Area Agency on Aging; Kirsten Cruikshank, Eldercare Development Partnership (EDP) Program Coordinator, Arrowhead Area Agency on Aging; Brenda Shafer-Pellinen, Eldercare Development Partnership (EDP) Program Coordinator, Arrowhead Area Agency on Aging
32	**Building a Kinder Kind of Workplace**	David Shar, PhD candidate–Business Psychology; MPS–Industrial /Organizational Psychology, Founder, Illuminate PMC
33	**Food allergies, sensitivities, Celiac, dietary needs and choice. What does it all mean?**	Judy Breuer, Public Health, Food Allergy–Allertrain Master Trainer, Wellness Renaissance; Judy Breuer, Public Health Education and Promotion, Master Trainer
34	**GREAT Grief: Grieving the State of the World**	Ted Bowman, MDiv, Grief and Family Educator, Independent Educator
35	**Hard of Hearing/Deaf Communities: One size does not fit all**	Michele Linder, Hard of Hearing since childhood, Consumer Captioning Advocate, Independent
36	**Improving Awareness and Service Delivery for Individuals with Fetal Alcohol Spectrum Disorders and Mental Illness in Chemical Health Centers**	Shauna Feine, BA, Senior Training Coordinator, Proof Alliance
37	**Navigating Informed Choice and Housing for People with Disabilities**	Rajean Moone, PhD, HB101 Consultant, Department of Human Services; Heidi Sandberg, BSW, 811 Program Coordinator, Department of Human Services
38	**Protecting Native America's Most Precious Resource: Compliance with the Indian Child Welfare Act of 1978**	Cherie Dakota, MSW, Assistant Professor, University of Wisconsin-Superior
39	**Treating Trauma With Regression Therapy**	Jennifer White, MA, LP, LADC, Psychologist, Psycnsew Creations
40	**Understanding and Improving Mental Health**	Beth Fait, M.H.A., M.Ed., (PhD in public health—mental health focus, ABD—all but dissertation), Lecturer, College of St. Scholastica
41	**What to do about ACES?**	Dean Grace, Ed.D, Training Consultant, Northwood Children's Services

30 360 Degrees of Trust

We know that trust is essential in our working relationships. As managers and leaders we often think of building trust with those we supervise, but leading in today's world requires more than that. It requires that we build trust with everyone around us. This informative workshop will include a Trust Assessment and practical ways you can build trust on every team you are on.

31 Ageism: Prejudice Against Our Future Selves

Ageism impacts people of all ages. What is ageism, where does it start, and what can we do about it? In this session you will: learn one definition of ageism, how to bust common aging myths, and gain a better awareness of your own biases. With the knowledge obtained in this session, you will gain effective communication strategies that will cultivate your ethical practices and allow you to become a more effective professional who values people of all ages. As you learn to reframe aging in your work and community, you will also prepare for your own successful aging.

32 Building a Kinder Kind of Workplace

Stress, burnout, turnover, and interpersonal conflict are occurring at record rates within the workplace. But YOU can change all of that! In this keynote, Shar uses the power of story, humor & interactivity highlighting the latest research in Industrial/ Organizational Psychology, social psychology and positive psychology to explore tactics and benefits of creating a workplace culture of kindness. Shar will have you rethinking how you view workplace conflict, burnout, and meaningful work. Objectives: Learn to stop compromising & start collaborating and learn how to win as a team. Understand the Baader-Meinhof Effect and how to retrain your brain to focus on the positive. Understand the 3 main elements of burnout and how to kill it with kindness.

33 Food allergies, sensitivities, Celiac, dietary needs and choice. What does it all mean?

Why do we need to understand the basics to help the people we serve? Where does fad end and truth begin? How do we know when to treat someone's need or request seriously? Some misinformation can, and does, challenge the well-being of those in our community. What are the ethics and best practices? How might things like occupation, education or socioeconomic status affect those with dietary needs and other sensitivities? My goal is to discuss and perhaps help us find a broader perspective and understanding for anyone needing or seeking special diets for various reasons. Bring your questions and experiences!

