

West River Conference of Social Welfare
Speakers Bio
Presentation Summary

President Theodore Roosevelt: Larry Marple has been portraying Theodore Roosevelt since 2008. He has performed across the nation including at Theodore Roosevelt's home at Sagamore Hill in Oyster Bay, Long Island, New York. This is his 10th summer performing in Medora as TR. He just completed his 33rd year of teaching elementary school in Springfield, Ohio.

Stephanie Manesis is a Mental Wellness Speaker and Founder of Rise to Harmony (www.risetoharmony.com), a mental wellness business that helps people around the world live happier, more centered lives. Stephanie is certified in safeTALK and Mental Health First Aid. Stephanie is passionate about bringing more love and understanding to the world of mental health and helping people live their best lives.

Stephanie has a B.A. from the University of Minnesota- Duluth and a MA in French Studies and a MBA, both from New York University in New York City. Stephanie has lived in many cities and states across the U.S. and has also lived in Costa Rica and France.

In her spare time, Stephanie is producing and directing a WWII documentary about compassion on the battlefield and writing a memoir about her own mental health journey. She also loves to sculpt in stone, spend time outdoors and travel.

**Planting Seeds of Resilience for Today's World
Objectives**

At the conclusion of this educational program, participants will be able to:

- Learn how to use 5 techniques for managing stress and anxiety
- Discover 7 classic traits of highly resilient people
- Learn how to build resilience in themselves and others
- Gain compassion for others who have serious mental health challenges

**Mental Wellness is an INSIDE job!
Objectives**

At the conclusion of this educational program, participants will be able to:

- Learn 3 powerful questions that have the power to change their lives
 - Discover 5 techniques to better listen to their inner voice
 - Learn what shadow work is and how to apply it to their lives
 - Find out why grieving their losses is a powerful way to move forward in life
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Stephen Hill—founder of Speak Sobriety, young person in recovery, bestselling author, recovery coach, and a fierce attorney advocating for treatment over incarceration—is a renowned national speaker on substance use prevention & mental health awareness with a truly inspiring comeback story that everyone must hear.

He has presented in front of thousands of people for over 400 schools, drug free community coalitions, and organizations across the country, sharing his cautionary tale of addiction to recovery and beyond.

Since Stephen entered long term recovery on September 30, 2012, he has worked in addiction treatment started his own speaking and coaching company, received his bachelor's with honors in Criminal Justice, earned his Juris Doctorate, published his memoir *A Journey to Recovery* which was a #1 New Release in Drug Dependency on Amazon, and lives a happy and healthy lifestyle with his friends and family. Book Stephen Hill today to leave a massive positive impact on your audience!

A dynamic keynote presentation will make a significant difference on the impact of a special event or training. Stephen brings extensive personal and professional experience as it relates to substance use disorder, mental health, school discipline, and criminal justice. Through persuasive storytelling, human connection, and true passion, Stephen reveals innovative and practical solutions for professionals to implement in their communities, schools, and organizations.

Learning Objectives & Outcomes: After attending this program, participants will be able to:

Utilize protective factors and identify early warning signs to prevent the onset of substance use disorder.

Implement strategies and policies to improve outcomes for individuals struggling with mental health, substance use, and behavioral issues.

Assess an individual's progress by recognizing small positive changes which, taken together, can add up to real change in an individual's life.

Justine Kougl is the founder of Tour of Kindness, an educational platform that focuses on how kindness can change the world. As an advocate for inclusion and acceptance, Justine believes in celebrating what makes each individual unique, and through the Tour of Kindness and her incredible message, Justine empowers communities to come together to support one another, to encourage acts of kindness and to ditch the bullying culture that has permeated schools.

Justine's mission is derived from her life on a Montana cattle ranch. This wife and mother of three is a strong advocate for this important message. She wears many "hats" each day, helping to run the ranch, wrangling kids and cattle, keeping the

bookwork and successfully assisting and operating non-profits all from her remote location in the Wolf Mountains.

The Tour of Kindness was inspired by Justine and William Kougl's youngest daughter, Quinn Marie. Those who loved her and knew her called her, "Twinkles," because her shiny personality could truly light up a room.

Twinkles was born with a cranio-facial syndrome called, "Treacher Collins" Perhaps you may recall the popular book and movie, "Wonder," which starred a young person with that same diagnosis.

Just like the movie, Quinn was the real-life "Auggie," and when she wasn't at home playing on the ranch with her older siblings, Nora and Cody, she could be found on the road with her mom, Justine, traveling the country sharing their Tour of Kindness message with schools and communities.

Tragically, Quinn Marie "Twinkles" Kougl passed away in December of 2018, and this incredible loss only reaffirmed Justine's commitment to sharing the Tour of Kindness message and teaching people that being different is beautiful, challenging and amazing all at the same time.

In addition to school assemblies, Justine has presented her incredible story of resilience, strength, diversity and kindness at State School Administrator Conferences, the Montana Story-Makers Conference, South Dakota Farmers Union REAL Jr. Conference, as well as community groups and parent meetings.

In a world where you can be anything, be kind. Kind kids, kind teachers, kind parents and kind communities make a better future for all!

The Presentations all help to show children and adults alike how important it is to accept everyone and especially accept ourselves.

