



2009 EVERGREEN HOUSE ANNUAL CONFERENCE: STRENGTHENING YOUTH AND PRESERVING FAMILIES: CONFRONTING THE EPIDEMIC OF ALCOHOL AND DRUG ABUSE



11.5 Continuing Education Units for the full Two-Day Conference
The Bemidji State University Social Work Program will issue CEU certificates.

When: Thursday, March 26, 2009 & Friday, March 27, 2009
(9:00 a.m. – 5:00 p.m.) (8:30 a.m. – 3:30 p.m.)

Where: First Lutheran Church, 9th St. & Bemidji Ave. (Downtown Bemidji)
Bemidji, MN 56601

Check Out Our New Seminar Line-Up for 2009!

Conference Overview:

In 2009, we have a special focus on alcohol and drug abuse and related youth violence. The purpose of our annual conference is to bring together youth-serving professionals and parents to share information, network, and learn from each other. Presenters and participants will share their understanding of the problem and discuss real-world solutions being implemented with families and communities locally and statewide. Our presenters are passionate about their topics and many will share their personal stories and experience along with their professional expertise.

Alcohol and Drug Abuse has been called the number one public health threat in the U.S. It is urgent that our communities move forward proactively as personal and societal costs are sky rocketing while public resources to tackle the issue rapidly decrease. The costs of alcohol and drug abuse include: youth and parent deaths due to overdose, accidents and suicide, injury, disabilities and life-long health problems, DUIs, sexual assault, family violence, family conflict that leads youth to leave home, child abuse and neglect and out-of-home placements, birth defects that lead to learning difficulties and long-term health challenges, and high truancy and drop-out rates.

Locally, in northwest and north central Minnesota, Evergreen staff witness the devastating toll alcohol and drug abuse take on youth and families on a daily basis. Although alcohol and drug abuse is an equal opportunity threat, it has disproportionately impacted high poverty communities, as well as Native American communities, due to the history of land conquest and the reservation system in the U.S.

Who should attend? This conference is intended for youth organization staff, tribal department staff, teachers and paraprofessionals, county child protection and human services staff, social workers, Rule 25 assessors, probation officers, mental health professionals, parents, and others working with children, youth, and families. The conference is also appropriate for: ATOD prevention and treatment professionals, public health professionals, health educators, prevention coalition staff, prevention project directors, and other concerned community members and leaders.

**Co-Sponsored by – Beltrami County Commissioners
Bemidji State University Social Work Program
Drug-Free Coalition of North Central Minnesota**



*Tell me... I'll forget. Show me... I may remember.
Involve me... I'll understand.*

Chinese Proverb

About the Presenters:

Andrew's Empty Shoes/Jerry & Cathy Osterloh. Jerry and his wife Cathy speak from a parent's perspective about their son's addiction and death. They describe their son's experience of being bullied, his depression, and his subsequent addiction to drugs. "I'm not a professional speaker. I'm just a dad and a businessman," says Jerry. The Osterlohs frankly discuss their denial and ways they believe they were naïve and enabled their son. Based on many national and local public speaking experiences, the Osterlohs are convinced that many professionals don't understand what parents are dealing with when their children are addicted. They speak in the hope that other parents and youth-serving professionals can learn from their mistakes. Their public speaking is a legacy to their son, and they want to make a difference.

Planning for Adulthood: Transitioning Skills and Resources for Teens and Foster Parents/

Michelle Chalmers, MSW/LISW. As a 'graduate' of foster care, Michelle is passionate about the need for system reform and the critical role that young people can play in leading child welfare to more effective, youth-focused practices. Michelle has professional experience with older youth in care and adoption and a commitment to make permanency efforts successful with teens. She has provided direct service and leadership. Michelle worked for a Minnesota Department of Human Services demonstration project, funded by the Children's Bureau. The Homecoming Project, resulted in 51% of youth referred to the Project joining permanent families. Michelle is currently a co-CEO of Ampersand Families, which recruits and supports permanent families for older youth, and champions practices in adoption and permanency that restore belonging, dignity and hope.

Teens are often under the belief that once they turn eighteen, they will all of a sudden have all of the skills and relationships necessary to begin a successful adult life. Unfortunately, Minnesota and national outcomes for youth aging out of care show a picture of youth who struggle and often end up in desperate and dangerous situations upon leaving care. Foster parents can help improve the long term outcomes for teens in their care by knowing and helping youth access resources designed to support the transition of teens from foster care. Foster parents are often the most effective people in helping youth learn to advocate on their own behalf. This session will provide ideas and concrete tools and is for providers and youth in care to attend together to work on future planning. **Youth in care are invited to attend this session together with their foster care providers.** This is a special all-day Thursday workshop.

