

Arc Midstate
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St. Cloud, MN 56302

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**Potpourri for Providers XVII
Regional Annual Conference
Saturday, February 27, 2016
Sauk Rapids-Rice High School**

**Potpourri for Providers XVII
Focus on Special Needs**

A regional conference for those who provide
care and support for children & teens
with special needs. Saturday, February 27, 2016



Sauk Rapids-Rice High School
1835 Osauka Road NE
Sauk Rapids, MN 56379
Map & Directions Enclosed



Lunch Catered by Panera Bread - Register Early!

To register for this workshop, please fill out this form, detach and mail it along with your payment of \$65— CHECK PAYABLE TO **ARC MIDSTATE** (includes continental breakfast and lunch)
 Mail to: Arc Midstate PO Box 251, St. Cloud, MN 56302. **Register by February 18, 2016.**
 You will **not** receive a confirmation notice. No refunds due to inclement weather.

Breakout Sessions
 Please indicate the breakout session you plan to attend. List your 1st and 2nd choices.

Breakout Session 1
A- _____ (1st) _____ (2nd)
 Breakout Session 2
B- _____ (1st) _____ (2nd)

Due to space limitations, we request that you attend the session that you indicate here.



Name: _____
 Address: _____
 Home Phone: _____
 Email: _____
 MNCDP/DEVELOP Individual ID#: _____

City: _____ Zip: _____
 Work Phone: _____

Please check all that apply to you:

- Paraprofessional within a school district
- Child care provider, either home or center based
- Foster care or respite care provider
- After-school care, such as Kidstop, etc.
- Parent of child with special needs
- Other: _____

Refunds will be granted only to those who cancel their registration five working days prior to the workshop. Call 320.251.7272 for more information.
Payment must accompany registration. No refunds will be given for inclement weather.

Registration Fee \$65
Register Early!
Conference enrollment is limited.

Deadline to register:
February 18, 2016

Please Park in the South Lot
Enter Door 1
6.0 Training Hours

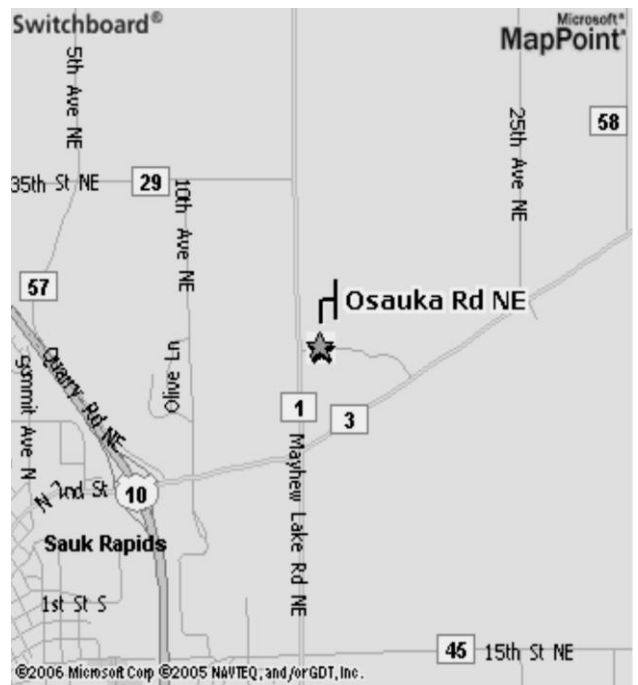
Directions to Sauk Rapids Rice High School
1835 Osauka Rd NE, Sauk Rapids MN 56379:

Coming over Sauk Rapids Bridge – Cross over bridge onto 2nd St. N, follow 2nd St. N up the hill and over Hwy 10, drive 1.5 miles, turn left onto Osauka Rd. NE.

Coming North on Hwy 15 – Take Hwy 15 thru St. Cloud, cross the Mississippi River; take the first exit, Benton Dr. At the first stoplight take a left onto 2nd St. N –stay on 2nd St. N. Cross over Hwy 10, go 1.5 miles, turn left onto Osauka Rd. NE.

Coming from the East on Hwy 23 – Turn west onto Hwy 10, travel 2 miles, take a right onto Golden Spike Road/Co. Rd. 3 – go 1.3 mile turn left onto Osauka Rd. NE.

