

# Experience Minnesota Via The 22nd Annual Minnesota School Social Workers Association Summer Institute June 10-12, 2024

Sugar Lake Lodge, in Cohasset, MN, near Grand Rapids  
*Less than 4 hours from the Twin Cities!*



## Motivating Our Youth and Evidence-Based Interventions & Strategies For Professionals



**Earn  
Up To  
16 CEUs!!**  
*Post Tests,  
Clinical Sessions,  
& Ethics  
Available*



The 16 possible CEU's are comprised of:  
13 Clinical CEU's & 3 Social Work CEU's

# CONFERENCE AGENDA

All meetings held at Sugar Lake Lodge in the Alexander II & III meeting rooms.

Monday, June 10, 2024 7:30 am - 7:00 pm	
7:30 am to 8:15 am	<b>Pre-Registration</b> (Ballroom Foyer)
8:15 am to 10:15 am	<b>Pre-Conference: “Wake Up: Stories From the Frontlines of Suicide Prevention” Film Viewing &amp; Discussion;</b> Dan Porter, MSW, LICSW <b>Clinical Content</b>
10:15 am to 10:30 am	<b>Break</b>
10:30 am to 12:00 pm	<b>Pre-Conference: Social Media, Youth and Mental Health: How to Handle This Wasps Nest;</b> Josh Stein, MD
12:00 pm to 1:15 pm	<b>Registration</b> (Ballroom Foyer)/ <b>Lunch on Own</b>
1:15 pm to 1:30 pm	<b>Welcome / Introduction and Overview of the Days Ahead</b>
1:30 pm to 3:00 pm	<b>Suicidal Ideations, Presentations and Outcomes;</b> Josh Stein, MD <b>Clinical Content</b>
4:00 pm to 5:30 pm	<b>Room Check-In / Break</b>
5:30 pm to 7:00 pm	<b>FREE RECEPTION (Hors D’ Oeuvres &amp; Cash Bar) - (Optional) - Prizes/ Networking Bingo</b> (Fireplace Lobby/Main Dining Room)
Tuesday, June 11, 2024 7:30 am - 6:30 pm	
7:30 am to 9:00 am	<b>(Registration @ 8am)/Breakfast Buffet - Included/Networking Breakfast</b> (Lodge Dining Room)
9:00 am to 12:00 pm	<b>Keynote: Motivational Interviewing: An Introduction (Part 1);</b> David Wells, PhD, LP <b>Clinical Content</b>
12:00 pm to 1:00 pm	<b>Lunch—Included</b> (Lodge Dining Room)
1:00 pm to 4:00 pm	<b>Keynote Cont.: Motivational Interviewing: An Introduction (Part 2);</b> David Wells, PhD, LP <b>Clinical Content</b>
5:30 pm to 6:30 pm	<b>Lakeside Beach Bonfire with Smore’s (Optional)</b> (bring drinks & blanket or lawn chair)
Wednesday, June 12, 2024 7:30 am - 12:30 pm	
7:30 am to 9:00 am	<b>(Registration @ 8am)/Breakfast Buffet - Included/Networking Breakfast</b> (Lodge Dining Room)
9:00 am to 12:00 pm	<b>Creating Structured Interventions for Students Following a Mental Health Crisis;</b> Julia Messenger, MSW, LICSW & Megan Lagasse, MSW, LICSW <b>Clinical Content</b>
12:00 pm to 12:30 pm	<b>Closing / Evaluation &amp; Wrap Up</b>

# 22nd Annual MSSWA Summer Institute Motivating Our Youth and Evidence– Based Interventions & Strategies For Professionals

Featured Pre-Conference Session: Monday, June 10th, 8:15am - 10:15am

**Pre-Conference A: “Wake Up: Stories From the Frontlines of Suicide Prevention” Film & Discussion to Follow:** Dan Porter, MSW, LICSW *Clinical Content* -



Wake Up interweaves the stories of four very different communities affected by suicide — college students, veterans, the LGBT community, and gun owners. Rather than laboring on tragedy and despair, Wake Up focuses on the leaders on the frontlines of prevention, leaving viewers feeling hopeful, informed, and encouraged. It also powerfully illustrates how positive change can be achieved when compassion is practiced over prejudice — an important and timely lesson.