Best Practices for Children Living in Addicted Families from the Minnesota Children's Justice Initiative/Jackie Crow Shoe.

Jackie is a Social Service Program Consultant with Minnesota's Department of Human Services, Child Safety and Permanency division, providing management to the Children's Justice Act grant, which provides training to improve the handling of child maltreatment cases. Jackie has worked as the lead for the Children's Justice Initiative-Alcohol and Other Drug Project, and as the Departments representative. This project began in early 2005 to enhance the capacity of the child welfare, chemical health and court systems and to further develop cross-systems partnerships and improve practices. Prior to coming to the state Jackie worked as a Child Welfare Worker for six years with the Shakopee Mdewakanton Sioux Community and served as a Director with the Indian Child Welfare Program at the Minneapolis American Indian Center. Jackie has fifteen years of experience in the fields of domestic violence, sexual assault, and legal services as a director and consultant. She is an enrolled member of the Turtle Mountain Band of Chippewa Indians in North Dakota.

About Evergreen House, Inc.

Evergreen House is a community-based organization committing to strengthening youth and preserving families with an emphasis on those living in northern Minnesota. Each year, Evergreen staff work more than 1,500 children, teens, young adults, and families. Founded in 1977, Evergreen House, Inc., is the parent organization for the Evergreen Shelter, the Evergreen Shelter, and the Evergreen Youth Recovery House. In early 2009, the Beltrami County Suicide Prevention Program relocated from Healthy Community, Healthy Kids to the Evergreen Shelter.

We will be known forever by the tracks we leave.

Native American Proverb

About the Presenters continued

The Healing Forest Model/Marlin Farley. Marlin is from the White Earth Reservation in northwest Minnesota. He has over 27 years of experience in working in the fields of adolescent treatment of emotional/behavioral disorders, family based social work, chemical dependency, restorative justice practices and as a trainer/consultant in the wellness field. He is the president of Black Stone Consulting. Blackstone Consulting is dedicated to helping individuals, organizations and communities find solutions for positive change. Farley is a board member and trainer for White Bison Inc. and is a leader in the national Wellbriety Movement of the Ojibwe. To combat the epidemic of underage drinking, he believes it is important to “make it attractive through the culture for kids to not start drinking” as well as providing 12 step programs for intervention. In his words, “Kids are hungry for culture.” In the Thursday keynote address, Marlin will discuss the significant reduction in juvenile crime that the Wellbriety Sons and Daughters of Tradition model has helped achieve on White Earth. Marlin is also passionately committed to the concept that the entire community must change. He says “Adults must change how they think and behave, otherwise youth won’t follow.” This community change concept will be discussed in his session on “The Healing Forest Model.”

Underage Alcohol Use is Not a Rite of Passage/Jay Jaffee. Jay is the Chemical Health Coordinator at the Minnesota Department of Health. He has served in that position for the past 14 years. He has been in the chemical health field for 30 years - working for schools, communities, and for the state. Jay’s presentation is intended for parents, decision-makers and prevention advocates, and other community members. It is designed to counter the misinformation and misperceptions about both underage alcohol use and high-risk drinking by young adults. These misperceptions and misinformation enable drinking behaviors that cause harm to too many young people. Adults often refer to their own experiences and do not realize that youth and young adults today may have significantly different drinking practices. Jay has a particular concern about arguments in favor of lowering the legal drinking age that are framed as an attempt to reduce harm to young adults and to teach them how to drink responsibly. Jay’s presentation uses data, true stories and pictures to counter the following arguments: “We drank when we were young - kids will be kids,” “Underage drinking is a rite of passage,” “Our laws are too Puritanical – the drinking age should be lowered,” “Young people would be okay if they could drink in a safe setting like a bar,” “European countries have it right with their lower drinking ages,” “If they are old enough to fight for their country, they are old enough to drink,” and “At least they’re only drinking alcohol.”

Youth Cultural Identity in a Modern, Mobile World/Dada Maglajlic. Dada is a Professor of Social Relations and Services at Bemidji State University. She completed B.A. at the University of Zagreb (founded in 1666) in Croatia. As a Fullbright Scholar, she earned a masters degree in psychology and counseling from Michigan State University. Dada was a member of the International Association for Cross-cultural Psychology for 25+ years. She has participated in specialized training and research in the field of human diversity and intercultural communication. Dada has consulted and lectured for UNICEF, the World Health Organization’s Mental Health Division, other United Nations agencies, and the European Council.

