Prairie St. John’s, in cooperation with the NDSU Extension Service, offers the following training

**Behavioral Health IVN for Your Family and Community**

**Thursday, March 28, 2019**

9 a.m.-noon (CDT)

9:00am-10:15am  “Stepping Over the Line.” Root Function of Behavior and Strategies for Working with Difficult Behaviors. (Youth Focus)

After the session, participants will be able to:

1. Identify “Why Maslow before Bloom?”
2. Describe common childhood mental health diagnoses including; depression, anxiety, Post Traumatic Stress Disorder (PTSD), oppositional defiance, aggression/anger, autism spectrum, conduct disorder and more.
3. Apply practical interventions for behavior such as building relationships, consistency, logical consequences, and sensory work.

Nicole Ogan, MS, is a Child & Adolescent Therapist at Prairie St. John's working on the Pediatric Inpatient Unit. Prior to becoming a therapist, she was an educator for 10 years teaching diverse populations of 5th grade students in Iowa and North Dakota. She graduated from MSUM in 2018 with a Master's Degree in Clinical Mental Health Counseling.

10:15am-10:30am  Stretch Break/ Site activity

10:30am-11:45am  “Drawing the Line from Trauma to Addiction” (Adult Focus)

After the session, participants will be able to:

1. Describe the association between an Adverse Childhood Experience (ACE) score and the effects on health, behavior, and life potential.
2. Identify the relationship between illicit drug use and the ten categories of the ACEs.
3. Apply ACEs to substance misuse/abuse prevention.

Leah Tougas, MS, LAC, LADC  Regional Account Manager and Addiction Counselor

Leah is a licensed addiction counselor and regional account manager at Prairie St. John’s. She graduated from the University of Mary in April 2018 with her master’s in counseling with a concentration in addiction. Leah has worked at Lakeland Mental Health Center – Fergus Falls, A Better Connection – Park Rapids, and currently works at Clay County Receiving Center – Detox and at Prairie St. John’s completing substance use assessments in the Cass County Jail.

11:45am-noon  Evaluation, Site wrap-up, Activity