



114 WORKSHOPS

12 INSTITUTES

KEYNOTE SPEAKER

167 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 while providing a forum for sharing innovative ideas, stretching perspectives and strengthening community health and human services.

MN Board of Social Work
CEUs will be available

Some CEUs may also fulfill
MN Board of Nursing
requirements



36TH ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE



Thursday–Friday

October 11–12, 2018

At the DECC

Duluth, Minnesota

www.stlouiscountymn.gov/hhsconference



CONFERENCE OVERVIEW

Thursday, October 11

7:00 – 8:30 a.m.	Registration at DECC, then visit exhibits in South Pioneer Hall. Participants may attend any conference workshops and institutes of their choice throughout the conference.
8:30 – 10:00 a.m.	Session I Workshops , pp 3-6
10:00 – 10:30 a.m.	Break and visit exhibits in Pioneer Hall
10:30 – 11:45	DECC Symphony Hall Welcome — Michelle K. Nelson, Conference Chair Musical welcome — Solomon Witherspoon, Musician, performer, dancer, singer and writer. Solomon discovered a natural audience with chronically and terminally ill children when asked to be an ambassador for several organizations. No stranger to family tragedy, his empathy shows in every song he writes and in every conversation he has with a child in need. His music is “G” rated— and so are his positive messages, versatility and broad-based appeal to all ages.
Keynote Presentation: Gregory Boyle	
	G regory Boyle, author of <i>Tattoos on the Heart: The Power of Boundless Compassion</i> and <i>Barking at the Choir: The Power of Radical Kinship</i> , is the founder of Homeboy Industries in Los Angeles, CA. Now in its 30th year, Homeboy traces its roots to when Boyle served as pastor of Dolores Mission Church, then the poorest Catholic parish in Los Angeles, which also had the highest concentration of gang activity in the city. Homeboy has become the largest gang intervention, rehabilitation, and reentry program in the world. It employs and trains gang members and felons in a range of social enterprises, as well as provides critical services to thousands of men and women each year who walk through its doors seeking a better life. Father Boyle has received the California Peace Prize, the James Beard Foundation Humanitarian of the Year Award, and the University of Notre Dame’s Laetare Medal. He was inducted into the California Hall of Fame and named a 2014 Champion of Change by the White House.
11:45 – 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 7-8
1:00 – 2:30 p.m.	Session II Workshops , pp 8-11
2:30 – 3:00 p.m.	Break & visit exhibits
3:00 – 4:30 p.m.	Session III Workshops , pp 11-13
Both Days	Art Exhibit: Sarah Brokke Erickson in the Edmund Fitzgerald Exhibit Hall

Friday, October 12

7:45 – 8:30 a.m.	Registration & visit exhibits
8:30 a.m. – Noon	Session I Institutes , pp 14
8:30 – 10:00 a.m.	Session I Workshops , pp 15-18
10:00 – 10:30 a.m.	Break & visit exhibits
10:30 a.m. – Noon	Session II Workshops , pp 18-21
Noon – 1:15 p.m.	Lunch on your own in Edmund Fitzgerald Exhibit Hall or at eateries near the DECC, and visit exhibits
1:15 – 2:45 p.m.	Session III Workshops , pp 21-24

Thursday, October 11		Session I Workshops	8:30–10:00 a.m.
1	Making Connections For Care: Directsupportconnect.com	Nicole Scheiber, BA Sociology, Program Specialist, MN Department of Human Services; Megan Palecek, BAS Communication Sciences and Disorders, Disability Response Center Lead, MN Department of Human Services; Linda Wolford, MS Counseling Psychology, Rehabilitation Emphasis, BA Criminal Justice Studies, Interagency Coordinator, MN Department of Human Services	Boardroom
2	Coordinating Social Services into Duluth's Coordinated Community Response	Laura Gapske, BS Sociology with Cultural Studies Concentration, CCR Coordinator, Domestic Abuse Intervention Programs (DAIP)	Chester Creek
3	Micro-Aggressions: Impact on Mental Health*	Arlene Garcia, MSW, EdD, CT Center for Counseling and Education	French River 1
4	Is Work Making You Sick? Managing Stress, Distress, and Burnout	Carolyn Phelps, PhD, LP, Director Outpatient Therapy, HDC	French River 2
5	The History of Homelessness in America	Steve Carlson, PSYD, MPNA, Clinical Trainer, University Of Minnesota	Gooseberry Falls 1
6	Memory Loss & Dementia: An African American & Health Equity Lens	Robbin Frazier, BS Business Administration, Director of Diversity and Inclusion, Alzheimer's Association	Gooseberry Falls 2
7	Sexual Health 101	Gina Farrell, MSW, Northeast MN Education Manager; and Ilsa Hoeschen, MAPL, Community Education Programs Manager; both with Planned Parenthood MN ND SD	Gooseberry Falls 3
8	Dealing With The Hand You've Been Dealt: Building Resilience*	Dean Grace, EdD, Training Consultant, Northwood Children's Services	Harborside 202
9	How To Keep Employees Engaged and Sustain Innovation	Inger Andress, BS Education, University of Michigan, Leadership Advisor, President of Kai-Zen Solutions LLC	Harborside 203
10	Justice For Veterans in the MN 6th Judicial District	Jared Hendler, BA Criminal Justice, University of St. Thomas, Treatment Court Coordinator, MN 6th Judicial District; Leah Cleeland, PhD, LGSW, Assistant Professor, University of Minnesota Duluth, Social Work Department; Dale Harris, Bachelor of Mechanical Engineering, U of Minnesota, JD, Hamline University School of Law, Judge, MN 6th Judicial District; David Holewinski, MSW, LICSW, CBIS, Veteran's Justice Outreach Specialist, US Department of Veteran Affairs Minneapolis VA Health Care System; Nick Lepak, BA Criminology and Political Science, University Of Minnesota Duluth, Associate Degree In Law Enforcement, Fond Du Lac Tribal and Community College, Investigator, Duluth Police Department; Kevin Beichler, BA Business Management, Organizational Behavior, Bachelors Professional Aeronautics Northern Regional Leader, Minnesota Assistance Council For Veterans (MACV)	Harborside 204
11	Autism Services and Supports	Nicole Berning, Master's in Behavior Analysis, Autism Policy Lead, and Maychee Mua, RN, Autism Training Coordinator; both at the Department of Human Services	Harborside 205
12	Recognizing & Responding to Domestic & Sexual Abuse in Later Life	Ann Turner, Elder Victim Services and Advocacy Coordinator, National Clearinghouse on Abuse in Later Life	Harborside 301-302
13	Creating a Culture of Gratitude, Positivity, and Happiness at Work!	Jennifer May, BA, MA, Vice President of Operations, Star Services	Harborside 303
14	The Collision of Eating Disorders and Substance Abuse*	Nicki Zeidner, MEd, RD, LD, Community Relations Specialist, Melrose Center	Harborside 304
15	The "S" Word — Let's Get Real About Suicide Prevention!*	Dana Stroschein, MSW, LICSW, Clinical Director, Independent Psychotherapist, The Creative Counseling Group	Harborside 305
16	Posttraumatic Growth: Moving From Coping and Surviving to Being Transformed and Thriving*	Ben Wolfe, MEd, LICSW, FT, Trainer and Consultant, Grief Loss and Transition Trainer and Consultant, Duluth	Lake Superior Ballroom J

* An asterisk means a post-test will be offered

✦ Session I Workshops continue on next page

Thursday, October 11		Session I Workshops, continued	8:30–10:00 a.m.
17	The ABCs Of Disability: Raising Awareness, Eliminating Barriers, and Shaping Culture	Gaelynn Lea Tressler, BS Political Science, Musician, Public Speaker, Disability Advocate, Gaelynn Lea Music	Lake Superior Ballroom K
18	Understanding Your Caregiver Self	Krisie Barron, BSW, LSW Caregiver Specialist, Embrace, LLC	Lake Superior Ballroom L
19	How To Rejuvenate You: Mind, Body, and Soul	Robyn Gunnerson, COTA, AAS, Owner of Rejuvenate You, Certified Health Coach, Life Coach, and Caregiver Coach, Rejuvenate You	Lake Superior Ballroom MN
20	Taking It to the Next Level: Moving From Trauma Informed to Trauma Responsive Care*	Mary Vicario, MEd, Founder & Director, Finding Hope Consulting, LLC	Lake Superior Ballroom O
21	A Coordinated, Competent, Complete Response to Homeless Minor Youth	Paul Minehart, JD, Minor Connect Pilot Coordinator, Minnesota Department Of Human Services, Child Safety and Permanency Division	Split Rock 1
22	Managing A Small Development Office	Katherine Mueller, BA, English and Philosophy, Albion College, Development Director, Damiano Center; Robin Pestalozzi, MS, Nonprofit Organization Management, Regis University, Northeast Minnesota Development Officer, Lutheran Social Services; Emily Edison, BA, English, St. Cloud State University, Executive Director, Soar Career Solutions	Split Rock 2
23	Demystifying the Northstar Permanency Process with DHS Tips and Tricks	Catrina Ankarlo, BA Sociology, MPA, Northstar Quality Assurance Consultant, Elisha Wolfman, BS Social Work, Northstar Quality Assurance Consultant; Mike Donohue, BA Criminal Justice, Northstar Quality Assurance Consultant; all with the MN Dept. of Human Services	St. Louis River Room

1 Making Connections For Care: Directsupportconnect.com

Board Room

Minnesota is facing a direct care crisis which is impacting many of the people we serve. The demand for workers in Minnesota is currently higher than the amount of available and qualified workers. Direct Support Connect was created to address this very significant issue. The site allows both users of PCA services and direct care workers to create individualized profiles so people can find matches based on availability, needs, location, and personal preferences. Direct Support Connect is a free statewide service provided by the Minnesota Department of Human Services.

2 Coordinating Social Services into Duluth's Coordinated Community Response

Chester Creek

This cooperative project between the DAIP, community advocacy agencies, and the St. Louis County Public Health and Human Service Department (PHHSD) will organize frontline social workers to improve outcomes for victims and abusers with whom they intervene in domestic violence cases through a combination of policy, protocol, and practice changes developed in partnership with victims of domestic assault and PHHSD. DAIP's

national trainers will train social service workers to understand battering (the intentional use of violence and coercion to dominate and intimidate a partner) and its impact on victims. Training will also include information and guidance on changes to policy, protocol, or practice implemented by PHHSD.

In focus groups with victims, domestic violence advocates, and frontline social workers charged with investigation of child abuse and neglect, we learned the common themes that exposed gaps in understanding, information, and links to established responses in the community, as well as a limit on what social workers had at their disposal to intervene successfully in these cases. Social workers expressed they had no way to assess dangerousness. Each social worker had a different way of interpreting the violence and ordering interventions, creating the possibility that the response wouldn't match the problem. As one victim said, "They don't know what's happening with me, so why should I do what they want?"

When the impact on victims isn't understood and interventions don't account for the power imbalance created by battering, decisions victims make out of fear can appear as autonomous choices. The result of assigning choice to a fear-based decision is that the choice can make a mother look as if she won't

protect her children, when in fact it's a decision she believes makes her safer.

The result is the intervening worker may misinterpret survival with autonomy. Feedback from social workers demonstrated a lack of understanding about what community referral options offer victims or offenders. For example, the difference between anger management and batterer intervention programs wasn't understood, nor why parenting programs are ineffective with these offenders.

Since social services doesn't provide services for victims or offenders but relies on community programs, it's crucial that programs are chosen and used in a coordinated way for the greatest impact.

3 Micro-Aggressions: Impact on Mental Health*

French River I

Comments and/or actions that are subtle but offensive are described as microaggressions. These insults are often directed at a person who is considered part of a nondominant or minority group. Microaggressions reinforce stereotypes and over time can negatively impact a person's mental and physical health. This workshop will introduce attendees to the concept of microaggressions, increase awareness, and offer strategies for how to address them in real time.

4 Is Work Making You Sick? Managing Stress, Distress, and Burnout

French River 2

Although the social and human services, mental health, and law enforcement/probation careers are rewarding, they also present unique stressors that can increase the risk for developing physical and mental health problems due to the inherent stressors of the job. Additionally, these jobs are associated with high levels of burnout. Learn six ways to manage stress, distress, and burnout by increasing your mental immunity and building resilience.

5 The History of Homelessness in America

Gooseberry 1

There is much to be learned from American history regarding what has caused homelessness to increase and what has led to reductions in homelessness. Throughout American history there have been five significant periods of increased homelessness culminating in the Contemporary Period, which has seen homelessness on the rise since around 1980. This workshop will provide a greater understanding of the causes of homelessness and offer ideas about what we can do to curtail this societal problem.

6 Memory Loss and Dementia: An African American and Health Equity Lens

Gooseberry 2

This presentation will provide information regarding the prevalence, risk factors, and health disparities in the African American community. The audience will gain a greater understanding of how race, ethnicity, and culture impact dementia screening, diagnosis, and care. The discussion will explore the barriers and challenges African Americans impacted by dementia face, and how we can advance health equity in healthcare systems, support services, and communities. The session will include diversity and inclusion illustrations of how the Alzheimer's Association is advancing health equity and the steps each participant can take. Resources will be available to the community members and service providers.

