2016 ANNUAL CONFERENCE: CREATING HOPE & HEALING FOR YOUTH & FAMILIES
Co-Sponsored by: The Sanford Center and Bemidji State University Social Work Program

**When:** Thursday, March 24, 2016 (8:00 a.m. - 5:00 p.m.) Registration opens at 8:00 a.m. and Friday, March 25, 2016 (8:00 a.m. - 3:30 p.m.) Registration opens at 8:00 a.m.

**Where:** The Sanford Regional Events Center - Bemidji, MN 56601

**Check out our new 2016 sessions (pages 2 & 3)!**

- “HER:” A Personal Story of Borderline Personality Disorder
- Hope & Resilience: Cultural Protective Factors in American Indian Suicide Prevention
- Restorative Parenting: Rebuilding the Parent-Child Relationship in the Aftermath of Trauma
- Healing the Wound: The Family’s Journey Through Chemical Dependency
- Managing Transitions to Adulthood for Fetal Alcohol Exposed Youth
- Compassionate Care for Sexually Exploited Youth
- Helping Youthworkers Survive in the Trenches

**And much more! See pages 2 & 3 inside for the complete two-day schedule.**

**CEUs:** We are applying for CEUs from the following:
- Minnesota Board of Behavioral Health and Therapy - LPCs, LPCCs & LADCs
- Minnesota Board of Marriage and Family Therapy - LMFTs

Conference CEU credits may also be available for other professionals such as special education teachers, school counselors, and paraprofessionals.

*Note: The Minn. Board of Nursing does not offer a CEU pre-approval process, but nurses have reported back to us that they’ve had no problems having our conference CEUs accepted by the Nursing Board.*

**Conference Overview**

This conference offers youth serving professionals, parents, and caregivers across Northern and Central Minnesota, North and South Dakota, and Southern Canada, opportunities to return to your workplaces and family lives inspired, re-energized, and focused on your important roles. The conference also offers opportunities to acquire holistic, integrative knowledge, skills and strategies that to help create hope and healing for children, youth, and families in high risk situations.

**Who should attend?**

This conference is intended for parents, foster parents, PCAs and other caregivers, youth workers and staff from nonprofits, tribal and county child protection and human services, teachers and paraprofessionals, mental and behavioral health professionals and therapists, nurses, social workers, Rule 25 assessors, probation officers, homeless youth/family services providers, PCAs, foster 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, and other concerned community members and leaders.
## 2016 EVERGREEN CONFERENCE: CREATING HOPE & HEALING
**THURSDAY, MARCH 24, 2016 SCHEDULE (6.5 CEUs or 7 CEUs with Ethics Credit)**

<table>
<thead>
<tr>
<th>SESSION TIME</th>
<th>TITLE &amp; PRESENTER</th>
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<tbody>
<tr>
<td>Registration</td>
<td>Registration/Continental Breakfast/Browse Display Tables. Enjoy a Seated Massage ($1 per minute).</td>
<td>LOBBY &amp; Ballrooms 1 &amp; 2</td>
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<tr>
<td>Opening Welcome</td>
<td>CONFERENCE WELCOME: Becky Schueller, Executive Director, Evergreen YFS OPENING KEYNOTE: KEYNOTE: “HER:” A Personal Story of Borderline Personality Disorder Presenter: Felicia Johnson, Author, Speaker, Youth Mentor, &amp; Mental Health Advocate</td>
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<td>Thursday Morning (10:30 - Noon)</td>
<td>Helping Homeless Students Succeed Presenters: Angie Lauderbaugh, LSW, ISD 31 McKinney-Vento Liaison &amp; Greg Liedl, ISD31 Transportation Coordinator</td>
<td>Lakeview 4</td>
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<td>Thursday Morning (10:30 - Noon)</td>
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<td>LUNCH PROGRAM (Noon - 1:30)</td>
<td>KEYNOTE: Restorative Parenting: Rebuilding the Parent-Child Relationship in the Aftermath of Violence or Trauma in the Home Presenter: David J. Mathews, PsyD, LICSW, The Bridge for Youth</td>
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<td>Thursday Afternoon 2nd Session (3:30 - 5:30)</td>
<td>Conducting an Ethical Audit of Case Management Documentation Practices Presenter: Rebecca Hoffman, MSW, LISW, BSU Social Work Dept. This session qualifies for 2 hours of Ethics CEUs. Note longer session time.</td>
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<td>Friday Morning</td>
<td>MORNING KEYNOTE: “Following My Dreams: The Story of a Bi-Racial, Two Spirit Young Woman Who Becomes a Youth Advocate” Presenter: Roxy Jack, Youth Advocate</td>
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<td>First Steps to Healthy Babies – A Harm Reduction Approach to Support Moms Who &quot;Use&quot; During Pregnancy Presenters: Kami Kelm, (and panel), Beltrami County Health and Human Services</td>
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<td>2nd Session (10:15 - 11:45)</td>
<td>LUNCH PROGRAM Confessions of a Gamer: Connecting to a Wired Generation Presenter: Tim Swedberg, Youth Counselor, Evergreen Shelter Program</td>
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<td>Collateral Consequences of Juvenile Criminal Records Presenter: DJ Yokom, Attorney, Legal Services of Northwest Minn.</td>
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About the Speakers & Presenters

