



EVERGREEN ANNUAL CONFERENCE

NOVEMBER 1-2, 2022
THE SANFORD CONVENTION CENTER
BEMIDJI, MN

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We are dedicated to becoming the most advanced, most connected, most accessible and widest-reaching health care system in the country. Improving quality of life through better health.

Providing quality care close to home. Wherever home may be.

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*We believe Northwest Minnesota
offers boundless opportunities.*

Our strength is connecting people, places, and possibilities. Join us on an adventure to build better lives for everyone in our region. Together, we'll work to empower our community and keep us headed in a positive direction.



Northwest
Minnesota
FOUNDATION

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www.nwmf.org

Welcome!

On behalf of the Evergreen Conference Committee, Board of Directors, Staff, and the community of Bemidji, welcome to the 2022 Evergreen Annual Conference! We are honored to have you join us at the Sanford Convention Center on beautiful Lake Bemidji!

Our mission at Evergreen Youth & Family Services is to strengthen youth, preserve families, and build relationships with an emphasis on those living in northern Minnesota. The theme for this year's conference is "Helping Youth Thrive in a Post-Pandemic World." Our lineup of speakers come from three states and multiple cities across Minnesota with one goal, to equip you with the knowledge, tools, and best practices necessary to improve outcomes for the children, youth, and families we serve.

It is our hope that you will not only be able to add to your knowledge base, but also that you would get the opportunity to network with other youth-serving professionals and have some time to focus on a little self-care, too.

We hope you have an impactful experience as you connect, learn, and grow with other industry professionals. If you have questions, please ask any of our volunteers or stop by the registration table and we'll be glad to help. Again, welcome!

Sincerely,



Ebony Warren
Executive Director



2022 Evergreen Annual Conference Committee

Without this amazing group of people, this conference would not have been possible. Thank you.



Brianna Hurlburt, Co-Chair
Beltrami Area Service Collaborative



Missy Thomas, Co-Chair
Bemidji School District

Ashley Charwood	Assistant Professor of Social Work, BSU
Sarah Ek	Marketing Coordinator, Evolve Creative
John Fick	Program Director, Evergreen Youth & Family Services
Sam Greenwaldt	Executive Assistant, Evergreen Youth & Family Services
Angie Lauderbaugh	Social Worker, Bemidji School District
Caitlin Orgon	Program Director, Evergreen Youth & Family Services
Jennifer Pirk	Integrated Health Therapist, Sanford Health
Mary Shequen Smith	Community Member & Evergreen Board Member
Ebony Warren	Executive Director, Evergreen Youth & Family Services
Gabriel Warren	Dean of Business, Industry & Human Services, Century College
Travis Zachman	Middle School Counselor, Bemidji School District

Evergreen Board of Directors

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Jennifer Pirk	Vice Chair, Sanford Health
Mary Shequen Smith	Secretary/Treasurer, Community Representative
Renee Axtman	Sanford Health
Sarah Ek	Evolve Creative
Nadine Bill	Red Lake Nation College
Nicholas Whichello	Bemidji Police Department
Dr. Shad Swanson	Chiropractor, Bemidji, MN
Alea Stoll	Bemidji School District
Amber Aholda	Community Representative

2022 EVERGREEN ANNUAL CONFERENCE

DAY 1

Tuesday, November 1, 7:45am-4:15pm

7:45 – 8:45am	Registration & Check-In (must sign in each day to receive CEUs) Breakfast & Networking
9am – 10:15am	Conference Welcome & Opening Keynote
10:15am – 10:30am	Break
10:30am – 11:30am	Breakout Sessions: Round I
11:30am – 11:45am	Break
11:45am – 12:45pm	Luncheon & Networking
12:45pm – 1:45pm	Breakout Sessions: Round II
1:45pm – 2:15pm	Snack Break
2:15pm – 3:15pm	Breakout Sessions: Round III (Ethics session goes until 4:15pm)
5pm – 8pm	Social at the Hatchet House