The film features interviews from a number of politicians and leading experts (including Congressman Joe Kennedy and Dr. Thomas Joiner), and is the first and only film to follow the cutting-edge preventative measures being taken by the Harvard School of Public Health. ***This session meets the MN Board of Social Work’s requirement of 2 clinical social work hours.***

“Wake Up” Trailer: [\(90\) Wake Up - We Are One Trailer - YouTube](#)

“Wake Up” Website: [WAKE UP: Stories From The Front Lines of Suicide Prevention | Roco Films](#)



**Dan Porter, MSW, LICSW** has over 27 years experience working with children, adolescents, and families in public, residential, hospital and day treatment programs. He is currently a school social worker on special assignment addressing mental health needs district wide with Northeast Metro Intermediate School District 916. Dan provides Clinical Supervision, and teaches courses at the University of Minnesota School of Social Work as part of their Clinical Practice and Supervision Series. He received his BA in Social Work and Sociology, his Master’s in Clinical Social Work, and has a Director of Special Education License. Dan serves as the Board President for the Minnesota Association for Children’s Mental Health, MSSWA Board (Professional Development Chair), Region 10 Representative, and Board of Social Work Advisory Committee. He has presented at numerous

conferences throughout the Midwest on topics such as strategies for supporting youth, promoting student self-esteem, ethical issues, school-based social skills programs, ACES (Adverse Childhood Experiences) and program development. Dan was named Minnesota School Social Worker of the Year in 2012.

Please Join us for our Annual Welcome Reception

**Monday**, June 10, 2024

5:30pm to 7:00pm

**Fireplace Lobby/Main Dining Room**

Free Hors D’ Oeuvres, Karaoke & Cash Bar

Prize Drawings and Raffle / Earn 1.5 CEU for Attending  
Networking Bingo & Great Conversation!!



**Summer Institute Participants Will...**

Learn about evidence-based interventions; incorporate programs/techniques learned into daily practice; develop a network of colleagues that can support the implementation of evidence-based practice.

**Please encourage your colleagues to attend! Content will be focused to support school social workers, but other colleagues in the field will benefit as well!**

# 22nd Annual MSSWA Summer Institute Motivating Our Youth and Evidence-Based Interventions & Strategies For Professionals

## Featured Sessions

**Monday, June 10th, 10:30am - 12:00pm**

### **Social Media, Youth and Mental Health: How to Handle This Wasps Nest**

Social media has rapidly become a dominant part of the average teenagers life. For good or bad is here to stay however there are certainly risks, pitfalls and profound dangers with these platforms. In 2023 the surgeon general provided a thorough review of steps parents, schools, government officials and social media companies need to take to promote digital health and well-being for youth. This lecture will translate this specifically for the school-age population and explore relevant steps to improve healthy use and patterns on this medium. *This session meets the MN Board of Social Work's requirement of 1.5 accredited social work content hours.*

#### Learning Objectives

- ⇒ Participants will understand why digital should be a part of every visits screen
- ⇒ Participants will learn indications for care based on the 2023 Surgeon General's recommendations
- ⇒ Participants will learn how to help youth build upon their own awareness to care better for themselves



**Joshua Stein, MD**, a 2022-24 mpls magazine rising star physician, is the Medical director of youth services for PrairieCare as well as a practicing as a general and child adolescent psychiatrist in inpatient, PHP and clinic levels of care. He is part of the award-winning Psychiatric Assistance Line, providing psychiatric education and support to primary care physicians throughout the state to expand access to psychiatric resources. He is a dynamic speaker, with topics including ADHD, psychotropic interventions, suicide awareness & prevention. In addition, he is the former president of the Minnesota Society for Child Adolescent Psychiatry and a local and national advocate for children's mental health needs.