“Her:” A Personal Story of Borderline Personality Disorder
Author and mental health advocate, Felicia Johnson, joins us to discuss her own experience in dealing with a loved one suffering from child abuse, depression and Borderline Personality Disorder (BPD). Inspired by her own life story and the journey of her childhood friend, Felicia has authored the novel, “Her”, which is the story of a young girl dealing with BPD. Through her book, Felicia helps to bring understanding of BPD within reach of many young people and families afflicted by it. Johnson brings remarkable insight and understanding to this illness that affects 1-2% of the population and wreaks havoc on the lives and relationships of young men and women. Felicia also addresses suicidal ideation and related mental health issues, including Bi-Polar Disorder, and Major Depression. As a survivor of child abuse and one who deals with mental illness in her personal and work life, Felicia is very involved in efforts to end the stigma of mental illness. She has worked for nearly 10 years in the mental health field. More information is available at www.herthebook.com.

Felicia Johnson is a bestselling author, international speaker, and child abuse survivor and life thriver! She is a mental health and youth advocate. She works in Atlanta with the Highlands Institute and volunteers with Youth Villages Inner Harbour and Personality Disorders Awareness Network. Felicia was nominated for the Gutsy Gals Inspire Me Award of 2014 and “Her” has been nominated for the Georgia Writer’s Association Author of the Year Award. In addition, Felicia was honored and awarded for speaking and organizing the Women’s Empowerment Event 2015 for the National Alliance On Mental Illness (NAMI) in Augusta, GA.

Healing the Wound: The Family’s Journey through Chemical Dependency
This is an interactive workshop which addresses family dynamics, the motivation that enables chemical dependence, and how the family can interrupt the cycle. Matt Karayan promises that “We will take a fresh and challenging look at what chemical dependence is and how to help the family move from enabling to real support.” This session will identify behavioral and attitudinal adjustments family members often make in their attempts to change the chemically dependent loved one. Participants will grapple with the end goal: How to move towards detachment with love and what it looks like in practice in families. Through the clinical application of the principles of real forgiveness, strategies are offered to help the family work through anger, guilt and fear, towards healing and wholeness.

Matt Karayan, MA, LADC is a licensed alcohol and drug counselor through the State of Minnesota. He is a Family Therapist and Educator of the Family Program at New Beginnings MN, a drug and alcohol treatment center. He has been a workshop speaker for many years, has published numerous articles in the area of chemical dependency and spirituality, and has published four books that deal with CD, the family, and spiritual healing.

Emerging Natural and Synthetic Drugs of Abuse
“Synthetics” or “designer drugs” are a growing and dangerous trend in substance abuse in the U.S. They can be widely available, very potent and dangerous, and difficult to identify and detect. Meanwhile, science and the legal system struggle to catch up. This presentation focuses on synthetic cannabinoids (Spice), synthetic cathinones (Bath Salts), and mitragynine alkaloids (Kratom) and will help participants to better understand prevalence and use trends; pharmacologic actions; signs and symptoms; and urine drug testing implications.

Kelly Waara-Wolleat, PharmD, MBA is the Associate Director of Clinical Affairs at Millennium Health. She has 15 years of experience as a clinician, educator, and researcher in the areas of pharmacogenetics, pain management, and addiction, most recently collaborating with state licensing boards and state associations to support the safe and effective use of opioids. Dr. Waara-Wolleat also has experience in the clinical development of and education supporting a number of topical and transdermal pain patches as well as opiates with abuse-deterrent properties. Dr. Waara-Wolleat earned her Doctorate of Pharmacy degree from the University of Minnesota College of Pharmacy, her MBA from the University of St. Thomas, and is currently a licensed registered Pharmacist in Minnesota.