34 GREAT Grief: Grieving the State of the World

It has become common to hear that it's not personal losses that are keeping people awake at night but the state of the world. Concerns and worries about global matters (Covid-19, climate change; barriers for those seeking a safe home; on-going poverty; racism; etc.) can over-ride personal grief. Discovering words for these experiences, as well as directions about how to respond, can be useful in navigating this terrain. Participants will be presented with words for GREAT grief and, through discussion, explore responses useful in therapy, including the impact on personal losses.

35 Hard of Hearing/Deaf Communities: One size does not fit all

A misconception exists about the Hard of Hearing community: Everyone with hearing loss uses sign language. The WHO (World Health Organization) and WFD (World Federation of the Deaf) statistics tell a different story. More than 99% of people with significant hearing loss need captioning. Deaf people worldwide: 70,000,000. Percent of the world's Deaf population that has access to education in sign language: 2% Total number of Deaf people with access to Sign Language education: 1,400,000. People with significant hearing loss worldwide: 466,000,000, Percent of people with significant hearing loss who use sign language for communication access: 0.3% This workshop will educate about the Hard of Hearing community's needs.

36 Improving Awareness and Service Delivery for Individuals with Fetal Alcohol Spectrum Disorders and Mental Illness in Chemical Health Centers

The CDC estimates 1 in 20 people in the US has a fetal alcohol spectrum disorder (FASD). Research also estimates more than 30% of individuals with a FASD will seek chemical health treatment services. FASD caused my prenatal alcohol exposure, produces a range of birth defects. The organic brain damage caused by FAE effects how individuals on the spectrum perceive and understand treatment and recovery. This session will provide an in-depth overview of the basics of FASD, explore the commonly seen challenges and strengths of individuals living with an FASD and strategies for counseling clients on the spectrum.

37 Navigating Informed Choice and Housing for People with Disabilities

Navigating housing for people with disabilities is a complex network of federal, state, and local policies and programs. Very often choices are limited based on available sites or units. This session will outline person-centered planning practices that help achieve informed choice for people with disabilities related to their housing and public benefits. Common and underutilized public benefits will be discussed as tools to leverage in achieving housing goals. New tools will be highlighted to help people develop housing goals and plans.

38 Protecting Native America's Most Precious Resource: Compliance with the Indian Child Welfare Act of 1978

ICWA of 1978 was established as federal law to stop the trend of Native American children being removed from their families and placed in Non-Native families away from tribal communities. This workshop will cover the importance of keeping ICWA intact to counteract the years of intergenerational trauma in Native America which still impacts Native people today. Highlights will include a description of ICWA's mandates including required timelines for tribal notifications and a description of active efforts.

39 Treating Trauma With Regression Therapy

Regression Therapy is a powerful set of tools in addressing a client's embedded trauma issues. During this session we will define Regression Therapy and discuss it's application in working with issues such as phobias, trauma histories rooted in abuse or other distressing events, unexplained symptoms and unresolved grief. Discussion of this form of therapy utilizing case study examples, antidotal research, will provide exciting information how powerful personal change can be accomplished quickly. Regression Therapy utilizes a focused state of relaxation to address those deep internally held memories/core values and beliefs that are problematic for an individual in day to day life.

40 Understanding and Improving Mental Health

Mental health is significant in our world today. Suicide is the second leading cause of death for people ages 15–34 in the United States according to the Center for Disease Control and Prevention. Mental health issues such as depression and anxiety have increased in children ages 3–17 over time. This can lead to a larger number of college students starting out with existing mental health issues and/or developing them as they begin a new life phase. This session will explore issues and strategies for improving mental health in college students and the population at large.

41 What to do about ACES?

ACES training has created an awareness of the profound impact of early trauma but left many feeling pessimistic about our ability to build a brighter future for at-risk youth. This workshop will examine the profound positive impact building resilience has for children with dealing with toxic stress and complex trauma. Dr. Grace will introduce a simple step-by-step model empirically proven to mitigate the destructive impact of trauma and effectively help youth develop positive self-identity.

