2018 EVERGREEN CONFERENCE:
IMPROVING OUTCOMES FOR YOUTH & FAMILIES
CO-SPONSORED BY: EVERGREEN YOUTH & FAMILY SERVICES AND
BEMIDJI STATE UNIVERSITY SOCIAL WORK PROGRAM

WHEN: Thursday, March 22, 2018 (8:00 am-5:00 pm) & Friday, March 23, 2018 (8:30 am-3:30 pm)
WHERE: The Sanford Regional Events Center, 1111 Event Center Drive, Bemidji, MN 56601
WHAT: Continuing Education Units will be issued by BSU Social Work Department
We will apply to the Board of Marriage & Family Therapy & Behavioral Health & Therapy for CEUs
Ethics CEUs will be offered each day (must sign up at registration & sign in at session)

CHECK OUT OUR NEW 2018 SESSIONS (full schedule inside)
♦ Getting Development Back on Track: A Relationship Perspective
♦ Adolescence: Health & Marijuana: Intersections on the Developmental Highway
♦ Bipolar Disorder: How Could This Happen to Me and to Those I Love
♦ Evidence Based Practices for Youth With Co-Occurring Disorders

CONFERENCE OVERVIEW
This conference offers youth serving professionals and organizations, as well as parents and caregivers, across the ar-
rea opportunities to acquire knowledge, skills and strategies that will improve outcomes for youth and families in high risk
situations. The conference also offers the opportunity to return to your workplaces and family lives inspired,
re-energized, and focused on the important roles you play in supporting children, youth and families.

WHO SHOULD ATTEND
This conference is intended for parents and caregivers, youth workers, tribal staff, teachers and paraprofessionals, men-
tal health professionals, therapists, nurses, county child protection and human services staff, social workers, Rule 25
assessors, probation officers, homeless youth/family services providers, and others who work with children, youth and
families.

