2012 EVERGREEN 7th ANNUAL CONFERENCE: STRATEGIES AND TOOLS TO PROMOTE HEALTHY YOUTH, FAMILIES, & COMMUNITIES

Co-Sponsored by: Bemidji State University Social Work Program

When: Thursday, March 29 (9:00 a.m.-5:00 p.m.) Registration opens at 8:00 a.m.
and Friday, March 30, 2012 (8:30 a.m.-3:30 p.m.) Registration opens at 8:00 a.m.

Where: Calvary Lutheran Church - Bemidji, MN 56601
2508 Washington Ave. South (also known as Hwy. 197, which becomes Hwy. 71 just a mile south of the church)
Calvary Lutheran is a new venue for 2012 that can accommodate a larger group and has bigger breakout rooms.

Check out our new seminar line-up for 2012 (pages 2 & 3)!

- Healing the Wound: The Family's Journey through Chemical Dependency
- Diagnosing & Treating Organic Brain Injury, FASD, and Other Complex Issues
- Bullying Intervention: The Essential Role of Parents & Community Members
- Understanding Childhood Trauma: Research from the Adverse Childhood Experiences Study
- Ethical Issues in Youthwork
- Project Graduate: Encouraging 100% Graduation
- Suicide 101 & Safety Planning
- Substance Abuse Prevention on a Dime: Resources for Your Community
- Organizational Skills to Help You Manage Stress and Promote Health
- And Much More! See pages 2 & 3 inside for the complete two-day schedule.

Conference Overview

Evergreen's annual conference brings together youth-serving professionals and parents to network and learn from each other. In 2012, we have a special focus on drug and alcohol prevention and intervention, as well as related issues of FASD, bullying, childhood trauma, and low high school graduation rates. Because multiple strategies are often required for effective intervention, the 2012 Evergreen Conference will discuss whole family involvement in treatment, powerful parenting roles, teaching strategies, and proactive interventions that can positively impact our work. Presenters and participants will 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.

Who should attend?

This conference is intended for parents, youth organization staff, tribal staff, teachers and paraprofessionals, faith-based staff, county child protection and human services staff, social workers, Rule 25 assessors, probation officers, mental health professionals, and others working with children, youth, and families.
# 2012 EVERGREEN 7th ANNUAL CONFERENCE:
STRATEGIES AND TOOLS TO PROMOTE HEALTHY YOUTH, FAMILIES, & COMMUNITIES

