



EVERGREEN ANNUAL CONFERENCE

NOVEMBER 1-2, 2023
THE SANFORD CONVENTION CENTER
BEMIDJI, MN

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WELCOME!

For over 46 years, Evergreen Youth & Family Services has been invested in giving youth hope and a way forward in life. Our mission is to strengthen youth, preserve families, and build relationships, with an emphasis on those living in northern Minnesota. Each year, this conference helps us to continue moving the needle forward in fulfilling our mission, and it is my hope that your experience over the next two days will help you to be refreshed and refocused on your mission as well.

Over the past year, we've had the privilege of serving over 1,300 youth, between our Drop-In Center and our Youth Crisis Shelter. We have served youth who were experiencing homelessness, families in crisis, youth with mental health challenges, those who have been victims of trafficking and other crimes, parenting youth, and those experiencing many other challenges. It is always heartbreaking to learn of the situations youth and families are facing, yet it's so rewarding to have the ability to stand in the gap for some of our most vulnerable neighbors and community members. The stories of how someone, just like you, chose to get involved in the messiness of a youth's life to put them on a path to a brighter future is what gives me hope. You're not just a case worker, mental health therapist, assistant, program director, landlord, teacher, school counselor, accountant, principal, or executive director; you are a conduit for the hope our youth so desperately need.

This is why the theme for our 18th year is "Building Brighter Futures for the Modern-Day Youth." We are helping the youth of today build something great for their futures and we have an incredible lineup of speakers to help us do just that. We have one goal in mind, to equip you with the knowledge, tools, and best practices necessary to improve outcomes for the children, youth, and families we serve.

We hope you have an impactful experience as you connect, learn, and grow with other youth-serving professionals. If you have questions, please ask any of our volunteers or stop by the registration table and we'll be glad to help. On behalf of the Evergreen Conference Committee, Board of Directors, Staff, and the community of Bemidji, welcome to the 2023 Evergreen Annual Conference! We are honored to have you join us at the Sanford Center on beautiful Lake Bemidji!

Sincerely,



Ebony Warren
Executive Director



2023 Evergreen Annual Conference Committee

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



Missy Thomas, Committee Chair
Bemidji School District

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Sarah Ek	Account Manager, Evolve Creative
Courtney Gifford	Human Resources Director, Evergreen Youth & Family Services
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Jennifer Pirkl	Integrated Health Therapist, Sanford Health
Ebony Warren	Executive Director, Evergreen Youth & Family Services

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2023 EVERGREEN ANNUAL CONFERENCE

DAY 1

Wednesday, 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)
3:30pm - 5:30pm	Social at the Sanford Center *optional*
6:30pm - 7:30pm	BONUS SESSION: Trafficking in the Northland (open to community)

DAY 2

Thursday, 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



The Kids Hold the Key: Why Validation & Empowerment are Important

Ballroom - 9am Wednesday, November 1st

This keynote will call out and name the difficulties facing Gen Z, especially post-COVID. In Heather's talk, she will rip off the Band-Aid and give actual triage at the root of the problems. She challenges the next generation (and their guides) to unplug, show up, and take ownership of their life and future.

Heather Wilde, Wilde House Of



Advancing Youth Outcomes begins with Y-O-U: Strategies for Empowering Youth in Creating Brighter Futures

Ballroom - 9am Thursday, November 2nd

In a fast-paced, dynamic world, it is crucial to equip our youth with the skills, knowledge, and opportunities they need to thrive. This conference presentation will explore strategies and initiatives aimed at creating a brighter future by improving youth outcomes. We will delve into the challenges faced by today's youth, discuss innovative solutions using practical place-based strategies and provide actionable steps for educators, thought leaders, policymakers, and community innovators to make a positive impact on the next generation.

Galvin Billups, City of Birmingham, Alabama - Director of Dept of Youth Services

Evergreen Youth Panel - Building Brighter Futures: Learning & Listening to What Youth Need

Ballroom - 2pm Thursday, November 2nd

Each panelist will introduce themselves and share some of their personal stories. The panel will then dive into the discussion about how youth-serving professionals can be conduits for building brighter futures by learning and listening to the youth they serve. The panelists will share their individual perspectives on challenges they have faced in the past and how they were able to overcome those challenges, including resources and additional support they received from caring adults in their lives. The panelists will then transition into preselected questions with prepared answers about the challenges they or their peers are currently facing, the best ways that supportive and caring adults can help, and things that adults do that are not so helpful. If youth are comfortable and time permits, a few questions will be accepted from the audience.





