

2016 START NATIONAL TRAINING INSTITUTE It Takes a Village: The Value of Community Networks



About the Institute

The START National Training Institute "It Takes a Village: The Value of Community Networks" features nationally-recognized keynote speakers and presenters, networking opportunities, interactive sessions, and panel discussions that will provide information with regards to evidence-based practices to improve the lives of persons with intellectual and developmental disabilities (IDD) and behavioral health needs. The Institute's primary goal is to build capacity to improve the life experiences of people with disabilities and their families. In addition to the morning keynote presentations and panel discussions, Institute participants will be able to create their own learning experience by choosing from four content strands:

- Positive Psychology and Strength-Based Practices (See sessions marked "A")
- Community Networking and Linkages (See sessions marked "B")
- Health and Wellness (See sessions marked "C")
- Clinical Practices (See sessions marked "D")

The START National Training Institute is an annual event provided by the University of New Hampshire Institute on Disability's Center for START Services as part of the START Professional Learning Community (PLC). The PLC is a collective enterprise comprised of START programs and their partners across the United States that seeks to share information and act on learning to enhance effectiveness as professionals through continuous inquiry and improvement, drawing upon innovation from a diverse range of perspectives.

Who Should Attend

The Institute welcomes anyone who is interested in improving services and supports to people with IDD and behavioral health needs, including START teams and their partners, families, self-advocates, social workers, direct support professionals, case managers, service coordinators, educators, physicians, nurses, emergency services personnel, and mental health crisis team workers.

Keynote Presentations & Speakers

Monday, March 14: Melanie and Phyllis Hecker "ASD and Bi-Polar Disorder: A Self-Advocate and

Parent Perspective"

Melanie and Phyllis will share their perspectives, highlighting gifts instead of focusing on challenges. They will also explore the need to



trust your inner voice as a parent, advocate, and expert in your child's life.

Melanie Hecker is a college student and motivational speaker who has presented on her experiences in a number of forums. Melanie's mother Phyllis has volunteered for several non-profits in upstate New York and spends time speaking at conferences about her role parenting a child on the autism spectrum.

Tuesday, March 15: The Shut-Up Sisters – Gina (Terrasi) Gallagher and Patricia Terrasi "The Movement of Imperfection"

With humor and hope, Patty and Gina provide the parental perspective on the joys and challenges of raising children with differences in a world preoccupied with perfection.



Patricia Terrasi is a Director of Family Services, speaker and videographer. Gina (Terrasi) Gallagher is a Hatch award-winning copywriter and speaker who provides writing and strategic consulting services to several of New England's leading businesses. Patty and Gina are co-authors of Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children.

Wednesday, March 16: Corey Keyes, PhD "Flourishing Is For Everyone"

Professor Keyes will review the evidence that mental health is more than the absence of mental illness, and that promotion of flourishing can reduce the amount and burden of mental illness.

Corey Keyes is a professor of sociology and the Winship Distinguished Research Professor at Emory University.

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Event Basics

Dates: March 14, 15, & 16, 2016

Times: *Monday:* 7:30am – 4:15pm

Tuesday: 7:00am – 4:15pm *Wednesday:* 7:30am – 12:00pm

Location: Sheraton Atlanta

165 Courtland Street NE Atlanta, GA 30303

Registration Fees & Deadlines

Full Institute:	START Member	Non Member	
Early Bird (by 10.15.15)	\$375	\$425	
Regular (by 2.12.16)	\$399	\$450	
Late (after 2.12.16)	\$465	\$525	

Event Policies

Registration Policy:

Advance registration is required and accepted in the order received. Registrant is responsible for making payment arrangements. Payment or a copy of a purchase order must be provided prior to attending.

Cancellation Policy:

To receive a full refund, cancellations must be made in writing seven (7) days prior to the event. Cancellations received within six (6) days of the event are not eligible for a refund, and registrant will be responsible for outstanding fees, if any.



For event-related questions, call 603.228.2085, ext. 23, or e-mail <u>registrations.snti@unh.edu</u>.

