

Arc Midstate
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Potpourri for Providers XI
Regional Annual Conference
Saturday, February 27, 2010
Sauk Rapids-Rice High School

Potpourri for Providers XI
Focus on Special Needs



A regional conference for those who provide
care and support for children & teens
with special needs.

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 \$49 – CHECK PAYABLE TO ARC MIDSTATE (includes continental breakfast and lunch) Mail to: Arc Midstate PO Box 251, St. Cloud, MN 56302. Register by Feb. 15, 2010. You will not receive a confirmation notice. Please call with any questions.

<p>Name: _____</p> <p>Address, City, Zip: _____</p> <p>Home Phone: _____</p> <p>A limited number of partial scholarships available for parents of children with special needs. Call 320.251.7272.</p> <p>Please check all that apply to you:</p> <p><input type="checkbox"/> Paraprofessional within a school district</p> <p><input type="checkbox"/> Child care provider, either home or center based</p> <p><input type="checkbox"/> Foster care or respite care provider</p> <p><input type="checkbox"/> After school care such as Kidstop, etc.</p> <p><input type="checkbox"/> Parent of child with special needs</p> <p><input type="checkbox"/> Other: _____</p>	<p>Breakout Sessions</p> <p>Please indicate the breakout session you plan to attend. List your 1st and 2nd choices.</p> <p>Breakout Session 1 A- _____ (1st) _____ (2nd)</p> <p>Breakout Session 2 B- _____ (1st) _____ (2nd)</p> <p>Due to space limitations, we request that you attend the session that you indicate here.</p>
<p>Work Phone: _____</p>	

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 \$49
 Register Early!
 Conference enrollment is limited

Deadline to register:
 February 15, 2010

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

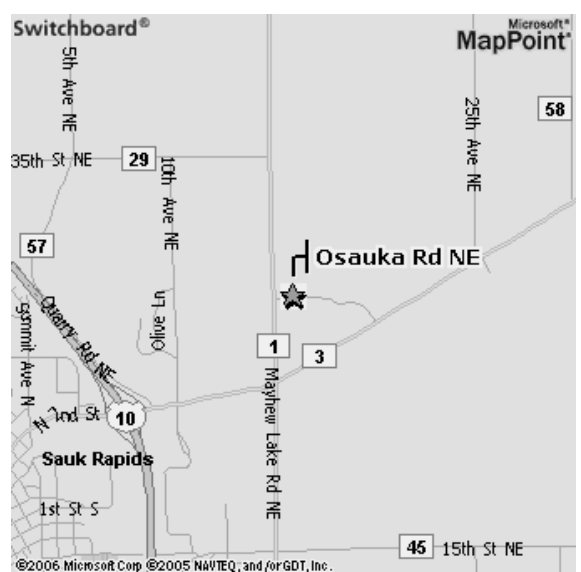
Directions:

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 – Take a right at the stop sign on Benton Dr. At the first stop sign, take a right onto Golden Spike Road/Co Rd 3 – go .5 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 – Feb 27th, 2010

7:15 AM Arrival and Check-in

Vendor Area Open

(Continental breakfast provided)

8:00 AM Welcome – Performing Arts Center

8:15 – 9:30 AM Deb DeWitz, Keynote Speaker
Performing Arts Center

“I Don’t Fold Underwear Anymore”

Those of us who work with children are some of the most giving people in the helping professions. Too often though, we do not take very good care of ourselves. We will look at whether we are experiencing symptoms which suggest our lives may be out of balance and identify some reasons why we allow our lives to become unbalanced. We will end by making some promises to ourselves about what we would like to do differently to create balance in our lives, or what we would like to continue doing in order to maintain our balance. Known for her down to earth and humorous style, join Deb as we laugh and learn together.

9:30-10:00 AM Break

PLEASE VISIT OUR VENDOR AREA!

