

# Join us for MACPO's 2025 Spring Conference May 7<sup>th</sup> – 9<sup>th</sup>



## Come Listen, Learn and Network!

**“Balance your Conflict” Dr. Jody Janati** Learn 101 things to “say and do” during difficult interactions. Maintain your personal integrity through effective communication strategies that really work. Participants will learn step by step responses to transform difficult conversations. Multiple techniques will be discussed to ensure you can find your voice, maintain wholeness and go unimpaired while engaging others during difficult interactions. Learn how to get rid of resistance so you can maintain a drama free life. Be cool, calm and collected and set healthy boundaries with others.

**“First Things First:” Jason Anderson** We have so many demands put upon us – both professionally and personally – and keeping our priorities in order can be daunting. The incentives for keeping these priorities in front of us are significant. Professionally, when we give ample attention to the right client at the right time – and spend our energy with them to address the underlying drivers of unhealthy behavior, long-term outcomes can be affected. And on the home front, when we are equally intentional about how we assign our attention to those in our lives and what we do in our free time, we too can expect long-lasting impacts. Are we living our lives a mile-wide and an inch-deep? Let’s take a moment to gather ourselves. Let’s consider how we are striking this balance and managing to live out our personal and professional lives in a way that is reflective of our priorities. And maybe even laugh a little along the way.

**“Expect The Extraordinary: The Safari Way To Greater Happiness” Steve Fredlund** Life can feel like an African safari, an ongoing experience of ups & downs, high & lows, knowns & unknowns; where excitement and tension run side by side. As we learn to apply the same principles that make safaris epic, we become more engaged, less burnt out, and happier in life, work and leadership. Steve “Safari Dude” Fredlund uses compelling stories from the savannah to invite us into The Safari Way by choosing our experience, getting the right peeps in our Jeeps, doing the unright thing, taking in the view and embracing the adventure.

**“Micro-dosing and Common Trends” Sgt. Tyler Milless** This session will educate attendees about micro-dosing and its dangers... as well as its benefits. Attendees will learn about commonly micro-dosed substances and what effect micro-dosing has on a user. During this session, attendees will also learn about some common trends in the drug-impairment world

**Protect yourself from Control Drama**

**Situational Awareness for Probation Officers in the Field**

**Minnesota Competency Attainment Board and Forensic Navigator Services**

**The impact of co-occurring disorders on treatment outcomes for people with Substance Use Disorders**

**Breaking the Silence: Understanding the Impacts of Domestic Violence on Children and Adolescents**