**THURSDAY, March 29, 2012 SCHEDULE (6 CEUs)**

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<thead>
<tr>
<th>SESSION TIME</th>
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<tbody>
<tr>
<td>Registration (8:00 a.m.-9:00 a.m.)</td>
<td>Registration/Continental Breakfast/Browse Display Tables</td>
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<tr>
<td>Opening Welcome (9:00-10:30)</td>
<td>Conference Welcome &amp; Opening Keynote: My Struggle with Opiate Addiction. Presenter: Dick Beardsley, Dick Beardsley Foundation</td>
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<tr>
<td>Thursday Morning 2nd Session (10:45-Noon)</td>
<td>What Substances Can Area Students Get their Hands On in our Local Community? Presenters: Amy Shimkus and Jessica Scott, LADCs with Bemidji Area Program for Recovery</td>
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<td>Thursday Morning 2nd Session (10:45-Noon)</td>
<td>safeTALK (Part I): Suicide Alertness for Everyone/Tell, Ask, listen, and Keep Safe. Presenters: Gretchen Domek, HSI Crisis Connection and Mary Brooks, MS, Canvas Health. <em>Note: This is the first half of a two-part presentation that continues after lunch. Participants should plan to attend both sessions.</em></td>
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<td>Thursday Morning 2nd Session (10:45-Noon)</td>
<td>Diagnosing &amp; Treating Organic Brain Injury, FASD, and Other Complex Issues. Presenter: Deonne M. Pansch, MSW, LICSW, Leech Lake Tribal Courts</td>
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<tr>
<td>Thursday Morning 2nd Session (10:45-Noon)</td>
<td>Compassionate Communication: Transforming Conflict &amp; Communication. Presenters: Sue Liedl and Brooke Wichmann, Peacemaker Resources. <em>Note: Maximum of 30 participants: Must sign-up at the registration table.</em></td>
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<tr>
<td>LUNCH Noon – 1:30 p.m.</td>
<td>Synthetic Marijuana, Synthetic Stimulants and Other Lesser Known Drugs of Abuse. Presenter: Jay Jaffee, Minn. Dept. of Health</td>
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<tr>
<td>SHORT BREAK (1:30 p.m. – 1:45)</td>
<td>Network, Browse display tables &amp; network. Enjoy a seated massage ($1 per minute).</td>
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<tr>
<td>Thursday Afternoon 1st Session (1:45–3:15)</td>
<td>Empowering Parenting: Helping Parents Manage Behavior and Teach Children To Internalize Values. Presenter: Gary Russell, Evergreen Shelter Program</td>
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<tr>
<td>Thursday Afternoon 1st Session (1:45–3:15)</td>
<td>safeTALK (Part 2): Suicide Alertness for Everyone/Tell, Ask, listen, and Keep Safe. Presenters: Gretchen Domek, HSI Crisis Connection and Mary Brooks, MS, Canvas Health. <em>Note: This is the second half of a two-part presentation that started Thursday morning. Participants should plan to attend both sessions.</em></td>
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<td>Bullying Intervention: The Essential Role of Parents &amp; Community Members. Presenter: Cathy Perry, Respect Awareness Project/Servant Hearts</td>
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<tr>
<td>SHORT BREAK (3:15 – 3:30)</td>
<td>Browse display tables &amp; network. Enjoy a seated massage ($1 per min.)</td>
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<tr>
<td>Thursday Afternoon 2nd Session (3:30–5:00)</td>
<td>On the Other Side of Hope: One Woman’s Story of Overcoming Sexual Abuse by the Clergy. Presenter: Leanne Jaskowiak</td>
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<td>Thursday Afternoon 2nd Session (3:30–5:00)</td>
<td>Organizational Skills to Help you Manage Stress &amp; Promote Health. Presenters: Tammy Schotzko, NAPO, Let’s Clean House and Jenn Anderson, Evergreen Youth &amp; Family Services</td>
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# 2012 EVERGREEN 7th ANNUAL CONFERENCE:
STRATEGIES AND TOOLS TO PROMOTE HEALTHY YOUTH, FAMILIES, & COMMUNITIES
FRIDAY, March 30, 2012 SCHEDULE (5.5 CEUs)

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<td>Friday Morning (8:30 – 10:00 a.m.)</td>
<td>Healing the Wound: The Family’s Journey Through Chemical Dependency. Presenter: Matt Karayan, MA, LADC, New Beginnings at Waverly, Minn.</td>
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<td>Browse display tables &amp; network. Enjoy a seated massage ($1 per minute).</td>
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<tr>
<td>Friday Morning 2nd Session (10:15 – 12:15)</td>
<td>Ethical Issues in Youthwork. Presenter: Rebecca Hoffman, MSW, LISW, Evergreen Youth &amp; Family Services. <strong>Note: 2 Ethics Credits/CEUs for licensed social workers available.</strong></td>
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<tr>
<td>Friday Morning 2nd Session (10:15-12:15)</td>
<td>Suicide 101 &amp; Safety Planning. Presenter: Mary Brooks, M.S., Canvas Health &amp; Crisis Connection (Note: 30 Participants maximum; sign-up at Registration.)</td>
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<tr>
<td>Friday Morning 2nd Session (10:15-12:15)</td>
<td>Project Graduate: Encouraging 100% Graduation. Presenter: Dr. John Eggers, WowTeaching Creations</td>
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<td>Friday Morning 2nd Session (10:15-12:15)</td>
<td>Youth Toxic Solvent &amp; Inhalant Abuse: Building Your Knowledge Base &amp; Intervention Toolbox. Presenter: Gary Russell, Evergreen Shelter Program</td>
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<tr>
<td>LUNCH PROGRAM (12:15 – 1:45 p.m.)</td>
<td>Comfortably Numb: Opioid Use and Mortality in Minnesota Communities. Presenters: Rick Moldenhauer, Minn. DHS, Alcohol and Drug Abuse Division. Note: local program representatives have been invited to share a local community perspective on this issue.</td>
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<tr>
<td>SHORT BREAK (1:45 – 2:00 p.m.)</td>
<td>Browse display tables &amp; network. Enjoy a seated massage ($1 per minute).</td>
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**About Evergreen Youth & Family Services, Inc.**

