



**TUESDAY APRIL 9, 2024**

## **Physiological Response of Trauma**

**Nick Cimarosti | 1:00-4:15 (15 min break) – 3hrs**

What is trauma? What is stress? Is there a difference? I think we all inherently know there is, and that stress is less extreme than trauma, but in this session you will learn what specifically makes those two things different. This session will describe what is going on in the brain and body during a stressful event to give an understanding of why our clients respond in the ways they do and will focus on the key elements that can prevent that event from being stored in the body as a traumatic experience. Finally, there will be discussion on how to implement strategies in your work using those elements with your clients to help intervene with clients in their cycles of trauma.

**Nick Cimarosti, LBSW** Nick has lived in North Dakota his entire adult life. He lives in Bismarck with his wife (Tomi), son (Vincenzo), Vizsla (Midas), snake (Elmer), and two goldfish (Goldie and Spike). It is important to know these things about Nick...because relationships matter. Nick is a LBSW in the state of North Dakota and is in his last semester of graduate work to attain his MSW. He is doing his practicum at DeCoteau Trauma Informed Care and Practice. His clinical graduate training has been focused on working somatically with people while trying to understand their situations from a trauma-based perspective. After he graduates, he hopes to move into a role as a clinician. Nick has worked with youth for the last 20 years both in the group care and foster care settings. He has a passion for working with the Standing Rock Nation as that is tribe from which his wife hails. He has a simple goal he keeps in mind when working with youth: approach each relationship with fervent curiosity. All else will fall into place. When not working or interning, you can find Nick running. He views running as a way to disconnect the mind and heal spiritually. He's been known to run 50 miles at a time. If the letters R2R2R make sense to you, go find him to chat! He cherishes his time with his family, going to concerts, and cross country, summer motorcycle trips with his good friend.



## WEDNESDAY APRIL 10, 2024

### **Sources of Strength**

**Kelsey Hopstad | 8:30-10:00 – 1.5hrs**

Sources of Strength is a radically strength-based, upstream suicide prevention program with shown effectiveness in both preventative upstream and intervention outcomes. Sources of Strength has been evaluated through several large randomized control trials and is one of the most rigorously evaluated and broadly disseminated prevention programs in the United States. Sources of Strength is considered the first suicide prevention program to demonstrate effectiveness using Peer Leaders to enhance protective factors associated with reducing suicide across a school population. Sources of Strength teams are active across the United States, Canada, Australia, and many American Indian/Alaska Native and First Nations communities. During the keynote, Kelsey will be exploring the power of strength-based mental health promotion and prevention. Join her in unpacking the principles of “Working the Wheel”. We know that wellness and regulation can easily fall to the wayside, but promoting our own well-being directly affects the people we love and serve. This keynote inspires a collective mission to break the cycle of crisis-driven responses, fostering mental well-being in individuals and communities. Learn, grow, and heal together as we unite in strength, ensuring a bright and resilient future for all.

**Kelsey Hopstad** is a National Trainer based in our Denver office. She has years of experience in prevention and mental health promotion. She’s worked closely with communities in her home state of Washington to establish coalitions, strengthen organizational ties, and empower people to bring positive change. She is most excited by building communication and connections between students, staff, and trusted adults. Her healthy activities include playing games, exploring linguistics, and experiencing carbohydrates. She’s also credited as inspiration for the Baha Men’s 2000 hit “Who Let the Dogs Out.”

### **Brain Injury 101**

**Carly Endres | 10:30-11:30 – 1hr**

Join Carly Endres with the North Dakota Brain Injury Network (NDBIN) while she goes over prevalence, symptomology and treatment strategies for brain injury survivors in North Dakota, and how NDBIN can help you provide your clients with brain injury appropriate services.

**Carly Endres** is a senior project coordinator for the North Dakota Brain Injury Network (NDBIN) at the Center for Rural Health at the University of North Dakota (UND) School of Medicine and Health Sciences. In this position, Carly works on developing, implementing, and managing program initiatives for NDBIN, as well as developing, promoting, and implementing NDBIN educational activities. Carly previously worked with Grand Forks Public Schools as a special education strategist in the Intellectual Disabilities Program at Schroeder Middle School. Originally from Grand Forks, ND, Carly earned a bachelor of science degree in elementary education and a master’s degree in special education at UND. In July 2019, she



became a certified brain injury specialist. She is currently pursuing a doctorate in educational practice and leadership with a specialization in special education at UND.