Dada’s presentation begins with the understanding that enduring cultures of the world have provided a deep rootedness for growth and development. Psychological integrity depends very much upon the degree to which we identify with our origins; the degree to which we feel linked to our genealogical roots. One must know who s/he is in order to value one’s self. Dada asks us to consider: Where are children going to answer these fundamental questions in the 21st century? What happens when children draw from virtual worlds’ of media and video-games? How will children be affected when separated from their genetic parent(s) and consequently their genealogical, social and cultural roots due to processes such as adoption, parental divorce/separation, donor insemination, single parenthood by choice and child trafficking?

Train Locally! This conference is a great staff development tool designed to give staff both new tools and inspiration to return and give their best on the job. Save gas (and maybe hotel) costs with training in your region. Avoid a 5+ hour drive to the Twin Cities!



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**SPECIAL CONFERENCE SESSION –
THURSDAY, MARCH 26, 2009**

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| **Special Thursday Session** 10:45 a.m. – 5:00 p.m. | Planning for Adulthood – Transitioning Skills for Teens and Foster Parents Presenter: Michelle Chalmers, MSW, LISW, Ampersand Families |
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**The Thursday special session is recommended for all foster, adoptive and kinship providers and the youth in their care, as well as ICWA workers, foster care agency staff, and county case managers. Participants will join the larger group for the morning and lunch keynotes.

THURSDAY, March 26, 2009 SCHEDULE

| SESSION TIME | TITLE & PRESENTER |
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| Registration 8:00 a.m.-9:00 a.m. | Registration/Continental Breakfast/Opportunities to browse display tables |
| Opening Welcome 9:00-9:30 | Conference Welcome |
| Opening Keynote 9:30 a.m. – 10:30 | Keynote: Andrew’s Empty Shoes: Parents Speak About their Son’s Addiction Presenters: Jerry & Cathy Osterloh, Pine River, MN |
| **Special Thursday Session** 10:45 – 5:00 p.m. | Planning for Adulthood – Transitioning Skills for Teens and Foster Parents Presenter: Michelle Chalmers, MSW, LISW |
| Thursday Morning 2nd Session 10:45 – Noon | Adapt Your Approach, Change the Outcome: Fetal Alcohol Spectrum Disorder & Adolescents Presenter: Sue Terwey, Minn. Org. on Fetal Alcohol Syndrome |
| Thursday Morning 2nd Session 10:45 – Noon | The Children’s Justice Initiative Best Practices Tool Kit for Children Growing Up in Addicted Families Presenter: Jackie Crow Shoe, Minn. DHS/Child Safety & Permanency Div. |
| Thursday Morning 2nd Session 10:45 – Noon | Preventing Suicide in Minnesota: Effective Public Health Strategies for Your Community Presenters: Dr. Phyllis Brashler, Ph.D., Minn. Dept. of Health & Stephanie Downey, Headwaters Alliance for Suicide Prevention |
| LUNCH Noon – 1:30 p.m. | Developing Sources of Cultural Strength in Youth Presenters: Marlin Farley, Wellbriety Movement of the Ojibwe and Staff from Oshki Manidoo (New Spirit Center) |
| SHORT BREAK 1:30 p.m. – 1:45 p.m. | Browse display tables, network, enjoy a seated massage (\$1 per minute). |
| Thursday Afternoon 1st Session 1:45 p.m. – 3:15 p.m. | The Healing Forest Model: A Discussion with Marlin Farley Presenter: Marlin Farley, Wellbriety Movement of the Ojibwe |
| Thursday Afternoon 1st Session 1:45 p.m. – 3:15 p.m. | Youth Toxic Solvent Abuse Presenter: Gary Russell, Evergreen Shelter |
| SHORT BREAK (3:15 – 3:30) | Browse display tables, network, enjoy a seated massage (\$1 per min.) |





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THURSDAY, March 26, 2009 SCHEDULE (continued)