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 staff work with more than 2,500 children, teens, young adults, and families. Founded in 1977, Evergreen Y&FS is the parent organization for the Evergreen Shelter, Evergreen Community Services, and the Evergreen Youth Drop-in Center. Since 2009, the Beltrami County Suicide Prevention Program, the Kinship North Mentoring Program, the Bemidji Youth Advisory Commission, and the Bemidji Skate and Bike Association have been part of the Evergreen family of programs. For more information, please visit www.evergreenhouse.org.
THURSDAY MORNING KEYNOTE ADDRESS: MY STRUGGLE WITH OPIATE ADDICTION. For a brief moment in the early 1980s, Dick Beardsley became the most famous runner/athlete in the world - by losing a race. In the 1982 Boston Marathon, Beardsley was cut off by a motorcycle near the end of the race, finishing two seconds behind Alberto Salazar in a contest often called one of the most memorable in marathon history. It was the closest finish ever at the world’s premier marathon, and both runners broke the course and the American records. However, it is the story that comes after that draws people in and keeps them listening. Dick is a true survivor. After retiring from running, Dick had a series of near fatal accidents that left him addicted to pain killers. His story of overcoming extreme obstacles speaks not only to those who love competition, but to everyone who has survived catastrophe or pursued a seemingly impossible goal. Dick met with Evergreen’s Bemidji Rock Sober Youth earlier this winter, and Evergreen staff believe 2012 Conference participants will find his story highly motivating.

Dick Beardsley is Executive Director of The Dick Beardsley Foundation. Dick is an international best selling author, and a compelling and respected motivational / inspirational speaker. He is the subject of a feature film, Against the Wind. Dick has a gift of making people laugh, cry and most importantly, think and appreciate life to the fullest, despite the inevitable ups and downs that come along. Dick’s talks are directly from his heart and are highly inspirational.

WHAT SUBSTANCES CAN AREA STUDENTS GET THEIR HANDS ON IN OUR LOCAL COMMUNITY? This interactive workshop will provide participants with a snapshot of the current use and trends of Bemidji area students. The presenters will discuss both new substances and well known drugs. Participants will leave with a clear understanding of the prevalence and accessibility of a variety of legal and illegal substances available to students and how these substances are ingested, inhaled, and otherwise used to obtain chemical highs.

Amy Shimkus is a Licensed Alcohol and Drug Counselor with the Bemidji Area Program for Recovery. She currently is the Chair of Bemidji Area Prevention Alliance, and works with collaborating services in the community. She graduated from Bemidji State University with a degree in Social Work and a Chemical Dependency Concentration.

Jessica Scott is a Licensed Alcohol and Drug Counselor with the Bemidji Area Program for Recovery. She currently works with Bemidji youth in high school, out-patient, and in-patient settings. She graduated from Bemidji State University with a degree in Social Work and a Chemical Dependency Concentration.

safeTALK trains individuals over the age of 15 to identify peers and others who may be experiencing thoughts of suicide. Participants will learn how to connect vulnerable peers and others to suicide first aid resources. The SAFE acronym stands for Suicide Alertness for Everyone. After this training, participants will be better able to: move beyond common tendencies to miss, dismiss, or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicidal thoughts to suicide first aid intervention and caregivers.

Gretchen Domek is the Clinical and Volunteer Community Training Coordinator for HSI-Crisis Connection, where she has worked since 2000. She is a Certified Crisis Worker through the American Association of Suicidology. Gretchen holds a Master of Arts in Psychology from the University of Northern Iowa. Gretchen has been a trainer through LivingWorks since 2009 and is a Master Trainer in ASIST. Prior to starting at Crisis Connection, she worked in a residential treatment center for adolescents. safeTALK is a SAMSHA-recognized best practice.

Mary Brooks, M.S., has worked as a Crisis Counselor and Volunteer Supervisor at Canvas Health-Crisis Connection since Dec. 2010. She is an American Association of Suicidology Certified Crisis Worker and a Provisional ASIST Trainer. Mary received her M.S. in Criminology and Criminal Justice from Portland State University in 2007.

