

Welcome to the
43rd Annual St. Louis County



Health & Human Services Conference

October 8-9, 2025
Wednesday-Thursday

Duluth Entertainment
Convention Center
Duluth, Minnesota

The
Human
in
Humanity

2025
Conference
Booklet



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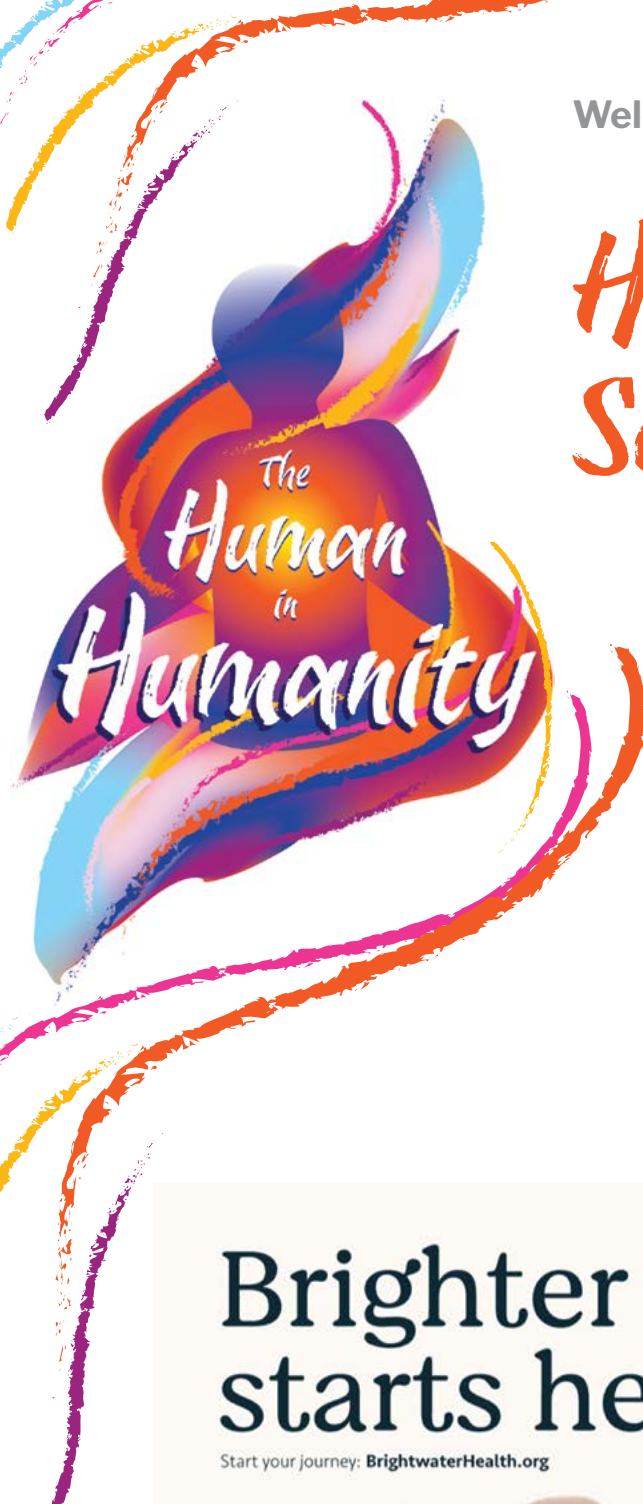


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Welcome to the 43rd Annual St. Louis County

Health & Human Services Conference



What does the “Human in Humanity” mean to you? How do you see people? The people you serve, people you work with or maybe the person at the check-out counter? How do you bring Humanity into these spaces? We work in a tough industry that has great purpose. Strengthening ourselves and our community sometimes requires reflection, understanding the human condition and embracing ourselves.

Let’s propel ourselves to better, together! Come join us to recharge and celebrate our shared humanity.

Brighter starts here.

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2025 Conference Schedule

Wednesday October 8th

7:00am	Doors open for exhibitor set-up
7:30am-4:30pm	Registration Open
8:00am-4:30pm	Exhibit Hall open
9:00am-10:00am	Session 1 Workshops
10:30am-12:00pm	Conference Kick-off Opening Keynote
12:00pm-1:00pm	Lunch on your own
1:00pm-2:00pm	Session 2 Workshops
2:30pm-3:30pm	Session 3 Workshops
4:00pm-5:00pm	Session 4 Workshops

Thursday October 9th

8:00am- 4:30pm	Registration Open
8:00am-4:00pm	Exhibit Hall open
8:30am-10:00am	Session 5 Workshops
10:30am-12:00pm	Session 6 Workshops
12:00pm-1:00pm	Lunch on your own
1:00pm-2:30pm	Session 7 Workshops
3:00pm-4:30pm	Conference Wrap-up Closing Keynote

svälja
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yoga ballroom J Wednesday 8:00–8:30 am Thursday 7:30–8:00 am	qigong ballroom J Thursday 12:15–12:45 pm	rejuvenation room board room rest, write, relax, restore
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Conference Kick-off

The 43rd Annual St. Louis County Health & Human Services Conference kicks off with an opening Keynote by Nicole Andrews - you won't want to miss it!

10:30am Wednesday, October 8, 2025 | DECC Symphony Hall



Nicole Andrews

Building on Our Collective Humanity

What if the foundation of effective service isn't just strategy—but a deeper recognition of the whole person? In this keynote, we'll explore a "Whole-istic" approach rooted in early childhood frameworks that center the whole child and whole family. Through that lens, we'll reflect on how to extend that ethos across all sectors of Health and Human Services.

Since 2020, there's been a profound reckoning with identity, culture, and the systems we uphold. This session invites us to look inward and outward—examining how history, context, and timing shape the way we see those we serve and those we serve alongside.

You'll leave with a renewed perspective on relational practice, cultural responsiveness, and the responsibility we hold to honor each person's full humanity in every interaction. This is more than professional development—it's personal.

Opening Keynote

Sponsored by:



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Conference Wrap-up

3:00pm Thursday, October 9, 2025 | DECC Symphony Hall



John Noltner

A Peace of My Mind is a multimedia arts project, created by award-winning photographer John Noltner, that uses portraits and personal stories to bridge divides and encourage dialogue around important issues. Through exhibits, workshops, lectures, on-site studios, and distance learning, A Peace of My Mind leads transformative experiences that help a polarized world rediscover the common humanity that connects us.

A gifted storyteller, Noltner has worked on four continents, gathering stories of human courage, grace, and resilience. He has produced projects for national magazines, Fortune 500 companies, and non-profit organizations. A Peace of My Mind reflects his belief that art and storytelling can help individuals, organizations and communities articulate their deepest values and encourage action toward building social capital and community connections.

Closing Keynote

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Located in the DECC Arena

Visit the

Wellness Walkway

Take a moment for yourself with our new Wellness Walkway. Pet a therapy dog or get a chair massage for a discounted rate!



Featured Artist



Artist and owner of Lake Place Gallery in Moose Lake, **Jennifer Szczyrbak** received her B.F.A. at the University of Wisconsin-Superior in 1995. She enjoyed taking sculpture classes but chose painting as her medium of choice until a date with her husband in 2005.

It was a beautiful afternoon on the shores of Lake Superior when she surprised her husband by placing random driftwood pieces together in the sand to create a small moose. After an overwhelmingly positive response from patrons, she pursued driftwood sculpture as her primary medium. Since then she has been featured in galleries and highly visible art shops plus has been spotlighted on several regional television shows for both her paintings and driftwood sculptures.

Kristy Marie and the way of the heart crew

Are a group of heart centered musicians that use music as a means to make love, harmony and beauty a tangible experience. They aim to connect us in our humanity, to each other, the planet and our belonging in this web of life.

Tune into their music here :

<https://kristymarienurjehanchisti.bandcamp.com/album/way-of-the-heart>

Musical Performers



1	In Her Shoes	 Chester Creek	 Non-virtual	
2	Classroom to Workforce: Innovating Child Welfare Education and Workforce Stability in Minnesota	 French River 1	 Non-virtual	 Clinical Hours
3	Looking Past Dementia	 French River 2	 Non-virtual	
4	Filing for Social Security Disability: Submitting a Successful Application	 Gooseberry Falls 1	 Non-virtual	
5	Grief: It's a Natural Thing	 Gooseberry Falls 2	 Non-virtual	
6	Ethical Billing Practices in a Substance Use Disorder Treatment Setting	 Gooseberry Falls 3	 Non-virtual	
7	Games as a Play-based Therapy Tool for Providers and Families	 Harborside 202	 Non-virtual	
8	ON HOLD	 Harborside 203	 Non-virtual	
9	Food Justice in Duluth: What we learned from having 100 conversations	 Harborside 204	 Non-virtual	
10	Preventing Fraud & Scams	 Harborside 205	 Non-virtual	
11	Confidently Including Parents in Recovery in a Child's Trauma-Focused Cognitive Behavioral Therapy	 Harborside 301-302	 Non-virtual	 Clinical Hours
12	State Medical Review Team 101	 Harborside 303	 Non-virtual	
13	Leveraging Multidisciplinary Insights to Support Child Welfare Best Practices	 Harborside 304	 Non-virtual	
14	Secondary Trauma and Self Care	 Harborside 305	 Non-virtual	
15	Born to Thrive- Taking your clients from survival to thriving	 Lake Superior Ballroom J	 Virtual	
16	What Children Remember: The Science of Memory and the Art of Asking Questions	 Lake Superior Ballroom K	 Virtual	
17	Improving Outcomes for Systems-Involved Indigenous Youth	 Lake Superior Ballroom L	 Virtual	 Clinical Hours
18	The South St. Louis Veterans Treatment Court	 Lake Superior Ballroom MN	 Virtual	
19	A Toolkit for Supporting People with Complex Needs	 Lake Superior Ballroom O	 Virtual	 Clinical Hours
20	General Assistance and Minnesota Supplemental Aid: Two Programs You Should Know More About	 Split Rock 1	 Non-virtual	
21	Ambition to Survive	 Split Rock 2	 Non-virtual	
22	Healthy Teams Build Boundaries Together	 St. Louis River Room	 Virtual	

9:00am - Session 1

1 In Her Shoes

 **Chester Creek**  **Non-virtual**

The In Her Shoes® series is designed for experiential learning about domestic violence. Participants move, act, think, and make choices as a person experiencing an abusive relationship.

Presented by *Brittany Lind, Criminology, Community Engagement Coordinator, and Victoria Nugent, Psychology, Training Coordinator, Safe Haven Shelter and Resource Center*



2 Classroom to Workforce: Innovating Child Welfare Education and Workforce Stability in Minnesota

 **French River 1**  **Non-virtual**  **Clinical Hours**

Building tomorrow's child welfare workforce requires advanced preparation, partnership and planning. This session will share the successful MN IV-E Consortium model that is delivering results and changing the child welfare landscape reflecting the skills, knowledge and diversity that Minnesota needs. Through interactive activities and many voices, we will share history of our work, program updates, and successes in our state-wide partnership to share stories as well.

Presented by *Melissa Mendez, MSW, Child Welfare Education Partnership Coordinator, MN Child Welfare Training Academy - MN DCYF; George Peterson, MSW, LGSW Title IV-E Director Center for Regional and Tribal Child Welfare Studies UMD; Justin Tomann, MSW, Social Worker, St. Louis County; Hilja Iverson, MSW, Capacity Building Specialist, Grand Portage Band of Lake Superior Chippewa; Leandra Jorgensen, BSW, IV-E Senior, UMD; Nicole Freeman, MSW, IV-E Alum, UMN*

3 Looking Past Dementia

 **French River 2**  **Non-virtual**

People living with dementia have much to teach us. As Gerontologist Dr. G. Allen Power has said, they are the "true experts" on dementia. Care partners, other family members, friends, and team members working in long-term-care make a dramatic difference in the well-being of those living with dementia when they listen to, befriend, and open up to learning from these individuals. In this workshop, I will share stories of lessons learned from over 20 years of working in the field of dementia care, and attendees will have the opportunity to share stories as well.

Presented by *Marysue Moses, MA, Dementia Educator, Ebenezer Management Services*

4 Filing for Social Security Disability: Submitting a Successful Application

 **Gooseberry Falls 1**  **Non-virtual**

Applying for Social Security Disability can be a long, strenuous process. This workshop will discuss the information required to submit a successful application, what information is the most critical in the medical decision-making process, and common reasons a claim can be delayed. Please bring your questions!

Presented by *Tanya Heitzinger, BA Criminal Justice, MA Organization Management, Medical Relations Supervisor, Minnesota Disability Determination Services*

5 Grief: It's a Natural Thing

 **Gooseberry Falls 2**  **Non-virtual**

When a significant person or animal dies we naturally grieve. Grief is an innate reaction to loss. When given support and encouragement to be authentic, people will grieve in their unique ways based on who they are and based on the relationship that has been lost. There is no timeline to grief, there is no right way to grieve. In this presentation, we will confront misconceptions about grief that hinder our ability to fully feel and express our grief. We will acknowledge the reality that grief affects our mind, body and spirit. We will confront the unsupportive things people do and say in their attempts to hurry us along in our grief and counter this with sharing ideas for ways we can be more supportive of grief. It is our hope participants will walk away from this presentation feeling more comfortable and open to acknowledging and supporting themselves and others in the process of grief.

Presented by *Kristine Fitch, LICSW, MSW-clinical social work, Grief Psychotherapist at Essentia Health Grief Support Services*

6 Ethical Billing Practices in a Substance Use Disorder Treatment Setting

 **Gooseberry Falls 3**  **Non-virtual**

In light of recent allegations and investigations into billing fraud within Minnesota's substance use disorder (SUD) treatment programs, this presentation aims to underscore the critical importance of ethical billing practices. It will provide Licensed Alcohol and Drug Counselors (LADCs) and Peer Recovery Specialists with a comprehensive refresher on ethical standards, billing protocols, and the potential consequences of fraudulent activities.

Presented by *Carmichael Finn, Master's, Owner, Carmichael Finn LLC*

7 Games as a Play-based Therapy Tool for Providers and Families

 Harborside 202  Non-virtual



This workshop will highlight the benefit of play, particularly playing games, as a therapeutic intervention and teaching tool. This workshop will explore types of games and the players best suited to them as well as how to make a game more engaging for a child and more educational and therapeutically valuable. This workshop will include discussion of TTRPGs, table top role playing games, and recent studies about the social benefit of these games in the neurodivergent community. This workshop is designed for teachers, therapists, EIDBI providers, BCBA's, and caregivers and will have a focus on engaging children with disabilities and neurodiversity.

Presented by Megan Armstrong, Masters of Social Work, LICSW, Essentia Health

8 ON HOLD

 Harborside 203  Non-virtual  Clinical Hours

9 Food Justice in Duluth: What we learned from having 100 conversations

 Harborside 204  Non-virtual

The Duluth Chapter NAACP, in partnership with St. Louis County Public Health and several other community partners, has worked for over two years to assess food access strengths and challenges in Duluth. Our team has held 100 conversations with people who have experienced food access challenges in Duluth using a trauma-informed method. Come to this session to learn what strengths, barriers, and solutions community members in Duluth identified to improve food access. Attendees will also learn about potential food access policy solutions.

Presented by Josh Gorham, MA, BSN, Program Coordinator, St. Louis County Public Health; Stephany Medina, MPH, NAACP Health and Equity Equity Committee Member

10 Preventing Fraud & Scams

 Harborside 205  Non-virtual

Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information. This presentation includes information about fraud prevention, and you'll learn how to detect and report fraud and scams, so you can keep your personal information and yourself safe.

Presented by Jess Langer, Bachelor of Business Administration, Education & Volunteer Coordinator, Arrowhead Area Agency on Aging/Minnesota Senior LinkAge line

11 Confidently Including Parents in Recovery in a Child's Trauma-Focused Cognitive Behavioral Therapy


 Harborside 301-302  Non-virtual  Clinical Hours

At the end of the workshop, participants will be able to: review of TF-CBT "red light", "yellow light" and "green light" caregiver criteria for inclusion in a child's TF-CBT; identify 5 predictable relationship moves from an attachment perspective; integrate narrative therapy components that achieves the following:

1. reduce clinician's negative bias toward parents in recovery;
2. reduces parental defenses in engaging with clinician in an open, honest manner;
3. promotes child's healing

Presented by Taushia Henkel-Johnson, MS, LPCC, MS Clinical Mental Health Counseling, Individual And Relationship Therapy of Duluth

12 State Medical Review Team 101

 Harborside 303  Non-virtual

This workshop offers a comprehensive introduction to the State Medical Review Team (SMRT) and its role in disability determinations as part of eligibility for Medical Assistance and related programs. Whether you're a provider, advocate, or someone assisting clients or patients, this session will give you a deeper understanding of:

- Who SMRT is and how they operate.
- The criteria and steps involved in determining disability.
- The practicalities of the SMRT process and its importance.
- A high-level overview of programs where SMRT plays a key role in eligibility.
- Proven tips and strategies to help others navigate the process effectively.

Join us to gain actionable insights, improve your ability to support others through the SMRT journey, and better understand the benefits of a disability certification.

Presented by Emily Olson, Bachelor of Science, Disability Analyst Supervisor, and Amy Pearson, Appeals and Policy Lead, Minnesota Department of Human Services - State Medical Review Team

9:00am - Session 1

13 Leveraging Multidisciplinary Insights to Support Child Welfare Best Practices

 Harborside 304  Non-virtual

Minnesota state statute calls for the establishment of multidisciplinary child protection teams (MDT) listing a number of functions and roles these teams can provide to support collaborative best practices across fields. Additionally, the importance and efficacy of multidisciplinary teams has been supported in recent reports and initiatives focusing on disparity reduction in child welfare practice. This presentation will outline different types of MDTs and define the ways cross-disciplinary collaborations and multidisciplinary teams are being leveraged in child welfare and the broader human services space to improve wellbeing outcomes for children, youth, and families. The presentation will also discuss the importance of statewide support and leadership for the successful implementation of MDTs.

Presented by Rachel Johnson, BA in Political Science, Spanish, and Sociology, Multidisciplinary Coordinator, Minnesota Child Welfare Training Academy

14 Secondary Trauma and Self Care

 Harborside 305  Non-virtual

Secondary trauma and self care will explore symptoms and impacts of working with clients who have trauma in their lives. Participants will be able to identify how working with traumatized populations may impact them and build skills to be able to continue their work in sustainable ways.

Presented by Mallory Thorne, MSW, Restorative Justice Social Worker, Carlton County Restorative Justice

15 Born to Thrive- Taking your clients from survival to thriving

 Lake Superior Ballroom J  Virtual

Discover how two women in long-term recovery took their lives from merely surviving to thriving in all areas. In this presentation, they'll share their personal journeys, struggles and the powerful tools they used to break out of survival mode. Gain valuable, actionable insights on how to help your clients do the same—empowering them to not just overcome challenges, but to flourish in their careers, relationships, and overall well-being.

Presented by Cellie Dudley, Program Director, and McCoy Salgy, Team Lead, Recovery Alliance Duluth

16 What Children Remember: The Science of Memory and the Art of Asking Questions

 Lake Superior Ballroom K  Virtual

This training examines how children remember and recall experiences, with a focus on applying research to investigative interviews with children. Participants will learn how factors like age, development, trauma, and cognitive ability influence memory, and how memory can be both reliable and vulnerable to suggestion. We'll explore common misconceptions, the effects of stress, and the critical role that questioning plays. Research shows that poorly worded or leading questions can distort a child's memory, while open-ended, trauma-informed approaches help elicit accurate and detailed accounts. This training is ideal for professionals in child protection, forensic interviewing, law enforcement, and mental health who want to better understand and support how children recall and share their experiences.

Presented by Megan Prouty, Bachelor of Social Work, Senior Forensic Interviewer and Trainer, First Witness Child Advocacy Center

17 Improving Outcomes for Systems-Involved Indigenous Youth

 Lake Superior Ballroom L  Virtual  Clinical Hours

This session will equip participants with skills and knowledge around case management for Indigenous youth. The speaker will build a baseline understanding on issues impacting Indigenous youth, including a brief overview of historical trauma and current impacts. The presenter will also share different practices and prevention tools that encourage a youth centered approach in working with Indigenous youth. This will also explore ways that providers can assist Indigenous youth in disrupting the impacts of historical and intergenerational traumas.

Presented by Anne LaFrinier-Ritchie, Bachelor of Arts, Safe Harbor Regional Navigator, Someplace Safe

18 The South St. Louis Veterans Treatment Court

 Lake Superior Ballroom MN  Virtual

The South St. Louis Veterans Treatment Court is a trauma-informed, treatment-focused court, that is designed to assist veterans with healing and reestablishing veterans into their communities. The South St. Louis Veterans Treatment Court assists by treating veterans with dignity, acting with diligence, and providing the means by which the veterans can rebuild their lives. The South St. Louis Veterans Treatment Court seeks to break the cycle of addiction and crime and empower participants on the journey toward law-abiding productivity. Discussed in this session will be the history of The South St. Louis Veterans Treatment Court, the process of referrals, how the treatment court works, the treatment court team, treatment court rules (to include sanctions and incentives), program phases, veteran resources, and the advantages of being a participant in the treatment court.

Presented by *Livingston Faircloth, Licensed Graduate Social Worker (LGSW) Social Worker (Veterans Case Manager), St. Louis County PHHS; Thomas Florestano, Bachelor of Arts (BA) in Criminology and Sociology, Probation Officer, Arrowhead Regional Corrections; Stephanie Morpew, Bachelor of Arts (BA) in History, Drug Court & Veterans Court Coordinator and Sheridy Lortz, MSW, LGSW Veterans Court Coordinator, Sixth Judicial District*

19 A Toolkit for Supporting People with Complex Needs

 Lake Superior Ballroom 0  Virtual  Clinical Hours

People who need support with intense mental health, physical health and functional behavioral needs are often described as having “complex needs”. Service providers, family members, and other care givers struggle with meeting complex needs when a person engages in intense physical aggression towards self or others. This presentation reviews and describes how disability waiver intervention services can be utilized to meet a person’s complex needs.

Presented by *Amber Maki, MS, BCBA, LBA, Community Capacity and Positive Supports Team Lead, and Scott Schifsky, BA, Person Centered/Positive Supports Coordinator, Minnesota Department of Human Services*

20 General Assistance and Minnesota Supplemental Aid: Two Programs You Should Know More About

 Split Rock 1  Non-virtual

General Assistance (GA) and Minnesota Supplemental Aid (MSA) are two important income support programs that can help low-income single adults live more successfully in the community. This session will cover eligibility for GA and MSA, how to apply, how benefit amounts are determined, and how

MSA special needs programs (like MSA Housing Assistance) work. This session is especially helpful for direct service providers who primarily serve single adults.

Presented by *John Petroskas, JD, Policy Specialist, MN DHS*

21 Ambition to Survive

 Split Rock 2  Non-virtual

At just 7 years old, a devastating car accident left me with a traumatic brain injury (TBI), marking the beginning of a lifelong journey of healing, resilience, and transformation. In this powerful and deeply personal workshop, participants will hear the story of surviving childhood trauma and navigating the long-term impacts of TBI—from early challenges and emotional struggles to the breakthroughs that sparked hope and purpose.

The session will explore key turning points in my mental health journey, the tools and practices that supported recovery, and how these experiences inspired the creation of a mental health facility aimed at empowering others. Attendees will walk away with a renewed sense of possibility, practical insights into trauma-informed healing, and inspiration to turn pain into purpose.

Ideal for: Individuals impacted by trauma, mental health professionals, caregivers, and anyone seeking hope and connection through shared healing journeys.

Presented by *Bradley Dearth, Ambition to Survive, LLC*

22 Healthy Teams Build Boundaries Together

 St. Louis River Room  Virtual

Establishing and maintaining healthy boundaries within work teams is crucial for a positive work environment, preventing burnout, and staff retention. This presentation will explore the concept of positive boundaries and their significance in team cohesion and problem solving. We will practice simple strategies for human services workers and leaders to deepen their team connections. Join in to learn and share strategies for bringing teams together, virtually or in real life!

Learner objectives:

1. Explore the challenges of maintaining boundaries at work
2. Demonstrate 3 examples of positive boundaries VS negative boundaries
3. Review 5 brief practices that build team cohesiveness

Presented by *Ray Young, BA, MS, Certified Peer Support Specialist, Peer Leadership Impact*



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www.cehsp.d.umn.edu/departments-centers/departments/sw

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www.vinlandcenter.org

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Wellcome Manor Family Services
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Winter Family Care
www.winterfamilcare.com

1:00pm - Session 2

23	Start Seeing Caregivers!	 Chester Creek	 Non-virtual	
24	Navigating Housing for People with Disabilities: Supporting Informed Decision Making	 French River 1	 Non-virtual	
25	Case Managers as the Catalysts for Changes to Outcomes for Employment Opportunities	 French River 2	 Non-virtual	
26	Let's COPE (Connect with Our Positive Emotions)!	 Gooseberry Falls 1	 Non-virtual	
27	Teamwork Makes the Dream Work: How to Build and Maintain a Well-Functioning Multidisciplinary Team	 Gooseberry Falls 2	 Non-virtual	
28	Empowering Case Managers: The 7 Keys to Success in Community First Services and Supports (CFSS)	 Gooseberry Falls 3	 Non-virtual	
29	Honoring culture needs in elder and disability health care	 Harborside 202	 Non-virtual	
30	The DSP Holds a Key to Retention: The Vital Role of Direct Support Professionals in Organizational Retention Efforts	 Harborside 203	 Non-virtual	
31	Why We Do We Even Do This Work? The Foundational Importance of Purpose and Meaning In The Work That We Do	 Harborside 204	 Non-virtual	
32	From Listening to Insight: Using Powerful Questions to Deepen Clinical Understanding and Healing	 Harborside 205	 Non-virtual	 Clinical Hours
33	Opioid Overdose Response Training	 Harborside 301-302	 Non-virtual	 Clinical Hours
34	Collective Impact By Design	 Harborside 303	 Non-virtual	
35	ON HOLD	 Harborside 304	 Non-virtual	
36	The Venn Diagram of Leadership, Management, and Supervision: Strategies to Utilize Strengths of All Three in Clinical Supervision	 Harborside 305	 Non-virtual	
37	Culture of Safety	 Lake Superior Ballroom J	 Virtual	
38	Breaking Down Silos: Creating Inclusive Systems of Care for Neurodivergent Students	 Lake Superior Ballroom K	 Virtual	 Clinical Hours
39	Integrating Mental Health & Well-Being Promotion Across the Service Continuum	 Lake Superior Ballroom L	 Virtual	 Clinical Hours
40	Mastering Tough Talks: Equipping Managers for Critical Employee Conversations	 Lake Superior Ballroom MN	 Virtual	
41	Integrating Somatic/Body Healing with Bonding/ Attachment Mental Health Therapies	 Lake Superior Ballroom O	 Virtual	 Clinical Hours
42	Empowering Families: Unlocking Northstar Benefits	 Split Rock 1	 Non-virtual	
43	Using a Conversation Guide to Address the Contributions of Good Health and Preventing infectious Disease for People in Substance Use Disorder Treatment	 Split Rock 2	 Non-virtual	
44	ON HOLD	 St. Louis River Room	 Virtual	



23 Start Seeing Caregivers!

 **Chester Creek**  **Non-virtual**

Family, friends and neighbors provide the most care for older adults and people with disabilities. Yet, we as professionals often fail to see them and their needs because we are trained to focus on our patients and clients exclusively. This presentation will address the common needs that caregivers have, how we can recognize them and where the supports and services are to connect caregivers with.