## **Working with Trafficked Youth**

**Amy Boyde-Bolme and Brittany Derrow | 1:00-3:00– 2hrs**

This is intended for professionals who work with youth and will cover how to identify, screen, engage with and ultimately, provide trauma informed services to victims and survivors of Human Trafficking (HT) and Commercial Sexual Exploitation of Children (CSEC). Participants will learn emerging best practice in serving CSEC youth and have an opportunity to practice the skills taught during the session.

**Amy Boyde-Bolme, LBSW** is a licensed Social Worker and Mediator/Facilitator. She is the supervisor of the Human Trafficking program for Youthworks and works to advise policy changes and implementation on a state and federal level. Amy is a CAST and GEMS-certified trainer and has developed curriculum for the McCain Institute and the National Network 4 Youth on issues related to Human Trafficking. She trains nationally on CSEC and HT interventions and best practice.

**Brittany Derrow, Survivor Expert**, has a formal education in criminal justice specializing in corrections and case management. Her work experience includes corrections, child welfare, community-based court diversion programs for youth, and victim services. Currently she serves as a Survivor Expert for Youthworks. In her role she uses her lived experience to mentor youth, as well as develop and advise policy and best practices in the anti-trafficking movement.

## **Ethics**

**Katie Kruckenberg | 1:00-3:00– 2hrs**

This session will provide an overview of ethical standards in the NASW and Code of Ethics pertaining to ethical dilemmas pertaining to self-care, social work in rural communities, and work with youth and families. Ethical decision-making models along with strategies for resolving ethical dilemmas will also be discussed.

**Katie Kruckenberg, LMSW** teaches Social Work and is the Director of Field Education at the University of Mary. She obtained a Master's degree from Florida State University and Bachelor's degrees in social work and criminal justice from the University of North Dakota. She currently teaches classes on social work practice with individuals and families, social work theory, diversity, and senior seminar along with supervision of social work field placements. Training topics include social work ethics training pertaining to specific populations, strengths-based practice with involuntary/resistance clients, and foster care. Prior to teaching at University of Mary, Katie worked as a social worker for Bismarck Public Schools, Charles Hall Youth Services, and Home on the Range, in addition to having been a PATH foster parent for 10 years.



## **Emotional Dysregulation Following a Brain Injury**

**Carly Endres | 1:00-3:00– 2hrs**

Brain injuries come with a significant number of symptoms that can have a devastating impact on survivors. Join Carly Endres with the North Dakota Brain Injury Network as she goes over what emotional dysregulation means following a brain injury, what it looks like for clients you work with, and accommodation strategies to implement.

**Carly Endres** is a senior project coordinator for the North Dakota Brain Injury Network (NDBIN) at the Center for Rural Health at the University of North Dakota (UND) School of Medicine and Health Sciences. In this position, Carly works on developing, implementing,

and managing program initiatives for NDBIN, as well as developing, promoting, and implementing NDBIN educational activities. Carly previously worked with Grand Forks Public Schools as a special education strategist in the Intellectual Disabilities Program at Schroeder Middle School. Originally from Grand Forks, ND, Carly earned a bachelor of science degree in elementary education and a master's degree in special education at UND. In July 2019, she became a certified brain injury specialist. She is currently pursuing a doctorate in educational practice and leadership with a specialization in special education at UND.

## **Sources of Strength**

**Kelsey Hopstad | 3:30-5:00– 1.5hrs**

Unearth the transformative potential of mental health promotion with Sources of Strength. This best-practice program employs peer-to-peer messaging to establish healthy norms and strengthen protective factors against suicide, violence, bullying, and substance misuse. Participants will learn about the key components of the Sources of Strength model, a brief overview of Social Network Theory, creating an environment of trusted adults, the power of positive social connections, and how to create mindsets of hope, health, and strength in your school. Participants will also play games, foster connection, and leave with reflection on their own mental health and wellness.

**Kelsey Hopstad** is a National Trainer based in our Denver office. She has years of experience in prevention and mental health promotion. She's worked closely with communities in her home state of Washington to establish coalitions, strengthen organizational ties, and empower people to bring positive change. She is most excited by building communication and connections between students, staff, and trusted adults. Her healthy activities include playing games, exploring linguistics, and experiencing carbohydrates. She's also credited as inspiration for the Baha Men's 2000 hit "Who Let the Dogs Out."

## **Relationships, Culture, and Reflective Supervision**

**Lamar Hill | 3:30-5:00– 1.5hrs**

This session aims to bring about a refreshed sense of the impact and importance of being relational with the people we serve as a foundational pillar that does help support positive outcomes for our clients. Additionally, this same way of being with our clients can also lead to



increased worker satisfaction and a sense of hope vs. despair and burnout. I will informally talk and share in this discussion through use of sharing personal/professional experiences or storytelling, hearing from your experiences, and asking and talking about difficult questions and what if's. By the way, I may not have any answers, but I hope to leave us with some reflection and consideration on the importance of being relational as a necessary foundation can significantly improve outcomes and satisfaction for us and those we serve.