SPONSORS
### THURSDAY, MARCH 22, 2018 SCHEDULE

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<th>SESSION TIME</th>
<th>TITLE &amp; PRESENTER</th>
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<tr>
<td><strong>Registration</strong>&lt;br&gt;8:00-9:00 a.m.</td>
<td>Registration (sign in daily for CEUs)/Breakfast/Browse Vendor Tables. Enjoy a Seated Massage ($1 per minute).</td>
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<tr>
<td><strong>Opening Welcome</strong>&lt;br&gt;9:00-9:15 a.m.</td>
<td>CONFERENCE WELCOME: Dan McKeon, Executive Director Evergreen YFS</td>
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<tr>
<td><strong>KEYNOTE</strong>&lt;br&gt;9:15-10:15 a.m.</td>
<td>Getting Development Back on Track: A Relationship Perspective&lt;br&gt;Presenter: Dr. Carol Siegel, University of Minnesota</td>
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<td>Love, Teaching, &amp; Positive Discipline: The Power of Effective Parenting&lt;br&gt;Presenter: Gary Russell, Evergreen Shelter Program</td>
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<td>Trends in Opioid Misuse and Abuse&lt;br&gt;Presenter: Kelly Olson, PhD; Millennium Health</td>
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<td><strong>Thursday Morning</strong>&lt;br&gt;10:30-Noon</td>
<td>Inclusive Communities and ASD for Youth and Families&lt;br&gt;Presenter: Dr. Camille Brandt, EdD; Bemidji State University</td>
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<td>The Road Ahead: Addressing Homelessness in Neurodiverse Populations with FASD&lt;br&gt;Presenter: Ruth Richardson, MN Organization on Fetal Alcohol Syndrome</td>
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<td><strong>Thursday Morning</strong>&lt;br&gt;10:30-Noon</td>
<td>Youth Suicide: The Challenges and the Successes&lt;br&gt;Presenter: Gregory Hudnall, Hope4Utah</td>
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<td><strong>Thursday Morning</strong>&lt;br&gt;10:30-Noon</td>
<td>Navigating Government Assistance&lt;br&gt;Presenter: Rob Warmboe, Financial Worker; Hennepin County</td>
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<td><strong>Thursday Morning</strong>&lt;br&gt;10:30-Noon</td>
<td>Resetting the Resilience Compass&lt;br&gt;Presenters: Dr. Porter Coggins, Mary Overlie, Miriam White &amp; Dr. Yongsok Kim</td>
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<td><strong>LUNCH &amp; KEYNOTE</strong>&lt;br&gt;Noon – 1:30 p.m.</td>
<td>Adolescence, Health &amp; Marijuana: Intersections on the Developmental Highway&lt;br&gt;Presenter: Ken Winters PhD, Oregon Research Institute</td>
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<td><strong>Thursday Afternoon</strong>&lt;br&gt;1:45–3:15 p.m.</td>
<td>Developing Strategies and Metaphors in Early Childhood Intervention&lt;br&gt;Presenter: Dr. Carol Siegel, University of Minnesota</td>
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<td>Speaking the Language of the Heart –The Power of Emotional Presence and Experience&lt;br&gt;Presenter: Amy Donnan, MA, LP</td>
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<td>Motivational Interviewing Techniques to Promote Behavior Change&lt;br&gt;Presenter: Dr. Wendy Potratz, PhD, CHES; Northwest Technical College</td>
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<td>Brain Injury Basics: Behaviors &amp; Symptoms&lt;br&gt;Presenter: Zach Tubbs, LSW, CBIS; Minnesota Brain Injury Alliance</td>
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<td><strong>Thursday Afternoon</strong>&lt;br&gt;1:45–3:15 p.m.</td>
<td>Understanding Adverse Childhood Experiences&lt;br&gt;Presenters: Ashlea McMartin, MS, LPCC &amp; Katrina Gregor, MSW, LGSW</td>
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<td>MN Partnership for Adolescent Health: Priorities and Action Steps to Help Young People THRIVE in MN&lt;br&gt;Presenter: Julie Neitzel Carr, State Adolescent Health Coordinator</td>
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<td>How to Respectfully work with and support LGBTQ Youth&lt;br&gt;Presenters: Beth Holger-Ambrose, Quisha Stewart, CeMarr Peterson, The Link</td>
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<td>Addressing Marijuana Use by Adolescents: Clinical and Public Health Strategies&lt;br&gt;Presenter: Ken Winters PhD, Oregon Research Institute</td>
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<td><strong>Thursday Afternoon</strong>&lt;br&gt;3:30–5:00 p.m.</td>
<td>ETHICAL Dilemmas in Homelessness Work (MUST sign in for CEUs)&lt;br&gt;Presenter: John Petroskas, MN Department of Human Services <strong>2 hours</strong></td>
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<td><strong>Thursday Afternoon</strong>&lt;br&gt;3:30–5:00 p.m.</td>
<td>Neurospirituality&lt;br&gt;Presenter: Tim Walsh, MA, LP, DPA; Minnesota Adult &amp; Teen Challenge</td>
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<td><strong>Thursday Afternoon</strong>&lt;br&gt;3:30–5:00 p.m.</td>
<td>Am I Here Right Now? (avoiding burn out in youth workers)&lt;br&gt;Presenter: JoLynn Langaaas, BA, Applied Psychology</td>
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<td>Navigating ACEs: Trauma Informed Interventions for Children&lt;br&gt;Presenters: Ashlea McMartin, MS, LPCC &amp; Katrina Gregor, MSW, LGSW</td>
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<td>LGBTQ 201: Creating Welcoming and Affirming Spaces&lt;br&gt;Presenter: Rob Warmboe, Hennepin County</td>
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<td><strong>Thursday Afternoon</strong>&lt;br&gt;3:30–5:00 p.m.</td>
<td>Minnesota’s Safe Harbor Law: How to Identify and Respond to Sexually Exploited and/or Trafficked Youth&lt;br&gt;Presenters: Beth Holger-Ambrose, Quisha Stewart &amp; CeMarr Peterson</td>
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<td>Registration &amp; Breakfast 8:30-9:00 a.m.</td>
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<td>KEYNOTE 9:00-10:00 a.m.</td>
<td>Bipolar Disorder: How Could this Happen to Me and to Those I Love Presenter: Dr. Kay Bernard, DMIN</td>
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<td>Friday Morning 10:15-Noon</td>
<td>Basic Sex Trafficking and Exploitation Presenter: Heather Holden, Investigator; Bemidji Police Department</td>
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<td>Friday Morning 10:15-Noon</td>
<td>Safe Harbor in the Storm: Minnesota’s Response to Sexually Exploited Youth Presenter: Paula Schaefer, Donna Heck, Colbi Ikola, Kaitlyn Beise</td>
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<td>Path of Purpose: Apply the Ancient Anishinaabe Teachings in Everyday Life and Practice Presenter: Everett LaFromboise, Fond du Lac Human Serv</td>
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<td>Meltdown Management Presenters: Barb Stanton, PhD, LPCC, LMFT &amp; Emily Coler Hanson, LMFT, CGP; Ann Carlsen Center</td>
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<td>Hope-Healing-Spirit Presenter: Dr. Kay Bernard, DMIN</td>
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<td>LUNCH &amp; KEYNOTE 12:15 – 1:45 p.m.</td>
<td>Evidence Based Practices for Youth with Co-Occurring Disorders Presenter: Tim Walsh, MA, LP, DPA; Minnesota Adult &amp; Teen Challenge</td>
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<tr>
<td>Friday Afternoon 2:00 – 4:00 p.m. <strong>2 hrs</strong></td>
<td>ETHICS and Autism Spectrum Disorders (MUST sign in for CEUs) Presenters: Barb Stanton, PhD, LPCC, LMFT &amp; Emily Coler Hanson, LMFT, CGP; Ann Carlsen Center <strong>2 hours</strong></td>
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<td>Friday Afternoon 2:00 – 3:30 p.m.</td>
<td>It’s More than “The Big Talk” Presenter: Kelsey Schultz; myHealth for Teens &amp; Young Adults</td>
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<td>Friday Afternoon 2:00 – 3:30 p.m.</td>
<td>How You Can Help Youth Manage Anxiety Presenters: Dr. Lisa Herman, PsyD, LP &amp; Dr. Nicole Smith, PsyD, LP; Synergy eTherapy</td>
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<td>When Risks Must Be Taken – Rethinking Youth Initiation and Rites of Passage Presenter: Patricia Jamie Lee, MA; Lee Consulting &amp; Training</td>
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<td>Friday Afternoon 2:00 – 3:30 p.m.</td>
<td>Early Episode Psychosis: Identification and Treatment Presenter: Monica McConkey, LPC; Prairie St. John’s</td>
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<td>Friday Afternoon 2:00 – 3:30 p.m.</td>
<td>Person Centered Thinking &amp; Planning Presenter: Tom Wildes, Lutheran Social Services of MN</td>
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ABOUT THE PRESENTERS

Thursday Morning Keynote-Getting Development Back on Track: A Relationship Perspective
After decades of research we can agree that human development is not the result of nature or nurture but of nature through nurture. This means that all children’s development is affected by the care they get in childhood. We will talk about the process of development, the role of the attachment relationship in regulation and learning, and how a relationship perspective in intervention can restore young children’s healthy developmental trajectories.