Helping Homeless Students Succeed
This workshop helps participants understand the McKinney-Vento Education for Homeless Students Act, as well as guidelines and best practices for working with homeless students and those in housing transition. Which students in a district qualify for McKinney-Vento services? What services should be provided to homeless youth and others who qualify for McKinney-Vento services? These questions, along with transportation issues, enrollment processes, and referral procedures will be addressed along with the rights of homeless students. Simple strategies will be shared for teachers and other school district staff to help support homeless students so they have opportunities to succeed.

Angie Lauderbaugh, LSW. Angie is a licensed social worker and has been a social worker in the Bemidji School District since 1995. She started working with students who had chemical health issues when she served as the Safe and Drug Free Schools Coordinator from 1995-2001. In 2008, she began her current position as Homeless Liaison for children in pre-K through 12th grade. She truly enjoys working with this population and believes they have been overlooked and disregarded in many ways. Angie hopes that by removing barriers for homeless students and “students in housing transition”, they will have the supports to reach their maximum potential, graduate from high school, and follow their dreams.
Helping Youth Move Toward Independence: Resources & Best Practices for Foster Care Youth

Successful transitions to adulthood for foster care youth require a comprehensive and ongoing process of collaborative and individualized planning that provides youth with concrete skills, addresses their long term well-being, and includes supportive relationships. This presentation provides an overview of transition planning, the statutes giving youth benefits (including extended foster care), and a discussion of three Federal and State Programs that provide resources for youth: Healthy Transition and Homeless Prevention (HTHP), Support for Emancipation and Living Functionally (SELF), and the Education and Training Voucher (ETV) programs.

Kim Lemcke, MS, Program Consultant, Minnesota Department of Human Services. Kim has been at the Department for more than two years. Kim formerly worked in Benton County Human Services where she was a child protection case manager for nearly 13 years. She administers the Chafee/ Support for Emancipation and Living Functionally (SELF) Program.

Jill Von Holtum, BA, Criminal Justice, Program Consultant, Minnesota Department of Human Services. Jill has worked in public and private social service agencies since 1979. She worked in the child protection and developmental disabilities units at Washington County prior to coming to the Department 12 years ago to coordinate the Foster Adoptive Kinship Training Program. She currently administers the Education and Training Voucher (ETV) program.

Kathleen Hiniker, MSW, LICSW, Agency Policy Specialist, Minnesota Department of Human Services. Kathleen has been at the Department for nine years. She administers the Healthy Transitions and Homeless Prevention program for foster youth ages 16–21 and has done much work developing and implementing Minnesota's policy for extended foster care under the federal Fostering Connections to Success and Increasing Adoptions Act of 2008.

Tamara Moore, MSW, Program Consultant, Minnesota Department of Human Services. Tamara recently joined the Adolescent Services Division at DHS. She formerly worked in Hennepin County as a child protection social worker; was a program manager for Model Cities homeless youth and families, and a youth worker at Lutheran Social Service. She is the adolescent services contract fiscal monitor as well as the department contact for minor parent, teen pregnancy/STI prevention, and the Affordable Care Act.

Nurturing the Spirit: Beyond Behavior Management

Emotions are seeds to our identity, and the emotional experiences of childhood become embedded in our biology. Brain, behavior and reaction patterns are created which can either become barriers or the steps we take to becoming “the Spirit we were meant to be.” This presentation is based on relationship-based intervention concepts and will identify core patterns of development and attachment, describe how these patterns look in children ages 0-5, and provide relationship goals for each pattern as well as techniques and skills to help children turn barriers into workable steps. These steps can be translated into treatment or educational goals to assist teachers, special education professionals and mental health workers. Attendees will leave with a better understanding of “why kids do what they do.”

Amy Donnan, PsyD, Language of the Heart, LLC. Amy is a mental health professional employed by the Leech Lake Band of Ojibwe. She is licensed as a psychologist, holds multiple certifications, and has specialized training in infant and early childhood mental health. She trained under mentors such as Chandra Ghosh Ippean from the San Francisco Trauma Research Center and Anne Garrow (author of the Developmental Repair Manual and instructor for the Infant and Early Childhood Certificate Program through the University of Minnesota). Amy is also the creator and patent holder for an award winning line of toys called the MyFeelings toys. See www.lovemyfeelings.com for more information.