DAY 2

Wednesday, November 2, 7:45am-3pm

7:45 – 8:45am	Registration & Check-In (must sign in each day to receive CEUs) Breakfast & Networking
9am – 10:15am	Welcome Back & Morning Keynote
10:15am – 10:30am	Break
10:30am – 11:30am	Breakout Sessions: Round IV
11:30am – 11:45am	Break
11:45am – 12:45pm	Luncheon & Networking
12:45pm – 1:45pm	Breakout Sessions: Round V
1:45pm – 2pm	Snack Break
2pm – 2:45pm	Final Keynote
2:45pm – 3pm	Closing Remarks

CONFERENCE KEYNOTES



My Behavior Management Pro Tips: The Best of the Best

Ballroom - 9am Tuesday, November 1st

Gary has spent years observing, collecting, and testing behavior management techniques that work with challenging youth. He teaches these skills to youth counselors who become change agents and set youth on paths to a brighter future. Gary will retire sometime in the foreseeable future and would like to leave you with some of the "best of the best" parenting and behavior management strategies.

Gary Russell, Evergreen Youth & Family Services

Evergreen Youth Leadership Council Presentation & Panel Discussion

Ballroom - 9am Wednesday, November 2nd

Each youth will share about their personal placements and experience as a youth in our community. They will discuss the circumstances they began at and the services they received from Evergreen. The youth will share individual pros and cons of their experiences, as well as the effects COVID has had on transitioning to a healthy adulthood. They will share things they have learned along the way, as well as resources that have benefited them. After this presentation, the panel will answer questions in regard to the Foster Care System.

*Shane Read, Karissa Butcher, Shawna Bullen-Fairbanks, Vivianna Castillo-Royal
Evergreen Youth Leadership Council*



Miracles

Ballroom - 2pm Wednesday, November 2nd

The keynote address will offer practical information, affirmations, inspiration and encouragement to service providers and youth. Rachel will share details of her personal story as a survivor of Human Trafficking as well as insights from her 15 years as a youth mentor, CSEC advocate and member of the United States Advisory Council on Human Trafficking.

Rachel Thomas, Survivor | Leader | Educator | Motivational Speaker | Advocate



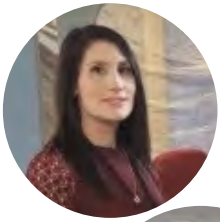
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DAY 1

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BREAKOUT SESSIONS: ROUND I

Tuesday, November 1
10:30am - 11:30am



Emergency Room Nurse Sexual Assault Nurse Examiner Training: Part I

Room 4

Understanding the process of a sexual assault exam is a crucial part of being trauma informed. Part one of this presentation will discuss an advocate's role in working with hospitals and the service our organization can provide to survivors, the mental mindset of survivors when arriving to the hospital, determining if the sexual assault kit is restricted or unrestricted, and determining jurisdiction and working with law enforcement.

Ashley Berg & Katy Carpenter, Support Within Reach



YOUTH Outcomes Start with Y-O-U: Transforming Organizational Youth Outcomes through Mentoring & Strategic Partnerships

Room 5

Find innovative strategies to mentor youth, build sustainable partnerships, and improve program designs. This session is for new or established practitioners and professionals new to youth development work and passionate about connecting disadvantaged or disconnected youth to opportunities to improve success. Attendees will clearly understand how to help youth, strengthen families, and receive better program outcomes in a post-pandemic society.

Galvin Billups, City of Birmingham, Alabama



Disability Hub MN: An Overview

Room 6

Learn the ins and outs of Disability Hub MN, a free resource for all Minnesotans that identify as having a disability or have a question on behalf of someone else. The Hub helps people find resources in their community, navigate complicated government programs, translate confusing information, solve benefits questions, and more.

Marcy LaCroix, Disability Hub MN



Practical Information & Interventions for Pediatric Attention Deficit Hyperactivity Disorder

Room 7

This presentation will provide the history and demographical data of Attention Deficit Hyperactivity Disorder. Participants will have a working knowledge of how ADHD gets diagnosed in the medical clinic, and how to best guide those seeking formal diagnosis. This presentation will explain what the evidenced based approaches are, and "best practices" recommended as ADHD treatments.