**Lamar Hill, MSW, LICSW, LCSW** is a biracial Native American (Arikara) and African American, proud father, son, brother, uncle, friend and therapist, currently in his own practice: Four Elements Therapy. He grew up in rural north central ND and was born into an environment of generational trauma of mental illness, substance abuse, domestic violence, split household and suicide. This journey led him to be raised in foster care since age three. He played a variety of sports growing up and enjoyed the liberal arts including choir and band. He went on to play collegiate football and basketball and graduated with a Social Work degree from the University of Mary. He then attended graduate school at the University of Minnesota School of Social Work in St. Paul, MN, and earned a master's degree. His graduate placement was at the White Earth American Indian Reservation. There, he provided community, school and residential-based therapy (i.e. family, individual and group therapy), diagnostic assessments and clinical consultation. He also served on the Minnesota American Indian Mental Health Advisory Board as the Mental Manager for the White Earth Mental Health Program. He earned a LICSW (MN) and LCSW (ND) while employed with Solutions Behavioral Healthcare Professionals in Moorhead, MN. He also uses motivational interviewing, the medicine wheel in therapy when appropriate and other cultural practices such as prayer, smudging incorporating of medicine men and women. His children are his lifeline! He loves to listen to music, cook, attend children's functions, travel, attend sporting events (GO BISON!), spend time at home and enjoy thought-provoking conversation.

### **Healing Through Yoga Practice**

**Roberta Pytlik | 3:30-5:00– 1.5hrs**

This experiential seminar will offer a brief exploration of yoga as we understand it in the United States, how this ancient practice and philosophy has a significant benefit for our consumers recovering from traumatic experience, and an opportunity to experience for ourselves how this practice can affect the nervous system, attention and focus, and our mobility. We will weave lecture in between yoga asana (poses), meditation, and breathwork, so you have the tools to take back to your professional practice and personal experience.

**Roberta Pytlik** is a Registered Yoga Teacher as well as Licensed Addiction and Mental Health Counselor. She began integrating yoga into her clinical practice while running dual diagnosis groups for adults and quickly saw how effective yoga could be in a clinical capacity. She completed her 200-hour yoga teacher training in Fargo through the Devanadi School based out of Minneapolis in 2016 and she added community classes as part of Resolve Behavioral Health after that. She has studied Trauma-Sensitive Yoga and Yoga for Therapy. Helping folks with difficult relationships to their bodies is a passion, and often that has meant adjusting a traditional "asana" class to include more body awareness and emphasis on concepts of safety



and autonomy. Roberta has had the pleasure to offer community classes such as Yoga on Tap at the Fargo Brewing Company, National Recovery Month, and for fundraisers supporting the Community Uplift Program as well as Warriors at Ease. Currently, you can find her virtually at [www.resolvefargo.com](http://www.resolvefargo.com) or Yoga with Roberta on Facebook.



## THURSDAY APRIL 11, 2024

### **Is It Just Me, Or Are We All Exhausted?**

**Lucas Mitzel and Christy Wilkie | 8:30-10:00 – 1.5hrs**

In this session, Christy and Lucas will take a look into the energy it takes to work in the human service field and help you identify how this may be impacting you and your relationships. Compassion fatigue is often talked about, but do we REALLY understand it, and what are we REALLY doing to take care of ourselves as well as each other. We will be doing a deep dive into this topic, so be ready for some self-care!

**Lucas Mitzel, LCSW** provides therapy for children, adolescents, and young adults. He believes building relationships with clients is the most important piece of successful therapy. He loves what he does, because it allows him to walk next to people, he would not have met had he chosen a different profession. He has the honor of meeting people at their worst all while watching them grow into the people they have always wanted to be. He earned his master's degree in social work from the University of North Dakota. He specializes in anxiety, autism, depression, personality disorders, ADHD, trauma, stress, phobias, self-esteem, anger, and grief/loss. Aside from being a therapist, he is a father, husband, dog lover, Minnesota Viking fan, Star Wars fanatic, gamer, musician, and coffee addict.

