

MAY 14 & 15, 2015

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32nd Upper Midwest Conference on Adolescents & Children In Need

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MN Board of Social Work
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32nd UPPER MIDWEST CONFERENCE ON ADOLESCENTS & CHILDREN IN NEED
MAY 14 & 15, 2015

www.cedconference.com
Phone: 320-629-1307

Community Education & Development
615 8th Ave NE
Pine City, MN 55063

32nd UPPER MIDWEST CONFERENCE ON ADOLESCENTS & CHILDREN IN NEED

May 14 & 15, 2015 Ramada Plaza Minneapolis, MN

THURSDAY, MAY 14th

8:00-9:00 a.m. Registration & Refreshments

9:00-12:00 Session I Workshops

OPTIMIZING MENTAL HEALTH IN CHILDREN AND ADOLESCENTS: KEY STRATEGIES THAT WORK - There is a growing recognition that in order to effectively address the growing rates of anxiety, depression and stress in children and adolescents, we need to broaden our lens to beyond focusing on medication alone. In this workshop, we will explore how stress physiology leads to distorted perceptions and poor coping strategies. We'll discuss effective strategies to shut off the stress response through lifestyle interventions and stress reduction strategies. The audience will participate in stress reduction practices themselves so that they can optimize their own cognitive functioning, and in turn, guide children and adolescents through these strategies. **Dr. Nimi Singh**

ALTERED NEUROPATHWAYS: THE IMPACT OF TRAUMA ON THE DEVELOPING BRAIN - This workshop will focus on the impact of trauma on brain development and the attending risk factors that often result from exposure to traumatic experiences during childhood. Attendees will learn how the growing child and adolescent brain adapts to trauma, seeks patterns and is likely to become re-traumatized over the life span. An overview of the Adverse Childhood Experiences (ACE) Study will be shared and strategies for mitigating resulting risk factors will be discussed. Participants will have an opportunity to review the ACE's calculator to determine 10 significant factors that can have a negative impact on health and longevity. **Dr. Charlene Myklebust**

12:00-1:00 p.m. Lunch Break

1:00-2:30 p.m. Session II Workshops

THE OTHER SIDE OF THE TRACKS: CHILDHOOD POVERTY AND ITS IMPACT ON LEARNING AND MENTAL HEALTH - Children living in poverty experience risk factors that often accompany being poor. The accumulation and interaction of these risk factors can have a dramatic impact on social-emotional development and classroom functioning. This presentation will discuss the thresholds for being designated as a family living in poverty, the four types of poverty, the impact of poverty and related childhood experiences on brain development, and enrichment activities to engage the brains of children impacted by this social malady. This is a message of hope about altering the outcomes for poor children. **Dr. Charlene Myklebust**

TEN MINDFULNESS STRATEGIES FOR MORE EFFECTIVE, STRESS-FREE INTERVENTIONS WHEN WORKING WITH CHALLENGING YOUTH - The life of a professional who works with youth can be fulfilling, but it can also be frustrating and exhausting. This workshop will allow participants to directly experience the benefits of research-proven Mindfulness strategies that can stop stress in its tracks, while maximizing creativity and effectiveness. The experiential nature of this workshop will insure that these Mindfulness practices will be directly transferable to your important work with youth. **Jim Nelson**

2:45-4:15 p.m. Session III Workshops

CUT IT OUT! SELF HARMING BEHAVIOR IN YOUTH - It may seem counterintuitive that children sometimes hurt themselves in order to feel better. Yet mental health professionals and educators frequently see the telltale signs such as numerous cuts and burns. Tragically, misguided self-harm actions can sometimes lead to death, whether intentional or not. The presenter will discuss the prevalence of self-harming behavior among adolescents and teens, common co-occurring mental health disorders that accompany self-harm, warning signs that children are hurting themselves, and evidence-based interventions to interrupt the cycle and to help young people heal. **Dr. Charlene Myklebust**

