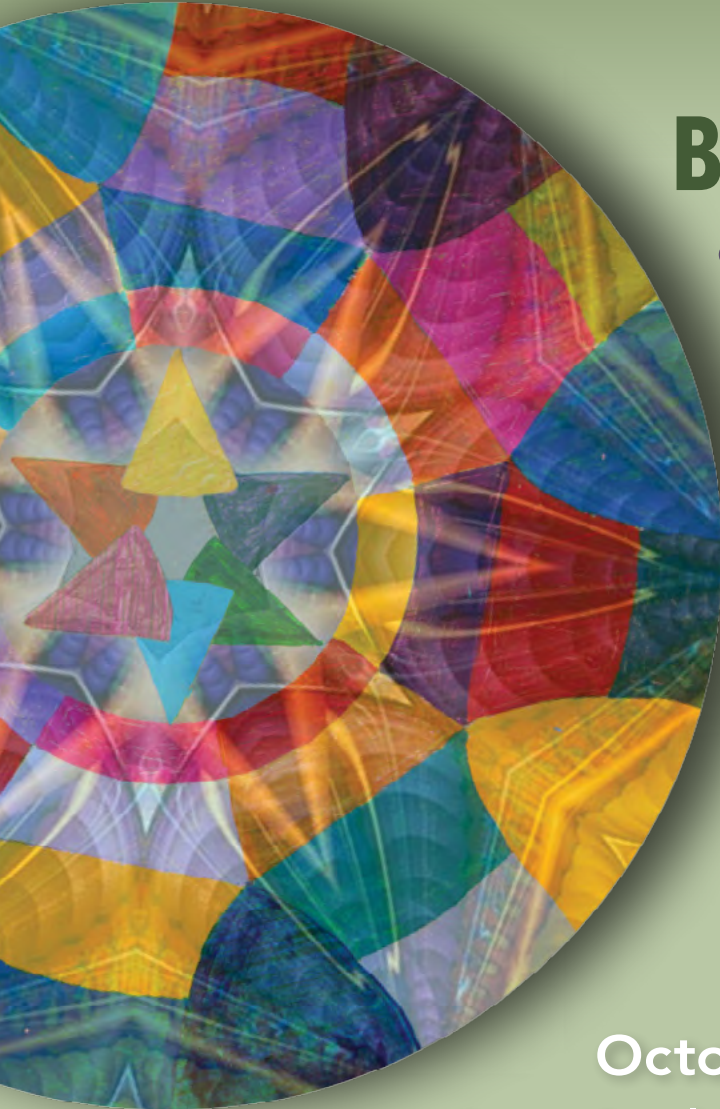


Twin Cities Jewish Community

Mental Health Education Conference



BUILDING

**connection,
community,
& mental
health
toolkits**

October 20, 2024
9^{am} - 3^{pm} | Temple Israel

FREE AND OPEN TO ALL!

This conference is a collaboration of



WELCOME

The 24th Annual Twin Cities Jewish Community Mental Health Education Conference is presented by Jewish Family and Children's Service of Minneapolis (JFCS) and Jewish Family Service of St. Paul (JFS) – partners in improving mental health access, understanding, and education in the community. With generous support from community donors and partners, the conference continues to be **free and open to all**.

As awareness of mental health continues to grow, so does our commitment to achieving balance, belonging, and wellness for all. This year's conference will focus on creating comprehensive mental health toolkits for every generation. By acknowledging the challenges related to access to services and education, as well as the need for connection and community, we aim to support each other in meaningful ways.