DIAGNOSING & TREATING ORGANIC BRAIN INJURY, FASD, AND OTHER COMPLEX ISSUES. Many of our existing “tools” and intervention strategies aren’t a great fit for youth and young adults we serve who have FASD or organic brain injury. It creates frustration for us and for our clients. How do we transform our existing tools so that they are more useful? This session will walk participants through case scenarios with a focus on intervention strategies including the individual, the family, community-based strategies, resources, and support circles. We will identify “missing” components of current intervention strategies to make them more relevant to the needs of highly vulnerable clients with FASD. The goal is for participants to leave this session with tools and strategies to improve services for clients with organic brain injury.
Deonne Pansch, MSW, LICSW, is a member of the Leech Lake Band of Ojibwe and currently resides in the Bemidji area with her family. She is a licensed independent clinical social worker and currently works for the Leech Lake Band of Ojibwe Tribal Court as a mental health professional. She also manages a private practice where she provides mental health services and consultation specializing in the area of fetal alcohol spectrum disorders. Deonne has worked as a curriculum developer, consultant, and trainer on the topic of fetal alcohol spectrum disorders since 2002 with direct service experience working with children and adults who are impacted. Her passion is to educate families and professionals on FASD through ongoing direct service, consultation and training.

**COMPASSIONATE COMMUNICATION: TRANSFORMING RELATIONSHIPS AND CONFLICT.** This highly interactive workshop focuses on the awareness that conflict arises due to unmet needs and offers strategies to move from judging, defending and blaming to understanding self and others. Participants will learn: practical tools you can apply immediately and use every day; how to listen and speak in a way that supports constructive dialogue; and improve the quality of your connection with yourself and others.

Brooke Wichmann has a Masters in Peace Education from the United Nations University for Peace. She currently works for Peacemaker Resources as a Cooperative Life Skills instructor in two Bemidji area schools. Brooke is co-author of the “I Can Teach” curriculum, which covers social emotional learning lessons that can be presented by middle-school aged students. She has been trained in Nonviolent Communication (NVC) with Marshall Rosenberg, the founder. Her passion is helping individuals develop skills to peacefully resolve conflicts, create positive change, and improve their overall quality of life.

Sue Liedl has worked exclusively in teaching conflict resolution skills to K-8 students for nearly twenty years. In 1997 she was a recipient of the McKnight Foundation Award in Human Services for her innovative work in designing programs for elementary students and in 1998 received an Outstanding Service Award from the Northwest Minnesota Foundation. She is the primary creator of the successful STAR Project (Students Teaching Attitudes of Respect). She has also been trained in Nonviolent Communication (NVC) with Marshall Rosenberg.

**THURSDAY LUNCH KEYNOTE: SYNTHETIC CANNABINOIDS, SYNTHETIC STIMULANTS AND OTHER LESSER KNOWN DRUGS OF ABUSE.** Synthetic cannabinoid products like K2 & Spice and synthetic stimulant products marketed as “bath salts” have received a lot of attention. They are some of many lesser known substances used by some as a drug. Some of these substances are legal, some are illegal and some are urban myths. This session will take a look at some of these substances, what they are, how they are used, the effects of use and efforts to prevent their use. Following this session, participants will 1) Have an understanding of synthetic cannabinoid and synthetic stimulant products, how they are being used and the harm they can cause; 2) Have an understanding of some of the less well known substances being used, how they are being used and the harm they can cause; 3) Have an understanding of the strategies that can be implemented to prevent the abuse of these substances.

Jay Jaffee. Jay has been the Alcohol and Other Drug Abuse Prevention Coordinator at the Minnesota Department of Health for the past 17 years. Prior to that, he worked for in substance abuse prevention in schools and communities for 15 years. Jay volunteered and worked at a substance abuse treatment center previously.

**EMPOWERING PARENTING: HELPING PARENTS MANAGE BEHAVIOR AND TEACH CHILDREN TO INTERNALIZE VALUES.** This workshop is the Swiss Army Survival Knife of positive parenting. We will address the question: “What is the ultimate goal in parenting and how do we get there?” Participants will explore the essence of parenting, how to impart internalized values, parenting roles that work as well as roles that miss the mark, parenting to empower, assessing the severity of child misbehaviors, navigating worrisome situations, how to foster responsibility and other parenting nuggets. These skills will help you mentor and supervise youth successfully while avoiding conflict.