**Christy Wilkie, LCSW** provides therapy for children, adolescents, and young adults who have complex behavioral health issues. She combines her extensive clinical expertise with the belief in kids, and has a unique ability to find and develop their strengths. She works hard to be an ideal therapist for her clients and does what is best to fit their needs. She typically provides cognitive behavioral therapy augmented with motivational interviewing and psychoeducation but is trained in other modalities as well. Christy earned her master's degree in social work from Indiana University-Purdue University. She has worked at DBGR and Dakota Family Services for 17 years. Her specialty areas are: anxiety, depression, ADHD, chronic stress, trauma, and personality disorders. Aside from being a therapist, she is a music lover, adventurer, Vikings fan, traveler, runner, golfer, and fierce friend.

### **System of Care**

**Katie Houle | 10:30-11:30 – 1.0hr**

What is the System of Care framework and how can it impact the children, youth, and families we serve? The ND Department of Health and Human Services – Behavioral Health Division will provide an overview of the System of Care philosophy and outline grant milestones and service priorities. The goal of the session will be to provide an update and to anchor all child and family-serving professionals in shared goals of providing community-based, youth and family driven, and culturally responsive services and supports.

**Katie Houle, LMSW** Clinical Administrator, ND Department of Health and Human Services, Behavioral Health Division – Policy Team. Katie oversees North Dakota's System of Care grant initiative which focuses on developing a more comprehensive children's behavioral health service continuum. Katie has a diverse background serving children, adolescents, adults, and their families within inpatient psychiatric settings, providing intensive in-home therapy, and



as a mobile crisis clinician. Katie received her master's in social work from the University of Michigan School of Social Work and was a Global Social Work Scholar and a Dow Sustainability Fellow.

## **Mental Health in the LGBTQ+ Community**

**Dr. Sturgill and Faye Seidler | 1:00-3:00 – 2.0hrs**

This session will review demographic data, as well as provide a deeper understanding of the wide range of diversity within this community. Participants will also review best clinical practice in supporting mental health while addressing some of the myths and misinformation that has emerged in recent years.

**Dr. Sturgill** is a psychologist that has been spending the last decade becoming a leading specialist in the area of gender care for both adolescents and adults. He currently works at Sanford Health's Moorhead office. His focus is to help families find ways to create safe environments that are supportive of self-exploration and positive expression of authentic gender.

**Faye Seidler** is an award-winning advocate that specializes in suicide prevention, LGBTQ+ populations, and state data. She was born and raised in North Dakota and has a decade of experience in community organizing, public speaking, and professional development training. She is known for connecting and uplifting others, bringing communities together, and always keeping hope in focus.

## **Navigating Ethical Supervision in Human Services: Principles and Practices**

**Dr. Melanie Fierstine | 1:00-3:00 – 2.0hrs**

In the field of human services, ethical supervision is paramount to ensuring the well-being of clients, maintaining professional standards, and fostering a supportive environment for practitioners. This session delves into the intricacies of ethical supervision, offering participants a comprehensive understanding of ethical frameworks, decision-making models, and best practices in supervisory relationships.

**Dr. Melanie Fierstine** brings over 26 years of dedicated service to the field of social work, blending academic expertise with practical experience to empower individuals and communities towards positive change. Currently serving as Assistant Professor of Social Work at Minnesota State University Moorhead, Dr. Fierstine imparts knowledge and skills to both undergraduate and graduate students, specializing in social policy and human services leadership. Her commitment to education extends beyond the classroom as she fosters the next generation of social work professionals. In addition to her academic role, Dr. Fierstine is the founder and owner of MindFit Mental Health and Wellness, a private practice committed to providing compassionate and effective social work services, including mental health therapy and education to athletes of all ages. Throughout her career, Dr. Fierstine has been deeply engaged in the community, offering supervision and mentorship to generalist practitioners and clinical social workers within the Fargo-Moorhead community. Her





guidance and support have contributed to the professional development and success of numerous practitioners, enriching the quality of social services provided to those in need.

### **Emotion Focused Therapy**

**Dr. Dave Jackson | 1:00-3:00 – 2.0hrs**

A didactic format, with limited PowerPoint slides, ideal for anyone interested in improving relationships. We will explore the roots of relationship problems with a focus on how to identify and stop negative interaction patterns. The goal is to create relational safety and security so that partners can share the emotional burdens that tend to go unspoken and unaddressed, which erodes their relational bonds.

**Dr. Dave Jackson** has been a psychologist for 21 years, with an exclusive couple therapy private practice. He is an internationally certified emotionally focused couple therapist and supervisor. He has presented to the ND Psychological Association and the Minnesota EFT Association. His passion is training EFT therapists.