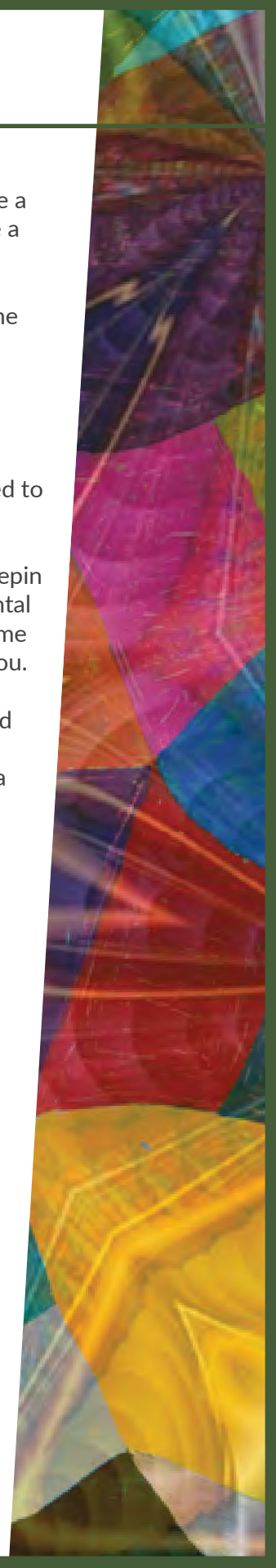
SCHEDULE

9:00 a.m.	Registration check-in and Resource Fair open for browsing in Atrium
10:00 a.m.	Welcome Address
10:20 a.m.	Keynote Session - Kathy Flaminio
11:20 a.m.	Transition/Break
11:30 a.m.	Breakout Session One: #1-7
12:30 p.m.	Lunch and Resource Fair (dietary laws observed)
1:30 p.m.	Breakout Session Two: #8-13
2:30 p.m.	Transition time
2:40 p.m.	Closing - Joe Davis

ADDITIONAL INFO

- When you register for the conference, you will receive a confirmation. Prior to the conference, you will receive a reminder email with additional info.
- The in-person and virtual Resource Fair, available in the Resource Fair section of the Conference Home Page, offers you the opportunity to check in with representatives and/or browse websites and contact agencies that can best suit your needs.
- An on-call check-in is available for those that may need to take a short pause from complex conversations.
- You can access books and information from the Hennepin County Library at the conference. Also, look for a mental health recommended book list on the Conference Home Page to read about the topics that are of interest to you.
- Transition times allow you to get to the next scheduled opportunity, but also to meet self-care needs of stretching, eating, and staying hydrated. Please bring a water bottle with you.
- Certificates of Attendance will be e-mailed within five days following the conference.
- Individuals in need of ASL accommodation should contact Tabitha at TDeRango@jfcsmpls.org by Oct. 2, 2024.

Joe Davis is an award-winning spoken word artist and bestselling author who uses poetry to power possibility. He is the founder and director of Finding Your Freedom Practice, teaching holistic health and wellness practices through spoken word, writing, music, theater, and dance. Joe holds a Master of Arts degree in Theology of the Arts and also heads a multimedia production company, a soul funk band, and a racial justice education program. His work has been featured on BET, MPR, CNN, VH1, and the Twin Cities CW. Based in Minneapolis, he tours internationally to join schools, faith spaces, nonprofits, businesses, and correctional facilities to practice envisioning and embodying a world of collective liberation and human flourishing. To connect, book, or learn more, visit JoeDavisPoetry.com.





KEYNOTER

Kathy Flaminio

Kathy Flaminio, LGSW, MSW, E-RYT-200, is the founder and CEO of *movemindfully*®, a training and consulting company on the science of mindfulness, movement, and social-emotional learning. Kathy holds a master's degree in social work with over 20 years of experience in schools, and was an adjunct faculty for Saint Mary's University. Kathy has trained over 75,000 professionals in mindfulness, movement, and social-emotional strategies, and has partnered with the M Health Fairview Masonic Children's Hospital, United Hospital, St. Paul Children's Hospital, and Prairie Care Center for Families Outpatient Services to provide trauma-responsive practices on child, adolescent, and adult mental health units. She is co-author of *Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety*. Kathy has been a keynote speaker and presenter for more than 200 organizations and national conferences, including as a frequent breakout session presenter at our Twin Cities Jewish Community Mental Health Education Conference.

Kathy will be presenting "Challenges into Superpowers." What if your greatest struggles are your greatest gifts and you could reframe your challenges into superpowers? Harness the power of your mind-body connection and embrace the wisdom of your Inner Resources to navigate difficult times. Kathy will lead us in learning how common struggles like anxiety and depression are brilliant protective responses to an overwhelmed nervous system. Explore how meeting times of distress with self-compassion while incorporating simple mind-body strategies can create more peace, ease, and enhance your overall well-being. Experience *movemindfully*® Breathe Move Rest practices to activate your strengths and begin to create a toolkit throughout the day for transforming your challenges into superpowers.

