

**WELCOME**

# Second Annual Minnesota Mobile Mental Health Crisis Response Summit

**Rebounding from the Pandemic. What's  
Our Groove, and How Do We Get It Back?**

Monday, August 2 & Tuesday, August 3, 2021



Mental Health Crisis Response is part of the solution!

# Important Things to Know

## Workshop Access

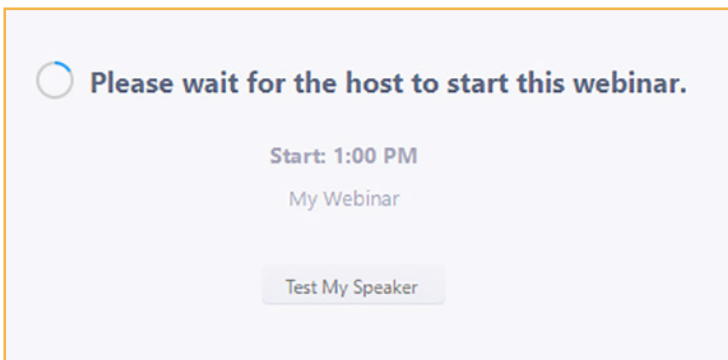
We will be using the Zoom platform to host the summit. You do not need a Zoom account to participate; simply join the Summit via the provided link or over the phone. As you join each workshop, you may be prompted to run Zoom Desktop Client or upgrade to the latest version of Zoom. Follow the automatic prompts to download the application or read this [article](#) to help guide your process. Additionally, for the best user experience, use Chrome as your browser.

Throughout this program, you will find the link, call in number, ID and passcode (when applicable) for each workshop.

If you do not have internet access or experience technical difficulties, the call-in number and webinar or meeting ID can be used to join the Summit.

## Workshop Start

Workshops will be open for attendees to join 1-2 minutes before they start. If you join early you will see this message:  
Once the host starts the webinar, you will automatically join.



## Webinar Interactive Features

The Zoom platform has several interactive features we will be using.

### + Microphone and Camera

Your microphone and camera will be off and not accessible during most workshops. For workshops utilizing Zoom Meeting, you will have the option to turn your mic and camera on.

### + Chat

The Chat feature is located on your toolbar on the bottom of the screen.

To see all interactions, select "All Panelists and Attendees" in the Chat drop-down.

You can type your message into the chat window and press "Enter" to send your message.

### + Polling

A box will populate on your screen with the poll and you will be able to select your answer.

### + Breakout Rooms

For workshops utilizing Zoom Meeting, Breakout Rooms will be used.

## Webinar Recordings

Recordings of each workshop will be available within 2 weeks after the Summit. Recordings can be accessed through the MetrCCS training site at: <https://training.childcrisisresponsemn.org/register/>.

## Technical Support

If you experience technical difficulties accessing the webinar or during the webinar, please contact Zoom technical support.

Call Zoom Support by Telephone:

You will need the webinar/meeting ID when you call in.

**1-888-799-0125**

During the Summit, summit staff will be dedicated to running the workshops and will not be able to provide individual technology support.

Additionally, the below checklist can help with troubleshooting sound or video issues.

- + Be sure you are using Chrome as your Internet browser
- + Check to see if your home Internet connection is stable
- + Shut down your computer and re-start

## Questions During the Summit

Please contact us at [MetrCCSSummit@MACMH.org](mailto:MetrCCSSummit@MACMH.org) or **651-644-7333 x0**.



# Schedule

## Monday, August 2

- 12:00 p.m. Taking Care of YOU from the Inside Out: MoveMindfully® for Mind, Body, and Heart
- 12:20 p.m. Break
- 12:30 p.m. Welcome and Keynote  
Covid: The Mental Health Challenges and The Path to Healing  
Presented by *Dr. Karyn Harvey*
- 2:00 p.m. Break
- 2:15 p.m. Concurrent Workshops  
1. Crisis Response When There is Substance Use  
2. Crisis Responder Panel: What Have We Learned, How Have We Adapted and What Works Best in The Field?
- 3:15 p.m. Break
- 3:30 p.m. Concurrent Workshops  
3. Values, Ethics and Mandated Reporting  
4. So Many Challenges! So Many Meetings! Aligning Efforts to Redesign the Crisis System