Presented by Catherine Engstrom, LICSW, Family Caregiver Supports Developer; Gina Marsalla, BS in Community Health Promotions and Exercise Science, Program Specialist/Grants Manager, Arrowhead Area Agency on Aging, ARDC

24 Navigating Housing for People with Disabilities: Supporting Informed Decision Making

 **French River 1**  **Non-virtual**

Navigating housing is a complex process of understanding goals, preferences, finances, and public benefits.

Considerations related to local, state, and federal benefits and availability of housing units can make navigating challenging. This workshop is designed to provide an overview of tools available to aid in the decision making process, outline various Minnesota housing benefit programs, and provide case studies for how to help people navigate housing for people with disabilities.

Presented by Rajeane Moone, PhD, and Heidi Sandberg, MPA, Housing Consultant, Minnesota Department of Human Services; Natalie Engelmann, B.S., Community Living Infrastructure Lead, Minnesota Department of Human Services

25 Case Managers as the Catalysts for Changes to Outcomes for Employment Opportunities

 **French River 2**  **Non-virtual**

We will discuss how case managers can lead the way in changing the mindsets, both for the interdisciplinary teams that they work with and the individuals they serve toward the life-changing power of competitive integrated employment. We will discuss strategies for having meaningful conversations, even when skepticism is present, ensuring informed decision making and unlocking opportunities for people with disabilities by using your influence as a case manager.

Presented by Larissa Laramée, Masters of Science - Ethnic Studies, Senior Director of Program Services, MN APSE; Brian Begin, Director of Day and Employment Services, Lifeworks Services

26 Let's COPE (Connect with Our Positive Emotions)!

 **Gooseberry Falls 1**  **Non-virtual**

Working in Health & Human Services is HARD! We take care of others, but do we take care of ourselves? This session will draw from Positive Psychology to teach evidence-based strategies for managing stress by strengthening positive emotions. Through an interactive "Choose Your Own Adventure" style workshop, participants will engage in a variety of healthy coping strategies that will help them reduce life stress and thrive ... even in the hard times. No rose colored glasses necessary or allowed!

Presented by Tracy Henegar, Masters in Human Services - Family Life Education, Human Development & Relationships Educator, UW-Madison Division of Extension; Lisa Bents, MS in Health and Wellbeing Management, Human Development & Relationships Educator, UW-Madison Division of Extension

Thank you for surrounding our
community members with a
supportive network that uplifts and
gives them hope.



1:00pm - Session 2

27 Teamwork Makes the Dream Work: How to Build and Maintain a Well-Functioning Multidisciplinary Team

 **Gooseberry Falls 2**  **Non-virtual**

This workshop will discuss how to build and maintain a well-functioning multidisciplinary team (MDT). Attendees will learn how to best work as a team, handle conflict in a healthy and productive way, and get buy-in from other agencies. The presenters will also discuss indicators of a well-functioning and healthy MDT and what to do when signs point to an unhealthy MDT.

Presented by *Kaylee Gruneth, Bachelor's in Biology, Society, and the Environment, Senior Forensic Interviewer, Trainer, MDT Facilitator, and Cultural Equity Specialist, and Megan Prouty, Bachelor's of Social Work, Senior Forensic Interviewer, Trainer, and MDT Facilitator, First Witness Child Advocacy Center*

28 Empowering Case Managers: The 7 Keys to Success in Community First Services and Supports (CFSS)

 **Gooseberry Falls 3**  **Non-virtual**

Join us for an engaging and interactive workshop designed specifically for case managers navigating the evolving landscape of Community First Services and Supports (CFSS) in Minnesota. With the full transition from PCA and CSG to CFSS underway as of October 1, 2024, this session will equip you with the most current tools, knowledge, and strategies to support individuals in accessing and managing their services effectively.

Presented by *Jen Drganc, Master's of Management, Executive Director, Harry Meyering Center; Tony Engesser, BS in Special Education for people with Developmental Disabilities, FMS Service Coordinator, Best Care; Kyle Rueter, Bachelor of Arts, Director of FMS Services, MRCI*


29 Honoring culture needs in elder and disability health care

 **Harborside 202**  **Non-virtual**

In rural communities, health care providers often face unique challenges when serving elders and individuals with disabilities—especially when cultural values and traditions deeply shape how care is received and understood. This interactive workshop explores the importance of culturally grounded, person-centered care that respects the traditions, languages, and lived experiences of clients in rural settings.

Presented by *Marina Olson, BA, Marketing Manager, Circle of Life Home Care Services; Sandy Uwimana, MBA, COO, One Circle; Geri Goodwin, Indigenous Parent Leadership Initiative Cohort 3, Consultant Indigenous Visioning, Native American Advocate/Branch Manager, Circle of Life Anishinaabe White Earth Office*

30 The DSP Holds a Key to Retention: The Vital Role of Direct Support Professionals in Organizational Retention Efforts

 **Harborside 203**  **Non-virtual**

Retention in the direct support workforce is a pressing challenge, and Direct Support Professionals (DSPs) play a crucial role in shaping the factors that influence staff longevity. This session explores how organizational culture, coworker relationships, and personal boundaries contribute to job satisfaction and retention. Participants will gain insight into how their actions and behaviors impact the workplace environment, fostering a culture that encourages commitment and reduces turnover. Through real-world examples and interactive discussion, attendees will leave with practical strategies to strengthen relationships, set professional boundaries, and positively influence retention within their organizations.

Presented by *Claire Benway, MA, Education Specialist and Implementation Specialist, University of MN ICI*

31 Why We Do We Even Do This Work? The Foundational Importance of Purpose and Meaning In The Work That We Do

 **Harborside 204**  **Non-virtual**

Grounding our work in the “why” is essential to it’s effectiveness and to personal and professional well-being, as well as career sustainment. We are typically clear on what we do and how we do the work that we do and while we probably have a sense of why we got into this work, in the first place, perhaps it has become a bit hazy or maybe we have even gotten somewhat disconnected from the “why”. This workshop explores the importance of meaning and purpose as foundational to the work and proposes to enhance, re-discover or uncover your personal/professional “why”.

Presented by *Alan O'Malley-Laursen, MSW, Human Services Trainer/Consultant*

32 From Listening to Insight: Using Powerful Questions to Deepen Clinical Understanding and Healing

 Harborside 205  Non-virtual  Clinical Hours

In today's overwhelmed and fast-moving clinical environments, slowing down to truly listen is both a healing intervention and a professional imperative. In this interactive and practical session, Dr. Sandi Lindgren, LICSW and ICF Professional Certified Coach, will explore how active listening and powerful, client-centered questions enhance clinical assessment, deepen therapeutic alliance, and promote self-awareness and empowerment across the lifespan. Participants will learn research-informed strategies to listen with presence, foster insight, and use inquiry to guide trauma-informed, culturally responsive conversations. This session supports the clinical competencies of assessment, intervention, and the ethical practice of social work with attention to diversity and humanity.

Presented by Sandi Lindgren, LICSW, PhD, I Support YOUTH! LLC

33 Opioid Overdose Response Training

 Harborside 301-302  Non-virtual  Clinical Hours

Steve Rummler Hope Network Overdose Response Training-Identify and Reverse Opioid Overdose. The presentation will cover the HOPE network, the opioid crisis and current statistics and opioid overdose and naloxone administration. Participants will have access to naloxone and fentanyl test strips.

Presented by Laura Rosier, LSW, Perinatal Substance Use Coordinator, Wilderness Health; Colleen Foote, EMT, Child and Teen Checkup Program Coordinator, Wilderness Health

34 Collective Impact By Design

 Harborside 303  Non-virtual

We are navigating a time of deep systemic complexity: socially, culturally, economically and institutionally. Yet within this time of transition and the context of uncertainty, there is remarkable strength. Across Duluth and the region, individuals are bringing skill, passion, brilliance and transformation in human services, education, healthcare, business, the arts, and beyond. The question is not whether our collective power exists, it's if we can fully recognize and build upon the transformative leadership happening on all levels and in all sectors.

This workshop is rooted in a strengths based perspective that centers people in their environments. We will aim to recognize the relationships, efforts and missions already at play to build community. We will identify the cross-functional collaborations that are possible both within the room and in the greater community. It is designed for everybody: to keep the momentum going and celebrate the meaningful work we aren't




doing alone. Our missions align, and this workshop aims to spark discussions that can drive our common interests.

We will explore how cross-sector partnerships, shared values, and systems-informed thinking can support more integrated, equitable, and responsive community outcomes. The session draws on frameworks including collective impact, ecological systems theory, adaptive leadership, and participatory design: offering both practical tools and space for strategic reflection.

Presented by Josie LaPorte, Bachelor of Social Work, Civic Futures Strategic, Superior Endeavors LLC

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1:00pm - Session 2

35 ON HOLD

 Harborside 304  Non-virtual

36 The Venn Diagram of Leadership, Management, and Supervision: Strategies to Utilize Strengths of All Three in Clinical Supervision

 Harborside 305  Non-virtual

Leadership, management, and clinical supervision each require distinct skill sets. Clinical supervisors in human service settings must navigate all three roles to provide effective oversight, support, and program direction. This presentation explores the overlapping competencies of leadership, management, and supervision, emphasizing the importance of balancing clinical expertise, administrative acumen, and an understanding of organizational psychology.

Participants will learn strategies to integrate these disciplines to strengthen their effectiveness as clinical supervisors, particularly during workforce shortages and increasing external pressures. The session provides practical applications, case studies, and application-based learning to help supervisors optimize staff performance, enhance client outcomes, and foster a resilient team. Attendees will leave with actionable tools to implement in their human service settings.

Presented by Carmichael Finn, Executive Director, Recovering Hope Treatment Center

37 Culture of Safety

 Lake Superior Ballroom J  Virtual

Minnesota Department of Human Services staff from the Disability Services Divisions (DSD) will present on the innovative model being used to explore systemic influences of critical incidents such as child fatalities and near fatalities, medication errors, and service terminations. This approach is a partnership between MN DHS, county and tribal agencies, provider agencies, and other service providers, which brings representatives together to review critical incidents. This model intends to move us away from blame and more towards system accountability by focusing on systemic influences that support decision making within our system. This session will provide an overview of the review model, safety science principles, and how the process is being used in disability services in Minnesota. Results from these processes will also be shared.

Presented by Scott Schifsky, BA, Person Centered/Positive Support Coordinator, and Diane Marshall, BA, Culture of Safety Lead, Minnesota Department of Human Services

38 Breaking Down Silos: Creating Inclusive Systems of Care for Neurodivergent Students

 Lake Superior Ballroom K  Virtual  Clinical Hours

Autistic students often receive fragmented care due to limited collaboration between schools and community-based services. This session offers licensed social workers and other professionals, practical strategies to foster cross-system partnerships, develop culturally responsive assessments and treatment plans, and reduce stress on caregivers. Participants will explore real-world strategies for navigating systemic barriers while advancing culturally specific assessment and care coordination practices. Case examples and family-centered approaches will help illuminate the clinical and systemic value of coordinated supports.

Presented by Nicole Berning, MS, LBA, BCBA, Clinical Lead, and Erin Farrell, Ed.D., BCBA, Autism Specialist, MN Department of Human Services

39 Integrating Mental Health & Well-Being Promotion Across the Service Continuum

 Lake Superior Ballroom L  Virtual  Clinical Hours

This presentation will layer four models or approaches to mental health and well-being work to help us talk about mental health promotion and integrate it across the service continuum; whether we work in schools, community-based mental health, rehabilitation, workforce training, etc. The models will include: 1) Dr. Corey Keyes' Dual Continuum of Mental Health and Mental Illness, 2) an ideal continuum of care for mental health and mental illness, 3) PERMANENT Model of Well-Being (Present Moment Awareness, Emotional Intelligence, Relationships, Meaning, Achievement, Needed Sleep, Exercise, Nutrition, & Thinking), and 4) Design Thinking. We will discuss how the layering of these models and use of Design Thinking tools can be useful in shifting our work to be more engaged in mental health and well-being promotion. We will conclude with a brainstorming of talking points and advocacy strategies to use in our respective work.

Presented by Lynn Goerdt, EdD, MSW, Professor of Social Work, University of Wisconsin-Superior; Randy Barker, M.S.Ed., LPC, Director of Health, Counseling & Well-Being University of Wisconsin-Superior and Pruitt Center for Mindfulness and Well-Being

40 Mastering Tough Talks: Equipping Managers for Critical Employee Conversations

 Lake Superior Ballroom MN  Virtual

Effective leadership requires the ability to navigate difficult conversations with confidence and clarity. Whether addressing performance issues, delivering constructive feedback, or handling sensitive workplace concerns, managers often struggle with these critical discussions—leading to disengagement, misunderstandings, and unresolved conflicts.

This interactive workshop provides managers with a practical, step-by-step framework to approach tough conversations with employees while fostering trust, accountability, and positive outcomes. Through real-world case studies, role-playing exercises, and practical tools, this session moves beyond theory—providing attendees with actionable strategies they can immediately apply in their workplaces. Join us for this engaging, hands-on workshop and leave equipped with the skills to turn tough conversations into opportunities for growth, alignment, and stronger employee relationships.

Presented by *Raisa Ramos, SHRM-Certified, MBA, Human Resources Consultant, Find Joy Off The Path, LLC*

41 Integrating Somatic/Body Healing with Bonding/Attachment Mental Health Therapies

 Lake Superior Ballroom O  Virtual  Clinical Hours

This presentation seeks to teach and inform the audience of helping professionals integrate current somatic/body healing practices with current attachment/bonding mental health practices. Most counseling and psychological theories rely on “talk therapy” or verbal processing of behaviors, cognitions, and emotions. Many traditional counseling modalities are increasingly adopting trauma sensitive methods.

Current somatic mental health practices integrate body-based approaches with psychological therapies to address emotional regulation, trauma, anxiety, depression, and overall mental well-being. These practices recognize that the mind and body are deeply interconnected, and that psychological healing often requires bodily awareness and regulation. Some current practices will be covered with an overall basis in the theories of Bonding psychotherapy (BP) which views the human being as part of a complex bio-psycho-social system. Bonding Psychotherapy is a group therapeutic process for the treatment of disorders which are connected to neurobiologically anchored psychosocial basic needs.

Presented by *John Paul, PhD, Counselor Education and Supervision, Univ. of Wisconsin-Superior*

42 Empowering Families: Unlocking Northstar Benefits

 Split Rock 1  Non-virtual

Are you a caregiver or worker navigating the complexities of Northstar Adoption Assistance or Kinship Assistance Benefit Agreements? Do you want to gain a clearer understanding of these vital benefits? This workshop is designed to provide you with an inclusive overview, empowering you to effectively navigate the benefits available for the well-being of the children in your care.

Presented by *Nicole Lanz, MSW, Permanency Quality Assurance, and Elisha Wolfman, BSW, Permanency Quality Assurance, Department of Children, Youth, and Families*

43 Using a Conversation Guide to Address the Contributions of Good Health and Preventing Infectious Disease for People in Substance Use Disorder Treatment

 Split Rock 2  Non-virtual

Our workshop will summarize the findings of a two year pilot program designed to prevent the spread of infectious diseases by increasing vaccine uptake in individuals with substance use disorder (SUD). In the pilot program we held group sessions with individuals in treatment for SUD, and counselors and nurses working with these individuals. The work focused on characteristics of good health, health motivation, vaccine knowledge, and impact of infectious disease on SUD recovery. Analysis of these structured interviews revealed themes that were mapped to recovery capitals and supported by key messages, proof points, and supporting client quotes. We then created conversation guides for trusted messengers to use in safe program delivery-spaces and tested the tools in four recovery centers in rural Minnesota. This tool will help counselors and providers address misinformation, vaccine safety and efficacy, disease risk, and the potential for recovery disruption from vaccine-preventable illness for people in substance use disorder treatment. We will present the results of this work, provide guidance on using the educational tool, practice using this tool in a group setting, and share access to this resource with interested counselors and care providers.

Presented by *Grant Anderson, Ph.D. Associate Professor, University of Minnesota College of Pharmacy*

44 ON HOLD

 St. Louis River Room  Virtual

2:30pm - Session 3

45	Elder Abuse 101: Education, Awareness, Prevention, and Resources	 Chester Creek	 Non-virtual	
46	Faith in Action: Keeping Children Safe in Our Churches	 French River 1	 Non-virtual	
47	Improve Your Meetings: The Team That Plays Together Stays Together	 French River 2	 Non-virtual	
48	Understanding the 7 Types of Rest to Improve Sleep, Avoid Burnout, Bolster Mental Health, and Prevent Suicidal Thoughts	 Gooseberry Falls 1	 Non-virtual	
49	Start by Believing	 Gooseberry Falls 2	 Non-virtual	
50	Demystifying Victim Manipulation/Grooming	 Gooseberry Falls 3	 Non-virtual	
51	A New Service, A New Direction- Unlicensed Semi Independent Living Services (SILS)	 Harborside 202	 Non-virtual	
52	Caregiving on the Frontlines: Fighting Feelings of Emotional Labor with Neuroscience	 Harborside 203	 Non-virtual	
53	Fresh Herbs and Less Juice?! Exciting New Changes to the WIC Food Package	 Harborside 204	 Non-virtual	
54	Empowering Case Managers, Providers, and Persons Served for 245D Service Delivery	 Harborside 205	 Non-virtual	
55	The Impact of Exposure to Child Sexual Abuse Material on Professionals	 Harborside 301-302	 Non-virtual	
56	Deaf Culture in America: Language, Norms, Values and Traditions	 Harborside 303	 Non-virtual	 Clinical Hours
57	Introduction to Mindfulness-Based Stress Reduction	 Harborside 304	 Non-virtual	
58	ON HOLD	 Harborside 305	 Non-virtual	
59	Demystify Perinatal SUD - How to provide stigma free care to this population while understanding current statute and Task Force Recommendations	 Lake Superior Ballroom J	 Virtual	 Clinical Hours
60	Shifting Tides: The Continued Evolution of the “Fourth Wave” of America’s Overdose Crisis	 Lake Superior Ballroom K	 Virtual	
61	Exploring our Common Humanity through Self-Compassion Meditation Practices	 Lake Superior Ballroom L	 Virtual	
62	Invisible Wounds: Centering Mental Health in Child Welfare Disparities	 Lake Superior Ballroom MN	 Virtual	 Clinical Hours
63	From Isolation to Integration: Enhancing Wellbeing, Retention & Career Advancement for Underrepresented Public Health & Healthcare Professionals through Affinity Networks	 Lake Superior Ballroom O	 Virtual	
64	Understanding the Intersectionality of ADHD and Other Mental Health Concerns	 Split Rock 1	 Non-virtual	 Clinical Hours
65	ON HOLD	 Split Rock 2	 Non-virtual	
66	Verbal Judo, De-Escalation and Conflict Resolution	 St. Louis River Room	 Virtual	



45 Elder Abuse 101: Education, Awareness, Prevention, and Resources

 **Chester Creek**  **Non-virtual**

This session illuminates the often-hidden reality of elder abuse while equipping participants with skills to recognize warning signs, understand complex abuse dynamics, and address the unique challenges older adults may face when seeking assistance. Through practical guidance, you'll discover available resources and intervention strategies that preserve dignity while providing essential supports.

Presented by Brenda Shafer-Pellinen, Individualized Bachelors Degree in Aging Policy and Advocacy, Eldercare Development Partnership Program Specialist and Board Member, Arrowhead Area Agency on Aging and Minnesota Elder Justice Center

46 Faith in Action: Keeping Children Safe in Our Churches

 **French River 1**  **Non-virtual**

This training is designed to equip church leaders, staff, and volunteers with the knowledge and tools needed to address and prevent child abuse within faith-based environments. Participants will gain an understanding of the latest research on child abuse in religious settings, including the patterns, risk factors, and systemic issues that contribute to abuse going unrecognized or unreported.

We will explore practical strategies for creating safe, transparent, and accountable church cultures that prioritize the well-being of children. This includes implementing strong child protection policies, training staff and volunteers, recognizing warning signs, and establishing appropriate reporting protocols.

Presented by Megan Prouty, Bachelor of Social Work Senior Forensic Interviewer and Trainer, First Witness Child Advocacy Center

47 Improve Your Meetings: The Team That Plays Together Stays Together

 **French River 2**  **Non-virtual**

Teams are continually working to balance a growing need for services for the community and a burned-out workforce that keeps shrinking. The idea of 'self-care' is like a D.I.Y. project, adding more to the list of tasks for an overwhelmed workforce. In today's discussion, we will come together to promote 'team-care' and lean into fun, simple meeting activities that create connections for skill-building and managing wellness on the job.

Presented by Ray Young, BA, Certified Peer Support Specialist, Peer Leadership Impact

48 Understanding the 7 Types of Rest to Improve Sleep, Avoid Burnout, Bolster Mental Health, and Prevent Suicidal Thoughts

 **Gooseberry Falls 1**  **Non-virtual**

I am a person with lived experience with mental illness, and I am now willing to openly share my story to help others. I am a former English Language Arts and Spanish Teacher, so I know what it takes to create a high-quality workshop session. The quality of your rest impacts the quality of your sleep. Poor sleep leads to a negative loop that impacts both mental and physical health. The one thing that affects my mood and mental health the most is how well I slept the night before. I will go into detail about my own sleep hygiene routine, and how I track it. Next, I will define each of the 7 Types of Rest and provide an example from my own life. The last part will be discussion and application of what participants learned. This will be an interactive workshop with minimal lecture. I will be incorporating music, storytelling, humor, and lively discussion to keep participants engaged. Participants will learn how to manage their own 7 types of Rest and how to teach their clients/patients how to track their 7 Types of rest too.

Presented by Rachel Hasbargen-Glowack, MA English BAA Teaching English Language Arts & BAA Teaching Spanish, Mental Health & Wellness Educator and Suicide Prevention Trainer, Rachel on the River LLC

49 Start by Believing


 **Gooseberry Falls 2**  **Non-virtual**

Your response to an individual's disclosure of sexual assault matters. It can influence their healing process and who they choose to disclose to next...or not. Vulnerable community members like those who are unhoused or experiencing mental health symptoms are most at risk for experiencing sexual assault and the least likely to be believed. In this session, you will learn strategies to start by believing, what supporting victim-survivors looks like, how perpetrators of sexual violence target vulnerabilities, and what resources are available in your region.

Presented by Samantha Madsen, MSW, LISW, SANE Program Coordinator, and Alisha Blazevec, RN, SANE-A, IAFN-DF SANE Program Nurse Manager, PAVSA

2:30pm - Session 3


50 Demystifying Victim Manipulation/Grooming

 **Gooseberry Falls 3**  **Non-virtual**

Throughout this presentation, I will be exploring the relationship between the victim and the offender, the stages of the victim manipulation process, as well as the intentionality behind the subtlety and secrecy of victim manipulation. Participants will learn how an offender chooses the victim and how to intervene during this abusive relationship.

Presented by *Carly Siveny, Bachelor's of Criminology and Bachelor of Psychology, Family Advocate/Trainer, First Witness Child Advocacy Center*

51 A New Service, A New Direction- Unlicensed Semi Independent Living Services (SILS)

 **Harborside 202**  **Non-virtual**

Are you looking for additional program options for clients who are needing support in their home? Do your clients want to hire people they know and trust to support them being independent? A New Direction offers a new option, Unlicensed Semi Independent Living Services!

Come learn how clients can utilize Unlicensed SILS to increase their independence, navigate their own services & work together to be successful!

Presented by *Sara Theisen, Social Work, Program Manager, A New Direction*

52 Caregiving on the Frontlines: Fighting Feelings of Emotional Labor with Neuroscience

 **Harborside 203**  **Non-virtual**

In a post-pandemic world where most people are seeking life/work balance while experiencing a "new normal," feelings of emotional labor can arise in the workplace. This can lead to symptoms of anxiety, fatigue, stress and more. Join Jennifer as she shares how healthcare centers around the country are promoting quality care and better working environments for employees while lowering costs and potential liabilities through neuroscience.

Presented by *Jennifer Fernjack, MBA, Author, Keynote Speaker and Podcast Host, Youtube @Emotional Grit*

53 Fresh Herbs and Less Juice?! Exciting New Changes to the WIC Food Package

 **Harborside 204**  **Non-virtual**

In 2024, the USDA announced the final changes to the WIC food package that will align with the latest Dietary Guidelines and recommendations from the National Academies of Sciences, Engineering and Medicine (NASEM). These recommendations include ability to purchase fresh herbs, decreasing juice amounts and allowing to switch juice for fruit and vegetable dollars, and allowing tuna and salmon for all women and children on WIC.

This presentation will include an overview of the WIC program, foods provided on WIC and overview the recent changes to the food package and proposed changes to come.

Presented by *Nikki Bennett, RD, CLC, RD, WIC Program Coordinator, and Beth Hanni, Public Health Nurse, WIC CPA and Breastfeeding Coordinator, St. Louis County Public Health, WIC*



54 Empowering Case Managers, Providers, and Persons Served for 245D Service Delivery

 **Harborside 205**  **Non-virtual**

This session will discuss the home and community based services available under Minnesota Statutes, chapter 245D. The session will cover what service plans are required and how members of the support team (person served, case manager, and provider) can contribute to create a person centered plan that works for the person. We will discuss basic vs. intensive services and the service planning requirements for each type of service, person centered planning and delivery requirements, rights restrictions, and the roles of the person, case manager, and provider in effective person centered planning.

Presented by *Diana Arnzen, Masters of Science, HCBS Licensor 3; Katie, Spenger, HCBS Licensor; Dylan Sobota, HCBS Licensor; Rebecca DeYoung, HCBS Licensor; Elizabeth Schiefelbein, HCBS Licensor, Department of Human Services*

55 The Impact of Exposure to Child Sexual Abuse Material on Professionals

 **Harborside 301-302**  **Non-virtual**

Will go over topics such as what is CSAM, who is exposed to it the most in the human services field, how it impacts their mental and sexual health, and what can be done.

Presented by *Ava Scheffler, BA in Criminology, Family Advocate and Trainer, First Witness Child Advocacy Center*


56 Deaf Culture in America: Language, Norms, Values and Traditions

 Harborside 303  Non-virtual  Clinical Hours

This training introduces participants to the vibrant Deaf community. All cultures, including Deaf culture, have four components: language, behavioral norms, values and traditions. During this training, participants will be introduced to these components of Deaf culture and gain a better understanding of the differences between Deaf and hearing cultures. Participants will learn about the language and communication needs of the Deaf community. Assistive technology that is used by individuals with hearing loss will be introduced. To learn more about American Sign Language, join us for our other training to learn signs tailored specifically for health and human services providers.