During our inspirational and engaging discussions with schools and organizations we focus on:

- choosing to be kind
- how to accomplish being kind
- great ways to ask KIND questions
- the importance of asking those questions
- looking at each other and seeing the good through the difference
- appreciation for all
- being a good friend to everyone
- social media

LEARN MORE AT WWW.TOUROFKINDNESS.ORG

Narcotics: Dickinson Police Department – Taskforce

Detective Tiffany Whinery has been employed by the Dickinson Police Department since August 1, 2016. Before joining the Dickinson Police Department, she was employed by Wheatland, Wyoming Police Department. Tiffany has over 12 years of experience as a law enforcement officer. Before becoming a law enforcement officer, she was employed by the State of Wyoming Department of Corrections at the Wyoming Medium Correctional Institute in Torrington, Wyoming, supervising inmates.

Tiffany attended Central Wyoming College, receiving an Associate of Science Degree in Homeland Security and an Associate of Arts Degree in Criminal Justice in May of 2009. She graduated from the University of Wyoming in December 2020 with a Bachelor of Arts and Sciences in Criminal Justice and a minor in Sociology.

During her career with the Dickinson Police Department, Tiffany has been on patrol, a School Resource Officer, and is currently assigned to the Criminal Investigations Division.

Tiffany has been a certified Drug Recognition Expert since 2014. Tiffany has conducted over fifty Drug Recognition Expert evaluations determining what drug category someone is impaired by based on their signs and symptoms. Tiffany has presented numerous times to various community groups on drugs and what drugs do to the human body. Tiffany has investigated several cases involving drugs and drug impairment.

My name is **Alex Schroeder**. I am originally from Dickinson and have spent my life in the state of North Dakota. I work for the Dickinson Police Department. For the past year I have been assigned to the Southwest Narcotics Task Force as a narcotics investigator, and have been an operator on the Southwest Tactical Team (SWAT) for the past two years.

My goal for the presentation is to bring awareness to the dangers of narcotics and to help people learn to identify the signs of someone addicted to illicit substances.

Russ Korzeniewski Biography

Russ has worked for the past 12 years as the DHH's Risk Manager and Disaster Preparedness Administrator. He is responsible for Department wide environmental safety and security. This includes continuity of operations planning and implementation, injury prevention, training, and risk management. As the Disaster Preparedness Administrator, he coordinates with the N.D. Department of Emergency Services, Department of Homeland Security, FEMA, and other partner agencies for disaster planning, response, and recovery missions.

Russ is an experienced trainer in disaster preparedness, environmental safety and security and risk management. He has a master's degree in human resource management and a bachelor's degree in social psychology.

Synopsis / Learning Objectives:

- In this presentation, you will learn safety tips to prepare for, conduct and leave a home or community client visit. You will also learn safety techniques to use when engaged with persons served behaviors may be challenging.
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Dr. DeCoteau obtained a doctorate degree in Clinical Psychology in 2003 from the University of Nebraska-Lincoln with specialization in the cognitive-behavioral treatment of anxiety disorders for adults, adolescents and children.

Dr. De Coteau is a Trust-Based Relational Intervention (TBRI) practitioner. TBRI is a therapeutic model that trains caregivers to provide effective support for at-risk children. She is also trained in various other trauma treatment modalities including EMDR, EFT, somatic processing, attachment intervention, NMT (neurosequential model of therapeutics), and TF-CBT. Dr. De Coteau has extensive experience working with patients who suffer from complex trauma, neurodevelopmental disorders, grief, anxiety, depression, and suicidal thinking.

Dr. DeCoteau has worked in a variety of outpatient settings and with a diverse patient population, including Veterans and Native Americans. She received the Indian Health Service 2009 Health Professional of the Year Award for outstanding service and the American Psychological Foundation 2010 Early Career Award for providing culturally competent practice techniques for Native Americans and for developing training programs in rural, underserved areas. Dr. DeCoteau was appointed by a member of the U.S. congress to serve the Commission on Native Children to help address the challenges faced by Native children.

Aside from clinical work, Dr. DeCoteau has given numerous lectures on how trauma impacts attachment and brain development, in-school strategies for working with traumatized children, and historical trauma. She is an enrolled member of the American Psychological Association, an enrolled member of the Mandan, Hidatsa, Arikara Nation and a descendant of the Turtle Mountain Band of Chippewa.

Toxic Stress and Brain Resiliency: This presentation will differentiate between healthy stress and toxic stress. The presenter will discuss how toxic stress impacts physical and mental health. Attendees will learn how to use strategies to build brain resiliency

to buffer against the effects of stress, and will have an opportunity to practice them in the session.

Katie Krukenberg, LMSW, is an Associate Professor of Social Work and the Program Director of the Social Work Program at the University of Mary. She obtained a Master's degree from Florida State University and Bachelor's degrees in social work and criminal justice from the University of North Dakota. She currently teaches classes on social work practice with individuals and families, social work theory, diversity, and senior seminar along with supervision of social work field placements. Prior to teaching at University of Mary, Katie worked as a school social worker for Bismarck Public Schools, Charles Hall Youth Services, and Home on the Range, in addition to having been a PATH foster parent for 10 years. She and her family live in Bismarck, ND.

Description:

This session will provide an overview of ethical standards in the NASW/ND Code of Ethics pertaining to the core values, ethical responsibilities to clients, colleagues, and in practice settings. Ethical dilemmas relevant to work within systems of social welfare will be presented. Ethical decision making models will be explored, along with strategies for resolving ethical dilemmas and ensuring ethical social work practice.

Objectives:

Participants will be able to:

- identify code of ethics considerations pertaining to areas included in the description
- identify ethical dilemmas that are unique to systems of social welfare
- identify strategies aligned with resolving ethical dilemmas and ensuring ethical social work practice