

# Hope & Healing for Youth and Families

Co-Sponsored by: Evergreen Youth & Family Services and Bemidji State University Social Work Program

Time					Thursday, May 2, 2019				
7:30am-8:30am					<b>Registration &amp; Check In</b> <b>(Must Sign in Each Day for CEUs)</b> <i>Convention Center Lobby</i> Light Breakfast Provided Visit Exhibit Booths				
8:15am-8:30am					<b>Ballrooms 1, 2, &amp; 3</b> <b>Conference Welcome</b> Dan McKeon, Executive Director of Evergreen Youth and Family Services				
8:30am-10:30am					<b>Scratching the Surface: 209 Years of Questions, Victimization, and Advocacy</b> Patty Wetterling, Jared Schierel, and Jane Straub This presentation is a multifaceted, comprehensive review of the impact of a long-term missing person case involving multiple victims. 30 years ago, twelve-year-old Jared Scheierl was abducted, sexually assaulted, and released. Ten months later, on October 22nd, 1989, eleven-year-old Jacob Wetterling was abducted, sexually assaulted, and murdered. On September 6th, 2016, the offender confessed to the victimization of both Jared and Jacob. This presentation consists of three perspectives on this long-term case: Jared Scheierl, a surviving victim, Patty Wetterling, the mother of a long-term missing victim, and Jane Straub, a victim advocate.				
10:30am-10:45am					Break/Visit Exhibit Booths				
10:45am-12:00pm		Ballrooms 1 & 2		Ballroom 3		Meeting Rooms 4 & 5		Meeting Rooms 6 & 7	
<b>Beginnergarten: Planting Seeds for Success</b>  Dustin Hinckley, Rose Lussier, and Amy Krona  The Red Lake Early Childhood Center has taken a number of steps to ensure that every student's start to his or her formal school years is a success. Red Lake staff will share a brief overview of the research base behind our Beginnergarten programming, will synthesize the process that led to Beginnergarten, will outline the Beginnergarten schedule and will discuss what went well with Beginnergarten implementation in Fall 2018 as well as what we plan to continually improve as we move forward. Data regarding impact on behavior referrals and academic gains will be shared.		<b>Healing from Trauma</b>  Gary Russell  Many of us who work in social work or education fields have learned how trauma impacts the brain and human development. In the last few years, the research around the impact of trauma has become convincing, and for us it moves the question from "how does trauma impact the brain?" to "how do I best work with someone who has been impacted by trauma?" The good news is that people can heal from trauma, and we can build on the scientific research to develop and employ concrete strategies for working with traumatized youth and families. For anyone who feels well versed in the impact of trauma and looking to build actual strategies for working with traumatized clients, this session will build towards the actual strategies we can use in our fields of work with children and families.		<b>Engaging Youth in the Fight to End Sexual Violence</b> Ashli Lyseng  This session addresses the need for youth to be involved in prevention and education efforts. To use youth's expertise to create change makers. Having real conversations with youth in their language. For sexual violence to end there needs to be education and communication that involves all. This will empower youth to create peer leadership, prevention strategies and supportive services for survivors.		<b>Brain Injury Basics: Behaviors &amp; Symptoms</b>  Kayla Reininger  Traumatic brain injury is not just an event, similar to a broken bone that heals over time. Traumatic brain injury affects personal, emotional and physical needs that go beyond the diagnosis of brain injury. This workshop will focus on supporting clients as they continue their life after injury, expanding the knowledge base of what symptoms of brain injuries are, and how important small details can be for clients that we serve.			
12:00pm-12:45pm					<b>Lunch Provided</b> Visit Exhibitors and Network				