7 Sexual Health 101

Gooseberry 3

This workshop will be an opportunity for practitioners to receive an update on reproductive and sexual health. It will cover topics including, but not limited to, contraception methods, sexually transmitted

infections (STI), transmission and prevention (including HIV/AIDS), an update on gender identity and sexual orientation terminology, a presentation from high school health educators, and interactive methods to talk with clients about this information.

8 Dealing With The Hand You've Been Dealt: Building Resilience*

Harborside 202

This workshop will examine the profound positive impact building resilience has on traumatized youth. Dr. Grace will introduce a simple step-by-step model empirically proven to mitigate the destructive impact of trauma and effectively help youth strengthen three key skills needed for responsible behavior.

9 How To Keep Employees Engaged and Sustain Innovation

Harborside 203

Living in the 21st Century, it's time to understand what drives and motivates people at work. Doing so will inspire employees from within, allowing them to use their strengths and find fulfilling purpose within their jobs. Having an engaged work place is a strong influencer of overall organizational culture, innovation, and growth. Come learn how to re-energize your work environment to create a thriving culture of community.

10 Justice For Veterans in the MN 6th Judicial District

Harborside 204

Veterans fought for our freedom. Now it's time to fight for theirs. Veterans, in the course of their duties, often come home suffering from PTSD, military sexual trauma (MST), substance use disorders (SUD), and/or other negative mental, emotional, spiritual, or physical health symptoms. When untreated, the consequences of their illnesses can hurt them, their loved ones, and their communities. The Veterans Treatment Court seeks to intervene at a most critical time in the veteran's life with evidence based treatment and intense supervision. Learn more about how the local criminal justice system is tailoring their response to our veteran population.

11 Autism Services and Supports

Harborside 205

The Minnesota Department of Human Services is providing information and resources for state programs that assist

with autism services and supports for parents, relatives, professionals, and communities. We will also include information on ways of expanding professional skills and becoming an autism provider if interested.

12 Recognizing and Responding to Domestic and Sexual Abuse in Later Life

Harborside 301-302

In the US, 10,000 people turn 65 every day. Many experience abuse from someone they love. Like all adult victims of abuse, older victims have a complex set of circumstances and limited resources to assist in a recovery process. This interactive workshop will use a combination of case scenarios, video, and lecture to enhance participants' understanding of the dynamics of domestic and sexual abuse in later life. Participants will explore how historical, generational, cultural, and spiritual values influence older victims, and how agencies can work together to provide a collaborative, victim-centered response to abuse in later life.

13 Creating a Culture of Gratitude, Positivity, and Happiness at Work!

Harborside 303

Creating and fostering a positive work culture with engaged employees is simply good business. Focusing attention on workplace culture will reduce turnover costs, dissatisfaction, and burnout, while raising productivity, understanding, and satisfaction. This session will focus on recent advances in Positive Psychology and employee engagement, showing that when we focus on the employee experience, everyone wins! Creating a culture of happiness, gratitude, and positivity doesn't mean big money, but it can mean big changes and results. This session will give you specific activities and approaches to take back to your agency to help you, your team, and your workplace culture flourish.

14 The Collision of Eating Disorders and Substance Abuse*

Harborside 304

Where there is an eating disorder, there is often substance abuse and visa versa. Recognizing the link between eating disorders and substance use disorder is essential to interrupting the potential endless cycle of remission and relapse. Your clients will benefit from your improved understanding of this co-occurrence and treatment options.

* An asterisk means a post-test will be offered

* Session I Workshops continue on next page

15 The “S” Word — Let’s Get Real About Suicide Prevention!*

Harborside 305

Suicide rates continue to be on the rise in Minnesota; every twelve hours, someone in Minnesota dies by suicide. This session will include some history, information, and statistics, but also will focus on early intervention techniques that can be utilized as preventative measures with both children and adults, and workplace protocols to deal with suicidal ideation and self-injury. We can make a difference, but we really need to talk openly and honestly about suicide in order to fully engage in prevention and intervention. This session will get the process started. We can save lives if we work together!

16 Posttraumatic Growth: Moving From Coping and Surviving to Being Transformed and Thriving*

Lake Superior Ballroom J

Losses of any type are a part of life and occur on a regular basis in the lives of individuals and their families. However, how is it that one can “grow” after a devastating and life-changing crisis or traumatic event? How can one in their “new normal” at some point see the world as still a bright place to live? And what is the difference between persons who move from coping and surviving, to being transformed and thriving? This session will provide strategies and interventions to help individuals trying to cope with the opportunities and struggles on the “loss journey.” Clinical interventions dealing with loss in its broadest sense, factors that influence posttraumatic growth, and family make-up and communication styles will be explored in this workshop.

17 The ABCs Of Disability: Raising Awareness, Eliminating Barriers, and Shaping Culture

Lake Superior Ballroom K

Gaelynn Lea will share her personal experience of living, loving, and working with a disability. She will discuss the barriers that still face people with disabilities and highlight activism efforts that can help further the goal of equality for all. Gaelynn will discuss why disability inclusion in the arts is so important, and how the concept of Disability Pride can help transform our culture.

18 Understanding Your Caregiver Self
Lake Superior Ballroom L

A healthy understanding of caregiving helps you set healthy expectations and healthy boundaries for the families you support, as well as yourself. Giving yourself the gift of knowledge allows you to be in charge of the journey you’re on and the ones you assist along the way, instead of being at the mercy of it. This workshop promises to be an interactive and engaging learning experience that provides caregivers with the knowledge and tools they need to make the caregiving journey smooth for everyone.

19 How To Rejuvenate You: Mind, Body, and Soul

Lake Superior Ballroom MN

Are you running out of energy midday or before you get home? Are you pouring into others at work or home from an empty cup? Take time to learn practical self-care tips which will Rejuvenate You: Mind, Body, and Soul to give the best of yourself to others and keep you filled with energy.

20 Taking It to the Next Level: Moving From Trauma Informed to Trauma Responsive Care*

Lake Superior Ballroom O

So, you have moved from the uni-formed question: “What’s wrong with you?” to the trauma informed question: “What’s happened to you?” Now what? Understanding how trauma affects the brain, body, and behavior is an important first step. Moving to the trauma responsive question: “What did you do to survive?” is the next step. Hidden in the survival skills used to endure trauma are the hidden resilience factors needed to heal from it. Join us in uncovering the gems of resilience masked by trauma “symptoms,” and learn everyday interventions to help move those you serve from surviving to thriving.

21 A Coordinated, Competent, Complete Response to Homeless Minor Youth

Split Rock I

Minor Connect, a two-year pilot program addressing homelessness among unaccompanied minors, uses child welfare resources and community providers to connect minors to housing stability. The goal is to help youth return, whenever possible, to the home of the parent, and, if not, then in stable housing elsewhere. Minor Connect is coordinated by the Minnesota Department of Human Services and includes one county and three community-based agencies. Practical examples will be used to lead a discussion of how we got started, how things are working, and how other counties and communities could do something similar.

22 Managing A Small Development Office

Split Rock 2

What does it take to successfully manage a small development office? This workshop is geared toward nonprofit professionals who work for small organizations and manage resource development in addition to other areas. Organize, prioritize, and build new skills in fund development.

23 Demystifying the Northstar Permanency Process with DHS Tips and Tricks

St. Louis River Room

Beginning with the launch of MN’s Northstar Care for Children in January 2015, there have been many questions regarding the permanency process with DHS after submission of an adoption or kinship placement agreement, an eligibility determination, and a benefit agreement. An overview of the Northstar permanency process with tips and tricks will be discussed in order to help achieve timely permanency for children in out-of-home placement.

24	Autism: Supports and Strategies	Laura Birnbaum, MSW, Social Work Coordinator, St. Louis County PHHS; Susan Larson Kidd, MA, EdS, EdD, Educational Behavioral Consultant; Kara Long, MA OTR, Occupational Therapist, St. Luke’s; Michelle Hooey, BS Psychology, Program Manager, DRCC; Jennifer Steger, BS Sociology, Family Services Program Director, Trillium	Board Room
25	DIScovering Keys for Better Communication and Care	Nicole Karnowski, BS Broadcast News and MA Counseling, Co-Owner Metamorphosis CCT, Life Coach, Chaplain, Human Behavior Consultant, Metamorphosis CCT (Coaching, Consulting & Training); Michael Karnowski, Doctorate of Physical Therapy, BS Mechanical and Industrial Engineering, Co-Owner, DPT, Human Behavior Consultant, DPT @ Essentia Health, Metamorphosis CCT	Chester Creek
26	Every Dream Catcher Tells a Story: The Epigenetics of Intergenerational Trauma in Native Americans*	Mary Vicario, MEd, LPCC-S, Founder and Director, Finding Hope Consulting, LLC; Jane Larson, MSW, LGSW, APSW, College of St. Scholastica; Libby Murdoch, Masters in Clinical Mental Health Counseling, LPCC, LICDC, CCTP, CTRTC, Brain Based Counseling & Consulting, LLC	French River 1
27	Adverse Childhood Experiences (ACEs), The Brain Architecture Game, and Building Resilience	Tracy Henegar, MA, Outreach Specialist, UW-Superior Center for Continuing Education; Maryann Bonneville, MSE–School Counseling, School Counselor, Superior School District	French River 2
28	Protecting Victims/Survivors of Human Trafficking: A Collaborative Approach to Mandated Child and Adult Protection Responses*	Sarah Ladd, JD, Human Trafficking Child Protection Program Coordinator, Minnesota Department of Human Services; Dariann McCormick, MSW LICSW, Human Trafficking Child Protection Program Coordinator, Minnesota Department Of Human Services; Kelli Klein, BS, Adult Protection Resource Specialist, Minnesota Department Of Human Services; Mary Cowen, BA, Safe Harbor Program Manager, Life House; Mel Alvar, BASC, Youth Advocate, PAVSA; David Vukelich, MSW, LGSW, Social Services Supervisor, St. Louis County Public Health and Human Services	Split Rock 1
29	Surviving an Active Shooter Incident	Mike Monroe Kiefer, PhD Behavioral Psychology, Behavioral Psychologist/Speaker, Powermind Systems Inc.	Split Rock 2
30	Crisis vs Emergency in Corporate AFC/CRS	Kyle Heysen, MSW, St. Louis County Planning Resource and Organizational Development Supervisor, St. Louis County PHHS; Nick Lepak, Officer, Law Enforcement, Duluth Police Department; Wade Rasch, Sergeant, Law Enforcement, St. Louis County Sheriff Office; Laura Nechanicky-Booth, MS, Birch Tree Center Stabilization and Crisis Response, Birchtree Crisis Center; Katie Bauman, RN, Supervisor, Essentia Health Psychiatric Consult Service	St. Louis River Room

24 **Autism: Supports and Strategies**
Board Room

This presentation will include a brief overview of a grant St. Louis County PHHS received from DHS to expand respite services for children with autism and to create a curriculum/toolkit around positive behavioral supports and strategies. The majority of the presentation will provide interactive exercises on positive behavioral and sensory interventions that any caregiver/provider can utilize with children (and adults) with autism and other disabilities.

25 **DIScovering Keys for Better Communication and Care**
Chester Creek

Have you ever struggled to get your point across or to share a message with a client or co-worker? Do you feel like people don’t “hear” what you have to say? What about that person who can really annoy you? Did you ever think that they are not acting that way to get to you or make you mad, but rather it’s how they are wired? A new perspective can make all the difference. During this institute

you will take your own DISC assessment and then dive into learning about yourself and others. You will leave with key tips and tools to immediately apply to see results and success in work, life, and family relationships. Most of all, you will learn to appreciate how you are wired and the differences of others. Leave excited and engaged to see things from new perspectives. You will feel refreshed, be able to move towards healthier relationships, and achieve more successful outcomes.

26 Every Dream Catcher Tells a Story: The Epigenetics of Intergenerational Trauma in Native Americans*

French River 1

For Native American Indians, even when our history is forgotten our genes tell the story of warfare, mass killings, destruction of cultural practices, and dismantling of families and tribes that creates intergenerational patterns of disease, addiction, and extreme vulnerability in our descendants. We will explore current research demonstrating how trauma changes our genetic code and the resilience that can change our gene expression. Speakers with Native American heritage will bring science to life with personal stories to provide participants with a deeper understanding of how history impacts the functioning of those living in the present and how our survival embodies resilience.

27 Adverse Childhood Experiences (ACEs), the Brain Architecture Game, and Building Resilience

French River 2

This institute will begin with an overview of the science of Adverse Childhood Experiences (ACEs). We'll then move into the Brain Architecture Game as a tool to develop empathy through gaining a deeper understanding of the impact of early adversity on the developing brain and the importance of healthy relationships for building resilience. We'll wrap up with a discussion on tools for building resilience. Use of tools for building resilience will be integrated throughout the session for experiential learning.