Presented by Calla Kevan, MA - Rehabilitation Counseling for the Deaf, Deaf and Hard of Hearing Specialist; Anne Janckila, BA- American Sign Language/English Interpreting, Deaf and Hard of Hearing Specialist; Gerald (Jerry) Jr. Geist, BA- Biology, Deaf and Hard of Hearing Specialist; Judy Leach, NOHS Practitioner Member, AAS- English/American Sign Language Interpreting, Deaf Studies Certificate, RID CI & CT, NAD IV, SLPI: Superior, Deaf and Hard of Hearing Specialist, Minnesota Department of Human Services/Deaf, DeafBlind and Hard of Hearing State Services Division

57 Introduction to Mindfulness-Based Stress Reduction

 Harborside 304  Non-virtual

Mindfulness is everywhere you turn – magazine articles, Instagram, and scientific journals. This introductory class will explore what mindfulness is and what it isn't. We will briefly review some of the scientific evidence around mindfulness-based practices, and touch on some of the mechanisms for how mindfulness works. Most importantly, you'll have a chance to experience some mindfulness-based practices for yourself!

Presented by Heather Winesett, MD, FAAP, ABIHM, IBCLC, Pediatrician, Qualified Mindfulness-Based Stress Reduction Level 1 Teacher, Aspirus St. Luke's

58 ON HOLD

 Harborside 305  Non-virtual  Clinical Hours

59 Demystify Perinatal SUD - How to provide stigma free care to this population while understanding current statute and Task Force Recommendations

 Lake Superior Ballroom J  Virtual  Clinical Hours

Wilderness Health's IHP Medicaid data shows higher rates of adults with substance use disorder and mental illness than the state average. For children, our region has higher rates of Child protection involvement, parental substance use disorder and mental illness as well as parental past incarceration for social risk factors. Data from the 2022 Public Health and Human Services report shows that 348 new individual and unduplicated children were removed from the home in 2022 in St. Louis County. Over 44% of the primary reasons for out of home placement removal were related to drug and alcohol misuse.

This data, along with illicit substance overdose rates from our IHP (Integrated Health Partnerships) Medicaid data in the county demonstrates a public health crisis. Specifically, death attributed to synthetic opioids have escalated dramatically from 2 in 2024 to 50 in 2023. Psychostimulant related deaths have risen from 5 to 47 within the same period. This marked increase in illicit substance related overdoses, occurring against a backdrop of overall overdose mortality rising from 33 in 2023 to 72 in 2024. This underscores the urgent need to enhance harm reduction strategies and comprehensive interventions.

Presented by Laura Rosier, LSW, Perinatal Substance Use Coordinator, Wilderness Health; Julie Sietz, LICSW, Program Director, All Rise; Dr Cresta Jones, PHD, OBGYN, Fairview



Grace Place

Zachary Place

2:30pm - Session 3

60 Shifting Tides: The Continued Evolution of the “Fourth Wave” of America’s Overdose Crisis

 Lake Superior Ballroom K  Virtual

Encouraging reports suggest that the tsunami of fentanyl-involved overdose deaths in the U.S. may finally be receding after rising for more than a decade. This appears to be region-specific however, and consistent analysis is needed. In addition, fentanyl detection rates have fallen but fentanyl-associated polysubstance use remains a significant—and still growing—issue that continues to evolve. In addition, overdose mortality data increasingly point to the co-involvement of stimulants (i.e., methamphetamine and cocaine) in fentanyl-related deaths, which has been referred to as the “fourth wave” of the overdose epidemic.

Considering the current and emerging opioid and stimulant use patterns, this presentation will discuss trends in fentanyl positivity rates across the nation and will also focus on the co-detection of methamphetamine, cocaine, and prescription opioids in the population using fentanyl. In addition, positivity changes in stimulant use in that same population from more recent times (2023 to 2024) will be compared and discussed. This presentation will also touch on the previous rising tide of heroin use, particularly in those using fentanyl, and consider recent positivity rate changes. Finally, the most co-detected drugs consumed in the population using fentanyl, over both time and geographical location, will be highlighted.

Presented by Kelly Olson, PhD, Director, Clinical Affairs, Millennium Health

61 Exploring our Common Humanity through Self-Compassion Meditation Practices

 Lake Superior Ballroom L  Virtual

While many think that self-compassion is about directing our viewpoint inward, it is positioning our perspective toward our shared humanity that can provide the greatest relief from the relentless inner critic and fear of judgment.

This session will guide participants through a variety of self-compassion meditation practices, based on the research of Dr. Kristin Neff (UT Austin) and Dr. Christopher Germer (Harvard Medical). These short practices can be used in both clinical and personal practices to help dissolve overly self-critical and self-referential perspectives and welcome in a broader wisdom based on accepting our shared human experience.

Nicolle has been guiding self-compassion practices for both teens and adults for the past 5 years. The impact she has witnessed in her clients includes a significant reduction in depression, anxiety, and self-harm. Impacts also include improved self-confidence, boundary-setting, motivation, pain management, and self-control of addictive behaviors.

Presented by Nicolle LaFleur, Bachelor of Arts, Certified Mindfulness & Meditation Teacher, CMT-P, Smoky Hills Insight

62 Invisible Wounds: Centering Mental Health in Child Welfare Disparities

 Lake Superior Ballroom MN  Virtual  Clinical Hours

This workshop explores the intersection of mental health, racial and social disparities, and child welfare practices. Through guided discussion and reflection, participants will unpack how systematic racism, historical trauma, and poverty show up in mental health diagnosis and service delivery. We will also highlight community-centered and trauma-informed approaches that move beyond compliance toward healing-centered engagement.

Presented by Jamie Hackett, MSW, Program and Policy Consultant, and DCYF Staff

63 From Isolation to Integration: Enhancing Wellbeing, Retention & Career Advancement for Underrepresented Public Health & Healthcare Professionals through Affinity Networks

 Lake Superior Ballroom O  Virtual

This interactive workshop will equip public health agencies (including social services providers) and healthcare systems with practical strategies to facilitate the development and sustenance of meaningful affinity groups and networks. Participants will learn how to create authentic engagement opportunities that foster belonging, enhance wellbeing, and support professional/career development from an organizational perspective. Through case studies, small group exercises, and action planning, attendees will leave with concrete tools to implement or enhance affinity group programs within and beyond their organizations.

Presented by Dr. Olihe Okoro, PhD, MPH, University of Minnesota, College of Pharmacy

64 Understanding the Intersectionality of ADHD and Other Mental Health Concerns

 Split Rock 1  Non-virtual  Clinical Hours

Attention-Deficit/Hyperactivity Disorder (ADHD) rarely exists in isolation. In this session, we'll explore the complex intersection between ADHD and co-occurring mental health conditions such as anxiety, depression, trauma-related disorders, and mood dysregulation. Through a neurodiverse-affirming lens, we'll examine how overlapping symptoms can mask or amplify one another, often leading to misdiagnosis or under-treatment.

Participants will gain insight into the lived experiences of individuals navigating multiple diagnoses, and how systemic, cultural, and developmental factors impact identification, access to care, and treatment outcomes. Strategies for differential assessment, integrated treatment planning, and culturally responsive care will be shared to support clinicians, educators, and caregivers in delivering more inclusive, compassionate support.

Presented by Tamarah Gehlen, PhD, Owner/Founder of Transformational Therapy Services

65 ON HOLD

 Split Rock 2  Non-virtual

66 Verbal Judo, De-Escalation and Conflict Resolution

 St. Louis River Room  Virtual

Many people unknowingly escalate conflict situations. Without proper training the average person shuts down, says the wrong thing, does the wrong thing or all of the above, then regrets their actions. This session is designed to boost self-confidence and skill level in de-escalating and resolving conflict. Participants will learn the empathy method of conflict resolution, hybrid idea resolution, and key words to calm anger. Several common workplace case study examples will be provided. One speaker will share her experiences in regard to workplace and personal conflict resolution using verbal judo skills.

Presented by Michael Kiefer, Ph.D. Behavioral Psychology, Professional Speaker/ Life Coach/ Energy Mentor, Powermind Systems Inc.; Heidi Allen, B.S. Engineering, Director of Quality, Life Coach, Energy Mentor, Steinwall Inc.

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4:00pm - Session 4

67	Health in Humanity: Grace, Dignity, and Direct Service at the Damiano Center	 French River 1	 Non-virtual	
68	Supported Decision Making	 French River 2	 Non-virtual	
69	United for ALICE (Asset-Limited, Income-Constrained, Employed)	 Gooseberry Falls 1	 Non-virtual	
70	Don't Settle! Discussions in helping people we support live their best lives.	 Gooseberry Falls 2	 Non-virtual	
71	Neurodiversity and Disability	 Gooseberry Falls 3	 Non-virtual	 Clinical Hours
72	Human First: Reclaiming the 'Human' in Trauma-Informed Care	 Harborside 202	 Non-virtual	 Clinical Hours
73	Cool New Tech for Various Challenges	 Harborside 203	 Non-virtual	
74	DHS Complex Transitions: Bridging the Gap from Acute Care to Community Living	 Harborside 204	 Non-virtual	
75	Workforce Shortage Strategies and Solutions in Dakota County	 Harborside 205	 Non-virtual	
76	Alzheimer's Disease and Related Dementias (AD/ADRD) Experience from a Rural Community Perspective	 Harborside 301-302	 Non-virtual	
77	Attachment Theory 101	 Harborside 303	 Non-virtual	
78	Planned Parenthood's It's That Easy, A Guide to Raising Sexually Healthy Children	 Harborside 304	 Non-virtual	
79	Community Partnerships at the St. Louis County Jail	 Harborside 305	 Non-virtual	 Clinical Hours
80	Ethics and Critical Decision Making	 Lake Superior Ballroom J	 Virtual	 Clinical Hours
81	The Mental Health Toolbox	 Lake Superior Ballroom K	 Virtual	
82	Leading Leaders: Effective Strategies for Supervising Supervisors in Behavioral Health	 Lake Superior Ballroom L	 Virtual	 Clinical Hours
83	De-Escalation At Work: Professional Humanity	 Lake Superior Ballroom MN	 Virtual	
84	Imagineering and Mental Mechanics as Emotional Rescue Tools	 Lake Superior Ballroom O	 Non-virtual	 Clinical Hours
85	Building Strong Partnerships in Child Welfare: Parents, Foster Parents, and Caseworkers Working Together	 Split Rock 1	 Non-virtual	 Clinical Hours
86	Navigating Post-Finalization: The Reassessment Process and Benefits for Families	 St. Louis River Room	 Virtual	

67 Health in Humanity: Grace, Dignity, and Direct Service at the Damiano Center



 French River 1  Non-virtual

In direct human services work, health and humanity begin with meeting people's most basic needs — but how we deliver those services matters just as much as what we provide. This session will explore how the Damiano Center, Duluth's largest basic needs provider, centers social work values and ethics in its approach to basic needs programs like meal services, clothing distribution, and children's programming.

Additionally, the session will connect direct services to broader advocacy efforts, demonstrating how frontline work informs social policy change. Attendees will leave with practical strategies for integrating grace, dignity, and social work ethics into their own human services practice — and a renewed commitment to advancing health through humanity.

Presented by Christopher Paris, Associate in Arts, Associate Director; Lisa Forrestall, Administrative Coordinator; Maria Alicea, Children's Program Manager, Damiano Center

68 Supported Decision Making

 French River 2  Non-virtual

Whether one has a guardian or not, it's important that everyone has support! Whether it's a big or little decision, support is crucial to one's life. Advocating Change Together received a grant from the MN Department of Human Services to construct a series about Supported Decision Making for Self-Advocates to help them navigate through life with the supports they need! ACT has been able to teach their series to various groups both in the metro and the northland. In this workshop, we will overview what we cover in the series, the importance of the series, and simple steps to help self-advocates start advocating for themselves today!

Presented by Meredith Kujala, BSW, Program Coordinator, and Betty DeWitt, BA, Curriculum and Person-Centered Program Developer, Advocating Change Together

69 United for ALICE (Asset-Limited, Income-Constrained, Employed)

 Gooseberry Falls 1  Non-virtual

Learn more about the realities facing ALICE (Asset-Limited, Income-Constrained, Employed) households — individuals and families who earn above the Federal Poverty Level but still struggle to meet basic needs — in St. Louis County. Participants will explore the ALICE framework, hear about its real-world implications, and discuss community-level solutions. Whether you're a policymaker, nonprofit professional, or concerned resident, this session will equip you with tools to better identify, support, and advocate for ALICE populations in your region.

Presented by Crystal Royer, Bachelor of Arts, Community Impact Director, United Way of Northeastern Minnesota; Jaci Christiansen, Bachelor of Arts, Community Impact Director, Head of the Lakes United Way; Monica Haynes, M.S. in Applied Economics, Director of the Bureau of Business and Economic Research and Adjunct Professor of Economics, Labovitz School of Business and Economics

70 Don't Settle! Discussions in helping people we support live their best lives.

 Gooseberry Falls 2  Non-virtual

What difference can we make in the lives of the people we support if we help them to not only realize their dreams but help them achieve their dreams? Getting hired at a job is great, but getting hired at your dream job is even better. Moving into a new home is great but moving into a home that cultivates independence is even better. When we help people find their dream job or the perfect living situation, how does that change the supports required?

Join us to hear examples of people finding the perfect match and to discuss how we can continue to support and advocate for people to find those matches.

Presented by Melissa Weber, Director; Theresa Williams, Director; Jennifer Steger, Director; Jesse Miller, Trillium Services

71 Neurodiversity and Disability

 Gooseberry Falls 3  Non-virtual  Clinical Hours

As a newer term to the mainstream, neurodiversity is often misunderstood. This training covers the meaning and history of neurodiversity, dispels myths about neurodivergence, and provides actionable ways to create more inclusive communities that support neurodivergent people.

Presented by Keeri Tramm, B.S. Special Education, Director of Disability Initiatives, Lifeworks Services

4:00pm - Session 4

72 Human First: Reclaiming the 'Human' in Trauma-Informed Care

 Harborside 202  Non-virtual  Clinical Hours

This session explores trauma-informed care through the lens of humanity, emphasizing connection, compassion, and dignity. With rising awareness of trauma's impact on individuals and communities, practitioners are called not just to provide services, but to honor the humanity of those they serve. Through real-life examples and actionable practices, participants will learn how to create environments where healing can occur by centering trust, empathy, and safety. This presentation reminds us that trauma-informed care is not a checklist—it's a way of being that puts the "human" back into helping systems.

Presented by Amanda Hooper, Master's in psychology, Senior Outreach Coordinator, MACV- Minnesota Assistance Council for Veterans

73 Cool New Tech for Various Challenges

 Harborside 203  Non-virtual

Show and tell for some of the most beneficial new technology to aid with physical and intellectual challenges. New (and some old) technology will be presented and discussed. Presenters will add context as to how and why each technology should be used for different challenges. Examples and use cases will be given.

Presented by Matthew Hansen, MBA, Assistive Technology Professional, Mercarik Assistive Technology

74 DHS Complex Transitions: Bridging the Gap from Acute Care to Community Living

 Harborside 204  Non-virtual

Learn how the Department of Human Services' Complex Transitions team assists with the journey from acute hospital or institutional care back to community living. Serving as a single point of contact, the team draws on expertise across state departments and divisions, to help people, families, hospitals, institutions, and lead agencies navigate available supports and services. In this session, you will learn about the role of the Complex Transitions Coordinator, the eligibility criteria and the types of technical support the team provides. If you know or work with people in institutional settings who want to return to the community, join us to find out how Complex Transitions can help!

Presented by Kari Martinka, Complex Transitions Coordinator; Brooke Mueller, Complex Transitions Coordinator; Jayne Whiteford, Complex Transitions Coordinator, MN Department of Human Services

75 Workforce Shortage Strategies and Solutions in Dakota County

 Harborside 205  Non-virtual

Dakota County has undertaken 13 unique strategies to help alleviate the shortage of direct support workers. These strategies are varied and include recruiting and retaining Direct Support Professionals, increasing flexibility in self-directed programs, increasing use of assistive technology, and promoting inclusive communities by partnering with local business and community organizations. Join us to learn more about what efforts we are taking to address these strategies and the lessons learned over the last two years and to have discussion on innovative approaches to improve supports for people with disabilities in your community.

Presented by DeAnn Prouty, LGSW Social Worker, Program Coordinator; Megan Zeilinger, Public Administration, Program Coordinator; Annelise Edsten, Social Welfare and Sociology Program Coordinator, Dakota County Social Services

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76 Alzheimer's Disease and Related Dementias (AD/ADRD) Experience from a Rural Community Perspective

 Harborside 301-302  Non-virtual

Memory Keepers Medical Discovery Team (MK-MDT) is located at the University of Minnesota Medical School, Duluth campus. The mission of MK-MDT is to engage Indigenous and rural communities in culturally meaningful research to improve dementia and brain health outcomes for all. Our foundational research approach is grounded in community-based participatory research methods.

Rural communities are defined by more than just geography and have cultural distinctions influenced by history, economy, and the environment. Working within these important understandings of place, we aim to tackle the growing challenge of dementia and dementia care needs in rural communities in northern Minnesota. Our research projects adopt a strengths-based approach, leveraging assets to address challenges in rural dementia care. We focus on cultural factors influencing care, strategies for dementia prevention, and methods to support caring for persons with dementia in their homes. Our research aims to gain a better understanding of rural populations' access to and participation in dementia prevention research and clinical trials.

During this workshop our community-based researchers, senior researcher, and community engagement coordinator from CERDAR (Center for Community Engaged Rural Dementia and Alzheimer's Research) will lead a discussion. We will present preliminary data from our interviews with 98 participants who've shared their lived experiences around AD/ADRD in rural northern Minnesota. Then, we'll foster discussion on how attendees can approach AD/ADRD issues in their communities.

Presented by Natalya Walker-Muller, BA, Community Engagement Coordinator; Joshua Fergen, PhD, Senior Research Associate; Kirsten Cruikshank, MSW, Community Based Researcher; Kelsie Larson, RDN, MPH, Community Engagement, Research and Education Specialist

77 Attachment Theory 101

 Harborside 303  Non-virtual

Learn the basics of how attachment science explains why we are the way we are. The ways our caretakers met our needs literally determines how our brains and nervous systems develop, which in turn impacts how we see ourselves, the safety and availability of others, and the world around us. Learning about the basics of attachment theory can help clinicians create a road map for treatment as well as find ways to have more compassion for those we meet with.

Presented by Kelly Koepp, MSE, LMFT, Psychotherapist, Two Rivers Counseling

78 Planned Parenthood's It's That Easy, A Guide to Raising Sexually Healthy Children

 Harborside 304  Non-virtual

It's That Easy covers essential topics surrounding sex and sexuality and provides valuable insights to support parents, mentors, and caregivers in navigating important conversations with the young people in their lives. Participants have opportunities to share messages about values, teachings, and create space for open and honest communication.

Presented by Tara Fineday-Voight, Health Educator of Indigenous Programs, and Icarus Laduke-Lott, B.S. Political Science, Pre-Law Emphasis, Non-Profit Management certification, Leadership Minor, Health Educator of Indigenous Programs, Planned Parenthood North Central States

79 Community Partnerships at the St. Louis County Jail

 Harborside 305  Non-virtual  Clinical Hours

Although Minnesota's incarceration rates are below the national average, they are higher than many of our closest international allies. St. Louis County has a jail with a 197 bed capacity. County jails generally have short, indefinite length of stays making programming complex. Many people who find themselves incarcerated often haven't succeeded in the public school system and do not have a high school diploma. They also have complex healthcare needs including mental health issues. Cognitive and mental health is an increasingly large problem for jails and prisons, with studies showing higher percentages of people with mental health concerns than the general public. A large proportion of these individuals are in county jails, often incarcerated for weeks or months while waiting for due process.

St. Louis County Jail Programs Department works with many outside organizations to provide services to inmates at the jail. One of those is Duluth Adult Education - ISD 709 which provides educational programming and helps with the SLCJ Next Steps. Another is White Earth Reservation which provides counseling and other cultural services. We will share our work teaching and providing counseling services to people who are incarcerated. Stories will be shared about people working and incarcerated in the system and the cultural, mental, and physical health implications. Research will be shared about U.S. incarceration and the Minnesota jails. We will also look at how the community structure impacts people who work or are incarcerated in the country's jail.

Presented by Elizabeth (Beth) Fait, Ph.D., M.Ed. M.H.A. Postdoctoral Associate/Teacher, University of Minnesota Medical School - Memory Keepers Medical Discovery Team/ ISD 709 DAE; Angie Frank, Teacher, Duluth Adult Education Coordinator, Duluth Public Schools ISD 709; Jacquelyn (Jacqui) Hanson-Hietala, Licensed Independent Clinical Social Worker, Psychotherapist, White Earth Tribal Nation; Mary Roling, Master's Degree, Program Coordinator, St. Louis County Jail

4:00pm - Session 4

80 Ethics and Critical Decision Making

📍 Lake Superior Ballroom J 📺 Virtual 🕒 Clinical Hours

Ethics and ethical practice have both been long-standing competencies required of helping professionals. Ethical practice is often challenged when resolving an ethical dilemma or compromise. Helping professionals need a critical decision-making model that can be integrated into daily practice. This session will highlight the core values of ethical practice and provide an effective critical decision-making model that can be adapted to ethical concerns often encountered in the helping professions.

Presented by Karen Edens, BA, MPH, President, Director of Training, President Emeritus of MARRCH, Edens Group Training Center

81 The Mental Health Toolbox

📍 Lake Superior Ballroom K 📺 Virtual

The Mental Health Toolbox is an interactive visual aid designed to explore and educate coping skills important for symptom management, building strong positive relationships, setting boundaries and embracing your hopes and dreams through goal setting.

Presented by Rebecca Schmitz, A.A. Human Services - Executive Director, Vikingland Community Support Program

82 Leading Leaders: Effective Strategies for Supervising Supervisors in Behavioral Health

📍 Lake Superior Ballroom L 📺 Virtual 🕒 Clinical Hours

In the behavioral health field, effective leadership at the supervisory level is crucial for enhancing team productivity, employee well-being, and overall organizational success. This presentation, led by Shelly Bohmert, Director of Mental Health at Progress Valley, will provide attendees with actionable strategies to elevate their supervisory practices.

Presented by Shelly Bohmert, MA LADC LPCC, Director of Mental Health, Progress Valley

83 De-Escalation At Work: Professional Humanity

📍 Lake Superior Ballroom MN 📺 Virtual

This workshop is all about staying grounded and connected when things get intense — for ourselves and the people we support at work. Together, we'll explore ways to respond to situations with upset people using real-life tools for staying calm, setting healthy boundaries, and showing up with empathy. Join in to develop a skillset that avoids conflict from the start and reduces the effects that lead to burnout afterwards. It's a space to learn, share, and grow your skills that support others and take care of ourselves.

Presented by Ray Young, BA, Certified Peer Support Specialist, Peer Leadership Impact



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84 Imagineering and Mental Mechanics as Emotional Rescue Tools

 Lake Superior Ballroom 0  Virtual  Clinical Hours

Most people have no idea about the basic parts and functions of the human mind, conscious, subconscious and superconscious. Therefore, they become highly susceptible to mental programming or “templating” by others. This becomes particularly damaging when that mental templating causes trauma, hidden trauma, negative childhood memory blocks, PTSD, PPD, sleeplessness, inability to speak your voice, self-harm, low self esteem, anxiety and addiction. This session will explain the process by which negative experiences get locked into subconscious memory anchors detrimentally affecting a person’s thinking, decision making and behavior. The functions of each of the three components of mind will be detailed along with their interactions in regard to mental templating. It will also discuss “imagineering or re-imagineering” as a therapy for overcoming or lessening negative effects. One of the presenters will share her amazing story of recovery from negative childhood experiences using imagineering techniques.

Presented by Michael Kiefer, Ph.D. Behavioral Psychology, *Imagineering and Mental Mechanics as Emotional Rescue Tools, Powermind Systems Inc.*; Heidi Allen, B.S. Engineering, *Director of Quality, Life Coach, Energy Mentor, Steinwall Inc.*

85 Building Strong Partnerships in Child Welfare: Parents, Foster Parents, and Caseworkers Working Together

 Split Rock 1  Non-virtual  Clinical Hours

This workshop explores the critical partnership between parents, foster parents, and child welfare caseworkers, grounded in the principles of the Quality Parenting Initiative (QPI). Participants will increase their knowledge of effective collaboration, communication strategies, and best practices for building trust and ensuring the well-being of children in foster care. Through interactive discussions, a lived experience expert panel, and data review, attendees will examine successful partnership models. By fostering strong relationships, this workshop empowers families and child welfare professionals to work together in creating loving, stable environments for children.

Presented by Kate Rickord, MA, LP, SEP, Director, QPI-MN

86 Navigating Post-Finalization: The Reassessment Process and Benefits for Families

 St. Louis River Room  Virtual

This session provides an in-depth overview of Northstar Care for Children’s post-permanency reassessment process, the at-risk adoption assistance conversion process, and the associated benefits. Attendees will explore the essential roles and responsibilities of relative custodians, adoptive parents, agency workers, and staff at the Department of Children, Youth, and Families (DCYF) in supporting children who have achieved permanency through an adoption or transfer of permanent legal and physical custody.

A key focus will be understanding how the Minnesota Assessment of Parenting for Children and Youth (MAPCY) tool is utilized in both the reassessment and at-risk adoption assistance conversion processes. This session will highlight how MAPCY assessments are integral in identifying children’s needs and ensuring that permanency placements remain stable and supportive.

Participants will gain practical knowledge and insight into how to navigate these processes effectively and advocate for the continued well-being of children in permanent placements. Attendees will leave knowing how to best utilize available resources and collaborate with families and staff to ensure that children thrive post-finalization.

Presented by Elisha Wolfman, Bachelors of Science - Social Work, *Permanency Quality Assurance*, and Jody McElroy, BSW, *Agency Policy Specialist, Department of Children, Youth, and Families (DCYF)*

8:30am - Session 5

87	Beneath the Surface: Understanding the Inner World of Eating Disorders	 Chester Creek	 Non-virtual	 Clinical Hours
88	Session Canceled	 French River 1	 Non-virtual	
89	Calmly Deal with Conflict to Promote More Effective Teams	 French River 2	 Non-virtual	
90	“Tranceformative” Change Using Internal Family Systems (IFS), Coherence Therapy, and Hypnotherapy: How (capital “C”) Change Happens.	 Gooseberry Falls 1	 Non-virtual	 Clinical Hours
91	The Planetary is Personal: Incorporating Environmental Impacts into the Assessment Process	 Gooseberry Falls 2	 Non-virtual	 Clinical Hours
92	Reflective Practice: A Resource for Humans, Not Just Humans as Resources	 Gooseberry Falls 3	 Non-virtual	
93	Understanding NEAR Science: Building Self-Healing Communities	 Harborside 202	 Non-virtual	 Clinical Hours
94	Poverty vs. Child Neglect	 Harborside 203	 Non-virtual	
95	Family Self-Sufficiency (FSS) Program	 Harborside 204	 Non-virtual	
96	Unseen and Unspoken: The Impact of Ageism in Society and Popular Culture	 Harborside 205	 Non-virtual	
97	The Intersectionality of Counseling and Crisis Housing	 Harborside 301-302	 Non-virtual	
98	Student behavioral supports in schools	 Harborside 303	 Non-virtual	 Clinical Hours
99	Pathways to Impact: Connecting High School Students with Careers in Health and Human Services	 Harborside 304	 Non-virtual	
100	Rehumanize Human Services: A Mindful Communities Framework for Transforming Care Systems	 Harborside 305	 Non-virtual	 Clinical Hours
101	Effective Interpersonal Engagement through Heart-Centered Leadership	 Lake Superior Ballroom J	 Virtual	 Clinical Hours
102	Difficult Personalities: How to Navigate Relationships with Clients, Co-Workers and Others Who May Have Borderline Personality Disorder, Narcissism, and other Challenging Personalities	 Lake Superior Ballroom K	 Virtual	
103	The Cost of Compliance: Reclaiming Choice in Person-Centered Care	 Lake Superior Ballroom L	 Virtual	
104	Rising to the Challenge: Advocacy is Our Professional and Ethical Responsibility	 Lake Superior Ballroom MN	 Virtual	 Clinical Hours
105	The Illusion of Autistic Inclusion in Trauma-Informed Practice	 Lake Superior Ballroom O	 Virtual	 Clinical Hours
106	Special Needs Planning for Parents and Guardians	 Split Rock 1	 Non-virtual	
107	Co-creating a Workplace Where We All Thrive	 Split Rock 2	 Non-virtual	
108	Ethical Practices to Support Challenging Times	 St Louis River Room	 Virtual	 Clinical Hours

87 Beneath the Surface: Understanding the Inner World of Eating Disorders



 **Chester Creek**  **Non-virtual**  **Clinical Hours**

This presentation offers a compassionate, clinically informed exploration of eating disorders through a trauma-responsive and identity-aware lens. Participants will examine common blind spots in the treatment of disordered eating, including cultural biases, assumptions around body size and wellness, and overlooked presentations in marginalized communities. The session invites clinicians to reflect on their own relationships with food, health, and body image and how these personal narratives can influence clinical care.