## Tuesday, August 3

- 8:00 a.m. Taking Care of YOU from the Inside Out: MoveMindfully® for Mind, Body, and Heart
- 8:20 a.m. Break
- 8:30 a.m. Welcome and Keynote  
Surviving Compassion Fatigue: Staying Healthy and Hopeful  
Presented by *Bev Kyer*
- 10:30 a.m. Break
- 10:45 a.m. Concurrent Workshops  
5. Consumer Panel: What is it Like to Call for Help from the Caller Perspective?  
6. Holding Up the Mirror: How We Make Collective Progress by Identifying Systematic Biases
- 11:45 a.m. Break
- 12:00 p.m. Closing and Keynote  
Finding Our New Groove: Sustaining Our Wellbeing from the Pandemic  
Presented by *Brandon Jones*



12:00 – 12:20 p.m.

**Taking Care of YOU  
from the Inside Out:  
MoveMindfully® for  
Mind, Body, and Heart**

These challenging times have taken a toll on all of us with an impact on our health and well-being. Relief is possible with simple mind-body practices to decrease stress, exhaustion, and ultimate burnout. During this MoveMindfully® session, participants will experience the power of breathing, movement, and rest activities on their physical, mental, and emotional state. Participants will walk away with a simple tool kit of trauma-responsive mind-body practices to incorporate into your personal and professional life.



**Chrissy Mignogna**, BA, E-RYT-200 is MoveMindfully's lead trainer and director of education.

She is a certified Yoga Calm® trainer and teacher. Chrissy has trained hundreds of staff, parents, and counselors to use MoveMindfully and Yoga Calm. She also provides trauma-responsive mind-body practices for the child/adolescent mental health unit and dual diagnosis units at the University of Minnesota Masonic Children's hospital and United Hospital. In addition to teaching children and teens, Chrissy leads community-based yoga classes for adults and seniors.

**12:30 p.m. - Keynote**

**Covid: The Mental Health Challenges  
and the Path to Healing**

This training will provide participants with an overview of the unique mental health challenges of COVID, the collective impact and trauma, and the key ingredients to healing. Resiliency and tools for moving forward will be discussed. Participants will be able to access and use the happiness assessment for staff.

**Karyn Harvey** is a psychologist who has worked in the field of Intellectual Disabilities for over 30 years. She has written several books on trauma and disabilities. She currently works in a clinic conducting individual and group therapy with people with intellectual disabilities and speaks throughout the country on trauma-informed support for people with intellectual disabilities.



Dr Karyn Harvey

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Webinar Link: <https://zoom.us/j/98142578414>  
To Join by Telephone: 1-312-626-6799  
Webinar ID: 98142578414





Todd Ostertag

## 1. Crisis Response When There is Substance Use

The COVID-19 pandemic has had a significant impact on substance use and mental health for every segment of the population over the course of the past 16 months. This presentation looks at the current risk factors associated with co-occurring disorders and how they may impact calls to crisis responders. The symptoms of substance intoxication and withdrawal can often mimic or exacerbate mental health symptoms and it can be helpful to have tools to better understand a caller's presentation. This presentation will also look at locational trends related to substance use disorders and the role the pandemic has played in elevating overdose risk.

**Todd Ostertag** is the treatment director for Mental Health Resources Substance Use Disorder Program which operates intensive outpatient clinics in St Paul and Spring Lake Park to serve individuals with co-occurring disorders in meeting goals from abstinence to harm and risk reduction. Prior to taking a supervisory role, Todd worked in a community intensive role serving high risk individuals throughout the Twin Cities metro area with an emphasis on establishing community tenure and lowering emergency room visits to meet psychiatric and substance use needs.

Webinar Link: <https://zoom.us/j/96806341384> To Join by Telephone: 1-312-626-6799  
Webinar ID: 96806341384

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Ashley Sporer

## 2. Crisis Responder Panel: What Have We Learned, How Have We Adapted and What Works Best in the Field?

Current crisis team members discuss what they have learned over the course of the pandemic, how they have had to adapt their practices, and what they find works best in the field.