Stay Connected



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www.twitter.com/unhiod

Individual Day(s)	Monday, March 14		Tuesday, March 15		Wednesday, March 16	
A La Carte*:	START	Non	START	Non	START	Non
TI Eu Guite .	Member	Member	Member	Member	Member	Member
Early Bird (by 10.15.15)	X 1 5 0	\$179	\$159	\$179	\$79	\$89
Regular (by 2.12.16)	\$179	\$199	\$179	\$199	\$89	\$99
Late (after 2.12.16)	\$250	\$300	\$250	\$300	\$125	\$150

^{*}For the a la carte option, add prices to determine total cost

Professional Development

All participants are eligible to receive University of New Hampshire and National Association of Social Work CEUs. If you would like to add CEUs to your registration, they are available for a one-time flat processing fee of \$25. CEUs are available for any/all continuing education disciplines and are pending approval. Full information will be available online at www.centerforstartservices.org.

Sponsorship & Exhibitor Opportunities

The START National Training Institute would like to invite you to join us as a sponsor and/or exhibitor. Visit www.centerforstartservices.org for more information on how you or your organization can be involved.

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Morning Panel: Monday, March 14, 10:30am - 12:00pm

Through the Looking Glass: Implications of Current Trends in Psychopharmacologic Treatment of People with IDD

Lauren Charlot, PhD, Project Facilitator, Center for START Services; Paula Ravin, MD, Associate Professor, David Geffen School of Medicine, UCLA; Leslie Smith, MD, Medical Director, Ark START; Jen McLaren, MD, Dartmouth Medical School; I. Leslie Rubin, MD, Research Associate Professor, Department of Pediatrics, Morehouse School of Medicine Through literature, case examples, and discussion, experts will highlight key questions and concerns regarding the current trends in practice of psychopharmacologic treatment of people with IDD. This includes discussion about the recent increases in use of psychoactive medications, off-label prescribing, and the relationship between diagnosis, assessment, and treatment. Audience participation will be encouraged.

Breakout Session Descriptions: Monday, March 14, 1:15pm - 2:30pm

Enhancing Group Therapy Through Positive Psychology: Part I (must attend Part I & Part II)

Dan Tomasulo, PhD, TEP, MFA, MAPP, University of Pennsylvania and New Jersey City University

Part I of this two-part session from featured speaker Dan Tomasulo will offer an overview of positive psychology and evidence-based intentional activities used in positive psychotherapy. Appropriate for clinicians and administrators; highly recommended for families, self-advocates, and direct support providers.

New Resources for Building Trauma-Informed Systems for Young People with IDD

Diane Jacobstein, PhD, Georgetown University Center for Child and Human Development; Sherry Peters,

MSW, ACSW, Center for Child and Human Development, Georgetown University

People with IDD face greatly elevated risk for maltreatment, and programs organized to provide safe haven or evidence-based trauma treatment continue to be scarce. *Trauma Informed Care: Perspectives and Resources* is a comprehensive web-based resource designed to support administrators, program directors, and clinicians interested in building trauma-informed systems for children, youth, young adults, and their families. Included are clinical resources, youth and family perspectives, and strategies for systems reform at the state and local levels. Participants will formulate ways they and their programs can better serve youth with IDD and trauma exposure. *Highly recommended for case managers, service coordinators, and others dealing with children's issues.*

Health Promotion Research and Practice for People with IDD

Candice Baugh, MA, LMHC, Clinical Director, NYSTART Region 1, Center for START Services; Amanda Reichard, PhD, Research Assistant Professor, Institute on Disability, University of New Hampshire

This presentation from a researcher and a clinician will include current health research findings and a discussion of how to best translate research into practice in order to ultimately improve quality of life for people with disabilities.

Epigenetics – How Our Environment Changes our Genes and Why We Should Care

I. Leslie Rubin, MD, Research Associate Professor, Department of Pediatrics, Morehouse School of Medicine

Epigenetics is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself. This presentation will examine the role that epigenetic factors play in the etiology of IDD and explore how epigenetic principles can be mined to promote optimal health and function for individuals with IDD and their families.

Breakout Session Descriptions: Monday, March 14, 2:45pm - 4:15pm

Enhancing Group Therapy Through Positive Psychology: Part II (must attend Part I & Part II)

Dan Tomasulo, PhD, TEP, MFA, MAPP, University of Pennsylvania and New Jersey City University

Part II of this presentation from featured speaker Dan Tomasulo will demonstrate how positive psychology and evidence-based intentional activities can be modified for use with people with intellectual developmental disabilities and for implementing Interactive-Behavioral Therapy using positive supervision for facilitators.