BREAKOUT SESSION ONE #1-7

11:30 a.m. to 12:30 p.m.



1. Setting boundaries and finding balance

In this session, we will explore the psychological and emotional benefits of setting boundaries and the concept of balance. We will discuss the impact of boundaries on personal relationships and mental well-being, as well as techniques for effectively setting boundaries in various aspects of life, including work, relationships, and self-care.

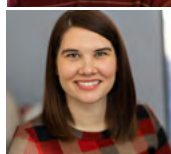
Angela Cowan (*she/her*), **MSW, LICSW**, is a Licensed Independent Clinical Social Worker and Program Manager for the Counseling team at JFCS. She received a master's in social work from the University of Kansas and has worked in the mental health field for many years. Angela works with those experiencing severe and persistent mental illness, anxiety, depression, grief/loss, and diagnosis of rare disease.

Mark Kaufman (*he/him*), **MSW, LICSW**, is a Licensed Independent Clinical Social Worker. Mark has always been interested in how people think, and loves walking with them through problem solving and self-discovery. Mark believes in the importance of collaboration in finding healing, personal growth, and solving problems.

Natalie Quiring-Oleson (*she/her*), **MSW, LICSW**, is a Licensed Independent Clinical Social Worker. She received her master's in social work from Saint Thomas/Saint Catherine University. Natalie has over 10 years of experience helping children, adults, and families to improve their mental health and relationships. Her main areas of focus for therapy are anxiety, trauma, depression, relationships, and communication.

Becca Hotchkiss (*she/her*), **MSW, LICSW**, is a Licensed Independent Clinical Social Worker. Becca has experience working with people across the lifespan – from toddlers in early childhood therapy and preschool day treatment, to school-age children and teens impacted by foster care, and supporting adults in navigating the anxiety and challenge that comes with life changes.

Michel Rousseau (*he/him*), **MSW, LICSW**, is a Licensed Independent Clinical Social Worker and received a master's of social work from the University of St. Thomas/St. Catherine's University. As a psychotherapist at JFCS, Michel leads with compassion, a listening ear, and a respectful dose of humor. He works with adults who are experiencing grief/loss, anxiety, depression, and life transitions (loss of a loved one, troubling medical news, or any life circumstance that requires finding a "new normal").



2. ADHD unveiled: What we know now in the journey of a lifetime

This session explains ADHD as a neurodevelopmental disorder and speaks to what often co-exists with ADHD to help dispel the myths and embrace the facts as a foundation to what you know and what you need to know. We will explore the traits often associated with having ADHD and how they show up in life across the ages and stages. Learn how to lean into more curiosity and compassion to make peace with ADHD and find your path to success. Understand what you can do in the journey with simple reflection exercises to expand on next steps for living well with ADHD.

Robin Nordmeyer is the Founder and CEO of the Center For Living Well with ADHD, LLC. She began coaching in 2010 after completing her Life Coach training through Adler Graduate School and ADHD Coach Training through the MentorCoach Advanced ADHD Coaching Program. Her love of learning and coaching individuals with ADHD centers around her passion for improving quality of life and assisting others in reaching their full potential. Robin specializes in aiding professionals to manage ADHD in the workplace, guiding entrepreneurs with ADHD to develop the

systems, skills, and strategies to help with daily business operations, helping couples address the impact of ADHD in their relationships, and preparing teens for their transition to college or independent living. Over the years, her company has evolved into a partnership, and team of highly trained and specialized ADHD Coaches located in several states throughout the US who provide coaching for all ages and stages of life with ADHD worldwide.

Riley Karbon, PCAC, received her Life Coaching certification from Life Purpose Institute and is a Professional Certified ADHD Coach (PCAC) through the Professional Association for ADHD Coaches (PAAC). She is a professional member of CHADD and ADHD Coaches Organization (ACO). She works at the Center for Living Well with ADHD with several specialties in coaching around organizing, finances, and productivity for college students and adults with ADHD. She has experienced firsthand the wonders that ADHD coaching can do for creating a more calm, organized life. She wakes up excited daily to partner with fellow ADHDers to find solutions that work for their unique lives.