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| Thursday Afternoon 2nd Session 3:30 p.m. – 5:00 p.m. | Preventing Suicide in Minnesota: Effective Public Health Strategies for Your Community Presenters: Dr. Phyllis Brashler, Ph.D., Minn. Dept. of Health & Stephanie Downey, Headwaters Alliance for Suicide Prevention |
| Thursday Afternoon 2nd Session 3:30 p.m. – 5:00 p.m. | Best Practices in Adolescent Alcohol and Drug Treatment Presenter: Randy McKain, M.Ed., Evergreen Youth Recovery House |
| Thursday Afternoon 2nd Session 3:30 p.m. – 5:00 p.m. | The Children’s Justice Initiative Best Practices Tool Kit for Children Growing Up in Addicted Families Presenter: Jackie Crow Shoe, Minn. DHS/Child Safety & Permanency Div. |
| Thursday Afternoon 2nd Session 3:30 p.m. – 5:00 p.m. | What’s Love Got to Do With It: Teen Dating Relationships Presenter: Gary Russell, Evergreen Shelter |

FRIDAY, March 27, 2009 SCHEDULE

| SESSION TIME | TITLE & PRESENTER |
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| Friday Morning 8:00-8:30 a.m. | Registration/Continental Breakfast |
| Friday Morning 8:30 – 10:00 a.m. | Keynote: “From Under A Dark Cloud: The Journey of Recovery After Youth Sexual Assault” Presenter: Deb McGregor-Phleger, Author & Speaker |
| SHORT BREAK 10:00 – 10:15 a.m. | Browse display tables, network, enjoy a seated massage (\$1 per minute). |
| Friday Morning 2nd Session 10:15 a.m. – Noon | Adapt Your Approach, Change the Outcome: Fetal Alcohol Spectrum Disorder & Adolescents Presenter: Sue Terwey, Minn. Org. on Fetal Alcohol Syndrome |
| Friday Morning 2nd Session 10:15 a.m. – Noon | Youth Cultural Identity in a Modern, Mobile World Presenter: Dr. Dada Majlajlic, Bemidji State University/Social Work Dept. |
| Friday Morning 2nd Session 10:15 a.m. – Noon | Best Practices in Adolescent Alcohol and Drug Treatment Presenter: Randy McKain, M.Ed., Evergreen Youth Recovery House |
| Friday Morning 2nd Session 10:15 a.m. – Noon | Youth Toxic Solvent Abuse Presenter: Gary Russell, Evergreen Shelter |
| LUNCH PROGRAM Noon – 1:45 p.m. | Alcohol is Not a Rite of Passage Presenter: Jay Jaffee, Minn. Dept. of Health |
| SHORT BREAK 1:45 – 2:00 p.m. | Browse display tables, network, enjoy a seated massage (\$1 per minute). |
| Friday Afternoon 2:00 – 3:30 p.m. | Real World Behavioral Strategies for ADHD Kids Presenter: Cynthia Rollo-Carlson, MSW, LICSW |





About the Presenters continued

From Trauma to Recovery: Understanding Youth Sexual Assault/Deb Phleger. Deb is a local author and motivational speaker. In her Friday morning keynote, she will share her story of violent sexual assault as a teenager and her eventual recovery. Deb's story describes years of pain, satanic worship, alcohol and drug abuse, and suicidal ideation. She also shares a survivor's powerful message of forgiveness. Her story is shared at the Evergreen Conference to help us better understand how to compassionately and professionally help youth.

Best Practices in Adolescent Alcohol and Drug Treatment/Randy McKain, M.Ed. Randy is the Program Director of the Evergreen Youth Recovery House. He has 20 years of experience working with youth and parents in schools, church settings, and residential treatment programs. His educational background is in counseling and school psychology. He has a passion for working with youth and is a strong proponent of constructive strategies for getting positive behavior from kids. He will present on Best Practices in Adolescent Alcohol and Drug Treatment.

Youth Toxic Solvent Abuse & What's Love Got to Do With It?/Gary Russell. Gary Russell brings a social work (B.S.) and criminal justice (B.S.) background to his role as Program Director at the Evergreen Shelter, where he has worked for nearly 15 years. Gary is a gifted trainer and brings experience working with hundreds of youth each year to his topics: "Understanding Solvent Abuse/Inhalants/Huffing" and "What's Love Got to Do With It: Teen Dating Relationships."

Fetal Alcohol Spectrum Disorder and Adolescents/Sue Terwey, M.S. Sue is a Program Manager at the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS), where she works collaboratively with other community based agencies to create and provide services tailored to better meet the needs of individuals and families living with Fetal Alcohol Spectrum Disorder (FASD). Sue has worked in the FASD field for the past 6 years. She oversees the MOFAS' statewide work in the areas of Diagnosis, Intervention and Family Support, Public Awareness, Professional Education & Training, and Six grants funded by MOFAS. Sue has an M.S. in Community Counseling and spent 15 years as a Treatment Foster Care Provider (parenting 25 children). She also worked in Special Education EBD classrooms. This workshop will explain basic brain functioning in relation to FASD brain damage. Participants will learn how to improve problematic behaviors and gain knowledge about protective factors and treatment options. Discover how to adapt your approach and change the outcome!