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B.2 The New York Statewide START Initiative: A Pilot Update Kate Bishop, MS, Director of Health and Communality Support

Kate Bishop, MS, Director of Health and Communality Supports, NY Office for Persons with Developmental Disabilities (OPWDD), NYSTART; Jill Pettinger, PsyD, NY Assistant Deputy Commissioner of Statewide Services, NYSTART; Gary McIntee, MA, Director, NYSTART Region 1; Angie Francis, BS, NY OPWDD NYSTART's mission is to increase the community capacity to provide an integrated response to people with IDD

and behavioral health needs, as well as their families and those who provide support. This occurs through cross-systems relationships, training, education, and crisis prevention and response to enhance opportunities for healthy, successful, and richer lives. This talk will focus on the NYSTART initiative, lessons learned from the pilot projects, and the in-depth systems analyses conducted in New York City and Long Island.

Genetics Education Materials for School Success: School Can Be a Great Experience for Everyone
Ann Dillon, MEd, Institute on Disability, University of New Hampshire; Karen Smith, BA, Institute on
Disability, University of New Hampshire

This session will provide an overview of the New England Genetics Collaborative (NEGC) mission and activities, setting the stage for a presentation on one of its signature projects: the Genetics Education Materials for School Success (GEMSS) website. *Highly recommended for family members, self-advocates, case managers, service coordinators, and others dealing with children's issues.*

Assessing Movement Disorders in ID/DD Individuals: What is Atypical?

Paula Ravin, MD, Associate Professor, David Geffen School of Medicine, UCLA

This presentation will define patterns of normal and abnormal movement in IDD individuals and present examples of both to help conceptualize the differences.

Morning Panel: Tuesday, March 15, 10:30am - 12:00pm

STARTing with Outcomes: Learning from the Evidence – Promoting Best Practices

Joan Beasley, PhD, Director, Center for START Services; Jill Hinton, PhD, Clinical Director, Center for START Services; Luke Kalb, MHS, Johns Hopkins Bloomberg School of Public Health, NIMH Children's Mental Health Services Predoctoral Fellow; Karen Weigle, PhD, Associate Director, Center for START Services

The START model emphasizes the three A's of service effectiveness: access, appropriateness, and accountability. This session will focus on the third A: accountability. In order to be accountable, START relies on collecting outcome data as a measure of the impact of the START model on the individual, the family, and the system. This session will identify key outcome measures, discuss outcomes in the context of the system, provide examples of outcome-driven START services have impacted systems and individual lives, and discuss current research of the START model.

Breakout Session Descriptions: Tuesday, March 15, 1:15pm - 2:30pm

Z Expressive Therapies Utilized by START Programs

Jason Tuell, LCSWA, Program Consultant, Easter Seals UCP; Charmaine Scott, BA, Travis County TX START; Barry Hamilton, LMSW, Travis County TX START

This training will provide an overview of the expressive therapeutic activities that are used as part of the START program model. This will involve introduction to the fundamental principles that underlie expressive therapy and group therapies, a brief introduction to the START program activities manual, and a video demonstration.

B.3 Communicate, Collaborate, and Cooperate: Working with First Responders

Dave O'Neal, MS, Project Facilitator, Center for START Services & Department Manager, Sound Mental

Health, Seattle, WA

The role of START or crisis services within a community-based system of care requires integration and collaboration. Individuals with IDD present unique challenges to first responders and emergency service systems; these will be identified using video and anecdotal evidence from individuals with IDD and actual responders. The presenter will

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explore helpful ways to communicate with the varied systems, what to expect, and how to link with key emergency service providers. Specific examples regarding collaboration among key stakeholders to build system capacity will be discussed. Participants will receive a training outline for law enforcement and a tool for service providers.

Diet, Nutrition, and Health Factors Impacting Persons with IDD

Bernadette Joubert, MS, RD, LD, BJ's Nutrition Consulting Inc.

Participants will gain an understanding of the power of nutrients and will be able to design a path for practical application for individuals with IDD.

Understanding Pharmacology through Brain Imaging

Leslie Smith, MD, Medical Director, Ark START

People with co-occurring mental health issues and IDD frequently have medications prescribed for behavioral control. In this session, participants will learn to more accurately describe the target symptom for medication treatment and evaluate the response to medications with the help of brain imagery. Also, participants will learn to identify the possible side effects and relative risks to individuals and systems of care dealing with the side effects.