ADOLESCENTS WITH SEXUAL OFFENSES - TREATMENT AND MANAGEMENT - When adolescents are arrested for sexual misconduct they quickly discover they have acquired a new identity - "sex offender." Teenagers are typically very treatable and more than nine out of ten kids will not sexually reoffend. However, that's not the public perception, and because perceptions drive public policies, most who have sexually offended may never recover from the stigma. This workshop will discuss how sexual behaviors have become criminalized in the US, the myths and facts around adolescent sexual offending, the challenges that youthful offenders and their families face, and how we can more successfully manage adolescents who have sexually offended, and support victims and families. **Jon Brandt**

FRIDAY, MAY 15th

8:00-8:30 a.m. Registration & Refreshments

8:30-11:30 a.m. Session I Workshops

TREATING CHILDREN WITH A PERSONALITY DISORDERED PARENT - Within our caseloads we have the privilege of seeing children who have one or both parents with either antisocial or borderline personality disorder. There are distinct issues in this treatment. Most parents who have these disorders will not divulge whether such a diagnosis has ever been used in their mental health treatment. Therefore we will define the disorders for your identification, talk about how to handle such parents and how to identify and help their children. We will spend time discussing this unique group as well as the pitfalls for the therapist in dealing with these parents. **Dr. Linda Budd**

Friday's first session continues at the top of the next page...

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Just mail in your registration forms together or list each other's names on the form

THE REPETITION-COMPULSION: HOW WE CAN HELP OUR CLIENTS FROM MAKING THE SAME DESTRUCTIVE MISTAKES - Why do we stay stuck in dysfunctional patterns, even when we want to stop them? The psychodynamic approach of understanding the unconscious drive to get things right and how it affects our interpersonal relationships will be presented, along with the tools needed to help others stop this pathological pattern. **Dr. Jeanne Schur**

11:30-12:30 Lunch Break

12:30-2:30 Session II Workshops

MAKE THEM VISIBLE - Hear a story of hope from former special educator and award-winning author Jonathan Friesen. Tourette Syndrome and epilepsy filled his teen years with anger and ostracism but when one person paused to make Jonathan visible, his journey took a heartwarming turn, freeing him to achieve his dreams. His unique perspective on the importance of being seen comes from both sides of the desk. Learn the two questions that today's youth are asking of those around them—questions that professionals who touch kids' lives cannot ignore. **Jonathan Friesen**

ENHANCING EMOTIONAL INTELLIGENCE IN CHILDREN AND ADOLESCENTS IN THE AGE OF TECHNOLOGY - Technology has dramatically affected the speed of information processing within the past decade but how has it affected young people's emotional development? The application of psychodynamic and psychosocial theory with developmental stages for children and adolescents will be discussed. What are some of the signs of the times? Is autistic-like social behavior one of them? What are we to expect from the @ Generation (DOB after 2010) today and in the years ahead? **Dr. Jeanne Schur**

CE&D Contact Information: phone: 320-629-1307 email: info@cedconference.com website: www.cedconference.com

Conference Costs: See the conference registration form below for all options and pricing. **NOTE:** Participants who prefer a lunch on site can choose this as an option on the registration form. **Refunds for cancellations** will be given if done so on or before May 11, 2015. However, there will be a \$15.00 fee for all cancellations. No refunds will be given after May 11, 2015. Registration can be transferred to another person as long as CE&D is notified of the change. For further information regarding conference registration contact CE&D.

- If you would like to reserve a resource table please contact CE&D.
- 11 Continuing Education Hours have been applied for through the MN Board of Social Work, MN Board of Psychology, MN Board of Marriage & Family Therapy, MN Board of Behavioral Health & Therapy and MN Board of School Administrators. *Certificates of Attendance* will be issued to all participants and may be used for individual application to other continuing education boards.

Hotel Reservations: Ramada Plaza Minneapolis at 612-331-1900 or visit www.ramadaplazampls.com Special room rate is \$99.

