

# Children, Youth & Family Consortium

## CYFC Monthly

### CYFC Monthly – September 2013

#### Extending Our Reach, Impact in Greater Minnesota

I recently had the privilege of talking with eight practitioners who attended CYFC's Lessons from the Field (LFTF) seminar series on traumatic stress. We wanted to talk with people who attended multiple LFTF seminars over the past year to find out what they think about the series, and what they do with the information after they leave the seminar.

LFTF seminars takes place in Minneapolis and are broadcast live throughout the state. The most recent LFTF seminar was offered at 27 sites within Minnesota, Wisconsin and North Dakota. I was surprised to learn that all of our most frequent attendees are based in greater Minnesota. Talking with them helped me understand some of the challenges of working in children's mental health in rural Minnesota and why a program like Lessons from the Field is important.

Several participants mentioned how much they value being able to attend LFTF seminars in their communities. Kristen Peltola, a counselor in Murray County, said that she appreciates LFTF because "as a professional in rural America I would much rather be able to see good speakers in my hometown" rather than traveling. One of the nice things about LFTF is that it is not a webinar. Participants in greater Minnesota go to a host site where they not only watch the presentations, but also have the opportunity to discuss topics with other professionals in their community. Marilyn Seifert, a social worker in Wright County, particularly appreciates that "...you connect up with other people and find out other things that are going on."

Practitioners in greater Minnesota are using what they learn at LFTF to improve health in their communities. While several practitioners mentioned that it was sometimes frustrating to hear speakers discuss effective services that were not available in their communities, mental health professionals are clever! They have found ways to adapt information and use what is applicable. Kristen Petola had just become the homeless liaison at the school where she works when she attended the April LFTF seminar on homelessness. Using what she learned from the seminar, Petola, along with others in her school community, was better prepared to work with a recently identified homeless student. Petola and her colleagues were also successful in making changes to their intake process to better identify homeless students without offending families. One of the primary goals of LFTF is to close the research to practice gap. It's wonderful to hear actual examples of attendees using what they learn and incorporating it into their practice.

Our challenge is to design programs that best serve the needs of practitioners around the state. Talking with past LFTF attendees helped me realize the importance of continually striving to achieve this goal. What do you think? Do you live in Greater Minnesota? Do you have an example of how CYFC has benefited you or your community? We'd love to hear from you! Reply on social media outlets.

Teresa Roark, MPH  
former Graduate Assistant

Consortium News

## Save the Date for Lessons from the Field!

### Unbarred: Strengthening Families Affected by Incarceration

Date: November 14, 2013

Time: 9:00 a.m. - 4:30 p.m.

Location: McNamara Alumni Center and broadcast live to sites in Greater Minnesota

Keeping with the tradition of past Lessons from the Field, we will be bringing recent research of the outcomes of children of incarcerated parents to practitioners.

The morning will include:

- Dr. Rebecca Shlafer, University of Minnesota Department of Pediatrics — Research perspectives
- Warden Eddie Miles, Lino Lakes Prison — Prison Culture
- Erica Gerrity, [Isis Rising](#) — Prison Doula Program
- Lori Lofrano, Department of Corrections — Transitioning to life after incarceration

The speakers will be followed by lunch and a showing of the movie [Mothers of Bedford](#), a documentary film about Bedford Hills, a maximum security prison, and the lives of incarcerated women and their families.

Following the film, breakout sessions will complete the day. Sessions include:

- Q & A with [Mothers of Bedford](#) director Jen McShane and featured mother, Mona
- Discussion: How to promote positive relationships between parents and children in the context of visitation policies — Facilitated by Lee Buckley, Department of Corrections
- Literacy in early childhood: Promoting reading and relationships in the context of incarceration (featuring Sesame Street materials and Read to Me Program) — Daniel Marcou, Hennepin County Library Corrections Librarian and Rebecca Shlafer, University of Minnesota Department of Pediatrics
- Working within the System, Parenting Education Programs — presenter Ebony Ruhland, Council on Crime and Justice

Registration opens soon! Please check our [website](#) for updates.

University and Community Announcements

### 2013 Annual Community Mental Health Conference — Renewing Community: Initiate, Innovate, Integrate

Minnesota Association of Community Mental Health Programs (MACMPH)

Dates: September 25-27, 2013

Location: Duluth Entertainment & Convention Center

[MACMPH](#) is hosting this event geared toward professionals and concerned citizens. Learn innovative approaches, sharpen clinical skills, improve management practices and inform about public policy issues related to services for children, families and adults. More than 24 CEU's are available for this event! Learn more and register on the [MACMPH website](#).

### Symposia on Social and Emotional Learning

University of Minnesota Extension Center for Youth Development

Date: October 30, 2013

Location: McNamara Alumni Center or via live webstream

Cost: Free

This presentation shares a rationale for making social and emotional learning an educational priority in the United States. Dr. Roger Weissberg, President and CEO of the Collaborative for Academic, Social, and Emotional Learning ([CASEL](#)), will share recent research and proven strategies of how families, schools and communities are strengthening social and emotional skills as an essential part of every young person's education. Free and open to the public, but registration is required.

### **Teens & Sleep: Linking Discovery, Practice and Policy**

University of Minnesota and Fairview

Dates: October 3-4, 2013

Location: Double Tree by Hilton

1500 Park Place BLVD Minneapolis, MN 55416

Cost: \$195

This [conference](#) will bring together national experts to share the latest research on teens and sleep and discuss how we can change practice and take action to influence policy. The intended audience includes Pediatric Providers, School District Leaders, Educators, Social Service Providers, School Counselors, School Psychologists, Legislators, Policy-Makers, and Parents. [Hear](#) how sleep translates to better school performance, improved physical and mental health and reduced risky choices among teens.

### **The State of Mentoring**

Mentoring Partnership of Minnesota

Date: October 17, 2013

Location: Crowne Plaza St. Paul – Riverfront Hotel

Cost: Early Bird rate \$125 (ends Sept 16th)

The Mentoring Partnership of Minnesota's (MPM) Annual Minnesota Mentoring Conference features Dr. Kent Pekel, President and CEO of Search Institute and Author Paul Tough. During this event, The State of Mentoring will be explored from a national and statewide perspective and you will have the opportunity to learn more about program practices, community issues and youth trends. Early bird registration rate expires September 16, 2013.

### **Toward Strength and Well-being through a Healthy Sexual Identity**

MomEnough Podcast

When a young person has questions about sexual identity, where can he or she turn for guidance? How can that person initiate a conversation with family members? [Listen](#) to insights from a gay teen and a psychotherapist, Suzanne Harman, on this [MomEnough Podcast](#).

### **From Rhetoric to Reality: Achieving Authentic, Equitable & Transformative Partnerships — Call for Proposals**

Community-Campus Partnerships for Health

The 13th Annual International Conference will be held April 30 – May 3, 2014 in Chicago, IL. Submit a proposal for a session or poster presentation that aligns with one or more of the conference topics:

- Communities as centers of learning, discovery and engagement
- Authentically engaged institutions
- Shared power and resources
- Ethical policies and practices
- Changing governmental and institutional policies and systems

- Sustaining partnerships and their outcomes
- Next generation leadership
- Mobilizing knowledge for action

Proposals are due September 30, 2013.

---

Follow CYFC



UNIVERSITY OF MINNESOTA  
**EXTENSION**

© 2017 Regents of the University of Minnesota. All rights reserved.

The University of Minnesota is an equal opportunity educator and employer.