Breakout Session Descriptions: Tuesday, March 15, 2:45pm - 4:15pm

↑ Case Management and Service Coordination

Jill Hinton, PhD, Clinical Director, Center for START Services; Valarie Gauthier, BS, Northern Collaborative Team Leader, NH START; Jillaine Baker, LCSW, Director, NC START Central; Anne LaForce, MA, LPA, Clinical Director, NC START & Project Facilitator, Center for START Services

In this workshop, the presenters will explore the role of service coordinators in supporting individuals and their systems of support. There will also be hands-on exercises regarding strengths-based goal-setting and planning as well as crisis intervention, along with case examples. *Highly recommended for case managers and service coordinators*.

Special Workshop for START Coordinators – Learning and Applying a Systems Approach in START Work: Live Supervision (for START Coordinators only – space is limited)

Joan Beasley, PhD, Director, Center for START Services; Bob Scholz, Project Facilitator & Director, NH START, Center for START Services; Karen Weigle, PhD, Associate Director, Center for START Services

Presenters will describe a structural/strategic approach to systems work and outline specific skills and techniques.

Several types of live supervision will be reviewed and attendees will participate in live supervision with immediate feedback and support. Participants will then discuss the experience of live supervision and how they can incorporate

it into their START teams' functioning.

Social Skills Training for People with ASD

Andrea Kirkman, MS, CCC-SLP, Speech Language Pathologist, Milestones Therapy

This presentation will provide an overview of the significance of addressing social communication skills for individuals with ASD. In addition, the presentation will include strategies for teaching social communication skills using a variety of techniques to facilitate engagement, emotional regulation, conversation skills, and interpretation of nonverbal communication. *Highly recommended for family members, self-advocates, case managers, service coordinators, and others dealing with children's issues.*

Psychopharm and What Can Help When Nothing Else Works

Anne Hurley, PhD, Research Associate Professor, Institute on Disability, University of New Hampshire & Associate Clinical Professor, Tufts University School of Medicine; Jarrett Barnhill, MD, DFAPA, FAACAP, Professor & Director, Developmental Neuropharmacology Clinic, University of North Carolina Chapel Hill; Adam Kaul, MD, Medical Director, Region 1 Va REACH; Jen McLaren, MD, Dartmouth Medical School

The use of psychiatric medicines for people with intellectual disability has been dominated by drugs used to suppress behavior rather than for therapeutic purposes. Controversies, issues, and solutions will be the focus of this session.



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Daily Agenda at a Glance

	Monday, March 14	Tuesday, March 15	Wednesday, March 16	
7:00am		Yoga for Everyone: Adaptive yoga demonstration <i>Keith Beasley</i>	Yoga for Everyone: Adaptive yoga demonstration <i>Keith Beasley</i>	
7:30am	Registration	Registration	Registration	
	Continental breakfast	Continental breakfast	1.08.0.1.0.1	
8:00am			Full breakfast	
8:30am	Welcome	Welcome		
8:45am		Keynote Presentation: "The Movement of Imperfection" The Shut Up Sisters: Gina (Terrasi) Gallagher & Patricia Terrasi		
9:00am	Keynote Presentation: "ASD and Bi-Polar Disorder: A Self-Advocate and Parent Perspective" Melanie & Phyllis Hecker		Awards & Final Words Joan Beasley, Director, Center for START Services	
10:00am	Break (Poster session & exhibitor area open)	Break (Poster session & exhibitor area open)	Break (Exhibitor area open)	
10:15am			Keynote Presentation: "Flourishing is for Everyone" <i>Corey Keyes</i>	
10:30am	Panel Discussion: "Through the Looking Glass" Lauren Charlot, Paula Ravin, Leslie Smith, Jen McLaren, & I. Leslie Rubin	Panel Discussion: "STARTing with Outcomes" Joan Beasley, Jill Hinton, Luke Kalb, & Karen Weigle		
12:00pm	Lunch (on your own)	Lunch (on your own)	Institute adjourns	
1:15pm	Breakout sessions See sessions A.1 – D.1	Breakout sessions See sessions A.3 – D.3		
2:30pm	Break	Break		
2:45pm	Breakout sessions See sessions A.2 – D.2	Breakout sessions See sessions A.4 – D.4		
4:15pm	Adjourn for the day	Adjourn for the day		
4:30pm	Study groups meet*	Study groups meet*	*By invitation only	
5:00pm		Networking social & Open mic		

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Travel Information

The START National Training Institute is being held at the Sheraton Atlanta, located at 165 Courtland Street NE, Atlanta, Georgia, in the heart of downtown Atlanta, just blocks from major destinations, the entertainment district, and many restaurants. For more information about the Sheraton Atlanta and surrounding area, visit www.sheratonatlantahotel.com.