Dr. Carol Siegel: Carol is a clinical psychologist in Minneapolis, Minnesota who sees parents and young children in her private practice. Her primary clinical focus is parenting and issues encountered by parents with complex histories. She is a consultant to clinical and home-visiting programs and offers training on infant mental health, home-visiting, trauma, attachment, parenting, and high-risk families. She teaches in the Infant and Early Childhood Mental Health Certificate Program at the University of Minnesota and the Center for Early Education and Development. She is endorsed as a Clinical Mentor (Level IV) in Infant Mental Health through the Minnesota Association of Infant and Early Childhood Mental Health (MAIECMH).

Love, Teaching & Positive Discipline: The Power of Effective Parenting
As a parent you will experience some of life’s best and worst moments. Your role as a parent is to provide love, teach and provide positive discipline. The presenter will argue that “love is not a feeling,” it is a conscious decision to act in another’s best interest. From this concept flows parenting strategies to address behavioral issues, chores, restorative consequences for mistakes kids make and the parent’s role in helping kids internalize values that will serve them well once they leave home and don’t have “external” rules to guide behavior.

Gary Russell: For the past 23 years, Gary has served as Program Director of the Evergreen Shelter Program in Bemidji, MN. The Shelter serves youth ages 9 to 17 who are in crisis, homeless or runaways. The majority of youth served each year present with trauma and related behavior issues. Gary has worked with at-risk children for 26 years, including counseling youth in residential treatment and working with emotionally and behaviorally disturbed youth at Cass Lake/Bena School. Gary double majored in Criminal Justice and Social Work and has a BS from Bemidji State University.

Trends in Opioid Misuse and Abuse
Rates of prescription opioid medication misuse remain high but have leveled out 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. Consequences to public health continue to emerge and require a multi-pronged approach to mitigate the risks associated with opioid misuse, abuse, and addiction.

Kelly Olson, PhD: Ken is the Associate Director of Clinical Affairs at Millennium Health. She is an experienced researcher in molecular neuro-pharmacology, as well as in clinical biology in the areas of mental illness, sleep, adrenal fatigue, inflammatory conditions, and addictions. Dr. Olson has spent the majority of the past 7 years in integrative medicine, helping to improve patient clinical outcomes. She received her Masters of Science in exercise physiology from the University of North Dakota, and her PhD in pharmacology & therapeutics from the University of Manitoba.

Inclusive Communities and ASD for Youth & Families
Inclusive community experiences for children and families impacted by ASD will be explored through an examination of the research and by examining trends nationally and locally. Approaches to building community partnerships will be outlined. The presentation will include a brief overview of traits of ASD; research on inclusive communities and ASD; and real life examples of inclusive communities.

Dr. Camille Brandt, EdD: Camille teaches courses in the Professional Education department at BSU. Her passions include early education, support for families, ASD, and inclusiveness. She has extensive experience working with children and families impacted by disability.

The Road Ahead: Addressing Homelessness in Neurodiverse Populations with FASD
This session will examine the intersection between invisible disabilities including Fetal Alcohol Spectrum Disorders and housing instability and homelessness. Attendees will learn more about the symptoms associated with FASD and community barriers that may put this population at risk for homelessness. It will also discuss innovative models that are being explored to break down barriers for individuals struggling with housing insecurity on the spectrum. The presentation will provide a brief overview of FASD, review the challenges and barriers that often result in barriers to housing, and explore innovative strategies that are being contemplated to break down housing barriers for those with an FASD.

Ruth Richardson, JD: Ruth is the Director of Programs and National Strategic Initiatives for the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS). Ruth has a JD from William Mitchell College of Law and is a community faculty member at Metropolitan State University. She serves on the Minnesota Judicial Branch’s Committee for Equality and Justice, the Minnesota Department of Human Services (DHS) Behavioral Health Planning Council, as co-chair for the DHS council focused on improving African American birth outcomes, and is past Chairperson of the Minnesota Board of Social Work. She is also a member of the National Institute of Health’s Interagency Coordinating Committee on Fetal Alcohol Spectrum Disorders Justice Workgroup.

Youth Suicide: The Challenges & Successes
This interactive presentation will allow you to ask difficult questions, and be trained on how to help young people struggling with undiagnosed, untreated mental illnesses. You will be introduce to the “Hope Squad,” a school based suicide prevention peer-to-peer program that has just come to Minnesota. Learn the latest research about social media and youth suicide across the United States and the challenges in preventing it.
Navigating Government Assistance
This presentation will look at what can help someone qualify for Government assistance, and how to stay qualified. We will examine documentation at the state and county level, and see what impact it can have on when and how to report changes to a client’s case and how to better understand how we as case workers can adjust our case management systems to ensure that clients are better able to advocate for themselves in the government systems they are eligible for. We will look at available resources to locate needed documentation for a variety of Government programs and examine acceptable proofs, and what information is needed to stay eligible for needed programs.