Gary Russell. For the last eighteen 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. Family support and counseling are a major part of the Shelter services. Gary has been working with at-risk children for twenty-four years. The direct service includes counseling youth in residential treatment, working with emotionally and behaviorally disturbed youth at Cass Lake/ Bena School and directing the Shelter. Gary initiated and facilitated the Bemidji based, Multi County Gang Task Force for four years. Gary regularly presents on topics including: De-escalation, Behavior Management, Toxic Solvent Abuse, Developmental Diversions, Love, Gang Identification and Intervention, Power Parenting, Suicide Prevention and Behavior Management Models. Gary double majored in Criminal Justice and Social Work and has a B.S. from Bemidji State University.
BULLYING INTERVENTION: THE ESSENTIAL ROLE OF PARENTS & COMMUNITY MEMBERS. This workshop is designed as a completely interactive conversation to build our understanding of our roles as parents and/or community members in developing solutions/resolutions to the epidemic of youth peer bullying. There will be a brief video introduction to bullying using GroundSpark films: Let’s Get Real and That’s Family. We’ll explore the reality of our young people’s experiences at school, in the community, in cyberspace, and with their peers. We’ll look at how we can work together to build more respectful and inclusive environments, provide safer school climates, improve our ability to listen to youth concerns, and provide useful tools that teach youth to be ‘upstanders’ rather than bystanders or victims of bullying.

Cathy Perry. For 30+ years Cathy has been dedicated to organizing and bridging the disparity gaps in human rights equity and social inequality for marginalized populations. Having worked extensively in the private and academic non-profit sector and developed two non-project organizations, she currently oversees the Respect Awareness Project of Servant Hearts. In 2006, she relocated to northern MN from California, bringing strong knowledge of community building within diverse communities, in educating and advocating for safe schools, the tools with which to develop inclusive respectful environments and to dispel homophobic fears and myths towards LGBTQ youth and young adults. She chairs the Board of Servant Hearts, is the 2011 recipient of PFund Foundation’s Power of One Award, works actively on multiple community committees as well as with educators, school administrators, and school Gay-Straight Alliances.

ON THE OTHER SIDE OF HOPE: ONE WOMAN’S STORY OF OVERCOMING SEXUAL ABUSE BY THE CLERGY. In this workshop, Leanne shares her personal journey of recovery. At the age of 42, she began a 17-year process of recovery and healing from clergy sexual abuse which occurred during her childhood. She hopes that her story can help participants: Understand the wide ramifications of childhood sexual abuse in the adult life and the role of parental denial in the process; Understand the effect clergy sexual abuse has on an individual's spirituality & religious affiliation; and Understand the importance for clients in hearing clear statements of hope and belief in recovery from the therapist. Participants at Evergreen’s 2011 Conference described this workshop as one of the most inspiring sessions they attended. Since it was presented only once during the 2011 Conference, it is back in 2012 by popular demand!

Leanne Jaskowiak is a writer and speaker. She describes herself as a “Survivor of Clergy Sexual Abuse with a Ph.D. in Healing, Recovery, & Thriving.” She is an annual speaker in the Bemidji State University Nursing Department’s Sexual Abuse class and a 2010 graduate of the Northwest Minnesota Foundation’s LeaderImpact Training. She currently works as an Administrative Assistant for Peacemaker Resources in Bemidji. Leanne has been married for 38 years and is the mother of two adult children.

UNDERSTANDING CHILDHOOD TRAUMA AND ITS LIFELONG EFFECTS– A SYSTEMS APPROACH TO WORKING WITH FAMILIES AND COMMUNITIES TO IMPROVE THE LIVES AND FUTURE HEALTH OF CHILDREN EXPOSED TO TRAUMA. This session will present an overview of how the Minnesota Department of Human Services, Child Safety and Permanency Division is striving to comprehensively work with traumatized youth and their families to assure child safety, permanency and well-being. The presentation will profile how child traumatic stress, the Adverse Childhood Experience research and the Strengthening Families Framework are cornerstones of developmentally informed models that guide assessment, intervention, education, therapy and policy.

Carole Wilcox Johnson, MSW/LISW. Carole is the Supervisor of Prevention and Research with Minnesota’s Department of Human Services. Carole has much expertise in strength-based family centered child welfare reforms, direct practice and supervision in child welfare and knowledge of the utilization of child welfare data to inform policy and practice to improve outcomes for children.

Joanne Mooney. Joanne is the Coordinator of the Minnesota Children’s Trust Fund. Joanne has worked for decades at the intersection of education, public health, and human services to create policies and programs that build on family and community strengths to secure the health and well-being of Minnesota’s children.
ORGANIZATIONAL SKILLS TO HELP YOU MANAGE STRESS AND PROMOTE HEALTH. Stress in our work environment can cause ill health and lead to burnout. Take care of yourself, and those around you, by learning the stages of stress, and easy, effective organizational skills that can help prevent and reduce stress. From time management and realistic goal setting to dealing with paper and electronic clutter, you will leave this session armed with tools to conquer stress!