3. Building Minnesota's mental health system: 2024 legislative session

There is legislation and public policies that affect the lives of children and adults living with mental illness, their families, and the professionals who care for them. In this session, you will learn what actions the Minnesota Legislature took in 2024 to build Minnesota's mental health system.

Sue Abderholden has devoted her career to changing laws and attitudes that affect people with disabilities and their families. Since the fall of 2001, she has served as the executive director for NAMI Minnesota (National Alliance on Mental Illness). She has held leadership positions with Arc of Minnesota, U.S. Senator Paul D. Wellstone and PACER Center. Sue has a B.A. in political science from Macalester College and a master's degree in public health administration from the University of Minnesota. She is a community faculty member for the U of M School of Social Work, teaching health and mental health policy.



4. The interaction between youth and the internet

In this session, we will explore the unique ways that kids and teenagers use the Internet in their lives, and how those interactions affect their mental health and wellbeing.

Dr. Katherine Mullersman is a Fellow Physician in Child and Adolescent Psychiatry at the University of Minnesota. She obtained her medical degree from the University of Chicago before completing Harvard Medical School's Massachusetts General Hospital-McLean Hospital Adult Psychiatry Residency Program. In her free time, Dr. Mullersman enjoys long lake walks, knitting, and a good cup of coffee.



5. Tending to spirit, healing the soul

In our challenging world, spiritual care helps us to find ways to foster deeper tenderness, awareness and grounding both for ourselves and others. Through music, art and listening, with hands-on practice throughout, we will explore the impact of these modalities upon our well-being and those around us. Participants will obtain personal tools and materials to use at this session and beyond.

Rabbi Lynn C Liberman, BCC, was ordained from the Jewish Theological Seminary of America in 1993. She served as a congregational rabbi for over 20 years. Currently, Rabbi Liberman is a Board-Certified Chaplain working as the Community Chaplain for the Jewish Family Service of St Paul and as an on-call chaplain for Regions Hospital, Gillette Children's Hospital, and MHealth Fairview Hospitals, in addition to working as a casual chaplain for Our Lady of Peace Hospice.

Emily Youngdahl Wright is a Board-Certified Chaplain, primarily working with and offering support to patients, families, and medical teams in oncology and hospice. Before entering a career in chaplaincy, she was a parent and family educator. Emily uses poetry, prayer, meditation, music, storytelling, and fiber arts to creatively explore and express what it means to be human.



6. Early warning signs of mental illness in youth

This session will describe the early warning signs of mental illness in children and youth, describe symptoms of psychosis, self-care tips for caregivers, and local resources and support.

Nancy Howe (*she/her*), **CFPS**, is the Senior Coordinator of First Episode Psychosis (FEP) Programs at NAMI Minnesota. Nancy offers resources and support to families on three FEP-coordinated specialty care teams in the metro area. Nancy has 18 years of lived experience as the parent of an adult child with schizophrenia, maintains five mental health certifications, co-facilitates a FEP family support group, is an advocate for funding with the Minnesota Legislature, and has over eight years of professional experience with NAMI Minnesota as an instructor and advocate.



7. Speak up and speak out: Reflections of love and loss

The impact on loved ones living with a child's addiction and mental health challenges cannot be minimized and requires bold vulnerability. In this session, you will hear stories from two mothers who have loved and lost, and you will learn what their journeys taught them about shame, stigma, compassion, connection, and love.

Nancy Tiegel Espuche is a speaker, mother, author, and advocate, who has the privilege to share her experiences to audiences nationally. Her goal is to break the silence of a loved one's addiction, inspire those to open the dialogue and bring forth hope and healing. She is the author of "KardBoard House: My Life-Altering Journey Through Lucas' Addiction," to give voice to Lucas, his struggle for recovery, and their journey together. She offers a personal view of the power of addiction, the complexity of the human condition, and the reminder, that despite all the love, no one can chart the course of another's life no matter how hard they try.



