

Fall Mental Health Training Day

Agenda

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| 8:30 to 11:45 a.m. ~ | Speakers | <ul style="list-style-type: none">• Keeri Tramm: Neurodiversity and Disability• Michelle Nelson: The Gens |
| 11:45 to 12:30 p.m. ~ | Lunch (included)/Break | |
| 12:30 to 4:00 p.m. ~ | Speakers: | <ul style="list-style-type: none">• Karen Goodenough: Ethical Decision Making in Complicated Times• John Kriesel: Still Standing |



Keeri Tramm

Keeri Tramm, Director of Disability Initiatives at Lifeworks, is an Autistic professional dedicated to fostering equity and empowerment for the disability community. With a career spanning nonprofit and for-profit sectors, she leverages her expertise in business and data analysis to drive impactful outcomes. Keeri holds a degree in Special Education and serves on the board of Minnesota Networking in Education and Assistive Technology, where she influences disability policy and practice. Her experience as a case manager in Oregon and Minnesota underscored her commitment to advocacy and creating lasting change.

Neurodiversity and Disability

As a newer term to the mainstream, neurodiversity is often misunderstood. This training covers the meaning and history of neurodiversity, dispels myths about neurodivergence, and provides actionable ways to create more inclusive communities that support neurodivergent people.

- Understand the term, history, and types of neurodiversity.
- Discuss how neurodivergence might show up in the workplace.
- Reflect on misconceptions about neurodiversity and examine the language we use.
- Explore ways to support neurodivergence in the workplace and community.

Michelle has over 25 years of experience leading, managing and training professionals in the human service industry. In addition to her leadership skills, she is well versed in team, program, and organizational development to include strategic planning. She is a certified trainer for the Crisis Prevention Institute, The National Council for Behavioral Health, Motivational Interviewing, Thera International Rising (Drama Free Workplace) and Adverse Childhood Experiences.

Individuals can experience anxiety, stress, disappointment, fear, and/or mental health challenges and in the absence of effective coping skills and or supports, they may escalate into a crisis behavior, which can happen quickly. Learn how to respond to various levels of crisis behavior, build confidence and maximize safety for everyone.



Michelle Nelson

The GENs

Today's workplaces often have as many as five different generations represented in their teams. That generational diversity should be a major advantage but without intentional effort to build bridges between them, teams rarely achieve their best potential. Each generation differs in their defining values, work styles, communication skills, and priorities. Without intentional efforts to bridge those differences and leverage similarities, organizations are missing opportunities to increase engagement, satisfaction, productivity, and improve program outcomes.

- Recognize the unique values, work styles, communication preferences, and priorities of the five generations currently represented in the workplace.
- Understand how generational diversity can positively impact team engagement, satisfaction, productivity, and program outcomes.
- Identify common barriers to collaboration that arise from generational differences.
- Apply strategies for intentionally building bridges across generations to strengthen teamwork and organizational effectiveness.



LUNCH



Lunch is included as part of your registration. And back by popular demand, we are having a Fiesta Buffet! Items included in the buffet are:

- Beef Tacos and Chicken Fajitas
- Hard and Soft Shell, Spanish Rice, Refried Bean
- Tortilla Chips with Fresh Pico De Gallo & Guacamole,
- Mexican Street Corn, Fresh Chopped Lettuce,
- Tomatoes, Olives, Jalapenos, Cheese, Sour Cream & Salsa



Dr. Karen Goodenough,
PhD, MSW, LGSW

Dr. Karen E. Goodenough, PhD, MSW, LGSW (she/her), known as Dr. KG, is Executive Director of the Minnesota Chapter of The National Association of Social Workers (NASW-MN) and a national leader in social work licensure policy and supervision training. With a background in direct practice, nonprofit leadership, and macro social work, she brings decades of experience as a trainer, supervisor, and advocate. Dr. KG chairs the NASW Licensure Task Force, serves on the Social Work Interstate Compact Commission, and is deeply committed to advancing the profession through data-informed, values-driven leadership. Dr. KG is also active in her northern Minnesota community, serving on local boards and coaching the Pine River-Backus High School Cheer Team.

Ethical Decision Making in Complicated Times

As our world and our work become more complicated, so do the ethical dilemmas that we face. This session will include an updated look at ethical standards and obligations under the NASW Code of Ethics, and a refresher on the principles underlying ethical decision making. A broad range of topics will be covered for those in diverse areas of practice including social media, boundaries, conflicts of interest, and more.

Participants will:

- Learn to differentiate legal, moral and ethical dilemmas;
- Discuss and apply a model for analyzing and resolving ethical dilemmas; and
- Have opportunities to share case examples for discussion.

John Kriesel, retired Staff Sergeant in the MN Army National Guard. He travels throughout the country sharing his story, inspiring and motivating others. Kriesel's intensely positive attitude infects every person he shares his story with as he relays lessons learned overcoming extreme adversity.

On December 2, 2006, the vehicle Kriesel and four of his comrades were riding in encountered a 200-pound Improvised Explosive Device (IED). The blast killed two of Kriesel's closest friends and he was severely injured, losing both legs, suffering numerous broken bones and internal injuries.

Nine months after his near-death experience in Iraq, John returned to Minnesota to begin his new life. His transition from military to civilian life offered many challenges, but his amazing support system, positive attitude and sense of humor allowed him to bounce back stronger than ever.



John Kriesel

Still Standing

John will share his powerful story of surviving the devastating IED attack in Iraq that killed two close friends and cost him both legs. After dying three times on the operating table and enduring a long recovery, he returned to Minnesota to rebuild his life with the help of a strong support system, a positive attitude, and humor. In his presentations, John recounts his military service, the events of that day, and the mindset and tools that helped him overcome adversity, leaving audiences inspired and motivated.

Attendees will:

- Be able to apply lessons from John's resilience and coping strategies to personal or professional challenges.
- Learn about the psychological and emotional impact of traumatic events on individuals.
- Recognize strategies and tools that can help someone overcome adversity and consider ways to build resilience.
- Analyze how humor and a positive outlook can support recovery and growth after trauma.
- Explore personal strategies for maintaining hope and perseverance during difficult times while recognizing the value of adaptability and optimism in overcoming obstacles.
- Commit to fostering a supportive environment for individuals who have faced trauma.