

Children, Youth & Family Consortium

CYFC Monthly

CYFC Monthly — July 2015

Next Lessons from the Field Seminar Looks at Supporting Diverse Family Systems

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Did you know that two of every five births in the United States are in non-marital families and that one in five fathers today has children with more than one woman?

At the next Lessons from the Field seminar on October 22, Kathryn Edin, Ph.D., and James McHale, Ph.D., will share their knowledge and insights about how we support and promote alliances among adults who share parenting responsibilities. The seminar is entitled “Children in Common: Ensuring the Emotional Well-Being of Children When Parenting Apart.”

Edin, who is a [Bloomberg Distinguished Professor in the Department of Sociology at John Hopkins University](#), is a unique researcher. She and her husband moved their family to Camden, NJ, to immerse themselves in a city with high rates of urban poverty. There she developed a deep appreciation for the struggles of her neighbors. In the words of Stephanie Mencimer, a writer for Mother Jones, Edin “turned sociology upside down.” To honor her work, Johns Hopkins University awarded her a Bloomberg Distinguished Professorship in 2014.

At the fall Lessons from the Field seminar, Edin will tell stories that exemplify her work. She will address misassumptions about unmarried women in poverty who choose to have children and parents who live with welfare assistance. Edin also will challenge listeners to envision interventions that foster healthy families. Among her publications are two books: *Promises I Can Keep: Why Poor Women Put Motherhood Before Marriage* and *Doing the Best I Can: Fatherhood in the Inner City*.

McHale, who is the Director of the University of South Florida St. Petersburg’s Family Study Center, is a leading researcher on coparenting dynamics in diverse family systems. Through his work with parents who might otherwise appear poor parent risks, he has developed coparenting interventions for fragile families. His recorded interviews with non-married partners reveal astonishing insights into creating strong parent roles. Together, McHale and Edin will provide a rich commentary about families’ efforts to raise children even when they are not living together and will focus on interventions that respect and support these efforts.

This seminar is co-hosted by the University of Minnesota Extension Center for Family Development’s Children, Youth & Family Consortium (CYFC) and Parents Forever™ program. The seminar, which will be conducted at the McNamara Alumni Center on the University of Minnesota East Bank campus (in Minneapolis), will be broadcast live to more than 25 sites throughout Minnesota and will be available nationally via live web stream.



To learn more about this seminar and register to attend a site near you, please [visit CYFC’s website](#).

Consortium News

New Video Available on CYFC's Partnership with Bruce Vento Elementary School

The next [video](#) in CYFC's series about our partnership with Bruce Vento Elementary School in St. Paul tells the story of that partnership, as well as other partnerships to promote student health and learning. The video showcases the many successes we've accomplished together to foster healthy bodies, healthy minds, and healthy learners in the [Bruce Vento Elementary School](#) community.

Bridging the Relationship Gap: Connecting with Children Facing Adversity – New Book

CYFC Extension Educator Sara Langworthy, Ph.D., has authored [Bridging the Relationship Gap: Connecting with Children Facing Adversity](#), due out in early October from Redleaf Press. The book translates the science of how stress and trauma affect the development of young children's brains and behaviors. It also shares real world scenarios, scientific research, and useful strategies from expert professionals for people working with young children facing adversity. In addition, the book provides tools and encouragement for early childhood care providers to be the strong, positive, and nurturing adults children need in order to thrive. For additional videos and resources, visit [Sara's website](#).

Early Mental Health: Considering the Social Development and Social Environment – Workshop

Sponsors: University of Minnesota Extension and the Southwest Research and Outreach Center in partnership with the University's Center for Neurobehavioral Development, Institute for Translational Research in Children's Mental Health and Children, Youth & Family Consortium.

Date: September 29, 2015

Cost: \$30

Credit: Certificate of Attendance for 5 clock hours

Location: Lamberton, MN

Maria Kroupina, Ph.D., and [Jed Elison, Ph.D.](#), both of the University of Minnesota, will lead this workshop designed to educate professionals seeking more information related to children's mental health. Content includes what is normal development, early identification of potential mental health problems, current research and more. Learn more and register [here](#).