### MODERATOR:

**Ashley Sporer**, MSW, LICSW, has been working with children and families for nearly 10 years. She was born and raised in the Twin Cities Metro Area, spending her childhood in Ramsey County. She received her undergraduate degree from Winona State University and her Master's Degree in Social Work from Augsburg. Ashley worked at Mayo Clinic for five years in various areas including outpatient pediatrics, the Emergency Room, Neurology Intensive Care and Pediatric Rehabilitation. Ashley has been with Ramsey County working in Children's Crisis for two years now as the supervisor. During her time at Ramsey County she has been dedicated to emergency response redesign. Her passions outside of work include spending time with her dog, Nova, camping and golfing. She is passionate about the work she does and believes children and families belong together.

### PANELISTS:

**Mandy Strong** is a Behavioral Health Counselor at Sanford Behavioral Health in Bemidji, MN and works on the Mobile Crisis Team in that area. Mandy brings an extensive experience in crisis services, as this is her 12th year on that crisis team. She has previously worked in the Adult Rehabilitative Mental Health Services (ARMHS) and Children's Therapeutic Supports and Services (CTSS) programs as well. Mandy is currently working on completing her MSW program through University of North Dakota. She enjoys cooking, kayaking, hiking, and traveling with her two sons for leisure.

**Marbel Lih**, LGSW, works full time with Washington County as a crisis response social worker. She also works as a mental health assessment and referral clinician in the emergency rooms at Abbott Northwestern and at Children's Hospital in Minneapolis. has a BSW from Metro State University and a MSW from the University of Minnesota.

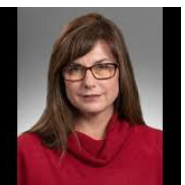
**Kirsten Craft**, MA, LPCC, LADC is the interim supervisor of the Sanford Behavioral Health Mobile Crisis team in Bemidji, MN as well as the supervisor of EmPATH unit. She has is a licensed professional clinical counselor and a licensed alcohol and drug counselor. Kirsten has been trained in EMDR and is a national certified TFCBT provider.

Webinar Link: <https://zoom.us/j/99272708997> To Join by Telephone: 1-312-626-6799  
Webinar ID: 99272708997

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Mandy Strong



Marbel Lih



Kirsten Craft



Macarre Traynham

### 3. Values, Ethics and Mandated Reporting

What judgments do we make when we enter a home? What happens when CPS is called or a child is expelled from school? How are racial disparities baked into each decision point? How do our values help or get in the way as we assess a situation? Anaïs Nin said, "We see the world not as it is, but as we are." Join the presenter in exploring how our values and beliefs impact and influence how we see, understand, interact and make sense of the world around us - and how our values and beliefs inform and sustain our conscious and unconscious bias which can inadvertently taint the way we see, understand or respond to any given situation.

**Dr. Macarre Traynham** Macarre Traynham is the founder and lead consultant of Elizabeth Mackenzie Consulting, LLC and Director of the newly established Equity, Diversity, and Inclusion Center at the Minnesota Department of Education. She has more than 20 years of experience in education, leading equity, diversity, and inclusion efforts, and designing and facilitating professional development. Dr. Traynham has served as a high school math teacher, principal, and central office administrator. Dr. Traynham holds a B.S. in Mathematics from Norfolk State University, a M.A. in Educational Administration from California State University San Bernardino, and an Ed.D in Educational Leadership from Lewis and Clark College. Dr. Traynham has an essay published in Glenn Singleton's book *More Courageous Conversations About Race: A Field Guide to Equity in Schools*.

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Webinar ID: 93019737775



Roger Meyer

### 4. So Many Challenges! So Many Meetings! Aligning Efforts to Redesign the Crisis System

The Mental Health and Substance Use crisis system, even on its best days, is a fractured system of several organizations and systems that leaves individuals without the care they need and providers struggling to do their part. And then came Covid and a societal reckoning with health equity and the inadequacy of our public safety system to effectively deal with individuals in crisis. Come participate in a discussion on the various change efforts and initiatives that need to be aligned to make sure we capitalize on this moment to meaningfully improve our mental health and substance use crisis system. We will share a blueprint and additional information to inform and support change efforts, and look forward to getting input and suggestions from participants.