42	**The Substance Use Disorder Tsunami**	Karen Edens, BA, MPH, President, Director of Training, Edens Group Training Center
43	**"I Believe I Have a Problem and Now I Am Starting to Face It" Substance Use Screening, Brief Intervention, and Referral to Treatment in the Courts**	Shaun Floerke, J.D., Judge, Minnesota 6th Judicial District; Rachael Barta, B.A., DWI Treatment Court Coordinator, MN 6th Judicial District; Amber Heidenreich, Legal Studies & Political Science Majors, SBIRT Intern, University of Wisconsin-Superior; Geordann Glonek, B.S., SBIRT Intern, University of Wisconsin-Superior
44	**A Qualitative Investigation Of The Communication Experiences Of International Nurses Who Participated In A 13–Week Accent Modification Program**	Hanna Belay, PhD, Assistant Professor, Saint Cloud State Univesity
45	**Assisted Living: Moving Forward with Regulatory Reforms**	Rajean Moone, PhD, Faculty Director of Long Term Care Administration, University of Minnesota
46	**Be Aware, Be Prepared and Make A Difference: A Reflective Journey To Effective and Compassionate Helping**	Alan O'Malley-Laursen, MSW, Compassion Fatigue Educator/Therapist, Olmsted County Health, Housing and Human Services
47	**Childhood Trauma as a Predictor of Criminal Behavior**	Jason Beckman, MA Management / MBA, Program Director, SOAR Career Solutions; Ashley Lovold, BA Social Work / LSW, Assistant Program Director, SOAR Career Solutions; Cynthia Finley, BA Sociology / BA Communications, Re-Entry Case Manager, SOAR Career Solutions
48	**Mental Health Portal — A community of Providers working together**	Becky Schmitz, AAS Degree in Human Services, Executive Director, Vikingland Community Support Program; Sarah Peterson, AAS Human Services, Program Director, Vikingland Community Support Program
49	**Oh Baby, Baby! Implementing the first MN Safe Babies Courts**	Nichole Rahman, BSW, MSW, Social Work Coordinator, St. Louis County PHHS; Amanda Penley, BS Human Development and Family Studies, Colorado State University, Community Coordinator, Safe Babies Court, St. Louis County PHHS; Nicolette Cook, BS Social Work, Univeristy of Wisconsin Superior; MSW, University of Minnesota, Duluth, Community Coordinator, Safe Babies Court Team, St. Louis County PHHS; Annie Krohn, MSW, Social Work Coordinator, PROD Unit, St. Louis County PHHS; Judge Shaun R. Floerke, Judge 6th Judicial Court; Robert Friday, Judge 6th Judicial Court
50	**Outer Chaos, Inner Calmness and Healing**	Glenn Tobey, M. Div.; M. A. in management, Psychotherapist, Qigong Master, private practice; Katrina Tobey, Licensed Psychologist, Qigong Master
51	**Peer Resilience During the Pandemic**	Jode Freyholtz-London, AAS Business Management, Executive Director and Founder, Wellness in the Woods; Amy Conant, Certified Peer Specialist, Certified Recovery Coach, Virtual Peer Support Connection Coordinator, Wellness in the Woods
52	**Supporting Renters Through Education**	Rebecca Hagen Jokela, M.S., Extension Educator, Family Resiliency, University of Minnesota Extension; Lori Hendrickson, M.Ed., Extension Educator, Family Resiliency, University of MN Extension
53	**Teen Dating Violence: A Multidisciplinary Team Approach within a CAC**	Tyra Jaramillo, Bachelor of Arts in Criminology, Forensic Interview and Trainer, First Witness Child Advocacy Center; Allie Dischinger, Bachelor of Arts in Criminology, Family Advocate and Trainer, First Witness Child Advocacy Center
54	**Understanding and Preventing Suicide; What Helping Professionals Need to Know**	John Paul, PhD, LPC, Dr., Univ. of Wisconsin Superior; Tyler Struxness, Master of Science in Education–Candidate, University of Wisconsin-Superior; Sydney Keeler, Master of Science in Education–Candidate, University of Wisconsin-Superior