Tammy Shotzko. Having moved 7 times, earned a B.S. in Business with a Psychology minor while working almost full-time, fighting (and winning!) the breast cancer battle, running several small businesses, and parenting, Tammy could not have stayed sane without being organized.

These combined educational and life experiences have given her the zeal to share her organizing talents with others so they may in turn get more out of life with less frustration! Tammy is a member of the National Association of Professional Organizers.

SUBSTANCE ABUSE PREVENTION ON A DIME: RESOURCES FOR YOUR COMMUNITY. In this era of tight budgets, Kari Erdman will share the many free educational resources and services available through the Minnesota Prevention Resource Center, the statewide substance abuse prevention clearinghouse. These resources are free or low-cost prevention resources that participants can use with youth and parents. During this interactive workshop, participants will learn how to integrate substance abuse prevention into their work and will have opportunities to connect with other youth-serving professionals through group activities.

Kari Erdman, CPP, CHHC, CWPC currently serves as the Associate Director of the Minnesota Prevention Resource Center, the statewide substance abuse prevention clearinghouse project, located at the Minnesota Institute of Public Health. Kari is passionate about helping to create healthier environments where people are empowered to make healthier choices and live a life free of addiction. She has a Bachelor of Arts Degree in Leisure, Youth, and Human Services from the University of Northern Iowa and has taken graduate classes in Health Promotion Management. She is a Certified Holistic Health Counselor through American Association of Drugless Practitioners, Certified Prevention Professional through Minnesota Certification Board and is a Level 1 Certified Wellness Program Coordinator through the National Wellness Institute.

FRIDAY MORNING KEYNOTE--HEALING THE WOUND: THE FAMILY’S JOURNEY THROUGH CHEMICAL DEPENDENCY. This workshop will progressively address family dynamics, the motivation that enables chemical dependence, and how the family can interrupt the cycle. We will take a fresh look at what chemical dependence is, and how to help the family move from enabling to real support. Matt will discuss how family members change in their attempts to change the chemically dependent loved one. Through the principles of radical forgiveness and practical application, participants will learn how to address helping the family work through anger, guilt and fear towards healing and wholeness. Matt will engage the audience in the question of “How do we move towards detachment with love and what does this look like in practice?” Matt is the author of three books, which will be available for sale during the conference. They include: Healing the Wound: the Family’s Journey through Chemical Dependency; The Way Home; and Symbols of Power.

Matt Karayan, MA, LADC, is a licensed alcohol and drug counselor in the state of Minnesota. He is a Family Therapist and Educator in the Family Program at New Beginnings of Waverly, MN, a drug and alcohol treatment center. Matt has worked in the Native American community in the Phillips neighborhood of Minneapolis, for 11 years. Matt brings his 31 years of experience working to address the power that addiction has over family members to his workshop. His frankness and sense of humor allow participants to take in the information he shares in a new light.

ETHICAL ISSUES IN YOUTH WORK. This session will explore the dilemmas of youth work practice in addition to the challenges faced by youth workers. The first half of this two-hour session will focus on the nature of professional ethics and relevant ethical theories. The second half of this session will be grounded firmly in practice, with members of the session exploring specific issues that raise ethical difficulties for youth workers such as: when to breach confidentiality; information sharing in inter-professional contexts; how to balance the roles of control, empowerment, and education; negotiating personal and professional values, interests and commitments in youth work; and dilemmas for faith-based and minority ethnic workers. Participants will gain skills to: recognize
and manage personal values to allow professional values to guide practice; apply strategies of ethical reasoning to arrive at principled decisions; and accept the importance of sometimes tolerating ambiguity in resolving ethical dilemmas.

**Rebecca Hoffman, MSW/LISW.** Rebecca is a Licensed Independent Social Worker (LISW) through the Minnesota Board of Social Work. She earned an undergraduate degree in political science from Bemidji State University and a master of science, social work degree from the University of Wisconsin—Madison. Rebecca is currently the Program Director at the Evergreen Community Services site. Prior to her role with Evergreen, she served as the Executive Director of Ours to Serve House of Hospitality. During her tenure with Ours to Serve, Rebecca successfully developed Village of Hope, a replacement/expansion emergency shelter facility for families experiencing homelessness in Bemidji, MN. She has worked with programs serving families and individuals experiencing homelessness and severe and persistent poverty for over a decade. Rebecca is currently an adjunct instructor in the Social Work department at Bemidji State University, where she teaches macro social work practice.