Preventing Suicide in Minnesota: Public Health Approaches/Phyllis Brashler, Ph.D. Phyllis Brashler is the Suicide Prevention and Primary Mental Health Coordinator at the Minnesota Department of Health. Prior to joining MDH, she coordinated program activities and provided research support for the National Center on Domestic Violence, Trauma & Mental Health in Chicago, IL. She has also worked with schools and community-based organizations to develop and implement dating and domestic violence prevention programs. She has a Ph.D. in sociology from Northeastern University in Boston, MA. In this workshop, participants will learn about suicide in Minnesota and the public health approach to suicide prevention. Information will include trends and statistics; risk and protective factors; and proven effective prevention strategies for reducing suicide, including appropriate gun safety & storage. Participants who attend the workshop will gain an understanding of what they can do to prevent suicide in their communities and how to develop effective prevention programs. Workshop attendees will also learn about other local and state existing resources for information & assistance, and will have an opportunity to ask questions and interact with the presenters.

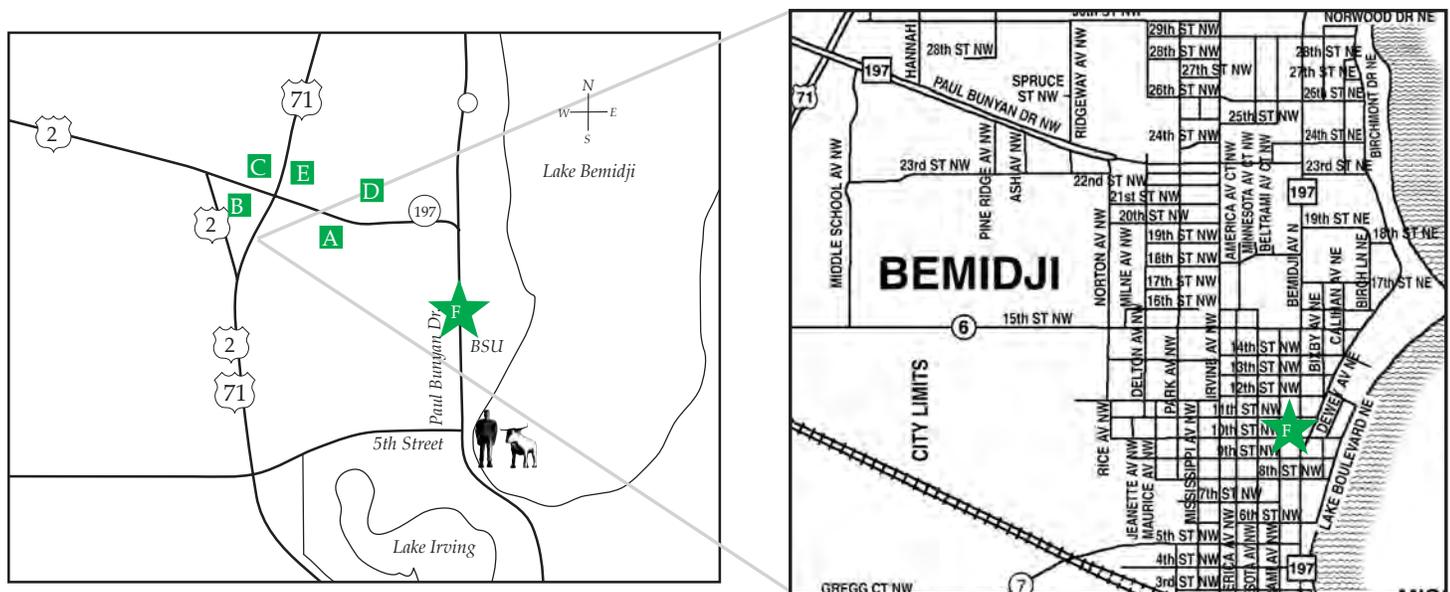
Preventing Suicide in Minnesota: Public Health Approaches Stephanie Downey. Stephanie is the Suicide Prevention Coordinator in Beltrami County and works closely with the Headwaters Alliance for Suicide Prevention. She holds a B.S. in Criminal Justice and has 20+ years of experience working directly with youth in a chemical and mental health treatment center. Stephanie and a local panel of professionals involved in suicide prevention will share their perspective on what's working in the Greater Beltrami Area.