42 The Substance Use Disorder Tsunami

We are in an explosion of change in many aspects of our professional lives. The cutting edge approach to Substance Use Disorder has taken us into a realm of new philosophies, definitions, terminologies, treatment strategies and successful life management related behavioral health. Human service providers often feel overwhelmed when assessing clients; too-few assessment tool choices, mainstream treatment resources that may not accommodate cultural or gender specific client needs and an ongoing recovery plan that is often challenged by family, school, peer and community pressures. This training will review emerging trends and will assist the professional to provide a best-practices approach. As a result of this training, participants will be able to: Describe a basic overview of emerging Substance Use Disorder trends, explain the philosophies, terminology and treatment strategies inherent to these trends. Understand the comprehensive continuum of care needed to implement these trends.

43 "I Believe I Have a Problem and Now I Am Starting to Face It" Substance Use Screening, Brief Intervention, and Referral to Treatment in the Courts

SBIRT is an evidence-based practice proven effective in reducing drug and alcohol consumption and adopting safer substance use behaviors in medical and public health settings. This informational workshop will explain innovative work being done in Southern St. Louis County to integrate the SBIRT model into the court process for first-time DWI offenders.

We will discuss the impacts that SBIRT has had in terms of harm reduction, connections to recovery resources and peer support, and increased public safety. We will explore the strategies used during the SBIRT process and review how the program has changed and continued to grow since inception.

44 A Qualitative Investigation Of The Communication Experiences Of International Nurses Who Participated In A 13–Week Accent Modification Program

The purpose of this qualitative study using Heideggerian phenomenology was to explore the international nurses communication experiences who participated in a 13–week accent modification program. Colaizzi's descriptive phenomenological method was used to uncover six themes. All of the participants felt that the program provided them with answers for their WHYs and HOWs related to their pronunciation challenges. Many of them felt the program boosted their confidence and self-esteem. Over all, findings suggest that accent modification programs may improve international nurses' speech clarity.

45 Assisted Living: Moving Forward with Regulatory Reforms

In 2019 Governor Walz enacted the Elder Care Act which established monumental reforms to Minnesota's assisted living licensure framework. The comprehensive statute radically transformed housing with services into a new assisted living license which will be implemented in August 2021. This session will review the regulatory framework for facilities and directors as well as new consumer protections and the status of the rulemaking process.

46 Be Aware, Be Prepared and Make A Difference: A Reflective Journey To Effective & Compassionate Helping

Ongoing exposure to individuals experiencing trauma, pain and suffering can adversely influence our personal and professional well-being, as well as negatively impact our effectiveness as helping and compassionate professionals. This unique workshop integrates short presentation, topic-specific live music and space for personal reflection to briefly examine the emotional impact this work can have on us and then explore 5 specific skills that are necessary for effective and compassionate helping. These skills include self-awareness, self-regulation, emotional reflection, radical compassion and compassion satisfaction. It is the intention of this workshop to provide affirmation, reflection and inspiration.

47 Childhood Trauma as a Predictor of Criminal Behavior

The link between childhood trauma and criminal behavior is undeniable. Adverse childhood experiences can lead to poor health outcomes, mental health issues, and criminal behavior into adulthood. This presentation discusses the correlation between childhood trauma and criminal behavior in the adult male population. Additionally, we explore the possibility of certain traumas predicting specific types of criminal behavior. Research by the CDC states that sex offenders are 3 times more likely to have experienced sexual abuse in childhood. With this information we can effectively rehabilitate justice-involved individuals and potentially prevent future criminal behavior with evidence-based interventions, making communities safer.

48 Mental Health Portal—A community of Providers working together

I have established a portal through office 365 that will link together any mental health provider that wants to be a part of this group, to get supported, share and ask questions, check on different documents and resources ect.

49 Oh Baby, Baby! Implementing the first MN Safe Babies Courts

Come for a facilitated panel discussion with the St. Louis County Safe Babies Court Team to learn more about this cutting edge approach to working with families. St. Louis County is collaborating with Zero to Three to provide families in St. Louis County with an evidence-based developmentally- and trauma-informed approach for meeting the urgent needs of infants,toddlers, and families who become involved with the child welfare system and dependency court. SBCTs work at both the direct service and community levels to ensure that very young children and their parents receive effective, timely services that promote child well-being and families' protective capacities and resilience.