**Monday, June 10th, 1:30pm - 3:00pm**

### **Suicidal Ideations, Presentations and Outcomes**

Utilizing a variety of real world patient presentations this lecture and discussion will work to enrich the skills of attendees in the prediction and evaluation of suicidal thoughts in their clients. Concrete resources for the home, school and clinic will be provided for when real world intervention is needed. The emergence of nonsuicidal self injury as well as treatments and chronologic patterns over time will be reviewed. The attendee will leave the session with increased confidence in managing patients in crisis. *This session meets the MN Board of Social Work's requirement of 1.5 accredited clinical content hours.*

#### Learning Objectives

- ⇒ Participants will learn enrichment of skills in the assessment, prediction and evaluation of suicidal thought
- ⇒ Participants will walk through various patient presentations
- ⇒ Participants will explore the emergence of non-suicidal self-injury including common cues and chronologic patterns over time
- ⇒ Participants will be able to answer questions regarding evaluation techniques
- ⇒ Participants will be provided concrete resources for the home, school and clinic for when intervention is needed

**Presented by: Joshua Stein, MD—See above**

# 22nd Annual MSSWA Summer Institute Motivating Our Youth and Evidence-Based Interventions & Strategies For Professionals

## Featured Sessions

Tuesday, June 11th, 9:00am - 4:00pm

### Motivational Interviewing: An Introduction

Motivational Interviewing (MI), is a client centered and “directional” counseling style that helps clients unearth and resolve ambivalence about making a change. Originally designed for working with alcohol problems, there is now a wide body of empirical literature supporting the use of MI with a variety of clients who are experiencing ambivalence about a particular area of their life that needs to be changed. The approach borrows from several theories and models of client change, including Rogers’ client centered therapy, Bandura’s self-efficacy theory, and Bem’s self-perception theory. MI therapists create a non-judgmental atmosphere in which they invite the client to make the arguments for change. Both client-centered and directional techniques are used to accomplish the essential goals of MI. Recent advances in MI research have influenced MI therapists to help clients move *toward* what they want for their lives (as opposed to *away* from what they don’t want). ***This session meets the MN Board of Social Work’s requirement of 6 accredited clinical content hours***

#### Learning Objectives:

- ⇒ Participants will be able to discern appropriate opportunities for using Motivational Interviewing
- ⇒ Participants will gain an ability to utilize OARS skills to capture and create the “spirit” of Motivational Interviewing
- ⇒ Participants will be able to apply basic MI skills. Open ended questions, Affirmations, Reflections, Summaries
- ⇒ Participants will be able to elicit Change Talk and think strategically about Planning



**David Wells PhD, LP**, is a licensed psychologist, senior clinician and clinical supervisor at Hazelden Betty Ford Foundation – Plymouth, working with adolescents and young adults ages 12-25 in residential and day treatment levels of care. He has worked in the field of behavioral and mental health for 20 years, completed his PhD. in Educational Psychology with a counseling focus from the University of Minnesota, as well as a pre-doctoral internship and post-doctoral fellowship with Hazelden Plymouth prior to settling into his current role in 2015. He has functioned as a trainer for motivational interviewing at Hazelden Plymouth for the past several years, has attended founder trainings for MI and has recently been accepted and trained by Bill Miller and Terri Moyers as a member of MINT (Motivational Interviewing Network of Trainers) since 2020.

### **Beach Bonfire by the Lake on Tuesday!**

Come enjoy a bonfire overlooking the lake with your colleagues, new and old friends alike. We will supply the Smore’s supplies (Chocolate bars, marshmallows and graham crackers), you bring your beverage of choice and a blanket or chair. Come and join the fun!



Tuesday, June 11, 2024 (5:30pm to 6:30pm)  
Resort Lakeside Firepit



# 22nd Annual MSSWA Summer Institute Motivating Our Youth and Evidence-Based Interventions & Strategies For Professionals

## Featured Sessions

Wednesday, June 12th, 9:00am - 12:00pm

### Creating Structures Interventions for Students Following a Mental Health Crisis

With rapidly increasing mental health needs of students and safety concerns in school, it is essential schools are using best practices in risk assessment and mental health intervention. We will share how social workers may implement best practices and evidence based interventions following a student mental health crisis. This session will include discussion and planning time for school social workers to explore differentiated learning for specific school dynamics by setting/age group and experience as a social worker (Setting IV, Early Childhood, etc). *For those who attended our Fall Conference Session, this will take you to the next step in planning for your building/district. **This session meets the MN Board of Social Work's requirement of 3 accredited clinical content hours.***