Understanding Epilepsy to Promote Correct Diagnosis in Childhood and Effective Early Intervention

Epilepsy affects 1 in 26 individuals, and 1 in 10 individuals will experience a seizure in their lifetime. Seizures frequently start in childhood and are commonly misdiagnosed. At its worst, misdiagnosis can have fatal results. Cases of misdiagnosis also delay effective intervention and needed support for children experiencing epilepsy and their primary caregivers (often moms!). Because epilepsy isn’t well understood among the general public and because seizures symptoms can vary; children experiencing generalized or partial seizures are often misdiagnosed. Sometimes seizures are thought to be anxiety attacks or cases of ADD. Often, this neurological disorder is presumed to be psychological with misdiagnoses including oppositional defiance disorder or other behavioral issues. The speaker will identify the most common types of seizures, their triggers, and ways to promote lifestyle management and effective seizure control. The workshop will discuss appropriate responses for children, young adults, and adults experiencing seizures and what appropriate school and organizational protocols for clients look like. And, the presenter will share resources available in Minnesota for children and families with epilepsy with a focus on outreach provided in Northwest and North Central Minnesota, as well as available support groups for families.
Lisa Peterson. Outreach Coordinator, Epilepsy Foundation of Minnesota (EFMN). Prior to her role with EFMN in the northland, Lisa taught in public schools for ten years. She is licensed in MN and WI as a pre K – grade 6 teacher and a K-12 reading teacher in MN. She has a B.S. in Elementary Education with minors in Early Childhood and Special Education from the University of Wisconsin-Superior. She graduated with her M.S.E. Reading in 2012. Lisa’s passion for epilepsy stems from her personal journey with epilepsy. After having seizures for 21 years, Lisa became seizure free in 2002 following successful brain surgery.

Restorative Parenting: An Innovative Approach to the Rebuilding of Parent Child Relationships in the Aftermath of Family Trauma

This presentation provides attendees with an overview of the Restorative Parenting approach and its primary foundation of giving children and youth a voice to help rebuild relationships with their parents. Strategies include increasing our understanding of perspective and self-reflection in working with youth and parents to rebuild relationships, as well as understanding the importance of engaging parents effectively to help traumatized youth.

David Mathews, PsyD, LICSW. Dr. Mathews has more than 35 years of experience working with families, adolescents and children related to issues of trauma, intimate partner and domestic violence. He is currently the Program Director at the Bridge for Youth in Minneapolis, Minnesota. He has been in private practice as a therapist for 22 years with youth, families and groups. In his position as CEO and Executive Consultant with One T, he provides training and consultation nationally and internationally on topics of trauma, violence and violence prevention. Dr. Mathews created and developed Restorative Parenting and has authored multiple articles and produced multiple training media. He has been a Community Faculty Member at the Metropolitan State University of Minnesota for more than 7 years, teaching Adolescent Psychology, Family Violence and Program Development and Community Intervention classes.

Compassionate Care for Sexually Exploited Youth

This session will help youth practitioners better understand the specific needs of Sexually Exploited Youth by featuring The STAR (Stepping Towards Acceptance and Restoration) Program, operated by the Bridge in Minneapolis. This program provides safety, healing and recovery for youth who are at risk and those currently experiencing sexual exploitation. The mission is to provide targeted and comprehensive mental health case management services to intervene and/or deter youth from experiencing sexual exploitation. The presenter will discuss: how to create a therapeutically safe environment in which a client is able to openly express needs; how to identify and explore relationship patterns, history, personal beliefs and/or barriers that contribute to vulnerability; and how to teach tools, empower and build the capacity of youth to develop safe and healthy strategies for creating safe and secure relationships. The presenter will also discuss the SEY Vulnerability Continuum for assessing sexual vulnerability. Special guest speaker Monica Miller, Regional Navigator for Support Within Reach, will share resources for sexually exploited youth available in Northwest and North Central Minnesota.

Denise Williams-Griffin, LAMFT, has her Master’s degree in Marriage and Family Therapy from Argosy University and her BA from the University of MN in Family Social Science. She brings almost 10 years of experience working with homeless and at risk youth with a focus on youth at risk for sexual exploitation. She supervised a Teens in Prostitution program prior to joining the Bridge for Youth 2.5 years ago. Currently, Denise manages the Core Programs at the Bridge for Youth including the STAR (Stepping Towards Acceptance and Restoration) Program which serves youth currently experiencing and/or at risk of sexual exploitation.