Jennifer Pirk, Sanford Health

BREAKOUT SESSIONS: ROUND II

Tuesday, November 1
12:45pm - 1:45pm



Fetal Alcohol Spectrum Disorders: Addressing Complex Health Issues Amidst Cultural Change

Room 4

Fetal alcohol spectrum disorders affect 1 of 20 in the United States. With such a high prevalence, it is the combination of stigma and complexity that works against awareness and solutions to FASD as a public health issue. Amid the cultural shifts of the COVID-19 pandemic, how can we utilize a person-centered, intersectional approach to addressing these multifaceted public health issues facing youth?

Emma Baldwin, Proof Alliance



Community Walk: A Way to Gain Perspective of Your Community

Room 5

Learn how to use the Community Walk Tool to help better understand your local community from a new perspective. Understand how this can contribute to meaningful relationships with community partners, and create awareness of hopes, concerns, gaps and what other information might need to be gathered in order to better understand the community.

Laura Bennett & Melissa Perreault, MN Regional Prevention Coordinators



Seizure Smart Training

Room 6

Seizure Smart Training is an opportunity to learn about epilepsy and seizures right in your own community. EFMN's general hour-long Seizure Training is a resource that helps participants identify seizures, learn seizure first aid, and overcome the myths surrounding epilepsy.

Lisa Necastro, Epilepsy Foundation of Minnesota



We're All in this Together: Addressing Compassion Fatigue & Unleashing Resilience through Equine-Assisted Psychotherapy & Coaching

Room 7

Learn about equine-assisted psychotherapy and the Human-Animal bond through a series of anecdotal stories from the field. Hear of clients who have been positively impacted through building a relationship with equines and our facilitation team, leading to creative and effective problem solving through confidence and competence building.

Liz Letson, Megan French, & Joy Hanson, Eagle Vista Ranch & Wellness Center

BREAKOUT SESSIONS: ROUND III

Tuesday, November 1
2:15pm - 3:15pm



Work Life Balance & Self Care

Room 4

Review the benefits of self care as it pertains to work life balance, including tips and resources. Participants will receive handouts to share with clients.

LaToya Wilson, LR Wilson Consulting

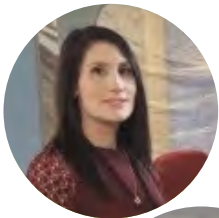


Ethics

Room 5 - This presentation will go until 4:15pm

This presentation will focus on ethics in regard to working in multidisciplinary teams. Ethical codes from multiple disciplines will be compared and commonalities will be identified. Ethical dilemmas and grey areas will be explored.

Barb Stanton & Emily Coler Hanson, Ellie Mental Health



Emergency Room Nurse Sexual Assault Nurse Examiner Training: Part II

Room 6

Part two of the presentation will discuss using the Track Kit System and the handouts that are offered to patients to access their kit, proper evidence collection, labeling restricted and unrestricted kits, and the handoff of sexual assault kits to Law Enforcement.

Ashley Berg & Katy Carpenter, Support Within Reach



Trafficking in the Northland: Local Trends in Sex Trafficking & Exploitation

Room 7

This presentation will outline local issues of sex trafficking and exploitation in Northern Minnesota, highlighting locally sourced data. There will also be an overview of local resources and hands-on approaches to preventing and responding to sex trafficking.

Caitlin Orgon, Evergreen Youth & Family Services



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DAY 2

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BREAKOUT SESSIONS: ROUND IV

Wednesday, November 2
10:30am - 11:30am



Ending the Game: Advanced CSEC Engagement Skills

Room 4

This presentation will foster deeper understanding of CSEC needs and experiences, especially concerning psychological coercion, and offer practical skills to reduce rates of recidivism among victims of commercial sexual exploitation. Participants will learn about the Ending The Game Intervention Curriculum and how to support CSEC youth as they receive specialized CSEC-resiliency services.

Rachel Thomas, Survivor | Leader | Educator | Motivational Speaker | Advocate



Youth Gambling: How to Recognize the Problem & What to do About It

Room 5

As access to gambling increases, the harm created by this behavior intensifies for our youth. This presentation will cover the signs of problem gambling, the current trends in gambling, the prevalence of co-occurring conditions, and prevention and treatment options. Participants will leave with screening tools and training opportunities.