12:45pm-2:45pm					<b>Ballrooms 1, 2, &amp; 3</b> <b>Trends in Opioid Use &amp; Misuse</b> Kelly Olson Rates of prescription opioid medication misuse remain high but have leveled in comparison to a sharp increase in the use of heroin. This program is intended to illustrate recent trends in both prescription and illicit opioid use, as well as discuss pharmacology and physical effects.				
2:45pm-3:00pm					Break/Visit Exhibit Booths				
3:00pm-4:15pm		Ballrooms 1 & 2		Ballroom 3		Meeting Rooms 4 & 5		Meeting Rooms 6 & 7	
<b>Minor Connect: A Unified Response for Minor Youth Experiencing Homelessness</b>  Paul Minehart  Minor Connect provides a unified response for minor youth experiencing homelessness, linking county child welfare services with community-based services. The strongest system for youth combines elements of both the county agency and community-based agencies into a single, unified, aligned approach for serving and connecting young people with long-term stability, safety, and permanency within, as much as possible, their families, and within their communities. Minor Connect is a pilot project coordinated by the Minnesota Department of Human Services with one county and three community-based agencies. This workshop will include presenters from each of the partners: state, county administration, county staff and community-based staff who work directly with the youth. Presenters will discuss how we got started, how things are working, and how other counties and communities might consider doing something similar. Presenters will use practical examples to lead workshop participants in a discussion of processes and outcomes.		<b>Ethics in Action (THIS IS A 2 HOUR SESSION) Must Sign it at Session</b> Emily Coler Hanson and Barb Stanton  A code of ethics seems simple and straightforward, but when working with youth and families, the code can get complicated quickly. This presentation will look at commonalities in ethical codes for multidisciplinary teams, use real life scenarios from our clinical work to illustrate decision making, and offer participants an opportunity for consultation.		<b>What Foster Care Providers and Professionals Need to Know About Fetal Alcohol Spectrum Disorders</b> Shauna Feine  Research estimates that approximately 75% of children in the foster care system have a fetal alcohol spectrum disorder (FASD). The state of Minnesota became the first state in the nation to require that all foster parents have training on FASD. FASD is a range of permanent physical, behavioral, mental and learning disabilities associated with prenatal alcohol exposure. This training will provide an overview of the basics, explores risk factors, and discusses common characteristics observed in children with an FASD. Lastly, we will discuss some general strategies for caring for children on the fetal alcohol spectrum.		<b>Social Emotional Learning Through a Multi-Tiered System of Support</b>  Dustin Hickley, Jessica Eickstadt, and Jen Hinckley  Kindergarten through 5th grade students at Red Lake Early Childhood Center and Red Lake Elementary School are being provided opportunities to hone their social-emotional and behavioral skills through participation in a multi-tiered system of support (MTSS). Keystones of this MTSS include a culturally-responsive First Six Weeks curriculum, common language and expectations throughout the school, spaces for processing misbehavior, explicit instruction in social-emotional skills, and spaces for students with significant social emotional/behavioral skill deficits to safely attend school. This presentation will provide an overview of the research behind Social-Emotional Learning and Multi-Tiered Systems of Support and will outline the SEL MTSS structure at each school. Staff will discuss successes as well as barriers that have occurred during our implementation year. Data regarding behavior referrals and academics will be provided.			
3:00pm-5:00pm		<b>Ethics in Action</b>							