50 Outer Chaos, Inner Calmness and Healing

Despite how unsettling the world may be, developing a loving mindset and practicing simple actions that activates inner calmness and deeper recovery and healing is a powerful force for productivity. Creating something beautiful within you that you can easily access, provides an internal strength and a lasting sense of remarkable confidence. Through the lens of Spring Forest Qigong and its rich, ancient wisdom of how energy (qi) works to balance the body, this session will provide tools of understanding and practical techniques to respond to chaos so that no matter what happens... "and still we rise."

51 Peer Resilience During the Pandemic

Wellness in the Woods is Minnesota's largest consumer run organization. Our 40 staff and 8 board members identify with a mental health experience. During the pandemic, the resilience and flexibility of staff has allowed the organization to thrive and bring forward the importance of peer support both virtually and in person as a prevention measure to avoid more crisis related services in mental health.

52 Supporting Renters Through Education

In Minnesota, the number of rental households is increasing."An NCCP report shows that nearly 80 percent of low-income households with children spend more than 30 percent of their income on rent; thus, housing assistance is an important program that reduces rent burden among low-income families." (National Center for Children in Poverty). How do we help families to secure safe, affordable housing? This session will share a broad framework to address the complex rental housing problem. The framework identifies six intervention levels, helping people move beyond the perception that prevention is merely education. Using complementary strategies, the effect is greater than would be possible from a single educational intervention. Learn how educators utilized this approach to redesign a rental housing program.

53 Teen Dating Violence: A Multidisciplinary Team Approach within a CAC

This presentation will discuss the prevalence of teen dating violence in our community and beyond. There will be a special focus on the importance of forensically interviewing teenagers who are survivors of teen dating violence, as well as providing individualized advocacy services to the teenagers and their caregivers. Using a combination of a child advocacy center model and

Session IV Workshops continue on next page

THURSDAY, OCTOBER 8 SESSION IV WORKSHOPS 8:30 – 10:00

a multidisciplinary team model, this presentation will highlight the dynamics of teen dating violence, and how this phenomenon effects teenagers locally and nationally. Learning objectives: Identify an individualized approach to advocacy with teenagers, carefully address best practices when forensically interviewing survivors of teen dating violence, discuss the differing roles on a multidisciplinary team and their individual responses to teen dating violence.

54 Understanding and Preventing Suicide; What Helping Professionals Need to Know

I am a Counseling Professor and a Licensed Professional Counselor. Two Graduate students will co-present and also share their personal stories related to suicide. This presentation is geared toward Clinical intervention methods, current research and standards of practice on suicide. We will discuss; non-judgmental language and terminology to use, risk and protective factors, underlying psychological theories of suicide, suicide myths, how families can respond, how professionals can respond, and resources available. We will also have small group discussions and a Q&A session to share attendee's professional experience and practices and how they have been personally impacted.

THURSDAY, OCTOBER 8 SESSION IV INSTITUTES 8:30 – 12:00

55 **Trauma Processing in Psychotherapy**	Carin Mizera, DSW, assistant professor, CSS; Carin Mizera, DSW, Psychotherapist and Assistant Professor, Inner Wisdom and Css
56 **Vicarious Resilience**	Leslie Chaplin, PhD Candidate, Chief Operating Officer, The Hills Youth and Family Services

55 Trauma Processing in Psychotherapy

Many therapists don't always feel comfortable treating trauma reactions. This workshop will walk participants through a cognitive-emotional processing technique that will give the confidence to work with all types of traumas. A brief overview of trauma will also be presented to ensure everyone is starting from the same place.

56 Vicarious Resilience

The word resilience is all around us these days and we in the helping profession know that this individual trait is a powerful force to overcome whatever life may throw at our clients. But, what about the people working to bring out the resilience in others? Professionals who work with trauma survivors are at high risk of developing vicarious trauma leading to high rates of turnover and cost to our organizations. In my Organizational Leadership PhD program at The Chicago School of Professional Psychology I decided to look further into this issue and found a critical concept that we need to be teaching all our staff so they can experience the phenomenon of Vicarious Resilience!