28 Protecting Victims/Survivors of Human Trafficking: A Collaborative Approach to Mandated Child and Adult Protection Responses*

Split Rock 1

Since the passage of the Safe Harbor Law in 2011, Minnesota has worked to become a state where victims of sexual exploitation are treated as "victims" and not criminals. Collaboration and awareness across systems and jurisdictions is critical to securing safety. New initiatives in law enforcement, child protection, and adult protection promote a trauma-informed, victim-centered response for survivors in Minnesota. Attendees will: learn to incorporate harm reduction and motivational interviewing in engaging with survivors; participate in new strategies for protection and response; and discuss steps for increasing collaboration to protect minors and vulnerable adults.

29 Surviving an Active Shooter Incident

Split Rock 2

Everyone wants to know what to do in an active shooter incident. This presentation is a non-political, non-firearm training based on the US Department of Homeland Security's Run, Hide, Fight prevention methodology. The session provides practical tips anyone can use at work, in a restaurant, school, or shopping mall, including practical tips and prevention methods. Understand the motives and psychology of active shooters for prevention and how you can psychologically prepare.

30 Crisis vs Emergency in Corporate AFC/CRS

St. Louis River Room

Community concerns regarding the number of 911 calls from corporate foster care providers is what brought us together. Our collaborative brought together various community partners with common goals to increase communication, understand perspectives, and work towards solutions. As community partners, we would like to share our lessons learned and a positive outcome tool, the "Person Centered Incident Matrix."

Currently, this has been a South St. Louis County initiative, with a goal to expand to include North St. Louis County. Tools provided would allow replication in your community. One goal is to have additional skills to determine and address an emergency vs. a crisis.

Stakeholders who have benefited from this initiative are Duluth Police Dept; St. Louis County Sheriff Office; 911 Dispatch; Essentia Health; St. Luke's; Birchtree Crisis Center; Crisis Response Team; Heartland Homes; REM; Stepping Stones; TBI; At Home Living; St. Louis County Public Health and Human Services.

Thursday, October 11	Session II Workshops	1:00–2:30 p.m.
<p>31 The Opportunity of Low Unemployment</p>	<p>Shawn Herhusky, Masters in Management, Masters in Business Administration, Workforce Strategy Consultant, MN Department of Employment and Economic Development</p>	<p>Gooseberry Falls 1</p>
<p>32 Compassionate Alternatives to Incarceration</p>	<p>Elizabeth Henderson, Mental Health Court Program Coordinator; Aleesha Ward, Mental Health Court Program Coordinator; Cassie Smith, Mental Health Court Probation Officer, Arrowhead Regional Corrections; Barry Schull, HDC Targeted Case Manager-Supervisor; Chad Guenther, Duluth Police Department</p>	<p>Gooseberry Falls 2</p>
<p>33 Serving At Home: The Unique Deployment Experiences of National Guard Spouses*</p>	<p>Leah Cleeland, PhD, Assistant Professor of Social Work, University of Minnesota Duluth</p>	<p>Gooseberry Falls 3</p>

34	Secondary Traumatic Stress/ Compassion Fatigue, the Musical: A Journey From Someone Else’s Blues to “We Can Still Smile”	Alan O’Malley-Laursen, MSW, Compassion Fatigue Educator/Program Manager, Olmsted County Child and Family Services	Harborside 202
35	Getting the Community into College	Georgia Robillard, BS Psychology, Disability Coordinator, Lake Superior College; Marie Carter-Brooks, MA in Counseling and Guidance, Counselor, Lake Superior College; Kelli Hallsten-Erickson, MA Rhetoric and Applied Writing, Director, Tutoring and Learning Center, Lake Superior College; Ann Sertich, MEd, Advisor, TRIO-Educational Opportunity Center; Jayce Mayberry, BA in Peace and Justice Studies, Chief Diversity Officer, Lake Superior College; Stephanie Wainionpaa, MA Guidance and Counseling, Professional Advisor, Lake Superior College	Harborside 203
36	I’m Going Back to Work. Now What?	Amanda Crosby, BS Sociology, Independent Living Program Coordinator, and John Hoge, Independent Living Specialist-VR Liaison; both at Access North Center for Independent Living	Harborside 204
37	Addressing Fatherhood in Men’s Nonviolence Program	Laura Gapske, BS Sociology with Cultural Studies Concentration, Coordinated Response Coordinator; and Jennifer Rouse, National Training Project Coordinator; both with Domestic Abuse Intervention Programs	Harborside 205
38	A Clinical Perspective: Why Punishment Doesn’t Work	Jodi Cushman-Purcell, MS Special Education and Counseling, Emphasis in ABA, BCBA, BA III, and Liz Harri-Dennis, MS Applied Behavior Analysis, BCBA, BA III; both at the Jensen/Olmstead Quality Assurance and Compliance Office	Harborside 301-302
39	Achieving Permanence for Youth	Erin Wall, MSW, Director of Healing Programs, and Angela Shepherd, MSW, Program Manager MN Treatment Foster Care and Fast Track Specialist; both at ANU Family Services	Harborside 303
40	Now That We Have Laid Systemic Oppression On The Table, Where Do We Go from Here?*	Kym Young, MA, BS, AA, AAS, Executive Coordinator, Superior African Heritage Community	Harborside 304
41	Adolescent SBIRT Project	Marcia Gurno, BA, MEd, Social Worker, and Matthew Johnson, LADC, MSW, Social Worker; both at St. Louis County Public Health and Human Services	Harborside 305
42	Professional Burnout: What Is It and What Can You Do about It When You Cannot Quit Your Job	Maria Stalzer Wyant Cuzzo, PhD, JD, Professor of Legal Studies, Program Coordinator Legal Studies and Criminal Justice, University of Wisconsin-Superior	Lake Superior Ballroom J
43	Person-Centered Care—Have We Changed How We Lead and Support Our Staff?	Krisie Barron, BSW, LSW Caregiver Specialist, Embrace, LLC	Lake Superior Ballroom K
44	Addiction to Recovery: Journeying From Powerlessness to Thriving	Sister Pauline Micke, OSB, MA in Theology, Certified Spiritual Director, Center Outreach Coordinator for Spirituality and Enrichment, St. Scholastica Monastery; Father Steve Ulrick, LSW, Retired, Archdiocese of St. Paul/Minneapolis	Lake Superior Ballroom L
45	FASD and Trauma: Changing Our Approach	Barb Clark, BIS Youth Studies, Sociology, English, FASD Consultant	Lake Superior Ballroom MN
46	Adapting Agency Processes to Meet Today’s Challenges	Rich Bowlen, BA Sociology and Psychology, LSW, Vice President of Protective Services, Northwoods Consulting Partners; John Puggleasa, Director, Houston County Department of Human Services; Bethany Moen, Social Services Supervisor, Houston County Department of Human Services; Sheila Skogen, Division Manager, Crow Wing County Community Services; Jodi Heurung, Program Manager, Sherburne County Department of Human Services	Lake Superior Ballroom O

* An asterisk means a post-test will be offered

Session II Workshops continue on next page

31 The Opportunity of Low Unemployment

Gooseberry Falls 1

Minnesota, and especially St. Louis County, is experiencing record unemployment levels. This makes hiring difficult, but it's also an opportunity to review hiring practices and to improve the hiring process. In this session, we will talk about the underemployed and the challenges in reaching them with new opportunities. We will discuss different populations and how their unemployment is very different from the regional average. We will also discuss the role of bias, and how it might limit the hiring of qualified candidates. This session will also include hiring and retention strategies to help employers recruit and retain talent.

32 Compassionate Alternatives to Incarceration

Gooseberry Falls 2

This session will address the emerging need for a compassionate, trauma-informed response to those faced with mental health and substance use disorders within the criminal justice system.

33 Serving At Home: The Unique Deployment Experiences of National Guard Spouses*

Gooseberry Falls 3

September 11, 2001, brought changes to the US and especially to the US military. The National Guard experienced more change than most other military organizations. Soldiers were deployed in larger numbers and for longer and more frequent periods than ever before. National Guard spouses and partners needed to learn how to navigate these separations living away from the support and services of a military base. In this workshop we will look at the unique experiences of National Guard spouses during deployments. We will examine their strengths, the challenges they experience, and what supports both helped and hindered during lengthy deployments.

34 Secondary Traumatic Stress/ Compassion Fatigue, the Musical: A Journey From Someone Else's Blues to "We Can Still Smile"

Harborside 202

Secondary Traumatic Stress/Compassion Fatigue (STS/CF) is the emotional, physical, and personal response to frequent exposure to individuals and families who are experiencing and expressing great pain—often referred to as the "emotional cost of caring." This unique workshop

combines a PowerPoint presentation, topic-specific live music, and energizing self-regulation techniques to explore STS/CF and how we can ultimately experience compassion satisfaction, the key to thriving in the midst of this difficult work that we do. Focus will be on real-time strategies for self-awareness, self-regulation, emotional reflection, and the elicitation and amplification of good work—mostly in the key of C.

35 Getting the Community into College

Harborside 203

Help your clients put together the pieces of the college puzzle. Lake Superior College has many available resources to provide support for all students to succeed. With community collaboration, the ability to reach the goal of graduation is even greater.

36 I'm Going Back to Work. Now What?

Harborside 204

Being employed brings value to a person's life, but many individuals with disabilities fear going back to work because they might lose their benefits. Come learn about myths and facts about returning to work and benefits. Learn about Access North's collaboration with VRS and the DisabilityHUB with the SGA Benefits and Planning process.

37 Addressing Fatherhood in Men's Nonviolence Program

Harborside 205

Most men who batter are fathers or father figures. Most of the men have developed belief systems similar to their own fathers. Very little time has been spent on men as fathers and as co-parents/parallel-parents. We know there is greater empathy by men toward their children's experiences than toward their partners' experiences from the research, focus groups, and interviews. This workshop will address and share this information, as well as first-hand experiences as co-facilitators of the DAIP Men's Non-Violence classes.

38 A Clinical Perspective: Why Punishment Doesn't Work*

Harborside 301-302

Our purpose is to bring awareness to why positive behavior supports are the best practice. We will give some history and context as to why punishment does not work. Participants will learn some positive behavior support examples and strategies that can be utilized across diagnoses, the life-span, populations, and with their staff. All the support strategies include the perspective of trauma-informed care.

Strategies include defining, tracking, and recording behavior for evidence based decision making.

39 Achieving Permanence for Youth

Harborside 303

This workshop will provide an overview of two programs focused on achieving permanence for youth. Intensive Permanence Services integrates best practices in grief, loss, and trauma, and prepares youth for permanency while seeking, engaging, and developing caring adult connections. FastTrack to a Family works intensely (30-45 days) immediately upon removal to locate up to 70 relatives and at least one placement option with kin or fictive kin, so youth never have to live with strangers. These programs focus on the importance of connections with kin and fictive kin, because no youth can have too many people who love them.

40 Now That We Have Laid Systemic Oppression On The Table, Where Do We Go from Here?*

Harborside 304

Learn to put diversity inclusion into actual daily routines. An interactive training module designed to be a working action plan for those who attend 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: put knowledge gained into actual working practices; continuing education and development of best practices; increase interactions and exchange of ideas and functionality; model new paradigm.

41 Adolescent SBIRT Project

Harborside 305

Social Workers from the St. Louis County Substance Abuse Prevention and Intervention Initiative have implemented an SBIRT project within PHHS to address adolescents identified by their social workers as being at risk of or struggling with substance misuse. SBIRT: Screening, Brief Intervention, and Referral to Treatment is an evidence based, public health approach proven effective in the prevention of and early intervention of substance misuse to reduce and ultimately eliminate risky substance use. This workshop will provide an overview of SBIRT and highlight the St. Louis County Adolescent SBIRT Project.

42 Professional Burnout: What Is It and What Can You Do about It When You Cannot Quit Your Job

Lake Superior Ballroom J

Professional burnout is real for many professionals given the pressures to do more with less, the complexity of work challenges, and the rapidly changing nature of the workplace today. Professionals must know the symptoms of professional burnout; once in it, burnout requires some direct positive action. This session will explore professional burnout from a storytelling perspective and offer practical suggestions for what you can do to renew yourself, especially when you cannot walk away from your job. There is hope after professional burnout. Be prepared to converse with others about your journey.

43 Person-Centered Care—Have We Changed How We Lead and Support Our Staff?

Lake Superior Ballroom K

We are asking our staff to be person-centered in the care they provide our clients and their families, but have we shifted the way we lead and support our staff that aligns with what we are asking them to do? In this workshop we will explore

the difference between the paternalistic (system based) model of care and leadership versus the person-centered approach to care and leadership. There is a difference.

44 Addiction to Recovery: Journeying From Powerlessness to Thriving

Lake Superior Ballroom L

This presentation will cover the path one walks from addiction to recovery. It begins at the point of unmanageability. It progresses from merely surviving another day to participating in the creative possibilities that the path of recovery offers. The foundation for a healthy life rests in relationships. When we make the choice to thrive, life can be transformed and bring healing, transformation, and empowerment.

45 FASD and Trauma: Changing Our Approach

Lake Superior Ballroom MN

Supporting a child with a disorder on the fetal alcohol spectrum can present many challenges for professionals and parents. It is vital for families and the professionals who support them to understand the reasons behind the learning and behav-

ioral challenges so they, together, can “try differently.” Participants will be able to: 1) Explore risk factors when alcohol is used during pregnancy; 2) Describe FASD and connection between brain impairment and behaviors; 3) Explore diagnoses under FASD umbrella; 4) Identify “red flags” for FASD diagnosis; 5) Consider comorbid conditions, including impact of trauma; 6) Discuss reframing and other strategies.