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8:30am-10:30am					<b>The Lincoln High School Story...A Community's Collective Response to Trauma</b> Jim Sporleder Jim Sporleder retired in 2014 as Principal of Lincoln High School in Walla Walla, WA. Under Jim's leadership and collaborating with community partners, Lincoln High School became a "Trauma Informed" school, gaining national attention due to a dramatic drop in out of school suspensions, increased graduation rates and the number of students going on to post-secondary education. In this presentation, participants will learn that a community's collective trauma responsive approach, benefits all students, and develops positive adult relationships that can change the life path of students who have lost hope. The participants will learn how we can accomplish a lot as a team and will do much less if we stay in our silos.				
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<b>Catching Kids Before They Fall</b>  Jim Sporleder  Jim Sporleder retired in 2014 as Principal of Lincoln High School in Walla Walla, WA. Under Jim's leadership and collaborating with community partners, Lincoln High School became a "Trauma Informed" school, gaining national attention due to a dramatic drop in out of school suspensions, increased graduation rates and the number of students going on to post-secondary education. In this presentation, participants will learn how a trauma responsive approach, is best practice for all students. Jim will walk the participants through a brief review of the impact of Adverse Childhood Experiences, and how toxic stress impacts student learning and behavior. Participants will be taught the "Five Critical Steps to Implementing a Trauma-Informed School," that will enable them to begin their journey as a trauma informed school.		<b>Healing the Body and the Brain: Strategies to Improve Outcomes</b>  Stacy Bender Fayette and Joanna Wallenberg  We may have learned about the damage caused by childhood trauma and toxic stress, but now what? Attend this session to learn (and share) strategies for rewiring the brain. We will review the impact of toxic stress on child development and dive deeper into the science behind how the brain and body respond to trauma. Together we will learn and practice how to create the conditions that foster resilience and post-traumatic growth.		<b>Minor Connect: A Unified Response for Minor Youth Experiencing Homelessness</b>  Paul Minehart  Minor Connect provides a unified response for minor youth experiencing homelessness, linking county child welfare services with community-based services. The strongest system for youth combines elements of both the county agency and community-based agencies into a single, unified, aligned approach for serving and connecting young people with long-term stability, safety, and permanency within, as much as possible, their families, and within their communities. Minor Connect is a pilot project coordinated by the Minnesota Department of Human Services with one county and three community-based agencies. This workshop will include presenters from each of the partners: state, county administration, county staff and community-based staff who work directly with the youth. Presenters will discuss how we got started, how things are working, and how other counties and communities might consider doing something similar. Presenters will use practical examples to lead workshop participants in a discussion of processes and outcomes.		<b>What Foster Care Providers and Professionals Need to Know About Fetal Alcohol Spectrum Disorders</b> Shauna Feine  Research estimates that approximately 75% of children in the foster care system have a fetal alcohol spectrum disorder (FASD). The state of Minnesota became the first state in the nation to require that all foster parents have training on FASD. FASD is a range of permanent physical, behavioral, mental and learning disabilities associated with prenatal alcohol exposure. This training will provide an overview of the basics, explores risk factors, and discusses common characteristics observed in children with an FASD. Lastly, we will discuss some general strategies for caring for children on the fetal alcohol spectrum.			
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<b>Trauma and Co-Dependency</b>  Jared Schierel  Minor Connect provides a unified response for minor youth experiencing homelessness, linking county child welfare services with community-based services. The strongest system for youth combines elements of both the county agency and community-based agencies into a single, unified, aligned approach for serving and connecting young people with long-term stability, safety, and permanency within, as much as possible, their families, and within their communities. Minor Connect is a pilot project coordinated by the Minnesota Department of Human Services with one county and three community-based agencies. This workshop will include presenters from each of the partners: state, county administration, county staff and community-based staff who work directly with the youth. Presenters will discuss how we got started, how things are working, and how other counties and communities might consider doing something similar. Presenters will use practical examples to lead workshop participants in a discussion of processes and outcomes.		<b>Strategies for Working with LGBTQ+ Youth and Families in Rural Settings</b> Joseph Rand  A code of ethics seems simple and straightforward, but when working with youth and families, the code can get complicated quickly. This presentation will look at commonalities in ethical codes for multidisciplinary teams, use real life scenarios from our clinical work to illustrate decision making, and offer participants an opportunity for consultation.		<b>Brain Injury Basics: Behaviors &amp; Symptoms</b>  Kayla Reininger  Traumatic brain injury is not just an event, similar to a broken bone that heals over time. Traumatic brain injury affects personal, emotional and physical needs that go beyond the diagnosis of brain injury. This workshop will focus on supporting clients as they continue their life after injury, expanding the knowledge base of what symptoms of brain injuries are, and how important small details can be for clients that we serve.		<b>Functional Behavioral Assessment: Making It Worth Your Time</b> Emily Coler Hanson and Barb Stanton  Functional Behavioral Assessments (FBA's) are evidence-based practices that can be very helpful in establishing appropriate supports for youth. Accurately identifying the function of the behavior is crucial in developing an effective plan. When all behavior is communication, it is imperative that caregivers are fluent interpreters. Participants will leave with additional information on writing and implementing plans will also be.			
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<b>Trends in Marijuana Use</b>  Kelly Olson  The marijuana landscape has become increasingly complex as certain states create legislation pertaining to medical and recreational use. This program is intended to illustrate recent trends in marijuana use, including available cannabis products, pharmacology and physiological effects. Consequences of use continue to emerge, along with a growing body of literature, and require a multi-pronged approach to mitigate the risks associated with both the medical and recreational use of marijuana.		<b>Making Connections Across Differences: A Personal and Professional Journey</b>  Shawn Whiting  I would like to share my personal growth story as a mental health professional and strategies that have worked and not worked for me in connecting with people that are different than me. This involves exploring my personal experience of privilege and opportunities in addition to including case examples and opportunities for questions and answers.		<b>Strategies for Working with LGBTQ+ Youth and Families in Rural Settings</b>  Joseph Rand  A code of ethics seems simple and straightforward, but when working with youth and families, the code can get complicated quickly. This presentation will look at commonalities in ethical codes for multidisciplinary teams, use real life scenarios from our clinical work to illustrate decision making, and offer participants an opportunity for consultation.		<b>Healing the Body and Brain: Strategies to Improve Outcomes for Those Impacted by Childhood Trauma and Toxic Stress</b>  Stacy Bender Fayette and Joanna Wallenberg  We may have learned about the damage caused by childhood trauma and toxic stress, but now what? Attend this session to learn (and share) strategies for rewiring the brain. We will review the impact of toxic stress on child development and dive deeper into the science behind how the brain and body respond to trauma. Together we will learn and practice how to create the conditions that foster resilience and post-traumatic growth.			

**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**