THURSDAY, OCTOBER 8 SESSION V WORKSHOPS 10:30 – 12:00

57 **12-Step Programs: Help in Our Times**	Marty, Bachelor of Journalism, Master of Liberal Studies, Chair, Overeaters Anonymous Intergroup; plus three-person panel
58 **Ambiguous Losses: Building Resilience in the Face of Uncertainty**	Lake Dziengel, Ph. D., MSW, LICSW, Associate Professor, UMD
59 **Boost Your Immune System: Be Pro-Active this Cold/ Flu Season**	Dorothy Sayers, BA Nursing/Psychology Minor, RN PHN, Alliance Health Care
60 **Building a CareTeam to Support Persons with Dementia and Carepartners**	Sara McCumber, DNP, APRN, CNP, Associate Professor, The College of St. Scholastica; Jenna Pogorels, MSW, LICSW, Senior Program Manager, Alzheimer's Association; Kristine Dwyer, LSW, MS, Caregiver Consultant, Volunteer Services of Carlton County; Marjorie Bottila, Senior LinkAge LineÂ® Contact Center Supervisor, Arrowhead Area Agency on Aging; Matt Delaini, MSW, Clinical Intern, AgeWell Arrowhead
61 **Building Resiliency for individuals with Mental Health, Cognitive and Substance Use Disorders**	Rick Krueger, Master's Degree Clinical Psychology, Clinical Director, MA, LPCC, LADC, Vinland National Center
62 **Difficult Discussions About Ethics**	Rachel Phillips, Masters Social Work, LICSW, Therapist and LADC, HDC; Rachel Phillips, Master's Degree Social Work, LICSW, Therapist and LADC, Human Development Center; Phoenix Walker, Bachelor's Degree in Organizational Behavior, LADC, Human Development Center
63 **Making Lemonade out of Lemons "Rising Above the Challenges of Epilepsy"**	Lisa Peterson, MSE Reading, BS Elementary Education, Minors: Early Childhood & Adaptive Education-Special Education, Regional Coordinator–Northern MN, Epilepsy Foundation of Minnesota; Brette Garnatz, BS Nursing, BS Community Health, Nurse Clinician, Essentia; Kyah Altiere, MSW, MSEd, LISW, Counselor, Clearpath Clinic

64	**Porn & Teens; Let's Talk About It**	Caitie Dahl, Bachelor of Science in Psychology, Forensic Interviewer and Trainer, First Witness Child Advocacy Center; Kylee Pass, Master of Social Work, Family Advocate and Trainer, First Witness Child Advocacy Center
65	**Social Security Disability-We Know You Have Questions**	Tanya Heitzinger, BA Criminal Justice, MA Management, Medical Relations Officer, MN Disability Determination Services; Sarah Dicks, Master of Arts, Medical Relations Officer
66	**Substance Use Disorders and Cognitive Deficits**	Thomas Beckers, Bachelor of Science, Substance Use Disorders and Cognitive Deficits, Vinland Center; Thomas Beckers, Bachelor of Science, Program Services Manager, Vinland Center
67	**Taking a Lyft! Expanding Transportation Options for Individuals with Disabilities**	Robyn Bernardy, MSW, Transportation Coordinator, Dakota County Social Services; Megan Zeilinger, Program Coordinator, Dakota County Social Services
68	**This can't really be my life, can it?**	Desiree Menuey, B.A., QDDP, Accessibility Specialist, Program Director, DRCC
69	**Transforming Through Telehealth**	Kenneth Roberts, MPS, LPCC, LADC, Chief Clinical Officer, NUWAY; Kenneth Roberts, MPS, LPCC, LADC, Chief Clinical Officer, NUWAY; Monique Bourgeois, MPNA, LADC, Chief Community Relations Officer, NUWAY
70	**Why You Should Care About Consent**	Samantha Frederick, BS Sociology, Corrections, Director of Client Directed Services, MRCI–CDS; Praba Manivasager, BS Computer Engineering, President, Cashe Software
71	**Neurology and Criminal Behavior**	Lyle Wildes, MLS and Michael Merzenich, PhD