10:00 – 11:30 AM Breakout Session 1

11:30 – 12:30 PM Lunch – Cafeteria

12:30 – 1:30 PM C. Scott Wyatt, Plenary Session
Performing Arts Center

“Life with Autism: Lessons Learned by a Teacher”

Presentation will be a short personal history, followed by a question and answer session with Scott Wyatt. Scott is a Doctoral Candidate at the University of Minnesota, specializing in autism and literacy education. Scott has a Master's Degree in English Composition. He has taught high school, community college, and university courses in a variety of subjects, from computer programming to photography.

1:30 – 1:45 PM Cookie Break

FINAL OPPORTUNITY TO VISIT VENDORS!

1:45 – 3:15 PM Breakout Session 2

3:15 – 3:30 PM Wrap Up

**Turn in Evaluations
Receive Certificate of Attendance**

Breakout Session 1

10:00 AM- 11:30 AM

Choose one of the following:

A-1 Sleep Disorders in Children with Disabilities An understanding of sleep disorders is essential in caring for children with disabilities. Learn to recognize the symptoms of sleep disorders and their effects on children who have special needs such as ADHD, autism, Down syndrome, and cerebral palsy. (All) CDA 2, 3, John Garcia, MD, Gillette Children's Specialty Healthcare

A-2 Baby Talk: Reading and Responding to Infant and Toddler Cues This interactive workshop will teach and affirm the skills necessary to support the healthy social and emotional development of infants and toddlers. Explore the importance of temperament, environment, and the significance of the provider-child attachment. (P) CDA 3, Barb Eckberg, Parent Educator, Early Childhood Family Educator, Sauk Rapids School District

A-3 AD/HD: The Gift and The Challenge Too often, parents and teachers end up dealing with the behavioral results of AD/HD and do not know how to work effectively with the disorder itself. In this presentation we will look at what is known about the disorder, the cycle it sets into motion in families, and the role of medication. We will propose a model of care, which may assist these kids to succeed, and which may help parents and other providers feel less frustrated with providing on-going care. (All) CDA 8, Deb DeWitz, Family Resource Consultants

A-4 Social Skills in Autism Spectrum Disorders Teaching social skills to children and adolescents with autism spectrum disorders can be a complex and challenging process. Explore effective strategies for teaching social skills and problem solving when typical strategies don't work as planned. A primary focus will be helping participants develop and use intentional, theory based strategies in an efforts to teach social skills. (E/T) CDA 3, Rebecca Schroeder, Ph.D., St Cloud Hospital Behavioral Health

A-5 Transition Trouble Children with neurological differences often struggle behaviorally with transitions at home, in school, and in the community. This workshop will focus on the reasons behind many of the challenging behaviors and will explore strategies to help smooth out the difficulties common with transition times. Kari Fletcher is the adoptive parent of two children with fetal alcohol spectrum disorders who struggle more than their neuro-typical peers with transitions. (All) CDA 5, Kari Fletcher

A-6 Teen Suicide: Alarming Trends and How You Can Help Did you know that for every teen who completes suicide there may be as many as 50-100 others who attempt it? Suicide ranks as the second leading cause of death among teens in America and is increasing at an alarming rate. Learn risk factors, what to do and avoid when a youth talks to you about suicide, basic elements of suicide risk assessments and myths and facts. (T) CDA 3, Dr. Joan Collins-Marotte, EdD, MS, LP, CRC, Caritas Mental Health Clinic and Julia Marotte, Mental Health Practitioner, Family Support Services – Nystrom & Associates

A-7 Providing Opportunities Through Intentional Movement Enjoy a hands-on interactive session exploring the role reflexes play in human development including The Brain Gym® Program, Rhythmic Movement Training (RMT), and Masgutova Neuro Sensory Motor and Reflex Integration (All) CDA 2, Anna Nameny and Cindy Goldade

A-8 Finding a Voice Learn skills that will give emotionally wounded children a means to express their pain, frustration, and fears. There will be discussion and training provided on behaviors such as anger, stealing, manipulation, lying, and neuroses. This session will be wrapped up with a question and answer session. (All) CDA 7, Jeanne Fritz, MSW, LICSW and Gerald Schwanke, MS, LAMFT, Thomas L. Price & Associates

Breakout Session 2
1:45 PM – 3:15 PM

Choose one of the following:

B-1 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 which complicates the puzzle. This session will cover the symptoms to look for in all age groups and will debunk many myths, while providing solutions and local resources. (All) CDA 2, 7, Lori Langerud, Reading Resources, LLC

B-2 Understanding and Managing the Oppositional Child This presentation will offer an understanding of oppositional defiant disorder and discuss why there has been a sudden increase in the prevalence of oppositional behavior in our youth. There will be instruction on the relationships to other mental health conditions and management strategies for caregivers. (All) CDA 7, 8, William Affeldt, MSSW, LICSW, Central Minnesota Mental Health Center

B-3 Don't Get Burned – Preventing Caregiver Burnout Participants will learn how to identify their own stress levels and risks associated with burnout. Learn how challenging behaviors contribute to caregiver stress and how to handle them while preventing burnout. (All) CDA 6, Jon Freer, BA, QMRP, Behavior Analyst, Behavior Wizards

B-4 Navigating the Ups and Downs of Life with FASD Living with FASD can bring challenges as well as positive experiences. Learn how young adults with FASD navigate through life. This workshop will provide a brief presentation about FASD. A panel of young adults and their caregivers will provide first-hand experiences of living with this disability. (All) CDA 8, Sue Terwey, Minnesota Organization on Fetal Alcohol Syndrome

B-5 ABA: What It Is and How It Works Learn what Applied Behavior Analysis (ABA) is. Explore the basic concepts of Behavior Analysis, key features of ABA, how the Behavior Analyst views and treats autism, common misconceptions of an 'ABA Program' and more. (P/E) CDA 6, Sarah E. Roberts, MS, LP, BCBA, Behavioral Dimensions

B-6 Back to Basics: Cerebral Palsy, Spina Bifida and Developmental Delay Receive an overview of the causes, risk factors, secondary conditions, treatments and prevention of cerebral palsy and spina bifida. (All) CDA 2, 8, Jenny Wilhelmy, CNP, Gillette Children's Specialty Healthcare

B-7 Sensory Processing Challenges in Real Time Many children with special needs have difficulties with sensory processing that interfere with daily routines and can cause troubling behaviors. What does this look like and how can sensory processing challenges be identified and treated? Presenter is an occupational therapist and parent of an adult child on the autism spectrum, who will offer both a professional and parental perspective. (All) CDA 2, 8, Mary Beth King, OTR/L, graduate certificate in autism

B-8 Working your "Spectrum" Strengths This workshop discusses career planning and workplace rights for individuals on the autism spectrum. Knowing your personal strengths is key to workplace success. Presented by an individual with personal insights; questions are encouraged. (T) CDA 8, C. Scott Wyatt, Doctoral Candidate at the University of Minnesota.

B-9 Toddlers: What happened Understanding typical toddler behaviors along with strategies for tantrums, sharing, and the word 'NO' will be addressed during this workshop as we focus on ways to support our toddlers and their development. What is happening in the brain of a toddler and who is in the driver's seat are two areas to be explored. (P) CDA 2, 3, Angie Klinefelter, Parent Coach, Consultant, Parenting Puzzles

REGISTER EARLY!

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

Vendors & Sponsors To Date:

Friendship Ventures
Children's Home Society & Family Services
Allura Designs
Mary Kay
Fraser
Gillette Children's Specialty Healthcare
Behavioral Dimensions
National Alliance on Mental Illness – St. Cloud Area
Discovery Toys
Pampered Chef
Premier Designs
The Special Needs Store
STARS for Children's Mental Health
PartyLite
ARISE
PATH
Courage Center Camps

CENTRA CARE Health Foundation



STARS
for Children's Mental Health



MN ADOPT
A Program Funded by the Minnesota Department of Human Services

Thank you to our planning committee:

Arc Midstate, Child Care Choices, Inc.
St. Cloud Area IEIC - Child Link
St. Cloud School District 742
St. Cloud Technical College
Stearns County Human Services
UCP of Central Minnesota

Please note:

These codes help describe the age ranges that 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

Note: CDA refers to Child Development Associate program requirements

Questions?

Call 320.251.7272

877.251.7272

E-mail: info@ArcMidstate.org