



GROWING RESILIENT COMMUNITIES

6th Annual Gathering of Collaboratives and Tribal Nations Addressing ACEs
Honoring and Hearing Youth Voices

Tuesday, June 27th 2023

This event is being offered to develop and implement community-wide approaches to Building Self-Healing Communities. Participants are encouraged to attend who are involved or want to be involved in addressing the root causes of childhood adversity. This can include Collaborative, tribal, and other community partners, such as representatives from health care, law enforcement, education, social services, parents, businesses, and nonprofit service organizations. Collaborative Coordinators and Minnesota ACE Interface Trainers/Presenters are encouraged to attend.

REGISTER 



Center for
Prevention



Collaboratively Honoring & Healing Communities



SCHEDULE

9:00–9:20	Gathering Welcome	Gathering Welcome
9:30–11:00	Keynote	Honoring and Celebrating Youth Voices: Past, Present, and Future
11:15–12:15	Breakout Session 1	<p>Youth-Adult Partnerships</p> <p>Create Movement: Ripples for Community Wellness</p> <p>It’s Complicated: Youth, Technology, and Mental Health</p>
12:30–1:15	Special Session	Children’s Mental Health & Family Services Collaborative Coordinators
1:30–2:30	Breakout Session 2	<p>Bimaadiziwin – The Story of How Leech Lake Youth are Reclaiming their Culture and Living in a Good Way</p> <p>Radical Hospitality: Youth Voice, Leadership, and Collaboration</p> <p>2022 Minnesota Student Survey Results: What We Heard from Young People, and How Communities are Partnering with Young People to Make Meaning Out of the Data</p>
2:45–3:30	Gathering Closing	Gathering Closing



SESSIONS

9:00 AM – 9:20 AM: GATHERING WELCOME

Join us for the opening session where we will welcome attendees, introduce the vision and themes for this event, share the event acknowledgements and group agreements, provide an overview of More Resilient Minnesota and the Tribal NEAR and Community Wisdom Project, and orient attendees to the upcoming sessions, webpage, and join links for the event.

9:30 AM – 11 AM: KEYNOTE SPEAKER

HONORING OUR YOUTH: PAST, PRESENT, AND FUTURE

DONTE CURTIS, CATCH YOUR DREAMS CONSULTING

Youth have always been at the forefront of change; demanding that we are creating a just and equitable world. We will look to the past seeing what lessons we can learn from young people to be applied in 2023 and beyond. You will leave this keynote experience fired up with action steps and inspiration to celebrate youth today and we will do some imagining as to what is possible for the future.

11:15 AM – 12:15 PM: BREAKOUT SESSION 1

OPTION 1: YOUTH-ADULT PARTNERSHIPS

CARLTON COUNTY REACH YOUTH ADVISORY BOARD

Interested in learning how to engage youth, but don't know where to start? How do you build youth and adult partnerships in community decision-making? In this session, we will hear from the organization REACH whose mission is to provide learning and leadership through youth-adult partnerships in Carlton County. We will learn from students on key issues facing their community and engage in small group discussions.

OPTION 2: CREATE MOVEMENT: RIPPLES FOR COMMUNITY WELLNESS

DR. RAJ

In this session you will learn to recognize touchpoints for community wellness and focus on thriving and growth. We will engage in understanding beyond data points and work to build a wellness and growth culture and being.

OPTION 3: IT'S COMPLICATED: YOUTH, TECHNOLOGY, AND MENTAL HEALTH

ERIN WALSH, SPARK AND STITCH INSTITUTE

Every year young people's relationship with screens intensifies as life moves online. Technology unleashes incredible opportunities for learning, connection, and youth participation and voice. At the same time, educators, mental health professionals, and parents alike are concerned about the impact of increased screen time on mental health. Using brain science, warmth, and humor, Erin Walsh will cut through conflicting messages to identify emerging risks as well as protective factors for digital wellbeing. Using youth perspectives and the latest evidence, Erin will walk you through topics like overuse, anxiety and depression, and attention. The nuanced relationship between screen time and mental health demands that we have a rigorous understanding of the challenges and a commitment to engaging youth in creating solutions for improved digital wellbeing.