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DAY 1

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Seeking Wellness: How to Implement the Biophysical Spiritual Model to Help Heal from Vicarious Trauma

Room 4

As helping professionals, often times the role is to support and guide clients through some of their greatest challenges in life. Doing so can expose us to vicarious traumas that impact our ability to be healthy in our own lives and work. Utilizing the book *Trauma Stewardship* by Laure Van Dernoot Lipsky and Connie Burk, foreword by Jon Conte, PhD, participants will learn about vicarious trauma and develop applicable skills to managing burnout, implementing self-care strategies, and achieving a healthy work-life balance.

Elizabeth Schultz & Shannon Seibel, Sanford Health



Free Employment & Training Services & Supports for Youth

Room 6

Youth in our communities face many barriers to reaching their employment goals. Staff from Vocational Rehabilitation services, Rural Minnesota Community Employment Programs, and Inter County Community Council will share how they partner with students, their families, and the local community to support students in realizing their employment goals. Supports also include finding and paying for the training needed to get there. There are many students who qualify for these free services, provided under the Workforce Opportunity and Investment Act.

Aimee Berger & Jennifer Person



Intersectional Experiences of Health Equity in MN Children

Ballroom

For over three decades, the MN Department of Health has been tracking the health behaviors and experiences of youth in Minnesota through population surveys. As the department's understanding of health equity has grown, demographic categories have been added to these surveys to shape the state's understanding of the intersection of health and identities. However, this work needs to be informed by MDH partners with lived experiences working with and interacting with children. This presentation is intended to demonstrate what data is available from MDH and how identities intersect to inform our understanding of children's lived experiences. The goal is to create partnerships with attendees who can add further context to understand how the state should prioritize data analysis of children in Minnesota.

Mary Mitchell & Dan Fernandez-Baca, MN Department of Health

BREAKOUT SESSIONS: ROUND II

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

Accessing Our Own Resources

Room 4



As human beings, our brains and bodies are self healing but every brain and body has a threshold as which exposure to pressure, stress, or trauma leave a lasting impact. As helpers, we often have the capacity to set our own needs aside and redirect our focus on others. This hour will be set aside for helpers to focus on themselves, carve out space for self reflection, tap into their own internal resources, and learn about additional external resources that can help reinforce our own growth, healing, and respite that is necessary to continue to serve others.

Ashlea McMartin, Sanford Health

A Time for Action & Celebration: The MN Partnership for Adolescent & Young Adult Health Action Plan

Room 5



Join us in celebrating the release of the MN Partnership for Adolescent and Young Adult Health's new Adolescent Health Action Plan. During this interactive presentation, you will learn about our 10 priority areas for adolescent and young adult health and engage with other participants in applying priorities and action steps to your work with young people.

Julie Neitzel Carr & Jen Harvey, MN Department of Health

Co-occurring Mental Illness & Substance Use Disorders

Room 6



Participants will become knowledgeable in the frequency of co-occurring disorders and will be able to conceptualize co-occurring disorders as well as effective strategies for identifying and treating both simultaneously. Attendees will be able to narrow down the primary diagnosis for effectiveness of treatment and when to refer for more intense treatment.

Charly VanGrinsven & Melinda Broden, Sanford Health

Health Equity in Indigenous Communities

Ballroom



This interactive session will be of interest to conference attendees working with Indigenous communities to address public health inequities. As we work toward achieving health equity, we need to take a critical look at how racism has a profound impact on how Indigenous communities access the care they need. This work requires an intersectional approach that centers the holistic wellbeing of the whole person. It will require common understanding of how to address racism and how to make meaningful connections across all social services fields.

Anna Goldtooth, Planned Parenthood North Central States

BREAKOUT SESSIONS: ROUND III

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



Hazards of Working in Mental Health: It's Time to Focus on the Clinician, not the Client

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

Professionals in social work and mental/behavioral health have a surprisingly low career length (around 7.5 years) largely due to long hours and emotional exhaustion. Although human service work can be rewarding, it is also fraught with danger to those with a passion to help others. Alarming high rates of stress, anxiety, depression, and emotional exhaustion await those who dare to offer their own emotional health to others with mental illness. In this presentation, we discuss the dangers of working in the field and highlight the strategies to help other professionals maintain their own mental health while still providing support to others.

Eric Nance & Candace Snodgrass,

The New State Agency Arriving in 2024: The Dept of Children, Youth & Families

Room 5

In the 2023 MN legislative session a new state agency was created called the Department of Children, Youth and Families. The new agency will include the transfer of many programs from DHS, MDE, DPS and MDH to a new state agency. The presentation will provide information about this transformation of state programs and services for children and families.