46 Adapting Agency Processes to Meet Today’s Challenges

Lake Superior Ballroom O

Do your agency processes need a refresh to keep up with the demands and challenges your staff is presented with each day? Join this session to learn how three Minnesota agencies are adapting agency processes to address both staff and community challenges. Representatives from these agencies will also discuss the decision-making process that led them to implementing solutions to get closer to meeting goals, timelines, and expectations, and how these changes have affected their agency and the community they serve.

Thursday, October 11	Session III Workshops	3:00–4:30 p.m.
47 Accessing Your Conflict Resolution Toolkit	Erica Backstrom, JD, Program Director, Conflict Resolution Center	Gooseberry Falls 1
48 Walking the Middle Path with Validation*	Patty Olson, MSSW, LICSW, Clinical Supervisor, Fresh Start Intensive Residential Treatment Service	Gooseberry Falls 2
49 Chemical Dependency Treatment Specific to LGBTQ Individuals*	Janet Johnson, LADC, Program Director, Meridian Behavioral Health–Latitudes	Gooseberry Falls 3
50 Together we Can Make It OK!	Tiffany Kari, SLC Health Promotion Coordinator, BS, Corporate & Community Health Promotion, & BAS, Health Education, University of Minnesota, Duluth; Shannon Sweeny Jorgenson, SHRM-SCP, Northland Healthy Minds	Harborside 202
51 Thingification—The Impact of Pornography on Relationships and Society*	Tamarah Gehlen, LMFT LADC, Director, StepUP at Augsburg University	Harborside 203
52 Disabilities and the Media: Using Movies and Television to Become a Better Advocate	Hilary Novacek Bundt, LSW, Education and Outreach Director, Star Services	Harborside 204
53 Mean Girls: Stopping the Overlooked Epidemic Among Seniors	Ann Kutzler, MSW, Social Services Director, Benedictine Living Community Duluth; Erin Braaten, BSW, Social Worker, Benedictine Living Community of Duluth; Joyce Baltus, BSW, Community Living Specialist, ARDC–Arrowhead Area Agency on Aging	Harborside 205
54 Professionalizing Case Management	Evie Campbell, MSW, Assistant Professor, University of Minnesota Duluth.	Harborside 303
55 Rural County Innovation: Tackling Placements, Truancy, and Juvenile Justice through Restorative Practices	Reese Frederickson, JD, MBA, BS, Pine County Attorney, Pine County Attorney’s Office; Terry Fawcett, BS, MSE, Pine County Probation Director, Pine County Probation; Becky Foss, BSW, Pine County Health and Human Services Director, Pine County Health and Human Services	Harborside 304

* An asterisk means a post-test will be offered

✦ Session III Workshops continue on next page

Thursday, October 11		Session III Workshops, continued	3:00–4:30 p.m.
56	Building a Diverse Community Coalition for Change	Pat McKone, BA, Regional Senior Director, American Lung Association; Debra Smith, Manager–Tobacco Control, American Lung Association; Jill Doberstein, MA, CTTS, Supervisor–Tobacco Cessation Program, Essentia Health; Stephan Witherspoon, NAACP Representative	Harborside 305
57	What Can the Data Tell Us about Keeping Kids Safer in Minnesota?	Jodi Schommer, BS, Human Services Representative, and Rebecca Wilcox, MSW, Manager–Child Safety and Prevention; both at the Minnesota Department of Human Services	Harborside 301-302
58	The Power of Six Seconds of Love	Glenn Tobey, MDiv, MA in Management, Psychotherapist, LICSW, Qigong Master, and Katrina Tobey, MA, Licensed Psychologist and LMFT; both in private practice	Lake Superior Ballroom J
59	Creating A Trans Affirming Work Environment	Dziengel Lake, PhD, MSW, LICSW, Associate Professor, University of Minnesota Duluth	Lake Superior Ballroom K
60	General Assistance and Minnesota Supplemental Aid: Two DHS Programs You Should Know More About	John Petroskas, JD, Policy Specialist, MN Department of Human Services	Lake Superior Ballroom L
61	Breathing Life Back Into Leadership with Compassion	Inger Andress, BS Education, University of Michigan, Leadership Advisor, President of Kai-Zen Solutions LLC	Lake Superior Ballroom MN
62	Community Change Starts with Community: Making a Difference with Health in All Policies Approach to Health Inequities in Duluth	Janet Kennedy, BS, AAS, AS, AA, HIAP Committee Chair, St. Louis County Conference, Founder of Healthy Alliances Matter, Organizer For Health In All Policies; Bonnie Dominguez, Organizer, Health In All Policies; John Williams, Organizer, Health In All Policies; Mary Rapps, MHA, Executive Director, Generations Health Care Initiative	Lake Superior Ballroom O

47 Accessing Your Conflict Resolution Toolkit

Gooseberry Falls 1

Conflict is a natural part of our everyday life. Yet even when we know it is normal, many people are uncomfortable with conflict and would much rather avoid it altogether. This session will help participants gain a better understanding of the conflict resolution toolkit available to them when navigating conflict. We will explore how conflict happens, how to effectively communicate through conflict, and how to proactively manage conflict at its earliest stages on a daily basis. Through experiential learning modules, participants will discover new insight about conflict styles, participate in de-escalation and conflict-diffusing exercises, and practice tools for proactive communication.

48 Walking the Middle Path with Validation*

Gooseberry Falls 2

When emotions run high, interactions with others can quickly become mired in rigid thoughts, judgments, feelings, and behaviors. In this workshop, we will explore how adding acceptance-based validation and other strategies from Dialectical Behavior Therapy (DBT) can reduce defensiveness and reactivity, increase understanding, and improve effective communication in challenging situations. While these concepts

were defined by Dr. Marsha Linehan for the treatment of Borderline Personality Disorder, they can be invaluable for enhancing the quality of communication in a variety of situations.

49 Chemical Dependency Treatment Specific to LGBTQ Individuals*

Gooseberry Falls 3

This presentation addresses efficacy and the importance of dedicating treatment programs specific to this population, including treatment modality and daily programming that have been found most effective. It will reveal some of the problems specific to the LGBTQ population and how “gay friendly” treatment programs continually fail to address them. It will attempt to reveal and dispel myths, and frankly address micro-aggressions launched within and without the LGBTQ population, inclusive of stereotypes, heterosexism, and trans-phobia.

50 Together we Can Make It OK!

Harborside 202

Mental illness is a hard subject for many to discuss openly. The goal for this training is to help you become more comfortable with it thereby helping you to help others become more comfortable with it. We will have open conversations about mental illness, the stigma surrounding mental illness, and what we can do to change attitudes and, ultimately, people’s lives.

51 Thingification — The Impact of Pornography on Relationships and Society*

Harborside 203

This session will look at the impact of pornography on individuals, relationships, and society. We will explore what constitutes problematic pornography use, how it plays a role in addiction and mental health, how to have conversations around this topic with clients, and more.

52 Disabilities and the Media: Using Movies and Television to Become a Better Advocate

Harborside 204

The ways people with disabilities are represented in the media range from stereotypical and damaging to realistic and powerful. We will explore the world of television and movies to gain a better understanding of how the media’s attitudes and perceptions of disabilities influence you, the people you support, and those around them. Through the use of clips from new and classic movies, you can become a better advocate in the work you do. We will explore techniques you can use to have meaningful conversations that lead to understanding, education, and change.

53 Mean Girls: Stopping the Overlooked Epidemic Among Seniors

Harborside 205

Often when thinking about bullying, we think about playgrounds and school hallways, but people often overlook the fact that our elderly are negatively affected by bullying in senior communities. This workshop will discuss how to identify senior bullying within your community and its far-reaching impact. You will learn to identify the signs and symptoms of bullying. We will discuss the various categories of bullying and the barriers to reporting incidents. Ideas on how workers can establish zero tolerance for bullying within your organization will be shared. Our seniors deserve to feel safe and welcome in their homes and social environments!

54 Professionalizing Case Management

Harborside 303

Effective case management is vital to a client's success. Many programs dedicate substantial resources to enhancing professional development opportunities in the area of case management, including training caseworkers to adopt a coaching approach with clients and develop strategies in staffing challenging cases with colleagues and supervisors. This session highlights techniques and approaches to facilitate professional case management.

55 Rural County Innovation: Tackling Placements, Truancy, and Juvenile Justice through Restorative Practices

Harborside 304

In 2015, Pine County implemented the C-5 (community, collaboration, culture, change, choices) Victim-Offender Conferencing Program. C-5 is an award-winning and wide-ranging juvenile restorative justice program that was created through a partnership among the County Attorney's office, probation, health and human services, schools, the community, and leading experts. The presenters will discuss why they chose to build a restorative justice program, as well as how they engaged stakeholders. They will also share examples of Pine County's victories and challenges in restorative justice, and provide a roadmap as to how other jurisdictions can achieve similar successes in restorative justice.

56 Building a Diverse Community Coalition for Change

Harborside 305

The Lethal Lure Campaign worked over a three-year period to build a diverse community coalition to support limiting

access to menthol and other flavored tobacco products. The campaign brought together more than 23 partners from across the community and state. This session will provide a history of the campaign, how partners were engaged, and the use of social media and storytelling that resulted in the passage of the strongest policy in Minnesota.

57 What Can the Data Tell Us about Keeping Kids Safer in Minnesota?

Harborside 301-302

In recent years there has been an increase in the number of child protection reports and growing public concern about child safety. In this session, participants will learn how the Minnesota Department of Human Services is using research and data to improve child welfare practice, including decisions about child safety. The presentation will focus on two new initiatives designed to enhance safety. First, the presenters will discuss the 2018 Screening Threshold Analysis, and second, participants will learn about the Structured Decision Making (SDM) tools and how they are utilized to assess risk and safety in child welfare practice in Minnesota.

58 The Power of Six Seconds of Love

Lake Superior Ballroom J

What if your love was a "product" that you could purposefully and deliberately use six seconds at a time within your circle of influence? Learn how to develop your loving nature as a signature of who you are, your personal branding as a change agent. Learn how to be known for your product, so that others want to be around you, and not just for your services or job. Learn the dynamics of Spring Forest Qigong and its main product of unconditional love, and how to create, nourish, and sustain a depth of profound calmness.

59 Creating A Trans Affirming Work Environment

Lake Superior Ballroom K

Creating an affirming environment for trans identified people can be complicated by attitudes and misconceptions of co-workers and other colleagues, employment policies, and environmental structures within a work setting. This session will discuss the gender binary and examine vocabulary often related to gender expression and gender identity, as well as examine published guidelines for creating a trans affirming setting. Agencies can use these guidelines to evaluate their overall work

environment and use suggested ideas for inclusivity. This will be an interactive workshop with discussion about these topics.

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

Lake Superior Ballroom L

Many human services professionals work with people who receive General Assistance (GA) or Minnesota Supplemental Aid (MSA). Come learn more about these two widely-used income support programs, and how they can help your clients.

61 Breathing Life Back Into Leadership with Compassion

Lake Superior Ballroom MN

In this post-industrial age, we tend to focus on efficiency, productivity and speed—all great things, but somehow not quite enough to sustain the life of an organizational leader. Management ends up feeling like a machine whose value is only based on statistics and the rate at which these numbers can produce sustained outcomes. This is where understanding true Kai-Zen is more than just continuous improvement with a LEAN practice. The Kai-Zen philosophy is transformative and will breath life back into the leader and organization.

62 Community Change Starts with Health in All Policies Approach to Health Inequities in Duluth

Lake Superior Ballroom O

Health in All Policies (HiAP) seeks to improve health for ALL Duluth's residents through policy changes, by working with local government, the school district, health care, and community organizations to enact policies and practices that improve health outcomes. Health doesn't just happen in hospitals and clinics. It happens in communities. Change comes through policies that support and reinforce health, and is most effective when led by community members impacted by inequities. Listen to a diverse group of people passionate about promoting health and fairness. Learn how they started a movement to ensure everyone has equal opportunity for optimal health. Join the movement!