**SUICIDE 101 & SAFETY PLANNING.** This workshop will provide a refresher on basic information about suicide and suicide risk. In addition, workshop participants will be trained in use of the Columbia University developed and SAMSHA evaluated “Safety Planning” technique. The goal is to increase participants comfort level with utilizing Safety Plans.

**Mary Brooks, M.S.**, has worked as a Crisis Counselor and Volunteer Supervisor at Canvas Health-Crisis Connection since Dec. 2010. She is an American Association of Suicidology Certified Crisis Worker and a Provisional ASIST Trainer. Mary received her M.S. in Criminology and Criminal Justice from Portland State University in 2007.

**PROJECT GRADUATE: ENCOURAGING 100% GRADUATION.** Dr. John Eggers’ believes that “Anything less than 100% graduation is unacceptable.” He states that “The high drop-out for Native Americans, Hispanic and African-Americans is an embarrassment.” John believes that we can help improve graduation rates. In this workshop, participants will learn intervention techniques to help at-risk students; discover teaching strategies John believes will increase the likelihood that all students will graduate; and review materials that can be used to help students graduate.

**Dr. John Eggers, WowTeaching Creations.** John uses stories, humor and engaging activities that energize individuals. As an inner city teacher/activist in New Jersey, a Peace Corps volunteer in Uruguay, and a teacher in Iran, John has more than 45 years of teaching experience at all levels. He currently directs his own business, WowTeaching Creations. He is the founder of Project Graduate, where he dedicates significant time to helping Native American youth graduate from high school.

**YOUTH TOXIC SOLVENT & INHALANT ABUSE: BUILDING YOUR KNOWLEDGE BASE & INTERVENTION TOOLBOX.** Evergreen Shelter Program Director, Gary Russell, describes toxic solvent abuse as basically a way to “melt your brain.” This form of abuse is one of the scarier youth behaviors as it works so fast to create lasting damage…and can also carry the risk of immediate death depending on the method used. Gary will give a brief history of the manufacturing process for toxic solvents to help participants understand why they are so dangerous. He will explain how they are used by youth. Lastly, he will describe the intervention strategies available to parents and professionals. This presentation receives rave reviews from parents and was last offered in 2009. It back by popular demand!

**Gary Russell.** For more information on Gary’s background, see his biographical sketch under Empowering Parenting above.

**FRIDAY LUNCH KEYNOTE--COMFORTABLY NUMB: OPIOID USE AND MORTALITY IN MINNESOTA COMMUNITIES.** This keynote address will review trends and patterns of opioid abuse and mortality in Minnesota from 2000-2010 with a focus on the regional area surrounding the counties of Beltrami, Cass, Clearwater, Hubbard, and Mahnomen. Specific attention will be paid to demographics (gender, race, age) for abuse of and mortality from opioids, including heroin and diverted medications. Rick will explain how to identify symptoms of intoxication and withdrawal from opioids; the demographic differences between heroin and medication abuse; identify patterns of use and abuse of opioid substances; and discuss best practices for treatment interventions and what is working in other communities around the State.

**Rick Moldenhauer, MS, LADC, ICADC, LPCC.** Rick is a Planner with the State Opioid Treatment Authority, at the Alcohol and Drug Abuse Division, Minn. Dept. of Human Services. Rick has 25+ years of direct care experience in multiple settings involving chemical dependency treatment. He is on a variety of State and Federal initiatives involving best practices. Rick is an author, frequent speaker and provides technical assistance to promote quality delivery of chemical dependency services. Evergreen has also invited representatives from the Leech Lake Opiate Treatment Program and Red Lake Chemical Health to provide a local community perspective.
Conference Fees
Early registration and payment of conference fees allows the following discounted rates:

On or before February 24, 2012:  
$185 per person  
$169 each for 3+ registrants from the same organization  
$149 each for 5+ registrants from the same organization

After February 24, 2012:  
$225/person  
$225/person  
$225/person

*Single Day Rate
Before February 24, 2012:  $100.00  
After February 24, 2012:  $125.00

I will attend Thursday, March 29, 2012  
I will attend Friday, March 30, 2012

*There are no single day rate discounts for multiple registrants from the same organization.

CEU Certificates:  
☐ I request a CEU certificate.  
☐ I don't need a CEU certificate.

