Afternoon Sessions

1:15-2:30  Engaging Somali Parents
Safi Khalif - Founder & Executive Director of Youth Innovation Empowerment Leadership Development (YIELD)

This workshop will focus on strategies for engaging with Somali parents so that they are able to navigate educational and other systems on behalf of their children; and support their child(ren)’s educational achievement. Practical steps for building relationships with Somali parents, understanding barriers for Somali parents within the public school system, and supporting parents in self-advocacy, will be presented.

Learning Objectives
Learners will have a basic understanding of why Somali refugees reside in Minnesota and how to build relationships with Somali parents to support their children’s academic and social development.

Outcomes
Learners will be able to understand the historical and cultural context of the Somali refugee population in Minnesota; and how to utilize available resources to better engage with Somali parents.

11:00-12:30  Strategies for Reducing Secondary Traumatic Stress (STS)
Russ Turner - MA, MS, Director of the People Incorporated Training Institute

This presentation will look at how individuals experience STS and how it relates to compassion fatigue and burnout. We will look at who is at risk and how to identify it. The session explores strategies for prevention and, if necessary, intervention.

Learning Objectives
• Learners can identify at-risk individuals
• Learners can describe signs and symptoms
• Learners can name prevention and intervention strategies

Outcomes
Learners are better able to manage the potentially toxic effects of STS reducing their risk for compassion fatigue and burnout.

1:30-2:30  Cultural Contentment

Safi Khalif is the founder and the Executive Director of YIELD, (Youth Innovation Empowerment Leadership Development). Mr. Khalif started this organization to help young individuals become an essential part of their community through education, tutoring, parent-teacher conference, mentorship programs, training, and job placement, behavior health services, resources for the homeless, summer camps, and competitions, in-class culture orientation and development, and much more.

Outcomes
Learners will have a basic understanding of why Somali refugees reside in Minnesota and how to build relationships with Somali parents to support their children’s academic and social development.

Morning Sessions

9:30-10:45  Intergenerational Resilience: Telling the Story of Who We Are
Mary Jo Avendaño - Psy. D., LMFT, LICSW, LPC

This workshop focuses on learning to balance many different forces: elder and youth; diversity and unity; ancient and new; tame and wild. These forces deepen our cultural heritage by telling who we are. Considering these forces, participants will try to answer the following questions: What are our deeply held practices that we must keep alive? What can be adapted and evolved? What must we cast aside?

Learning Objectives
Learners will be able to explore the intergenerational resilience of survivors and connect links between parental and adult offspring’s sense of coherence.

Outcomes
Learners will have a basic understanding of why Somali refugees reside in Minnesota and how to build relationships with Somali parents to support their children’s academic and social development.

10:45-11:45  Scots-Irish and Hmong Cultural Contentment

Safi Khalif is the founder and the Executive Director of YIELD, (Youth Innovation Empowerment Leadership Development). Mr. Khalif started this organization to help young individuals become an essential part of their community through education, tutoring, parent-teacher conference, mentorship programs, training, and job placement, behavior health services, resources for the homeless, summer camps, and competitions, in-class culture orientation and development, and much more.

Outcomes
Learners will have a basic understanding of why Somali refugees reside in Minnesota and how to build relationships with Somali parents to support their children’s academic and social development.

1:30-2:30  Cultural Contentment

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Outcomes
Learners will have a basic understanding of why Somali refugees reside in Minnesota and how to build relationships with Somali parents to support their children’s academic and social development.

Mary Jo Avendaño, Psy.D., LMFT, LICSW, LPC is a clinical consultant for the MN Department of Human Services at the Behavioral Health department, since 2008. She was formally the clinical supervisor of the Child Development Policing Program and clinical director of Centro Cultural Chicano, a large social services agency providing comprehensive social and psychological services to the Latino community. Originally from Colombia, South America, Dr. Avendaño has extensive expertise working with diverse Latino children, adults, and families, particularly those facing trauma and hardship. Her professional experience includes clinical positions at community and county agencies, including Tuhman Family Alliance, and Hennepin County Children’s Mental Health. Additionally, she is an adjunct faculty member at St. Mary’s U of MN and a Unity Hospital E.R. resources and referral clinician.

Russ Turner, MA, MS, is the Director of the People Incorporated Training Institute. During his 13 year tenure he has developed and taught a curriculum of training classes and workshops in a wide variety of subjects related to behavioral health from crisis de-escalation to motivational interviewing. His audience includes mental health professionals, social workers, case managers, addiction professionals, law enforcement, healthcare professionals, and organizational leaders. He trains trainers, works with management, and has consulted and coached on numerous mental health related training projects. He has worked as a teacher or trainer for over 25 years in a variety of countries and settings including Japan, the Czech Republic and the UK. His teaching philosophy is that adults learn best when they are engaged, challenged, the material is applicable to work situations, and sessions are interactive and engaging.

Outcomes
Learners will be able to understand the historical and cultural context of the Somali refugee population in Minnesota; and how to utilize available resources to better engage with Somali parents.

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Padee Yang has been practicing meditation for over 4 years. She discovered it soon after her epiphany of what she believed was Nirvana (absolute bliss) - during her first time of experiencing yoga. That was when it opened the doors to her spiritual awakening and was what guided her to discover meditation. Padee believes that meditation was one of the few forms that saved her life while struggling with mental health. Creating, guiding and sharing meditations is something that she continues to find empowerment in doing. When not on her meditation pillow, Padee is also a Loan Officer Assistant with Bell Bank Mortgage where when possible, helps assist the Hmong elders to understand the Loan process, where language can sometimes be a barrier.

Outcomes
Learners will be able to facilitate their own meditation.

Outcomes
Learners will be able to practice meditation on their own to promote their self-awareness and mental and emotional wellbeing.

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Special Presentations

Florence M. Dorley, Community Solutions Fellow, Liberia

Florence M. Dorley is WISE' 2019 Community Solutions Fellow from Liberia. Florence is the executive director and co-founder of the Organization for Women Empowerment (OWE). She will be sharing her work with disadvantaged girls, women, and widows in Liberia through the practice of small business microloans and gender-based violence (GBV) prevention.

Getrude Dyabene, Community Solutions Fellow, Tanzania

Getrude Dyabene is WISE' 2019 Community Solutions Fellow from Tanzania. She is a lawyer and a women and children rights activist based in Tanzania working with the Legal and Human Rights Centre. Getrude works on issues of advocacy, law and policy reforms, gender based violence, child abuse and women and girls empowerment.

Schedule

9:00-9:30 ................. Registration check-in & breakfast
9:30-10:45 ............... Mary Jo Avendaño
Intergenerational Resilience
10:45-11:00 .............. Break
11:00-12:30 .............. Russ Turner
Strategies for Reducing Secondary Trauma Stress
12:30-1:15 ............... Lunch
1:15-2:30 ............... Safi Khalif
Engaging Somali Parents
2:30-2:45 ............... Break
2:45-3:00 ............... Florence M. Dorley
Community Solutions Fellow, Liberia
3:00-3:15 ............... Getrude Dyabene
Community Solutions Fellow, Tanzania
3:15-4:30 ............... Padee Yang
Relax. Surrender. Rejuvenate

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