**Roger Meyer**, Co-Owner of Mighty Consulting, has worked alongside large systems, small non-profits and public-private partnerships for over 20 years to improve Minnesota's mental health and substance use crisis system. He is currently the Project Director for the East Metro Crisis Alliance, the North and South Metro Round Tables, and the Clarity Project in St. Louis County, where he facilitates and manages efforts to improve individual recovery outcomes and systems effectiveness. He co-owns Mighty Consulting with Melissa Martinez-Sones where they provide Project Management, Collaborative Support, Interim Executive Director and Strategic Planning services to Minnesota's non-profit sector. When he's not working, he's probably on a bicycle tour, having recently ridden across Missouri from Kansas City to St. Louis.

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Meeting Link: <https://us06web.zoom.us/j/82503277164?pwd=c1l6SzBnNHZrRlgwWF-dwOy9NM2ZGUT09>  
To Join by Telephone: 1-312-626-6799  
Meeting ID: 82503277164 Passcode: 705590



8:00 - 8:20 a.m.

### Taking Care of YOU from the Inside Out: MoveMindfully® for Mind, Body, and Heart

These challenging times have taken a toll on all of us with an impact on our health and well-being. Relief is possible with simple mind-body practices to decrease stress, exhaustion, and ultimate burnout. During this MoveMindfully® session, participants will experience the power of breathing, movement, and rest activities on their physical, mental, and emotional state. Participants will walk away with a simple tool kit of trauma-responsive mind-body practices to incorporate into your personal and professional life.



**Kathy Flaminio**, LGSW, MSW, E-RYT-200, is the founder of MoveMindfully, a training and consulting

company that brings the science of mindfulness, movement, and social-emotional learning into educational, therapeutic, and home environments. She is the creator of MoveMindfully training, workshops, products and curriculum that teach trauma-responsive, yoga-based sequences for self-regulation, focus, and overall well-being. With a master's degree in social work, Kathy holds more than 20 years of experience in regular and special education and is adjunct faculty for Saint Mary's University. Kathy has trained over 50,000 professionals in mindfulness, movement, and social-emotional skills strategies. She is co-author of Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety.



8:30 a.m. - Keynote

## Surviving Compassion Fatigue: Staying Healthy and Hopeful

Traumatic stress is inherent in our work as human service providers and is significantly compounded by the multiple issues resulting from COVID-19. This current crisis has escalated compassion fatigue AKA secondary and vicarious trauma, burnout, frustration, empathetic strain and emotional exhaustion. This workshop will help providers explore how they can attend to their own well-being and continue providing critical services. The group will look at several tools and techniques to circumvent the most challenging aspects of compassion fatigue and to be able to regain a state of neuro-physiological (mind-body) regulation, recovery and resilience.

**Beverly Kyer** is a speaker, educator, consultant, Certified Compassion Fatigue Specialist and author who has devoted 16 years to training Human Service Providers and Family Caregivers, helping them employ self-care recovery and neuro-physiological regulation strategies. By understanding the risk factors and prioritizing techniques, they can re-bounce and remain effective and available to help those impacted by traumatic life experiences and at-risk populations. Beverly's training and coaching provides engaging, applicable and practical tools for sustainability and wellness.



Bev Kyer

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Meeting Link: <https://us06web.zoom.us/j/86717471220?pwd=MEthSIRiQi9D-K21VbUZ0d0tFcDhKOT09> To Join by Telephone: 1-312-626-6799  
Meeting ID: 86717471220 Passcode: 625734





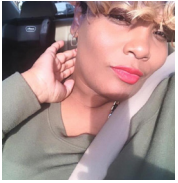
Jason Rodrigues

## 5. Consumer Panel: What is it Like to Call for Help from the Caller’s Perspective?

Parents of people who have had mental health crises discuss their experience and what it takes to call for help. They will share tips on what works best when crisis teams respond.

### MODERATOR:

**Jason Rodrigues** manages two major DHS Grants which help fund several contracts with local mental health and chemical health providers in Anoka County. He serves as a member on the MN Social Service Association board, is on the Innovations Panel for DHS and actively participating in the Anoka County Mental Health Advisory Council. Prior to joining Anoka County, Jason lead his team at Touchstone Mental Health in their Housing Innovations program, and has significant experience working in inpatient and outpatient mental health and substance use disorder treatment. He holds his master's degree in Adlerian Counseling and Psychotherapy from Adler Graduate School. Jason also gives back to his community by coaching youth sports as well as participates on local association boards.



