

Twin Cities Jewish Community

Mental Health Education Conference

OCTOBER 23, 2022

9:30 a.m. to 3 p.m. at Temple Israel

FREE AND OPEN TO ALL!

hope

compassion

resilience

healing

learning

transformation

This conference is a collaboration of:



WELCOME

The 22nd Annual Twin Cities Jewish Community Conference on Mental Health is presented through a partnership of Jewish Family and Children's Service of Minneapolis (JFCS) and Jewish Family Service of St. Paul (JFS). With generous support from community donors and partners, the conference continues to be free and open to everyone.

In preparing for this conference, the planning committee identified a kaleidoscope of emotions, perspectives, ideas, challenges, and a sign of unity that impacts our mental health. The image of a kaleidoscope is one that speaks to the eyes and minds of the beholder.

The conference focuses on:

- Recognizing those we've lost due to mental illness, who live on in our memories
- Honoring those with an ongoing struggle to live productively in the community
- Acknowledging the parents, grandparents, spouses, siblings, children, and friends whose own lives are changed by the illnesses of others and whose struggle to provide support and caring can last a lifetime
- Raising awareness, reducing stigma and providing comfort to those in need through the ongoing work of JFCS and JFS

SCHEDULE

9:30 a.m.	Check-in Resource Fair Opens
10:15 a.m.	Opening Welcome Address
10:30 a.m.	Keynote - Nate Cannon, BA, MFA, CDP
11:30 a.m.	Transition/Break
11:45 a.m.	Breakout Session One: #1-6
12:45 p.m.	Lunch
1:30 p.m.	Breakout Session Two: #7-12
2:45 p.m.	Closing

ADDITIONAL INFO

- When you register for the conference, you will receive a confirmation email. Prior to the conference, you will receive a reminder email and details about current COVID-related safety precautions.
- Individuals in need of ASL should contact Tabitha at TDeRango@jfcsmpls.org by Sept. 30, 2022.
- Certificates of attendance will be available at the end of the conference.
- In consideration of the environment, please bring a tote bag to collect materials and a reusable coffee mug or water bottle.
- The keynote session and all breakout sessions will be recorded and available online by Oct. 28, 2022.





KEYNOTER

Nate Cannon, BA, MFA, CDP

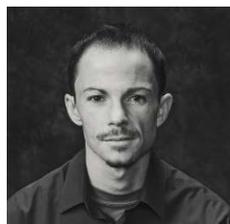
Thriving with Layered Identity: The Role of Perseverance in Mental Health & Wellness

Author and award-winning speaker Nate Cannon is a dementia practitioner and a transgender man in recovery from chemical dependency, living well with both mental illness and a neurological disorder. In this session, he will explore the role perseverance has played in managing and navigating his mental health through the most trying of experiences. Addressing coping skills and advocating for the power of vulnerability, Nate's message of hope and recovery will educate and inspire all those who live with mental health challenges or within the LGBTQ community.

Nate is a nationally recognized speaker and the author of two books: "Running on a Mind Rewired" and "Dying to Hang with the Boys." His essay, "The Invisible Man," appears in the 2019 anthology, "Queer Voices." Nate earned a BA from the University of Minnesota in Sociology of Law, Criminology, and Deviance, a paralegal certificate, and an MFA in Creative Writing from Hamline University. He has more than 10 years of experience working in the fields of dementia, law, mental health, and chemical dependency. To learn more about his work, visit natecannon.org.

BREAKOUT SESSION ONE #1-6

11:45 a.m. to 12:45 p.m.



1. Continuing the Conversation

Nate will continue to explore the connections between his story and supports for mental health through his personal and professional experiences.



2. Holistic Health and Crisis: Remediation and De-escalation

This session will provide an overview of the de-escalation model taught to police, corrections, hospital ER, inpatient psychiatric staff, and other crisis responders. Using a communication model that moves from active listening to behavior change, responding to the whole person, not the behavior, participants will learn how to assess a crisis, understand the barriers to de-escalation, and discuss the Fuselier Stairway model of de-escalation used in a variety of circumstances:

crisis response, hostage negotiation, therapy, leadership, and even sales.

Mark Anderson, Executive Director of the Barbara Schneider Foundation, an organization that works with police, jails, hospitals, social workers, educators, local government, courts, and community members to improve the response to individuals who are in a mental health crisis and to prevent a crisis. Mark was a policy aide to Senator Paul Wellstone from 1990-2002 advancing Sen. Wellstone's mental health, health care, and human rights reform initiatives.