Rob Warmboe: Rob has spent the last 8 years working with at-risk youth in a variety of settings and roles. Rob worked at Evergreen YFS in programs involving chemical dependency and homelessness. In 2015 Rob moved back to the Twin Cities and started working with Government support programs surrounding SNAP and MFIP work. Since 2009, Rob has been involved in LGBTQ issues and he recently completing the 3/40 Blue Print through the University of Illinois-Chicago Jane Addams College of Social Work project.

Resetting the Resilience Compass
Presenters will provide an overview of the research behind the development of the Resilience Compass, which has at its genesis how early 20th century psychologists studied indigenous parenting practices in the Americas, in search of a universal, rather than culturally derived, framework of positive human development. The presenters will take turns stepping out key findings and practices for each of the 6 areas of the Compass. The session will close with giving attendees a chance to use the Compass to craft solutions to their pressing youth work scenarios.

Dr. Porter Coggins, Miriam White, Mary Overlie & Dr. Yongsok Kim: This team of BSU faculty, composed of Dr. Porter Coggins, Miriam White, Mary Overlie & Yongsok Kim, brings decades of experience in working with youth at-risk in schools and residential settings. Our collective passion is to help facilitate communities that keep the expectations high for young people, to allow them to access their full potential.

Thursday Lunch Keynote: Adolescence, Health & Marijuana: Intersections on the Developmental Highway
Adolescence is a period of significant brain development. Research now suggests that the human brain is still maturing during the adolescent years, with changes continuing into the mid-20s. This emerging science provides a useful framework for understanding why adolescence is a vulnerable period for substance use, and more specifically, how marijuana use may contribute to negative health effects for adolescents. The science also informs prevention and treatment programs and practices. The potential effects of adolescent marijuana use on cognitive development and risk for mental illness will be summarized. An overview of prevention and treatment programs and practices will be presented that address adolescent health in general, and marijuana use, in particular.

Ken C. Winters, Ph.D.: Ken is adjunct faculty in the Department of Psychology, University of Minnesota, and a Senior Scientist at the Oregon Research Institute. Dr. Winters retired as a professor in the Department of Psychiatry at the University of Minnesota, where he founded and directed the Center for Adolescent Substance Abuse Research for 25 years. Dr. Winters received his B.A. from the University of Minnesota and a Ph.D. in Psychology (Clinical) from the State University of New York at Stony Brook.

Developmental Strategies and Metaphors in Early Childhood Intervention
This workshop is a follow-up to Carol F. Siegel's keynote address. We will discuss specific developmental strategies and metaphors that practitioners can utilize in their role with young children and/or parents. Case examples will be used to illustrate concepts. Developmental metaphors for regulation, relationship, reciprocity: Tapestry, playing catch, electrical current, channel, code book, dot to dot. Strategies: Plugging in, helper position, creating channel for mind to mind connection, intervention as improv, movie screen and emotional subtitles, rope and tug of war. These will be explained, demonstrated, and applied to case material.

Speaking the “Language of the Heart” - The Power of Emotional Presence and Experience
Amy will provide experiential, in depth exploration of what it means to experience, name, and intervene with emotions. Research on anxiety indicates that labeling emotion is a key factor in anxiety reduction. Attachment concepts describe the quality of consistent (emotional) relating between parent and child. Attunement is about ‘tuning in’ to another’s (emotional) experience. Emotions are the invisible ingredients in the quality of our relationships and our work. This workshop will make these invisible ingredients more visible, provide some phrases that invite emotional exploration and provide hands on practice for ‘naming’ and interventions.

Amy Donnan, MA, LP: Amy is a psychologist with 20 years of experience with children and a life long fascination with emotional mastery, attachment research and playful effective tools to provide healing. She has been a speaker at national and regional events and can be contacted at www.loverymyfeelings.com.
Motivational Interviewing Techniques to Promote Behavior Change

Motivational Interviewing (MI) is a goal-orientated, client-centered communication strategy used for eliciting change talk. MI is particularly useful when helping an individual identify one realistic change (i.e. eating healthier, quitting smoking, mending relationships) and how that change can work within the clients own guidelines. MI is designed to help clients recognize their role in the change as well as what areas might require outside assistance all in a non-confrontational manner. This presentation will introduced participants to the technique, provide examples of appropriate use; allow time for practice, and discussion.

Dr. Wendy Potratz, PhD, CHES: Wendy has a doctorate degree in Public Health with an emphasis in Community Health Education and Promotion. Wendy is also Certified Health Education Specialist. Wendy is the primary faculty in the Community Health Worker Program at Northwest Technical College. Research interests include: Health Literacy, Resiliency, Patient-Provider Communication, and Patient Education.

Brain Injury Basics: Behaviors vs. Symptoms

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.

Zach Tubbs, LSW, CBIS: Zach is the Education and Community Outreach Specialist for the Minnesota Brain Injury Alliance. He travels the state providing brain injury trainings for survivors, and professionals.

Understanding Adverse Childhood Experiences

Understanding ACEs seeks to provide a greater understanding of trauma and the biopsychosocial implications, specifically focusing on neuroscience, adverse childhood experiences, and resilience that impact our community members through their life span. This presentation will provide a foundation of understanding how trauma impacts children's brain development and consequently, their ability to learn, regulate, and manage stress as they age into adulthood. The ACE study will be presented, along with Minnesota specific information. This presentation lays a foundation of understanding for the second presentation for those interested in interventions.