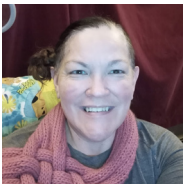
Ms. Sarah Washington

### PANELISTS:

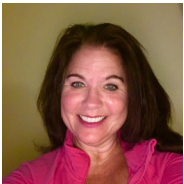
**Ms. Sarah Washington** is the parent of four children and guardian for one of her adult daughters. She is the grandparent of 5! She has been an advocate for her own family and many others throughout her career, specializing in special education and mental health supports. Ms. Washington serves many roles within Minneapolis Public Schools (MPS), including the District Mental Health Team, the Special-Education Early Childhood SLT, Co-Chair of the Special Education Advisory Council, and as a Parent Evaluator. She has served on the Hennepin County Parent Catalyst Leadership Group and their School Based Mental Health Group since 2012.

**Sara Danielson** is a Certified Family Peer Specialist at Canvas Health and at Volunteers of America MN/WI. Her primary role is to help individuals/families navigate complex systems and make sure their voices are heard. She brings compassion that is necessary for these individuals/families to work toward healing, hope, independence and a trust in their own intuition and skills. As the parent of 6 and the grandmother of 4, Sara brings life experiences in the areas of parenting children with mental health challenges and learning disorders. She has firsthand experience with 504/IEP specialized educational needs, suicide interventions with teens, alcohol and drug addiction within family units as well as mental health challenges in families.

**Laurie Moe-Greer** is a Wife, Mother, Grandmother. Those are the most important. I could give you the list of schooling, accomplishments, stats of a 25 year real estate career owning my own brokerage but for these purposes that speaks nothing. I have a beautiful 30 year old son. He is extremely accomplished and has the triple diagnosis of TBI, Bipolar and Alcoholism. We live in the small town of Walker MN, on Leech Lake and our services are limited.



Sara Danielson



Laurie Moe-Greer

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To Join by Telephone: 1-312-626-6799 Webinar ID: 98339268345



Sidney Frye II

## 6. Holding Up the Mirror: How We Make Collective Progress by Identifying Systemic Biases

One of the most important steps toward developing a more equitable system involves taking an inward look at how current policies and practice might contribute to embedding racism. Learn highly effective strategies to review your own practices toward the goal of ensuring they better reflect being anti-racist and culturally responsive.

**Sidney Frye II** is a mental health and racial equity speaker. He has a Master’s of Divinity degree from Bethel University, as well as a Master’s Certificate in Marriage and Family Therapy. Sidney teaches Adolescent Psychology at North Central University, and is a Child Welfare Program Supervisor, supervising programs that work to address disparities and disproportionality that result in negative educational outcomes for students of color. A loving husband and proud father of five, Sidney is an avid soul food enthusiast, and aspiring cheesecake connoisseur.

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Webinar ID: 99497442196



Brandon Jones

## Finding Our New Groove: Sustaining Our Wellbeing from the Pandemic

This session will help participants explore ways to sustain themselves given our new agile society. We are regularly exposed to circumstances that impact our community, affecting our ability to continue on the road to wellbeing. Due to the demands and difficulties we are currently facing, it is not uncommon to question our abilities to help ourselves and other community members move forward. We will explore the link between adjusting to COVID-19, racial injustice, youth development, and mental wellness challenges in our schools, homes, workplace, and communities. How do we walk away from this summit in the groove? Stronger and more ready to be a force for good in our communities?

**Brandon Jones** is the Executive Director of Minnesota Association for Child’s Mental Health as well as a consultant. He specializes in Adverse Childhood Experiences (ACEs), Historical and Intergenerational Trauma, Social/Emotional Intelligence (EQ), Leadership, and Intercultural Development Inventory (IDI). Brandon holds a B.A. in Sociology from the University of Minnesota, a Masters in Community Psychology from Metropolitan State University, and a Masters in Psychotherapy (MFT) from Adler Graduate School. Brandon is also a 2013 Bush Foundation Leadership Fellow. He lives by the motto of “Live life with Purpose on Purpose.”

