

**YES! I want to give my youth WINGS!**

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Names of Additional Attendees \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Lunch Count Total \_\_\_\_\_



Return by **February 10, 2012** to:

Anoka County  
Attn: Gena Rademacher  
3300 4th Ave.  
Building #9  
Anoka, MN 55303

FAX: 763-712-2728

Email: [Gena.Rademacher@co.anoka.mn.us](mailto:Gena.Rademacher@co.anoka.mn.us)

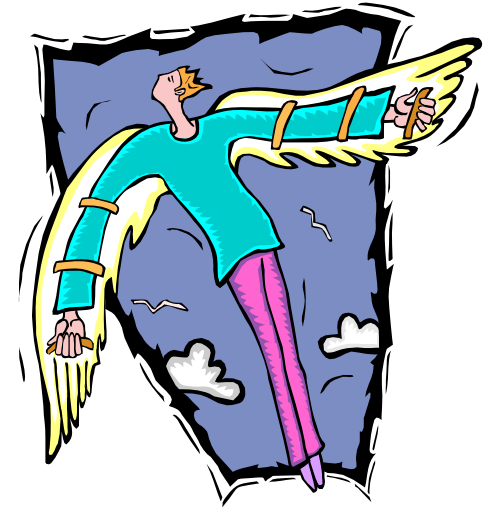


**WINGS** is hosted by Anoka County and the Anoka County Children and Family Council. The council is made up of staff from Anoka County, Anoka County Community Action Program, community agencies, parent representatives, and the school districts of Anoka-Hennepin, Centennial, Columbia Heights, Fridley, St. Francis, Spring Lake Park, and Forest Lake.



Anoka County  
Attn: Gena Rademacher  
3300 4th Ave.  
Building #9  
Phone: 763-712-2703  
Fax: 763-712-2728  
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WINGS



**Welcoming  
Independence  
& New Growth  
with Support**

**Saturday  
February 25, 2012  
Anoka Ramsey Community  
College, Coon Rapids**

**Sponsored by Anoka County & the  
Anoka County Children & Family Council**

## Help Your Youth Gain Independence

Providing tips and tools to help youth with mental health challenges transition to more independent living will be the focus on February 25, 2012.

Youth, ages 14-21, are welcome to attend with their parents.

- Families attend **FREE** and lunch is provided at no cost.
- Resource Fair features Anoka County area providers
- Registration is required

### Location

Anoka Ramsey Community College  
11200 Mississippi Blvd NW,  
Coon Rapids, MN 55433  
Legacy Room (SC270).

Directions to the campus:

<http://www.an.cc.mn.us/en/about/>

[Location.aspx](#)



## 16 Breakout Sessions!

9 a.m. to 3 p.m.

February 25, 2012

<b>9 a.m.</b>	Registration/Resource Fair
<b>9:30 a.m.</b>	Keynote speaker: <b>Marsha VanDenburgh</b>
<b>10:30 a.m.</b>	Break out sessions: <ul style="list-style-type: none"> <li>• Means Restriction</li> <li>• Bullying</li> <li>• Chemical Health</li> <li>• Healthy Dating</li> </ul>
<b>11:15 a.m.</b>	Lunch / Resource Fair / Fidgety Tales
<b>12:30 p.m.</b>	Break out sessions: <ul style="list-style-type: none"> <li>• Means Restriction</li> <li>• Bullying</li> <li>• Healthy Dating</li> <li>• Housing, Homeless Prevention</li> </ul>
<b>1:20 p.m.</b>	Break out sessions: <ul style="list-style-type: none"> <li>• Financial / DB101</li> <li>• Housing, Homeless Prevention</li> <li>• Advocacy and Guardianship</li> <li>• Independent Living Skills</li> </ul>
<b>2:10 p.m.</b>	Break out sessions: <ul style="list-style-type: none"> <li>• Financial / DB101</li> <li>• Housing Panel</li> <li>• Advocacy and Guardianship</li> <li>• Independent Living Skills</li> </ul>

## Presenters:

### Keynote Speaker:

Marsha VanDenburgh is an adoptive parent and foster parent. She will present on how to navigate the changing world for transition age youth.

### Means Restriction:

Donna Fox, NAMI; keeping youth safe by limiting access to lethal means of self-harm.

### Bullying:

Karina Beirzen, Minnesota Department of Public Safety & Bureau of Criminal Apprehension; educating parents on cyber bullying and internet safety.  
B.U.L.L.Y., Inc. will empower youth to become bully-proof through their goal of: **build** understanding, love and learning for youth

### Chemical Health:

Paula DeSanto, Minnesota Alternatives; learn the issues youth and young adults face regarding substance use/abuse and learn practical skills to promote chemical health.

### Healthy Dating:

Dawn Rutt, Alexandra House; learn about healthy dating relationships.

### Financial / Disability Benefits 101 (DB101):

Erin Kunzmann, Anoka County Economic Assistance & Kevin Lamminen, Minnesota Department of Human Services; demonstrate how the website, [www.db101.org](http://www.db101.org), helps people with disabilities learn how income may impact benefits so they can make informed choices, reduce fears and ensure that work is part of their plan.

### Housing / Homeless Prevention:

YMCA staff and a housing panel of experts will present on housing options and homeless prevention services.

### Advocacy and Guardianship:

Jeanne Ketola, Pathway Consulting; Through her first hand experience on guardianships, learn about how to deal with legal issues as your youth transitions to adulthood.

### Independent Living Skills & Adult Rehabilitative Mental Health Services (ARMHS):

Heidi Floerchinger, Joan Distler, and Shelley Paquette from RISE; Learn steps in securing housing and employment and tips on keeping them both.

Fidgety Tales: Youth from Minnesota Association for Mental Health; Musical performance that re-imagines some of our most memorable tales; in these versions, children with mental health disorders become the heroes of the tales.