About the Presenters continued

Real World Behavioral Strategies for ADHD Kids/Cynthia Carlson, MSW, LICSW. Cynthia Carlson is a Licensed Alcohol and Drug Counselor, Certified in Thanatology (grief and loss), and is a Board Certified Professional Christian Counselor. She currently has a private practice in Walker, MN, teaches at Bemidji State University, and evaluates grant programs. She has a Masters in English and is a published poet. She has worked with families along with their children/adolescents for the past 22 years in a variety of settings including programs for crisis intervention, sexual abuse, outpatient mental health, and school settings. Cynthia has a particular interest in working with ADHD children and teens. She was diagnosed with ADHD at age 3 in 1965. (At that time the diagnosis was called minimal brain dysfunction) and she was put on Ritalin.

Cynthia will look at two different scenarios to help participants understand how ADHD youth think. Zach, 9 years old, sits in back of the classroom, seems to be staring off in space, doodles a lot in his notebook, and when asked a questions, he usually answers with, “huh?” or cracks a joke. Funny thing is that his teacher thinks he is cheating on tests because he does so well. The teacher wondered if he had ADHD but his parents say it can’t be so since he can sit for hours at a time playing video games and sits very still for that. Michelle, 16, on the other hand, squirms in her seat, interrupts other classmates, talks out of turn with unrelated comments, and her locker is totally disorganized. She does great in sports but when it comes to class work, she has trouble studying or finishing her work. She often gets it done but doesn’t even turn it in. She lost her cell phone 5 times already this year and regularly loses her car keys. This session will address ADHD and how it is manifested differently when a child is inattentive or hyperactive. It will also discuss “out of the mainstream” tools and techniques that have been effective.

Conference Facility: The conference facility is the First Lutheran Church at 9th St. and Bemidji Ave. in downtown Bemidji. (★ on the map below.) Please note that the First Lutheran Church is the conference venue only. The Church is not a conference sponsor and does not necessarily endorse conference content. For emergencies only, the phone number at First Lutheran Church is: (218) 444-5302 . This is a handicap-accessible facility.



Hotels – There are a variety of hotels in Bemidji within 5-10 minutes of the conference site:

- A** AmericInn - (218) 751-3000 or 800-634-3444
1200 Paul Bunyan Drive, NW
- B** Best Western – (218) 751-0390
2420 Paul Bunyan Drive

- C** Comfort Inn – (218) 444-7700
U.S. Highway 2 West, Bemidji

- D** Holiday Inn Express – (218) 751-2487 or 1800-HOLIDAY
2422 Ridgeway Ave., NW

- E** Super 8 – (218) 751-8481 or 800-800-8000
1815 Paul Bunyan Drive, NW



Evergreen House, Inc.
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www.evergreenhouse.org.

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Here's what 2008 Conference Participants Told Us:

"I've been to all three Evergreen conferences. This was the best ever conference with excellent keynotes"

"I had the choice this year to go to the Evergreen Conference or to MSSA. I definitely made the right choice!"

"You are doing a great job!"

"Great conference, very good information"

And, most important, *"Great coffee and traveling cups."*

Contact Us: Mail completed registration and full payment to: Evergreen House, Inc., PO Box 662, Bemidji, MN 56619-0662, Attn: Brad Godwin, Registration Coordinator. Or fax your registration to (218) 751-8070, Attn: Brad Godwin. For additional information call (218) 751-8223, x121. E-mail registration to: bgodwin@evergreenhouse.org

Confirmation and Cancellation: Confirmation will be sent upon receipt of registration. Please allow 5 days for confirmation. Substitute registrants may be designated at any time, but we will need 10 days notice for those requesting a CEU certificate from the BSU Social Work Department. We respectfully request that cancellation requests be made in writing. A \$15 per person processing charge will be assessed for all cancellations.

Cancellations must be submitted before March 13. If you cancel, you may send a substitute or receive a refund less a \$15 processing fee. Cancellations after March 13, 2009, 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, please do not request exceptions to this policy. No refunds or cash credits for partial attendance will be given.

Winter weather cancellations will follow MnSCU – Bemidji State University in Bemidji. If the conference is cancelled, it will be re-scheduled for 4-6 weeks later; we will notify participants of the new date.

Share your work (ideas, good things happening in your work-place, etc.).

Bring your business cards and brochures about your program or agency.....Network!! Network!! Network!