



St. Cloud Area Presents - 33rd Annual Mental Health Conference

October 4th, 2019

“A Closer Look at Minnesota Children’s Mental Health Services”

Conference Overview:

This year, our thirty-third annual Fall Mental Health Conference, is designed for people who work primarily with infants, children, and adolescents. It has been said that none of our states have a "great" mental health program for children. Our presenters, who come from diverse backgrounds, will reveal what children's mental health programs in Minnesota have looked like in the past, and how they appear today. Legislation is being proposed to treat more children in the schools and other "safe" locations. What additional components are needed to create a very good children's mental health program in this state, and how we can make it happen, will be presented.

Learning Objectives

- Describe Minnesota's children's mental health services in the 21st century.
- Name three components of an ideal new model of CMH services.
- What has research on ACES (Adverse Childhood Experiences) taught us?
- Identify methods of creating healthy and effective partnerships with other community members.
- What are the key values and practices of restorative philosophy for building community and repairing harm?
- How can we get the needed manpower to make a new system work?

Conference Agenda

- 7:30 - 8:00 Registration/Welcome
- 8:00 - 9:15 Keynote “Best Practices in Children’s Mental Health – What Works and Why” - Glenace Edwall, Psy.D., Ph.D., LPMPP
- 9:15 - 10:30 “The Importance of Resilience: Skills to Endure the Hard Stuff” – Kristen Wheeler-Highland, B.A.
- 10:30 - 10:45 Break
- 10:45 - 12:00 “A Vision For Children’s Mental Health” - George Realmuto, MD and Anne Gearity, Ph.D.
- 12:00 - 1:00 Lunch
- 1:00 - 2:00 “A Community Response to Adverse Childhood Experiences” – Pam Beckering, MS, LPCC
- 2:00 - 3:00 “Restorative Practices in Schools and Community” – Paul Mickelson, B.S. and Laraine Mickelson, B.S.
- 3:00 - 3:15 Break
- 3:15 - 4:30 “How Are the Children?” - Sue Abderholden, NAMI Minnesota Executive Director

Our conference has been designed to meet the continuing education requirements for 6 contact hours for the Minnesota Board of Nursing for Continuing Education. Participants requesting C.E.U.'s will receive documentation that is typically required by licensing boards but this conference has not been submitted for prior approval by any licensing boards.

Glenace Edwall, Psy.D., Ph.D., LPMPP is the retired Director of the Children's Mental Health Division at the Minnesota Department of Human Services. In this capacity, Dr. Edwall oversaw the development of infrastructure for children's mental health throughout the state from 2000 to 2015, including considerable expansion of benefits in Minnesota Health Care Programs. From 2013 - 2015 she also served as Director of Adult Mental Health of DHS, and used this time to build foundations of intergenerational mental health policy for the state.

George Realmuto, MD. Dr. Realmuto received his MD degree from State University of New York in 1972 and his residency in Child and Adolescent Psychiatry from Cornell Medical Center in 1978. He lectures, supervises, mentors and advises Child Psychiatry students in the Department of Psychiatry at the Minnesota Department of Psychiatry. He also lectures to primary care trainees in Family Medicine as well as residents in General Psychiatry.

Anne R Gearity, Ph.D., LICSW has an independent mental health practice in Minneapolis. She consults to many schools and agencies about work with children and adolescents. She is author, in collaboration with Washburn Center staff, of *Developmental Repair*, a treatment approach for very at-risk children which incorporates attachment, trauma and learning research. After teaching at the UMN School of Social Work for many years, Anne now has a clinical appointment in the Department of Psychiatry, working with residents and fellows.

Pam Beckering, MS, LPCC is the Adverse Childhood Experiences Coordinator for CentraCare Health. She works with community members to collaborate and identify needs, along with social determinants that create the adverse experiences for children, families, and communities. She is a Licensed Clinical Counselor and Respiratory Therapist.

Kristen Wheeler Highland, B.A. in Child Psychology/Early Childhood. Kristen is a veteran Early Childhood/School Age professional with many years of experience, both in direct service and in the role of consultant/coach for providers, programs and staff. Throughout her career, Kristen has held many positions within the field. Her broad experience has brought with it an appreciation for the rich depth and diversity of early childhood & school age settings available for children and their families. Kristen currently works as a Specialist for the Minnesota Association for the Education of Young Children - Minnesota School Age Alliance (MnAEYC-MnSACA). Kristen's speaking and training style is laid back, infusing humor and stories from her own life and experiences.

Paul Mickelson, B.S. Criminology and Laraine Mickelson, B.S. Criminology and Psychology. They are consultants and trainers in the field of Conflict Management and Restorative Practices, with over 25 years of experience. They have designed and implemented restorative programs and policies for schools, workplaces, and justice systems. They specialize in Integrated Conflict Management Systems design and Whole-School Restorative Program design. Both are trained in mediation, conferencing, circle and organizational development, and are Rule 114 qualified neutrals for the State of Minnesota.

Sue Abderholden, MS, LPCC is the Executive Director of NAMI Minnesota. Sue is responsible for providing direction and leadership toward the achievement of the organization's mission, and leads NAMI's public policy efforts. She brings over 30 years of experience in nonprofit and advocacy work, having held top management positions at ARC Minnesota, the Minnesota office of Senator Paul D. Wellstone and PACER Center. She received her B.A. from Macalester College and a Master's degree in Public Health Administration from the University of Minnesota. Her passion for NAMI's mission stems from having family members who live with depression and anxiety. Sue became NAMI Minnesota's Executive Director on October 2001.



National Alliance on Mental Illness

NAMI | St. Cloud Area

October 4th, 2019 Conference Registration

"A Closer Look at Minnesota Children's Mental Health Services"

Name: _____

Address: _____

Phone: _____

E-Mail Address: _____

Place of Employment: _____

Please check appropriate boxes:

Consumer/Family Member

Professional Field:

Education

Health Care

Mental Health

Social Service

Other _____

CEUs requested

Meal provided for all attending

Scholarship Information:

A limited number of scholarships are available to Consumers and Family Members (no CEUs will be given to scholarship recipients). For further information about scholarships or registration, call NAMI St. Cloud Area 320.654.1259

2019 Conference Rates:

Professionals:.....\$100.

Consumers/Family Members:.....\$ 25.

Registration Deadline & Refund Policy:

Registration is due no later than September 27, 2019.
No Refunds

Please make checks payable to:

NAMI St. Cloud Area

Mail check and registration to:

NAMI St. Cloud Area
PO Box 771
St. Cloud, MN 56302

Accommodations:

Hotels/Motels in St. Cloud:

Quality Inn: www.choicehotels.com 320.251.1500//800.228.5150

Country Inn & Suites: www.countryinns.com 320.259.8999//866.238.4218

Kelly Inn www.bestwestern.com 320.253.0606//800.637.5958

Holiday Inn Express: www.hiexpress.com 320.240.8000// 800.315.2621

Thanks to all who attend our conference.

You help to make it a success!

NAMI – St. Cloud Area Executive Board:

President: Nick Johnston
Vice President: Louise Echola
Secretary: Mary Kelash
Treasurer: Ruth Wittrock

Conference Committee Members:

Nick Johnston
Rhonda Karels
Cecilia Huston
Steven Hoover, Ph.D.