12:30 PM – 1:15 PM: SPECIAL SESSION - CHILDREN'S MENTAL HEALTH AND FAMILY SERVICES COLLABORATIVE COORDINATORS

*COLLABORATIVE COORDINATORS
FAMILYWISE REGIONAL STAFF*

This session will include introductions of Collaborative Coordinators and FamilyWise staff, provide an overview of Collaboratives and More Resilient Minnesota, highlight More Resilient Minnesota Resources (including the Collaborative Coordinator Portal/Slack, More Resilient Minnesota webpage, *100 Cups of Coffee* Videos/Toolkit, recordings and related resources, *Paper Tigers* and *Resilience* Regional Licenses, and the lending library), share about the more Resilient Minnesota application process, and Becky Dale will share a new resource - *Guide to Creating Community Resiliency Plans*.

1:30 PM – 2:30 PM: BREAKOUT SESSION 2

OPTION 1: "BIMAADIZIWIN" - THE STORY OF HOW LEECH LAKE YOUTH ARE RECLAIMING THEIR CULTURE AND LIVING IN A GOOD WAY

*GARY CHARWOOD, LEECH LAKE
JOSH REDDAY, LEECH LAKE HEALTH DIVISION FITNESS CENTER
GOZI WHITE, LEECH LAKE HEALTH DIVISION FITNESS CENTER*

Learn about shared stories of successes and what works to bring out the best in tribal youth on the Leech Lake Reservation.

OPTION 2: RADICAL HOSPITALITY: YOUTH VOICE, LEADERSHIP, AND COLLABORATION

LAUREN WILLIAMS, MARANITA'S TABLE

MARY SUE HANSEN, SUBURBAN RAMSEY FAMILY COLLABORATIVE (SRFC)

SRFC YOUTH COMMUNITY ADVISORY BOARD MEMBERS

Curious about the WHAT, WHY and HOW of Youth Engagement? At this breakout session you'll hear from Marnita's Table, Suburban Ramsey Family Collaborative (SRFC) and our Youth Advisors on why youth inclusion and leadership is so important to authentic community engagement. You will learn about Marnita's Table Intentional Social Interaction (IZI) model and how youth are critical to the model's success. You will also learn about key touchpoints of the model that make the difference for youth to develop relationships across differences, feel safe and affirmed so they can speak truth, and gain a sense of belonging to begin to build trust. You will hear what it really takes to honor and engage youth authentically while growing a sustainable practice that remains Youth-Led /Youth-Engaged. Get practical advice that you can use immediately. In addition to sharing advice and examples, we will reveal the honest challenges.

OPTION 3: 2022 MINNESOTA STUDENT SURVEY RESULTS: WHAT WE HEARD FROM YOUNG PEOPLE, AND HOW COMMUNITIES ARE PARTNERING WITH YOUNG PEOPLE TO MAKE MEANING OUT OF THE DATA

JACQUELYN FREUND, EPICOG, LLC

MELISSA ADOLFSON, WILDER RESEARCH

The Minnesota Student Survey is a survey of young people conducted statewide every three years. Minnesota communities are starting to dig into their 2022 results. During this session, we will share what we have learned about the state of young people's wellbeing. This includes trends for ACEs, mental health, substance use, and measures of resilience—the good news and the not-so-good news. We will also highlight three unique approaches Minnesota communities are using to engage young people in discussing and making meaning of the MSS results. These include youth advisory boards, youth data summits, and data parties.

2:45 PM – 3:30 PM: GATHERING CLOSING

Join us for the closing session where we will share the FamilyWise *Family Wellbeing Index*, provide a mini-skills workshop on self- and co-regulation, share a participant photo slideshow and survey, create a word cloud, and offer closing words.



SPEAKER BIOGRAPHIES

MELISSA ADOLFSON

Wilder Research
Research Scientist



Melissa has over a decade of research and evaluation experience. She has worked on projects addressing substance use, mental health, suicide, juvenile justice, maternal and child health, and adverse childhood experiences. Prior to joining Wilder in 2019, Melissa worked as an independent consultant and also worked for both the Education Development Center and the Minnesota Institute of Public Health. In addition to evaluation, she has extensive experience providing epidemiological training and technical assistance to communities, states, and tribal nations addressing substance misuse. She holds a Masters degree in Population Health Sciences from the University of Wisconsin-Madison and a Bachelors degree in Women's Studies from the University of Minnesota-Twin Cities.

