



The Arc Minnesota
 Arc Midstate
 P O Box 251
 St. Cloud. MN 56302

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Potpourri Regional Conference
 Saturday – February 23, 2019

Potpourri 2019



**Potpourri
 Regional
 Conference
 2019**

Join us for the 22nd Annual Potpourri Conference

This conference is for parents/caregivers, foster and respite care providers, educational paraprofessionals, college students, social workers, child care providers, teachers, ILS workers/group home staff, and others who care for or work with children, teens, and young adults with a wide variety of special needs including developmental, emotional, behavioral, or mental health challenges.

Offering opportunities to:

- ✓ Learn real world strategies and techniques
- ✓ Network with others facing similar challenges
- ✓ Connect with area resources, organizations and agencies
- ✓ Gain a renewed sense of empowerment and hope

Saturday · February 23, 2019

Sauk Rapids Rice High School
 1835 Osauka Road NE
 Sauk Rapids, MN 56379

Potpourri 2019

Conference Schedule – February 23, 2019

7:45 AM – 8:15 AMCheck-in / Registration
8:15 AMWelcome– Performing Arts Center
8:30 – 9:30 AMKeynote– Performing Arts Center
9:30 – 10:00 AMBreak – Visit Exhibits
10:00 AM – 11:30 AMWorkshops AM Sessions
11:45 – 12:30 Noon.....Lunch– Catered by Panera
12:30 – 1:30 PMPlenary– Performing Arts Center
1:30 – 1:45 PMBreak– Visit Exhibits
1:45 – 3:15 PMWorkshops PM Sessions
3:15 – 3:30 PMEvaluations/Certificates

No food or drink allowed in Performing Arts Center. Thank you!

Thank you to our planning committee:

Cindy Owen - Arc Midstate
Carol Gibson-Miller - CentraCare · Kathryn Bokovoy – Milestones
Julie Johnson - St. Cloud District 742 – Com. Education
Lindsay Zirbes – Stearns County DD Unit



Visit our Vendor Area – Register for Door Prizes Vendor Area Closes at 1:45 PM

Meals - AM refreshments, lunch, and afternoon snacks are provided at no additional charge.

LOCATION

Sauk Rapids Rice High School
1835 Osauka Road NE, Sauk Rapids, MN 56379
Enter through the main entrance – Park in the South Lot

For more information:

320.251.7272 or email: info@arcmidstate.org
<https://arcminnesota.org/regions/midstate-region/>

2019 Conference Registration Form

Name _____
Address _____ City _____
State/Zip _____ County _____
Phone _____ Email _____

Registration (Cost is per person) \$65

Please check all that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> Parent | <input type="checkbox"/> Foster Care/Respite Care |
| <input type="checkbox"/> College Student | <input type="checkbox"/> School Paraprofessional |
| <input type="checkbox"/> Childcare Provider | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Teacher | <input type="checkbox"/> ILS Worker/Group Home Staff |
| <input type="checkbox"/> Other _____ | |

MNCDP/Develop Individual ID # _____

**Register by
February 5th**

Online registration also available at:

<https://arcminnesota.org/event/potpourri-conference-midstate-region/>

Accessibility – Reasonable accommodations for language or disabilities will be made available upon advanced request – please call 320-251-7272 by February 1st.

You will not receive a confirmation notice.

Refunds – **the final day for a refund is February 12th.** Registration may be transferred to another attendee. No refunds due to inclement weather.
Child care is not available.

Workshop Preference – help us to determine room size by indicating your preferences
(Example: AM Workshop Choice #1 A-1 PM Workshop Choice #1 B-4)

AM Workshop: Choice #1 _____ Choice # 2 _____ Choice #3 _____
PM Workshop: Choice #1 _____ Choice # 2 _____ Choice #3 _____

Mail Payment (checks payable to Arc Midstate) and registration form to:

**Arc Midstate • PO Box 251 • St. Cloud, MN 56302
SPACE IS LIMITED – REGISTER EARLY**

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

(P) Preschool birth to age 5 (E) Elementary ages 6-12
(T) High School ages 13-18 (A) All ages

Approval Pending by the Minnesota Center For Professional Development MNCPD – for updates email info@arcmidstate.org

Certificates of attendance for 6.0 hours for attending the entire day will be available.

Vendors and Exhibitors Confirmed as of Printing

Arbonne
Arc Minnesota – Arc Midstate
Autism Society of Minnesota
Buddy's Beads
Busy Buddies
CentraCare Clinic
Central MN Mental Health Center
Great Steps
Handicrafts by Donna
Help Me Grow Region 7 W
Jewelry by Spencer
Kindred Family Focus
Mary T Inc.
Milestones
Minnesota Independence College and Community (MICC)
Minnesota Life College
NAMI – National Alliance on Mental Illness
Nystrom & Associates, LTD
Pinehaven Youth & family Services, Inc.
Project Challenge – ISD 742 Community Ed
The Village Family Service Center
True Friends
Tupperware
Usborne Books & More

Keynote Speaker Kevin Kling

"The Healing Power of Story"



Powerful stories remain in our conscience often shifting a point of view or opening up unconsidered possibilities. A great story connects the storyteller to the audience but it also connects at the individual level where the meaningful shifts occur. Locally and internationally renowned monologist and playwright Kevin Kling will share his own stories and insights on the development and impact of a great story.

Kevin Kling is best known for his popular commentaries on National Public Radio's All Things Considered and his storytelling stage shows like Tales from the Charred Underbelly of the Yule Log, delivers hilarious, often tender stories Kevin was born with a congenital birth defect - a disabled left arm. In 2001, Kevin was in a motorcycle accident and suffered brachial plexus injury (BPI) and loss the use of his right arm.