Sonja Mertz, Minnesota Problem Gambling Alliance



From the Bottom Up

Room 6

This presentation will teach the Bottom Up approach to understanding information processing. Including discussion on how trauma impacts the process of information moving through the brain, and why traditional methods of regulation, therapy, and skills may prove challenging to underdeveloped or dysregulated brains. Hands-on practice and activity will be offered, along with strategies and interventions to use with ourselves, our family, our colleagues, and our youth.

Ashlea McMartin, Sanford Health



Nourish to Flourish

Room 7

In this presentation we will touch base on society's definition and expectations of Work/ Life balance and explore what that looks like for each individual. We will have group interactions, exercises and meditation that will lead us into the importance of self-care and how it all ties together.

Claudia Swanson, Evergreen Youth & Family Services

BREAKOUT SESSIONS: ROUND V

Wednesday, November 2
12:45pm - 1:45pm



Growing the Strengths of Youth: A Trauma-Sensitive Strength-Based Approach to Youth Development

Room 4

We will talk about the current well-being of youth, especially in rural areas where access to mental health services is not as great. Several activities will be demonstrated that adults working with youth can use to help youth identify their strengths and values. Participants will be asked to try the activity during the presentation and then reflect on it.

Kathy Magnusson, Wildewood Learning



Fundamentals of Credit: A Program for Youth

Room 5

This presentation, designed for young adults and recently taught at Evergreen Youth & Family Services, provides a basic understanding of credit: why it matters, how credit bureaus track and report on borrowers, and how credit is built, destroyed and fixed. Attendees get a glimpse into the financial education being provided to clients. Attendees might just learn something they never knew about the credit world and their personal finances, while experiencing an actual training session provided to Evergreen youth and families.

Rob Aitken, Leech Lake Financial Services



Care Coordination & Evidence-Based Practice in Pediatric Mental Health

Room 6

This presentation will review when to refer for pediatric mental health, provide a brief description of what is pediatric mental health, and review three primary evidence based practices vetted and financially supported by the State of Minnesota for children 0-5, as well as evidence based practices utilized by Sanford Health clinicians in the treatment of children and adolescents. Learn of services available through Sanford based on level of care needs, ranging from acute stabilization or crisis to maintenance and support.

Amy Donnan & Daniel Janiczak, Sanford Health



Why Hope Matters

Room 7

This presentation will take a look at the meaning of hope and why it matters for youth-serving professionals to have an understanding of the need for hope.

Ebony Warren, Evergreen Youth & Family Services

EVALUATION INFORMATION

Please complete the online evaluation by Tuesday, November 8, 2022.

www.tinyurl.com/evergreenconference2022

If you have trouble with the link, try opening in a different browser, such as Internet Explorer, Google Chrome, Firefox, etc. Please take your time, as you are unable to go back and make changes once you have submitted the survey.

Reminder: You must complete the survey to receive your CEUs.

A dark green background featuring silhouettes of several people standing in a forest. One person on the right is holding a skateboard. The text 'Thank you' is written in a large, white, cursive font with a green drop shadow.

*Thank
you*

for attending the
Evergreen Annual Conference.
We hope to see you next year!

Evergreen's 2022 Annual Conference is made possible in part with financial and in-kind support from our sponsors. Thank you!



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Youth & Family Services
Strengthening Youth. Preserving Families.

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Evergreen

Youth & Family Services

Strengthening Youth. Preserving Families.

- Youth Drop-In Center
- Youth Shelter Program
- Youth Housing Assistance
- Street Outreach
- Foster Youth Support
- Mental Health & Counseling
- Family Support
- Independent Living Skills
- Crime Victim Services
- Safe Harbor
- Workforce Development

YOUTH SHELTER PROGRAM

622 Mississippi Ave NW
Bemidji, MN 56601
218-751-4332

DROP-IN CENTER

610 Patriot Dr NW
Bemidji, MN 56601
218-751-8223



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