Coming from Little Falls on Hwy 10 – Stay on Hwy 10, do not take Hwy 15 exit, take the Golden Spike Road/Co. Rd. 3 exit; watch for green sign directing you, at the top of the exit ramp, take a left, go 1.5 miles – turn left onto Osauka Rd. NE.



AGENDA FOR 2-27-2016

7:15 AM Arrival and Check-in

Continental breakfast offered in Cafeteria

8:15 AM Welcome – Performing Arts Center

8:30 - 9:30 AM Keynote in Performing Arts Center



Jan Turner – In 1989, Jan was stricken with pneumococcal pneumonia, the same disease that killed Jim Henson, the creator of The Muppets, in 1990. She first started experiencing flu-like symptoms but knew it was more serious when her fingers began to

ache and the pain began to move through her body. She was taken via helicopter to Abbott Northwestern Hospital in Minneapolis where she was put on full life support. Her family was told she would not survive. Due to a lack of blood circulation, her limbs developed gangrene and had to be amputated. Throughout the ordeal Jan never considered giving up. Jan spent the first eight months of 1990 at Sister Kenny Institute, where she learned how to use her prosthetic arms and legs. She continued teaching music for two years but unable to play the piano, trumpet and guitar with prosthetics, she decided to return to college and earn a degree in speech communication. Jan will share her inspirational story.

9:30 - 10:00 AM Break - **VISIT OUR VENDOR AREA!**

10:00 -11:30 AM Breakout Session 1 - *choose one*

11:30 - 12:30 PM Lunch - Cafeteria



12:30 - 1:30 PM Plenary – Performing Arts Center
“A Family’s Story” with Laura and Alex Bloch - Their adoption agency and pediatrician believed Alex did not have fetal alcohol syndrome - something of particular concern with

Russian adoptions. However, in kindergarten Alex had fine motor development challenges, including having difficulties holding a pencil. In second grade he had persistent trouble following through on tasks. After a pediatrician diagnosed Alex with inattentive attention deficit disorder (ADD), Laura learned about fetal alcohol syndrome through an acquaintance and did research. Alex was diagnosed with FASD in 2005. While her initial goal in researching FASDs was to help her son, she and Alex now passionately share their knowledge with others.

1:30 - 1:45 PM Cookie Break – Cafeteria

FINAL OPPORTUNITY TO VISIT VENDORS!

1:45 - 3:15 PM Breakout Session 2 – *choose one*

3:15 - 3:30 PM Wrap Up – Turn in Evaluation and receive certificate at registration area

Breakout Session 1 (10:00 - 11:30 AM)

Choose one of the following

A-1 Anxiety is Real for Children – Anxiety and Children: Tips, Tools and Talk. Sometimes children are inattentive, easily distracted, have difficulty sleeping, and can't seem to calm down. It could be anxiety! Come learn tips for addressing worry in children, how to help them manage it, and how to talk to children about their anxiety and worries in this interactive session. Signe Miller – MA, LMFT, The Village Family Service Center (P, E)

A-2 Walk In My Shoes – Ryan is a 21 year student at the Community Options 2 program in the St. Cloud Area School District. He will share his personal story of experiences with Autism, anxiety, ADHD and depression. Come and learn about challenges faced and supports that helped him throughout his journey so far. Presented by Ryan Watkins, along with Holli Boelz – Autism Resource Specialist for District 742 (All)

A-3 Impact of Early Care Settings on Attachment Formation – An amazing opportunity for Support Development Professionals who work in early childhood to support the development of attachment with children in their care. This training will define attachment and explain factors that impact attachment. Attendees will learn how to identify attachment seeking behaviors and supportive responses. Strategies to support the development of healthy attachment between young children and their parents will also be described. Tracy Schreifels, MS, LMFT (P)

A-4 Dyslexia – Signs and Solutions – Although dyslexia is the most common reading disability, it is also the most misunderstood. These are often the children who have great gifts in other areas – an aspect that complicates the puzzle. This session will cover the symptoms to look for in all age groups and debunk many myths, while providing solutions and local resources. Lori Langerud – Reading Resources, Dyslexia Specialist (All)

A-5 Basics of Brain injury – Learn about the effects of brain injury on families, the grief family members experience, and cognitive, physical and emotional consequences of brain injury. Learn strategies, tips, current information about the brain, brain injury prevention, research, resources, and statistics. Brain Injury Alliance - Minnesota (All)

A-6 Modifying Approaches: Effective Interventions when working with Individuals with a Fetal Alcohol Spectrum Disorder – In Minnesota, more than 8,500 babies are born each year with prenatal alcohol exposure. We will discuss daily living skills: money management, behavior management, self-care, and more. Heather Zoeller – MOFAS (E, T)

Due to space limitations, the number of participants in breakout sessions may be limited.
Please plan to attend the session you indicated on your registration form.