#### Learning Objectives:

- ⇒ Participants will learn about best practices in risk assessment and interdisciplinary teaming
- ⇒ Participants will learn about best practices in intervening with students after mental health crisis
- ⇒ Participants will learn about multi tiered systems of support for social, emotional, and behavioral needs



**Julia Messenger, MSW, LICSW**, is the Assistant Director of Student Services for Mental Health for the largest school district in Minnesota. She has been in the Anoka-Hennepin District for 12 years, first as a paraprofessional, then as a school social worker in an elementary and a middle school before moving to the district-level. In her current role, Julia oversees all mental health procedure and policy for the district, school social work practices, school-based mental health partnerships, and is a leader in district MTSS. Julia has served as an instructor in both the University of WI-Madison and St. Cloud State MSW programs.



**Megan Lagasse, MSW, LICSW**, is one of the lead School Social Workers for the Anoka-Hennepin School District and currently holds the position of School Social Worker for Secondary Intervention supporting 15 secondary sites with implementation of MTSS and SEB intervention as well as crisis response. She has been in the Anoka-Hennepin School District since 2012 as a school social worker in middle and high schools as well as a few years supporting Early Childhood Special Education. Megan also provides clinical and nonclinical supervision to school social workers.



## SAVE THE DATE!



**2024 MSSWA Fall Conference  
Oct 28-29, 2024  
Sheraton Minneapolis West, Minnetonka, MN**

## Location & Lodging Information

**Sugar Lake Lodge**  
37584 Otis Lane  
Cohasset, MN 55721  
Reservations Direct: (218) 322-4582  
Resort Direct: (218) 327-1462  
Website: [www.sugarlakelodge.com](http://www.sugarlakelodge.com)



**Located in central MN on Sugar Lake, near Grand Rapids. (Less than 4 hours from the Twin Cities)**  
**Please see official website for more detailed directions.**

Each Institute participant will be responsible for their own lodging, taxes and fees. A deposit for reserving a room may be required. Sugar Lake Lodge has accommodated the Institute by offering a discounted rate for the allotment of rooms set aside.

**Reservations must be made by Monday, April 29th, 2024 for guaranteed rate & room availability.**

**Studio Villa, \$149/night**  
**Lakefront Villa, \$159/night**  
**Lakefront Suite, \$179/night**  
**2 Bedroom Villa, \$269/night**

**+ State Tax of 6.875% and 4% Local Lodging Tax**  
**Request MSSWA prices and cite the Summer Institute**

### Special Features

- ⇒ Use of canoes, paddle boards, kayaks at **NO CHARGE!**
- ⇒ Complimentary use of bicycles, horseshoes, tennis/basketball/pickle ball courts, outdoor heated pool, swimming beach (activities are free, but bring your own golf balls, rackets, tennis balls/basketball - resort charges for these)
- ⇒ Lakeside Fire Pit Reserved for MSSWA Tuesday evening

### Location

*Sugar Lake; where you can see the fish and the fish can see you. Let the games begin.* It's true, Sugar Lake has a clarity rating of 26 feet and the locals know better than to fish it during the day. Sugar Lake is a special lake (just 1 of 4 in Minnesota) that truly look like the Caribbean. The lake is spring fed, has a sandy bottom and is nearly devoid of weeds. The lake is clearly our claim to fame but it certainly isn't the only asset here at Sugar Lake Lodge. Other great reasons to visit include our professionally designed, 18-hole, on-site golf course, Sugarbrooke, and a tremendous variety of activities both in and out of the water. Round out a true Northern Minnesota resort experience with fine dining created by our full-time culinary-trained chef and, if that's not enough, enjoy the warm summer breeze by the campfire. **BRING THE FAMILY AND MAKE A VACATION OUT OF IT!**



### Accommodations

Sugar Lake Lodge offers everything from the Lakeside Lodge Studios and Suites, Golf Course Studio Villas & 2 Bedroom Villas, and Lakeside Cabins.

