Potpourri for Providers XX
Regional Annual Conference
Saturday, February 11, 2017
Sauk Rapids-Rice High School

A regional conference for those who provide care and support for children & teens with special needs. Saturday, February 11, 2017

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 1, 2017

You will not receive a confirmation notice. No refunds due to inclement weather.

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
Conference enrollment is limited.

Deadline to register:
February 1, 2017

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.
journey with Shelby, who is autistic and non-verbal. Lisa is the author of, The Messenger, which describes her journey with Shelby, who is autistic and non-verbal.

Shelby will also share his speech on respect for all and his unique perspective of living life to his fullest potential. Shelby will show us how to meet every challenge with enthusiasm and a love of life!

Lisa will share her experience of living as a parent of a child with special needs. Reflecting over 20 years of experiences to find a safe and welcoming place for her son Shelby in this shifting world of change.

Continental breakfast offered in Cafeteria

7:15 AM Arrival and Check-in

8:15 AM Welcome – Performing Arts Center

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

Get Happy! Get Healthy!

Everybody’s chasing it. We all want it. How do we truly find happiness? Karla will give you simple tools to find joy and happiness, ultimately adding years to your life. This powerful presentation will inspire you to live the life you’ve always imagined.

Karla Heeter has spent more than 2 decades motivating people to live the life they’ve always imagined. Having survived cancer, she’s found a passion for making a difference. Karla has the ability to connect with her audience, delivering practical content that inspires them to take action for greater personal well-being. She’ll help you think a little, learn a little and laugh a lot.

8:15 PM Wrap Up – Turn in Evaluation and receive certificate at registration area

AGENDA for Feb. 11th 2017

8:30 - 9:30 AM Get Happy! Get Healthy!

8:30 AM Plenary – Performing Arts Center

Perseverance

This is a Marathon

Lisa Edelbrock will share her families’ journey and brings to light the challenges, joys and emotions surrounding the upbringing of a child with special needs. Reflecting over 20 years of experiences to find a safe and welcoming place for her son Shelby in this shifting world of change.

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

Multi-Sensory Strategies

A-1 Multi-Sensory Strategies Multi-sensory teaching techniques help a child to learn through more than one sense. The National Institute of Child Health and Human Development have shown that for children with difficulties in learning to read, a multisensory approach is the most effective teaching method. Learn about a variety of multi-sensory tools and strategies to use when teaching reading, math, and writing. Focus will be geared towards elementary grade levels.

Mary Beth Kelley Ph.D. Special Education LDA (E)

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

A-2 What I Wish Someone Would Have Told Me.... Tips to Handling Challenging Behavior 2.0 This workshop will revisit the topics discussed in an earlier workshop at Potpourri and included updates on valuable tools and tips to handle challenging behaviors. Discussion will include theories, treatments, strategies, and reasons behind challenging behaviors. It will include tools you can use with those you support today.

Jon Freer Behavior Analyst (All)

A-3 Anxiety: A Family Affair Explore current research for children with anxiety disorders. Learn about interventions to help the child and caregiver understand anxiety in their family, interventions to empower the inner strengths of children and caregivers, and learn to create a safe environment for children and caregivers experiencing anxiety. Participants will leave the session better equipped to provide interventions to children with anxiety.

Rebecca Cluever LMFT Attacure (All)

A-4 Executive Functioning We'll explore problem solving as well as decision making and how it relates to students diagnosed with Autism and/or ADD. Executive functioning issues are typically recognized in late elementary years and become problematic in junior and high school age children. This session will help you learn about executive functioning and suggest a variety of possible interventions.

Felicia Wilson MS Mental Health Practitioner (E) (T)

A-5 Mindfulness Paying attention in a particular way, waking up to the here and now. Learn strategies to handle challenging behaviors. Discussion will include theories, treatments, strategies, and reasons behind challenging behaviors. It will include tools you can use with those you support today.

Mary T. Schmitz MSW, LICSW, Yoga Trainer, Mindful Education Institute (All)

A-6 ACES Study Adverse Childhood Experiences – The True Story What if we, as a community, changed the question from “What’s wrong with you?” to “What happened to you?” Learn about The Adverse Childhood Experiences (ACES) study and be invited to take a simple quiz about your own childhood experiences. Using the ACE Pyramid, gain understanding about how adverse childhood experiences influence human development in predictable ways. We will look at relationships with parents and how our own experience can inform our work with children.

Carol Gibson Miller and Lori Listug-Lunde Ph.D. LP CentraCare (P)
Breakout Session 2  (1:45 - 3:15 PM)
Choose one of the following

B-1 The Behaviour Cycle This workshop portrays an individual child’s escalating behaviour cycle and provides specific strategies based on the behaviour cycle. This session helps us to understand how to proactively set up the environment, respond appropriately, and plan for children that may escalate difficult behaviours.
Mary Beth Kelley Ph.D. Special Education LDA (All)

B-2 Hush-a-Bye Songs and Stories from Around the World Learn how to boost literacy and brain development through song and story. The Thrive Access Team, consisting of immigrants & refugees along with early childhood specialists, will introduce children’s songs & lullabies from their cultures. We’ll weave together songs and stories from various cultures, with music theory supporting the benefits of music for young children’s brain development. Leave with some new songs that introduce children to the wonderful diversity in our community.
Members of Thrive (P)

B-3 Transition Planning for and with Individuals with Disabilities Successful transition planning starts early, and spans the lives of individuals from school settings to what lies beyond. Minnesota’s Olmstead Plan gives direction to transition planning & what we should expect—to ensure people with disabilities are living, learning, working, and enjoying life in the most integrated setting (MN DHS). How do we translate this into meaningful home, school, and community goals and activities? We will talk both big and little picture, and begin the important process of supporting the LIFE VISIONS of individuals with disability. Gather resources as well as more meaningful questions Kathy Kjolhaug Autism Specialist

B-4 Point of View Persons with Autism Spectrum Disorder (ASD) view the world differently than neurotypical populations. Explore ways to approach our work to be as successful as possible by communicating effectively and seeing the world from their perspective. Skills around effective communication, tailoring interventions, and approaching intense emotions and behaviors will be discussed. Carolyn Giannone Ph.D. LP Lakeland Mental Health Center (All)

A-5 Mindfulness Paying attention in a particular way, waking up to the here and now. Learn strategies to address self-regulation goals and to reduce anxiety. Head and shoulders knees and toes, self compassion and it’s all about the breathing. Mary T. Schmitz MSW, LICSW, Yoga Trainer, Mindful Education Institute (All)

B-6 Navigating the Special Education Maze Learn the basic ‘ins and outs’ of the special education process from a 25-year veteran of the field, from the intervention process, to referral, to evaluation and the development of individual education plans (IEP)s. Special education due process will be emphasized, as well as Section 504 access and parent rights.
Leo Pusateri M.S.Ed., School Psychologist (All)

REGISTER EARLY!

Vendors & Sponsors To Date:
Arc Midstate
ActiveStyle
Buddies Beads
Busy Buddies
Handicrafts by Donna
Jewelry by Spencer
Lakeland Mental Health Center
Little Learners Depot
Milestones
MNAEYC
MOFAS
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
Tastefully Simple
The Center for Family Counseling
True Balance PLCC
True Friends
Tupperware

Thank you to our planning committee:
Arc Midstate – CentraCare Pediatric Health –
District 742 Community Ed. – Project Challenge
– Milestones – Stearns County DD Unit

Approval pending 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.
KCF VI Professionalism CDA 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

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.