57 12-Step Programs: Help in Our Times

Mental health professionals are often asked to recommend programs their clients might benefit from participating in outside the clinical setting. Twelve-step programs have a long-proven history of help for many, but may be overlooked by clients and professionals alike. This panel will include people active in 12-step programs who are recovering from addictions as well as participants in 12-step programs for friends and family members of those living with addiction. They will tell their stories of how a 12-step program has changed their lives and remains active and vital during the pandemic. Resources for professionals will be discussed.

58 Ambiguous Losses: Building Resilience in the Face of Uncertainty

Ambiguity in the face of uncertainty can lead to various coping responses resulting in complexity and distress, and sometimes, ambiguous losses. This type of loss is often unrecognized or unacknowledged, such as loss of employment, relationships or dreams. Based upon the work of Pauline Boss, this workshop addresses how to identify ambiguous losses, their impact on relationships, and interventions to assist people in building resilience and coping skills. We will also talk about the concept of closure, and how this may inhibit people's ability to recover from loss. This will be an interactive session with time for discussion.

59 Boost Your Immune System: Be Pro-Active this Cold/ Flu Season

Dorothy Sayers is a PH nurse that has lived and taught wellness and health promotion for over 25 years. She weaves her personal and professional story to raise awareness of what people can do to improve their health and resist illness during the cold/ flu season. Practical strategies and natural enhancements to help boost your immune system will be discussed. Topics include: nutrition, sleep habits, exercise, prayer and meditation and how they can positively impact your health. Come learn how to improve individual health and community well being.

60 Building a CareTeam to Support Persons with Dementia and Carepartners

Dementia is a complex chronic condition benefiting from the use of care partnerships and development of a care team. Community and medical providers will review the effective principles and partnerships that help support persons with dementia and their family. Standards of practice and evidence-based interventions and supports will be reviewed to increase capacity of the patient and family. Successful dementia care management requires a care team to help reduce caregiver strain, optimize the health of the person with dementia and improve the dementia journey. Strategies which have helped build successful multi-disciplinary care teams will be reviewed.

61 Building Resiliency for individuals with Mental Health, Cognitive and Substance Use Disorders

The presentation focuses on helping individuals facing multiple disorders including brain injury; cognitive challenges, mental health and substance use disorders to improve their chances for successfully handling life's stresses. Resiliency is defined as the person's ability to bounce back from stressful life events. The presentation includes how to help clients' lower their symptoms by increasing internal and external protective factors. How the interaction of internal and external risk and protective factors contribute to the consumer's resiliency. How clinicians can lower the demands that consumers have in their lives and increase their available resources and increase their ability to be resilient.

62 Difficult Discussions About Ethics

Please join us for an INTERACTIVE conversation regarding difficult ethical discussions which have no clear answers at the end. The benefit of having these conversations with one another is not to criticize ourselves in hindsight, but rather to improve and learn from past emotional responses. During this workshop, we will be discussing various ethical dilemmas surrounding the emotional connections we must develop with our clients and ways to safeguard those connections so that both provider and client remain healthy.

Session V Workshops continue on next page

63 Making Lemonade out of Lemons "Rising Above the Challenges of Epilepsy"

When life throws you lemons, it's time to make lemonade. Although no one signs up to have epilepsy, we have a choice in how we respond to adversity. Be inspired by three professional women who have found strategies and support to rise above the challenge of living with epilepsy. By choosing not to let seizures stop them, these women have turned their challenges into opportunities to encourage others. You'll also learn about what epilepsy is, how to recognize and respond to seizures, when a seizure is an emergency, and tips for working with people who have epilepsy.

64 Porn & Teens; Let's Talk About It

With over 42 billion visits to the free porn website Pornhub last year, and the ever-growing access to technology, we know that today's teens are exposed to porn at high rates. The violent, degrading, and misogynistic themes conveyed in this content create unrealistic expectations about how to have healthy sexual and intimate relationships. Teens are left to fill in the gaps of their own sexuality with online content, this can be additionally harmful to LGBTQ+ youth whose identities are underrepresented or fetishized in the porn industry. We aim to offset this dynamic by utilizing open and honest conversations with teens.