Participants will leave with a deeper understanding of how to attune to client needs beyond weight and food behaviors—centering connection, embodiment, and emotional regulation as pathways to healing.

Presented by Layla Berenjian, Master's In Counseling Psychology, Master's Level Clinician, Pre-Licensed LPCC, Transformational Therapy Services

88 Session Canceled

 **French River 1**  **Non-virtual**

89 Calmly Deal with Conflict to Promote More Effective Teams

 **French River 2**  **Non-virtual**

We seldom feel comfortable with conflict, yet cannot escape its presence. Unfortunately, our ability to lead and team effectiveness is often determined by how we handle conflict. This session provides practical strategies to increase comfort with conflict and promote positive conflict resolution. We will also look at how to help others deal with conflict without taking on their anxiety. Conflict does not need to put a kink in your week, but can be transformational with the right perspective and skills.

Packed full of strategies, my book *Resilient and Sustainable Caring: Your Guide to Thrive While Helping Others* and workshops are based on proven theories and conversations with people in helping roles around the world. My interactive style engages humor, practical learning, and discussion.

Presented by Karen Schuder, Educational Doctorate, Masters in Management, Masters of Divinity, Executive Director, Resilient and Sustainable Caring

90 "Tranceformative" Change Using Internal Family Systems (IFS), Coherence Therapy, and Hypnotherapy: How (capital "C") Change Happens.

 **Gooseberry Falls 1**  **Non-virtual**  **Clinical Hours**

Parts of us want to make substantial, transformative changes in our lives—get out of the lock of depression, get release from the throes of anxiety, stop smoking, eat better, get out of an unhealthy relationship, etc....—and yet we continue to be beholden to these trances of anxiety, depression, negative self-talk, unhealthy habits and relationships. Why? Why can't someone who is depressed simply be grateful for what she has? Why can't an anxious person be soothed by comfort? Why can't we make the changes we want? Our brains learn "adaptive" responses that become patterns, implicit learnings, unconscious schemas that construct and filter our perceptions and guide our behaviors, blocking out other possibilities. Join this session if you would like to experience how Internal Family Systems (IFS), Coherence Therapy, and Ericksonian Hypnotherapy are able to generate transformational change by not trying to counteract these learning and symptoms but rather by seeing them as solutions, befriending them, and disarming them (or rather they disarm themselves), unlearning those reflexive patterns that have (mis)-managed their lives hitherto.

Presented by Michael Clabaugh, MA, LICSW, "Tranceformative" Change Using Internal Family Systems (IFS), Coherence Therapy, and Hypnotherapy: How (capital "C") Change Happens, Insight Counseling

8:30am - Session 5

91 The Planetary is Personal: Incorporating Environmental Impacts into the Assessment Process

 **Gooseberry Falls 2**  **Non-virtual**  **Clinical Hours**

The world has seen an increase in extreme weather events that touch both personal and planetary health. At the same time, many communities are navigating environmental justice issues that influence mental, emotional, physical, and spiritual wellbeing. While Minnesota mental health professionals are observing the impacts of our changing climate on client health, many indicate not feeling prepared to engage, assess, or intervene in this area (Hoppe et al., 2023). This presentation will review how environmental changes and systemic issues impact mental health, while focusing on the importance of accurate assessment that guides treatment. Participants will learn about and discuss ways to meaningfully integrate climate impacts and environmental justice into the initial assessment process.

Presented by *Leah Prussia, DSW, MSW, Associate Professor, Clinical Social Worker, The College of St. Scholastica; Michael Furo, MSW, LGSW, Director of Community Collaboration, The Human Development Center; Callie Luukkonen, MSW, LGSW, Oncology Social Worker, Fairview Hospital; Desi Williams, MSW, LGSW, Social Worker, St. Louis County Public Health & Human Services*

92 Reflective Practice: A Resource for Humans, Not Just Humans as Resources

 **Gooseberry Falls 3**  **Non-virtual**

Reflective practice is the intentional process of examining our actions, experiences, and decisions to gain deeper insights and foster personal and professional growth. In noticing the “human in humanity”, we walk alongside others through their most vulnerable moments, reflection becomes a vital tool for processing our emotions and understanding the true impact of our work.

Together, we will explore how ongoing reflection not only helps us notice the ripple effects of our actions on others, but also reveals how our work and those we serve shape us in return. By creating intentional space for reflection, we can align our daily actions with our core values and aspirations, enhancing both our effectiveness and our well-being. This workshop invites participants to engage in structured reflective practices.

Presented by *Rachel Gilbertson, Masters of Education with Integrative Therapies and Healing Practices, Owner/Founder National Board Certified Health & Wellness Coach/Founder, Art of Presence, LLC; Julie Zaruba Fountaine, MS Health Nutrition, and Exercise Science & MBA Change and Leadership, Owner/Founder, Empower Possible; Mary Ann Marchel, PhD, MSW, LICSW, Infant Mental Health Specialist, Licensed Clinical Therapist*

93 Understanding NEAR Science: Building Self-Healing Communities

 **Harborside 202**  **Non-virtual**  **Clinical Hours**

The “Understanding NEAR: Building Self-Healing Communities” presentation covers topics including how our brain and behavior are impacted by our early experiences, research findings from the Adverse Childhood Experiences Study, and the many opportunities we have as individuals and collectively to foster resiliency and healing.

Presented by *Cassie Liubakka, Director of Family Services Collaborative of St. Louis County, Carl Crawford, Accessibility & Engagement Coordinator Senior, St. Louis County, Crystal Royer, Community Impact Director, United Way of Northeastern Minnesota*


94 Poverty vs. Child Neglect

 **Harborside 203**  **Non-virtual**

In 2022, child neglect was the number one reason children entered the foster care system, at 62%. As advocates, social workers, mandated reporters, and supporters for children, we must have the tools in our toolbox to differentiate child neglect from a child experiencing poverty. This training will discuss the statistical context of the impact systems can have on families experiencing poverty, legal differences between poverty and child neglect, strategies to differentiate child neglect and poverty, and how we can offer additional support to families experiencing poverty.

Presented by *Gracie Getschel, Biochemistry, Criminology, Prevention Education Coordinator, Family Advocate, and Trainer, First Witness Child Advocacy Center*

95 Family Self-Sufficiency (FSS) Program

 Harborside 204  Non-virtual

The Family Self-Sufficiency (FSS) Program was created to help Housing Choice Voucher (Section 8) participants obtain employment that will enable participating families to achieve economic independence and reduce dependence on welfare assistance and rental subsidies.

Presented by *Gretchen Rialson, Bachelor of Science in Social Work, Family Self-Sufficiency Specialist, City of Mankato*

96 Unseen and Unspoken: The Impact of Ageism in Society and Popular Culture

 Harborside 205  Non-virtual

Ageism remains one of the most normalized and overlooked forms of discrimination in today's society. Ageism affects both young and old, but older adults face particular stereotypes: being seen as frail, resistant to change, or technologically incompetent. These assumptions lead to decreased opportunities in the workplace, inadequate healthcare responses, and social isolation. The internalization of ageist messages can also negatively affect mental and physical health, influencing self-esteem and even longevity.

This session will include data-driven analysis, real-world case studies, and media examples to illuminate where and how ageism shows up in both subtle and overt ways. Attendees will gain a deeper understanding of the structural and cultural roots of ageism and leave with actionable strategies to combat it within their personal and professional spheres. By recognizing and addressing ageism, we can create more inclusive, respectful communities that value people at every stage of life. This presentation is relevant for professionals in healthcare, social work, education, and public policy, and anyone committed to advancing equity across all dimensions of human experience.

Presented by *Georgia Lane, MA Social Work, Aging Services Planner, Arrowhead Area Agency on Aging*





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8:30am - Session 5

97 The Intersectionality of Counseling and Crisis Housing

 Harborside 301-302  Non-virtual

In the hustle and bustle of crisis housing, we can sometimes forget the foundational skills that are essential when working with participants. This presentation will discuss counseling micro-skills often applied in the clinical setting and how they can help housing providers gain rapport with participants, explore possible solutions, refine the participants' goals, and work towards a solution. This approach differs as it meets participants where they are and helps draw out their housing and related goals. Some case examples will be discussed, and you will be able to practice a few of these skills. You will walk away with a basic understanding of key counseling micro-skills and how to intentionally use them with individuals you are working with to best support their needs.

Presented by Julee Jackson, BAS Psychology and Pursuing MS Clinical Mental Health Counseling, Outreach Coordinator, and Dustin Witkofsky, MHP, Program Director, Grace House, Itasca Area Homeless Shelter

98 Student behavioral supports in schools

 Harborside 303  Non-virtual  Clinical Hours

Have you heard terms such as MTSS, BIP, or PBIS and wondered what all those school acronyms mean? Did a provider tell you that your child should have an IEP? Do you know how schools determine which supports are a match for your client's diagnosis? The wide world of school-based supports includes layered resources and interventions designed to support students at all levels and abilities. Participants in this workshop will learn more about the process of requesting, advocating, and qualifying for a variety of supports that could help their child or clients thrive at school.

Presented by Jennifer Fuchs, MSW, LICSW, MTSS Coordinator and School Social Worker, and Breanna Greenly, MSW, LICSW Special Education School Social Worker, Lincoln Park Middle School - Duluth Public Schools

99 Pathways to Impact: Connecting High School Students with Careers in Health and Human Services

 Harborside 304  Non-virtual

This workshop will equip organizational leaders and HR professionals with practical strategies for developing one-time, short-term, and long-term programs to engage and attract high school students to the organization and the health and human services industry. Attendees will learn how to design effective internship experiences, build partnerships with schools and community organizations, and create pathways that inspire students to pursue long-term careers in the field. With actionable insights on guiding students through the hiring process, fostering professional development, and nurturing a diverse talent pipeline, employers will leave with the tools to cultivate the next generation of health and human services professionals.

Presented by Serena Emerfoll, Master of Arts in Organizational Leadership, St. Mary's University of MN, Director of Human Resources; Dillanger DeGross, Bachelors in Human Resource Development, University of Minnesota, HR Specialist II, Homeward Bound, Inc.

100 Rehumanize Human Services: A Mindful Communities Framework for Transforming Care Systems

 Harborside 305  Non-virtual  Clinical Hours

This session introduces “Rehumanize Human Services,” a transformative framework rooted in the Mindful Communities model. It challenges the bureaucratic, deficit-oriented approaches embedded in child welfare and human services systems and presents a liberatory, community-led alternative. Grounded in Paulo Freire’s pedagogy, this model re-centers care around cultural responsiveness, family voice, healing justice, and shared accountability.

Through real-world case examples from county-level implementation, participants will explore how systems of care can evolve from punitive and hierarchical to healing-centered and co-designed. In addition to structural reform, the workshop will provide a practical overview of how rehumanization principles can be integrated directly into clinical practice and case management workflows—offering tools to build relational accountability, increase cultural congruence, and prevent burnout among providers.

Participants will leave with a renewed vision of how public health and human service systems can embody dignity, partnership, and collective wellbeing.

Presented by Neerja Singh, PhD, LICSW, LADC, Rehumanize Human Services: A Mindful Communities Framework for Transforming Care Systems, Hennepin County/University of Minnesota

101 Effective Interpersonal Engagement through Heart-Centered Leadership

 Lake Superior Ballroom J  Virtual  Clinical Hours

As human service professionals, we constantly find ourselves working with colleagues and clients who view the world in vastly different ways. Rooted in the intersectionality of life experiences and personal identities, the stories that make us unique can sometimes pose barriers to effective communication. This interactive workshop will equip participants with skills for sharing our unique stories and perspectives with others, as well as listening to others’ stories with openness, compassion, and empathy. Participants will learn the Heart-Centered Leadership approach, rooted in Positive Psychology and Relational Cultural Theory, as a framework for increasing their capacity for effective interpersonal engagement.

Presented by Danny Frank, Ed.D., Founder, Senior Consultant and Kat Werchowski, Ed.D., Senior Consultant, Peak Perspectives, LLC

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8:30am - Session 5

102 Difficult Personalities: How to Navigate Relationships with Clients, Co-Workers and Others Who May Have Borderline Personality Disorder, Narcissism, and other Challenging Personalities

 Lake Superior Ballroom K  Virtual

Do you ever feel manipulated, controlled, or lied to? Do you serve clients, or are in any relationships with people that have intense, irrational rages that seem to come out of nowhere? Do you feel like you are walking on eggshells to avoid confrontations or constantly upsetting someone? If the answer is yes, then you are likely interacting with someone that may have borderline personality disorder (BPD), narcissism or other challenging personality traits.

NOTE: This training is NOT about how to medically or psychologically provide treatment for someone with a personality disorder.

Presented by Josh Dye, MPNA, President & Founder, Convene Training

103 The Cost of Compliance: Reclaiming Choice in Person-Centered Care

 Lake Superior Ballroom L  Virtual

We enter this work to honor the humanity of others—yet compliance patterns can quietly erode the very connection we aim to create. In this session, Sara Sherman invites participants to explore how the science of choice intersects with person-centered care. Through the lens of relational neurobiology, we'll examine how well-intended systems can unknowingly invite compliance over cooperation. Participants will reflect on their own nervous system patterns—and how those patterns influence the people they serve.

Presented by Sara Sherman, Bachelors, Co-Founder, Neurorelational Coach; Matt Schwab, Co-Founder, Neurorelational Coach; Sam Stangl, Masters, Lead Parent Coach, Dandelion Neurorelational Family Services

104 Rising to the Challenge: Advocacy is Our Professional and Ethical Responsibility

 Lake Superior Ballroom MN  Virtual  Clinical Hours

Human service professionals are uniquely skilled to be effective advocates. For social workers specifically, we are also called to advocacy in our Code of Ethics. In this session, we'll talk about how human service professionals and social workers can embrace our professional and ethical responsibility for making positive change. We'll also tackle the ethical dilemmas that frequently come up when we advocate for change. Finally, we'll offer concrete opportunities for you to take action on the issues you care about right now. You'll leave this session feeling inspired and ready to advocate!

Presented by Beth Ringer, MSW, Executive Director, and Michelle SanCartier, MSW, MPH, Director of Public Policy and Advocacy, Minnesota Social Service Association

105 The Illusion of Autistic Inclusion in Trauma-Informed Practice

 Lake Superior Ballroom O  Virtual  Clinical Hours

Trauma-informed does not include Autistic Trauma. As Autistic individuals, we are often understood solely as having a disorder rather than a whole person. This outdated perspective has created a cycle of unintentional harm, unattuned caregiving, and barriers to healthy development. When the focus remains on changing Autistic behavior, authentic behavior is targeted, fawning is rewarded, and masking is measured as progress. This session addresses the gaps in trauma-informed care by providing an understanding of Autistic trauma and recognizing how these adaptations are misunderstood. Participants can start making intentional changes in their approaches and implement restorative practices toward equitable inclusion.

Presented by Santanna Ficken, MHP | Advocate, Minnesota Neurodivergent Education Advocacy and Therapy Services

106 Special Needs Planning for Parents and Guardians

 **Split Rock 1**  **Non-virtual**

Special needs planning from the parent and guardian perspective.

- Organized planning from birth to retirement for people with special needs using the resources available to them.
- Clarify common options of what to plan, when to plan, and how to plan for a person with special needs.
- An alternative to those stacks of papers and website bookmarks on numerous topics you may be working with today. Feel more in control and aware of the entire planning process.
- Bring order to the special needs planning process from a parent and guardian perspective. Everything is organized and explained in terms that make sense to us.

There are days when we're focused just on how we'll get through today. Over time we can expand our focus. Eventually we're able to take it all in and decide how to build our child's plan.

Presented by Brian Johnson, B.S. Corporate Finance, Chartered Special Needs Consultant, Financial Coach Academy, Special Needs Planning Coach, Clarity Consulting, Inc.

107 Co-creating a Workplace Where We All Thrive

 **Split Rock 2**  **Non-virtual**

This workshop focuses on fostering psychological safety in the workplace and offers specific strategies for creating an environment where every employee feels valued, heard, and empowered to take risks without fear of judgment. Participants will explore practical tools for building trust, encouraging open communication, and co-creating a culture where everyone can thrive, contribute authentically, and collaborate effectively.

Presented by Ryan Bauers, Master of Business Administration / Master of Divinity / Certified Personal Trainer & Nutrition Coach, Co-creating a workplace where we all thrive St. Louis County / Ryan Bauers Consulting

108 Ethical Practices to Support Challenging Times

 **St. Louis River Room**  **Virtual**  **Clinical Hours**

Our changing world brings about new challenges in practice, treatment, and provider self care. This presentation will be focused on small group discussions about ethics! Topics will include how providers define their sense of accomplishment in their practice, safety, and ways that they can emphasize self-nurturing. Taking an active role in one's own wellbeing has positive effects, so let's share our ideas together!

Presented by Rachel Phillips, MSW, LICSW, LADC, Therapist and Adjunct Psychology Instructor at Fond Du Lac Tribal & Community College, Birch and Pine Counseling; Phoenix Walker, BA, LADC, Substance Use Disorder Counselor, Adjunct Chemical Dependency Instructor at Fond Du Lac Tribal & Community College, Human Development Center

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10:30am - Session 6

109	Designing Your Agencies Learning Ecosystem	 Chester Creek	 Non-virtual	
110	Homeless, not Helpless: Implementing strategies that help with long term success.	 French River 1	 Non-virtual	
111	Trafficking of Minors: Mitigating Risk Factors and Enhancing Resiliency	 French River 2	 Non-virtual	
112	Basic Art Therapy	 Gooseberry Falls 1	 Non-virtual	 Clinical Hours
113	“I’ve Fallen and I Can’t Get Up.....Now What?”	 Gooseberry Falls 2	 Non-virtual	
114	Felony Unfriendly: Overcome Criminal, Credit, and Rental History Barriers in a Housing Search	 Gooseberry Falls 3	 Non-virtual	
115	Why We are Better Together	 Harborside 202	 Non-virtual	
116	It’s Not What You Say, It is HOW You Say It	 Harborside 203	 Non-virtual	
117	Post Secondary Options DO Exist for Students with Intellectual Disabilities	 Harborside 204	 Non-virtual	
118	Authorizing Assistive Technology and Remote Support	 Harborside 205	 Non-virtual	 Clinical Hours
119	Behind the Mask: Unpacking Narcissistic Abuse and Rehumanizing Survivors” A Depth-Oriented, Trauma-Responsive Approach to Education, Advocacy, and Recovery	 Harborside 301-302	 Non-virtual	
120	Fandom & Mental Health: Resilience Strikes Back	 Harborside 303	 Non-virtual	
121	Exploring the Interaction Between Internal Family Systems and Ketamine Treatment in a High-Volume Clinical Setting	 Harborside 304	 Non-virtual	 Clinical Hours
122	Faces of Recovery- This is What Recovery Looks Like	 Harborside 305	 Non-virtual	
123	Assessing Adolescent Substance Use	 Lake Superior Ballroom J	 Virtual	 Clinical Hours
124	Treating Comorbidity Using a Personality-Driven Approach	 Lake Superior Ballroom K	 Virtual	 Clinical Hours
125	Schizophrenia & Schizoaffective Disorder: Breaking Down the Stigma	 Lake Superior Ballroom L	 Virtual	
126	Responding to Co-Occurring Cognitive Impairment in Substance Use Disorder Treatment	 Lake Superior Ballroom MN	 Virtual	
127	The Art of Clear, Compassionate & Effective Communication	 Lake Superior Ballroom O	 Virtual	
128	Building Team Spirit and Morale Boosting	 Split Rock 1	 Non-virtual	
129	Introduction to American Sign Language	 Split Rock 2	 Non-virtual	
130	Keeping Humanity in AI and Robotics	 St Louis River Room	 Virtual	 Clinical Hours

109 Designing Your Agencies Learning Ecosystem



 **Chester Creek**  **Non-virtual**

I'll share Homeward Bound's real-life journey of building a training ecosystem from the ground up by taking the audience through the actual processes and strategies that helped us create training modules in-house designed to meet the unique needs of our agency, as well as external agencies.

I'm excited to share the practical steps we took, the challenges we encountered, and the victories we celebrated along the way. Whether attendees are looking to enhance existing training programs or start from scratch, this workshop will equip them with a clear roadmap to develop a robust training framework that fuels growth and development.

Presented by *Grant Haley, Bachelors of Business Administration in Progress, Director of Quality Innovation, and Faith Noni, Bachelor of Science Cybersecurity, Learning and Development Manager, Homeward Bound*

110 Homeless, not Helpless: Implementing strategies that help with long term success.

 **French River 1**  **Non-virtual**

This workshop will explore a model of accountability and support that when used together can lead to long term success.

Presented by *Kevin Fawcett, M.A. Criminal Justice Leadership, Homeless, not helpless: a model of accountability and support. Helping our clients to sustain long term success, New Opportunities*

111 Trafficking of Minors: Mitigating Risk Factors and Enhancing Resiliency

 **French River 2**  **Non-virtual**

In this session, the presenters will discuss susceptibilities in youths' lives that increase their risk for sex trafficking and commercial sexual exploitation. They will discuss how service providers and professionals can think differently about risk factors, and see them as opportunities to connect youth with protective factors that will increase resilience. We will discuss ways to better understand, identify, and connect youth with pro-social behaviors as prevention of sex trafficking.

Presented by *Carly Hiti, BAS, Criminal Justice Services Coordinator, Program for Aid to Victims of Sexual Assault (PAVSA); Andrea White, BA, Safe Harbor Regional Navigator Dodge and Olmsted County Victim Services; Anne LaFrinier-Ritchie, BA, Safe Harbor Regional Navigator, Someplace Safe*

112 Basic Art Therapy

 **Gooseberry Falls 1**  **Non-virtual**  **Clinical Hours**

This workshop will introduce you to a few basic art therapy projects you can do when first meeting a client and will teach one how to read what the art is saying.

Presented by *De Ana Nelson, Master's of Science Education/ Counseling, Basic Art Therapy, Beautifully Broken Refuge Ranch; Delaney Kauffman, Master's Science Education, The Light House Project*

113 "I've Fallen and I Can't Get Up.....Now What?"

 **Gooseberry Falls 2**  **Non-virtual**

The history, evolution and future of Personal Emergency Response Systems (PERS) and emergency monitoring. Beginning with the initial invention in 1973 by Andrew Dibner to today's infrared technology, patient monitoring has seen dramatic changes in the scope and ability to protect vulnerable clients. Review current types of equipment available in the industry and discuss the pro's and con's of each type. Discuss misconceptions of the now popular feature of "auto fall detection" and how these type of devices work and don't work. Why 24-7 monitoring is critical to effective and timely emergency response.

Presented by *John Vogelbacher, MEA: Masters Educational Administration, CEO, and Megan Johnson, COO, Livewell Alert*

114 Felony Unfriendly: Overcome Criminal, Credit, and Rental History Barriers in a Housing Search

 **Gooseberry Falls 3**  **Non-virtual**



Criminal, credit, and rental history barriers make it hard for renters to find housing. It is common for people with these barriers to lose \$200 or more, just on application fees! They also often experience homelessness, or live in substandard housing. We can no longer afford to have renters, and the agencies that help them, lose so much money and time while searching for a place to live.

In the absence of "felony friendly" landlords, renters must take a new approach. This training maps out a process to follow that saves renters (and their case managers) time and money. It also helps them find a place to live faster!

Presented by *Josh Dye, MPNA, President & Founder, Convene Training*

10:30am - Session 6

115 Why We are Better Together

 Harborside 202  Non-virtual

Collaboration is certainly a concept we hear a lot about, as we work to do more with fewer resources. However, it is not always as simple as voicing the intent. How does one put this concept into practice? This workshop will discuss the benefits of collaborative partnerships by sharing the process in the development of the Better Together Behavioral Health Network (BTBHN) and its outcomes. Created as an outcome of collaboration among local behavioral health organizations working with the Ely Behavioral Health Network to form the Mesabi Behavioral Health Network, BTBHN is now a non-profit designed to address the broad spectrum of behavioral health care needs — from prevention and treatment to recovery and to support other health care networks in the area. The project received funding through the Health Resources and Services Administration. St. Louis County serves as the lead agency for the project, with Project Director Kelly Sather; Aubrie Hoover, Northeast Service Cooperative, as Project Manager; and Pat Conway, Essentia Institute of Rural Health, as the Project Evaluator. The BTBHN partners include United Way of Northeast Minnesota, Essentia Health (Virginia), Range Transitional Housing, Range Mental Health Center, Scenic Rivers Health Services, Northeast Service Cooperative and St. Louis County.

Presented by Kelly Sather, MSW, LICSW, Social Service Supervisor, St. Louis County PHHS; Pat Conway, PhD, MSW, Senior Research Scientist, Essentia Institute of Rural Health; Aubrie Hoover, MS, Behavioral and Mental Health Services, Regional Manager, Northeast Service Cooperative

116 It's Not What You Say, It is HOW You Say It

 Harborside 203  Non-virtual

Have you ever heard this phrase, or maybe even said it yourself? Tone of voice and body language are key components of communication, but the words we choose are just as crucial. The words we use can either include or exclude others, and sometimes unintentionally create power dynamics. We will discuss how language can contribute to an “Us vs. Them” mentality, and examine concepts like Person-First vs. Identity-First language and ableism. By the end, you'll learn how to frame your mindset around these ideas to communicate more thoughtfully and inclusively.