3. DBT: What Is It and How Does It Work?

Dialectical Behavior Therapy (DBT) is often mentioned in mental health circles, but it can be hard to know exactly what the treatment entails or how it works. This session will provide general information about DBT and demonstrate who would be most likely to benefit from receiving this treatment. In addition, the session will include information on the development of DBT, features of the treatment, cross-cultural considerations, current DBT research and the use of

DBT for treating borderline personality disorder and co-occurring psychiatric disorders.

Merav Silverman, Ph.D., LP, Clinical Quality Supervisor at Lyra Health and former co-lead of the University of Minnesota Dialectical Behavior Therapy program in the Department of Psychiatry and Behavioral Sciences. Merav specializes in trauma-focused treatments.



4. Meaning-Centered Living

Dr. Gabor will speak on the role of meaning-making in our lives. His approach has been informed by his work with individuals seeking to maximize the purpose and meaning in their lives while confronted with cancer or mental health challenges. The audience will learn the basic tools for creating meaning in life, including the roles of relationships, creativity, experiences of beauty, and the idea of legacy. Ideally, this presentation will include robust dialogue with the audience.

Quentin Gabor, MD, Chief of Psychiatry at the University of Minnesota Community-University Health Care Center and assistant professor in the Department of Psychiatry and Behavioral Sciences at the University of Minnesota Medical School, where he supervises psychiatrists in training and teaches Spirituality/Religions & Psychiatry and Ethics in Psychiatry. Specializing in psychiatric evaluation, psychopharmacology, and existential psychotherapy, Dr. Gabor also sees patients at Ramsey County Mental Health Center.



5. Pre-Prevention to Combat Teen Suicide

Pre-prevention is the idea of teaching children coping skills and emotional regulation before they reach adolescence. An entire population may not be getting the mental health support they need based on our current model. Using evidence-based research about brain development in adolescents, we can combat emotional dysregulation by teaching healthy coping skills. We can also take steps to better identify what suicidality looks like in teens and the similarities and differences between suicidality and typical teenage behavior.

Brittani Senser, MSW, LGSW, Hennepin Technical College social worker. In 2019, Brittani lost her only child, Aria Joy Burch Senser, to suicide at the age of 13. After Aria's passing, Brittani started a blog, *DOYOUCARENOW.LIFE* to honor Aria and create awareness of this epidemic and how it should be considered a public health emergency. She serves on the board of Shout Out Loud and continues to fight for suicide prevention, believing that if we change our approach, we really can save lives.



6. Navigating Uncertainty: Traversing the Emotional and Social Impact of the Pandemic

None of us expected to live through a pandemic or could have anticipated the many ways it affected (and continues to affect) our wellbeing. Join this JFCS team of therapists to pause and reflect on this shared global trauma and the many ways it impacted our sense of safety, challenged us to live with uncertainty, created opportunities for change, and resulted in layers of grief and loss. We will also explore how to create intentional opportunities to support wellbeing during times of uncertainty while continuing to shift from surviving to thriving.

Becca Hotchkiss, MSW, LICSW – Becca has experience working with people across the lifespan – from toddlers in early childhood therapy to preschool day treatment to school-age children and teens impacted by foster care. She also helps support adults in navigating the anxiety and challenge that comes with life changes.



Mark Kaufman, MSW, LICSW – Mark has experience working with couples experiencing relational challenges as well as individuals who live with anxiety, depression, personality disorders, trauma, severe mental illness, and chronic illnesses.



Michel Rousseau, MSW, LICSW – Michel is trained in Eye Movement Desensitization and Reprocessing (EMDR) and has experience working with adults who are experiencing grief/loss, anxiety, depression, and life transitions (involving the loss of a loved one, troubling medical news, or any life circumstance that requires finding a “new normal”).



Samantha Taleff, MSW, LICSW – Samantha enjoys supporting people interested in deconstructing unhelpful narratives and creating a life aligned with their values. She believes in integrating mindfulness and mind-body practices with her work.



Ali DeCamillis, MS, ATR-BC, LPCC – Ali specializes in grief/loss, cancer support, end-of-life, caregiving, and being an imperfect human. As a board-certified art therapist and licensed professional clinical counselor, she has worked with people across the age spectrum in hospital, community, and studio-based settings.

BREAKOUT SESSION TWO #7-12

1:30 to 2:30 p.m.



7. Families Like Ours

One third of American families have at least one person struggling with a mental health disorder. One in five children across the country has a mental health disorder requiring treatment. This session will address how families can cope with the isolation, stigma, and shame that surrounds mental illness, negotiate the “system” to identify and find the appropriate treatment, and advocate making the battle against mental illness easier for other families.

Rhoda Michaelynn raised two children with mental health diseases. She and her husband experienced the isolation, stigma, fear, despair, and educational and financial challenges associated with the disease. After the death of her 18-year-old son, Adam, Rhoda put her energies into mental health advocacy work through sharing her story.