Directions: From South: Follow I-494 to I-35W North. Take the Industrial Blvd. exit (Exit 22). The hotel will be on the right side as you exit.

From North: Follow I-694 to I-35W South. Take the Industrial Blvd. exit (Exit 22). Go left on Industrial and the hotel will be on the right.

From West: Follow I-394 East to I-94 East. Take I-35W North to Industrial Blvd. (Exit 22). The hotel will be on the right side as you exit.

From East: Follow I-94 West towards Minneapolis. Take Highway 280 North. At the first stoplight -Broadway Street- take a left. Take a right on Industrial Boulevard and the hotel will be on the left. **Hotel Address: 1330 Industrial Blvd NE, Minneapolis, MN 55413**

REGISTRATION FORM - 32nd Upper Midwest Conference on Adolescents & Children In Need

Name _____ Agency _____ Address _____

City _____ State _____ Zip _____ Email or Phone _____ Position _____

Registration Per person	Both Days	Both days w/Lunch	Thursday Only	Thursday w/Lunch	Friday Only	Friday w/Lunch
1 person	___\$149	___\$179	___\$99	___\$114	___\$99	___\$114
*2 or more people	___\$119	___\$149	___\$89	___\$104	___\$89	___\$104

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Method of Payment: ___ Check ___ Purchase Order

Total Amount Due: \$ _____ (make checks payable to CE&D)

***Registration forms need to be together or include the name of**

a colleague/friend who is attending in the space provided. Name of colleague/friend: _____

Thursday, May 14, 2015 Please check the workshops you are most likely to attend. **Friday, May 15, 2015**

- | | |
|---|--|
| <p>I. ___ Optimizing Mental Health in Children and Adolescents: Key Strategies That Work</p> <p>___ Altered Neuropathways: The Impact of Trauma on the Developing Brain</p> <p>II. ___ The Other Side of the Tracks: Childhood Poverty and its Impact on Mental Health and Learning</p> <p>___ Ten Mindfulness Strategies for More Effective, Stress-free Interventions When Working with Challenging Youth</p> <p>III. ___ Cut it Out! Self Harming Behavior in Youth</p> <p>___ Adolescents with Sexual Offenses - Treatment and Management</p> | <p>I. ___ Treating Children With A Personality Disordered Parent</p> <p>___ The Repetition-Compulsion: How We Can Help Our Clients From Making The Same Destructive Mistakes</p> <p>II. ___ Make Them Visible</p> <p>___ Enhancing Emotional Intelligence in Children and Adolescents In The Age Of Technology</p> |
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Mail Registration Form and Payment to:
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Pine City, MN 55063

Registration Deadline:

May 11, 2015

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WORKSHOP PRESENTERS

Jon Brandt, began his career as a county CPS social worker, investigating child abuse and working with victims and families. For nearly a decade he was a licensing social worker for PATH foster homes, providing supervision to hundreds of foster kids, support to foster families, and training for foster parents and supporting professionals. For more than 30 years, Jon has been providing assessments and treatment to adolescents who have sexually offended, and to their families. He is a clinical member of the Association for the Treatment of Sexual Abusers, serves on the board of directors of the Minnesota Chapter of ATSA, and is on the board of directors of the Minnesota Council of Child Caring Agencies. He is currently the Director of Mapletree, a residential program for adolescent offenders in Maplewood, MN.

Linda S. Budd, PhD, LP, LMFT, RPT-S, has practiced at her craft for over 39 years. She is adjunct faculty in Family Social Science at the University of Minnesota. Dr. Budd wrote *Living With The Active Alert Child (3rd edition)* as well as *The Journey of Parenting: Helping Your Child Become a Competent, Caring and Contributing Adult*. Her latest book is *I'm OK, You're Not OK: Experiences of Having a Loved One with a Personality Disorder*.