Carolyn Light Bell B.A., B.S., M.A., Ed.Ad., is a retired secondary English teacher, writer and photographer. She has published a variety of work both locally and nationally. Ms Light Bell's most recent publication is The Joshua Poems, a collection of poetry honoring her youngest child, Joshua, who died by suicide. Her earlier works include two collections of short stories, two children's books, two collections of poetry. She was Editor-in-Chief of the late Rabbi Sim Glaser's collection of sermons, and also edited a collection of meditations for Temple Israel. Most importantly, she wants everyone present to recognize the importance of being honest enough to seek counsel and support for mental health challenges that affect them and/or their loved ones.



Michael Durchslag will be the moderator for this session and is the Director of P.E.A.S.E. Academy (Peers Enjoying a Sober Education), the longest running recovery high school in the United States. He began working for P.E.A.S.E. in November 1995 and has been the Director since 2007. His commitment to adolescent recovery goes beyond P.E.A.S.E. Academy. Michael serves on the Minneapolis College's Advisory Board for its Collegiate Recovery Program, founded the state's first Alternative Peer Group, is the Chairperson

of the Association of Recovery Schools (ARS), and is a part of the ARS Executive Council.

BREAKOUT SESSION TWO #8-13

1:30 p.m. to 2:30 p.m.



8. Empowered parenting: 3 essential skills for calming big emotions and challenging behaviors

Feel like parenting is never easy? Are you struggling with strategies that work for others, but not for your family? If you've ever questioned your approach or worried about your child's well-being, this workshop is for you. Join us to explore practical, brain-based parenting tools from the Mad to Glad Blueprint, tailored to calm big emotions and challenging behaviors and bring more peace into your home. Discover how "fire in the brain" affects your child and learn crucial parenting actions that unintentionally trigger intense reactions. Leave with renewed confidence and reduced stress as you integrate

these tools seamlessly into your daily life, making a positive impact quickly. Let's learn, grow, and navigate this journey together!

Samantha Moe, certified parent coach and national speaker, has coached parents on how to help their children calm, connect, and cooperate since 2004. She now provides continuing education, advanced training, and parent coach certification for family service professionals who support intense kids and their families, including Fraser and the MN Association for Children's Mental Health. Samantha is the creator of the Mad to Glad Blueprint, a revolutionary brain-and-nervous-system-based approach to positive communication and parenting that soothes and even prevents intense kids' most challenging behaviors. She holds a master's degree in communication disorders from the University of Minnesota and has interdisciplinary training in sensory integration, play therapy, and emotional integration. Find out more at: www.samanthamoe.com



9. Grief: A spectrum of loss and a variety of ways to get through it

In this session, attendees will gain an increased understanding of grief and loss as a spectrum that includes a variety of types of grief and loss. The newly added DSM-TR criteria for Prolonged Grief Disorder will be reviewed and differentiated from other commonly assigned disorders when working with grief. Attendees will gain confidence in supporting others or themselves through grief, receive intervention suggestions, and learn about grief as a normalized part of the human life cycle.

Stephanie Larson, MSW, LICSW, LCSW, is a psychotherapist who has helped many clients work through a variety of losses. Stephanie will draw from both her personal and professional experiences in this clinically informed, yet candid, discussion on grief and loss. She will normalize grief as a natural part of the life cycle, define different types of loss, and offer ways to support yourself and others through the grief process by engaging in empathy and patience while letting go of unrealistic or societal expectations.



10. Political polarization: Why is it so toxic and what are we going to do about it?

Initiatives like this session, sponsored by Braver Angels, aim to foster understanding and bridge divides. Participants can explore the roots of polarization and its impacts on mental health. In this interactive workshop involving both large and small group discussions, individuals can gain insights into how to engage in respectful and constructive conversations despite differing viewpoints and navigate these challenging dynamics effectively. Initiatives like these can contribute to healing our families and communities and fostering healthier political discourse.