Monica Miller, LSW. Monica is the Safe Harbor Northwest Regional Navigator for Support Within Reach (SWR) located in Bemidji. She is a mother, honors college graduate, and a passionate advocate for victims of sexual exploitation. She is a survivor of childhood sexual exploitation and trauma. Through her work at SWR, Monica serves a 15-county area, helping to bring awareness, training and services for youth who have been sexually exploited. The 15 counties she covers include: Beltrami, Cass, Clearwater, Hubbard, Itasca, Kittson, Koochiching, Lake of the Woods, Mahnomen, Marshall, Pennington, Polk, and Norman, Red Lake, and Roseau.
Hope and Resilience: Cultural Protective Factors In American Indian Suicide Prevention
This session offers a strengths-based approach to suicide prevention. Instead of a conventional risk reduction approach focused on problems, this session emphasizes protective factors that promote health and well-being. Protective factors decrease suicide risk and also benefit the general well-being of all youth. Interventions that foster the development of protective factors hold much promise for prevention efforts with youth exposed to high risks. This presentation defines and describes protective factors, identifies culturally specific, as well as more general protective assets for suicide prevention among Indigenous youth at the individual, family, and community levels. A case example, which uses a multilevel model of protection from one tribal setting, will be presented, suggesting elements that are potentially replicable in other tribal communities. Prevention activities to promote assets will be explored, with an emphasis on the role of culture in well-being for individuals, families, and communities. Finally, research on the concept of community level resilience will be discussed as both a protective factor for youth, and as an outcome of preventive intervention. Protective factors at the individual, family and community levels, along with fostering community resilience, provide promise to guide innovative universal prevention efforts to benefit youth and their families in tribal communities. The critical role of culture in prevention and in well-being in tribal communities is emphasized.

Dr. John Gonzalez is from the White Earth Anishinaabe/Ojibwe Nation and an Associate Professor of Psychology at Bemidji State University. Dr. Gonzalez's research interests are in the areas of mental/behavioral health for indigenous people and ethnic/racial minorities. He has worked with Indigenous communities utilizing local cultural knowledge and values in developing suicide and substance abuse prevention programs. Dr. Gonzalez has also investigated American Indian students' and Native people's experiences accessing healthcare.

Practical Applications of Restorative Parenting
This breakout session will provide attendees specific examples and strategies for working with parents of youth who have experienced trauma and/or related violence in the home in order to rebuild parent-child relationships. Participants will leave with a deeper understanding of how effectively to engage parents in order to influence behavior change and develop coping strategies and/or healing for youth.

David Mathews, PsyD, LICSW. See Doctor Mathew's biography above.

Building Positive Relationships with Adolescents
This workshop presents practical tools that enable practitioners to build positive relationships with middle (high school) and late (college-age) adolescents. Participants will learn strategies for helping adolescents work through problems when developmental damage has occurred. This workshop will discuss how to navigate the tension that adults who work with teenagers experience when teens are making unhealthy choices.

Randy McKain, M.Ed. Randy holds a M.Ed. in Counseling and School Psychology and has more than 25 years experience working with youth and families in educational systems, residential treatment, mental health and faith-based organizations. The father of 3 grown children, Randy is a highly positive presenter and believes in taking a strengths-based approach to youth work.

Adapting Programs to Better Serve LGBTQ Youth
This presentation is part of educational outreach work conducted by Lutheran Social Service’s Together for Youth, a social support group for lesbian, gay, bisexual, transgender, queer, questioning and allied youth. Participants will gain a deeper understanding of the challenges young people face from living life in the closet to being out and proud. In addition to personal stories, topics covered will include presumed heterosexuality, heterosexual privilege, cisgender privilege, homophobia and transphobia. Micro-aggressions and micro-affirmations will be addressed as well as the important role of allies. Practical tips for working with LGBTQQA youth will be offered in presentation and handout content.

Kathy Hermes, has a B. S. in Education and has worked with young people in a variety of settings ranging from athletics to formal classroom teaching and continues her youth work with Lutheran Social Service in Duluth. She coordinates Together for Youth (described above). She also serves runaway and homeless youth through HIV Testing Outreach and through acting as the Duluth area Outreach Educator for National Safe Place.

Managing Transitions to Adulthood for Fetal Alcohol Exposed Youth (FASD)
FASD includes a range of birth defects caused by prenatal alcohol exposure. Behaviors that result from the effects of FASD can be challenging and can try the patience of the most dedicated caregivers and experienced providers. This presentation provides a brief overview FASD, helps participants understand the challenges experienced by those living with an FASD adolescent and/or young adult, and offers practical strategies for families, caregivers, providers and youth to create better outcomes.