What a Great Deal!  Registration fees for the full conference include: registration, all materials, a continental breakfast, lunch, and coffee and cold beverages available throughout the day for both days. Participants who have attended previous conferences say that they were well fed!

Enclosed is $______ for _____ individuals for the full conference registration.  
(Please copy this form for multiple registrants from the same organization  Each participant must submit a registration form.)

Early Registration  
Feb. 24, 2012 or sooner

<table>
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<tr>
<th>Individual Attendees</th>
<th>Late Registration</th>
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<td>_____x$225</td>
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From same organization

<table>
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<th>Minimum of 5</th>
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From same organization

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<th>Group of 10+</th>
<th>Late Registration</th>
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<td>_____$225</td>
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From same organization

Are you part of a larger group registration, please list the group name: _______________________

________________________________________________________________________________

First and Last Name (as you wish it to appear on your Certificate of Attendance)

________________________________________________________________________________

Organization Name

________________________________________________________________________________

Mailing Address  Please circle:  Work  Home

________________________________________________________________________________

Work Phone  Home Phone (for emergency notification only)
Participant Name: ___________________________________________________________________
(Please print your name again here in case faxed pages are separated. Thanks!)

Email: ___________________________________________________________________________

Note: Conference communication will occur primarily via email. Please let us know if email is not the best way to communicate with you. Please check one of the options below:______ Email works    _____ Email does not work; mail to my address listed above.

Lunch on Thursday and Friday: Please inform us if you need a vegetarian option:
Thursday _____  I need a Vegetarian Option (please check)
Friday _____  I need a Vegetarian Option (please check)
Please note any special dietary restrictions:
__________________________________________________________________________

SEND IN YOUR REGISTRATION

Please make checks payable to: Evergreen Youth & Family Services, Inc.
Please mail checks to: Evergreen Y&FS, P.O. Box 662, Bemidji, MN 56619, ATTN: 2012 Conference.
Fax registration: (218) 751-8070, Attn: Kristin Freed.
Email registration: kfreed@evergreenhouse.org
Registration Questions: Please call registration coordinator Kristin Freed at (218) 751-8223, x122.

THE FINE PRINT

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. We are not able to issue refunds after March 12, 2012. A $25 per person processing charge will be assessed for all cancellations.

Cancellations must be submitted by March 12, 2012. If you cancel, you may send a substitute or receive a refund less a $25 processing fee. Cancellations after March 12, 2012, 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 cash credits for partial attendance.

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.

Train Locally! This conference 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 hotel costs by attending training in your region. Save 10+-hours travel time to the Twin Cities!
LOGISTICS

**New Conference Facility:** Evergreen’s 2012 Conference has been warmly welcomed by Reverend Genelle Netland and the Calvary Lutheran Church. The new conference facility is on the Southside of Bemidji. (📌 on the map below.) We know past conferences have been crowded and look forward to the larger space for meals and keynotes and bigger breakout rooms. Calvary Lutheran is located on the south end of Bemidji at 2508 Washington Ave. (also known as 197, Bemidji Avenue, and Paul Bunyan Drive at different points along its route through Bemidji). The Church is just north of the junction of Hwy. 2 & Hwy. 71. Please note that Calvary 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 Calvary Lutheran Church is: (218) 751-1893. This is a handicap-accessible facility and all rooms are on one level.

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**Hotels** – There are a variety of hotels in Bemidji within 10-15 minutes of the conference site:

- **A** Hampton Inn - (218) 751-3600 or 1019 Paul Bunyan Drive S
- **B** Best Western – (218) 751-0390 2420 Paul Bunyan Drive
- **C** Comfort Inn – (218) 444-7700 U.S. Highway 2 West
- **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

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**Share your work (ideas, good things happening in your workplace, etc.).**
**Bring your business cards and brochures about your program or agency.**
**Network! Network! Network!**
Why You Will Enjoy Attending Evergreen’s 2012 Conference:

• The cheapest way to get 11.5 CEUs and have a great time doing it!
• Return to your job and/or family with inspiration and new tools!
• Share ideas and experiences relevant to our community.
• Learn from and network with colleagues.
• Preview great speakers who you can invite to your organization.
• No need to travel St. Cloud or the Twin Cities!
• Great food!

Past participants say:

“Awesome, Great presenters, thank you!”
“Great connections and local resources.”
“I come because of the focus on youth.”
“I like being able to choose from a variety of presentations.”

On our 2011 Conference evaluation, 94% of Evergreen Conference Participants said they planned to come again in 2012!