Ashlea McMartin, MS, LPCC & Katrina Gregor, MSW LGSW: Ashlea & Katrina work at Sanford Behavioral Health Center in Bemidji, MN. Ashlea works as a Behavioral Health Supervisor. She is certified in Choice Theory/Reality Therapy. In addition to providing outpatient therapy services, she supervises the Adult Rehabilitative Mental Health Services (ARMH) program and works on the crisis team. For the past 4 years, she has worked primarily with adolescents, adults and families. Katrina works as an Integrated Health Therapist and engages and empowers clients of all backgrounds, meeting them where they are at and walking with them toward whole health.

MN Partnership for Adolescent Health: Priorities and Action Steps to Help Young People THRIVE in MN

Participants will be introduced and explore the MN Partnership for Adolescent Health: Priorities and Action Steps to Help Young People THRIVE in MN strategic call to action plan. Objectives include: Engaging in the Partnership for Adolescent Health in MN, Understanding MN’s priorities for adolescent health and why it matters, Preparing for Action- How does this fit your work? How can you participate in the PAH?

Julie Neitzel Carr: Julie is the State Adolescent Health Coordinator for the MN Department of Health. In her current role she represents MN Adolescent Health with a number of state, regional and national partners. She works with the MN School Based Health Alliance and the It’s That Easy program, a national quality improvement project for adolescent and young adult well child visits. She sits on the National Leadership Team for State Adolescent Health Coordinators, and oversees the MN Partnership for Adolescent Health.

How to Respectfully work with and support LGBTQ Youth

This workshop will provide a brief overview and history of the LGBTQ Rights Movement and community. The workshop will also provide a chance for participants to increase knowledge about how to create safe and affirming places, relationships with LGBTQ youth and how best to advocate for them.

Beth Holger-Ambose, Quisha Stewart & CeMarr Peterson Beth is the Executive Director of The Link which is a youth and adult led nonprofit in north Minneapolis. Quisha & CeMarr also work at The Link. The Link provides three areas of programming: juvenile justice alternative programs, housing and homeless youth services and emergency shelter, housing and services for youth who have been sexually exploited and/or trafficked. Beth has 19 years of experience working with runaway youth and youth who have experienced homelessness and/or sexual exploitation.

Addressing Marijuana Use by Adolescents: Clinical and Public Health Strategies

This presentation is a follow up to Ken Winters' keynote: Marijuana is the most commonly used “illicit” drug by teenagers, and in the U.S., there is a significant trend toward medicalizing and legalizing it. In this context, the presentation will discuss clinical strategies (with a focus on brief interventions and intensive treatment approaches) and public health approaches to address adolescent marijuana use. Organized around adolescent marijuana use, the presenter will provide a clinically-focused, practical break-out session that will focus on (1) an emerging intervention model (SBIRT), (2) keys to more intensive treatment approaches, and (3) public health approaches.
Ethical Dilemmas in Homelessness Work (to receive credit you must sign up at registration & sign in at session)
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.
John Petroskas is the policy lead for General Assistance & Minnesota Supplemental Aid in the Housing Division of the Minnesota Department of Human Services. He has worked on housing and homelessness for 20 years, including 8 years in the Housing First program at Catholic Charities helping men with long histories of homelessness to obtain and maintain housing.

Neurospirituality
Tim will present the latest in neurocognitive science regarding faith, spiritual practices, the impact on the brain, body and life outcomes. Tim will also apply this research to counseling approaches and techniques. Throughout this presentation attendees will have a chance to review research on neurocognitive science regarding spiritual practices, demonstrate several spiritual practices and explore practical applications of spiritual practices in therapy and counseling.
Tim Walsh is the Vice President of Long Term Recovery and Mental Health Services at MN Adult & Teen Challenge. He has been a licensed psychologist since 1998, and has been an executive leader in the fields of chemical dependency, mental health, human services and corrections for over 28 years.

Am I here right now? (avoiding burn-out in youth workers)
Am I here right now? Is a lighter look at the serious issue of burn-out in the helping fields and how positive relationships can improve outcomes. Through the use of personal stories, discussion, and interactive activities participants will identify their strengths, evaluate their motivation, and gain inspiration to continue to do the challenging work in the field.
JoLynn Langaas: JoLynn has experience as a program director at two youth serving nonprofits and 20 plus years of experience in the human services field. JoLynn has a BA in Applied Psychology.

Navigating ACEs: Trauma Informed Interventions for Children
This presentation is a follow up to Ashlea & Katrina’s first presentation Understanding ACEs. Navigating ACEs: Trauma Informed Interventions for Children will address how knowledge on trauma can be integrated into clinical work, including supporting parents, teachers and other community caregivers.

LGBTQ 201: Creating Welcoming and Affirming Spaces
Rob Warmboe will help us examine the importance of how our physical space and presence can cause LGBTQ youth to be closed off and feel threatened. We will look at intentional ways to adjust space and documentation to create an environment that will encourage LGBTQ students to feel comfortable, there-by encouraging youth to open up and seek out the assistance they need. We will offer research based hand-outs on LGBTQ youth issues surrounding issues like mental/physical health, employment/education, and housing stability.