Ruth Richardson, JD (Panel Moderator). Ruth Richardson is the Director of Programs for the Minnesota Organization on Fetal Alcohol Syndrome (MOFAS). Prior to joining the organization she was the Deputy Director of the City of Saint Paul’s Department of Human Rights and Equal Economic Opportunity. She has a JD from William Mitchell College of Law, is a community faculty member at Metropolitan State University and serves as the current Chairperson of the Minnesota Board of Social Work.
Helping Youth Workers Survive in the Trenches
Have you ever asked yourself the following questions: “Why do I keep doing this? Who really cares? Why should I keep going?” You are not alone! This workshop is designed to provide a service for participants who may be facing the hardships endemic to the serving in Youth Work Trenches. The “trenches” are the challenges a youth worker faces, while trying to render great service to their clients. This ranges from organizations operating on a shoe-string budget to workers feeling ill-equipped to serve youth, to volunteers who may lack the proper skills to serve youth. These challenges can cause individuals to question whether or not they have chosen the wrong profession. The goal of this workshop is to help youth workers get the maximum reward out of their work without getting maxed out themselves. Participants will develop a personal plan to help them to recognize where they are with their work life and skills, provide practical next steps, and help them get back to their “Center” by reconnecting to why it is they originally became a youth worker.

James Robertson, aka “Coach Rob”, is a dynamic presenter, who effectively uses 17 years experience as a trainer, coach, and facilitator to engage others in thoughtful and meaningful discussions about cultural awareness, and other social justice issues. Coach Rob has a passion for helping people discover their purpose and navigate change. He says that due to the fact that he was “raised on the streets of Washington, D.C.,” and surviving a very challenging childhood, he has tremendous empathy for youth and is especially committed to helping today’s younger generation understand their purpose. Coach Rob has developed several copyrighted social learning programs, designed for students with “untapped potential,” otherwise known as students at-risk.

Ethics Credit (2 Hours): Conducting an Ethical Audit of Case Management Documentation Practices
The Social Work Ethics Audit provides practitioners with an easy-to-use tool to assess ethics-related policies, practices, and procedures. Based on the latest knowledge concerning professional ethics and risk management, the audit begins with an overview of key ethical issues and concludes with the practical, concrete steps that practitioners can take to comprehensively address risk management issues. Participants will get hands-on practice in developing an action plan to address ethics-related risk areas in their agencies. Participants will learn how to prevent ethical complaints and lawsuits due to agency documentation practices; learn to identify ethics-related policies and practices in case management documentation; and learn how to develop and implement an ethical audit to review and assess the adequacy of case management documentation policies and procedures in their organization. This presentation is geared towards agency supervisors, managers, board members, and directors as well as direct service personnel.

Rebecca Hoffman is an Assistant Professor of Social Work at Bemidji State University. Rebecca worked as a social work practitioner for nearly two decades with families and individuals experiencing extreme poverty. Her career focused on developing macro-level community partnerships to support families and youth experiencing homelessness. She is a Licensed Social Worker through the MN Board of Social Work and is currently a doctoral student in the School of Social Work at the University of St. Thomas/St. Catherine University.

“Following My Dreams: The Story of a Bi-Racial, Two Spirit Young Woman Who Becomes a Youth Advocate”
This session is Roxane Jack’s personal story of growing up Bi-racial and Two Spirit and later following her dreams even though homeless as a young adult. While she discusses personal history that includes trauma and challenges, this is ultimately a story of perseverance and strength. Many of Roxie’s experiences mirror those of other youth in Northwest and North Central Minnesota who come from families which have experienced multi-generational poverty and homelessness. It is difficult to imagine the personal losses experienced and the multi-layered, complex challenges so many youth face every day to survive. Roxie will share some of the incredible strengths that youth display even when coping with trauma and severe lack of resources. The intent is for participants to improve their understanding of what’s it like for youth to grow up bi-racial in a world they experience as racist, as well as increase their knowledge of the support and services Two-Spirit youth need to feel accepted and pursue their goals, especially in small communities. Lastly, we hope participants will leave this session re-committed to helping young adults overcome the many complex challenges that lead to homelessness, as well as with better understanding of the traumatic and difficult experiences homeless youth and young adults frequently endure.

Roxane Jack. Now 23, Roxey was born in Minneapolis and lived in Bemidji, Cass Lake, and surrounding small towns at different times as she was growing up. Roxey is a member of a National Panel on LGBTQA youth and is proud to call herself a youth advocate. She recently presented at a national conference in Houston and was subsequently recognized as one of 40 youth who are doing exceptional work in their communities. Even while homeless and holding down three different jobs, Roxey volunteered at two TV stations in Bemidji. Roxey currently has housing, works two jobs, and is pursuing additional volunteer opportunities. She says “I have been waiting for years to tell my story.”