 www.wilder.org

GARY CHARWOOD

Leech Lake Health Division
Holistic Health/Spiritual Care Coordinator



Gary Charwood is a member of the Leech Lake Band of Ojibwe, recognized by tribal youth and their families for his dedication to hands-on mentoring and relationship-building. He serves as Chair of Minnesota Juvenile Justice Advisory Committee (JJAC), MN's State Advisory Group (SAG). Gary has made JJAC the first SAG in the nation to be led by a member of an Indigenous Nation. As the Holistic Health/Spiritual Care Coordinator of the Leech Lake Health Division, which is based in the city of Cass Lake and runs across the entire Leech Lake Reservation, he works with other tribal programs and its community partners to develop and implement cultural practices for youth and their families. The services and cultural programming occur in the communities all across the Leech Lake Reservation, and is offered to anyone who would like to participate - youth, their families, and elders.

DONTE CURTIS

Catch Your Dream Consulting
Owner/Leader



Donte Curtis is the Owner/Leader of Catch Your Dream Consulting, where he keynotes, consults with, and trains teams and organizations, nationwide, on leadership development, racial equity, inclusion, and supports them to create practical change. Donte currently is the Co-Chair of the Board of Directors at Social Enterprise Alliance Twin Cities and is a member of the program investment committee at Youthprise. Donte brings his 14 years of facilitation and speaking experience with an expectation of getting you energized, you taking practical action, and finding hope for a better tomorrow. Probably one of the most energetic people you will ever meet, Donte lives a life that is dedicated to leadership, social justice, and liberation and resides in Saint Paul, Minnesota, with his wife, Rachel and two dogs, King and Moose

 www.catchyourdreamsconsulting.com

JACQUELYN FREUND

EpiCog, LLC
Senior Research Scientist



Jacquelyn helps communities analyze and make sense of their data to further their prevention goals. She works with More Resilient Minnesota to use local data to inform ACEs prevention programs in Minnesota; she also works with the Department of Human Services State Epidemiological Outcomes Workgroup, where she maintains the website, Substance Use in Minnesota (sumn.org), and helps communities acquire, analyze, and interpret data relevant to their substance use prevention and mental health goals. She loves working with the Minnesota Student Survey and enjoys helping communities implement data-driven strategies to improve the lives of children in her home state. Jacquelyn lives with her wife in the vibrant Payne-Phalen neighborhood of Saint Paul. She loves her dogs, her gardens, and her neighbors.

 www.sumn.org

MARY SUE HANSEN

Suburban Ramsey Family Collaborative (SRFC)
Director



Mary Sue Hansen is the Director of the Suburban Ramsey Family Collaborative (SRFC). She graduated from The College of St. Catherine with a Bachelor of Social Work (BSW) Degree in 1986 and practiced direct Social Work for over 10 years. She earned her Master's Degree in Management Administration from Metropolitan State University. She was an active and enthusiastic member of the Learning Labs, which she used as a think tank for innovative, results-oriented collective learning. She possesses over 35 years of professional experience in the Human Service Field and 23 of these years directing collaborative complex-adaptive/flexible-responsive systems of care.

 www.howarethechildren.org

DR. RAJ



Dr. Raj is a recovering criminologist, alcoholic, and survivor of sexual abuse, with over 20 years of community-based activism as a researcher and educator. Inspired by our youth's resilience and the men in our prison systems, he trains school staff, probation agents, community members, and justice personnel on restorative practices, trauma and healing, value-centered leadership, community building, and unpacking implicit biases. He believes in raising consciousness utilizing the restorative circle process. In his latest work, Raj explores our justice system's depths and creates a framework in which knowledge, critical consciousness, and heart become the root of our practice.

 www.metrostate.edu/about/directory/raj-sethuraju

JOSH REDDAY

Leech Lake of Ojibwe Diabetes Program
Wellness Coordinator



Boozhoo Aaniishinaabeg! My name is Josh Red Day, I am an Ojibwe and Assiniboine Sioux from Leech Lake Reservation located in Minnesota. I was raised by a single mother with 5 other brothers and sisters. Blackduck High School is where I graduated from. From there I attended and graduated from Leech Lake Tribal College and then on to Bemidji State University. In 2016, I received my Bachelor's in Exercise Science with a Medical Fitness Emphasis. Currently, I work for the Leech Lake Band of Ojibwe's Diabetes Program as the Wellness Coordinator as well as currently working on my Master's degree in Public Health. I am a father of 3, 1 boy and 2 girls. In the little free time I have, I enjoy playing basketball, canoeing, running, working out, crafting, dancing, and most importantly playing with my kids.