Presented by Jennifer Billington, BA in English, Person-Centered Services Director, STAR Services

117 Post Secondary Options DO Exist for Students with Intellectual Disabilities

 Harborside 204  Non-virtual

Lake Superior College is in development stages of PACE (Program for Accessible College Education) which will be the first available in northeastern Minnesota. Minnesota only has 3 colleges that currently have programs designed for this population of students. Increased access to higher education will lead to increased success with employment and level of independence for students with intellectual disabilities. Join us to hear more from our panel about higher education opportunities, the development of the PACE pilot program and how you can support students with intellectual disabilities in accessing meaningful opportunities in post secondary education.

Presented by Erin Thompson, BAS, PACE Program Director, Lake Superior College



118 Authorizing Assistive Technology and Remote Support

 Harborside 205  Non-virtual  Clinical Hours

Learn how to navigate DHS policies, approval processes, and select the right technology for individuals on HCBS waiver plans. This session covers how to consider technology as a means of support, compliance with state and federal regulations to ensure access to essential assistive technology and remote support services, and how to collaborate with providers, guardians, and individuals throughout this process.

Presented by Alaina Gallagher, Bachelors of Science, Authorizing Assistive Technology and Remote Support, ARRM; Anna MacIntyre, BA, Policy Lead/ Disability Services Division, DHS

119 Behind the Mask: Unpacking Narcissistic Abuse and Rehumanizing Survivors” A Depth-Oriented, Trauma-Responsive Approach to Education, Advocacy, and Recovery

 Harborside 301-302  Non-virtual

Narcissistic abuse is a pervasive, often invisible form of psychological violence that hides in plain sight—across families, relationships, workplaces, and even healing professions. While the term “narcissism” has entered popular discourse, the real psychological, relational, and spiritual toll on survivors is frequently misunderstood, minimized, or pathologized—leaving victims isolated and retraumatized.

This workshop invites participants into a nuanced, depth-informed understanding of narcissistic abuse—framed not as a clinical diagnosis alone, but as a relational trauma that reverberates across micro (individual, familial) and macro (cultural, systemic) dimensions.



This session is especially relevant for clinicians, advocates, educators, and anyone working at the intersection of mental health, justice, and relational integrity.

Presented by Ms. Hilary Buckwalter-Wilde, Masters in Advocacy and Political Leadership, Masters in Depth Psychology, Masters in Clinical Counseling (nearing completion), Healing Hearts

biological and psychological dimensions of depression. This presentation aims to explore how IFS principles can enhance the therapeutic outcomes of administration of ketamine intravenously and intranasal, drawing on experience from our clinic that has administered over 30,000 infusions and is a VA Community Care Center.

Presented by Sophie Tomskey, MSW, LGSW, Psychotherapist, and Natalie Johnson, APRN, PMHNP-BC, CRNA, Co-Owner/ Founder, Psych North/Ketamine North Infusion Center

120 Fandom & Mental Health: Resilience Strikes Back

 **Harborside 303**  **Non-virtual**

We will explore the intersection of mental health and various fandoms, including sci-fi, fantasy, gaming, anime, and comic lore. This workshop will provide an exploration of the rich mental health stories found in these genres, along with using the lore to build resilience in individuals and families. With a background in children and family mental health experiences, presenters will provide real world experiences along with practical application for individuals, families and professionals.

Presented by Stephen Kaarbo, MEd, LPCC, Therapist, Northwood Children's Services

121 Exploring the Interaction Between Internal Family Systems and Ketamine Treatment in a High-Volume Clinical Setting

 **Harborside 304**  **Non-virtual**  **Clinical Hours**

The advent of ketamine as a treatment for mood disorders has revolutionized psychiatric care, particularly for patients with treatment-resistant depression. Concurrently, Internal Family Systems (IFS) therapy offers a unique framework for understanding the multiplicity of the self and facilitating healing through internal dialogue. Integrating Internal Family Systems therapy with ketamine treatment offers a holistic approach to mental health care that addresses both

122 Faces of Recovery- This is What Recovery Looks Like

 **Harborside 305**  **Non-virtual**

Join us to see the faces of recovery in our community and hear what recovery truly means to them. Recovery is not just about sobriety—it's about embracing and living a life beyond what many ever imagined. A diverse panel of individuals at different stages of long-term recovery will share their experiences, answer frequently asked questions, and take time for open questions from the audience. People in recovery are far more than the substances they may have struggled with—they are living proof of hope, strength, and the limitless potential within us all.

Presented by Cellie Dudley, Program Director, Recovery Alliance Duluth

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10:30am - Session 6

123 Assessing Adolescent Substance Use

 Lake Superior Ballroom J  Virtual  Clinical Hours

Adolescent substance use can be impacted by a variety of factors such as brain development, genetic, social, cultural predisposition and trauma. It can be a challenge to conduct a thorough, accurate assessment and make subsequent referrals when using assessment protocols created for adults. Assessors must consider not only the unique circumstances an adolescent brings to an assessment, but also the appropriate formatting of the assessment questions themselves. This session will address the need for sensitivity to the dynamics of the adolescent client and adaptations that may arise when using current comprehensive assessment protocols.

Presented by Karen Edens, BA, MPH, President & Director of Training Edens Group; President Emeritus of MARRCH, Edens Group Training Center

124 Treating Comorbidity Using a Personality-Driven Approach

 Lake Superior Ballroom K  Virtual  Clinical Hours

Mental health and substance use disorders frequently co-occur, presenting complex clinical challenges that demand integrative care. This workshop introduces a personality-driven approach to comorbidity, grounded in contemporary dimensional models of psychopathology, including the DSM-5 Alternative Model for Personality Disorders (AMPD) and the Hierarchical Taxonomy of Psychopathology (HiTOP). Participants will learn how to assess and conceptualize core personality traits that underlie and maintain comorbid symptoms, and how to tailor treatment strategies accordingly. Through case examples and interactive exercises, clinicians will gain practical tools to integrate personality assessment into treatment planning, enhance client engagement, and promote long-term recovery. This workshop is designed for clinicians working with clients who present with overlapping diagnoses, treatment resistance, or complex symptom presentations.

Presented by Tanya Freedland, MPS, CEO & Founder, ARCS Institute; Bob Krueger, PhD, Distinguished McKnight University Professor, University of Minnesota

125 Schizophrenia & Schizoaffective Disorder: Breaking Down the Stigma

 Lake Superior Ballroom L  Virtual

Schizophrenia and schizoaffective disorder are the most stigmatized mental health disorders. In this workshop, symptoms of both disorders will be taught, including similarities and differences; learn about stigma associated with the disorders, including myths and stereotypes; learn successful treatment options, with a focus on coping skills; listen to my personal journey with being diagnosed, including challenges and successes. The more we can talk about schizophrenia and schizoaffective disorder, the more we can raise awareness, understanding, and break down stigma.

Presented by Katie Finch, MHP, MHP, Mental Health & Wellbeing Coach, Portages Health

126 Responding to Co-Occurring Cognitive Impairment in Substance Use Disorder Treatment

 Lake Superior Ballroom MN  Virtual

Neurologic informed care involves the incorporation of neurologically-based education and training to enhance understanding of how emotional responses, cognition, and behavior are shaped by neurological processes. This presentation will explore the interconnections among alertness, attention, processing, short-term memory, and executive functioning. Additionally, it will address the impact of drugs and alcohol on cognition and discuss how to make accommodations in substance use disorder treatment. The talk will also feature experiential examples alongside practical strategies for adapting service delivery to address co-existing cognitive impairments.

Presented by Thomas Beckers, Bachelor of Science, Director of Residential Services, Vinland Center

127 The Art of Clear, Compassionate & Effective Communication

 Lake Superior Ballroom 0  Non-virtual

Do you ever leave conversations feeling unheard, frustrated, or unsure of how to express yourself effectively? This interactive training will introduce you to practical communication strategies that help reduce misunderstandings, resolve conflicts, and build stronger workplace relationships. Using real-world examples and hands-on exercises, you'll learn how to communicate with clarity, express your needs without blame, and listen in a way that fosters connection. Whether you're navigating team dynamics or tough conversations, these skills will empower you to communicate with confidence and empathy. Join us to transform the way you connect at work (and beyond)!

Presented by Ryan Bauers, Master of Business Administration / Master of Divinity, Organization Development Specialist, St. Louis County / Ryan Bauers Coaching

128 Building Team Spirit and Morale Boosting

 Split Rock 1  Non-virtual

All high performance teams are defined by a strong sense of team spirit and top productivity! Leaders are always searching for new ways to boost the energy of their teams. The constant drain of the "eat-work-sleep-repeat" lifestyle can get anyone down. This session is designed to give people some fresh ideas borrowed from; government agencies, corporations and non-profits. Several ideas presented combine team building, team communication, individual and team recognition along with other psychological strategies to raise the collective of the whole team. One of the presenters will share ideas on how her organization keeps everyone happy, respected and engaged throughout the year! Participants will also have an opportunity to share their ideas with the rest of the group as well. A special segment on the value of off-site team building retreats will be featured combining educational training with morale boosting and team spirit. Increase your skills by learning to blend knowledge, uniqueness, communication and fun! Become a high performance team builder and implement these ideas back at work!

Presented by Michael Kiefer, Ph.D. Behavioral Psychology, Building Team Spirit and Morale Boosting, Powermind Systems Inc.; Heidi Allen, B.S. Engineering, Director of Quality/Life, Coach/Energy Mentor, Steinwall Inc.

129 Introduction to American Sign Language

 Split Rock 2  Non-virtual

Join this interactive workshop to learn the fundamentals of American Sign Language (ASL) in a friendly, supportive environment. Designed for beginners, it's ideal for anyone interested in communicating with Deaf and Hard of Hearing individuals. You'll explore basic ASL vocabulary, everyday phrases, and key grammatical differences between ASL and English. Special attention will be given to signs commonly used in health and human service settings. No prior experience is required—just an open mind and eagerness to learn. Build your skills, boost your confidence, and take the first step toward more inclusive communication through the power of ASL.

Presented by Gerald (Jerry) Geist, Jr, MA, Deaf and Hard of Hearing Specialist; Anne Janckila, BA- American Sign Language/English Interpreting, Deaf and Hard of Hearing Specialist; Calla Kevan, MA- Rehabilitation Counseling for the Deaf, Deaf and Hard of Hearing Specialist, Deaf, DeafBlind and Hard of Hearing State Services

130 Keeping Humanity in AI and Robotics

 St. Louis River Room  Virtual  Clinical Hours

This workshop explores the growing role of artificial intelligence and robotics in healthcare—and the ethical challenges they present for social work practice. Designed for social workers across healthcare settings, the course takes a macro lens to examine how emerging technologies are reshaping care delivery, workforce dynamics, and access to services. Participants will critically assess issues such as algorithmic bias, robotic caregiving, data privacy, and the potential dehumanization of patient interactions. Through real-world examples and discussion, the course will also tie in mezzo and micro implications, preparing social workers to navigate and influence these changes while upholding social work values of dignity, equity, and person-centered care.

Presented by Marcus Kubichek, Masters in Social Work (LICSW), Director of Innovation, Monarch Healthcare Management; Nick Polovitz, Masters in Social work (LICSW), Therapist, Essentia



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Altru Inpatient Behavioral Health

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Ampersand Families

Arc Northland

Aspirus St. Luke's Maternal Child Health Department

Bois Forte Health and Human Service

Bold North Recovery

BoundaryCare

Brainerd House - IRTS (AHL Healthcare Group)

DHS - Disability Services Divison	Dept.
DHS-Disability Services	Foster Adopt Minnesota
DHS-State Medical Review Team	Genesis Recovery Services, LLC
DHS, Social Security Advocacy Services	Gov. Council on Developmental Disabilities-Dept. of Administration
Disability Specialists	Hammer Travel
Diversion Solutions	Harry Meyering Center
DRCC	Heartland Community & Home Care
Duluth Core Learning	Help Me Grow
Ecumen Home Care & Hospice	HHAeXchange
Edward Jones	Homeward Bound, Inc.
EF High School Exchange Year	HP Psychological Associates
Empowered Events & Exploring Inc.	i Support YOUTh! LLC
Enlight Coaching & Consulting	Innovative Human Services
Essentia Health	Interim HealthCare of Lake Superior
Essentia Health - Cancer Center	Kinnic Falls Inc.
Essentia Health Pharmacy	Lake Superior Community Health Center
Essentia Health St. Mary's Hospice	Lakeplace Retreat Center
Expanding Horizons	Lakeview Behavioral Health
Fairview Range	Leo A Hoffmann Center
Family Services Collaborative of St. Louis County	Life Fountain
Fernbrook Family Center	LifeFone
Firefly Mental Health LLC	Lifeway Mobility - Minneapolis
Fond Du Lac Human Services Division	Lighthouse Center for Vital Living - Previously Lighthouse for the Blind
Fond du Lac Human Services, TAGWII	

Little River Autism Services

Little Sand Group Home

Lotus Corporation Katherine's House

**Lutheran Social Services of
Minnesota - Mankato**

MAC Midwest

Mains'I Services

**McCarthy Manor/Lakeside Manor
Assisted Living**

MDH

MedScope

**Memory Keepers- Medical Discovery
Team**

**Mid-Range Chemical Dependency
Services, Inc.**

Millennium Health

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**Minnesota Aging Pathways /
Arrowhead Area Agency on Aging**

**Minnesota Alliance on Problem
Gambling**

Minnesota Board of Social Work

**Minnesota Child Welfare Training
Academy**

**Minnesota Department of Human
Services, Housing and Support
Services Division**

**Minnesota Department of Human
Services, Office of Inspector General -
HCBS Licensing**

**Minnesota Indian Primary Residential
Treatment Center, Inc.**

Minnesota Merit System

**Minnesota North College-Addiction
Studies Department**

Minnesota Sex Offender Program

Minnesota Social Service Association

Mom's Meals

Moments Hospice

Monarch Healthcare Management

Moose Lake Village by Cassia

Narcotics Anonymous & Naranon

Newport Healthcare

NHS Northstar

Northland Counseling

Northstar Behavioral Health Network

Northwestern Mutual

Northwood Children's Services

OurFamilyWizard

Overeaters Anonymous

PAL Medical

Parity Wellness LLC

PAVSA

Pioneer Recovery Center

Port Group Homes

PrairieCare	STAR Services
Progress Valley	State of Minnesota - Department of Human services
Project Turnabout	DHS - MN ACT
Provide Care Inc.	Supportive Living Solutions
Pruitt Center for Mindfulness & Well-Being	The Duluth Bethel
Psych North/Ketamine North Infusion Center	The Emily Program
Psycnsew Creations	The Retreat
QMedic	Therap
QPI-MN	Therapeutic Services Agency, Inc
REACH Within Ranch, LLC	Thomas Allen
Recovery Alliance Duluth	TLC of Duluth
Recovery In Motion	Transformation House
Red Cross	Two Rivers Counseling
Residential Providers Association of Minnesota	Union Gospel Mission
Safe Haven Shelter & Resource Center	University of Wisconsin-Superior - Center for Research and Evaluation Services (CRES)
ShareHouse	Valley Medial & Wellness
SLC Attorney's Office	Veteran Resilience Project
Soulfeggio Care Consultation and End of Life Doula Services LLC	Village Caregiving
St. Ann's Residence	Webmed
St. Louis County Public Health and Human Services Child Foster Care Licensor	Wellness in the Woods
St. Louis County Public Health and Human Services	Wilderness Health
	YWCA Duluth

1:00pm - Session 7

131	Demystifying Sexuality	 Chester Creek	 Non-virtual	
132	Community Crisis Coordination: Uniting Law Enforcement, Healthcare, and Mobile Crisis Teams for Better Outcomes	 French River 1	 Non-virtual	
133	Moving Toward Wholeness: Considering the Relationship Between Spirituality, Attachment, and Trauma.	 French River 2	 Non-virtual	
134	Advocating for Neurodiversity: How can we foster mental health equity in special education?	 Gooseberry Falls 1	 Non-virtual	 Clinical Hours
135	Don't Worry I Got This; The Casey Martin Story and Family	 Gooseberry Falls 2	 Non-virtual	
136	The Basics of Clinical Supervision	 Gooseberry Falls 3	 Non-virtual	 Clinical Hours
137	Brain Function and Regulation: An Introduction to Biofeedback and Neurofeedback	 Harborside 202	 Non-virtual	 Clinical Hours
138	Breaking the Forgetting Curve: Five Strategies for Training that Sticks	 Harborside 203	 Non-virtual	
139	ON HOLD	 Harborside 204	 Non-virtual	
140	Caring for Ourselves- Mind, Body, Spirit	 Harborside 205	 Non-virtual	 Clinical Hours
141	From Stigma to Strength: How to Communicate with People Whose Behaviors are Stigmatized	 Harborside 301-302	 Non-virtual	
142	Busting Out of the Box	 Harborside 303	 Non-virtual	
143	Transitions to Independent Living	 Harborside 304	 Non-virtual	
144	Serving Those Who Served: Enhancing Human Services for Veterans in the Community	 Harborside 305	 Non-virtual	 Clinical Hours
145	Money Follows the Person Tribal Initiative and Tribal Engagement	 Lake Superior Ballroom J	 Virtual	
146	The St. Louis County Community & Family Resource Center Network	 Lake Superior Ballroom K	 Virtual	
147	Decrease Anxiety to Foster Healthier, Resilient Teams	 Lake Superior Ballroom L	 Virtual	
148	Why Discipline Fails	 Lake Superior Ballroom MN	 Virtual	 Clinical Hours
149	Parts, Patterns, and Presence: Integrating Shadow Work, Parts Work, and Nervous System Attunement in Trauma Recovery	 Lake Superior Ballroom O	 Virtual	
150	Centering Disability into Your Policies	 Split Rock 1	 Non-virtual	 Clinical Hours
151	Spirituality in Mental Health & Addiction Recovery	 Split Rock 2	 Non-virtual	 Clinical Hours
152	When Love Hurts: The Intersection of Intimate Partner Violence and Sex Trafficking	 St Louis River Room	 Virtual	



131 Demystifying Sexuality

 **Chester Creek**  **Non-virtual**

Let's talk about sex! Throughout history, individuals with disabilities have often been denied, or presumed to have no interest in, the same level of intimacy and romantic relationships as those without disabilities. As a result, many people with disabilities were kept in the dark about sexuality, often under the guise of protection. However, this lack of education and openness may have increased their vulnerability to abuse and exploitation. While it's natural to feel concerned for those we support, it's essential to recognize that every person desires and needs some form of connection with others. Join us as we explore how to create an open environment for discussing relationships and intimacy with the people you support. We will review the rights within HCBS provider settings and share valuable resources.

Presented by Jennifer Billington, BA in English, Person-Centered Services Director, STAR Services

132 Community Crisis Coordination: Uniting Law Enforcement, Healthcare, and Mobile Crisis Teams for Better Outcomes

 **French River 1**  **Non-virtual**

Effective crisis response requires teamwork between law enforcement, healthcare, and crisis teams. In this session, we will explore the challenges and solutions in managing behavioral health crises, highlighting successful partnerships and best practices. We will review case studies that illustrate how improved communication and joint resource coordination can enhance care while easing the strain on public systems. Join us to discover practical strategies for building stronger, more effective crisis response networks—essential for professionals in healthcare, law enforcement, and social services.

Presented by Michael Furo, MSW, LGSW, and Lexi Wuestneck, CNA, Mobile Crisis Response Team Program Supervisor, Brightwater Health (formerly the Human Development Center); Megan Tezak, MSW, LICSW, Social Worker, St. Louis County Public Health and Human Services

133 Moving Toward Wholeness: Considering the Relationship Between Spirituality, Attachment, and Trauma.

 **French River 2**  **Non-virtual**

This workshop considers the intersection of spirituality, attachment, and trauma. How can we help wounded individuals move toward wholeness? We will discuss tools appropriate for individuals from any or no faith tradition, including Internal Family Systems (IFS).

Presented by Mary Parks, MA, MDiv, Chaplain and Spiritual Director, Essentia Health and Private Practice

134 Advocating for Neurodiversity: How can we foster mental health equity in special education?

 **Gooseberry Falls 1**  **Non-virtual**  **Clinical Hours**

Individualized Education Programs (IEPs) and 504 plans often lack a strengths-based and trauma-sensitive approach. Instead, they tend to adopt a deficit-based and compliance-oriented perspective. Additionally, many students remain unidentified, leaving them to struggle in silence. This situation can inadvertently create barriers to students' well-being and contribute to increased anxiety, depression, and school avoidance. Many professionals, including school-based therapists, do not receive sufficient training to understand the special education process. As a result, they may feel unprepared to advocate for the needs of the students they serve effectively or to support families as they navigate the educational system.

In this session, professionals will gain knowledge and strategies to successfully navigate the special education landscape and advocate passionately for the holistic well-being of the children they serve.

Presented by Santanna Ficken, MHP | Advocate, Minnesota Neurodivergent Education, Advocacy and Therapy Services

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1:00pm - Session 7

135 Don't Worry I Got This; The Casey Martin Story and Family

 **Gooseberry Falls 2**  **Non-virtual**

In this workshop, we will present a video of a presentation we did as a family with the Virginia PD, to area High schools about an OD death of our family member.

Presented by *Jonathan Salo, B.A. Sociology, Social Worker, St. Louis County Public Health & Human Services*

136 The Basics of Clinical Supervision

 **Gooseberry Falls 3**  **Non-virtual**  **Clinical Hours**

The focus of providing and receiving supervision has expanded; not only is supervision identified as a best practice for service delivery to clients, there are also legal implications as identified in various state rule requirements. This session will provide a basic overview of the four domains of Clinical Supervision, will highlight what a supervisee can expect from supervision and the supervisee's "bill of rights".

As a result of this session participants will be able to:
Describe the rationale for best practice supervision
Describe the four domains of best practices of supervision
Describe the "supervisee bill of rights"

Presented by *Karen Edens, BA, MPH, President, Director of Training, President Emeritus of MARRCH, Edens Group Training Center*

137 Brain Function and Regulation: An Introduction to Biofeedback and Neurofeedback

 **Harborside 202**  **Non-virtual**  **Clinical Hours**

Your unique humanness—shaped by your biology and life experiences—is orchestrated by the brain, a remarkable organ we continue to study and marvel at, despite how much remains unknown. The brain is both incredibly resilient and surprisingly fragile. In this training, you'll be introduced to tools/technology that provide insight into how your brain and other regulatory systems function, and how, with practice, their performance can be influenced. We'll cover foundational information about brain function and explore techniques such as Biofeedback and Neurofeedback training. Demonstrations will be conducted with a few willing audience volunteers.

Presented by *Stevan Huber, MSW - LICSW, Mental Health Professional, Neurotherapist, Olmsted County Health Housing & Human Services - Youth Behavioral Health*

138 Breaking the Forgetting Curve: Five Strategies for Training that Sticks

 **Harborside 203**  **Non-virtual**

Have you ever found yourself thinking, "I just trained my team on that—why aren't they doing it?" Despite ongoing training efforts, many professionals struggle to retain and apply what they've learned. Traditional training methods often fail to engage learners in a way that leads to lasting knowledge and meaningful behavior change. In this dynamic and interactive session, we'll explore the Forgetting Curve, learning and retention barriers, and uncover five proven strategies to make training more effective, engaging, and memorable. Attendees will leave with practical tools to enhance learning retention, boost competence, and foster a culture of continuous improvement in their teams.

Presented by *Sarah Stein, Psychology, Educational Services Coordinator, STAR Services*

139 ON HOLD

 **Harborside 204**  **Non-virtual**  **Clinical Hours**



140 Caring for Ourselves- Mind, Body, Spirit

 **Harborside 205**  **Non-virtual**  **Clinical Hours**

This workshop will introduce participants to the concepts of daily, weekly, monthly motivational high points in the areas of caring for the mind, body and spirit on a regular basis. Participants will also be introduced to the Eastern Holistic Philosophy of Chakras, blocked Chakras, Chakra clearing and Chakra balancing as both a mental and physical health diagnostic aid. Just as a person has a circulatory system they also have an energy system running along meridian lines throughout the body. When these become blocked many symptoms can emerge; migraines, headaches, digestive issues, random pain, anxiety, low self-esteem, depression, trauma triggering, etc. Through combined total immersion therapy sessions of using specific sound frequencies, deep meditation and Reiki, a person can experience dramatic relief. A live demonstration and second speaker testimonial are part of this fascinating Holistic health session, designed for everyone, especially those who may be interested in becoming practitioners in these areas.

Presented by *Michael Kiefer, Ph.D., Professional Speaker/ Life Coach, Powermind Systems Inc.; Heidi Allen, B.S. Engineering, Director of Quality- On-site Life Coach, Steinwall Inc.*

141 From Stigma to Strength: How to Communicate with People Whose Behaviors are Stigmatized



 Harborside 301-302  Non-virtual

There are many people whose behaviors or life circumstances are stigmatized. Stigma discourages people from getting the help they need. Would you want to interact with somebody who is just going to shame you?

Stigma is baked into our culture. Sometimes we say something and do not realize the shame it heaps on others. Other times we think we are helping, motivating, or simply 'telling the truth' when we are actually harming and re-traumatizing.

Presented by Josh Dye, MPNA, President & Founder, Convene Training

142 Busting Out of the Box

 Harborside 303  Non-virtual

We tend to stereotype people or "put them in a box" figuratively speaking. This happens to individuals with disabilities all the time.

This presentation will be made up of my personal stories and experiences as a person with a disability. I hope to demonstrate that attitudes can affect outcomes as much as actions. Additionally, how emphasizing strengths, choice, possibility, and potential can be life changing.

This is especially true for people with disabilities because this kind of affirmation does not happen as often as it should and is something that we all need more of in our lives.

Presented by Becky Jakubek, BA in Psychology, Busting out of the box, Trillium Services

143 Transitions to Independent Living

 Harborside 304  Non-virtual

This workshop will examine how to support individuals who want to transition from supported-living (with family or in residential care setting) to independent community settings. We will discuss the potential challenges and barriers and highlight the different services and support options that can assist.

Presented by Ryan Underwood, BA - Youth Development Studies, and Charles Gornik, MA - English, Director of Community Supports Director of Operations, TLC of Duluth

144 Serving Those Who Served: Enhancing Human Services for Veterans in the Community

 Harborside 305  Non-virtual  Clinical Hours

Veterans are a diverse and resilient population with unique life experiences that deeply shape how they engage with community services. Yet many go unrecognized or underserved by traditional human service systems. This interactive session equips human service professionals with the tools to identify, engage, and support veterans more effectively.

Participants will explore practical strategies for building trust, using veteran-inclusive language, and applying a trauma-informed lens. We'll examine common barriers veterans face in accessing care — including stigma, cultural differences, and system navigation — and learn how to address them with compassion and competence. Real-world examples and case scenarios will highlight how to "see" veterans in all settings, even when they don't self-identify. Whether you work in housing, mental health, employment, or case management, this session will deepen your understanding of veterans' needs and strengthen your ability to connect them with the support they've earned.

Presented by Amanda Hooper, Master in Psychology, Undergrad in Human Services, Senior Outreach Coordinator, MACV- Minnesota Assistance Council for Veterans

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1:00pm - Session 7

145 Money Follows the Person Tribal Initiative and Tribal Engagement

 Lake Superior Ballroom J  Virtual

This session will explore strategies for enhancing Tribal Nations engagement in the Money Follows the Person Tribal Initiative (MFP-TI) Program - an initiative designed to help support culturally responsive Home and Community Based Services capacity expansion. Participants will gain a better understanding of how the Aging and Disability Services Administration's Tribal Collective strengthens government to government relations. The Tribal Collective team works with Tribes in accessing resources that support their Home and Community Based models of tribal-stage collaboration, discuss culturally responsive approaches to support Tribes, and provide practices for building strong partnerships between multiple governments. Attendees will also have the opportunity to share insights and ask questions.