First Steps to Healthy Babies: Support for Moms Who Use During Pregnancy
Drug abuse during pregnancy, especially opiate use, is a growing epidemic in our country leading to thousands of babies born annually who experience neonatal abstinence syndrome (NAS). First Steps to Healthy Babies provides a comprehensive plan of care for mothers during pregnancy as well as care for babies after they are born. The First Steps to Healthy Babies program is a partnership between Sanford Bemidji, Beltrami County Children’s Services and Red Lake Family and Children’s Services. Our vision is to end prenatal substance abuse and encourage healthy, sober lifestyles. This collaborative program focuses on intensive case management services for pregnant women.
who use substances during their pregnancy. Case management services encourage prenatal care for women, help them connect with chemical dependency resources, as well as other services and resources to meet their daily needs. This program uses a harm reduction model, which works to minimize any expressions of judgment and shame toward women experiencing addiction. Instead, it encourages women to seek help to improve their own health and their baby’s health. In this workshop, participants will be encouraged to change their mindset when working with pregnant substance abusing women from “what is wrong with you?” to “what happened to you?” First Steps is made possible by Prime West Health’s Community Reinvestment Grant program.

The First Steps to Healthy Babies team is multi-disciplinary and includes social workers, obstetrics nurses, chemical dependency counselors, and public health staff. Team members are:

**Katherine Houchins**, MSW, LISW with Sanford Medical Center Bemidji, who was the primary social worker in OB at Sanford for five years.

**Lisa Johnson**, BS, RN in Labor and Delivery with Sanford Bemidji Medical Center.

**Kellie Monson**, LSW, LADC, who completes Rule 25 CD Assessments and develops treatment plans for patients at Sanford Bemidji Medical Center.

**Ali Bruning**, BS, RN, a Patient Navigator in OB/Pediatrics at Sanford Bemidji Medical Center who formerly worked as a maternal child health nurse for the Leech Lake Band of Ojibwe.

**Kami Kelm**, Beltrami County Social Worker/Case Manager, who has 15+ years of working with high-risk youth and families, pregnant and parenting youth, and case management at various agencies in Bemidji and the surrounding communities, in areas involving child protection, homeless youth and families, mental health, employment and teen parenting.

**Jean Donnell**, Case Manager with Red Lake Family and Children's Services, Jean has worked for the Red Lake Band of Chippewa for over 30 years in various positions in Education and Tribal Programs.

**Confessions of a Gamer – Connecting to a Wired Generation**

Back by popular demand! Participants in 2015 told Evergreen this presentation was “required for all adults” and it should be a keynote in 2016. This will help you understand the subculture of video gaming from the inside out, the potentially addictive nature of gaming and signs of addictive behavior, the related privacy implications of online gaming, and the breadth and scope of the video game industry. This session will also address the developmental deficits that occur when youth are pursuing gaming activities to the exclusion of other developmental milestones such as building peer and family relationships, mastering life skills, spending time outdoors, exercise, focusing on school, and more. The goal is to bridge the gap between video gaming subculture outsiders (often parents) and insiders (often youth) to improve communication and encourage early intervention.

**Tim Swedberg.** Now 24, Tim reports that he grew up with “an intense fascination for video games.” At one point, he played for 80+ hours a week, which led to him leaving college. Tim returned to school and graduated last Spring with his Bachelor’s in Applied Psychology. Working as a full-time Youth Counselor at the Evergreen Youth Shelter, Tim formerly worked as a camp counselor and also was the Men’s Head Resident Assistant at Oak Hills College.

**Collateral Consequences of Juvenile Criminal Records**

This session addresses juvenile criminal records and the negative consequences associated with them. Lawyer DJ Yokom will explain how records may be used against individuals in the future, how to seek an expungement (sealing) of those records, and what minor crimes can prevent housing and employment opportunities. He will provide answers to the questions: What are criminal records and who can see them? How do I avoid getting a criminal record? How do I move on from a record that I already have?

**DJ Yokom** is a Minnesota native who graduated from William Mitchell College of Law. DJ has been a staff attorney with Legal Services of Northwest Minnesota for a year and focuses on criminal expungements and other civil legal issues.

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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 Youth 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 or to make a gift, please visit [www.evergreenyfs.org](http://www.evergreenyfs.org).
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 hotel costs by attending training in your region. Save 10+ hours travel time to the Twin Cities!

Conference Facility: Evergreen’s 2016 Conference has been graciously welcomed back by the Sanford Regional Events Center. The conference facility is on the Southside of Bemidji. (on the map below.) In the past three years, participants have appreciated the larger space for meals and keynotes, larger breakout rooms, and abundant parking. The Sanford Center is located on First Street, SE in Bemidji. This is a handicap-accessible facility and all rooms are on one level. There is also a family bathroom to provide privacy for nursing and breastfeeding mothers.