* An asterisk means a post-test will be offered

<p>63 Social Work in the 21st Century: A Case for Transformative Critical Consciousness in Practice</p>	<p>Shawyn Lee, PhD, Assistant Professor, and Jennifer McCleary, PhD, Assistant Professor, both at the University of Minnesota Duluth</p>	<p>Board Room</p>
<p>64 Rerouting the School to Prison Pipeline*</p>	<p>Deb Semmelroth, DNP, MA, MSW, LGSW, Psychotherapist, Insight Counseling; Mary Vicario, MEd, LPCC-S, Licensed Professional Clinical Counselor Supervisor, Founder and Director of Finding Hope Consulting; Ashley Karbanl, MSW, LGSW, Clinical Trainee, North Homes Children and Family Services</p>	<p>Chester Creek</p>
<p>65 It's OK to Call Us Queer and Other Things to Know About Us</p>	<p>Kathy Hermes, BS, Program Coordinator; Paige Kennedy, LSGW, Program Coordinator; Khayman Goodsky, Program Facilitator; Will McGraw, BS, Program Volunteer, and others; all at Lutheran Social Service</p>	<p>Lake Superior Ballroom O</p>
<p>66 Follow a Child Protection Worker Through the System from Initial Report to Case Closure</p>	<p>Erin Thompson, BAS, Child Protection Social Worker, SLC PHHS; Lindsay Sauer, MSW, Social Worker with St Louis County Initial Intervention Unit</p>	<p>Split Rock 1</p>
<p>67 Food Dyes, Retained Reflexes, Core Strengthening— Oh My!</p>	<p>Tammy Juten, PsyD, Licensed Psychologist, and Tara Richter, PsyD, Licensed Psychologist; both at St. Luke's Hospital</p>	<p>Split Rock 2</p>

63 Social Work in the 21st Century: A Case for Transformative Critical Consciousness in Practice

Board Room

In 1915 Abraham Flexner, in questioning social work's aims and identity, raised the question, "Is social work a profession?" Now, just over a century later, in our current socio-political climate, have we reached another Flexner moment? What is social work? Is it working? This interactive institute will investigate this question through a lens of transformative critical consciousness, and its necessity in bringing effective social work practice into the ever-changing socio-political landscape of today.

64 Rerouting the School to Prison Pipeline*

Chester Creek

This presentation discusses the school to prison pipeline, its impact on communities, and relational-cultural interventions. Our relational-cultural approach uses a trauma responsive lens, shifting the view from uninformed: "What's wrong with you?" through trauma informed: "What happened to you?" to trauma responsive: "What did you do to survive?". By actively listening to the stories of caregivers of suspended youth to inmates themselves, the resilience hidden in their survival skills appear. Shifting the focus to developing this hidden resilience fuels the healing power of connection and an opportunity to decrease recidivism and redirect the school to prison pipeline.

* An asterisk means a post-test will be offered

65 It's OK to Call Us Queer and Other Things to Know About Us

Lake Superior Ballroom O

This presentation is part of educational outreach done by Lutheran Social Service's Together for Youth, a social support group for LGBTQI2S 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, transphobia, micro-aggressions, micro-affirmations, and the important role of allies. Emphasis will be placed upon trans identities, policy protections, and more considerate workplace practices.

66 Follow a Child Protection Worker Through the System from Initial Report to Case Closure

Split Rock 1

This institute is designed to give participants an understanding of criteria for cases to be screened in/out, voluntary services, CHIPS court process, out of home placement, timelines for reunification or alternative permanency plan, and experi-

ences from people involved in different aspects of this process. We will be joined by a panel of varied child protection professionals who will share their experiences and answer questions as well.

67 Food Dyes, Retained Reflexes, Core Strengthening— Oh My!

Split Rock 2

How do the foods we eat impact how we feel? What purpose do primitive reflexes play in children and adolescents? How do we teach our clients to be aware of their bodies? This workshop will provide the opportunity to learn what the research says about food additives, retained reflexes, core strengthening, healthy habits, meditation, and how to incorporate new skills into the clinical practice for improving overall mental wellness.



Meet & visit therapy dogs from Twin Ports Dog Training Club!

9:00–12:00 pm Friday, October 12 in the Harbor Side lobby area.



Friday, October 12	Session I Workshops	8:30–10:00 a.m.
68 Teamwork Makes the Dream Work— Building a Multi-Generational Team	Maggie Cichosz, BA, Training Specialist, Lutheran Social Service of Minnesota	French River 1
69 Supervising a Challenging Supervisee*	Paula Tracey, EdD, MSW Field Director, Assistant Professor, The College of St. Scholastica; Karen Goodenough, MSW, LICSW, PhD Student, Executive Director NASW-MN, National Association of Social Workers—Minnesota Chapter	French River 2
70 Maximizing Clients’ Quality of Life and Independence through Wheelchair Seating and Mobility*	Mike Reuter, MA PT, physical therapist, and Robin Davidson, physical therapist; both with Essentia Health—Polinsky	Gooseberry Falls 1
71 Moving Beyond Labels & Assumptions: Supporting People Living with Disability in Your Community	Meredith Kujala, BSW, Community Organizer, ARC Northland	Gooseberry Falls 2
72 Gay and Gray in the Arrowhead: Providing Welcoming Services to LGBT Older Adults*	Rajean Moone, PhD, Executive Director, Training To Serve	Gooseberry Falls 3
73 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; Kim Holak, Program Coordinator/Case Manager, The Salvation Army; Alden Kascak-Harth, Support Staff, HDC; Lori Magerl, Housing Supervisor, Mac-V; Kelly Looby, Housing Manager, Center City Housing; Rosalyn Horn, Program Coordinator/Case Manager, The Salvation Army	Harborside 202
74 Life Sharing	Scott Schifsky, BA, Person-Centered Positive Supports Coordinator, Minnesota Department of Human Services	Harborside 203
75 Public Assistance 101	Heather Larson, Bachelors-Business Management, Income Maintenance Supervisor; Mistica Blazevec, FAD Trainer; David Courtright, FAD Trainer; Jolene Jamnick, FAD Trainer; Mark Trimble, FAD Trainer; Tonia Villegas, FAD worker; all with St. Louis County Public Health & Human Services	Harborside 204
76 See What I’m Saying: Culturally Sensitive Mental Health Therapy and Services for the Deaf and Hard of Hearing*	Lori Vigesaa, MS, D/HH Mental Health Therapist, and Karen Sheldon, MS, D/HH Mental Health Therapist; both with Therapeutic Services Agency, Inc.	Harborside 205
77 What the Heck is the MAPCY Anyways?	Jody McElroy, BSW, Agency Policy Specialist, and Jon Pedersen, MA Social Psychology, Research Analysis Specialist; both with MN Department of Human Services	Harborside 301-302
78 Theatre For Healing	Angie Frank, MS Education, Director, Heart Theatre	Harborside 303
79 My Body Belongs To Me: Effective Child Abuse Primary Prevention	Madison Haeg, BSW, MSW, Family Advocate, Prevention Educator and Trainer, and Ina Newton, BA Psychology, Family Advocate, Prevention Education Coordinator and Trainer; both with First Witness Child Advocacy Center	Harborside 304
80 Brain Based: Discover the Neuroscience of Self-Care for Clinicians and Clients*	Libby Murdoch, Masters in Clinical Mental Health Counseling, LPCC, LICDC, CCTP, CTRTC, Brain Based Counseling & Consulting, LLC	Harborside 305
81 A Community Response to the Opioid Crisis	Marcia Gurno, BA, MEd, Social Worker, St. Louis County PHHS; Laura Palombi, PharmD, MPH, MAT, Assistant Professor, University of Minnesota College of Pharmacy; Amanda Hawthorne, BA, Americorps Vista Volunteer, Americorps Vista U of MN College of Pharmacy, Duluth; Julie Seitz, LADC, MSW, Clinical Director, Center for Alcohol and Drug Treatment; Laurie Hull, BA, LADC, LPN, Program Director, Medication Management Program, Center for Alcohol and Drug Treatment; Jana Blomberg, BAS, Public Health Educator, St. Louis County Public Health and Human Services	Lake Superior Ballroom J

* An asterisk means a post-test will be offered

✱ Session I Workshops continue on next page

Friday, October 12		Session I Workshops, continued	8:30–10:00 a.m.
82	If You Don't Coach Your Brain, Someone Else Will	Lyle Wildes, Master's, Brain Coach, Positive Attitude Development Group	Lake Superior Ballroom K
83	A Closer Look—Disparities in Minnesota's Child Welfare System*	Christina Zeise, MPP, MSW, Executive Director, Minnesota Social Service Association, and Kelis Houston, Village Arms	Lake Superior Ballroom L
84	Finding Joy in the Journey From Life to Death	Dawn Marie French, BA Organizational Behavior emphasis Psychology and MN Licensed Practical Nursing Diploma, Care Transition Coordinator, and Katherine Hiti, BA Social Work, LSW; both with St. Croix Hospice	Lake Superior Ballroom MN
85	Quality Of Life Interventions For Reducing Challenging Behavior*	Charles Young, BA, Positive Supports Lead, and Amber Maki, MS, BCBA, Person-Centered Positive Behavior Support Specialist; both with MN DHS	St. Louis River Room

68 Teamwork Makes the Dream Work—Building a Multi-Generational Team
French River 1

This session will provide professionals with a vast array of team-building skills to assist in supervising millennials to baby boomers. Whether it's supervising a large group or a smaller team, these tools will encompass a team atmosphere and working in harmony with each other.

69 Supervising a Challenging Supervisee*
French River 2

Whether you are a task supervisor, licensure supervisor, or board member, this session will help you engage task centered people in supervision that will result in a more useful and fulfilling experience for both you and the supervisee. Utilizing professional coaching and emotional intelligence, this session will help you assess whether someone is a reflective practitioner, and learn strategies for engaging the not-so-reflective practitioner in supervision that will result in ongoing professional growth. Attendees will learn practical techniques for assessing supervisees and ways to address any identified concerns. The training will qualify for CEUs on supervision for the MN BOSW.

70 Maximizing Clients' Quality of Life and Independence through Wheelchair Seating and Mobility*
Gooseberry Falls 1

Do you work with clients who are uncomfortable in their wheelchairs? Does your clients' positioning in their wheelchairs limit their ability to engage in daily activities? This in-service will focus on identifying opportunities to improve your clients' positioning, mobility, function, and safety. Effective wheelchair positioning and mobility can positively impact mood, behavior, and social interaction. We will

provide the tools to advocate for your clients when interacting with wheelchair vendors and medical professionals.

71 Moving Beyond Labels and Assumptions: Supporting People Living with Disability in Your Community
Gooseberry Falls 2

This workshop is for social workers and community providers to broaden your perspective of disability, whether you interact with individuals with disabilities and their families on a daily basis, or are not even aware if/how disability impacts people you work with. Increase awareness of labels and stereotypes, strengthen your observation skills, and be open to new ways of providing supports. We will discuss a brief history and background of disabilities, how far we have come, and what we can do together to make a difference in the service delivery for children and adults with disabilities.

72 Gay and Gray in the Arrowhead: Providing Welcoming Services to LGBT Older Adults*
Gooseberry Falls 3

Nearly one in five LGBT older adults do not know if they would receive safe services from a healthcare provider if their LGBT status were known. This fear often prevents LGBT older adults from seeking important services. This session will explore the latest research and policy in LGBT aging. Ethical scenarios will be presented for participants to explore and discuss.

73 Access to Homeless Services in St. Louis County: Navigating the Coordinated Entry System Together
Harborside 202

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 process from beginning to end and help you navigate the system and connect you with valuable resources and contact information. In addition, you will hear real clients' experiences of 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, caseworkers, social workers, and many other human service professionals.

74 Life Sharing
Harborside 203

The Minnesota Department of Human Services (MN-DHS) is designing new Life Sharing supports for interested people with disabilities and non-related families in Minnesota. Using existing structures, Life Sharing will make it possible for a person with a disability to live with a non-related family and share experiences. It communicates mutuality; a real community life, not a service life, is the expectation. For decades, Life Sharing has been available in a variety of states and has proven to be a desirable option for people who seek alternatives to congregate care. This session will describe Minnesota's vision for Life Sharing, what it is, and what it is not. Participants will be encouraged to provide input as MN-DHS seeks to add this service to the variety of living options in Minnesota.

75 Public Assistance 101

Harborside 204

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 staff and childcare staff from St. Louis County will share program knowledge and provide helpful insights into accessing and navigating the sometimes complex systems. Income maintenance programs to be discussed include: MN Family Investment Program (MFIP); Diversionary Work Program (DWP); Supplemental Nutrition Assistance Program (SNAP); General Assistance (GA); Medical Assistance (MA); Long-Term Care Medical Assistance (LTC-MA); county burials, Housing Support; MN Supplemental Aid (MSA); waiver services; emergency assistance; fraud prevention; and childcare. This session does not include child support.

76 See What I'm Saying: Culturally Sensitive Mental Health Therapy and Services for the Deaf and Hard of Hearing*

Harborside 205

Learn what it means to have a hearing loss and live in a hearing world as we explore the social, emotional, and educational challenges impacted by hearing loss. Participants will learn about culturally-affirmative and language-specific mental health therapy for clients that identify as Deaf and/or Hard of Hearing, and will leave with important communication techniques and skills to use in their interactions with members of the Deaf Community.

77 What the Heck is the MAPCY Anyway?

Harborside 301-302

The Minnesota Assessment of Parenting for Children and Youth (MAPCY) is the assessment tool used to determine the supplemental benefit levels for children in foster care, adoption, and kinship. An overview of the tool will be provided in addition to updates and enhancements to the MAPCY since its inception in 2015. We will provide an interactive display of who, how, and at what levels the MAPCY is supporting Minnesota's children and youth in placement and permanency.