Accommodations: Overnight rooms are available at a discounted rate to all Institute registrants at a rate of \$175 per night plus tax. *Blocked room rate available through February 17, 2016.*

- **Book online:** Visit <u>www.starwoodmeeting.com/</u> Book/CenterforSTARTServices
- **Book via phone:** Call 1.404.659.6500. Please mention that you are with the Center for START Services National Training Institute

Airport & Ground Transportation: The most convenient airport to the Sheraton Atlanta is Hartsfield-Jackson Atlanta International Airport (ATL), located approximately 15 minutes from the hotel. The hotel advises that guests take advantage of SuperShuttle Atlanta for reliable transportation to and from the airport by booking a reservation at 1.800.258.3826 or at the hotel's front desk/concierge service. Single traveler and group rates are available for one-way, round-trip, and exclusive service. SuperShuttle vans depart from the airport every 15 minutes. In addition, a variety of rental car and taxi services are available to air travelers. The hotel is also easily accessible from the Metropolitan Atlanta Rapid Transit Authority (MARTA), which stops just two blocks away.

Hotel Parking: The hotel offers both self and valet parking with unlimited in and out privileges. Rates vary based on hours parked. To ensure an easy arrival, self-parking guests are advised to unload their luggage with the valet at the hotel's front door prior to self parking.

About the Institute on Disability / UCED

The Institute on Disability at the University of New Hampshire was established in 1987 to provide a university-based focus for the improvement of knowledge, policies, and practices related to the lives of persons with disabilities and their families.

University of

Special Activities & Awards

Yoga for Everyone (Tuesday and Wednesday mornings) will provide a framework for conducting a basic yoga practice for persons with DD or other special needs. The instructor will outline how to plan and practice a yoga routine, including how to consider a person's general abilities, limitations, and contraindications; how to create the right environment; methods that help promote a positive experience; and ways that yoga can improve daily living skills.

The START Networking Social and Open Mic (Tuesday evening) is an opportunity for all Institute participants to network with members of the START community nationwide. A cash bar and hors d'oeuvres will be provided, and the poster session award will be presented. We are a musical community; please bring your instruments.

START Services will present the START Team Award, the Case Management/Service Coordinator Award, and the START Network Partner Award, recognizing members of the START community (Wednesday morning). In addition, the William Gardner Award will be presented to a national leader in the field of MH/IDD. This award was developed in honor of Dr. William I. Gardner, a beloved mentor, friend, and member of the START National Training Team who passed away in 2014.

About START

The Center for START

Services—Systemic, Therapeutic, Assessment, Resources and Treatment—is a national initiative that strengthens efficiencies and service outcomes for individuals with IDD and behavioral health needs in the community. START aims to improve the lives of persons with IDD and behavioral health needs and their families through fidelity to the START model with exemplary services and supports that emphasize local, person-centered, positive, multidisciplinary, cost-effective, and evidence-informed practices.

New Hampshire

Institute on Disability/UCED



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Registration Form

Check the appropriate price(s) based on desired attendance:

Full Institute	START	Non Mem	
Early Bird (by 10.15.15)	\$375	\$425	
Regular (by 2.12.16)	\$399	\$450	
Late (after 2.12.16)	\$465	□ \$525	

Register Online at centerforstartservices.org
centerforstartservices.org

603.228.3270

56 Old Suncook Road, Suite 2

Concord, NH 03301

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Individual Day(s)	START	Non Mem	START	Non Mem	START	Non Mem
Early Bird (by 10.15.15)	\$159	\$179	\$159	\$179	□ \$79	\$89
Regular (by 2.12.16)	S179	\$199	\$179	\$199	□ \$89	\$99
Late (after 2.12.16)	\$250	\$300	\$250	\$300	\$125	\$150
Add CEUs to my total reg	gistration cost	(\$25 flat fee)	То	tal registration	n cost: \$	
Select desired breakout session [one per vertical set as applies based on date(s) of attendance	e]:	C.1	B.2	A.3	A.4 B.4 (<i>START</i> C.4 D.4	Coords only)
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^{**}Payment or a copy of a purchase order must be received prior to participation. Registrant is responsible for making payment arrangements. Cancellation notice must be received in writing seven days prior to event to be eligible for a refund.