Jonathan Friesen, is an international speaker and award-winning author, whose personal experience with Tourette syndrome and epilepsy inspired him to write the highly acclaimed novel *Jerk, California* (Penguin, 2008), winner of the American Library Association's 2009 Schneider Award—"Best Book for Teens," and the coveted "Editor's Choice" award. He has also received four Higher Goals EPA awards for his short stories. He's the author of seven novels including *Rush* (Penguin, 2010) and *The Last Martin* (Zondervan/HarperCollins, 2011), both of which explore mental health issues. Now *Aquifer* (Blink/HarperCollins, 2013) his dystopian release, is earning rave reviews for a stunning portrayal of relational hope amidst chaos. Look for the stunning upcoming releases of *Mayday* (Penguin, April 2014) and *Both of Me* (Blink/HarperCollins, 2015).

Charlene Myklebust, Psy.D., is an educational leadership consultant with Intermediate District 287. Char holds a Doctorate from Adler University in Chicago and completed her pre-doctoral internship at Hazelden Center for Youth and Families. Char co-authored the Minnesota Department of Education teacher training series, "Early Warning Signs of Children's Mental Health Disorders." She is a past recipient of the "Outstanding Service" award from the MN Association for Children's Mental Health and the "Educator of the Year" award from the MN Chapter of NAMI. Dr. Myklebust's professional activities include conducting state and national workshops as an Eric Jensen certified brain-based education trainer and co-facilitating a District 287 school administration professional development series called, "A Better Way," a cohort program designed to help school leaders reduce exclusionary practices that result in the suspension and exclusion of a disproportionate number of students of color and those with disabilities. She owns an independent educational consulting business, Professional Education Pal.

Jim Nelson, LP, worked for over twenty years as a Licensed Consulting Psychologist in private practice, and in the Anoka-Hennepin School District. He has taught for almost 40 years, and was selected to the Who's Who of American Teachers and was one of the first recipients of Medtronic's Outstanding Teacher Award. He teaches at the Meditation Center in Minneapolis and is Vice-President of AHYMS an association of meditation centers throughout North and South America. Jim speaks nationally and Internationally on a broad range of topics including: *The Origin of Negative Emotions*, *The Importance of Forgiveness*, *The Essential Ingredients for Change*, and *The Therapeutic Effects of Silence*. He's the author of the book *Running on Empty: The Seduction, Destruction, and Transformation of our Youth*.

Jeanne Schur, Ph.D., LP, is a clinical psychologist who specializes in the diagnostic assessment of children, adolescents and adults. She has 25 years of experience as a consultant to various Minnesota County agencies and is a former associate clinical professor to academic institutions (e.g. University of MN; MSPP). She conducts workshops and seminars entitled, "Lessons in Self-Awareness." Dr. Schur is an inspirational and dynamic speaker who encourages self-development as a key tool in relating to the complicated dynamics of impoverished youth and families. Integrating psychodynamic theory with behavior is a critical factor in understanding pathological behavior.

Nimi Singh, M.D., M.P.H., M.A., is an Assistant professor of Pediatrics and Director of the Adolescent Medicine Fellowship in the Division of Adolescent Health and Medicine at the University of Minnesota. She received her medical degree at Mount Sinai School of Medicine in New York City, did a residency in Pediatrics and International Child Health at Rainbow Babies and Children's Hospital in Cleveland Ohio. She holds two Masters degrees, one in Medical Anthropology from Case Western Reserve University and one in Public Health from the University of Washington in Seattle, where she completed her training with a fellowship in Adolescent medicine. Dr. Singh's clinical and research interests have focused on disenfranchised youth, and on the mental health needs of youth in varying socioeconomic and cultural contexts. Currently she is focused on exploring, teaching and evaluating means by which to promote mental health and resilience in youth. In 2003 and 2007, she was the recipient of the Outstanding Faculty Educator Award by the residents in the Department of Pediatrics.

Some comments from attendees of the 31st conference:

"This is the one conference I look forward to!" *"Awesome conference! Great speakers, topics and food!"*
"I'm glad I finally made it to this, it was wonderful!" *"Every workshop was excellent!"*

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