Breakout Session 2 (1:45 - 3:15 PM)

Choose *one* of the following

B-1 Collaborating with Culturally Diverse Families with Children with Special Needs – A panel of local service providers who also have a family member with a disability will share their perspectives about being a service provider for families from a variety of cultures *and* being a family member navigating the special education system. Experience cross-cultural interactions, and learn new strategies to guide you in your work with your diverse students and their families. Panel led by Teri Estrem, PhD, CCC SLP – SCSU (All)

B-2 I Wonder: Using Curiosity to Understand and Address Children's Behavior – What if caregivers used their curiosity to resolve challenging behaviors? Learn how to use reflective thinking to understand how development, trauma, and attachment influence behaviors. Behavior is a form of communication that caregivers can learn to interpret when time is taken to process the meaning. Explore a toolbox of strategies for preventing and addressing behavior in infants, toddlers and preschoolers. Tracy Schreifels, MS, LMFT (P)

B-3 Self-Regulation – Tools to help individuals become effective problem solvers and develop social and emotional regulation. Learn about self-regulation strategies for individuals in early childhood and elementary school. Tara Prom, MSW, LGSW (P, E)

B-4 Understanding Autism Spectrum Disorders – Understanding the thinking processes of individuals on the autism spectrum is not just for researchers! This presentation will focus on ways in which understanding cognitive differences in ASD can guide the development of effective intervention strategies. Examples of interventions used with individuals with ASD of varying ages and ability levels will be provided. Rebecca Schroeder, PhD, LP, Staff Psychologist – St. Cloud Hospital (All)

B-5 Reactive Attachment – Is a disorder characterized by children that have been neglected and or abused. These disturbances have occurred by the age of 5. These children can display behaviors of being excessively friendly to strangers or having difficulty trusting others. This can come along with oppositional behaviors and difficulty attaching to others. The presentation will consist of common characteristics in children with RAD, as well as basic interventions for caretakers and teachers who interact with children of this diagnosis. Presenters: Jennifer Bischoff, MS, LMFT, Tia Dvorak, MS, LMFT, and Hannah Rogak, MS, LAMFT (P, E)

B-6 Morals, Manners and Risky Behavior – For sensory-driven kids with poor impulse control and obsessive behaviors, the discovery of sexuality can be perplexing. Availability of access to the internet, and the inability for parents and caregivers to supervise every situation can create daily frustrations. This session will support parents and caregivers trying to navigate this complex world. Laura Bloch - Board Member MOFAS, Certified Trainer (All)

REGISTER EARLY!

Vendors & Sponsors To Date:

Arc Midstate
ActiveStyle
Great Steps Orthotics & Prosthetics
Jewelry by Spencer
Little Learners Depot
Milestones (formerly Child Care Choices)
Minnesota Autism Center
National Alliance on Mental Illness St. Cloud Area
Nystrom & Associates, Ltd.
District 742 Community Ed. – Project Challenge
Region 7W IEIC/Help Me Grow
Solutions Behavioral Healthcare Professionals
Tupperware
True Balance PLCC
True Friends
United Cerebral Palsy of Central MN
Usborne Books

Thank you to our planning committee:

Arc Midstate – CentraCare Pediatric Health –
District 742 Community Ed. – Project Challenge
– Milestones – Stearns County DD Unit –
UCP of Central MN

Approved by the Minnesota Center for Professional Development (MNCPD)

Training Hours: You will receive a certificate for 6.0 hours of training for the entire day.

Core Competency VIII Professional Development & Leadership CDA Content Area 6 Maintaining Professionalism.

Please note:

These codes help describe the age ranges the presenters suggest for materials covered in the sessions:

(P) Preschool (ages birth to 5 years)

(E) Elementary (ages 6-12 years)

(T) High School (ages 13-18+ years)

(All) All ages

Register online at:

<http://www.arcmidstate.org/training-education/regional-potpourri-conference/>

Questions? 320.251.7272

Email – info@arcmidstate.org