

Hope & Healing for Youth and Families

Time	Thursday, October 21, 2021		
7:30am-8:30am	Registration & Check In (Must Sign in Each Day for CEUs)		
8:15am-8:30am	Ballroom Conference Welcome Executive Director of Evergreen Youth and Family Services		
8:30am-10:30am	Debwewin - Truth Heart Language Eddy Robinson Debwewin in the Anishinaabe language means truth or directly translates as the heart language. Truths and vulnerability can be a sign of spiritual strength within indigenous cultures. Introspection and our connection to Creation, our First Family. As human beings it is essential to understand our purpose in life as spiritual beings having this human experience. Eddy uses his story and journey as a conduit for awareness and ally-ship. Bringing about awareness for change can not elevate Indigenous narrative, but bring meaning to a past hidden and unknown to most citizens of the world.		
10:30am-10:45am	Break		
	Mississippi Room	Sunklen Island Room	Diamond Point Room
10:45am-12:00pm	Avoiding Burnout During Chronic Stress Emily Coler Hanson and Barb Stanton 2020 was the year that many people experienced chronic stress, especially for those in the helping profession. Stress and burnout are common to begin with but with additional challenges of a pandemic, significant life changes, and political drama, stress is at an all time high for many. This presentation aims to examine sources of stress, outcomes of long-term stress and most importantly, how people can mitigate the effects of chronic stress in their lives.	Seizure Smart Training Lisa Peterson Seizure Smart Training covers what epilepsy is, recognizing and responding to the four most common types of seizures, risk factors and symptoms of seizures, triggers, treatment options, and the possible impacts of living with epilepsy including mental health, education, employment, and ADA rights. Anyone, any gender, any ethnicity, can develop epilepsy at any age. Epilepsy is the most common neurological condition in children, yet it is still often misunderstood because not all seizures include convulsions and may be misinterpreted other conditions. We will also cover Non-Epileptic Events which are seizure that are psychological rather than neurological in nature. This training will benefit anyone who works with youth that are already diagnosed, and it will bring awareness for potential signs of seizures in youth who may not have a diagnosis. Participants will learn about available resources at the EFMN for professionals, individuals, and families affected by epilepsy.	The Proof Alliance Youth and Young Adult Panel Presents a Personal Outlook on Fetal Alcohol Spectrum Disorders Marissa Lang & Youth The Centers for Disease Control estimates as many as 1 in 20 school children have a Fetal Alcohol Spectrum Disorder (FASD). This presentation will showcase a group of youth with an FASD. By sharing their inspirational stories, attendees will hear first-person experiences of the challenges and barriers youth on the fetal alcohol spectrum face in school and society in general. Attendees will gain knowledge on how to close the gap to bring equity for this population through strategies and support.
12:00pm-12:45pm	Lunch Break (Provided for on-site participants)		
12:45pm-2:45pm	Ballroom Colonization Timeline & Intercultural Competence Eddy Robinson This session will be an impromptu session based on interaction with the audience with expansion on the themes and learning objectives from Eddy's morning session.		
2:45pm-3:00pm	Break		
	Mississippi Room	Sunklen Island Room	Diamond Point Room

<p>3:00pm-4:15pm</p> <p>Ethics in Action 3:00pm-5:00pm</p>	<p>Helping Make Smart, Safe and Ethical Choices While Using Technology</p> <p>Kent Mollberg</p> <p>Ten years ago none of the following were a part of our language. Now they are common terms that we are all very familiar with. Cyberbullying - Facebook - Textual harassment - Sexting - Internet Urban Legends - Internet Identify Theft - Social Media - Cell Phone Safety - Online Posting - Online Predators. This session will address each of these modern safety issues that we confront on a daily basis.</p>	<p>Ethics & Telehealth</p> <p>Emily Coler Hanson and Barb Stanton</p> <p>Many of us were caught off guard by Covid-19 and the impact it would have on mental health service delivery, during a time when mental health services were needed more than ever. This presentation aims to share lessons learned regarding telehealth and help others navigate new platforms in an ethical way. Ideas for incorporating play therapy, assessment, and multicultural considerations will also be discussed.</p>	<p>ABC's of early intervention- using attachment bio behavioral catch up to change long term outcomes for children age 0 to 2.</p> <p>Amy Donnan Neppi</p> <p>Despite research identifying the long-term risks of adverse experiences, referrals for children three and under are few and far between. So are mental health professionals trained to provide treatment for very young children. ABC is a program offered through the University of Delaware to provide a time limited intervention based on crucial components of secure attachment, positively engaging the parent to enjoy the experience of play while focusing on these critical components.</p>
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Time **Friday, October 22, 2021**

7:30am-8:30am **Registration & Check In (Must Sign in Each Day for CEUs)**

Ballroom

8:15am-8:30am **Conference Welcome**
Executive Director of Evergreen Youth and Family Services

Exploring the Intersection of Social Welfare Policy and Practice through the Lens of Critical Race Theory

8:30am-10:30am Rebecca Hoffman
This keynote will focus on historical trauma, racism and service delivery. Included will be the steps for moving forward based on NASW Racial Justice Priorities & Actions Report.