Jeff Thiemann volunteers with Braver Angels and is the co-chair of the Reduce the Rancor, a MN campaign to lower the political temperature during this election season and to build capacity for bridgebuilding. He is a retired Lutheran pastor and CEO. He currently serves as the Executive Director for the Church Benefits Association and the Church Alliance to foster excellence in policy and practice for employee benefits for pastors, priests, rabbis, cantors and lay workers in faith-based nonprofits. He earned a bachelor's degree in computer science engineering from Massachusetts Institute of Technology, a Master of Divinity from Pacific Lutheran Theological Seminary, and graduated from Harvard Business School's The General Manager Program.



11. Ecotherapy and connecting with nature to help improve mood, health, and wellness

Carl Jung wrote, "Without my piece of earth, my life's work would not have come into being" and described how spending time in nature is healing. For millennia, Indigenous people have had a deep respect for and connection to nature, and belief that the two are equal and interdependent. However, out of a growing movement from rural areas into cities, there has been an increasing disengagement of humans from the natural environment. Now science is catching up with a growing body of research on how nature plays an important role in human health and well-being, including reducing symptoms of stress, anxiety, depression, PTSD, ADHD, and fatigue, lowering blood pressure and cholesterol, improving mood, helping with pain management, reducing morbidity, and more. Learn how Ecotherapy and spending time in nature can help treat both the psychological and physical ailments of the human condition by re-establishing a strong connection with the natural world.

Tara Burns, MA, LPCC, is a Licensed Professional Clinical Counselor at Jewish Family Service of St. Paul. In addition to providing therapy, she co-facilitates a caregiver support group and support classes for caregivers. She provides therapy for adults across the lifespan and specializes in working with people in the second half of life, in addition to couples. Tara has a master's degree in counseling and psychotherapy and a passion for combining the beauty of nature with the power of healing.



12. The heart of inner-connection: How to break free from loneliness and feel connected

Do you struggle with feeling alone? Take loneliness from a painful experience to one of connection and love through strategies grounded in psychological research, neuroscience, and ancient spiritual wisdom. Learn how you can create joyful relationships. After this session, you'll know how to nurture your mental health, calm your body, and shape a brighter future while building deeper connections with yourself and others.

Sherri M. Herman, MA, LPCC, is a licensed clinical psychotherapist, coach, and speaker with nearly 15 years of experience in mental health. Specializing in connection and loneliness, Sherri integrates psychological research, neuroscience, mindfulness, and spirituality to promote emotional well-being. Drawing from her own journey of overcoming loneliness, Sherri empowers individuals to cultivate inner connection, leading to deeper meaning and fulfillment in their lives.

Having previously served as Clinical Director and psychotherapist at Mount Olivet Counseling Service and as well providing psychotherapy and leadership at Westminster Counseling Center, Sherri has positively impacted and continues to serve hundreds of lives through psychotherapy, counseling, support groups, adult education workshops, and retreats, coaching, and providing engaging talks on overcoming loneliness. Learn more at www.sherrimherman.com.



13. Overdose response training: Identify and reverse an opioid overdose

After taking this Steve Rummler HOPE Network naloxone training, you'll learn: Key info on opioids and current data on the opioid crisis; how to recognize signs of an opioid overdose; what naloxone is and how it works to reverse an opioid overdose; the action steps when responding to an overdose; how to administer intramuscular (IM) and nasal naloxone; protections provided by Steve's Law (MN's Good Samaritan/Naloxone Law); and where and how to get naloxone.

Dan Kelly has worked in the field of substance use disorder since early 2023 doing Peer Recovery, Harm Reduction, encampment outreach, and as a Community Health Worker. He has additional experience in the non-profit space and in the field of Information Technology, where he held analyst, business analyst, support, and consulting roles. Dan has lived experience with Opioid Use Disorder and Substance Use Disorder, is an overdose survivor, and has been in recovery since July 2021. He is passionate about his work and excited to serve the community. In his free time, he enjoys the outdoors, music, hobbyist tech projects, photography, and helping others achieve their potential.

REGISTRATION

FREE AND OPEN TO ALL!

REGISTRATION IS EASY!

1 Visit jfcsmpls.org and click the graphic on the homepage

OR

2 Open your phone camera and scan the QR code below



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OCTOBER 20, 2024
9 a.m. to 3 p.m. at Temple Israel

Keynote Speaker: Kathy Flaminio