### Relax at Otis's Grill & Bar

Overlooking Sugar Lake and the 18th hole of Sugarbrooke Golf Course, Otis's Grill & Bar offers a casual pub environment serving hand-crafted burgers, chipotle chicken sandwich, pulled pork sliders, walleye, osso bucco, prime rib and other hearty offerings. Indoor seating and outdoor deck dining is available, serving up great views of Sugar Lake, great conversation, and a menu to please all palates.



**Payment:** Checks and Purchase orders must be made **payable to MSSWA**. **If your registration monies are not in receipt of the Registration Committee by May 25, 2024, you will be expected to pay any outstanding balance upon arrival, and pay a late fee of \$65.00 NO EXCEPTIONS!**

Mail your registration and payment (*payable to MSSWA*) to:  
**Dan Porter/Tony Porter - 762 Meyer St N, Maplewood, MN 55119**  
**1-612-803-2722 [mplstonyjoel@gmail.com](mailto:mplstonyjoel@gmail.com)**

*A confirmation e-mail will be sent when registration is received.-Please make a COPY of this registration for your own records.*

Minnesota School Social Work Association - Summer Institute 2024  
**EASY REGISTRATION ONLINE at [WWW.MSSWA.ORG](http://WWW.MSSWA.ORG) or Registration Form & Payment** (print CLEARLY)

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ School District: \_\_\_\_\_

Please indicate any dietary concerns/special needs: \_\_\_\_\_

**WELCOME RECEPTION RSVP— Monday, June 10, 2024, 6:00pm to 7:30pm (free to registrants & their guests)**

I Will Not Attend       I Will Attend       I Will Bring # \_\_\_\_\_ of guests

Selection	Price	CONFERENCE FEES
	\$350	EARLY BIRD (By May 10th) Full Conference <b>MSSWA Member</b> (Includes up to 17 CEU's)
	\$415	EARLY BIRD (By May 10th) Full Conference <i>Non-Member</i> (Includes MSSWA Membership, & up to 17 CEU's)
	\$375	Full Conference <b>MSSWA Member</b> (Includes up to 17 CEU's)
	\$440	Full Conference <i>Non-Member</i> (Includes MSSWA Membership, & up to 17 CEU's)
	\$300	Full Conference <i>Student/ MSSWA Board Rate</i> ( <i>must attach copy of school ID to registration</i> ) (Includes MSSWA Membership, & up to 17 CEU's)
	\$440	Related Service Professionals (Includes up to 17 CEU's - Does NOT include MSSWA Membership)
	\$200	One Day Rate, Monday, <b>MSSWA Member</b> (Includes 6.5 CEU's)
	\$265	One Day Rate, Monday, <i>Non-Member</i> (Includes 6.5 CEU's)
	\$200	One Day Rate, Tuesday, <b>MSSWA Member</b> (Includes 7 CEU's)
	\$265	One Day Rate, Tuesday, <i>Non-Member</i> (Includes 7 CEU's)
	\$150	One Day Rate, Wednesday, <b>MSSWA Member</b> (Includes 3.5 CEU's)
	\$200	One Day Rate, Wednesday, <i>Non-Member</i> (Includes 3.5 CEU's)
	\$25 each	Additional Meal Tickets for family members: _____ # Breakfast _____ # Lunch
	\$65	<b>LATE FEE - Assessed for ANY outstanding balance after May 25, 2024</b>
	\$ _____	<b>TOTAL AMOUNT ENCLOSED</b> <b>** (Early bird pricing not accepted unless payment is included with registration) **</b>

**Group Discount Available!**  
**Register 6 and get 7th Free (Full Conference Only)!** Once 6 are registered and paid for, contact Tony Porter at [mplstonyjoel@gmail.com](mailto:mplstonyjoel@gmail.com) to register your 7th for FREE!

**Cancellation Policy:**  
 Conference registration fees minus a \$60 administration fee per registration will be refunded if cancellation is made in writing to [mplstonyjoel@gmail.com](mailto:mplstonyjoel@gmail.com) by **May 25, 2024**, but registration can be transferred to another attendee at no cost. No refunds issued after May 25, 2024