10:30am-10:45am **Break**

Mississippi Room Sunklen Island Room Diamond Point Room

<p>10:45am-12:00pm</p>	<p>Be Aware, Be Prepared and Make A Difference: A Reflective Journey To Effective and Compassionate Helping</p> <p>Alan O'Malley-Laursen</p> <p>Work with high-risk youth and families entails ongoing exposure to individuals who are experiencing significant trauma, pain and suffering. This can have an adverse influence on our personal and professional well-being [including the experience of Compassion Fatigue/Secondary Traumatic Stress], as well as negatively impacting our effectiveness as helping professionals. After a brief examination of the emotional impact that this work has on us, this unique workshop integrates short presentation, topic-specific live music and personal reflection to explore 5 specific skills that are necessary for effective and compassionate helping, even in the midst of these emotional challenges. These skills include self-awareness, self-regulation, emotional reflection, radical compassion and compassion satisfaction. It is the intention of this workshop to provide affirmation, reflection and inspiration.</p>	<p>General Assistance and Minnesota Supplemental Aid: Two Programs You Should Know More About</p> <p>John Petroskas</p> <p>General Assistance (GA) and Minnesota Supplemental Aid (MSA) are two important income support programs that are often used by people with disabilities and those experiencing homelessness. Most advocates know something about these programs, but as this session will demonstrate, there's always something to learn! Special attention will be paid to MSA Housing Assistance, which helps some people with disabilities afford housing in the community.</p>	<p>Strategies to Navigate the Waves of Change</p> <p>Kathy Magnusson</p> <p>The past year has been a rolling sea of change for most. Many times helping professionals place self-care placed at the bottom of the "to do" list. In this session, you will engage in professional development that focuses on a little TLC for you. The strategies you learn will build your resilience to pass on the skills to the clients you serve.</p>
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12:00pm-12:45pm **Lunch Break (Provided for on-site participants)**

	Mississippi Room	Sunklen Island Room	Diamond Point Room
12:45pm-2:00pm	<p>Parenting "Tough" Kids</p> <p>Gary Russell</p> <p>Evergreen Youth & Family Services has coached parents successfully for over four decades. Over time, these interventions formed a parenting model that combines love, teaching, and positive discipline. Most of our work has been with "tough," worrisome, and traumatized kids. This presentation will lay the foundation of effective parenting, defining the guiding goal of parenting, instilling family values, effective communication, and assessing safety. Learn parenting keys for challenging youth, including emotional dysregulation, attention deficits, depression, attachment, and substance abuse issues.</p>	<p>Tools for Youth Advocates and School Personnel to Support Students Experiencing Homelessness</p> <p>Alea Stoll and Roberto Reyes</p> <p>This presentation will offer basic knowledge of McKinney-Vento and ESSA and how these programs support students experiencing homelessness or in foster care. I will include information of student's rights regarding food service, transportation, and educational opportunities. This will be general information that all youth workers should know about so they can help advocate for the youth they are serving as they navigate education. It will offer tools to increase attendance, graduation rates, and connection to resources.</p>	<p>Screening for Prenatal Alcohol Exposure in Foster Care</p> <p>Shauna Feine</p> <p>The state of Minnesota recently passed legislation requiring prenatal alcohol exposure screening for any child entering foster care in Minnesota. FASD is a medical condition that encompasses a wide range of physical, neurobehavioral, and cognitive symptoms associated with prenatal alcohol exposure. This workshop will provide an overview of the impact of alcohol and drug exposure and explores the rationale for screening for prenatal alcohol/drug exposure. Come prepared to learn about common challenges seen as it relates to brain injury from prenatal alcohol exposure. Participants will explore specific strategies for discussing alcohol and other drug use during pregnancy. Recommended documentation procedures will be shared.</p>
2:00pm-2:15pm	Break		
2:15pm-3:30pm	<p>Sex Trafficking in the Northland: Local Trends in Sex Trafficking and Exploitation</p> <p>Caitlin Orgon</p> <p>This presentation will provide information about trends of sex trafficking and exploitation on a national level as well as the local level. It will include information on Minnesota's response, responses from child protection, resources available for providers and clients, and what we can do as individuals and agencies to address sexual exploitation.</p>	<p>Social Determinants of Health: Understanding the Roots of Wellbeing</p> <p>Rebecca Hoffman</p> <p>Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. These include the neighborhood and built environment, education access and quality, social and community context, health care access and quality, and economic stability. SDOH have a significant impact on the health, well-being, and quality of life of our youth. This session will explore the SDOH with a local focus on Beltrami County.</p>	

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE