

Dedicated to enhancing Total Person Care through advocacy, education and support.



MNHSWA 2023 Virtual Fall Conference

September 21, 2023, | September 26, 2023

Registration

Pricing

Member—\$30.00 (must be a paid member for 2023)

Non-Member—\$50.00

Student—\$20.00

**** THERE WILL BE NO REFUNDS THIS YEAR IF YOU ARE UNABLE TO ATTEND.****

Registration for 2022 Virtual Fall Conference can be completed at

<https://forms.gle/YbCLGVjAfQo5rtdtH8>

(Once you have completed the Google Registration Form you will be redirected to Square for payment).

Registration for the conference will be closed at **10:00pm on 9/13/2023**. No late registrations will be accepted. The e-mail address used at the time of registration is the e-mail address the organization will use for all communication related to the 2023 Fall Conference. Please check your e-mail regularly in the week leading up to the first presentation on September 21, for more information on how to access the conference sessions and associated handouts.

WHEN PAYING ONLINE - please be sure to list the name(s) of the attendee(s) in the comment section on the payment page in the "notes to seller" comment box so that we can identify the payment to the person(s) attending the conference.

PLEASE NOTE: INTERNET EXPLORER IS NOT SUPPORTED BY SQUARE! Please use another web browser (Google Chrome, Firefox, Safari, or Microsoft Edge) to complete your payment online. The option to pay via Google Pay is also available through Square this year!

WHEN PAYING BY CHECK - please make payments to: MNHSWA. Please send a copy of the e-mail confirmation(s) with the payment. Payments by mail must be received no later than 9/13/2023. Please include name of attendee(s) and facility - along with contact information in case further clarification is needed. Mail to:

Lisa Martin
1965 25th Street
Slayton, MN 56172

For any questions regarding registration please contact our Registration Coordinator Lisa Martin at martinl66@hotmail.com (lower case "L" not a 1)

Please plan to attend each session in order to receive CEU's. Conference sessions will not be recorded. At each session we will take attendance, it is important that your username reflects your legal name, so we know who to credit for attending the session. With this, we ask that you log into each session individually for attendance purposes. It is important you complete the survey and obtain your CEU promptly after the MNHSWA Fall Conference has concluded. All survey's will be closed on 1/1/2024; at which time you will no longer have access to obtain CEUs.



Welcome to the 2023 MNHSWA Fall Conference

After much thought and consideration, the MNHSWA Education Committee has made the difficult decision to host the 2023 Fall Conference virtually.

MNHSWA will offer its 4th Annual virtual conference and is one you won't want to miss. This year's conference will be held over the course of two days and is jam packed with virtual educational sessions for you to attend in the comfort of your home or office.

The conference is scheduled for Thursday, September 21, 2023, and Tuesday, September 26, 2023, and will feature 13.5 CEU's. We look forward to this year's adventure and hope you take time to enrich yourself by attending 2023 Fall Conference.

— Education Committee

Continuing Education

This conference has been accepted for 13.5 CEU's by the Minnesota Board of Social Work and the Minnesota Board of Examiners for Nursing Home Administrators.

In order to obtain CEU's you will need to be logged into each session. Once the day of sessions is complete you will receive an e-mail with a link to complete the course survey for each individual session attended. Once you have completed the survey you will be given access to your CEU for the session. This process will be the same for each session attended.

It is important you complete the survey and obtain your CEU promptly after the MNHSPA Fall Conference has concluded. All surveys will be closed on 1/1/2024; at which time you may no longer have access to obtain CEUs.

We use Google Forms and a program called Certify'em to manage and distribute CEU's. Please make sure you are able to receive e-mails from Google and its affiliates prior to completing the surveys. If you have completed a survey and did not receive the certificate via email, please check your Junk Mail or Firewall.

If you have questions on CEU's please contact the MNHSPA Education



Fall Conference Agenda

Thursday, September 21st, 2023

8:00 – 8:15AM	Welcome
8:15 – 9:15AM	Issue Spotting and Legal Ethics Considerations by Rachel Schromen, <i>Schromen Law, LLC.</i>
9:30 – 11:00AM	Seven Seconds of Dementia by Tami Kolbinger, <i>Dementia Community Action Network</i>
11:15 – 11:45AM	Annual Meeting
12:00 – 1:30PM	Re-Fresh, Re-Group, and Re-Engage after COVID by Krisie Barron, <i>Embracing Journeys, LLC.</i>
1:45 – 3:45PM	Ethical Dilemmas: Right to Take Risks vs. Right to be Safe by Melissa Johnson, <i>Volunteers of America MN</i>
6:00 – 7:00PM	Insight Paves the Road to Compassion Through Grief and Loss by Natalie Kenyon, <i>NK Insights</i>
7:00 – 7:15PM	Daily Wrap

Tuesday, September 26th, 2023

8:00 – 8:15AM	Welcome
8:15 – 9:15AM	Opioid Crisis and the Risk to Older Adults by Dr. Heather Bell
9:30 – 11:00AM	Communicating with People who have Hearing Loss: Effective Strategies to Provide Accessible Services by Anne Janckila and Tjay Middlebrook, <i>Minnesota Department of Human Services Deaf and Hard of Hearing Services</i>
11:15AM – 12:15PM	Too Many Cooks in the Kitchen: Who's the Decision Maker by Robert Rodè, <i>Voigt, Rodè, Boxeth & Coffin, LLC</i>
12:30 – 1:30PM	Resident Rights: Duties of Designated Staff for Resident and Family Councils by Jane Brink, <i>Office of the Ombudsman for Long-Term Care</i>
1:45 – 3:45PM	Cultural Competency in Social Work: Empowering Practice Through Diversity and Inclusion by Dr. Rosella Collins, <i>Hope Village</i>
3:45 – 4:00PM	Daily Wrap

Estate Planning and Medical Assistance Planning: Issue Spotting and Legal Ethics Considerations

By Rachel Schromen

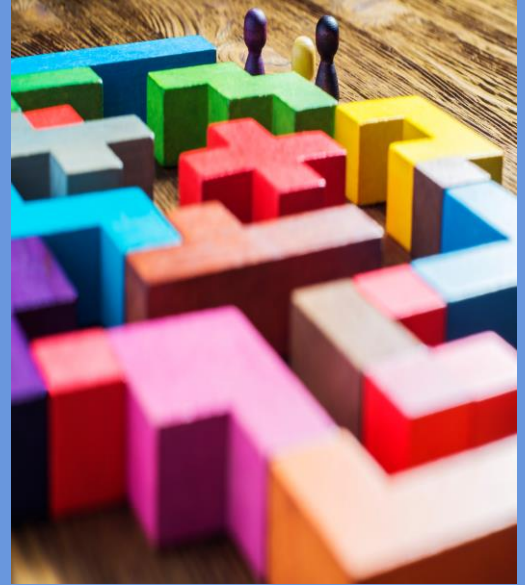
Schromen Law, LLC

Thursday, September 21st, 2023, | 8:15 – 9:15AM

Attorney Rachel T. Schromen will present on frequently encountered legal issues that arise at end-of-life. In this session you will learn how to issue spot various estate planning and elder law issues and offer support and guidance to patients and their families in a gentle, supportive and legally ethical way.

Objectives for this presentation includes:

- Understand how to issue spot estate planning and medical assistance for long term care considerations that are prudent at the end of life
- Learn how to make legal and financial burdens easier on grieving families
- Identify ways to bring up these topics gently and ethically



Rachel Schromen is an estate planning and elder law attorney and owner of Schromen Law, LLC., located in St. Paul's historic Ramsey Hill. Since starting to practice law in 2013, Rachel has been named one of the Top 3 Best Rated Estate Law firms in St. Paul (2018 – 2022) and was voted **Best Estate Law Firm in Minnesota** by readers of the Star Tribune in 2021 and 2022. Apart from her law practice, Rachel is a hospice volunteer as an end-of-life doula.

Seven Seconds of Dementia

By Tami Kolbinger

Dementia Community Action Network (D-CAN)

Thursday, September 21, 2023, | 9:30 – 11:00AM



In this session you will learn:

- How the brain with dementia processes communication,
- What your body language is saying,
- And how to have positive interactions and communication with those living with dementia.

Tami has worked on the front lines of dementia care for 16 years in socialization, education, and consulting for people living with dementia in memory care, assisted living, and long-term care community settings, and their families. She is a Certified Dementia Practitioner, and a Certified Alzheimer's Disease and Dementia Care Trainer. She is a trained and certified support group facilitator. The lead for Act on Alzheimer's in Becker, MN, a regional member of the Act on Alzheimer's (Central Minnesota) group. She is a caregiver coach and consultant, and A Dementia Friends Champion. She was a care partner for her father for five years on his journey with Alzheimer's disease and a caregiver for her father-in-law on his journey with Parkinson's. She is currently working at Central Minnesota Dementia Community Action Network/Dementia Resource Center Clinic (DCAN/DRRC) whose mission is: Improving Access to Quality dementia care in our community.

Re-fresh, Re-group, Re-engage

By Krisie Barron, LSW

Embrace, LLC.

Thursday, September 21st, 2023, | Noon – 1:30PM



Debrief and explore the challenges the COVID experience brought and the human experience required to endure it. Why did it feel like what we were doing was so far away from what aligned with our values? Learn what “Moral Distress” is and why we felt like we did and sometimes still do.

We didn’t come out of COVID the same people as we were when we went in. By understanding how humans move through change and what gets in our way of getting change to happen explains why it was so hard and life altering.

Discover new ways to support yourself and others more effectively through challenging times with a healthy and productive mindset, better communication and the tools to work through conflict in a way that is full of grace and compassion for self and others.

Krisie Barron is a Licensed Social Worker and Caregiver Specialist, with over thirty years of experience helping individuals and families walk their aging journey’s. Krisie specializes in the human experience and how we as humans impact each other along the way. She has an extensive background in Long Term Care, Home and Community Based Services, Homecare and Hospice.

Krisie embodies the background and personal insight necessary to bridge the gap between Professional and Family Caregivers. By understanding each other as humans and being conscious of the journey we travel as we support each other, we can have better moments together that start with peace, curiosity and grace instead of judgment, punishment and a sense of war in our hearts.

Krisie believes “It is not what we are physically doing to support others, it’s how we feel about it.” The key to success both as professionals and families is education and support around how to “feel” your way through caregiving.

Krisie has a unique way of connecting and mentoring that brings clarity, inspiration and insight into the trials and tribulations that come with the caregiving journey.

Krisie believes that “How you start...dictates where you end...” and that everyday a new story begins - so let's get this story started!

Ethical Dilemmas: Right to Take Risks Vs. Right to be Safe

By Melissa Johnson, LISW

Thursday, September 21st, 2023, | 1:45 – 3:45PM

When working with vulnerable clients many practitioners turn to guardianship to address risk. What are the ethical implications of using guardianship as a tool to address vulnerabilities? What are the ethical issues when considering whether to intervene when a client's actions demonstrate questionable judgement or place the client at risk of harm? In this presentation participants will learn that guardianship/conservatorship is often not the best approach from ethical, legal financial, and practical perspectives, and will learn about emerging trends in addressing clients' vulnerabilities and risks while protecting rights to autonomy and self-determination.

At the conclusion of the program, participants will be able to:

1. List at least 3 ethical conflicts experienced when working with vulnerable clients.
2. Understand self-determination as a constitutional, legal, and cultural right, as well as limits to clients' right to self-determination.
3. List 3 interventions to address clients' unsafe decisions and how to decide whether to focus on clients' right to self-determination or the need for protection.

Melissa joined the Center for Excellence in Supported Decision Making in 2019 as the Center's Lead Care Manager. As a Care Management and Consultation social worker Melissa works to support her clients living with neurocognitive disorders or other impairments live as independently as possible by providing holistic person-centered services unique to each person.

Melissa is a graduate of Augsburg University and has been practicing social work for over twenty years. In those years, she has worked in nursing homes, hospitals and in community settings. She has experience working with individuals who live with neurocognitive disorders, significant mental illness, traumatic brain injury or complex health issues.

Melissa has presented at Working Interdisciplinary Network of Guardianship Stakeholders Fall Summit, Minnesota Association of Guardians and Conservators, Minnesota Social Service Association, Minnesota Chapter of Case Management Association, and University of Minnesota Medical Center Ethics Forum.

Insight Paves the Road to Compassion Through Grief and Loss

By Natalie Kenyon, LICSW

NK Insights

Thursday, September 21, 2023, | 6:00 – 7:00PM

Through this seminar, it is the goal of the presentation to guide the attendees through the process of supporting a client through challenges associated with grief and loss. The key components of this start by recognizing the different challenges that life can bring that facilitate the feelings of grief throughout the life span. Sometimes as caregivers and supportive people, we may not always recognize grief for what it is, and loss can come in many different forms. Through this session, we will explore the different ways in which life can hit hard, talk about how to build insight for our clients as to how to recognize losses and process grief in some of the less obvious circumstances. Finally, we will discuss some interventions appropriate for managing symptoms associated with grief and loss to improve quality of life yet embrace the storms that life can bring. Helping clients become reacquainted with their values after a significant loss will help reacquaint them with their purpose. Through our own compassion, we can lead the way.

Natalie Kenyon is a Licensed Independent Clinical Social Worker. She has dedicated her career to building insight and understanding surrounding the topics of Mental Illness, and the different ways that certain illnesses impact those living with them. Natalie graduated from Winona State University in the summer of 2006 with a Bachelor's Degree in Social Work. After 7 years in the field, she decided to go back to school and obtained her Master's of Social Work from the University of Wisconsin, Madison in 2014. Since that time, it has been her goal to help serve those living with challenges related to mental health, and to educate others on the different ways in which we can be supportive. Natalie believes fully that the more knowledge people have about things they may not understand, the more compassion they can bestow upon themselves or another person in some of those crucial moments of pain, for which compassion is the only antidote. Insight breeds compassion and empathy. Compassion and Empathy foster connection, and connection is the key to healthy and supportive relationships. Connection to others can also be the pathway out of darkness for some, and it is Natalie's goal to help light the way.

Opioids and the Older Adult

By Dr. Heather Bell

Tuesday, September 26th, 2023, | 8:15 – 9:15AM

Objectives

- Describe opioid prescribing that increases risk of overdose
- Recount aging process that may increase risk of opioid in this patient group
- Review co-prescribing risks and adverse events



Dr. Heather Bell initially began her career as a rural primary care physician. With the surge in opioid prescribe and the mounting opioid epidemic, in 2015 she began an opioid stewardship program that has since led to pilot programs in 12 additional Minnesota communities. This program, TOWNs, enables these communities to focus efforts on appropriate opioid prescribing and medications for opioid use disorder (MOUD) treatment with technical assistance provided by Dr. Bell. After notable success in her local programs, Dr. Bell started co-facilitating Minnesota's first ProjectECHO, focused on opioid prescribing and addiction topics, now in its 5th year. The ECHO program, over time, grew to include programs for medical students, physician assistants' students, and even COVID! Her passion in this field then led her to pursue her board certification in Addiction Medicine. Dr. Bell's work has, most notably, led her to recognition: the American Hospital Association (AHA) NOVA award, the 2020 Minnesota Medical Association (MMA) Presidents Award, and the Minnesota Academy for Family Physicians (MAFP) Family Physician of the year. She has practiced as a rural, full spectrum family physician, as a medical director and provider in correctional healthcare, as an outpatient addiction physician and, currently, provides care and works collaboratively with YourPath to bring addiction services to individuals who all through the cracks in the most disadvantaged situations. She also co-hosts, who Josh Solem CPRS and addiction podcast, "Addiction2Recovery," highlighting the intersection and nuance difference between a person in recovery and the medical community.

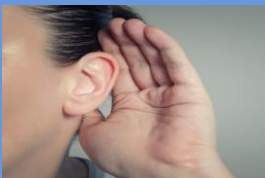
Communicating with People who have Hearing Loss: Effective Strategies to Provide Accessible Services

By Anne Janckila and Tjay Middlebrook

Minnesota Department of Human Services Deaf and Hard of Hearing Services

Tuesday, September 26th, 2023, | 9:30 – 11:00AM

People who are deaf, deafblind or hard of hearing communicate in many ways. Some use speech/speechreading while others use sign language. Many may choose to write or use a combination of these methods. Join Annie and TJay from Minnesota Department of Human Services, Deaf and Hard of Hearing Services as they provide tips to help you communicate better with someone who had hearing loss. Learn what to do when communicating critical or complex information to people with hearing loss. Participants will:



- Learn about hearing loss and the impacts it may have
- Understand various communication preferences
- Identify accommodations to use when communicating with people who have hearing loss
- See how assistive technology can be used in communicating

TJay Middlebrook is the Regional Office Program Supervisor for Deaf and Hard of hearing Services. TJay spends most of his time focusing on the program overview of the Regional Office Program and setting up efficient programs to improve DHHSDS outreach. TJay also spends his time doing local social justice work in his community hoping to make positive changes. His experience stems from working in public policy, social changes and disability policies. When he is not working, he is busy spending time with his family and watching lots of soccer.

Anne Janckila is a Deaf and Hard of Hearing Specialist, Anne provides direct consumer assistance, ensures communication access, information and referral, assistive technology demonstrations, and training and consultation to service providers. Anne's office is located in Duluth and she provides services for the northeastern and north central counties. Anne has a Bachelor of Arts degree in American Sign Language-English Interpreting. She has previous experience providing ASL-English interpreting services in educational and community settings, including medical, mental health, business, legal, and performing arts. As a former staff ASL interpreter for Deaf and Hard of Hearing Services, she also provided education and training on working with interpreters, communication access, and providing auxiliary aids and services.

Too Many Cooks in the Kitchen: Who's the Decision Maker

By Robert Rodè,

Robert Rodè, Voigt, Rodè, Boxeth & Coffin, LLC

Tuesday, September 26th, 2023, | 11:15AM – 12:15PM

Objectives:

- Identify the multiple authorities that arise in the provision of health care and related services.
- Discern which authority applies to various situations.
- Mitigate provider risk while navigating various decision makers.
- Remain focused on dignified patient centered care.

Robert Rodè practices in the areas of health law, civil litigation, employment law, and administrative law. Rob has a special emphasis on elder care providers including Nursing Homes, Assisted Living, home health, rehab, adult day, hospice and housing and the licensed professionals in all settings. Rob represents and advises clients on issues including regulatory/legal compliance, surveys/appeals, complaint investigations, behaviors, discharges/evictions, contracts, dispute resolution, employment, CHOW and start-ups, licensing, ethics and accounts receivable. Rob is a frequent speaker, arbitrator, adjunct professor, active with various state and national provider and legal associations, has been designated a “super lawyer” and named as one of the “50 for the next 50” innovative leaders in older adult services.

Resident Rights: Duties of Designated Staff for Resident and Family Councils

By Jane Brink

Office of the Ombudsman for Long-Term Care

Tuesday, September 26th, 2023, | 12:30 – 1:30PM

Objectives for this training are as follows:

- For the participants to gain knowledge in Resident Rights regarding Resident and Family Councils.
- For the participants to gain understanding and have time to problem solve with an Ombudsman on duties of the designated staff person for the Resident and Family Council.
- For participants to learn about the Ombudsman program and our role with Resident and Family Councils.
- For Participants to have time to ask questions about Ombudsman program in general.



Jane Brink has made an impact in the lives of others over more than three decades as an ombudsman, both in the mental health and developmental disabilities areas and in long-term care. Jane has spent 30 of those years as a Regional Ombudsman. For 3 years she developed a self-advocacy curriculum and provided consumer training as a self-advocacy specialist in the Office of the Ombudsman for Long Term Care. Jane has been the Resident and Family Council Specialist for the last couple of years. In this position she provides education and development for Resident and Family Councils in nursing homes throughout the State. Jane also cared for her father, a Veteran, and her mother, who suffered from Lewy Body Dementia. Jane is a LSW with a BA in Social Work and a Certificate in Gerontology from the College of St. Scholastica and a Certificate in Volunteer Management from Norwich College. She is a Certified Person-Centered Thinking Trainer, Eden Associate and Intercultural Development Inventory Quality Administrator.

Cultural Competency in Social Work : Empowering Practice Through Diversity and Inclusion

By Dr. Rosella Collins-Puoch

Hope Village

Tuesday, September 26, 2023, | 1:45 – 3:45PM

Objectives

- **Understanding Cultural Competency in Social Work Context:** Unpack the concept of cultural competency, its relevance, and its application in the social work field, enhancing the ability to effectively serve diverse populations.
- **Exploring the Impact of Diversity and Inclusion in Social Work:** Examine the role of diversity and inclusion in shaping social work practices, and how these principles contribute to more equitable and effective service delivery.
- **Building Skills for Culturally Competent Social Work Practice:** Equip social work practitioners with practical tools and strategies to incorporate cultural competency, diversity, and inclusion into their everyday practice, ultimately promoting holistic and inclusive care.



Background

Dr. Collins-Puoch has over 25 years of social work practice, and 11 years of clinical experience working with individuals, couples and families from all races and socioeconomic backgrounds. She provides individual, couples, family and group therapy in a safe and caring environment that will enable you to comfortably work through and discover solutions to your problems.

Dr. Collins-Puoch also debuted as an author in December 2021. Her memoir, *BLUE BUTTERFLY*, illustrates her triumphant journey from victim to survivor.

Dr. Collins-Puoch is an interactive, solution-focused therapist. Her therapeutic approach is to provide support and practical feedback to help clients effectively address personal life challenges.

She integrates complementary methodologies (i.e. psychodynamic, cognitive-behavioral, trauma therapy, etc.) and techniques to offer a highly personalized approach tailored to each client's needs. With compassion and understanding, she works with each individual to help them build on their strengths and attain the personal growth they are committed to accomplishing.

If you are looking for extra support and guidance through a challenging situation or you are just ready to move in a new direction in your life, Dr. Collins-Puoch looks forward to working with you to achieve your goals.

2023 MNHSWA Board of Directors Officers

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Thank you for attending the
2023 Fall Conference!

We hope to see you next year!