Presented by Michelle Perrault, M.S.W, B.S.W, & A.A Law Enforcement, Tribal Relations Specialist, and Wayne Somes, B.A Early Childhood Educations, Tribal Relations Specialist, Minnesota Department of Human Services

146 The St. Louis County Community & Family Resource Center Network

 Lake Superior Ballroom K  Virtual

This workshop will explore the history and development of the St. Louis County Community & Family Resource Center Network, a collaborative initiative based on a national model. Participants will learn how local agencies in St. Louis County have come together to serve families using protective factors, standards of quality, and a strength-based approach. The session will also cover the formulation of parent advisory committees (PACs), which empower parents and caregivers to shape community and family resource centers to meet the unique needs of each community.

Presented by Erik Mattson, Bachelor of Science in Criminal Justice, Program Director, Lutheran Social Services; Cassie Liubakka, Bachelor of Science in Nursing, Director, Family Services Collaborative of St. Louis County; Jill Swanson, Bachelor of Science in Secondary Education with concentration in Geology, Executive Director, Ely Community Resources; Jodi Broadwell, Master of Arts, Executive Director

147 Decrease Anxiety to Foster Healthier, Resilient Teams

 Lake Superior Ballroom L  Virtual

Anxiety is creating dysfunction and burnout in helping organizations at unprecedented levels. Leaders who can

decrease stress and negativity promote healthy, effective teams. This session provides strategies to lower anxiety and foster a positive organizational culture. We will consider the dynamics of anxiety from a systems perspective and how to use it as a force for good. Participants will discover ways to decrease anxiety, help others without taking on their anxiety, counter burnout, and expand team effectiveness.

Packed full of strategies, my book *Resilient and Sustainable Caring: Your Guide to Thrive While Helping Others* and workshops are based on proven theories and conversations with people in helping roles around the world. My interactive style engages humor, practical learning, and discussion.

Presented by Karen Schuder, Educational Doctorate, Masters in Management, Masters of Divinity, Executive Director, *Resilient and Sustainable Caring*

148 Why Discipline Fails

 Lake Superior Ballroom MN  Virtual  Clinical Hours

"If his parents just set firm limits this kid wouldn't act like that." Discipline is misunderstood. A lot of us do better with our dogs than our kids. Parents and teachers struggle with the basics and professionals can't explain the concept. We'll look at why the word discipline has a largely negative connotation and why most adults are so bad at it. We'll learn the principles of effective discipline, practice some simple but crucial skills, and effectively promote healthy development.

Presented by Dr. Dean Grace, Ed.D, Northwood Children's Services

149 Parts, Patterns, and Presence: Integrating Shadow Work, Parts Work, and Nervous System Attunement in Trauma Recovery

 Lake Superior Ballroom O  Virtual

Healing isn't linear—and it's rarely isolated to a single modality. In trauma recovery, therapists and helping professionals are often trained in separate languages: parts work (IFS) and archetypal psychology, polyvagal theory, and shadow work from depth psychology. But in lived experience, these domains are not separate—they're braided.

This integrative workshop explores how shadow work, parts work, and nervous system attunement can be layered in a trauma-informed, depth-respecting approach to healing.

Presented by Ms. Hilary Buckwalter-Wilde, Masters in Advocacy and Political Leadership, Masters in Depth Psychology, Masters in Clinical Counseling (nearing completion), *Indwelling*

150 Centering Disability into Your Policies

 **Split Rock 1**  **Non-virtual**  **Clinical Hours**

Despite decades of advocacy and legal protections, disability continues to be seen as an afterthought in mainstream human services policy. This persistent marginalization reflects deep-seated ableist assumptions that position disabled people as passive recipients of care rather than as full agents and experts within social policy systems. This is particularly true with events happening on the federal and state levels.

This session is focused on not only on how to provide better services for people with disabilities but also about transforming systems to work better for everyone. Disability justice frameworks, developed by BIPOC disabled activists, offer a powerful blueprint for cross-issue solidarity, collective access, and systems transformation. When we apply these frameworks to housing, employment, mental health, personal and other core social services, we uncover both the barriers faced by disabled individuals and the broader systemic design flaws that exclude many communities.

Presented by Linda Wolford, MS, Counseling Psychology with a Rehabilitation Emphasis, Government Relations Director, Minnesota Council on Disability; Mai Thor, Masters in Nonprofit and Public Administration, Chief Program Officer, The Arc MN

Through a focus on spirituality a person gains understanding and the feeling of being right with self, by finding purpose and meaning in their life and feel secure in their place in the world. Through this presentation these concepts will be discussed and examples of various tools and pathways to healthy spirituality will be explored.

Presented by Jennifer White, MA, Licensed Psychologist, Pyscnsew Creations

152 When Love Hurts: The Intersection of Intimate Partner Violence and Sex Trafficking

 **St. Louis River Room**  **Virtual**

Human trafficking often goes unseen under the guise of other types of victimization. What looks like unhealthy or abusive relationship dynamics might actually be indicators of human trafficking. This session will help attendees understand the overlap between sex trafficking and intimate partner and family violence as it shows up in youth and adults program participants. This presentation will look how this issue disproportionately impacts survivors of color. The presenters will share relevant information gathered from their work in Minnesota and nationally on the ways that sex trafficking impacts Indigenous populations regardless of age or location. The presenter will also share tips for engaging survivors with services that are culturally relevant.

Presented by Anne LaFrinier-Ritchie, BA, Safe Harbor Regional Navigator, Someplace Safe; Mel Alvar, BASc, Regional Navigator, PAVSA

151 Spirituality in Mental Health & Addiction Recovery

 **Split Rock 2**  **Non-virtual**  **Clinical Hours**

Healthy spirituality is an integral part of attaining and maintaining strong positive mental health including addiction recovery. The World Health Organization states "Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community."


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Assisted Livings

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- Garden House Estates - Duluth, MN
- Park Lane Estates - Preston, MN
- The Landings of Columbus - Columbus, GA
- D&D's Caring Hearts - Bemidji, MN
- The Alton - St. Paul, MN
- Stride Health Services - Minneapolis, MN

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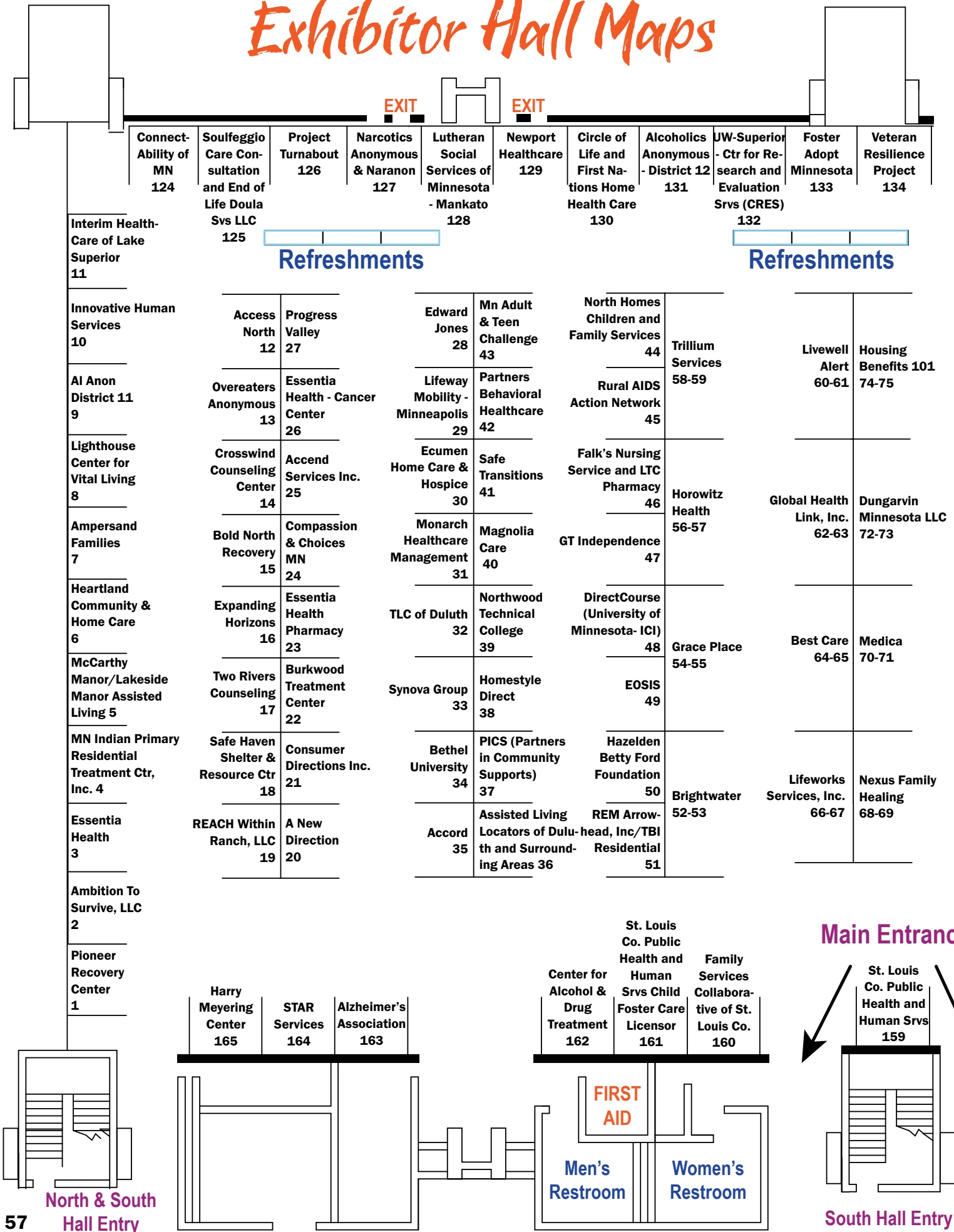
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Exhibitor Hall Maps

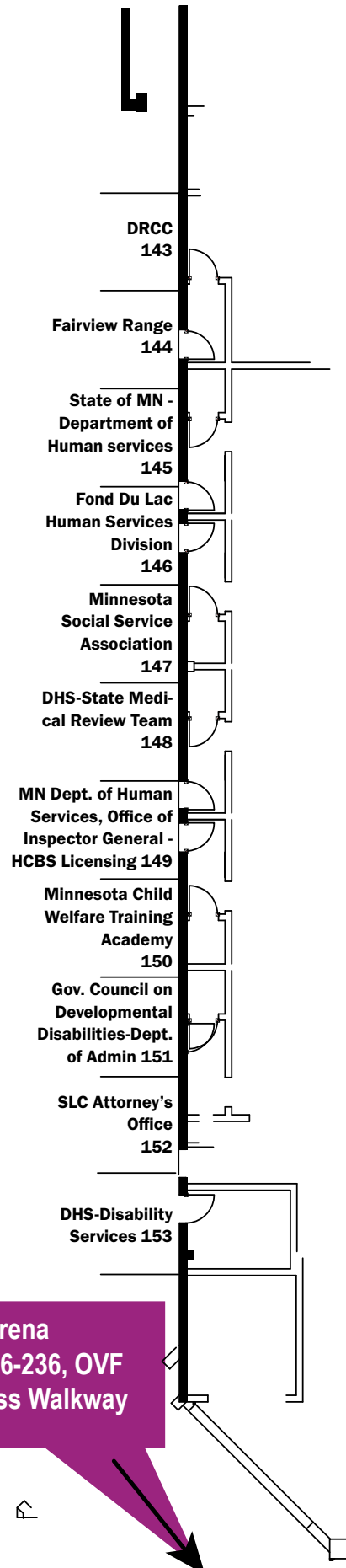


Pioneer Hall

DHS, Social Security Advocacy Services 135		MN Dept of Human Srvs Housing and Support Srvs Div. 136		Disability Specialists 137	Port Group Homes 138	Pruitt Center for Mindfulness & Well-Being 139	Valley Medical & Wellness 140	Psycnsew Creations 141	Parity Wellness LLC 142
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Exhibitor Hall Maps

DECC Arena

Disability History Display

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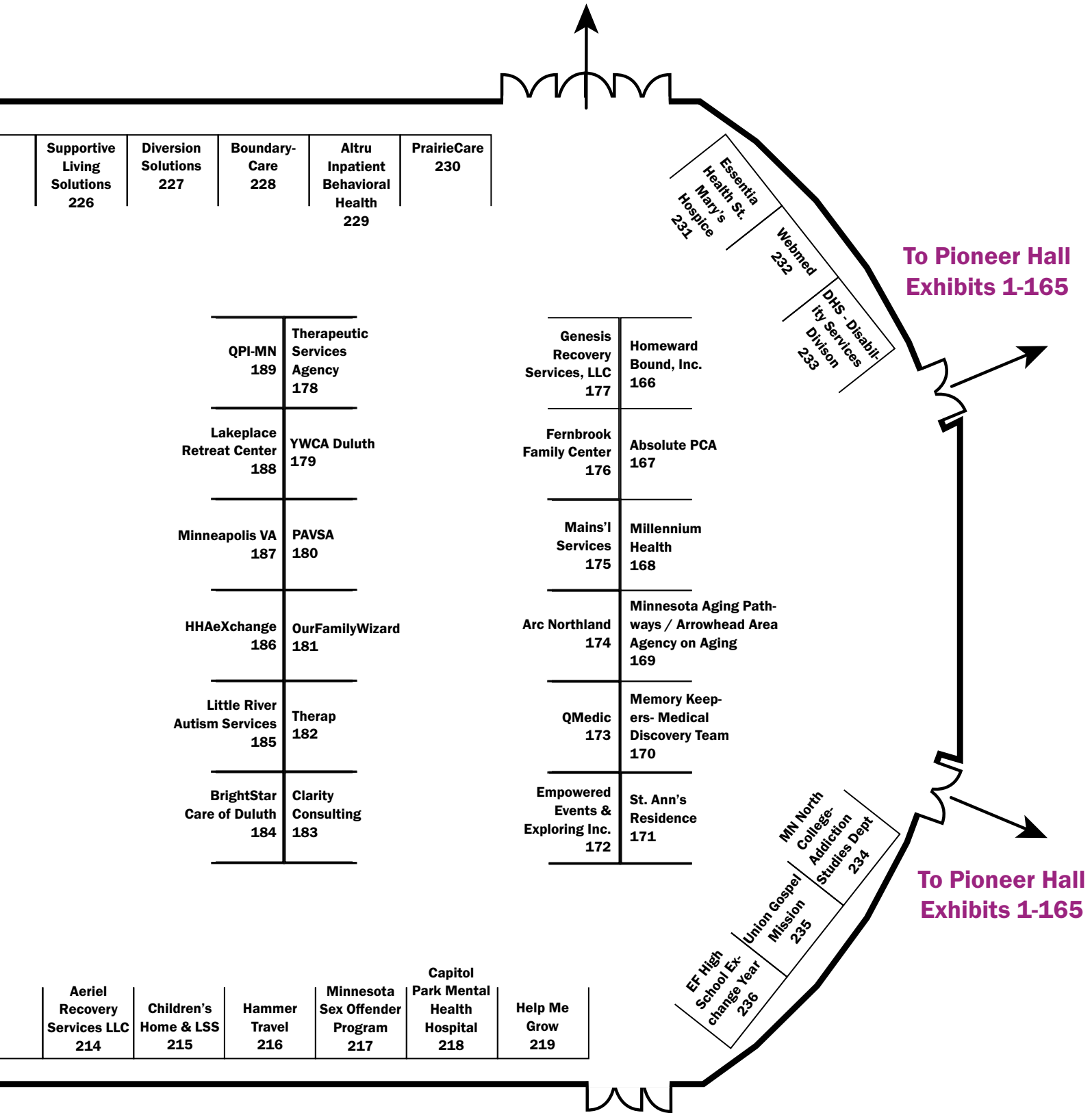
Charlie Health OVF 1	Center for Advanced Studies in Child Welfare (CASCW) 202
Enlight Coaching & Consulting OVF 2	Wilderness Health 203
Psych North/Ketamine North Infusion Center OVF 3	Life Fountain 204
Lake Superior Community Health Center OVF 4	Duluth Core Learning 205
Leo Hoffman Center OVF 5	Moose Lake Village by Cassia 206
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LifeFone 196	The Duluth Bethel 195

Assisted Technology Village

Moments Hospice 208	Lotus Corporation Katherine's House 209	i Support YOUTH! LLC 210	Village Caregiving 211	Thomas Allen 212	MAC Midwest 213
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To Fitzgerald Hall



2025 Exhibitors

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320-247-7058 | anewdirection.info

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1407 NW 4th Street | Grand Rapids, MN | 55744
Lisa Carsrud: lcarsrud@absolutePCA.org
218-301-0461 | absolutePCA.org

Accend Services Inc.

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101 W 2nd St. | Duluth, MN | 55802
Danielle Luby: danielle.luby@accendservices.com
218-724-3122 | accendservices.com

Access North

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1309 East 40 Street | Hibbing, MN | 55746
Donald Brunette: Dbrunette@accessnorth.net
218-262-6675 | accessnorth.net

Accord

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1515 Energy Park Drive | Saint Paul, MN | 55108
Kris Unise: kunise@accord.org
651-214-3210 | accord.org

Accra Home Care

ADVOCATE SPONSOR - BOOTH 99

12600 Whitewater Drive, Suite 100 | Minnetonka, MN | 55343
Kevin Lamminen: kevinlamminen@accracare.org
952-356-1303 | accrahomecare.org

Advocating Change Together (ACT)

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1821 University Avenue West Suite 177
Saint Paul, MN | 55104-3100
Jennifer Walton: walton@selfadvocacy.org
651-399-6824 | selfadvocacy.org

Aerial Recovery Services LLC

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412 W Superior St. | Duluth, MN | 55802
Jennifer McIntosh: mcintosh@arsduluth.com
218-481-4019 | arsduluth.com

Al Anon District 11

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3733 Greysolon Rd. | Duluth, MN | 55804
Debra S: debra.k.sanders@icloud.com
218-216-5366 | minnesotanorth-al-anon.org

Alcoholics Anonymous - District 12

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Scott Ahlgren: ahlgrencott@yahoo.com
763-228-0730 | twinportsaa.org

Altru Inpatient Behavioral Health

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Melissa Lennon: mlennon@altru.org
701-780-5687 | altru.org/behavioral-health

Alzheimer's Association

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Ambition To Survive, LLC

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2917 London Rd | Duluth, MN | 55804
Brad Dearth: dearth.brad@yahoo.com | 218-340-9870

Ampersand Families

ALLY SPONSOR - BOOTH 7

1751 County Road B West Suite 300
Roseville, MN | 55113
Jamie Lindstrom: jamie@ampersandfamilies.org
612-382-9054 | ampersandfamilies.org

Arc Northland

ALLY SPONSOR - BOOTH 174

222 E Superior St #302 | Duluth, MN | 55802
Jenny Kempfert: jkempfert@arcnorthland.org
218-726-4724 | arcnorthland.org

Aspirus St. Luke's Maternal Child Health Department

ALLY SPONSOR - BOOTH 190

915 E 1st Street | Duluth, MN | 55805
Amber Ahlbrecht: amber.ahlbrecht@aspirus.org
218-249-4700 | slhduluth.com

Assisted Living Locators of Duluth and Surrounding Areas

ADVOCATE SPONSOR - BOOTH 36

581 W Redwing St | Duluth, MN | 55803
Kailee Olson: kolson@assistedlivinglocators.com
218-321-0030 | assistedlivinglocators.com/duluth

Best Care

CHAMPION SPONSOR - BOOTHS 64-65

2562 7th Avenue East, Suite 201
North St. Paul, MN | 55109
Leann Lindahl: leann@bestcaremn.com
763-710-2003 | bestcaremn.com

Bethel University

ADVOCATE SPONSOR - BOOTH 34

3900 Bethel Drive | Saint Paul, MN | 55112-6902
Margaret Brandt: first-impressions@bethel.edu
651-635-2420 | bethel.edu

Blue Cross Blue Shield and Blue Plus of MN

CHAMPION SPONSOR - BOOTHS 78-79

3400 Yankee Drive | Eagan, MN | 55121
Brad Vold: Bradley.Vold@bluecrossmn.com
651-662-9915 | bluecrossmn.com/our-plans/medical-assistance-medicaid

Bois Forte Health and Human Service

ALLY SPONSOR - BOOTH 223

1610 Farm Road South | Tower, MN | 55790
Dawn Anderson: dawn.anderson@boisforte-nsn.gov
218-404-3729 | boisforte.com

Bold North Recovery

ALLY SPONSOR - BOOTH 15

5645 Lindsay St | Golden Valley, MN | 55422
Randy Anderson: info@boldnorthrecovery.com
763-200-1180 | boldnorthrecoveryandconsulting.com

BoundaryCare

ALLY SPONSOR - BOOTH 228

438 Portland Ave #6 | Saint Paul, MN | 55102
Paul Carpenter: paul@boundarycare.com
651-243-0037 | boundarycare.com

Brainerd House - IRTS

(AHL Healthcare Group)

ALLY SPONSOR - BOOTH 191

1010 Brainerd Ave | Duluth, MN | 55805
Dawn Martinson:
gitchegummegirl@protonmail.com
218-728-4360 | bridgestosuccessmn.com

BrightStar Care of Duluth

ALLY SPONSOR - BOOTH 184

5862 Blackshire Path | Inver Grove Heights, MN | 55076
Ashley Eiserman: ashley.eiserman@brightstarcare.com
651-770-8427 | brightstarcare.com/locations/duluth-mn

Brightwater

OPENING KEYNOTE SPONSOR - BOOTHS 52-53

120 W 2nd St. | Duluth, MN | 55802
Dan McGaffey: daniel.mcgahey@hdcnmn.org
218-730-2351 | hdcnorth.org

Burkwood Treatment Center

ALLY SPONSOR - BOOTH 22

615 Old Mill Road | Hudson, WI | 54016
Crystal Caruso:
Crystal.Caruso@burkwoodtreatmentcenter.com
651-900-0084 | burkwoodtreatmentcenter.com

Capitol Park Mental Health Hospital

ALLY SPONSOR - BOOTH 218

559 Capitol Blvd | Saint Paul, MN | 55103
Nolan Mulligan: nolan.mulligan@capitolparkmh.com
651-253-5832 | CapitolParkMentalHealth.com

**Center for Advanced Studies in
Child Welfare (CASCW)**

ALLY SPONSOR - BOOTH 202

1711 County Road BW, Suite 320 N | Roseville, MN | 55113
Denise M Cooper: mcki0055@umn.edu
612-644-8850 | cascw.umn.edu

Center for Alcohol & Drug Treatment

ALLY SPONSOR - BOOTH 162

314 W Superior Street, Suite 400 | Duluth, MN | 55802
Kris Ciurleo: kparker@cadt.org
218-336-4651 | cadt.org

CenterWell Home Health

ALLY SPONSOR - BOOTH 194

11 East Superior Street, Suite 508 | Duluth, MN | 55802
Heather Bjerketvedt: heather.bjerketvedt@
centerwellhomehealth.com
218-723-8999 | centerwellhomehealth.com

Charlie Health

ALLY SPONSOR - BOOTH OV F 1

710 28th Street | Cloquet, MN | 55720
Shawna Suomi: shawna.suomi@charliehealth.com
218-600-8845 | charliehealth.com

Children's Home & LSS

ALLY SPONSOR - BOOTH 215

1605 Eustis Street | Saint Paul, MN | 55108
Lisa Edel: lisa.edel@chlss.org
218-529-2245 | chlss.org

Circle of Life and First Nations

Home Health Care

ALLY SPONSOR - BOOTH 130

4100 Lexington Ave N Suite 150 | Shoreview, MN | 55126
Melonie Simon: melonie@onecircle.care
612-871-2474 | circleoflifehc.com | firstnationshomehealth.com

Clarity Consulting

ALLY SPONSOR - BOOTH 183

4060 Sangstrom Rd | Hermantown, MN | 55810
Brian Johnson: bajraf@q.com
218-461-0281 | clarityconsultingus.com

ClipDifferent, GBC

ALLY SPONSOR - BOOTH 199

11878 Germaine Terrace | Eden Prairie, MN | 55347
Melanie McMullen: melanie@clipdifferent.com
612-444-1339 | clipdifferent.com

Community Action Duluth

ALLY SPONSOR - BOOTH 220

2424 west 5th st Suite 102 | Duluth, MN | 55806
Sasha Choporov: schoporov@communityactionduluth.org
218-726-1665 | Communityactionduluth.org

Compassion & Choices MN

ALLY SPONSOR - BOOTH 24

125 16th Avenue North | Hopkins, MN | 55343
Francoise Shirley: francoiseshirley11@gmail.com
612-961-0413 | compassionandchoices.org

ConnectAbility of MN

ALLY SPONSOR - BOOTH 124

2901 3rd St S | Waite Park, MN | 56387
Rebecca Trelfa: rebecca.trelfa@ConnectAbilityMN.org
320-253-0765 | ConnectAbilityMN.org

Consumer Directions Inc.