78 Theatre For Healing

Harborside 303

This workshop will share how applied theatre programming provides opportunities for survivors of domestic violence to exercise their creative minds on their path of healing. Participants will learn about specific programming implemented at Safe Haven Shelter and Resource Center in Duluth, Minnesota. Participants will also gain hands-on experience with applied theatre basic principles and activities they can apply to clients they work with in the human service field.

79 My Body Belongs To Me: Effective Child Abuse Primary Prevention

Harborside 304

This session provides information to teachers, school staff, administrators, and youth-serving professionals on how to establish developmentally appropriate sexual abuse primary prevention programs that involve children, parents, and staff in their schools or organizations. Using the research-based Safe and Strong Child curriculum as a model, attendees will become better acquainted with important core messages in prevention programs, acquaint themselves with prevention curricula, and leave with strategies to develop prevention programs in their own schools or organizations.

80 Brain Based: Discover the Neuroscience of Self-Care for Clinicians and Clients*

Harborside 305

Self-care is essential to survival in today's world, where clinicians and clients face chronic stress, acute and complex trauma, burnout, compassion fatigue, and vicarious trauma. This training educates providers on the neuroscience of self-care and differentiates between coping and regulation. This training addresses cultural myths about self-care; for example, that self-care is selfish and self-care is only about caring for your mind, body, and soul, and doesn't involve caring for your relationships. This training will empower clinicians to understand holistic self-care. Clinicians will gain useful tools and interventions that can be implemented for personal self-care and with those they serve.

81 A Community Response to the Opioid Crisis

Lake Superior Ballroom J

This workshop will provide an overview of the innovative programs implemented within St. Louis County to address the opioid crisis, including programs funded by the DHS State Targeted Response grant, with a focus on lessons learned and measurable outcomes. Participants will learn how, through joint efforts, St. Louis County has created a community response that can be modeled within other communities feeling the effects of the opioid crisis, including establishment of an opioid response coalition; opening an opioid withdrawal unit; an OBOT project; and expansion of naloxone education and distribution within the professional and lay communities.

82 If You Don't Coach Your Brain, Someone Else Will

Lake Superior Ballroom K

This session will provide more about the power of external and internal brain coaching. We will discuss their relationship to our core values. This session will challenge you personally and provide powerful tools and insights for best results working with your clients. See you there.

83 A Closer Look—Disparities in Minnesota's Child Welfare System*

Lake Superior Ballroom L

Minnesota has been touted as one of the best places in the nation to live in terms of affordability, health, opportunity, and wealth. At the same time, reports consistently emerge demonstrating that people of color in Minnesota experience significantly higher than average rates of poverty, lower high school graduation rates, low rates of home ownership, significant racial income gaps, and higher involvement in the criminal justice system. In our child welfare system, American Indian and African American children have the highest rates of contact with the child protection system, are more likely to be assigned to a family investigation, have higher out of home placement rates and higher re-entry rates, and are more likely to enter guardianship. As professionals who care deeply about children in Minnesota, we have the knowledge, passion, and desire to understand these disparities and work toward addressing them. Join us to learn about the disparities that overwhelmingly impact African American communities and discuss what we can do as passionate professionals to take the first steps towards change.

* An asterisk means a post-test will be offered

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84 Finding Joy in the Journey From Life to Death
Lake Superior Ballroom MN
 Explore maintaining autonomy and dignity at the end of life; explore different cultural views of death and dying; explore an overview of unique hospice programs and services that support patients and their families as well as encourage engagement; explore strategies to increase hospice utilization in rural healthcare to help patients and families have greater access to compas-

sionate, supportive hospice care; help identify when the time is right for hospice in order to reach more people in need of services.

85 Quality Of Life Interventions For Reducing Challenging Behavior*
St. Louis River Room
 Minnesota Statute 245D and the Positive Supports Rule require home and community-based services to support a person's decision and control over where they live, who they live with, how they spend

their resources, and how they pursue their dreams. Having choice and control greatly influences a person's quality of life. For those who engage in challenging behavior, replacing restrictive interventions with positive support strategies has shown to reduce challenging behavior while increasing the person's quality of life. Research regarding quality of life interventions versus restrictive interventions and an overview of requirements focusing on improving a person's quality of life will be presented.

86 Ethical Dilemmas in Homelessness Work*	John Petroskas, JD, Policy Specialist, MN Department of Human Services	French River 1
87 Identity Theft and Scams: Help Your Clients Protect Themselves	April Sanderson, BA, Financial Counselor, and Joanne Lundberg, BS, Financial Counselor; both with Lutheran Social Service of Minnesota	French River 2
88 Risk: How Do We Support Choice and Dreams that Involve It?	Emily Miller, BSW, Regional Resource Specialist; Andrew Johnson, BAS Psychology, Regional Resource Specialist; Lauren Foster, BSW, Case Management Policy Specialist; Jill Slaikeuhc, BS, Licensing Division Unit Manager; Lauren Germsheid, BA, Certified Professional in Learning and Performance; all with MN DHS	Gooseberry Falls 1
89 Lessons They Didn't Teach Us in School	Desiree Menuey, BA, QDDP, President, Accessibility Specialist; Ralph Johnson, Board Member; Glenn Tridgell, Board Member; Bev Strongitharm, Board Member; all with People with Disabilities for Change	Gooseberry Falls 2
90 Bridges to Community Wellness through Juniper	Georgia Lane, MA in Social Work, Senior Program Developer, Arrowhead Area Agency on Aging, and Joseph Bianco, MD, Director of Primary Care, Essentia Health	Gooseberry Falls 3
91 Talent Development: Strengths-Based Interactions	Barbara Bengtson, PhD, Coach, Perception Coaching LLC	Harborside 202
92 Minnesota Health Care Programs Provider Enrollment Portal	Pansi Millage, ABA, Provider Training Supervisor; Daniel Bean, Manager Provider Enrollment/ Claims Areas; Jeri Boomgaarden, Provider Trainer; all with MN Department of Human Services	Harborside 203
93 Can You Live With a Criminal Background?	Jason Beckman, MAM/MBA, Program Director, and Jessica McCarthy, Career Specialist; both with SOAR Career Solutions	Harborside 204
94 Laugh Your Aches Off	Teddy Widdel, BA, Educator of Laughter Therapy	Harborside 205
95 Nokomis Circle Project: Using Collaboration and Cultural Relevance to Strengthen the Outcomes of American Indian Families in Child Welfare	Jasmine Grika, MSW, Nokomis Circle Liaison/Program Coordinator of Oyate Nawajin, AIN DAH YUNG Center/Ramsey County; Shad Cook, MSW '19, Ramsey County ICWA Senior Child Protection Worker, Ramsey County Social Services; Heather Capistrant, JD, Assistant Ramsey County Child Protection Attorney, Ramsey County Attorney's Office Child Protection Division	Harborside 301-302
96 Planning a Life that Makes Sense	Alison Nelson, BA Communication Studies, Director of Quality Assurance and Training, Owakihi, Inc.	Harborside 303
97 ICPC—It's More than a Four-Letter Word!	Ashley Holmes, BSW, ICPC/ICAMA Deputy Compact Administrator, and Tamera Vanmoer, ICPC/ICAMA Deputy Compact Administrator; both with MN Department Of Human Services	Harborside 304
98 Clearing the Air: Starting the Conversation about Smoking Cessation with People Living with a Mental Illness	Hayley Smith, Public Health and Community Health Education, Community Health Educator, NAMI Minnesota	Harborside 305

99	The Sanctuary Model for Trauma Informed Care	Steve Carlson, PsyD MPNA, Clinical Trainer, University of Minnesota	Lake Superior Ballroom J
100	Anonymous Reporting of Criminal Sexual Conduct: Protocol Evaluation in Southern St. Louis County	Mary Faulkner, Sexual Assault Kit Initiative Site Coordinator, Program for Aid to Victims of Sexual Assault; Em Westerlund, MA, Sexual Assault Nurse Examiner Coordinator, Program for Aid to Victims of Sexual Assault; Nate Stumme, JD, Assistant County Attorney, St. Louis County Attorney's Office; John Barrett, BS, Investigator, Duluth Police Department; Sam Madsen, LGSW, Sexual Assault Kit Initiative Victim Advocate, Program for Aid to Victims of Sexual Assault	Lake Superior Ballroom K
101	ScreenSafe—Understanding Screen Addictions*	Julie Jacobs, RN, MS, DDiv, Rivertown Communications, Inc.	Lake Superior Ballroom L
102	Changing the Environment: Becoming a Person-Centered Team	Tom Wildes, AA, Director of Training, Lutheran Social Service Of MN	Lake Superior Ballroom MN
103	Find It, Map It, Build It: Options and Tools to Help the People You Support Create Their Best Lives	Kelly Farrell, BS, Community Engagement Coordinator, and Heather Stillwell, CPWIC, CIRS-A/D, Work & Benefits Planner; both with Disability Hub MN	St. Louis River Room

86 Ethical Dilemmas in Homelessness Work*

French River 1

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.

87 Identity Theft and Scams: Help Your Clients Protect Themselves

French River 2

Plan to leave this class smarter than the identity thieves. You'll learn the many ways identity theft can happen to your clients, you, or even kids, and steps to prevent it, including credit freezes. Gain confidence in safety online and in financial interactions; know about free, effective resources to turn to if ID theft does happen. In light of recent data breaches, ID theft protection is now more important than ever.

88 Risk: How Do We Support Choice and Dreams that Involve It?

Gooseberry Falls 1

Participants will identify the various forms of risk they see in their work. This session will explore the person-centered skills and strategies professionals may use to support choice. We will explore what it looks like to navigate our own personal bias and our duty to promote health and safety with respect to choice. This presentation will include a variety of panel-

ists from the MN Department of Human Services Disability Services Division. Panelists represent the areas of licensing, person-centered thinking, lead agency review, and case management policy.

89 Lessons They Didn't Teach Us in School

Gooseberry Falls 2

Often we are so busy concentrating on what we can do for our clients that we don't realize what they do for us. If we take the time to celebrate the smallest "victories" or "little moments," we can help combat some of the negativity associated with our jobs. As a ten-year cancer survivor and someone who works in the human service field, I've learned how to celebrate the little moments in life. Please join me and other members of People with Disabilities for Change to share stories of how we celebrate the little moments in our lives.

90 Bridges to Community Wellness through Juniper

Gooseberry Falls 3

One in four Americans have chronic conditions, 33% of older adults fall every year, and 80% of all healthcare costs are incurred from the impact of chronic disease and falls. Additionally, healthcare providers struggle with time constraints to help patients proactively manage chronic conditions and falls. Juniper is a centralized hub of community organizations delivering evidence-based programs to help people manage chronic health conditions, improve balance and prevent

falls, and foster well-being. Learn about how the Juniper Network is strengthening the delivery system that provides evidence-based programs that align with health systems priorities.

91 Talent Development: Strengths-Based Interactions

Harborside 202

Appreciating diverse strengths changes conversations about behaviors, goals, and possibilities, internally and with others. Everyone has talents and approaches they naturally use. Participants will explore how talents present themselves as strengths and weaknesses, how to recognize and claim talents, and how purposeful actions help talents develop into strengths. Strengths-based interactions are positive and help us to shift energy, appreciate others, and accomplish goals. Research finds that people who focus on their strengths are three times as likely to rate their quality of life as excellent. Empower yourself and others with a strengths-based perspective.

92 Minnesota Health Care Programs Provider Enrollment Portal

Harborside 203

DHS will be launching a provider enrollment portal, where providers will be able to enroll with Minnesota Health Care Programs (MCHP) and use the MPSE portal for all their enrollment business. It includes some of the following features and benefits: providers will be able to securely enroll and validate their information online; enrolled MHCP providers will

* An asterisk means a post-test will be offered

☀ Session II Workshops continue on next page

have direct access to the MPSE portal from their MN-ITS accounts; the portal will be available 24/7; providers will be able to view all enrollment information for the same business within one portfolio by FEIN or SSN; providers will be able to track the status and progress of their enrollment requests; providers will be able to send secure messages to MHCP Provider Enrollment electronically; and much more.

93 Can You Live With a Criminal Background?

Harborside 204

Housing, mental health, chemical dependency, employment, and other human services all have a common denominator: a disparate number of clients with a criminal background. This session will explore how to identify barriers beyond the expertise of your agency, and how to connect clients with additional resources to aid in their quest for stability. Takeaways will include: identifying secondary and tertiary traumas that led to incarceration, building a network of providers you can use to address barriers, and self-assessment of bias and prejudice.

94 Laugh Your Aches Off

Harborside 205

I provide professionals the tools of laughter so they can teach others how to reduce stress, relieve pain, breathe better, and act positive in a negative environment.

95 Nokomis Circle Project: Using Collaboration and Cultural Relevance to Strengthen the Outcomes of American Indian Families in Child Welfare

Harborside 301-302

Ain Dah Yung Center, in partnership with Ramsey County, Minnesota, has implemented a new initiative: the “Nokomis Circle Project.” This project is designed to decrease the disparities seen among American Indian families that are at-risk or involved with child protection. Introduced under this project is the Nokomis Circle Liaison, the bridge between Ramsey County child protection and American Indian families, ensuring that the families’ voices are heard, and their case plans are culturally relevant. Through this unique collaboration American Indian families have an opportunity to deviate the court process and have consistent advocacy, resulting in positive outcomes.