Minnesota’s Safe Harbor Law: How to Identify and Respond to Sexually Exploited and/or Trafficked Youth
This presentation by The Link staff will give an overview of the Minnesota Safe Harbor Law and go into more in depth on topics such as how youth are recruited into sex trafficking, why it is hard for them to “get out of the life”, warning signs that a youth could be sex trafficked and how to respectfully & effectively respond.

FRIDAY:
Friday Morning Keynote: Bipolar Disorder: How Could this Happen to Me and to Those I Love
This presentation will describe bipolar disorder including facts about mood disorders within the context of society. Specific information on age, race, cost, and prevalence of bipolar and other mood disorders will be given based on information from the National Institute of Mental Health. Dr. Bernard will share her personal story and others revealing the “life” of bipolar.
Dr. Kay Bernard, DMIN: Since the mid-seventies, passion has driven my employment choices. With a Masters in Speech/Communication--emphasis Small Group Dynamics from the University of MN and a doctorate from United Theological Seminary of the Twin Cities, I have worked in the chemical dependency field, Executive Director of Chryalis, a Center for Women, hired as a Legislative Assistant to a US senator and ended my sequential work history at Medtronic, the largest pacemaker company in the world.

Basic Sex Trafficking and Exploitation
A basic presentation on what is human trafficking and exploitation. How does enticement and recruitment happen? A very basic overview of trends in northern Minnesota.
Heather Holden is an investigator at the Bemidji Police Department assigned to general investigations, in addition I specialize in human trafficking and exploitation investigations. I grew up in Bemidji, graduated from the University of North Dakota with degrees in Biology and Forensic Science. I am a member of the Minnesota Internet Crimes Against Children (ICAC) Taskforce. I am a certified computer forensic examiner. Since 2015, I have coordinated and been the operational lead on juvenile and adult human trafficking operations in the northwest quadrant of Minnesota.
Safe Harbor in the Storm: Minnesota’s Response to Sexually Exploited Youth
Imagine the mental health needs of youth who are experiencing the trauma of sexual exploitation. Now imagine being a youth needing help but not being able to speak the unspeakable, or connect with professionals who understand. Thankfully, the Minnesota Safe Harbor law has led to the creation of a victim-centered system of response to identify youth victims of sexual exploitation and move them toward recovery and healing. Come and learn about sexual exploitation, how the helping community can join efforts to identify, respond to youth victims with a trauma-informed approach, and become an important part of the Safe Harbor network of care for youth.

Paula Schaefer, Donna Heck, Colbi Ikola & Kaitlyn Beise: Paula is the Safe Harbor Training Coordinator with the Injury and Violence Prevention Unit at the Minnesota Department of Health. She provides training and technical assistance to agencies who provide services for sexually exploited/sex trafficked children and youth. Paula was a consultant for a number of years for the child welfare and juvenile justice systems providing consultation for agencies throughout the U.S and Canada. Paula has worked as a practitioner with children and adolescents in the child welfare and juvenile justice system for many years in community and residential based services. Donna is the Safe Harbor Housing Case Manager at Evergreen Youth & Family Services. Colbi & Kaitlyn work for North Homes CFS.

Path of Purpose: Apply the Ancient Anishinaabe Teachings in Everyday Life and Practice
Everett LaFromboise is a Native Anishinaabe who has gone through recovery and found healing through the Traditional Native teachings and Ceremonies. He has been sober for 6 years and has worked with treatment centers and Behavioral Health for the last 5 years. Through storytelling and teaching Everett will lead you on a journey that will outline the basic Traditional Healing approach to chemical addiction. Participants will gain an understanding of the importance and utilization of The Seven Grandfather Teachings and the Four Sacred Medicines.

Everett has been working in the Human Services field for the last 5+ years. Currently Everett works for Fond du Lac Humans Services. He has participated in countless ceremonies and learned from the Native American Elders and has been working to integrate the Native Teachings into everyday life and professional practice.

Meltdown Management
Meltdowns can be a part of life for some children who struggle with emotional regulation. The presentation of a meltdown will also vary based on the age/stage of the child. This session will cover the stages of a meltdown, ways to cope, and ways to prevent meltdowns in the future for kids of all ages. Participants will leave with information that can be easily implemented.

Barb Stanton, PhD, LPCC, LMFT & Emily Coler Hanson, LMFT, CGP: Dr. Stanton’s clinical work is focused on children and adolescents on the autism spectrum along with their caregivers. With many years of experience, Barb has learned to appreciate the infinite skills and talents of these amazing individuals as well as their struggles to navigate their environment. The focus of her care is on finding how to support people with ASD and similar diagnoses to achieve their highest level of success and gain skills for life. Emily is an approved supervisor through the American Association of Marriage and Family Therapy. She has worked as a therapist for the past ten years and has primarily focused her work on children and adolescents and their families. She has a particular interest in working with children who have experienced trauma, are on the autism spectrum, and prefers a team approach to helping children reach their goals. Her work often takes a strength based approach and is influenced by the Nurtured Heart Approach.

Hope-Healing-Spirit
Dr. Kay Bernard will begin this presentation with a discussion of three healing tools that promote stability. Then a re-definition of inherent “Hope” that can change the course of one’s life will be introduced. From there, the focus will be on problems facing professionals’ groups. The audience will offer problems and the convener will do the same. Ideas for treatment successes will be group centered.