Lois Swope - Plenary

Changed by My Child: Lessons on finding compassionate and meaningful connections with clients and their families



Lois' intimate presentation offers a peek into her family's life—she will share her firsthand account of lessons learned from lifelong care for her daughter, Karly, who lived with Rett Syndrome. She includes direct quotes from her incredible daughter who never spoke, but became a writer, composer and poet. The presentation will offer tangible ways to support and encourage the full potential of clients and families living with extraordinary challenges, helping caregivers, educators, and advocates of all types make marked changes in their professional practice when caring for unique populations.

10:00 – 11:30 AM Workshops – Choose One (A - Session)

A-1 Behavior and Knowing How to Set Limits Understanding and managing preschool behavior can be challenging. Biting, hitting, spitting and hugs can all happen within seconds. Learn how to teach and foster problem solving skills to help children with strong feelings and emotions cope and manage behavior.

Mary Beth Kelley PhD · LDA (P) (E)

A-2 Empowering Kids and Families by Understanding How Anxiety Affects the Brain

Introducing a kid-friendly understanding of the brain to help kids and families learn about anxiety with help from the book: *Hey Warrior* by Karen Young. By understanding why anxiety feels the way it does and where the physical symptoms come from, kids can be empowered as they get to know how their brain is like their own personal warrior

Barbara Skodje-Mack, LMFT, LPCC, RPT- S (All)

A-3 The Caregiving Tool Box Health statistics on caregivers are staggering, the impact of being a caregiver has significant implications on physical, mental, and emotional health. Learn how to be proactive and work with your family to develop a caregiving plan, participants will work on building their "Caregiving Toolbox", learn how to build a care team and set long and short-term goals for self-care. Brainstorm with others and share ideas of what has been helpful in their caregiving journey. Melody Vachal (All)

Sponsored by: Mary T Inc.

A-4 Exploring Infant/Early Childhood Mental Health

- The first five years of a child's life are said to be both a great opportunity and of great vulnerability. Infant/Early Childhood mental health is the social, emotional, and cognitive well-being that is developed within secure and stable relationships with nurturing caregivers. We will explore the developing capacities that impact Infant/Early Childhood Mental Health and the fundamental principles that support this work. Health Presenter: Anna Clavin, MA, LMFT, IMH-E® (III) (P)

A-5 Autism Spectrum Disorders and Mental Health Discuss the comorbidity of Autism and Mental Health by defining the common characteristics of Autism Spectrum Disorders and how to recognize co-occurring disorders such as anxiety and depression.

Lucas Scott –Education Specialist – Autism Society of Minnesota (All)

A-6 What's Best for the Kids? Weaving it All Together to Identify What Kids Really Need.

With all the research and practice recommendations for early childhood education programs it can be difficult to know what kids really need. CLASS, Circle of Security, Powerful Interactions, Conscious Discipline, Pyramid Model and Infant Mental Health all have recommendations about what's best for kids. Recognize how to use components from these programs to provide a stable environment that promotes relationships and learning. Reflect on your experiences, gain confidence and walk away with concrete strategies for knowing "what is best for kids." Tracy Schreifels, MS, LMFT, IMH-E® (III) ~ Mental Health Specialist (P)

1:45 – 3:15 PM Workshops - Choose One (B - Session)

B-1 Learning Disabilities It is likely that at least 1 out of every 5 students has a learning disability. An often misunderstood disorder, learning disabilities can affect a person's, ability to speak, listen read, write, spell, reason, recall, organize information and do math. Walk away feeling you have the "winning tactics" to understand learning disabilities and how to support children identified with a learning disability.

Mary Beth Kelley PhD · Special Education LDA (All)

B-2 Utilizing Positive Behavior Supports for Learners with Autism Spectrum Disorders

In this session we will cover a variety of evidenced-based positive behavior supports to create a more inclusive environment and deal with specific challenging behaviors of learners with Autism Spectrum Disorders. Lucas Scott – Education Specialist – Autism Society of Minnesota (All)

B-3 Attachment, Relationships and Repair: Navigating disrupted attachment in children and understanding the role of relationship in functioning. Attachment disorder can be a challenging diagnosis to understand. Disrupted attachments often result in challenging behaviors and functioning within relationships, especially between children and caregivers, and those in the role of caretaking (teachers, childcare providers etc.). Learn to understand the origins of Attachment Disorder, and how to support healthy attachment between children and caregivers after disrupted attachment.

Amber Morrighan, MA, LMFT (All)

B-4 Suicide Awareness and Prevention in the Youth Population

Raising suicide awareness can lead to prevention. This presentation will introduce facts about suicide in the youth population, as well as identify warning signs, risk factors, protective factors, and crisis resources for youth and families. Barbara Skodje-Mack, MS, LMFT, LPCC RPT-S (E) (T)

B-5 Play The Biggest Developmental Bang for the Buck Play is one of the ways that children explore the world, develop competence, and learn to negotiate relationships. However, it doesn't stop there. Play also enhances a child's self-awareness, improves their ability to focus, promotes self-regulation, and reduces stress. This training will reinforce that play is an essential element in therapy, home, and early childhood learning environments, for children and adults. Tracy Schreifels, MS, LMFT, IMH-E® (III) ~ Mental Health Specialist (P)

B-6 Communication There are times we wish people came with little instruction cards explaining. "Here is how to reach me, here's how to motivate me." The Process Communication Model will help you understand the personality structure of the children and adults in your life. Discover how tailoring your communication will motivate and inspire someone to their fullest potential. Jason Colvin True Friends - BFA Fine Arts (All)