96 Planning a Life that Makes Sense
Harborside 303

Person-Centered Planning is about using a variety of tools and individualized approaches to help people of all ages and needs plan their lives and supports in a way that makes sense for them. Each plan is unique and specific to the person and can be done to help design supports in any aspect of a person’s life, while also recognizing the things that are important to and for them in their lives. This session will review a variety of planning methods and how they can be used to help people get the life that they desire.

97 ICPC—It’s More than a Four-Letter Word!

Harborside 304

The purpose of the Interstate Compact on the Placement of Children (ICPC) is to ensure that children who are being placed across state lines are provided the same protections and services they would receive if placed in their home state. These placements include parent, relative, foster care, residential treatment, and public/private adoptions. This breakout session will provide an overview of the ICPC, its governing rules, and the process that county, tribal, and private agencies must follow in order to protect the children involved in the child welfare system as we work with other states and agencies.

98 Clearing the Air: Starting the Conversation about Smoking Cessation with People Living with a Mental Illness

Harborside 305

This session will provide an overview of smoking addiction and cessation strategies for individuals living with mental illness. First, we will discuss common misconceptions surrounding smoking and individuals who live with a mental illness. Next, this session will cover the biology of nicotine addiction, special considerations for smoking cessation among people living with mental illnesses, creating community partnerships for service delivery, evidence-based smoking cessation interventions, and resources for integrating smoking cessation into your services. Finally, we will offer strategies such as motivational interviewing and other lessons that aim to train staff to deliver smoking cessation.

99 The Sanctuary Model for Trauma Informed Care

Lake Superior Ballroom J

The Sanctuary Model is a treatment and organizational change model that integrates trauma theory with the creation of therapeutic communities which provide safety for both clients and the staff who work with them. This workshop will introduce the core elements of the Sanctuary Model which are: the seven sanctuary commitments, the four key interactive aspects of recovery from trauma (safety, emotions, loss, future), and the process for introducing this model within your agency.

100 Anonymous Reporting of Criminal Sexual Conduct: Protocol Evaluation in Southern St. Louis County

Lake Superior Ballroom K

The Southern St. Louis County Sexual Assault Multi-disciplinary Action Response Team (SMART) implemented a regional, multi-jurisdictional anonymous reporting protocol for criminal sexual conduct cases in 2008. This protocol serves as a model in MN and nationwide, and it has recently undergone an evaluation process. This presentation will introduce the anonymous reporting protocol; share the quantitative and qualitative findings of the recent evaluation as well as the evaluation tools; identify systemic gaps and unintended consequences; and share new approaches and promising practices that seek to increase victim-survivor participation and options in criminal sexual conduct investigations.

101 ScreenSafe—Understanding Screen Addictions*

Lake Superior Ballroom L

We all love our kids. That’s what makes this such a tough subject. Who wants to confront yet another issue threatening their safety and health? And, as our research will show, we have a responsibility to keep them safe until they are able to make decisions and evaluate consequences for themselves. We will also learn that, contrary to common belief, we, the adults, are part of the problem. Our own technology use, and the example we set, may be the single most important factor in helping students achieve balance and health in the use of social media.

**102 Changing the Environment:
Becoming a Person-Centered Team**
Lake Superior Ballroom MN

There is a staffing crisis happening throughout the country in all areas of the workforce. From our experiences, we tend to concentrate more on hiring people than working on retaining the staff already present. During our interactive session we will present examples and talk about our experiences that have created positive and Person-Centered teams that retain staff and reduce turnover. Participants will learn techniques and tools to assist in creating an environment

that support staff and the individuals supported. Examples of how to deal with staff conflict, retention of staff, and hiring the right person for the job are just a few tools that will be explored.

**103 Find It, Map It, Build It: Options
and Tools to Help the People You
Support Create Their Best Lives**
St. Louis River Room

If you support people with disabilities at any age, formally or informally, Disability Hub MN is a resource for you. Whether they are facing an immediate concern or

planning for their future, we can help find solutions and navigate the system. This workshop will give an overview of the Hub and talk in detail about the services and programs available to people with disabilities, families, and providers. We will discuss common misconceptions around navigating the healthcare and benefits system, then show promising new tools and strategies to help the people you support.

Friday, October 12		Session III Workshops	1:15–2:45 p.m.
104	Benefits and Work Incentives: A Bridge for People with Disabilities	Beth Grube, AA, CPWIC, Benefits Planning Coordinator, and Abigail Helget, Benefits Planning Capacity Builder; both with MN DHS	Boardroom
105	Ely Community Care Team: Seven Years of Strategies, Results, and Lessons Learned	Heidi Favet, BS, CHW, Care Team Leader, Essentia Health–Ely Clinic; Pat Conway, PhD, MSW, Research Scientist III, Essentia Institute Rural Health; Jenny Swanson, MPA, Network Director, Behavioral Health Network	Chester Creek
106	At the Root of It: Conflict, Compassion, and Communication	Sue Lawson, BS Forestry, Master of Architecture, Principal; and Ellen O’Neill, BA Mass Communication, Consultant; both with Superior Design + Planning	French River 1
107	“The Power Of Could” — Make a Difference!	Kelli Klein, BS, Adult Protection Resource Specialist, MN Department of Human Services	French River 2
108	When It Hits the Fan: Navigating Mistakes and High Stress Moments	Josh Dye, Master’s in Public & Nonprofit Administration, President & Founder, Convene Training + Resilience Community	Gooseberry Falls 1
109	Addressing Spirituality & Religiosity in the Treatment of Trauma*	Carin Mizera, DSW, Assistant Professor and Psychotherapist, The College of St. Scholastica	Gooseberry Falls 2
110	Understanding the Profile: What Professionals Working in the Foster and Adoptive Care System Need to Know About Fetal Alcohol Spectrum Disorders*	Shauna Feine, BA, Training Coordinator, Minnesota Organization on Fetal Alcohol Syndrome	Gooseberry Falls 3
111	Difficult Discussions	Robert Hartl, MBA in Leadership & Change, MA in Management, Director, The College of St. Scholastica; Antoinette (Toni) Pearson, EdD in Organization Development, Assistant Professor of Management, Labovitz School of Business & Economics, UMD.	Harborside 202
112	Juvenile Diversion: Expanding and Improving the Use of Diversion	Laraine Mickelson, BS Psychology and Criminology, Consultant and Trainer, and Paul Mickelson, BS Criminology, Consultant and Trainer; both with Mickelson Consulting LLC	Harborside 203
113	The Big Picture of Services and Supports for People with Disabilities	Dan Newman, MPA, Manager–Quality, Fiscal Policy, and Community Capacity; Alexandra Bartolic, BA Psychology and Special Education Teaching Certificate, Director, Disability Services Division; Katherine Finlayson, BS Family Relations and Adult Education, Manager – Home and Community Based Services; Lesli Kerkhoff, BA in Economics and Business, Manager–Technical Assistance and Local Agency Support; all with the Department of Human Services	Harborside 204
114	Evidence for Life Transformation	Dr. Timothy Walsh, MA, LP; DPA. Vice-President of Long Term Recovery and Mental Health Services, MN Adult & Teen Challenge	Harborside 205

* An asterisk means a post-test will be offered

☀ Session III Workshops continue on next page

Friday, October 12	Session III Workshops, continued	1:15–2:45 p.m.
115 Understanding White Privilege*	Kevin Skwira-Brown, MSW, Diversity and Inclusion Trainer, Cultural Fluency Associates LLP	Harborside 301-302
116 Rethinking Personality Disorders: A Dimensional Approach to Diagnosis and Treatment*	Tanya Freedland, MPS, LADC, Clinical Trainer & Research Associate, University of Minnesota MNCAMH, and Robert Krueger, PhD, Hathaway Distinguished Professor and Distinguished McKnight University Professor, University of Minnesota, Dept of Psychology	Harborside 303
117 Now Appearing: Hope in an Epidemic	Maggie Kazel, MEd, Harm Reduction Coordinator, Counseling and Psychological Professions Program, Rural Aids Action Network (RAAN)	Harborside 304
118 Means Restriction Education (A Suicide Prevention Workshop for Health Professionals)	Kay King, BS Education, Community Educator and Older Adults Program Coordinator, NAMI Minnesota	Harborside 305
119 Working with Difficult Clients and the Public: A New Approach to De-Escalation	Mimi Rappley Larson, MSW, LICSW, Assistant Professor of Social Work, Program Coordinator Social Work Program, and Maria Stalzer Wyant Cuzzo, PhD, JD, Professor of Legal Studies, Program Coordinator Legal Studies and Criminal Justice Program; both with UW-Superior	Lake Superior Ballroom J
120 Suicide Bereavement: Healing the Loss that Hides*	Deb Semmelroth, DNP, MSW, LGSW, Psychotherapist, Insight Counseling, and Mary Vicario, MEd, LPCC-S, Owner, Finding Hope Consulting	Lake Superior Ballroom K
121 Happiness Is Your Creation: Tool to Move Beyond Suffering and Separation	Jodi Christensen, C-IAYT, E-RYT500, SE, AYS, Yoga Therapist, Somatics Educator, Ayurvedic Yoga Specialist, Yoga North International Somayoga Institute	Lake Superior Ballroom L
122 What Do a Bunch of Kids Have to Say Anyway?	Lisa Williams, BSW, Supportive Adult, LSS Duluth Center for Changing Lives, and Lindsay Bruce, Supportive Adult, BASC	Lake Superior Ballroom MN
123 Social Workers and Disaster Response—100 Years of Impact in the Northland	Shawyn Lee, PhD, Assistant Professor, University of Minnesota Duluth; Dan Williams, BS, Executive Director, American Red Cross Serving Northern Minnesota; Camela Haase, MA, Teacher of English Learners, South Washington County School; Kayleen Jones, MLIS, Education & Human Service Professions Librarian, University of Minnesota Duluth	Lake Superior Ballroom O
124 Person-Centered Tools	Kimberly Olson, Program Director, Designated Manager, and Melissa Weber, Designated Coordinator; both with Trillium Services	Split Rock 1
125 Housing and Transitions for People with Disabilities: Developing a Person-Centered Plan	Rajeane Moone, PhD, Hb101 Liaison, and Heidi Sandberg, Housing Coordinator; both with MN Department of Human Services	Split Rock 2
126 Peer Recovery Support Services	Kris Kelly, BS Human Services, Director of Programs, Minnesota Recovery Connection	St. Louis River Room

104 Benefits and Work Incentives: A Bridge for People with Disabilities
Board Room

Public benefits provide an important safety net for many people. But benefits alone should not be the goal, because living on public benefits often means living in poverty. Work is the surest way out of poverty. Come to this session to: learn about the most common disability benefits in MN; learn how benefit program rules (called work incentives) support work; and get tools to help you and people you serve understand how work and benefits work together.

105 Ely Community Care Team: Seven Years of Strategies, Results, and Lessons Learned
Chester Creek

The Community Care Team (CCT), serving Ely and surrounding communities since 2011, has built collaboration between health (including mental health) care, education, governmental and non-governmental social services, and community members to ensure “no wrong door” to addressing health and wellness needs. This session will: describe strategies helping CCT to grow and thrive for seven years; present projects CCT launched to fill gaps in community services, including the Ely Community Care Hub and

Behavioral Health Network; show ways CCT has helped network partners leverage resources; and show how a community care team serves as the evidence-based component missing in many other care coordination models.

106 At the Root of It: Conflict, Compassion, and Communication
French River 1

Organizations and individuals are facing an environment where people need to deal with the growing complexity of social, economic, and demographic issues. Polarization and conflict are increasingly commonplace. This increased complexity requires a different kind of leadership

* An asterisk means a post-test will be offered

and a different kind of process. This interactive workshop will help participants look at conflict and its causes on a deeper level by exploring the underlying world-views associated with conflict situations. Participants will be provided opportunities to learn and apply dialogue, decision making, and communication skills to compassionately address conflicts.

**107 “The Power Of Could” —
Make a Difference!**

French River 2

Minnesota strives to ensure safe environments and services for vulnerable adults and encourages reporting of suspected maltreatment. A vulnerable person could be the last person you'd think. You could be the difference. As a reporter, do ask yourself, "What needs to be in my report to get them to open the alleged allegations for an investigation?" In this session, attendees will learn how to make a successful report of alleged maltreatment, gain a general overview of MAARC, obtain tools to recognize who is considered a vulnerable adult, understand the different types of maltreatment, and learn the identifying factors lead investigative agencies want in a report of alleged maltreatment. You could make the difference!

108 When It Hits the Fan: Navigating Mistakes and High Stress Moments

Gooseberry Falls 1

Divorce. Break ups. Bankruptcy. Foreclosure. Eviction. Recovery. Conflict. Accidents. Mistakes. Failure. Sometimes life and work just hit the fan. How we navigate mistakes and stressful moments determines health and well-being professionally, personally, and for loved ones around us. In this session attendees learn effective strategies for handling the harder times of life, and how to turn past mistakes into current strengths!