Friday Lunch Keynote: Evidenced Based Practices for Youth with Co-Occurring Disorders
People with mental health disorders are more likely than people without mental health disorders to experience an alcohol or substance use disorder. Early detection and treatment can improve treatment outcomes for individuals with co-occurring disorders. During this session participants will learn how to identify co-occurring disorders and integrate evidenced based practices in a service and clinical supervisory model to best serve their clients.

Tim Walsh is the Vice President of Long Term Recovery and Mental Health Services at MN Adult & Teen Challenge. He has been a licensed psychologist since 1998, and has been an executive leader in the fields of chemical dependency, mental health, human services and corrections for over 28 years.

Ethics and Autism Spectrum Disorders (to receive credit you must sign up at registration & sign in at session)
Barb Stanton & Emily Coler Hanson will present. All professional designations have a code of ethics that must be followed, but some populations of clients may bring up unique ethical challenges. This is true for clients with Autism Spectrum Disorders (ASD) and similar diagnoses. This presentation will highlight various ethical guidelines in relation to ASD clients along the whole therapeutic process from diagnosis to termination. Ethical decisions will be made by merging ethical codes, best practices, and common sense. Case vignettes will also be shared, along with question and answer time for consultation of audience ethical dilemmas.
It's More Than "The Big Talk"
Providing education about sexuality is more important than having "THE BIG TALK", it is a continuous conversation that should take place at all ages and stages with the values you want to share with your child/ young person. For more tips and to build a better understanding of supporting your young person, please attend this interactive workshop. You will be provided with tools and resources to equip you with what you need to have conversations with your teen/ young person about sexuality. This workshop will take some activities out of the It's That Easy Program. We focus on fact and science based information to aid teachers, professionals, and parents in how to support young people around every part of their sexuality. 

Kelsey Schultz: myHealth is a clinic in Hopkins, MN serving teens and young adults age 12-26 for medical and mental health care. myHealth welcomes youth of all races, faiths, cultures, gender identities, sexual orientations and backgrounds. Services are provided in a confidential, non-judgemental, caring and safe environment. Their mission is to improve the health of their community by providing health services and information that supports all teens and young adults in making responsible and well-informed decisions. Their vision is that one day all young people will be educated and empowered to make responsible decisions regarding their health and relationships.

How You Can Help Youth Manage Anxiety
Anxiety is a normal part of the pre-teen and adolescent years, but unmanaged or excessive anxiety negatively impacts youth development. Without proper anxiety management, youth are at risk of poor school performance, missing important social experiences, and engaging in substance abuse or other harmful behaviors. Anxiety is highly treatable, but too often it goes unnoticed and therefore untreated. With proper interventions, you can positively influence the way youth deal with anxiety. This will help them immediately and throughout their lifetime. 

Dr. Lisa Herman PsyD, LP & Dr. Nicole Smith, PsyD, LP: Dr. Lisa Herman is the founder of Synergy eTherapy, an online tele-mental health group practice. She is a Licensed Clinical Psychologist in both Minnesota and New York and has years of clinical experience working with youth and adults who suffer from a wide range of mental health concerns including anxiety disorders. Dr. Nicole Smith is a licensed clinical psychologist in the state of Minnesota and has years of experience working with children, teens, and adults of all ages. Dr. Nicole has worked in a variety of settings including inpatient, outpatient, hospitals, group homes, in-home, and now online!

When Risks Must Be Taken – Rethinking Youth Initiation and Rites of Passage
Adolescence is a critical stage of development during which the brain is bursting into new territory, social and emotional challenges are everywhere, and the young person must step forward to face the whale alone. This presentation explores the role of ancient rite of passage rituals in the lives of the young and the need for elder-supported guidance and initiation. What are the five common elements of tribal rite of passage ritual? Has society relinquished its role in guiding the young? Can we regain and strengthen what has nearly been lost? Have gangs and cliques replaced Elder initiation?

Patricia Jamie Lee, MA: Patricia is a human development specialist with certifications in Neurolinguistic Programming, Heart Math, Developmental Education Specialist and is an ACES Trainer. For the past 35 years Jamie has been working with individuals and organizations to enhance creativity and effective brain-based strategies. Her book, The Lonely Place-Revisioning Adolescence and the Rite of Passage, takes an in depth look at what is missing in American Culture that is keeping our youth from gaining strength and presence as adults.

Early Episode Psychosis – Identification & Treatment
Research indicates that following an individual’s first episode psychosis, treatment is not sought for an average of 74 weeks. This presentation will assist attendees in learning early signs and symptoms of psychosis, discussing psychosis with the affected individual, and effective components of a treatment program. Videos, case studies, and virtual reality tools will be implemented in the presentation to assist attendees in gaining a better understanding of what psychosis feels like.

Monica McConkey, LPC: Monica has worked for over 20 years in the behavioral health field, primarily in Minnesota. Currently she is the Director of Business Development at Prairie St. John's in Fargo, North Dakota where she helped design and implement their new First Episode Psychosis program.

Person Centered Thinking and Person Centered Planning
Participants will be introduced to Person Centered Thinking and Person Centered Planning tools to assist the individuals supported to have a life they desire. This is a fun and interactive presentation. The participants of this session will receive tools to assist them in building stronger teams through the use of proven tools. As teams become stronger the people that you support begin to have lives they desire!