Anita Fineday, State of MN

Sources of Strength: Promoting Peer Leaders to Model Well-Being

Room 6

Sources of Strength is an upstream school-wide mental health promotion program that boosts resilience and builds protection in the lives of young people to become better equipped to navigate life's natural ups and downs. Attendees learn the components of Sources of Strength and how to implement the program. They will engage in an activity that identifies stressors and ways to cope with stress, then plan next steps to implement protective factors promoting well-being.

Kathy Magnusson, Wildewood Learning

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

Ballroom

This presentation will outline local issues of sex trafficking and exploitation in Northern Minnesota, highlighting locally sourced data including results from the 2022 Minnesota Student Survey. 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

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



Overcoming Overwhelm

Room 4

Participants will learn how to cultivate resilience in times of stress. Discover 10 of the most potent tools and easy-to-use strategies designed to reduce stress, improve performance, enhance creativity, and promote wellbeing. These skills will serve both the Youth and Family Workers and by extension the youth and families themselves.

Leah Corcoran, Leah Corcoran Coaching & Training

Family Advocacy Center of Northern Minnesota

Room 5

Learn about The Family Advocacy Center's background, how they got started, what happened before there were CAC's. Learn what a forensic interview is, as well as misconceptions with forensic interviews. Learn the role of the medical provider at FACNM, signs of abuse/neglect, what to do if someone discloses abuse, and how to report concerns of abuse and the referral process.

Shannon Shaw, Family Advocacy of Northern MN

Creating & Sustaining a Virtual Team

Room 6

This presentation will define the Wellness Recovery Action Plan and its utilization as an organizational tool and how it is used to support a successful, mostly virtual team with a 95% staff retention rate. WRAP is an evidence based practice with numerous tracs from mental health to re-entry to substance use.

Jode Freyholtz-London, Wellness in the Woods

Dopamine's Role in Addiction

Room 7

Dopamine is known to play a major role in addiction, motivation, pleasure and reward. Learn about the pleasure and pain balance and how dopamine works in the brain in developing addictions, along with how to use this knowledge of how dopamine works to help clients who are struggling to overcome addictions.

Katelin Parker

Youth Mitigation Program: Strength Based Approach to Ending Youth Homelessness

Ballroom

Learn about the Youth Mitigation Program, managed by the Northwest MN Foundation Homeless Program, and is open to homeless youth under 25 who could be successfully housed by collaborating with Housing Service Providers, but are unable to find a property owner who is willing to rent to them due to their age and/or history. Presentation will include panel discussion.

Margret Treuer & Panel, Northwest Minnesota Foundation



BREAKOUT SESSIONS: ROUND V

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



Being Informed is Half the Battle

Room 4

Conference attendees will be given information as it relates to the impact of trauma and how to be responsive. By the end of the presentation, participants should be able to define trauma, trauma-informed, the impacts, and what trauma-responsive methods look like.

LaToya Wilson, LR Wilson Consulting



Seizure Smart Training

Room 5

Seizures can happen anytime, so it is important to know how to respond when a seizure does happen. Seizure Smart Training is an opportunity to learn about epilepsy and seizures right in your own community. EFMN's general Seizure Smart 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



Fentanyl in Focus

Room 6

This presentation will focus on current polysubstance use in youth and adult populations, with a particular emphasis on Minnesota, and more specifically, trends observed in northern Minnesota.

Kelly Olson, Millennium Health



Managing Resistant Clients

Room 7

This presentation will teach participants how to use skills they may already have, in a way to get more client compliance and not just a "fake yes". Distinguish between empathy, sympathy and compassion. Learn a variety of techniques for communicating empathically, and what to do when you hear "no".

Katelin Parker



Peer Leadership in Schools to Build Connections & Climate

Ballroom

Native American children have the highest rates of dropout, absenteeism, suicide, and the lowest rates of high school graduation. To address these realities, Red Lake School District has been working with Networks of Support, an organization that helps schools develop Peer Leadership initiatives with high school students. Learn what the school is doing to address these issues which affect not only Native American students but all students.

Tim Lutz & Student Panel, Red Lake High School

EVALUATION INFORMATION

Please complete the online evaluation by Wednesday, November 8, 2023.

www.tinyurl.com/evergreenconference2023

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.



THANK YOU

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

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- Independent Living Skills
- Crime Victim Services
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- Workforce Development

YOUTH SHELTER PROGRAM

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