Addressing Spirituality and Religiosity in the Treatment of Trauma*

Gooseberry Falls 2

109 Trauma affects us in many complex ways. It can change the lens through which we view our world. And it also can have deep effects on our spirituality and/or religiosity, both negative and positive. It may increase or decrease the stress level created by the trauma. Trauma challenges us in how we see our identity, our locus of control, our sense of justice, feelings of guilt, and our sense of forgiveness. All of these connect to our deepest beliefs about the world in which we live,

and thus the meaning we make from it. Exploring spirituality and religiosity in therapy is an important aspect of our practice.

Understanding the Profile: What Professionals Working in the Foster and Adoptive Care System Need to Know About Fetal Alcohol Spectrum Disorders*

110

Gooseberry Falls 3

The NIH recently reported 1 in 20 U.S. children may have a Fetal Alcohol Spectrum Disorder (FASD). It is also estimated 70% of children in the foster care system have been exposed to alcohol prenatally. This session will include an overview of the FASD basics, explore common myths and characteristics associated with FASD and prenatal alcohol exposure, then provide attendees with practical strategies.

Difficult Discussions

Harborside 202

Most of the people at this conference have difficult jobs that require **111** addressing topics that others seldom want to discuss. This workshop will expose participants to an approach that, for over 50 years, has made those types of discussions doable. Based on the thinking of David Bohm, an internationally-recognized philosopher and physicist, and organizational culture authority Edgar Schein, this session will provide a simple, easily-learned process that will create the space in which such discussions can occur.

Juvenile Diversion: Expanding and Improving the Use of Diversion

Harborside 203

112 Juvenile diversion is an intervention strategy that redirects youth from formal processing in the juvenile justice system. This workshop explores multiple design options for diversion such as light-touch diversion, restorative justice models, and warn and release interventions. This shift from longstanding common practice offers cost-savings, reduced recidivism, and stronger communities.

The Big Picture of Services and Supports for People with Disabilities

Harborside 204

Members of the DHS Disability **113** Services Division management team will discuss the movement toward person-centered practices and greater community integration and the multiple ways in which DHS, lead agencies, and provider organizations are implementing change. Topics include what people

receiving supports have to say about their experiences, the standards that are in place, changing expectations by people who use community supports, expected future developments, and the critical role of assessors, case managers, and providers in creating a person-centered system. There will be an opportunity for questions.

Evidence for Life Transformation

Harborside 205

The research on positive psychology **114** represents a paradigm shift in the philosophy and focus of the field of counseling and human services. This body of evidence speaks to spirituality, identity, life meaning and purpose, flourishing, relational health, virtues or moral strengths, motivation, optimism and hope, personal growth, happiness and joy, and resilience or grit. The research is often mind bending but surprisingly practical. Dr. Walsh will take a tour with participants through the findings of studies on many of these areas and bridge to applying evidence informed practices in our work with clients, families and communities.

Understanding White Privilege*

Harborside 301-302

115 Creating environments where each person's culture is honored and respected requires more than simply a desire to be welcoming. Understanding how privilege and oppression play out in unintended ways is essential if we are to create environments where all are included. This workshop will discuss privilege in general, and white privilege specifically, in a way that sidesteps the defensiveness which too often accompanies such discussions. You will leave with clarity as to what white privilege is, how it shows up, and what you can do to promote an environment that serves the entire community.

Rethinking Personality Disorders: A Dimensional Approach to Diagnosis and Treatment*

Harborside 303

Are Personality Disorders confusing? Is it hard to distinguish one Personality Disorder from the next? Do many of your clients have two or more Personality Disorders? Join us as we discuss an empirically sound approach to understanding and working with people who have Personality Disorders.

★ Session III Workshops continue on next page

117 Now Appearing: Hope in an Epidemic
Harborside 304

This is a dialogue with a visual component that looks at our current opiate epidemic from a regional perspective. At RAAN Duluth, 30 to 60 people five days a week will visit and many struggle with the control that drugs have in their lives. RAAN Duluth's Exchange works from theoretical underpinnings (Herman, Mate, Malchiodi, van der Kolk, and even Father Greg Boyle). Their wisdom informs our simple but effective engagement, as well as how we respond to HIV, HCV, human trafficking, mental illness, and substance use. We build relationships while advocating for positive change, and we make available prevention and intervention tools. We will share some of the visual gifts that are now appearing as a result of our work and our clients' work, as evidence of hope, resilience, and change.

118 Means Restriction Education (a Suicide Prevention Workshop for Health Professionals)

Harborside 305

Learn how to educate families and other caregivers on the importance of restricting access to lethal means when someone they provide care for is at risk of suicide. The workshop includes how to develop safe options for gun removal and storage, and how to secure medications. This workshop teaches an evidence-based practice strategy designed for crisis responders, medical and mental health professionals.

119 Working with Difficult Clients and the Public: A New Approach to De-Escalation

Lake Superior Ballroom J

Different paradigms exist on conflict de-escalation. This session will explore the contrast between traditional enforcement-based de-escalation and a new approach utilizing empathetic strategies, by providing key definitions, assumptions, and practical examples of how today's human service professionals can expand their range of de-escalation approaches with clients and the public. Taught by an experienced team with practice experience in social work, law, and mediation, this session will provide practical suggestions that will inform your choice of de-escalation paradigms.

120 Suicide Bereavement: Healing the Loss that Hides*

Lake Superior Ballroom K

Suicide bereavement is a form of complicated bereavement that is significantly different from all other types of grief and loss. In this session, attendees will examine suicide grief and the challenges it imposes on therapists as well as clients. Suicide loss affects a person through encountering stigmas, changes in relationships, guilt, shame, blame, developing complicated grief, as well as a risk of and fear of future suicidality. Being aware of these and other complicating factors requires a shift in traditional counseling. By connecting with a relationally trauma responsive lens and acknowledging suicide as trauma, the healing journey can begin.

121 Happiness Is Your Creation: Tool to Move Beyond Suffering and Separation

Lake Superior Ballroom L

True happiness isn't affected by success or failure, loss or gain, honor or insult. It is not dependent upon family, vocation, or outside circumstances. This is the difference between fleeting pleasure and lasting happiness. Yoga offers maps that can help us develop the skills to gain mastery over the mind. Then, when things go wrong, or life presents difficulties and challenges, we can maintain equanimity and a baseline of happiness while sad and stressed. In this session you will learn about these yogic maps and tools to work with them. Our time will include discussion, mindfulness practices, and some movement.

122 What Do a Bunch of Kids Have to Say Anyway?

Lake Superior Ballroom MN

Turns out they have plenty to say. Here is your opportunity to listen to current and former foster youth talk about what works, what doesn't, and everything in between. Be prepared for a fresh and honest perspective of life in care.

123 Social Workers and Disaster Response—100 Years of Impact in the Northland

Lake Superior Ballroom O

This workshop recognizes the 100 year anniversary of the Minnesota Fires of 1918. From conflict and wars to natu-

ral disasters, social workers have been an integral part of delivering services and support to individuals and communities affected by crisis. Drawing on unique archival research that uncovered the story of the groundbreaking work of social workers during the Minnesota fires one hundred years ago, this panel presentation will highlight the disaster relief efforts of social workers and the American Red Cross, past and present.

124 Person-Centered Tools

Split Rock 1

Join us as we discuss person-centered tools and how they have been implemented in the lives of those we serve. See how person-centered plans have impacted the lives of others and helped people to achieve their dream of moving into their own apartment. Listen as family members, guardians, and service recipients share their stories about the process of transitioning into a more independent living setting. People will share the person-centered tools and plans that got them where they are today.

125 Housing and Transitions for People with Disabilities: Developing a Person-Centered Plan

Split Rock 2

People with disabilities with a goal to move from institutions, group settings, or family homes often face a confusing path filled with overwhelming choices. This session will explore various concrete options relating to public benefits a person can weigh when deciding their housing plan. Participants will explore natural support options, unique services available through a waiver, and housing assistance programs for people receiving SSI.

126 Peer Recovery Support Services

St. Louis River Room

Come learn the benefits peer-based recovery support services can bring to your organization. Minnesota Recovery Connection will define the role of a Peer Recovery Specialist (PRS)/Recovery Coach, discuss the growing workforce of PRSs, and highlight considerations for embedding PRSs into a clinical treatment team. This is an opportunity to gain a better understanding of how the recovery community can benefit from Peer-Based Recovery Support Services.

* An asterisk means a post-test will be offered

Solomon Witherspoon

Musical Welcome



“I want to be known for ‘doing good’—in music and in life.”
—SOLOMON is an undeniably great entertainer with the stage, singing, and writing skills to bring deserved success. Solomon is a soulful man of the spirit, one whose purpose is dedicating his life to aiming for the stars and shooting for the moon. Raised in Duluth, Minnesota, he excelled in football and basketball, and played 3 years of indoor NFL

football (INFL). He lives by his minister father’s words, “Once a task has begun, never leave it until it’s done. Be it labor, great or small, do it well or not at all.” Solomon’s dancing ability was recognized with a 1st place in Celebrity Dance Challenge, gaining the People’s Choice and Most Difficult Routine honors. As a rising star Solomon began singing back-up with Kip Blackshire and shared stages with two musical icons Prince and Larry Graham. Solomon and his band have performed with Bret Michaels, Eric Roberson, Doom Tree, former Prince and Nick Jonas musicians, Three-6 Mafia, and 2012 Grammy-nominated artists Mint Condition. Additionally, Solomon completed his new CD, “Kingdom” with former Prince drummer, Michael Bland. Solomon’s music is inspired by the likes of Stevie Wonder, Kirk Franklin, Luther Vandross, Usher, Michael Jackson, and Jamie Foxx. SOLOMON discovered a natural audience with chronically and terminally ill children when asked to be an ambassador for several organizations. His amazing connection with these children and their families has set him apart from many other successful recording artists. He has three beloved children, he’s one of 11 children of a minister and grew up singing in his church choir. No stranger to family tragedy and illness with the deaths of his brother, sister, and father, his empathy shows in every song he writes and in every conversation he has with a child in need. His music is “G” rated— and so are his positive messages, versatility and broad-based appeal to all ages.

Sarah Brokke Erickson

Artistic Exhibit



Sarah Brokke received her BFA in Pre-Graduate Studio Art with an emphasis in Painting from the University of Minnesota Duluth. She received her MFA through a joint program between Studio Art Centers International in Florence, Italy and Bowling Green State

University in Ohio. Brokke is a 2015 and 2018 recipient of a Minnesota State Arts Board Artist Initiative Award, as well as a 2017 Arrowhead Regional Arts Council Fellowship. Her published work Portrait of an Artist received an Honorable Mention by the NEMBA, and a documentary of the same name was produced in 2017 by SHOOK productions.

Thematically, Brokke’s work explores gender roles and traditions; relationships, and identity. Her current body of work is entitled Reliquaries of the Sacred Feminine. She exhibits her work locally, as well as nationally and internationally.

2018 HEALTH & HUMAN SERVICE CONFERENCE

Planning Team and Volunteers

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- ★ Carlton County Public Health & Human Services
- ★ Center for Alcohol & Drug Treatment
- ★ Clinicare
- ★ Disability Hub MN
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- ★ Provide Care Inc
- ★ Quality Disability Services
- ★ Range Mental Health Center
- ★ Recovering Hope Treatment Center
- ★ Red River Behavioral Health System
- ★ Residential Services, Inc (RSI)
- ★ Riverplace Counseling Center
- ★ Sand Creek
- ★ Shriners Hospitals for Children–Twin Cities
- ★ St. Croix Hospice
- ★ St. Louis County PHHS
- ★ St. Luke’s
- ★ St. Scholastica Monastery
- ★ STAR Services
- ★ The College of St. Scholastica
- ★ The Duluth Bethel
- ★ The Hills Youth and Family Services/Cambria Hills
- ★ The Origins Program
- ★ The Salvation Army
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- ★ UCare
- ★ UMD Department of Social Work
- ★ Vinland National Center
- ★ Whole Person Associates, Inc
- ★ WINGS
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CERTIFICATE OF ATTENDANCE

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



**St. Louis County
Health & Human
Service Conference**
October 11–12, 2018
at the DECC
Duluth, Minnesota

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

Time / CEU

**Thursday,
October 11, 2018**

Session I Workshop _____	8:30–10:00 am (1.5 CEU)
Keynote _____	10:30–11:45 (1.5 CEU)
Session II Institute _____	1:00–4:30 pm (3.5 CEU)
Session II Workshop _____	1:00–2:30 pm (1.5 CEU)
Session III Workshop _____	3:00–4:30 pm (1.5 CEU)

**Friday,
October 12, 2018**

Session I Institute _____	8:30–noon (3.5 CEU)
Session I Workshop _____	8:30–10:00 am (1.5 CEU)
Session II Workshop _____	10:30–noon (1.5 CEU)
Session III Workshop _____	1:15–2:45 pm (1.5 CEU)

Your Name (please print)

MN Social Work
License Number

Signature

Michelle K. Nelson, Co-Chair
St. Louis County Health &
Human Service Conference

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.

SAVE THE DATE:

October 10-11, 2019

Thursday–Friday

37TH ANNUAL

ST. LOUIS COUNTY

HEALTH &

HUMAN SERVICE

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