ALLY SPONSOR - BOOTH 21

1140 Elm ST E | St. Joseph, MN | 56374
Dori Vredenburg: dori@yourfse.com
320-257-8177 | consumerdirections.info

Covenant Ability Network of Minnesota

ALLY SPONSOR - BOOTH 221

322 N 60th Ave W | Duluth, MN | 55807
Gallaya Karpeh: gdkarpeh@covabilitymn.org
218-576-7778 | covabilitymn.org

Crosswind Counseling Center

ALLY SPONSOR - BOOTH 14

306 W. Superior St #601 | Duluth, MN | 55802
Amber Snow: amber@crosswindcenter.com
218-522-4469 | crosswindcenter.com

Deaf, DeafBlind and

Hard of Hearing State Services

ALLY SPONSOR - BOOTH 123

540 Cedar St PO Box 64969 | Saint Paul, MN | 55155
Anne Janckila: anne.m.janckila@state.mn.us
651-431-5945 | mn.gov/deaf-hard-of-hearing/

Department of Children, Youth and Families, Permanency Support Unit

ADVOCATE SPONSOR - BOOTH 86

444 Lafayette Road | St. Paul, MN | 55155
Michelle Frazier: michelle.frazier@state.mn.us
651-539-7908 | dcyf.mn.gov

DHS-Disability Services Divison

ALLY SPONSOR - BOOTH 233

540 Cedar Street | Saint Paul, MN | 55155
Heather Finlayson: heather.finlayson@state.mn.us
651-431-4762 | mn.gov/dhs/people-we-serve/people-with-disabilities/

DHS-Disability Services

ALLY SPONSOR - BOOTH 153

540 Cedar Street | St. Paul, MN | 55101
Peter Beierwaltes: peter.beierwaltes@state.mn.us
313-608-9172 | dhs.state.mn.us

DHS-Social Security Advocacy Services

ALLY SPONSOR - BOOTH 135

540 Cedar St | Saint Paul, MN | 55155
Antonio Reynero: antonio.reynero@state.mn.us
651-431-4116 | mn.gov/dhs/

DHS-State Medical Review Team

ALLY SPONSOR - BOOTH 148

PO Box 64248 | St Paul, MN | 55164
Amy Pearson: Amy.K.Pearson@State.mn.us
651-431-2803 | mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/health-care-programs/programs-and-services/smrt.jsp

DirectCourse

(University of Minnesota- ICI)

ADVOCATE SPONSOR - BOOTH 48

2025 East River Parkway | Minneapolis, MN | 55414
Mark Olson: DirectCourseMN@umn.edu
612-626-2020 | ici.umn.edu

Disability Hub MN

ADVOCATE SPONSOR - BOOTH 91

530 Robert St N | St Paul, MN | 55101
Kristin Kveno: kristink@semcil.org
866-333-2466 | disabilityhubmn.org

Disability Specialists

ALLY SPONSOR - BOOTH 137

1907 Wood Rd | Cook, MN | 55723
Bart Paynter: bart@disabilityspecialists.net
218-666-2676 | disabilityspecialists.net

Diversions Solutions

ALLY SPONSOR - BOOTH 227

8053 Industrial Park RD | Baxter, MN | 56401
Theresa Rardin: theresa@diversionsolutions.net
612-867-3619 | diversionsolutions.net

DRCC

ALLY SPONSOR - BOOTH 143

5629 Grand Avenue | Duluth, MN | 55807
Amy Stark: stark@drccinfo.org
218-393-9454 | drccinfo.org

Duluth Core Learning

ALLY SPONSOR - BOOTH 205

4801 Burning Tree Road | Duluth, MN | 55811
Lillian Carlsness-Clayton: lilly@duluthcorelearning.com
218-481-0654 | duluthcorelearning.com

Dungarvin Minnesota LLC

CHAMPION SPONSOR - BOOTHS 72-73

1440 Northland Dr, Ste 100 | Mendota Heights, MN | 55120
Jeana Moreno: jmoreno@dungarvin.com
651-699-6050 | Dungarvin.com

Ecumen Home Care & Hospice

ALLY SPONSOR - BOOTH 30

4000 London Road | Duluth, MN | 55804
Shelia Boyat: sheliaboyat@ecumen.org
218-235-3047 | ecumen.org/supportive-services

Edward Jones

ALLY SPONSOR - BOOTH 28

2200 London Rd, Ste 200 | Duluth, MN | 55812
Lauren Farden: lauren.farden@edwardjones.com
218-724-3037 | edwardjones.com/us-en/financial-advisor/lauren-farden

EF High School Exchange Year

ALLY SPONSOR - BOOTH 236

6164 S Schelin Rd | Culver, MN | 55779
Melinda Nelson: blondie_6164@hotmail.com
218-340-5364 | efexchangeyear.org/iec/mindy-nelson/

Empowered Events & Exploring Inc.

ALLY SPONSOR - BOOTH 172

632 Westwind Avenue | Shakopee, MN | 55379
Jodi Beuch: empoweredeventsandexploring@gmail.com
952-201-1972 | empoweredeventsandexploringinc.com

Enlight Coaching & Consulting

ALLY SPONSOR - BOOTH OV2

PO Box 161462 | Duluth, MN | 55816
Dan Maki: dan@enlightcc.com
218-576-5757 | enlightcc.com

EOSIS

ADVOCATE SPONSOR - BOOTH 49

1111 Gateway Dr | East Grand Forks, MN | 56721
Tami Knudson: tami.knudson@eosisrecovery.com
701-213-7687 | eosisrecovery.com

Epilepsy Foundation of Minnesota

ADVOCATE SPONSOR - BOOTH 90

7760 France Ave S. Suite 210 | Bloomington, MN | 55435
Lisa Peterson: lisa.peterson@efmn.org
218-624-1330 | efmn.org

Essentia Health

ALLY SPONSOR - BOOTH 3

4614 Mike Colalillo Drive | Duluth, MN | 55807
Kallin Mikkelsen: kallin.mikkelsen@essentiahealth.org
218-786-8364 | essentiahealth.org/services/behavioral-mental-health-services

Essentia Health - Cancer Center

ALLY SPONSOR - BOOTH 26

4614 Mike Colalillo Drive | Duluth, MN | 55807
Danielle Page: danielle.page@essentiahealth.org
218-576-0674 | essentiahealth.org/services/cancer-care-services

Essentia Health Pharmacy

ALLY SPONSOR - BOOTH 23

4614 Mike Colalillo Drive | Duluth, MN | 55807
Sarah Mueller: sarah.mueller@essentiahealth.org
218-786-3192 | essentiahealth.org/services/pharmacy

Essentia Health St. Mary's Hospice

ALLY SPONSOR - BOOTH 231

407 E 4th St | Duluth, MN | 55805
Brenna Krummi: brenna.krummi@essentiahealth.org
218-786-4020 | essentiahealth.org/services/hospice-care

Expanding Horizons

ALLY SPONSOR - BOOTH 16

121 W Superior St | Duluth, MN | 55802
Paul Newberg: paul@expandinghorizonshomes.com
218-390-4513 | ExpandingHorizonsHomes.com

Fairview Range

ALLY SPONSOR - BOOTH 144

750 East 34th Street | Hibbing, MN | 55746
Deb Overlee: debra.overlee@fairview.org
218-262-4881 | fairview.org/range

Falk's Nursing Service and LTC Pharmacy

ADVOCATE SPONSOR - BOOTH 46

221 E 14th St | Duluth, MN | 55811
Brenda Hanson: hansonb@falksrx.com
218-391-3862 | falkspharmacy.com

Family Services Collaborative of St. Louis County

ALLY SPONSOR - BOOTH 160

523 Highland Drive | Hibbing, MN | 55746
Cassie Liubakka: director@fscmn.org
218-966-6116 | fscmn.org

Fernbrook Family Center

ALLY SPONSOR - BOOTH 176

2575 Harvest Lane NW | Owatonna, MN | 55060
Alayna Yttre: aytte@fernbrook.org
507-446-0431 | fernbrook.org

Firefly Mental Health LLC

ALLY SPONSOR - BOOTH 120

4891 Miller Trunk Hwy, Ste 206 | Hermantown, MN | 55811
Karissa Haugen: info@fireflymh.com
218-306-8383 | fireflymh.com

Fond Du Lac Human Services Division

ALLY SPONSOR - BOOTH 146

927 Trettel Lane | Cloquet, MN | 55720
Vanessa Skinaway: vanessaskinaway@fdlband.org
218-655-3626 | fdlband.org

Fond du Lac Human Services,

TAGWII Dept.

ALLY SPONSOR - BOOTH 105

81 Marigold Lane | Cloquet, MN | 55807
Raquel Wisniewski: Raquelwisniewski@fdlband.org
218-391-5347 | Fdlband.org

Foster Adopt Minnesota

ALLY SPONSOR - BOOTH 133

2446 University Ave. W, Suite 140 | St. Paul, MN | 55114
Jackie Brovold: jbrovold@fosteradoptmn.org
612-746-5130 | fosteradoptmn.org

Genesis Recovery Services, LLC

ALLY SPONSOR - BOOTH 177

5 N 3rd Ave W, Suite 310 | Duluth, MN | 55802
Elizabeth Jarve: ejarve@grsduluth.com
218-722-2368 | grsduluth.com

Global Health Link, Inc.

CHAMPION SPONSOR - BOOTHS 62-63

2277 Highway 36 W, Suite 300 | Roseville, MN | 55113
Mallory Lund: mallory@globalhealthlinkinc.com
612-483-5220 | globalhealthlinkinc.com

Gov. Council on Developmental Disabilities-Dept. of Administration

ALLY SPONSOR - BOOTH 151

50 Sherburne Avenue, G10 Administration Building
Saint Paul, MN | 55155
Colleen Wieck: Colleen.Wieck@state.mn.us
651-296-4018 | mn.gov/mnddc

Grace Place

CHAMPION SPONSOR - BOOTHS 54-55

150 Medical Arts Building, 324 West Superior Street
Duluth, MN | 55811
October Allen: october@graceplacehousingsupport.com
218-341-7699 | graceplacehousingsupport.com

GT Independence

ADVOCATE SPONSOR - BOOTH 47

215 Broadus Street | Sturgis, MI | 49091
Tiffany Lang: tlang@gtindependence.com
877-659-4500 | gtindependence.com

Hammer Travel

ALLY SPONSOR - BOOTH 216

1909 Wayzata Blvd | Wayzata, MN | 55391
Lindsey Kvern: lindsey.kvern@hammer.org
763-957-0456 | hammertravel.org

Harry Meyering Center

ALLY SPONSOR - BOOTH 165

109 Homestead Rd. | Mankato, MN | 56003
Paula Humbard: phumbard@harrymeyeringcenter.org
507-387-8281 | harrymeyeringcenter.org

Havens of Minnesota LLC

ADVOCATE SPONSOR - BOOTH 89

2101 Wooddale Drive, Suite B | Woodbury, MN | 55125
Tedd Herman: tedd@havensmn.com
612-895-4605 | havensmn.com

Hazelden Betty Ford Foundation

ADVOCATE SPONSOR - BOOTH 50

15251 Pleasant Valley Road | Center City, MN | 55012
Karyn Else: kelse@hazeldenbettyford.org
651-331-9675 | hazeldenbettyford.org

HealthMed

ADVOCATE SPONSOR - BOOTH 98

12600 Whitewater Drive, Ste 125 | Minnetonka, MN | 55343
Mary Abraham: mabraham@healthemed.com
952-562-1235 | healthemed.com

Heartland Community & Home Care

ALLY SPONSOR - BOOTH 6

5670 Miller Trunk Highway, Suite B | Duluth, MN | 55811
Anna Buchanan: Amy.achman@heartlandpca.com
218-727-0990 | heartlandpca.com

Help Me Grow

ALLY SPONSOR - BOOTH 219

325 W 1st St, Suite 300 | Duluth, MN | 55810
Kacy Jacobs: kacy.jacobs@isd709.org
218-336-8744 | helpmegrowmn.org

HHAeXchange

ALLY SPONSOR - BOOTH 186

1180 Avenue of the Americas, Floor 20
New York, NY | 30620
Barbara Lovely: blovely@hhaexchange.com
404-432-8584 | hhaexchange.com

Homestyle Direct

ADVOCATE SPONSOR - BOOTH 38

4520 43rd Ave S | Minneapolis, MN | 55406
Janelle Peterson: janelle.peterson@homestyledirect.com
612-728-0769 | homestyledirect.com

Homeward Bound, Inc.

ALLY SPONSOR - BOOTH 166

12805 Highway 55, Suite 400 | Plymouth, MN | 55441
Serena Emerfoll: semerfoll@hbimn.org
763-274-9885 | hbimn.org

Horowitz Health

CHAMPION SPONSOR - BOOTHS 56-57

1295 Northland Drive, Suite 270
Mendota Heights, MN | 55120
Kara Frahm: kara@horowitzhealth.com
952-240-2018 | horowitzhealth.com

Housing Benefits 101

CHAMPION SPONSOR - BOOTHS 74-75

PO Box 251308 | Woodbury, MN | 55125
Rajean Moone: rajean@rajeanmoone.com
651-235-0346 | mn.hb101.org

HP Psychological Associates

ALLY SPONSOR - BOOTH 111

4135 Richard Ave, Ste 201 | Hermantown, MN | 55811
Kimberly Overlie, PhD, LP: koverlie@hpspsychological.com
218-464-0908 | hpspsychological.com

i Support YOUth! LLC

ALLY SPONSOR - BOOTH 210

4105 10th Avenue S | Minneapolis, MN | 55407
Sandi Lindgren: sandi@sandilindgren.com
612-598-0774 | sandilindgren.coachesconsole.com

Innovative Human Services

ALLY SPONSOR - BOOTH 10

4415 Venture Ave | Duluth, MN | 55811
Gabrielle Thompson: gthompson@ihsduluth.com
218-464-4703 | ihsduluth.com

Insight Counseling

ADVOCATE SPONSOR - BOOTH 87

306 W. Superior St. Suite 1000 | Duluth, MN | 55802
Dina Clabaugh: dina@insightcounselingduluth.com
218-481-7660 | insightduluth.com

Interim HealthCare of Lake Superior

ALLY SPONSOR - BOOTH 11

4415 Venture Ave, Suite 204 | Duluth, MN | 55811
Bobbie Jo Taylor: btaylor@interimduluth.com
218-722-0053 | interimduluth.com

Kinnic Falls Inc.

ALLY SPONSOR - BOOTH 222

902 S Orange St | River Falls, WI | 54022
Brian Dwyer: bdwyer@kinnicfalls.org
715-426-5950 | kinnicfalls.org

Lake Superior Community Health Center

ALLY SPONSOR - BOOTH OV F 4

4325 Grand Ave. | Duluth, MN | 55807
Gwen Saari: gsaari@lschc.org
218-722-1497 | lschc.org

Lakeplace Retreat Center

ALLY SPONSOR - BOOTH 188

25704 County Road 338 | Bovey, MN | 55709
Sandy Harling: sandy@lakeplacecenter.com
218-910-9520 | lakeplacecenter.com

Lakeview Behavioral Health

ALLY SPONSOR - BOOTH 193

516 S Pokegama Ave | Grand Rapids, MN | 55744
Marki Klatt: markik@lakeviewbh.com
218-256-7323 | lakeviewbh.com

Leo Hoffman Center

ALLY SPONSOR - BOOTH OV F 5

1715 Sheppard Dr | Saint Peter, MN | 56082-2539
Gretchen Gosnell: ggossnell@hoffmanncenter.org
507-934-6122 | hoffmanncenter.org

Life Fountain

ALLY SPONSOR - BOOTH 204

418 County Rd D E | St. Paul, MN | 55117
Valerie Galaviz: valerie@lifefms.com
651-728-9178 | lifefms.com

LifeFone

ALLY SPONSOR - BOOTH 196

16 Yellowstone Ave | White Plains, NY | 10607
Thomas Crossman: tcrossman@lifefone.com
800-882-2280 Ext 370 | lifefone.com

Lifeway Mobility - Minneapolis

ALLY SPONSOR - BOOTH 29

1528 Cliff Road E | Burnsville, MN | 55337
Blair Ferguson: blair@lifewaymobility.com
952-808-3646 | Lifewaymobility.com/Minneapolis/

Lifeworks Services, Inc.

CHAMPION SPONSOR - BOOTHS 66-67

6636 Cedar Ave S, Suite 250 | Richfield, MN | 55423
Taylor Lubich: tlubich@lifeworks.org
612-986-9446 | lifeworks.org

Lighthouse Center for Vital Living - Previously Lighthouse for the Blind

ALLY SPONSOR - BOOTH 8

309 West First St. | Duluth, MN | 55802
Felicia Jacobson: felicia@lcfvl.org
218-624-4828 | LCFVL.org

Little River Autism Services

ALLY SPONSOR - BOOTH 185

6260 Hermantown Rd | Duluth, MN | 55810
Sarah Ward: sarahward@littleriverautism.com
218-481-8910 | littleriverautism.com

Little Sand Group Home

ALLY SPONSOR - BOOTH 119

5910 Little Sand Lane NE | Remer, MN | 56672
Noreen Andeson: littlesandgrouphome@gmail.com
218-821-4061 | littlesandgrouphome.com

Livewell Alert

CHAMPION SPONSOR - BOOTHS 60-61

3800 American Blvd W, Suite 1500
Minneapolis, MN | 55431
Megan Johnson: mjohnson@livewellalert.com
763-306-2880 | livewellalert.com

Lotus Corporation Katherine's House

ALLY SPONSOR - BOOTH 209

8062 Hwy 37 | Eveleth, MN | 55734
Shelly Holmes: shelly@mahahta.com
218-966-0712 | lotus-mn.com

Lutheran Social Services of Minnesota - Mankato

ALLY SPONSOR - BOOTH 128

125 East Liberty Street | Mankato, MN | 56001
Michael Legg: michael.legg@lssmn.org
507-381-5204 | lssmn.org

MAC Midwest

ALLY SPONSOR - BOOTH 213

5860 Baker Rd | Minnetonka, MN | 55345
Leslie Chaplin: leslie.chaplin@mnaulism.org
612-421-2033 | mnaulism.org

Magnolia Care

ADVOCATE SPONSOR - BOOTH 40

1802 Cloquet Ave. PO Box 189 | Cloquet, MN | 55720
Heather Wright: allysha@northstarcommunityservices.com
218-879-2119 | northstarcommunityservices.com

Mains'l Services

ALLY SPONSOR - BOOTH 175

7000 78th Avenue North | Brooklyn Park, MN | 55445
Tracy Hinkemeyer: tehinkemeyer@mainsl.com
612-987-3910 | mainsl.com

McCarthy Manor/Lakeside

Manor Assisted Living

ALLY SPONSOR - BOOTH 5

2221 N. Arlington Ave | Duluth, MN | 55811
Lindsey Martinson: lindsey@mccarthymanor.com
218-722-1501 | mccarthymanor.com | lakesidemanor.com

MDH

ALLY SPONSOR - BOOTH 113

625 Robert St N, PO Box 64975 | St. Paul, MN | 55109
John Vruno: john.vruno@state.mn.us
651-201-4916 | health.mn.gov

Medica

CHAMPION SPONSOR - BOOTHS 70-71

401 Carlson Parkway | Minnetonka, MN | 55305
Amber Ahonen: amber.ahonen@medica.com
800-952-3455 | medica.com

MedScope

ALLY SPONSOR - BOOTH 198

1818 Market Street, Suite 1200 | Philadelphia, PA | 19103
Randi Schwartz: rschwartz@medscope.org
570-499-7172 | medscope.org

Memory Keepers- Medical Discovery Team

ALLY SPONSOR - BOOTH 170

624 E 1st St, Suite 201 | Duluth, MN | 55805
Natalya Walker-Muller: walke982@d.umn.edu
218-726-6569 | memorykeepersmdt.com

Mid-Range Chemical

Dependency Services, Inc.

ALLY SPONSOR - BOOTH 109

302 E Howard Street Suite 225 | Hibbing, MN | 55746
Amanda Clark: a.clark@mid-rangeccds.org
218-262-0860 | mid-rangeccds.org

Millennium Health

ALLY SPONSOR - BOOTH 168

16981 Via Tazon | San Diego, CA | 92127
Zak Laursen: zak.laursen@millenniumhealth.com
612-202-7829 | millenniumhealth.com

Minneapolis VA

ALLY SPONSOR - BOOTH 187

1 Veterans Drive | Minneapolis, MN | 55417
Ryan Burkhart: Ryan.Burkhart@va.gov
612-443-9694 | va.gov/minneapolis-health-care/health-services/suicide-prevention/

Minnesota Aging Pathways / Arrowhead

Area Agency on Aging

ALLY SPONSOR - BOOTH 169

221 West 1st Street | Duluth, MN | 55802
Laura Hoden: lhoden@ardc.org
218-722-5545 | mn.gov/aging-pathways | arrowheadaging.org

Minnesota Alliance on Problem Gambling

ALLY SPONSOR - BOOTH 112

1935 County Road B2 West, Suite 420
Roseville, MN | 55113
Susan Sheridan Tucker: ssstucker@mnapg.org
612-424-8595 | mnapg.org

Minnesota Board of Social Work

ALLY SPONSOR - BOOTH 116

335 Randolph Ave, Suite 245 | St. Paul, MN | 55102
Kassandra Slizewski: kassandra.slizewski@state.mn.us
612-617-2109 | mn.gov/boards/social-work/

Minnesota Child Welfare

Training Academy

ALLY SPONSOR - BOOTH 150

1711 West County Road B, Suite 200N
Roseville, MN | 55113
Bill OConnor: oconn301@umn.edu
612-301-9792 | mnchildwelfaretraining.com

Minnesota Department of Human

Services, Housing and Support

Services Division

ALLY SPONSOR - BOOTH 136

540 Cedar St | Saint Paul, MN | 55164
Sara Yee: sara.yee@state.mn.us
651-431-6846 | mn.gov/dhs/

Minnesota Department of Human

Services, Office of Inspector General -

HCBS Licensing

ALLY SPONSOR - BOOTH 149

444 Lafayette Road N | St. Paul, MN | 55155
Renae Dressel: renae.s.dressel@state.mn.us
651-431-2661 | mn.gov/dhs/partners-and-providers/licensing/hcbs-245d/

Minnesota Disability

Determination Services

ADVOCATE SPONSOR - BOOTH 92

180 5th St E Ste 500 | Saint Paul, MN | 55101
Tanya Heitzinger: tanya.heitinger@ssa.gov
651-259-7835 | ssa.gov

Minnesota Indian Primary Residential Treatment Center, Inc.

ALLY SPONSOR - BOOTH 4

1150 Mission Road | Cloquet, MN | 55720
Kellie Eno: keno@mashkawisen.com
218-879-6731 | mashkawisen.com

Minnesota Merit System

ALLY SPONSOR - BOOTH 118

540 Cedar St, PO Box 64997 | St. Paul, MN | 55164
Pam Hughes: pamela.hughes@state.mn.us
651-431-3027 | governmentjobs.com/careers/
mnmeritsystem

Minnesota North College - Addiction Studies Department

ALLY SPONSOR - BOOTH 234

1001 Chestnut Street | Virginia, MN | 55792
Alina Staniger: alina.staniger@minnesotanorth.edu
218-550-2551 | minnesotanorth.edu/programs/addiction-
studies/

Minnesota Sex Offender Program

ALLY SPONSOR - BOOTH 217

1111 MN-73 | Moose Lake, MN | 55767
Stacey Rhodes: stacey.m.rhodes@state.mn.us
218-565-6062 | mn.gov/dct/adult-services/sex-offender-
program

Minnesota Social Service Association

ALLY SPONSOR - BOOTH 147

125 Charles Ave | St. Paul, MN | 55103
Beth Ringer: bringer@mnssa.org
651-789-4328 | mnssa.org

Mn Adult & Teen Challenge

ADVOCATE SPONSOR - BOOTH 43

740 E. 24th St. | Minneapolis, MN | 55404
Chad Stellenwerf: chad.stellenwerf@mntc.org
612-238-6455 | mntc.org

MN Council on Disability

CLOSING KEYNOTE SPONSOR - BOOTHS 82-83

1600 University Avenue, Suite 8 | St. Paul, MN | 55104
Linda Gremillion: linda.gremillion@state.mn.us
651-338-3658 | disability.state.mn.us

Mom's Meals

ALLY SPONSOR - BOOTH 106

3210 SE Corporate Woods Dr. | Ankeny, IA | 50021
Carrie Stout: peggy.hanian@momsmeals.com
515-229-4317 | momsmeals.com

Moments Hospice

ALLY SPONSOR - BOOTH 208

4897 Miller Trunk Hwy, Suite 220 | Duluth, MN | 55811
Sara Olson: sara.olson@momentshospice.com
507-481-5886 | momentshospice.com

Monarch Healthcare Management

ALLY SPONSOR - BOOTH 31

7700 Grand Avenue | Duluth, MN | 55807
Maddie Keute: mkeute@monarchmn.com
218-628-2341 | monarchmn.com

Moose Lake Village by Cassia

ALLY SPONSOR - BOOTH 206

710 South Kenwood Avenue | Moose Lake, MN | 55767
Leslie Bakhtiari: leslie.bakhtiari@cassialife.org
218-351-9441 | mooselakevillage.org

MRCI

CHAMPION SPONSOR - BOOTHS 80-81

1750 Energy Drive, PO Box 328 | Mankato, MN | 56001
Julie Lux: JLux@mymrci.org
507-508-0384 | mrcicds.org

Narcotics Anonymous & Naranon

ALLY SPONSOR - BOOTH 127

311 West Redwing Street | Duluth, MN | 55803
Shandelle Lynch: ShandelleLynch@gmail.com
218-499-1510 | naminnnesota.org/northern-lights/

Newport Healthcare

ALLY SPONSOR - BOOTH 129

3990 Hillsboro Pike, Suite 330 | Nashville, TN | 37215
Erin Jergenson: Erin.Jergenson@newporthealthcare.com
651-395-0105 | newportinstitute.com

Nexus Family Healing

CHAMPION SPONSOR - BOOTHS 68-69

407 130th Avenue S | Onamia, MN | 56359
Joe Rubado: jrubado@nexusfamilyhealing.org
320-630-3507 | nexusfamilyhealing.com

NHS Northstar

ALLY SPONSOR - BOOTH 207

227 W Lake St | Chisholm, MN | 55719
Eric Larson: eric@nhs-nss.com
218-447-7179 | nhs-nss.com

North Homes Children and Family Services

ADVOCATE SPONSOR - BOOTH 44

303 SE First Street | Grand Rapids, MN | 55744
Wade Chiodo: wade.chiodo@northhomes.org
218-999-9908 | northhomes.org

Northland Counseling

ALLY SPONSOR - BOOTH 102

301 E Howard Street, Suite 1 | Hibbing, MN | 55746
Laura Maxwell: laura.maxwell@northlandcounseling.org
218-440-2066 | northlandcounseling.org

Northstar Behavioral Health Network

ALLY SPONSOR - BOOTH 197

2345 Ariel St N. | Maplewood, MN | 55109
Brandon Jones: bjones@northstarbhm.com
651-487-4987 | northstarbehavioralhealthmn.com

NorthStar Community Services

ADVOCATE SPONSOR - BOOTH 88

1804 Cloquet Ave | Cloquet, MN | 55720
Heather Wright: heather@northstarcommunityservices.com
218-626-5175 | northstarcommunityservices.com

Northwestern Mutual

ALLY SPONSOR - BOOTH 200

11 E Superior St | Duluth, MN | 55802
Jordan Mershon: jordan.mershon@nm.com
218-542-4060 | jordanmershon.nm.com

Northwood Children's Services

ALLY SPONSOR - BOOTH 121

714 W College St. | Duluth, MN | 55811
Morgana Kolenda: mkolenda@northwoodchildren.org
218-724-8815 | northwoodchildren.org

Northwood Technical College

ADVOCATE SPONSOR - BOOTH 39

600 North 21 Street | Superior, WI | 54880
Jena Vogtman: jena.vogtman@northwoodtech.edu
800-243-9482 | northwoodtech.edu

OurFamilyWizard

ALLY SPONSOR - BOOTH 181

701 Washington Ave N STE 700 | Minneapolis, MN | 55401
Racheal Howitz: rhowitz@ourfamilywizard.com
952-548-8135 | landing.ourfamilywizard.com/professional-resources

Overeaters Anonymous

ALLY SPONSOR - BOOTH 13

Becky N: northernserenityoa@gmail.com
218-461-1792 | oanorth.org

PAL Medical

ALLY SPONSOR - BOOTH 107

508 SE 10th St | Grand Rapids, MN | 55744
Wendy Chupurdia: pal2@uslink.net
218-326-9299 | palmedicalsystems.com

Parity Wellness LLC

ALLY SPONSOR - BOOTH 142

2002 Suburban Ave | Saint Paul, MN | 55119
Julie Hooker: julieh@paritywellness.org
651-702-2700 | paritywellness.org

Partners Behavioral Healthcare

ADVOCATE SPONSOR - BOOTH 42

475 University Ave West | St. Paul, MN | 55103
Anthony Byrne: tbyrne@pirmn.com
612-599-5175 | pirmn.com

PAVSA

ALLY SPONSOR - BOOTH 180

32 E. 1st Street, Suite 200 | Duluth, MN | 55802
Mary Faulkner: pavsa@pavsa.org
218-726-1442 | pavsa.org

Peace of Mind Duluth

CHAMPION SPONSOR - BOOTHS 76-77

2304 West Superior Street | Duluth, MN | 55806

Lisa Tryon: lisa@pomduluth.com

218-576-7363 | pomduluth.com

People Incorporated

ADVOCATE SPONSOR - BOOTH 93

3000 Ames Crossing Road, Ste. 600 | Eagan, MN | 55121

Katie Dinter: katie.dinter@peopleincorporated.org

651-228-3924 | peopleincorporated.org

PICS (Partners in Community Supports)

ADVOCATE SPONSOR - BOOTH 37

1605 Eustis Street | St. Paul, MN | 55387

Jessica Girard: jessica.girard@picsmn.org

651-967-5060 | picsmn.org

Pioneer Recovery Center

ALLY SPONSOR - BOOTH 1

241 Hwy 33 N | Cloquet, MN | 55720

Rachel Wickstrom: prc.rwickstrom@outlook.com

218-879-6844 | pioneerrecoverycenter.net

Port Group Homes

ALLY SPONSOR - BOOTH 138

PO Box 488 | Brainerd, MN | 56401

Heather Kelm: hkelm@portgrouphomes.org

218-454-7219 | portgrouphomes.org

Prairie St John's

ADVOCATE SPONSOR - BOOTH 94

510 4th St So. | Fargo, ND | 58103

Scott Ampe: scott.ampe@uhsinc.com

701-476-7200 | prairie-stjohns.com

PrairieCare

ALLY SPONSOR - BOOTH 230

9400 Zane Ave N | Brooklyn Park, MN | 55443

Lily Hanzek: lhanzek@prairie-care.com

920-585-5401 | prairie-care.com

Progress Valley

ALLY SPONSOR - BOOTH 27

1100 East 80th Street | Bloomington, MN | 55420

Lisa Frattalone: lbuck@progressvalley.org

952-956-3103 | progressvalley.org

Project Turnabout

ALLY SPONSOR - BOOTH 126

660 18th St | Granite Falls, MN | 56241

Leah Harper: lharper@projectturnabout.org

320-564-4911 | projectturnabout.org

Provide Care Inc.