Spark & Stitch Institute
Co-Founder

ERIN WALSH, M.A.



Erin Walsh is a parent, speaker, educator, and writer. She has worked with communities across the country who want to better understand child and adolescent development and cut through conflicting information about kids and technology. Erin and her father, Dr. David Walsh, started together at the National Institute on Media and the Family before creating Spark & Stitch Institute in 2019. In addition to writing articles for several organizations, including Bolster Collaborative and Psychology Today, her work has been featured in the Washington Post and she co-authored the 10th Anniversary Edition of the national bestseller *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*. Her signature down-to-earth approach and sense of humor helps families and educators engage in complicated topics and leave feeling capable and motivated. She has consulted with schools, school districts, parent groups, and other youth serving organizations throughout North America on issues related to digital media, parenting, and social emotional development.

 www.sparkandstitchinstitute.com

GOZI WHITE

Leech Lake Health Division Fitness Center



Aniin, my name is Ningozis White. I am a graduate of Bemidji State University with a Bachelor's degree in Exercise Science. Currently I am employed by the Leech Lake Band of Ojibwe. I am highly motivated when it comes to good physical and mental health. I have a strong connection to my community and actively participate in tribal cultural activities throughout the United States and Canada. I love the outdoors, photography, hunting, and fishing.

LAUREN WILLIAMS

Marnita's Table
Training & Project Director



Lauren Williams is the Training & Project Director at Marnita's Table. She graduated from the University of Minnesota in 2015 with a bachelor's degree in Communications Studies and minored in Leadership, taking classes specifically geared towards multicultural communication, adaptive global & community leadership, production management, and social change. As a South Minneapolis native, with deep family roots in the Twin Cities, Lauren has been actively engaged in diverse community service organizations in Minneapolis and St. Paul for 15+ years. In her current role, she manages training and client-based projects involving training components, ensuring that Intentional Social Interaction ("IZI") is accessible to all, no matter age, access, or ability.

 www.marnitastable.org

REACH YOUTH PROGRAM



REACH creates an environment for youth that is essential for well-being and success. This includes resources that nurture social-emotional competencies. Youth have access to structured Youth-Adult Partnerships that inspire, engage, and provide opportunities for leadership, and self-determination. Through the Youth-Adult Partnership we hope to reduce obstacles at school and home while increasing positive role models in the youth's life.

 www.reachyap.org



ACKNOWLEDGEMENTS

Sponsoring Projects



More Resilient Minnesota, which seeks to improve the health and resilience of current and future generations. Resilience includes individuals' inherent strengths and nurtured capacities as well as the resources and supports of their families, communities, and cultures. FamilyWise Services, with funding from the Minnesota Department of Human Services, supports this initiative to grow resilient communities across Minnesota. [Learn more](#)



The Tribal NEAR and Community Wisdom Project is a grassroots movement designed to build awareness and understanding regarding the root causes of the contemporary issues our tribal communities face today, and to honor and uplift stories of indigenous resilience. This project is developed through a Health POWER project at FamilyWise Services, with support from the Center for Prevention at BlueCross and BlueShield of Minnesota and the University of Minnesota Extension.

[Learn more](#)

Funders



The Center for Prevention at Blue Cross and Blue Shield of Minnesota works to advance racial and health equity to transform communities for a healthier Minnesota. We have a vision that racism no longer determines health outcomes, and all people can attain their highest level of health. Our work focuses on advancing food justice by ensuring access to healthy, affordable, and culturally relevant foods and eliminating access to and use of commercial tobacco - especially in communities most impacted by commercial tobacco-related health inequities.

[Learn more](#)



Minnesota Department of Human Services provides funding to support implementation of More Resilient Minnesota. This supports a grant with FamilyWise Services to partner alongside Children's Mental Health and Family Services Collaboratives on their journey to fulfill the phases toward building Self-Healing Communities. [Learn more](#)

Both funders contributed support for FamilyWise Services to facilitate and coordinate the *6th Annual Gathering of Collaboratives and Tribal Nations Addressing ACEs*.