

## 13<sup>TH</sup> ANNUAL INCLUSION CONFERENCE BREAKOUT SESSION SCHEDULE\*

### YOUTH & CHILDREN

- 10:15-11:15 AM: **Trauma by Danielle Sackrider**
- 12:30-1:30 PM: **Youth Voice, Youth Choice: Calling All Youth and Youth Peer Support Programs Christina Smith, MSW**
  - *In Calling All Youth, the voices and the choices of the young people being served are the single most important component of the program. Youth inform every possible aspect of the program and our activities; they truly guide the work that is done. This work can be seen in various advocacy efforts, community events, creative expressions, and even in policy-making and legislation. To best improve the quality of services—and in order to make them more accessible and equitable—those being served must play an important role in planning. Calling All Youth takes this to heart, and seeks to empower youth to be advocates for themselves and their peers through adolescence and into adulthood. In the Youth Peer Support Program, peers are assigned to work both closely one-on-one with youth, and also with the young person’s family, support system, and continuum of care. Youth Peer Support Specialists empower youth to not only understand their mental health treatment plan, but to gain confidence to have an input in it. They also support youth as they advocate for themselves in their schools with their IEPs. ASK’s Youth Peer Support Specialists focus on person-centered-planning to best help young people navigate the system of care and to help them tailor a custom plan that will work best for them and their individual needs.*
- 1:45-2:45 PM: **Fetal Alcohol Spectrum Disorder by Amy Vliek, PhD, LMSW, SSW**
  - This session will help educators and lay people understand fetal alcohol spectrum disorders and how these disorders impact the lives of children living with FASD. It will discuss the DSW-5 and Center for Disease Controls criteria and common symptoms associated with FASD. It will explain the impact FASD has on kids’ development, and how this impacts homes and schools. It will also share important information from parents of FASD kids, needs of FASD kids, and what school can do to meet those needs.
- 3:00-4:00 PM: **TBD**

## FAMILIES

- 10:15-11:15 AM: ***Neurodiversity 102 by Laura DeThorne, Ph.D.***
  - This breakout session will directly follow-up on ideas from the keynote presentation by exploring how the neurodiversity perspective may impact everyday family life. The emphasis will be on personalized discussion and application.
  
- 12:30-1:30 PM: ***Circle of Support by Sheldon Schwitek***

In this workshop people will:

  - explore how a Circle of Support could be formed about them or their loved one.
  - inventory who is already in their Circle
  - identify other community members whom they would like to invite.
  - develop a plan on how they will invite those who may wish to participate in Personal Support Circle
  
- 1:45-2:45 PM: ***Mediation***
  
- 3:00-4:00 PM: ***Seeking a Life and Friends of My Own! By Karen Longanecker***

In this workshop people will:

  - examine how independent living can be utilized to assist people living in their own home.
  - discuss what Self-Determination is and its connection to creating good a good life in the community
  - identify ways that people can be included in the hiring of their support staff.
  - discover how Direct Support Staff can have meaningful connections with those they support

## **ADULTS**

- 10:15-11:15 AM: ***Supporting Self-Determination, Autonomy and Choice by Kathy Lentz and Susan Rush***
  - All adults seek out assistance with making various decisions in their lives. Many adults with Intellectual/Developmental Disabilities (I/DD) are not afforded the opportunity to make decisions with support from others because a court has appointed a guardianship. Various options for assistance in decision making will be explored, with emphasis on those maintaining the highest level of choice and authority for the individual. Guardianship is the more familiar option; however, it is the most restrictive option. Michigan has one of the highest rates of guardianship for individuals with I/DD in the nation. This session provides the vision for moving beyond guardianship, as well as practical alternatives.
  
- 12:30-1:30 PM: ***Self Advocacy by Sarah Carmany***
  
- 1:45-2:45 PM: ***Sex Education by Anne Gaertner & Mary***
  
- 3:00-4:00 PM: ***Transition: Processes to Discover that First Step into Community by Allison Hammond***
  - Allison will provide information about the MAP and PATH processes and participants will leave with an example of a personal First Step Plan.

## **COMMUNITY**

- 10:15-11:15 AM: ***John Kraker from MRC***
  
- 12:30-1:30 PM: ***Summer Employment at Disability Network with Advocacy Academy by Miranda Grunwell & Lauren Harkness***
  - Learn about Disability Network and the Advocacy Academy: learning what the work day will be like day to day, who should apply to Advocacy Academy and where to get applications, learn about the application process and hear a personal story from a past intern, Lauren Harkness.

- 1:45-2:45 PM: ***History of the Disability Rights Movement by Miranda Grunwell***
  - Learn about the role Battle Creek and Kalamazoo had in the Disability Right Movement, Independent Living Movement, and key leaders in disability history. Also learn about Key Disability Advocacy events in history that changed the lives for many Americans with Disability.
  
- 3:00-4:00 PM: ***Mindfulness: For Those Who Support Others by Sheldon Schwitek***
  - We are realizing that mindfulness is becoming a part of the day to day experience for many people and organizations. Fortune 500 Companies are teaching their employees and successful leaders are making it a part of their daily practice.  
There is an opportunity to utilize the practice of mindfulness to not only make our day to day experience better, but also the days of those we to support better as well. When things get difficult, we are often told to stay calm. However, many of us do not really understand what calm is or how to stay there when things begin to escalate. There is currently a program being developed in Ontario which focuses on teaching caregivers the practice mindfulness so that they are better able to support others. We will be examining some elements of this program and other modalities of mindfulness as a way to expand our ideas of what we can do to support success.

***\*Please note, this is a draft schedule. Breakout times and sessions may change.***