65 Social Security Disability-We Know You Have Questions

This session will provide a overview of the Social Security Disability program, but bring your questions, we know you have them. How can someone apply? What tips can your provide to claimants on getting through the application and claim process? Why are people denied? Can someone work and still collect benefits? How does someone change their rep payee? Bring your questions, we have answers!

66 Substance Use Disorders and Cognitive Deficits

This presentation will focus on how to work with populations that suffer from cognitive deficits and Substance Use Disorders. Through anecdotes, best practices and experiential activities, the participant will establish a base knowledge of how to engage and work with adults in order to more skillfully work with adults with SUD's and cognitive deficits.

67 Taking a Lyft! Expanding Transportation Options for Individuals with Disabilities

Transportation has long been a barrier for individuals with disabilities and has historically limited their ability to obtain employment and to access their community. With support from a Minnesota Department of Human Services (DHS) grant, Dakota County Social Services entered into a partnership with Lyft, Inc. in March 2019 to offer an on-demand transportation option for those receiving case management services and began to bill the rides to the individual's Medicaid Waiver. Learn about the data that has been collected to date for the 350+ riders, hear success stories and learn about how you can implement a similar model.

68 This can't really be my life, can it?

Do you ever look at your life and think, this can't be right? Do odd things seem to happen to you on a regular basis? Do you sometimes feel like your life was written like a bad sitcom? Well, all that is true in my experience. Come share a laugh while I tell you the story of my life and you can share some of your experiences too. Let's laugh together.

69 Transforming Through Telehealth

Integration of telehealth modalities has provided an innovative and dynamic solution to maintaining treatment access in the altered landscape of the Covid-19 pandemic and has the potential to dramatically re-shape industry paradigms in the future. This session provides a case study analysis of rapid telehealth implementation by one of Minnesota's largest non-profit treatment providers as a model for conceptualizing the ongoing role of telehealth in treating substance use and mental health disorders.

70 Why You Should Care About Consent

As we look at the effectiveness of the services we provide, and the ethics driving them, it all starts with the participant's understanding the services being offered, what their choices are, and the impact of their decision. The intricate network of supporting providers including those conducting the initial assessments, providing hands-on care, billing and payment of services and industry checks and balances are all imperative for effective care delivery. This session will begin the discussion of a provider's responsibility to ensure understanding of consent, keeping control of the information where it belongs; with the individual.

71 Neurology and Criminal Behavior

How brain research is changing the way we understand crime and must begin to address criminal behavior differently.

2020 HEALTH & HUMAN SERVICES CONFERENCE
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Laura Prail

CERTIFICATE OF ATTENDANCE

Approved by: Minnesota Board of Social Work #CEP-399

St. Louis County Health & Human Service Conference
October 12–9, 2020
at the DECC
Duluth, Minnesota

Write in workshop/ institute presentation title(s) you attended: Time / CEU

Wednesday October 7, 2020

Keynote _____ 9:00–10:00 (1.0 CEU)

Session I Workshop _____ 10:30–12:00 (1.5 CEU)

Session II Workshop _____ 1:00–2:30 (1.5 CEU)

Session II Institutes _____ 1:00–4:30 (3.0 CEU)

Session III Workshop _____ 3:00–4:30 (1.5 CEU)

Thursday, October 8, 2020

Session IV Workshop _____ 8:30–10:00 (1.5 CEU)

Session IV Institutes _____ 8:30–12:00 (3.0 CEU)

Session V Workshop _____ 10:30–12:00 (1.5 CEU)

Closing Keynote _____ 12:30–1:30 (1.0 CEU)

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Michelle K. Nelson, Chair
St. Louis County Health &
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This certificate should be kept for purpose of verification as requested by the various Boards. It is your responsibility to check the Conference Program content for the required clinical criteria expected for your Continuing Education Hours. Fill in the Workshop Title as you complete the session. Please retain this certificate for your records.

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