**JOIN THIS WORKSHOP**

Webinar Link: <https://zoom.us/j/99284452347>  
To Join by Telephone: 1-312-626-6799  
Webinar ID: 99284452347

### Contributors



Danielle Jeffrey is a Licensed Clinical Social Worker, Danielle’s work has concentrated on mental health with a close connection with to crisis work. In her previous work in community, as a County case manager and as a clinician in emergency departments, she learned the importance of working collaboratively and learning from each other and those served. As a Liaison, she continues to work across the state to ease the use of accessing support for individuals, families and those providing care. Outside of work, Danielle enjoys spending time with her family, pets and friends.



Jacinta Moss is a parent of two children with autism. She is also the aunt of 27 children and extended family to many more. Her credentials as a Certified Family Peer Specialist, co-chair of the Ramsey County Children’s Mental Health Collaborative (RCCMCHC) Family Service Committee and member of the Metro Child Crisis Response Services (MetrCCS) leadership team only tell part of the story. Ms. Moss constantly seeks out (and responds to) informal ways to keep those in her community safe. In particular, she has used her personal experience to develop a toolkit of games and strategies for helping children and families in mental health crisis.



Kim Vanderwall formed Vanderwall Consulting in 1996. She has coordinated Metro Children’s Crisis Services (MetrCCS) since 2010, facilitating collaboration, promotion and training for children’s mobile crisis response teams and their partners in the seven-county metro area. With other clients, she specializes in strategic planning and board development. She co-authored Coloring Outside the Box: One Size Does Not Fit All in Nonprofit Governance, and Ten Dimensions that Shape your Board. Previous experience includes YWCA of Minneapolis Director of Development; work in other youth, family and health-related organizations; and Peace Corps Paraguay. Kim has an MA in Human Development.

### Thank you to the team that planned this event

Ashley Sporer, Ramsey County  
Connie Tanner, Washington County  
Danielle Jeffrey, Blue Cross MN  
Jacinta Moss, Parent  
Jason Rodrigues, Anoka County

Joshua Jensen, Zumbro Valley Health Cntr.  
Kim Vanderwall, MetrCCS  
Kirsten Craft, Sanford Health - Bemidji  
Melanie Warm, Carver County  
Nancy Howe, NAMI MN

Niambi Shakir, MN DHS  
Sarah Washington, Parent  
Sherray Greene, MN DHS  
Tyrone B. Patterson, Hennepin County



**The Second Annual Minnesota Mobile Mental Health Crisis Response Summit Rebounding from The Pandemic. What's Our Groove, and How Do We Get it Back?** is brought to you by **Metro Children's Crisis Response Services** with funding from **Minnesota Department of Human Services, Behavioral Health Division**, and technical and design assistance from **Minnesota Association for Children's Mental Health**..

The purpose of this event is to provide top-notch training to mobile mental health crisis responders and their partners around the state -to ensure that communities are served well. As well as to elevate mobile mental health crisis response as a field. We'd love to hear from you about how best to build on this and shape the event in 2022!



## About Metro Children's Crisis Response Services

Metro Children's Crisis Response Services (MetrCCS) is a collaborative across the 7 Minnesota metro counties of Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington, in support of their children's mental health crisis response teams. MetrCCS' leadership team is comprised of crisis response teams, hospitals, insurance companies, nonprofit partners, DHS and parents who have experienced the system. While our main focus is on children and families, most of the members of our collaborative also work with adults experiencing a mental health crisis.

### Our goals are to:

- + Foster high quality, consistent children's mental health crisis services across the region
- + Help people who are experiencing a mental health crisis find local help
- + Curate and promote training materials for improving crisis response practice.
- + Build and test innovative strategies and support for sustainable services
- + Provide a collective voice and advocate for crisis services
- + Build collegial working relationships across teams and parts of the system that consumers encounter

See our website for more information about crisis response, and finding your local team: <https://childcrisisresponsemn.org/>



The Minnesota Association for Children's Mental Health is a nonprofit organization that provides education and resources to families, professionals and youth throughout Minnesota and beyond. Learn more at [www.macmh.org](http://www.macmh.org).