Tom Wildes: Tom is a trained Person-Centered Planner, certified Person-Centered Thinking trainer and Director of Training for Lutheran Social Service of Minnesota. Tom has 30 years of experience working with people with developmental disabilities and other related conditions. He has focused on the vital importance of person-centered supports for individuals the majority of his career.
EVERGREEN YOUTH & FAMILY SERVICES (YFS)
Evergreen Youth & Family Services is a community-based organization committed to strengthening youth and preserving families with an emphasis on those living in northern Minnesota. Each year, Evergreen’s 40+ staff work with more than 2,500 children, teens, young adults and families from our region.

Founded in 1977, Evergreen YFS is the parent organization for the Evergreen Youth Crisis Shelter located at 622 Mississippi Avenue in Bemidji and the Evergreen Youth Services programs located at 610 Patriot Drive NW in Bemidji. Since 2009, the Beltrami County Suicide Education & Awareness Program, the Bemidji Youth Advisory Commission, and the Bemidji Skate & Bike Association have been part of the Evergreen family of programs. For more information or to make a gift, please visit www.evergreenyfs.org.

HOTELS
A block of rooms has been reserved at the Country Inn & Suites at 927 Lake Shore Drive NE, directly adjacent to the Sanford Center. Please contact the hotel at 218-441-4800 to reserve rooms by March 1 to get the $110/night + tax rate. There are a three other hotels in Bemidji within walking distance of the conference site: DoubleTree, Hampton Inn, and Candlewood Suites.

CONFERENCE FACILITY
Evergreen’s 2018 Conference will be held at the Sanford Regional Events Center located on the south side of Bemidji. The Sanford Center is located off First Street SE. Starred in the map below.
### 2018 EVERGREEN CONFERENCE

**REGISTRATION FORM**

**TO REGISTER:** Please visit [www.evergreenyfs.org](http://www.evergreenyfs.org) and click on the Events & Training button and complete the online registration form. You may register online even if you choose to mail in a check. For paper registrations, please print clearly and complete all fields, **ONE form per person.** Please send all registrations from an organization together with contact name and number for payment:

**REGISTRATION INCLUDES:** Conference attendance, breakfast, lunch and beverages throughout the day.

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**PARTICIPANT NAME:** ___________________________________________________________________________

(as you wish it to appear on your CEU certificate)

**ORGANIZATION NAME:** _________________________________________________________________________

**MAILING ADDRESS:** __________________________________________________________________________

**CITY/STATE/ZIP:** ____________________________________________________________________________

**EMAIL:** ___________________________________________________________________________________

Note: Conference communication will occur primarily via email. Please check your spam filter as emails may end up there.

**PHONE:** ___________________________________________________________________________________

**MEALS:** To help us with accurate meal counts, please indicate which meals you will share with us at the conference.

- I will eat Breakfast on Thursday  Yes  No
- I will eat Breakfast on Friday   Yes  No
- I will eat lunch on Thursday     Yes  No
- I will eat lunch on Friday       Yes  No
- I am vegetarian                  Yes  No
- I am gluten free                 Yes  No

**PAYMENT:** ___ CHECK  ___ PURCHASE ORDER (I would like an invoice ____)

Please mail registrations & make checks payable to: Evergreen Youth & Family Services

PO Box 662, Bemidji, MN 56619

*Payment preferred by March 1, 2018*

**REGISTRATION QUESTIONS?** Please contact registrar: Kari Bloomquist at 218.441.4562 or kbloomquist@evergreenyfs.org (please check your spam filter as emails may end up there)

**HANDOUTS** are available on our website for you to print as needed and bring with you if you wish.

**CONFIRMATION** will be sent upon receipt of registration, please allow 5 business days.

**CANCELLATIONS** Substitute registrants may be designated at any time please contact Registrar in writing. Cancellations must be submitted in writing to the Registrar by March 1, 2018. If you cancel by March 1, 2018, you may receive a refund less a $35 processing fee. Cancellations after March 1, 2018 or failure to attend without notice of cancellation will result in a charge of the full conference fee. As we have absorbed all related costs, we are not able to make exceptions to this policy. We are not able to give refunds or credits for partial attendance.

**WHAT ABOUT BAD WEATHER?** Winter weather cancellations will follow MNSCU/Bemidji State University schedule in Bemidji. If the conference is cancelled due to weather, it will be re-scheduled, we will notify participants of the new date.
WHY YOU WILL ENJOY ATTENDING EVERGREEN'S 2018 CONFERENCE:

♦ The cheapest way to get 12 CEUs and have a great time doing it!
♦ Return to your job/family with inspiration and new tools!
♦ Hear experiences relevant to our community, while also benefiting from state and national speakers.
♦ Learn from and network with colleagues.
♦ Preview great speakers who you can invite to your organization.
♦ No need to travel to St. Cloud or the Twin Cities!
♦ Great Food! Seated Massage! Vendor & Display Tables!

VENDORS INCLUDE:
HAZELDEN BETTY FORD GRADUATE SCHOOL OF ADDICTION STUDIES    JOB CORPS/CHP INTERNATIONAL
KINDRED FAMILY FOCUS    MN DEPARTMENT OF HEALTH
KNOW THE TRUTH    NORTH HOMES CHILDREN & FAMILY SERVICES
MILLENIUM HEALTH    NORTHERN DENTAL ACCESS CENTER
MINNESOTA ADULT & TEEN CHALLENGE    NYSTROM & ASSOCIATES
MINNESOTA ORGANIZATION ON FETAL ALCOHOL SYNDROME    RED RIVER BEHAVIORAL HEALTH