8. BREATHE-MOVE-REST with Your Inner Resources

Experience relief from stress, feeling overwhelmed, and other big emotions with MoveMindfully BREATHE-MOVE-REST practices in combination with the Inner Resources Card Deck. Learn how to navigate life’s challenges and opportunities with this multi-sensory experience. Discover 26 Inner Resources you already have inside of you. Explore how integrating your Inner Resources offers more clarity, confidence, and a sense of well-being in work and non-work settings.

Kathy Flaminio, LGSW, MSW, E-RYT-200, is the founder and creator of MoveMindfully® training, workshops, products, and curricula that teach trauma-responsive practices for self-regulation, focus, and overall wellbeing. She is co-author with local therapist Marit Appeldoorn of “Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity, and Anxiety” and co-creator of the Teen Resiliency Program with Dr. Henry Emmons, Dr. Timothy Culbert, and associates.



9. Reckoning with Opioids in the Land of 10,000 Rehabs

Nearly everyone in the U.S. has been touched by our two-decades-long opioid epidemic – now at one million deaths and counting. Historian and author Amy C. Sullivan will take a clear-eyed, nonjudgmental approach to drug use, parenting, harm reduction, medication, abstinence, and stigma. Sullivan will discuss the history of how we got here and offer a path forward that cultivates empathy, love, and hope for anyone touched by substance use disorders.

Amy C. Sullivan, Visiting Assistant Professor at Macalester College, teaches U.S. histories of drugs, medicine, race, gender, and childhood. Her research projects highlight narratives rooted in social change, community, and healing through oral history, public history, and digital archives. Her first book, “Opioid Reckoning: Love, Loss, and Redemption in the Rehab State” (University of Minnesota Press, 2021), uses oral history interviews she conducted to explore the complexity of America’s opioid epidemic through the lives of people grappling with the reverberating effects of stigma, treatment, and recovery.



10. Healing the Spirit Through Story-Listening

Each of us has a story to tell. It is the story of who we are, what is important to us, and what gives our lives meaning. Telling our story brings us into connection with another. It is a way to lessen loneliness by expressing the sacred within. Being a listener to another as they tell their story creates a space of holiness between the teller and listener in which the Spirit, the Holy One, can be found. Learn about the power of story as both the teller and the listener! Open to all faiths.

Rabbi Lynn Liberman, a Board Certified Chaplain, is Jewish Family Service of St. Paul (JFS) Community Chaplain and an on-call chaplain for Regions Hospital, Gillette Children’s Hospital, and MHealth Fairview Hospitals. Rabbi Liberman volunteers as a Police and Fire Chaplain for the Mendota Heights/West St. Paul Police and Fire Departments, is an ARC Spiritual Care Disaster Responder, a member of the Metro CISM Team, the Children’s Hospital Ethics Committee, and the Executive Board of Neshama: Association of Jewish Chaplains.



11. The Safety Net: How to Help a Person with a Mental Illness Keep Their Assets Safe

There are a number of tools available to help a person with a mental illness keep their assets safe and knowing which tool to use at the right time is key. This presentation will discuss the many legal tools available and the purpose for each one, including Supplemental Needs Trusts, Special Needs Trusts, ABLE accounts, Guardianships, Conservatorships, a Financial Power of Attorney, Health Care Directive document and POLST Order.

Stuart C. Bear, president of Chestnut Cambronne Attorneys, has been recognized by the American College of Trust and Estate Counsel (ACTEC) for demonstrating the highest level of integrity, commitment to the profession, competence, and experience as a trust and estate counselor.



12. Parenting and Well-being: How and Where Does Social Media Fit?

We have all heard the saying that being a parent is the most challenging and most rewarding job there is. The challenges parents face have only seemed to grow in recent years. The pandemic and all of the associated changes it has brought; the mounting safety concerns that children and parents face; and the increasing number of people suffering from and talking about mental illness have all significantly changed our lived experiences as parents, families, and community members.

This session will explore some of the ways parents can use social media to support their well-being and effectiveness as parents and as a medium to connect with their children. Come to connect, learn some realistic strategies, ask questions, and break down what can sometimes feel like an overwhelming topic.

Leah Persky, PhD, is a Certified Family Life Educator and Parent Coach, and Family Life Education Manager at JFCS. Leah completed her Ph.D. in political science with a focus on gender, health, and policymaking and has her Master’s degree in conflict resolution.

REGISTRATION

FREE AND OPEN TO ALL!

3 EASY WAYS TO REGISTER!

- 1 CLICK <https://forms.gle/CTNgQrP54TnNo3Ch9>
- 2 Visit jfcsmppls.org and click the green button on the homepage.
- 3 Open your phone camera and scan the QR code.



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