ALLY SPONSOR - BOOTH 104

4722 Isanti Trail | North Branch, MN | 55056

Michael Rod: mrod@providecare.com

651-674-8312 | providecare.com

Pruitt Center for

Mindfulness & Well-Being

ALLY SPONSOR - BOOTH 139

3117 Swenson Hall, Belknap & Catlin | Superior, WI | 54880

Randy Barker: mindfulness@uwsuper.edu

715-394-8094 | uwsuper.edu/mindfulness

Psych North/Ketamine

North Infusion Center

ALLY SPONSOR - BOOTH OVf 3

1003 E. Central Entrance | Duluth, MN | 55811

Natalie Johnson: bewell@psychnorthmn.com

218-209-2150 | bewell@psychnorthmn.com

Psycnsew Creations

ALLY SPONSOR - BOOTH 141

6015 East Superior Street | Duluth, MN | 55804

Jennifer White: jennifer@psycnsewcreations.com

218-464-4448 | psycnsewcreations.com

QMedic

ALLY SPONSOR - BOOTH 173

17450 Meredith Dr | Clive, IA | 50325

Brooke Miller: bmiller@qmedichealth.com

515-777-9662 | qmedichealth.com

QPI-MN

ALLY SPONSOR - BOOTH 189

1919 University Avenue W, Suite 450 | St. Paul, MN | 55104

Kate Rickord: kate@qpimn.org

612-269-2272 | qpimn.org

REACH Within Ranch, LLC

ALLY SPONSOR - BOOTH 19

28694 Scenic Dr | Grand Rapids, MN | 55744
Kari Camara: kari@reachwithinranch.com
218-812-9650 | reachwithinranch.com

Recovering Hope Treatment Center

ADVOCATE SPONSOR - BOOTH 95

2031 Rowland Rd | Mora, MN | 55051
Sadie Broekemeier: sadie@recoveringhope.life
844-314-4673 | recoveringhope.life

Recovery Alliance Duluth

ALLY SPONSOR - BOOTH 117

206 W 4th St Ste 202 | Duluth, MN | 55806
Cellie Dudley: cellie.d@recoveryallianceduluth.org
218-514-9694 | recoveryallianceduluth.org

Recovery In Motion

ALLY SPONSOR - BOOTH 201

1100 Indus Street | Fairmont, MN | 56031
Zach Taylor: zacht@recoveryinmotionmn.com
320-455-6486 | recoveryinmotionmn.com

Red Cross

ALLY SPONSOR - BOOTH 192

2524 Maple Grove Rd. | Duluth, MN | 55811
Jeffrey Kazel: jeffrey.kazel@redcross.org
218-241-9902 | redcross.org/local/mn-nd-sd.html

REM Arrowhead, Inc/TBI Residential

ADVOCATE SPONSOR - BOOTH 51

114 South 20th Ave West, Suite A | Duluth, MN | 55806
Ronna Butler: ronna.butler@sevitahealth.com
218-720-2995 | sevitahealth.com

Residential Providers

Association of Minnesota

ALLY SPONSOR - BOOTH OVF 6

801 S Marquette Avenue Suite 200
Minneapolis, MN | 55402
Rebecca Johnston: rebeccaj@rpamn.org
507-301-7434 | rpamn.org

Residential Services, Inc. (RSI)

ADVOCATE SPONSOR - BOOTH 96

2900 Piedmont Ave | Duluth, MN | 55811
Claire Farmer-Lies:
claire.farmerlies@residentialservices.org
218-740-7621 | residentialservices.org

Rogers Behavioral Health

ADVOCATE SPONSOR - BOOTH 97

6442 City West Parkway, Suite 200
Eden Prairie, MN | 55344
Brendon Schmitzer: brendon.schmitzer@rogersbh.org
763-392-8388 | rogersbh.org

Rural AIDS Action Network

ADVOCATE SPONSOR - BOOTH 45

31 W 1st St | Duluth, MN | 55806
Maddy Reinolt: maddy@raan.org
218-481-7225 | raan.org

Safe Haven Shelter & Resource Center

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414 West First Street | Duluth, MN | 55802
Brittany Lind: outreach@safehavenshelter.org
218-740-6601 | safehavenshelter.org

Safe Transitions

ADVOCATE SPONSOR - BOOTH 41

3656 Front St | Barnum, MN | 55707
Lisa Mikrot: lisa.mikrot@safetransitions.org
218-389-3291 | safetransitions.org

ShareHouse

ALLY SPONSOR - BOOTH 103

4227 9th Ave S | Fargo, ND | 58103
Emma Quinn: equinn@sharehouse.org
701-941-8095 | sharehouse.org

SLC Attorney's Office

ALLY SPONSOR - BOOTH 152

100 N 5th Ave W | Duluth, MN | 55802
Timothy Myles: mylest@stlouiscountymn.gov
218-726-2323 | stlouiscountymn.gov

Soulfeggio Care Consultation and End of Life Doula Services LLC

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5378 Oak Lane Box 43, Kerrick, MN | 55756
Allison Ronning: autumnchill@hotmail.com
218-393-4734 | facebook.com/profile.
php?id=100089830232405

St. Ann's Residence

ALLY SPONSOR - BOOTH 171

330 East 3rd Street, Main Office | Duluth, MN | 55805
Janet Lappy: jlappy@stanns.com
218-727-8831 | stanns.com

St. Louis County Public Health and Human Services Child

Foster Care Licensor

ALLY SPONSOR - BOOTH 161

320 w 2nd St | Duluth, MN | 55802
Jennifer Fick: fickj@stlouiscountymn.gov
218-726-2309 | stlouiscountymn.gov/departments-a-z/
public-health-human-services/children-family-services/
foster-care

St. Louis County Public Health and Human Services

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PHHS Administration - 6E
320 W 2nd St | Duluth, MN | 55802
Jesse Murray: murrayj@stlouiscountymn.gov
218-726-2096 | stlouiscountymn.gov/PHHS

St. Scholastica Monastery

ADVOCATE SPONSOR - BOOTH 101

1001 Kenwood Ave | Duluth, MN | 55811
Sister Dorene King: doreneking@hotmail.com
218-724-5266 | retreatduluth.com

STAR Services

ALLY SPONSOR - BOOTH 164

1295 Bandana Blvd, Suite 135 | St Paul, MN | 55108
Jennifer May: support@starsvcs.com
651-644-3140 | starsvcs.com

State of Minnesota -

Department of Human Services

ALLY SPONSOR - BOOTH 145

540 Cedar Street | St. Paul, MN | 55101
Lisa Jenkins: lisa.jenkins@state.mn.us
651-478-8285 | mn.gov/dhs/people-we-serve/adults/
health-care/health-care-programs/programs-and-
services/ombudsperson-for-managed-care.jsp

DHS - MN ACT

ALLY SPONSOR - BOOTH 122

444 Lafayette Rd N | St Paul, MN | 55155
Sharie Hawkins: sharie.hawkins@state.mn.us
651-431-5951 | mn.gov/deaf-hard-of-hearing/
communication-access/mnact/

Supportive Living Solutions

ALLY SPONSOR - BOOTH 226

2515 Wabash Ave Suite 300 | St. Paul, MN | 54025
Ryan Dieveney: ryand@gosupportive.com
651-209-8483 | gosupportive.com

Synova Group

ADVOCATE SPONSOR - BOOTH 33

8245 93rd Ave N | Brooklyn Park, MN | 55445
Stacey Hakes: stacey.hakes@synovagroup-mn.com
763-447-3824 | synova-mn.com

The College of St. Scholastica

ADVOCATE SPONSOR - BOOTH 114

1200 Kenwood Ave | Duluth, MN | 55811
Jay Parsons: jparsons@css.edu
651-403-8625 | css.edu

The Duluth Bethel

ALLY SPONSOR - BOOTH 195

23 Mesaba Avenue | Duluth, MN | 55806
Lisa Fulton: lfulton@duluthbethel.org
218-740-3771 | duluthbethel.org

The Emily Program

ALLY SPONSOR - BOOTH 225

1295 Bandana Blvd W Ste 210 | St. Paul, MN | 55108
Lindsey Grauman:
lindsey.grauman@emilyprogram.com
651-645-5323 | emilyprogram.com

The Retreat

ALLY SPONSOR - BOOTH 224

1221 Wayzata Blvd East | Wayzata, MN | 55391
Stacy Knese: sknese@theretreat.org
952-476-0566 | theretreat.org/about

Therap

ALLY SPONSOR - BOOTH 182

333 Kennedy Drive, Suite R101
Torrington, CT | 06790
Ciera Freise: ciera.freise@therapservices.net
203-596-7553 | therapservices.net

Therapeutic Services Agency, Inc

ALLY SPONSOR - BOOTH 178

220 Railroad Street SE | Pine City, MN | 55063
Wendy Pangerl: wpangerl@tsapc.net
320-629-7816 | hoperealized.com

Thomas Allen

ALLY SPONSOR - BOOTH 212

1550 Humboldt Ave. | West St. Paul, MN | 55118
Meghan Rodriguez:
meghan.rodriguez@thomasalleninc.com
651-450-1802 | thomasalleninc.com

Thrive Behavioral Network

ADVOCATE SPONSOR - BOOTH 115

4730 Matterhorn Circle | Duluth, MN | 55811
Kari Waldorf: kari.waldorf@thrivebn.com
218- 623-1800 | thrivebehavioralnetwork.com

TLC of Duluth

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394 S Lake Ave, Suite 610 | Duluth, MN | 55802
Keven Johnson: keven.johnson@tlcofduluth.com
218-724-3640 | tlcofduluth.com

Transformation House

ALLY SPONSOR - BOOTH 110

1410 S Ferry Rd | Anoka, MN | 55303
Tom Ward: t.ward@transformationhouse.com
612-559-4535 | transformationhouse.com

Tribal Training Certification and Partnership / University of Minnesota Duluth

ADVOCATE SPONSOR - BOOTH 85

11 East. Superior St, Suite 210 | Duluth, MN | 55802
Elizabeth Urbaniak: urban144@d.umn.edu
218-590-9089 | mntribaltraining.com

Trillium Services

CHAMPION SPONSOR - BOOTH 58-59

4629 Airpark Blvd | Duluth, MN | 55811
Jennifer Steger: jsteger@trilliumservice.com
218-722-5009 | trilliumservice.com

Two Rivers Counseling

ALLY SPONSOR - BOOTH 17

222 W Superior Street, Suites 200, 210
Duluth, MN | 55802
Eve-Lynn Fellersen: eve@tworiverscounselingduluth.com
218-606-1100 | tworiverscounselingduluth.com

Udac

ADVOCATE SPONSOR - BOOTH 158

4724 Mike Colalillo Drive | Duluth, MN | 55807
Karen Herman: kherman@udac.org
218-623-1703 | udac.org

UMD Department of Social Work

ADVOCATE SPONSOR - BOOTH 84

1207 Ordean Court, 220 Bohannon | Duluth, MN | 55812
Jackie Heytens: jheydens@d.umn.edu
218-726-7854 | cehsp.d.umn.edu/departments-centers/
departments/sw

Union Gospel Mission

ALLY SPONSOR - BOOTH 235

219 East 1st Street | Duluth, MN | 55802
Katie Hagglund: katie@duluth-ugm.org
218-722-1196 | duluth-ugm.org

University of Wisconsin-Superior - Center for Research and Evaluation Services (CRES)

ALLY SPONSOR - BOOTH 132

University of Wisconsin-Superior, Old Main 337
Superior, WI | 54880
Daniela Mansbauch: dmansbac@uwsuper.edu
715-394-8396 | uwsuper.edu/academics/research-and-innovation/center-for-research-and-evaluation-services/

Valley Medial & Wellness

ALLY SPONSOR - BOOTH 140

2428 E 117th St | Burnsville, MN | 55337
Sara Neller-moe: snellermoe@valleymedical.com
612-444-3000 x1059 | valleymedlab.com

Veteran Resilience Project

ALLY SPONSOR - BOOTH 134

5229 Midway Rd | Duluth, MN | 55811
Jenna Graen: jenna@veteranresilience.org
218-391-6875 | veteranresilienceproject.org

Village Caregiving

ALLY SPONSOR - BOOTH 211

130 W Superior St, Ste 612 | Duluth, MN | 55802
Christy Frye: christyfrye@villagecaregiving.com
218-491-3507 | villagecaregiving.com/duluth-mn/

Vinland National Center

ADVOCATE SPONSOR - BOOTH 157

3675 Ihduhapi Road | Loretto, MN 55357
Molly Gilbert: mollyg@vinlandcenter.org
763-479-3555 | www.vinlandcenter.org

VRI

ADVOCATE SPONSOR - BOOTH 156

3000 Town Center, Suite 2555 | Southfield, MI | 48075
Aaron Fortenbacher: afortenbacher@vricares.com
616-283-2560 | vricares.com

Webmed

ALLY SPONSOR - BOOTH 232

1001 AVE B | Cloquet, MN | 55720
Liz Hunter: lizhunter@webmedmn.com
218-464-7865 | webmedmn.com

Wellcome Manor Family Services

ADVOCATE SPONSOR - BOOTH 155

740 E. 24th St. | Minneapolis, MN | 55404-3862
Chad Stellenwerf: outreachmntc@gmail.com
612-238-6455 | mntc.org

Wellness in the Woods

ALLY SPONSOR - BOOTH 108

738 3rd Ave NW | Eagle Bend, MN | 56446
Jode Freyholtz-London: jode@mnwittw.org
218-296-2067 | mnwittw.org

Wilderness Health

ALLY SPONSOR - BOOTH 203

325 11th Ave | Two Harbors, MN | 55616
Colleen Foote: colleen.foote@wildernesshealthmn.org
218-481-3207 | wildernesshealthmn.org

Winter Family Care

ADVOCATE SPONSOR - BOOTH 154

4411 Venture Avenue | Duluth, MN | 55811
Nikki Sauter: nikki@winterfamilycare.org
218-428-9204 | www.winterfamilcare.com

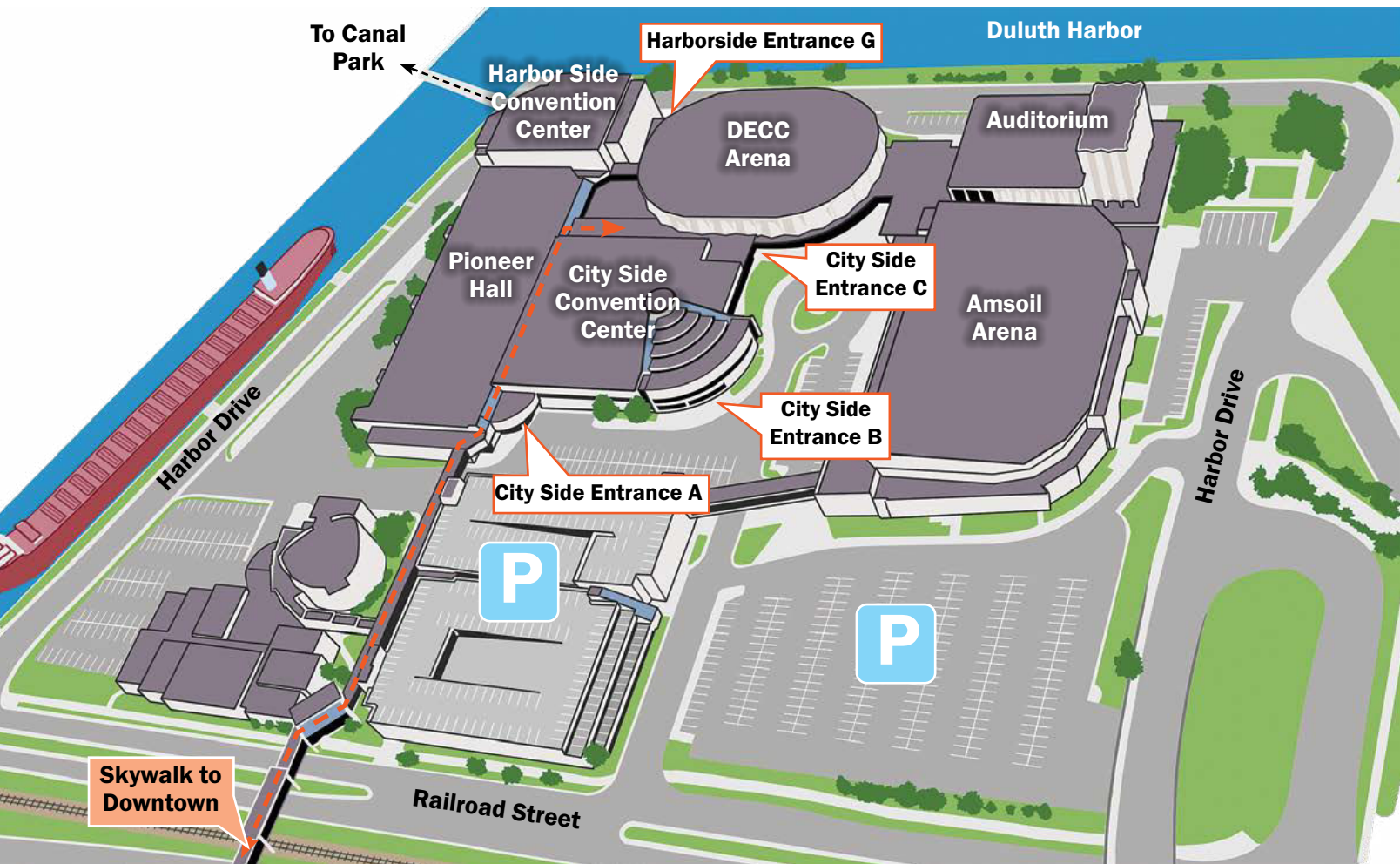
YWCA Duluth

ALLY SPONSOR - BOOTH 179

32 E 1st Street, #202 | Duluth, MN | 55802
Morgan Beryl: morgan@ywcaduluth.org
218-722-7425 | www.ywcaduluth.org



DECC Overview



Thank you for attending the
43rd Annual St. Louis County

Health & Human
Services Conference

The
Human
in
Humanity

Harborside Rooms

Gender Neutral Restroom

Symphony Hall

DECC SKYWALK LEVEL

Harborside 3rd Floor Rooms

Nursing Mother's Room

Gender Neutral Restroom

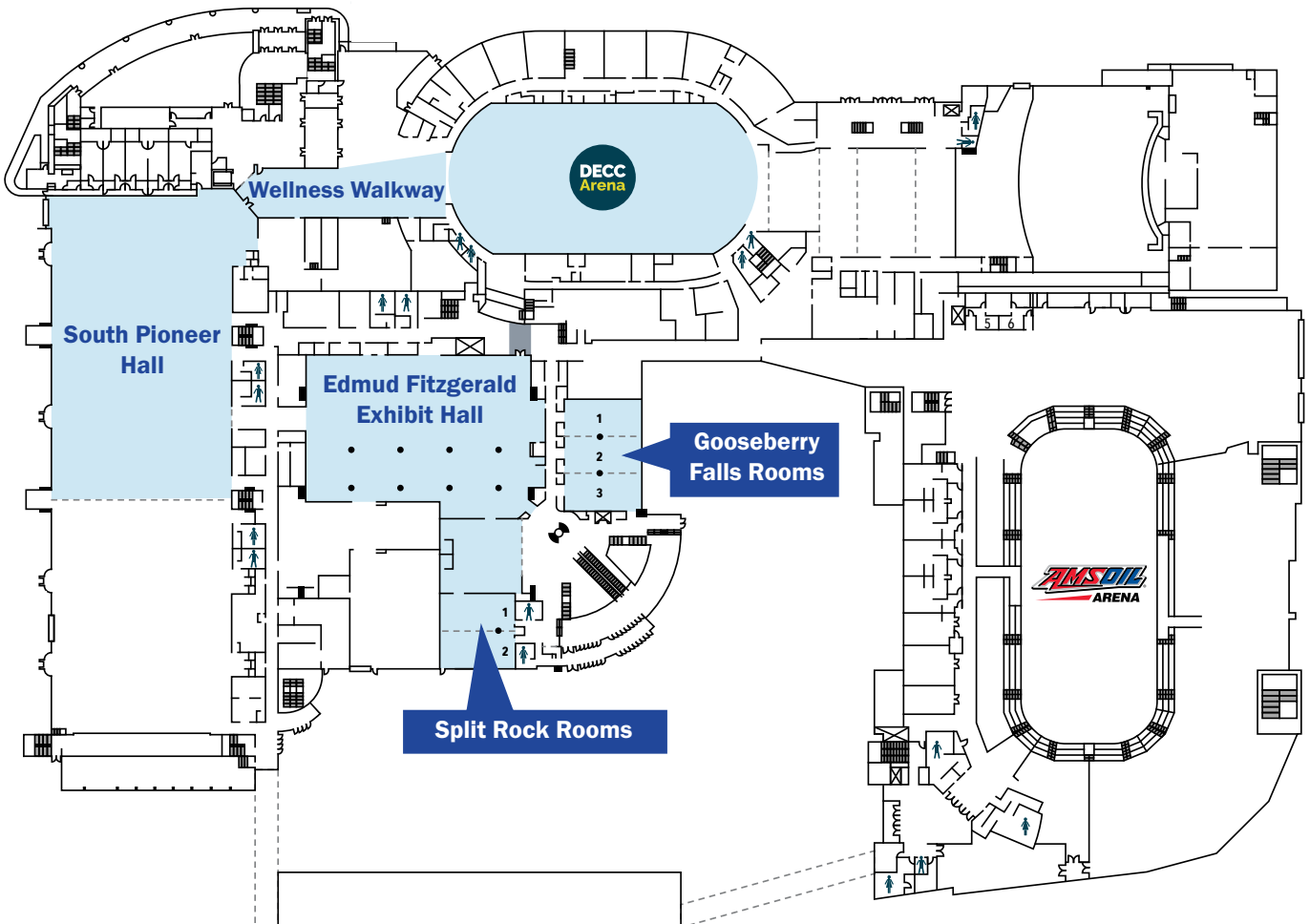
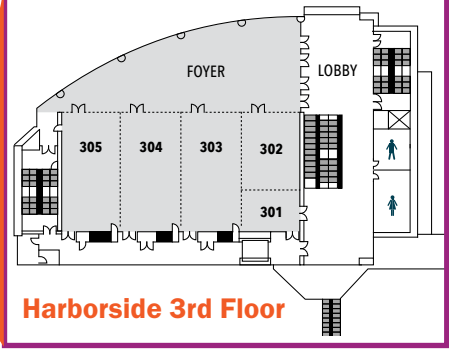
Chester Creek Room

French River Rooms

Lake Superior Ballrooms

St. Louis River Room

Nursing Mother's Room



DECC GROUND LEVEL





Notes:



Certificate of Attendance

Approved by: Minnesota Board of Social Work #CEP-399



St. Louis County Health & Human Services Conference

October 8-9, 2025
DECC - Duluth, Minnesota



Write in workshop/institute presentation title(s) you attended:

Time / CEU

Wednesday, October 8, 2025

Session 1 Workshop _____

9:00am - 10:00am (1 CEU)

Opening Keynote _____

10:30am - 12:00pm (1.5 CEU)

Session 2 Workshop _____

1:00pm - 2:00pm (1 CEU)

Session 3 Workshop _____

2:30pm - 3:30pm (1 CEU)

Session 4 Workshop _____

4:00pm - 5:00pm (1 CEU)

Thursday, October 9, 2025

Session 5 Workshop _____

8:30am - 10:00am (1.5 CEU)

Session 6 Workshop _____

10:30am - 12:00pm (1.5 CEU)

Session 7 Workshop _____

1:00pm - 2:30pm (1.5 CEU)

Closing Keynote _____

3:00pm - 4:30pm (1.5 CEU)

Your Name (please print)

MN Social Work License Number

Signature

Michelle K. Nelson, Chair
St. Louis County Health & Human
Services Conference

This certificate should be kept for purposes of verification as requested by the various boards. It is your responsibility to check the Conference Program content for the required clinical criteria expected for your Continuing Education Hours. Fill in the Workshop Title as you complete the session. Please retain this certificate for your records.

Save the date!

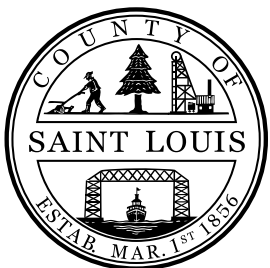
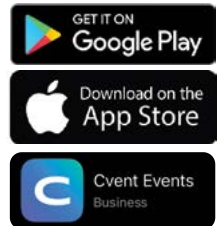
October 7-8, 2026

The 44th Annual St. Louis County Health & Human Services Conference

at the DECC, Duluth, Minnesota
www.StLouisCountyMN.gov/hhsconference

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3. Access the login page under your profile icon.
4. Enter your info: you'll be prompted to enter your first name, last name and email address. Then click Next.
5. Verify your account: you'll receive a verification code as an email or text. Enter the code and click Log in.



Michelle K. Nelson
Conference Chair

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