CYFC Offers Resources for Teachers

Back to School: Are you teaching a class to high school or college students this fall? Need video or article resources to use in class? Check out these resources from CYFC:

- Intergenerational Trauma and Microaggressions — Diving into conversations about race, culture, and microaggressions? See CYFC's [videos, discussion guides and resource lists](#) on historical trauma, cultural healing, and microaggressions.
- Children's Mental Health — Interested in teaching about children's mental health? View the video "[Mental Health: Yours, Mine and Ours](#)" and hold a discussion about students' perspectives of children's mental health.
- Adolescent Health and Depression — Consider a flipped classroom technique - read about CYFC's case studies and assign the complete case "[About Steven: A Children's Mental Health Case Study about Depression](#)" as homework. Discuss the case in class or create a reflective paper assignment.

- **Parents and Stress** — Learn about recent research in the [Parents and Stress: Understanding Experiences, Context and Responses](#) Children's Mental Health eReview. Use the article as an assignment or class discussion. See past eReview articles on many other topics here.
- **Brain Development and Early Childhood** — Interested in learning some basics about brain development and early childhood? CYFC's Sara Langworthy has created a [video series](#) explaining child development research and practice topics.

University & Community Announcements

Rural Behavioral Health Practice Conference

Sponsor: Minnesota Psychological Association

Date: October 9, 2015

Cost: \$20-\$120

Credit: 7.5 CEs from Minnesota Psychological Association

Location: Morris, MN and via webcast

[Jeffrey Leichter, Ph.D., Sanford Health](#); [Randall Quevillon, Ph.D., University of South Dakota](#); LaVerne Demientieff, M.S.W., A.B.D., Alaska Center for Children and Adults; and [Sam Demientieff, University of Alaska Fairbanks](#), will help behavioral health professionals address the needs of rural people and communities through use of new practice models and research. You will learn how to meet rural behavioral health care's ethical demands, while working with indigenous people and schools in dealing with natural disasters and more. Find more information and register here. [no longer active]

Bridging Education and Mental Health — Course

Sponsor: University of Minnesota Center for Early Education and Development

Dates: September 28 – November 30, 2015

Cost: \$400 plus required textbook

Credits: 3 CEUs

Location: St. Paul, MN

This course will help early childhood professionals support the healthy social and emotional development of children, including those with challenging behavior. This course focuses on both functional behavioral assessment and relationship-based teaching to explore what causes and sustains maladaptive behavioral patterns in children's actions and interactions. Instructors include [Cynthia Croft, M.A.](#), and Dea Anderson, B.S., both of the University of Minnesota. Learn more and register here. [no longer active]

Food Access Summit — Conference

Sponsors: Hunger Solutions as well as other organizations

Dates: November 8–10, 2015

Cost: \$125

Location: Duluth, MN

Join participants from the agriculture, anti-hunger, tribal, community development, education, retail, health, and philanthropy sectors to work toward improving access to healthy food for Minnesotans. The conference will provide opportunities for networking and sharing of strategies designed to influence food and social policies. Learn more and register [here](#).

Anxious Youth: A Practitioner's Toolbox for Group Sessions — Symposium

Sponsors: Minnesota Association for Children's Mental Health

Dates: October 19, 2015

Cost: \$75.65

Location: Eden Prairie, MN

[Molly Fox, M.S.W., L.I.C.S.W.](#), and [Amanda Bomstad, M.S., N.C.C., N.C.S.C.](#), both of Mankato Area Public Schools, will discuss a framework for offering 10 sessions of group counseling to assist youth experiencing heightened anxiety. Participants will be given access to a curriculum, lessons plans, activities, and assessments. Learn more and register [here](#).

Job Opportunities

[Mental Health Therapist — MyHealth](#)

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