Hotels: A block of rooms has been reserved at the Country Inn & Suites by Carlson in Bemidji, directly adjacent to the Sanford Center. Please reserve rooms by February 23th to get the $89/night rate (plus tax!) and to guarantee your room. Please contact the hotel to reserve and pay for your room. Tel: 218-441-4800; address: 927 Lake Shore Drive NE.

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

- **Best Western** - (218) 751-0390 2420 Paul Bunyan Drive
- **Comfort Inn** - (218) 444-7700 U.S. Highway 2 West
- **DoubleTree by Hilton** - (218) 441-4400 115 Lakeshore Drive
- **Hampton Inn** - (218) 751-3600 1019 Paul Bunyan Drive South
- **Holiday Inn Express** - (218) 751-2487 or 800-HOLIDAY 2422 Ridgeway Avenue NW
- **Super 8** - (218) 751-8481 or 800-800-8000 1815 Paul Bunyan Drive NW
- **Country Inn & Suites**

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!
To Register: Please visit www.evergreenyfs.org and click on the Conference and Training Button. You may register online (and we prefer it) even if you choose to mail in a check or purchase order for payment. For paper registrations, please print clearly so that we do not "rename" you.

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

<table>
<thead>
<tr>
<th>Early bird/Person</th>
<th>Late Registration/Person</th>
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<tbody>
<tr>
<td>Individual Attendees:</td>
<td>x $225</td>
</tr>
<tr>
<td>Minimum of 3: from same organization</td>
<td>x $210</td>
</tr>
<tr>
<td>Minimum of 5: from same organization</td>
<td>x $195</td>
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<tr>
<td>Group of 10+: from same organization</td>
<td>x $175</td>
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Enclosed is $________ for _____ individuals for the full conference registration. Each participant must submit a separate registration form so that we have full contact information. Groups: please submit all together (Register online or copy this form for multiple registrants from the same organization).

If you are part of a larger group registration, please list the group name ________________________________

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

Organization __________________________________________________________________________________

MailingAddress __________________________________________________________________________________

Email Please check: Work___ Home___

Note: Conference communication will occur primarily via email. Please let us know if email is not the best way to communicate with you.

Check one option:______ Email works _____ Email does NOT work; mail to my address listed above.

Work Phone__________________________ Home/Cell Phone__________________________ (for emergency notification only)

Lunch on Thursday and Friday: Please inform us if you need a vegetarian option:
I will eat lunch on Thursday _____ Vegetarian _____
I will eat lunch on Friday _____ Vegetarian _____

Dietary restrictions (gluten-free, vegan, allergies, etc.) please note:__________________________________________________________

We plan to pay via: ___Check (made payable to Evergreen Youth & Family Services, Inc.)
___Agency/School/Tribal Purchase Order (made payable to Evergreen Youth & Family Services, Inc.)

If you select this option, you will receive an invoice. Actual payment must be received by Feb. 29, 2016.

Paper registrations may be sent to: PO Box 662, Bemidji, MN 56619, ATTN: 2016 Conference
Fax: (218) 751-8070, Attn: 2016 Conference Email: kbloomquist@evergreenyfs.org

Registration Questions: After Jan. 8, 2016, please feel free to call our registration coordinator, Kari Bloomquist, at (direct line) 218-441-4562 or (218) 751-8223, (main line for EYS site, request ext. 123 for Kari).

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. Cancellations must be submitted by March 1, 2016. If you cancel, you may send a substitute or receive a refund less a $35 processing fee. Cancellations after March 1, 2016, 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.

What about Blizzards? Winter weather cancellations will follow MNSCU - Bemidji State University in Bemidji. If the conference is cancelled, it will be rescheduled for 4-6 weeks later; we will notify participants of the new date.
Why You Will Enjoy Attending Evergreen’s 2016 Conference:

- The cheapest way to get 12 CEUs and have a great time doing it!
- Return to your job and/or family with inspiration and new tools!
- Hear from youth and professionals on experiences relevant to our community, while also benefitting 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 St. Cloud or the Twin Cities!
- Great food! Seated Massage! Vendor & Display Tables!

THANK YOU CONFERENCE SUPPORTERS:

- BSU Social Work Dept. – Bemidji, MN
- First National Bank – Bemidji, MN
- The Catalyst Initiative/George Family Foundation – Minneapolis, MN
- Nystrom & Associates – Brainerd, MN
- Bemidji Area Indian Health Service – Bemidji, MN
- Open Your Heart Foundation – Minneapolis, MN
- Minnesota Children’s Trust Fund – St. Paul, MN
- Northern Dental Access Center – Bemidji, MN
- Minnesota DHS/Office of Economic Opportunity – St. Paul, MN