### **Historical Trauma, Colonization, and the Implications for Helping Professionals**

**Brynn Luger, Ph.D., MA | 3:30-5:00 – 1.5hrs**

Information and background on what historical trauma is and how it impacts communities and people, with a specific focus on American Indian and Alaska Natives (AI/AN) peoples. Examine health disparities between AI/AN communities and how those can be traced back to colonization. Explain what colonization, decolonization, and un-colonization are and how that relates to non-Indigenous allies working with AI/AN people. The importance of strengths-based and resiliency-focused work in the helping professions. Explain cultural intelligence and how to be a culturally intelligent provider/professional.

**Brynn Luger, Ph.D., MA (Lakota Sioux)**, is an assistant professor within the educator scholar track at the Department of Indigenous Health within the UND School of Medicine and Health Sciences. She holds licenses as a clinical counselor and is recognized as a National Certified Counselor. She completed her master's degree in counseling psychology and her Ph.D. in counselor education and supervision. With over 17 years of experience as a mental health provider, she specializes in treating trauma and post-traumatic stress disorder, depression, anxiety, and the emotional and social issues surrounding substance abuse. Prior to her current position, Dr. Luger served as an associate professor within the clinician scholar track at the UND Center for Family Medicine in Bismarck, ND. In this capacity, she delivered clinical services to local community members while also taking charge of the development and instruction of the behavioral health curriculum for resident physicians specializing in family medicine. Driven by her extensive background as a mental health provider, Dr. Luger is dedicated to advocating for awareness and support for Indigenous counselors and therapists, aiming to empower those who provide critical assistance to others. Her research interests include the fusion of Western mental health models with Indigenous healing practices, exploring the experiences of secondary trauma among Indigenous mental health providers, and ceremony-assisted treatment for substance abuse. Dr. Luger lives in Bismarck, ND, with her husband, two children, and two standard poodles. She enjoys watching Green Bay Packers football, boxing, and the TV show Seinfeld.



## **Child Sexual Abuse: Prevention is Possible**

**Lindsey Burkhardt | 3:30-5:00 – 1.5hrs**

This training covers what child sexual abuse is, its prevalence & impacts, grooming behaviors & prevention strategies (for adults & children). This training also covers the history of the ND Child Sexual Abuse Prevention Task Force, the goals of the Task Force, and highlights a statewide environmental scan. This session also shares statewide resources that are available to prevent child sexual abuse.

**Lindsey Burkhardt**, Lindsey is a graduate of Minnesota State University in Moorhead (MSUM) and holds a bachelor's degree in early childhood education. Lindsey began her professional career as a classroom teacher for Head Start. Her professional journey continued, and she dedicated time to serving others in various roles. Lindsey has worked in victim services and restorative justice. Lindsey spent time as a Family Strengthening Specialist and devoted time supporting newly settled refugee families. Lindsey then joined a local community action agency where she dedicated six years to the Head Start program. Lindsey is now employed by Prevent Child Abuse North Dakota (PCAND) and is the Director of the North Dakota Child Sexual Abuse Prevention Task Force. Lindsey is a passionate leader who desires to create a better place for all children to grow and learn, she believes that every child deserves a carefree childhood. Lindsey uses her positive attitude and tireless energy to advocate for others. Lindsey is passionate about volunteering with a local non-profit organization that is committed to improving the self-esteem of adolescent girls.

## **Grief**

**KaLee Mohrman | 3:30-5:00 – 1.5hrs**

Are you struggling with grief? You are not alone. Many people struggle with grief and have no place to turn. This training will highlight the grief journey. At Knute Nelson Hospice the grief department includes professionally trained, compassionate grief specialists who provide groups, meetings, and presentations. There will be references to literature and resources to help individuals cope with their grief and work towards healing.

**KaLee Mohrman** is the Senior Director of Knute Nelson Hospice. A longtime healthcare worker and no stranger to loss herself, Kalee pursued a career in hospice after witnessing how her mother-in-law benefited from end-of-life care following a terminal cancer diagnosis. "Hospice care provided comfort for her and her entire family," Kalee said. "I have always enjoyed serving the elderly population and helping them during vulnerable times in their life."



## FRIDAY APRIL 12, 2024

### **Find Your Joy**

**Nikki Johnsrud | 8:30-12:00 – 3.0hrs (30min break)**

If you are feeling lost, unfulfilled, and going through the motions of life without joy, this session is for you. This session is for anyone that is struggling with where they are in life and want to make a change.

**Nikki Johnsrud**, Nikki has nearly 20 years of experience as a school psychologist and special education administrator. As the demands from work and home increased, Nikki knew something had to change. So, she went about finding the practices that would help bring her joy and make life more enjoyable.