

**WELCOME**

# Third Annual Minnesota Mobile Mental Health Crisis Response Summit

**Creative Strategies from Around the State**

Tuesday, August 2 & Wednesday, August 3, 2022



**JUSTCALL.**

This summit has been approved for 14.5 CEHs  
from the MN Board of Social Work.

# Important Things to Know

## Workshop Access

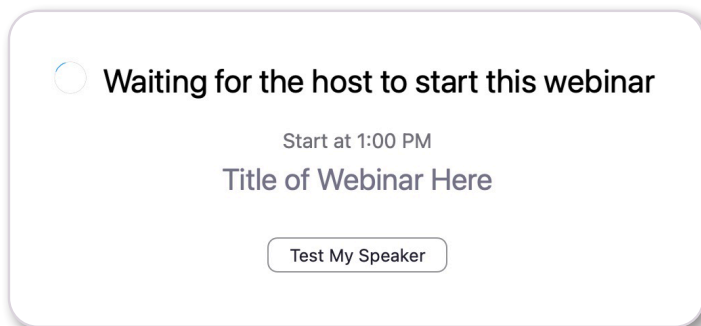
We will be using the Zoom platform to host the summit. You do not need a Zoom account to participate; simply join the Summit via the provided link or over the phone. As you join each workshop, you may be prompted to run Zoom Desktop Client or upgrade to the latest version of Zoom. Follow the automatic 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

## Tuesday, August 2

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- 12:00 p.m. Welcome and Keynote  
Leading Change in the New Normal: Designing Spaces for Healing as Opposed to Harm  
Presented by *Jamil Stamschror-Lott*
- 1:30 p.m. Break
- 1:45 p.m. Concurrent Workshops  
1. How the EmPATH Model of Care is Changing Emergency Mental Health Treatment  
2. Crisis Intervention with Trauma, Foster Care, and Adoption-Related Histories
- 3:00 p.m. Break
- 3:15 p.m. Concurrent Workshops  
3. Peers In Crisis!  
4. Strategies to Proactively Address Hate & Bias Incidents in Schools

## Wednesday, August 3

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- 8:30 a.m. Welcome and Keynote  
Compassion in Crisis: Coping with COVID-19 and Cascading Collective Trauma  
Presented by *Dr. Alison Holman*
- 10:30 a.m. Break
- 10:45 a.m. Concurrent Workshops  
5. Mobile Crisis Programs Collaboration with Emergency Communications: Design, Implementation and Lessons Learned  
6. Have You Considered Prioritizing Your Service Members and Their Families with a Veterans Crisis Response Team?
- 11:45 a.m. Break
- 12:15 p.m. Concurrent Workshops  
7. 988: Strengthening the Suicide and Crisis Lifeline in Minnesota  
8. Safe to Engage: Maximizing Readiness for Connection and Healing with MoveMindfully® Practices
- 1:15 p.m. Break
- 1:30 p.m. Concurrent Workshops  
9. Dakota County Coordinated Response and Crisis Continuum  
10. Crisis in the Workplace: A CRT Solution
- 2:30 p.m. Closing and Keynote  
Meditation and Reflection: Diving Deeper into What We've Learned  
Presented by *Dr. Aja King*

**Tuesday, August 2 🕒 12:00 p.m. 🕒 Keynote**

## **Leading Change in the New Normal: Designing Spaces for Healing as Opposed to Harm**

During this keynote, participants will explore:

- + racialized and historical trauma, how it's impacting communities in Minnesota, and our need for transformative justice and healing
- + transitioning from one modality of trauma-informed care to a multifaceted approach such as oppressive trauma-informed care
- + the need for system accountability
- + action steps to create spaces for healing

### **Thank You to Our Planning Team:**

- Ashley Sporer, Ramsey County
- Danielle Jeffrey, Blue Cross MN
- Jacinta Moss, Parent
- Kim Vanderwall, MetrCCS
- Kirsten Craft, Sanford Health - Bemidji
- Eva Fink, Carver County
- Jim Grathwol, NAMI MN
- Samantha Axt, Washington County
- Sarah Washington, Parent
- Sherray Greene, MN DHS
- Tyrone B. Patterson, Hennepin County

**Jamil Stamschror-Lott, LICSW,** and his wife Sara founded Creative Kuponya, a mental health organization that works at the intersection of Diversity and Inclusion, focusing on out of the box and creative methodologies to bring about healing for individuals, communities and businesses. Jamil teaches Diversity & Inequality coursework in Augsburg University's Clinical Graduate Social Work



program. Jamil is deeply committed to his family and his community. Jamil has been featured in Rolling Stone Magazine, The New York Times and USA Today. When he is not diligently working in community, he loves reading books to his 3-year-old daughter and walking around Lake Nokomis.

**JOIN THE KEYNOTE**

Webinar Link: <https://us06web.zoom.us/j/88110556316>

To Join by Telephone: 1-312-626-6799

Webinar ID: [88110556316](https://us06web.zoom.us/j/88110556316)





Ashley Ashbacher



Stacy Rivers

## 1. How the EmPATH Model of Care is Changing Emergency Mental Health Treatment

The Emergency Psychiatric Assessment Treatment and Healing (EmPATH) unit at M Health Fairview unit changes the approach to emergency room based mental health treatment. Patients are presented with a calming open concept environment where they work with an interdisciplinary team of therapists, nurses, psychiatry providers, and other support staff. Patients receive crisis assessments and therapeutic interventions throughout their care.

**Ashley Ashbacher (she/her), MSW, LICSW**, has been working in the mental health field since 2006. She has been working in crisis for several years and it is where her passion lies. She is currently working as a clinical operations team lead for Triage and Transition Services at M Health Fairview. She helped open Minnesota's first EmPATH unit and developed programming for the unit. In her free time she likes to travel and hike with her partner.

**Stacy Rivers, MSW, LICSW**, Director for Clinical Programs within Triage and Transition / BHP Services of the Mental Health and Addiction Service Line. As director, Stacy has the opportunity to provide oversight to their core clinical offerings through a systemic lens. Stacy joined the organization in January of 2020 as a Clinical Supervisor and later became Manager for EmPATH, Transition Clinic, and the Behavioral Emergency Center. Before joining M Health Fairview, Stacy was the Psychotherapy Supervisor on the Inpatient Mental Health units at CentraCare. Prior to that Stacy worked in a co-located county-school based position through Sibley County Human Services; and held clinical roles within several social service agencies providing home counseling services to families and individuals.

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Webinar Link: <https://us06web.zoom.us/j/81874200878>

To Join by Telephone: 1-312-626-6799

Webinar ID: [81874200878](https://us06web.zoom.us/j/81874200878)



Sara Barber

## 2. Crisis Intervention with Trauma, Foster Care, and Adoption-Related Histories

Sara will explore the complexities of intervening when clients and families have trauma, foster care or adoption in their history, which often involve more than initially meets the eye. Sara will discuss the definition and effects of trauma, the realities of working with this population, and identify practical strategies that can be used to build rapport and de-escalate situations.

**Sara Barber, MA, LPCC**, is a seasoned clinician that has spent the majority of her career working with children and families that have foster care, adoption and trauma in their histories. Sara has also worked on the Woodland Centers Mobile Crisis Team for six years, providing clinical direction and response. Sara is certified in TF-CBT, National Adoption Competency Mental Health Training Initiative (NTI) and Permanency and Adoption Competency Certification (PACC).

JOIN THIS WORKSHOP

Webinar Link: <https://us06web.zoom.us/j/87242962514>

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Webinar ID: [87242962514](https://us06web.zoom.us/j/87242962514)



Sara Danielson



Jai'mee Bolte

### 3. Peers In Crisis!

This webinar will explore a brief history of how peers came to be, what our roles are, what we can do and cannot do, how we can be an asset to the crisis teams across Minnesota, and how our services can be billed.

**Sara Danielson**, CFPS, CPSSii, MHP, has 2+ years' experience as a Family Peer Support Specialist/Peer Support Specialist. She enjoys helping families and peers navigate their journey to recovery. In her spare time, she enjoys painting, crafting, and spending time with her kids and their Diva cat.

**Jaim'ee Bolte**, CPSSi, has 2+ years' of experience working as a certified peer support specialist. She believes recovery is possible for everyone.

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Webinar Link: <https://us06web.zoom.us/j/85025869462>

To Join by Telephone: 1-312-626-6799

Webinar ID: [85025869462](https://us06web.zoom.us/j/85025869462)



Derek Frances

### 4. Strategies to Proactively Address Hate & Bias Incidents in Schools

Over the past three years, major incidents of racial hate/bias have increased in K-College by 24.7% according to the FBI. It is not a matter of if, but when a racist incident will occur, and all school staff must prepare themselves with the right tools to support all students. Educators must take on the role of creating spaces in school for students to feel validated in their racial identity and to learn about historical racism and the skills to be antiracist accomplices. In this session we will provide strategies to combat hate and bias in your school and create cross cultural unity.

**Derek Frances** serves as the Executive Director of Equity and School Climate for Minneapolis Public Schools and Professional Development Specialist for Hatching Results. As a school counselor at North High in Minneapolis, Derek was a part of a staff that supported students from the lowest graduation rate in the district to the highest in four years. After navigating several major racial incidents in schools, Derek began creating strategies to help educators grow in their skillset of discussing race and identity in school. Derek specializes in helping students and staff build trusting cross cultural relationships. Following the murder of George Floyd, Derek lead a virtual professional development attended by over 30,000 titled, "Proactive School Counseling After a Major Racial Incident." Some of Derek's published work includes contributing chapter to Antiracist School Counseling In Schools and the Communities by Dr. Cheryl Holcomb-McCoy. Derek was recently published in MPR News about strategies for teaching about Black History Month and Juneteenth. Derek has also been reoccurring on WCCO 4 News providing social emotional strategies for students and families during the pandemic and following the social events in our country.

JOIN THIS WORKSHOP

Webinar Link: <https://us06web.zoom.us/j/85811601449>

To Join by Telephone: 1-312-626-6799

Meeting ID: [85811601449](https://us06web.zoom.us/j/85811601449)

Wednesday, August 3 🌞 8:30 a.m. 🌞 Keynote

## Compassion in Crisis: Coping with COVID-19 and Cascading Collective Trauma

I will review the concept of collective trauma, how different types of exposure to multiple collective traumas may affect mental health, and strategies for coping with these exposures, with a focus on compassion and collective action to mitigate threats and build resilient communities.

**E. Alison Holman, PhD, FNP**, studies early trauma-related processes (e.g., acute stress, media use, distorted time perception) associated with downstream mental and physical health problems. She has led several community-based studies of coping with compounding collective trauma (e.g., firestorms, terrorism, COVID) funded by NSF. She helped pioneer methodological rigorous studies following collective trauma using representative samples of Americans whose pre-event mental/physical health data were already collected, deploying rapid assessments of acute stress in real time, and following them longitudinally for several years. She teaches courses on compassion in healthcare and addresses communication, implicit bias and their impact on the provision of compassionate care.



*E. Alison Holman, PhD, FNP*

**JOIN THE KEYNOTE**

Meeting Link: <https://us06web.zoom.us/j/86185116608>

To Join by Telephone: 1-312-626-6799

Meeting ID: [86185116608](https://us06web.zoom.us/j/86185116608)







Ashley Sporer



Jamie Jackson

## 5. Mobile Crisis Programs Collaboration with Emergency Communications: Design, Implementation and Lessons Learned

It all started with the idea of “serving people differently,” especially those with mental health needs. Ramsey County Adult Mobile Crisis Response Teams have been receiving specific transfer calls of individuals in a mental health crisis from Emergency Communications (aka “Dispatch” or “911”) since 2016. In 2020 the program expanded and included transfers to Ramsey County’s Children’s Crisis Team. Since that time, the program has continued to expand with over 1000 calls being transferred each year. In this presentation you will learn about program design, implementation, and the lessons learned over the past five years.

**Ashley Sporer, MSW, LICSW**, has a Master’s in Social Work from Augsburg University. Over the last decade she has worked in a variety of settings with adults, children and families; she was a Medical Social Worker at both Mayo Clinic Rochester and Abbott Northwestern Hospital in Minneapolis before coming to Ramsey County. Currently Ashley supervises Ramsey County’s 24/7 mobile Children’s Crisis Response Team. Serving residents in Ramsey County by breaking down systematic barriers has been a highlight to the position.

**Jamie Jackson, MED, LPCC**, was born and raised in Denver, Colorado and earned a M.Ed in College Counseling from the University of Delaware. She started working with individuals with SPMI diagnoses as a case manager in Maryland before moving to Minnesota. Jamie starting working with the Ramsey County Adult Crisis Response team in 2008, and started supervising in 2019. Jamie is passionate about understanding and improving crisis response services in order to better serve those that live with mental illness and chemical dependency in our community. When she isn’t working, Jamie enjoys making Top 5 lists for just about any topic.

Webinar Link: <https://us06web.zoom.us/j/89530448238>

To Join by Telephone: 1-312-626-6799

Webinar ID: [89530448238](https://us06web.zoom.us/j/89530448238)

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Illa Glisson



Randall Yoder

## 6. Have You Considered Prioritizing Your Service Members and Their Families with a Veterans Crisis Response Team?

The goal of this session is for attendees to gain a better understanding of the value of a Veteran’s Crisis Response Team (MCR) and to become knowledgeable in the required infrastructure and potential barriers to creating your team.

**Illa Glisson** has 12 years of US Army experience, 25 years of management experience, 15 years experience working with Veterans, and is currently an MHP for the Mobile Crisis Team and Veteran Crisis Team of Itasca County.

**Randall Yoder** has 20 years U.S. Airforce experience, is an Ordained Licensed Minister, 7 years of adolescent residential treatment experience, and is currently an MHP for the Mobile Crisis Team and Veteran Crisis Team of Itasca County.

Webinar Link: <https://us06web.zoom.us/j/88376700293>

To Join by Telephone: 1-312-626-6799

Webinar ID: [88376700293](https://us06web.zoom.us/j/88376700293)

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Emily Yang Lindeman

## 7. 988: Strengthening the Suicide and Crisis Lifeline in Minnesota

With the transition to 988, Minnesota Lifeline Centers and the Department of Health are actively working together to build a comprehensive connection to crisis support for Minnesotans reaching out to 988 Suicide and Crisis Lifeline.

**Emily Yang Lindeman** is a Suicide Prevention Coordinator at the Minnesota Department of Health. She is the 988 Project Lead.

**Adam Meirink** is the Day Manager at the 988 Lifeline Center within Greater Twin Cities United Way. He started as a Lifeline Call Specialist and has been with the Lifeline Center since the 2020.



Adam Meirink

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Webinar Link: <https://us06web.zoom.us/j/88368941947>

To Join by Telephone: 1-312-626-6799

Webinar ID: [88368941947](https://us06web.zoom.us/j/88368941947)



Kathy Flaminio

## 8. Safe to Engage: Maximizing Readiness for Connection and Healing with MoveMindfully® Practices

This session is rooted in Dr. Bruce Perry's neurosequential model of the way the brain takes in information. Participants will understand the role of the vagus nerve and its impact on the stress response as they experience simple mind-body practices to foster a sense of safety, connection, peace, and ease for themselves and others.

**Kathy Flaminio** is the CEO/Founder of MoveMindfully® a training and consulting company focused on the science of mindfulness, movement, and social/emotional learning. Kathy holds a master's degree in social work with over 20 years of experience in schools and is adjunct faculty for Saint Mary's University. Kathy has trained over 50,000 professionals in MoveMindfully practices and has partnered with the University of Minnesota Masonic Children's Hospital and United Hospital to provide trauma-responsive practices to the child/adolescent and adult mental health units. She is co-author of Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety.

**Chrissy Mignogna** is lead trainer and director of education for MoveMindfully®. She is a frequent presenter (both locally and nationally) training thousands of educators, parents, counselors, and therapists to use MoveMindfully simple trauma-responsive mind-body practices in educational and therapeutic settings. Chrissy currently teaches in Dakota County Juvenile Services, early education, elementary, middle, and high schools. She provides trauma-responsive mind-body practices for the child/adolescent, adult and geriatric mental health units at the University of Minnesota Masonic Children's Hospital and United Hospital. In addition to training and teaching, Chrissy leads inclusive community-based yoga classes for adults and seniors.



Chrissy Mignogna

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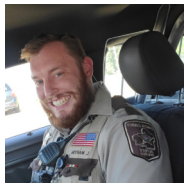
Webinar Link: <https://us06web.zoom.us/j/82302976352>

To Join by Telephone: 1-312-626-6799

Webinar ID: [82302976352](https://us06web.zoom.us/j/82302976352)



Krismarie Claflin



Lucas Martin

## 9. Dakota County Coordinated Response and Crisis Continuum

With the transition to 988, Minnesota Lifeline Centers and the Department of Health are actively working together to build a comprehensive connection to crisis support for Minnesotans reaching out to 988 Suicide and Crisis Lifeline.

**Krismarie (Kibbie) Claflin** is a licensed clinical social worker and currently serves as a Crisis Stabilization and Coordinated Response Worker with the Dakota County Social Services Crisis Continuum.

**Deputy Ryan VanGundy** has a Master's Degree in Forensic Mental Health and has worked in law enforcement since 2012 as a School Resource Officer (level four/spec ed), team lead in the peer support program, and a Crisis Negotiator with South Metro SWAT.

**Deputy Lucas Martin** has a Bachelor's Degree in Law Enforcement, has worked as a Community Service Officer with the Burnsville Police Department, Dakota County Corrections, and is now a Deputy with Dakota County Sheriff's Office assigned at a level four school.

**Officer Marcus Smith** has been Police Officer with Apple Valley Police for 15 years and currently assigned to the Community Impact Unit. Since 2020, Officer Smith was tasked the Coordinated Response Program with Dakota County Social Services. Officer Smith is also certified in Crisis Intervention and De-escalation techniques.



Ryan VanGundy



Marcus Smith

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Webinar ID: [86126057492](https://us06web.zoom.us/j/86126057492)



Sarah Lefebvre

## 10. Crisis in the Workplace: A CRT Solution

Businesses sometimes find themselves ill equipped to manage the needs of their employees following a death by suicide or other traumatic events. Sanford Crisis Response team has developed a protocol to assist employers with immediate onsite response and support for both leadership and individual team members. In addition to helping workforces this creates more awareness of crisis services within the community.

**Sarah Lefebvre**, Manager of Community Based Services and Mobile Crisis Response Services at Sanford Behavioral Health in Thief River Falls, MN, has worked in the mental health field for the past 24 years. Sarah has a strong passion for community outreach, engagement and awareness of mental health, suicide awareness and crisis response services.

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Webinar Link: <https://us06web.zoom.us/j/84021726734>

To Join by Telephone: 1-312-626-6799

Webinar ID: [84021726734](https://us06web.zoom.us/j/84021726734)





Dr Aja King

## Meditation and Reflection: Diving Deeper into What We've Learned

Dr King will guide us through meditation and reflection to reach deeper awareness. You will reflect on what you have learned throughout the summit, and how you can carry that learning forward.

**Dr. Aja King** is a clinically trained therapist with a doctorate in Counseling Psychology. With over 21 years of mental wellness expertise, Dr. King uses holistic approaches to advance the journey of wellness and healing. Using Sound Therapy, Reiki, and Healing Touch, she is able to create a relaxing, soul deepening experience. Dr. King has provided training, one-on-one coaching and consultation services to MetrCCS and many other organizations around the metro area. She currently serves as chair of the Brooklyn Park Human Rights Commission, has written a children's book entitled "Finding My Cool" which addresses mindfulness in children, and is currently working on her next book.

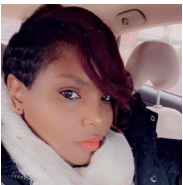
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To Join by Telephone: 1-312-626-6799

Webinar ID: [85032462704](https://us06web.zoom.us/j/85032462704)

### Contributors



Ms. Sarah Washington is the parent of four children and guardian for one of her adult daughters. She is grandparent of 5 wonderful grandchildren, and is a hostess with the most! 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.



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.



Merri McCarthy, MSW LICSW, is the Team Lead for Mobile Crisis with Sanford Health in Bemidji. Merri has served on the mobile crisis team for over 10 years. Merri has experience providing individual, couples, and group services. She has experience in working with people who have severe and persistent mental illness, crisis services in the community and emergency room settings.



Jacinta Moss is a parent of two children with autism. She is also the aunt of 27 children and extended family to uncounted children with whom she has connected. Her formal 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.



Jim Grathwol is a Peer Educator with NAMI Minnesota. A parent of 2 adult children living with and managing SMI's, Jim previously worked in public education policy and finance. Jim enjoys reading, sailing, gathering friends around a table and living smitten with his wife Jo Ann.



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.

The Third Annual Minnesota Mobile Mental Health Crisis Response Summit **Creative Strategies from Around the State** 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, and 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 2023!



## 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).