

YOU ARE THE EXPERT CONFERENCE 2008
Celebrating Families and Professionals: The Heart of Success
Agenda

Friday, April 4, 2008

8:00 am — Continental Breakfast and Welcome

8:45 am - 10:15 am — Keynote Presentation:

Believing is Achieving by Kimmer Gordon & Ken Larson

People's first language.

People will learn how to transition from one stage of life to another stage by hearing stories from people who were successful.

10:30 am - Noon — Breakout sessions

1. *Recognizing Stress and Depression by Renee Arcement*

They are good at masking it, and adults often do not recognize the problem of stress or depression in kids. Many times not recognizing there is a difference. It is also not uncommon for the behavior of child under stress to aggravate the adult's stress, resulting in an escalation of the problem.

Renee Arcement will guide us through a process of being able to recognize stressors in children, and know when to get help for depression.

2. *Children with Special Healthcare Needs and the Medical Home by Kate Orville & Cassie Johnston*

This workshop will describe what a medical home is and how to identify strategies to work with your medical home and advocate for your child with special health care needs utilizing an IEP or 504 plan. Participants will understand what a medical home is and be able to identify if they have a medical home for their child. They will be given clear strategies on how you might involve a medical home in the IEP or 504 Plan as related to what the law requires. The participants will hear stories on why involving a medical home is important and can enhance the child with special health care needs ability to learn and participate in the educational setting.

3. *Conversations with OSPI's Ombudsman by Kristin Hennessey*

Kristin Hennessey is Washington State's Special Education Ombudsman. Come meet her and learn about her role within special education.

Attendees can learn about services she provides, issues she commonly addresses, as well as strategies for resolving special education related disputes at the lowest level possible. Kristin can also share information about dispute resolution options available to parents for formalizing a disagreement or complaint with a school district regarding the provision of special education services. Finally, Kristin Hennessey can provide information and resources that will empower YOU to find the information you need to become a more effective and participatory IEP team member.

4. ***Traumatic Brain Injury*** by Barbara Curtis

Identification of offenders with a history of traumatic brain injury can lead to reduction in behavior issues and possibly recidivism when treated appropriately. This discussion will describe the brain's response to injury and ways to identify and manage those responses in the prison setting. This presentation will describe basic anatomy of the traumatic brain injury, including chemical alterations that occur, and discuss the effects these changes have on behavior.

The participant will learn what cognitive disorders as well as mental health issues can be related to TBI, such as affective disorder, personality changes, attention deficit, stress and depression.

Noon - 1:00 pm — Lunch

1:15 pm - 2:45 pm — Breakout sessions

1. ***Specific Learning Disabilities and Response to Intervention*** by Paul Alig

This session will introduce parents, teachers, students and advocates to the new Washington rules for specific learning disabilities with tips to advocate for students. Significant discussion will be devoted to eligibility rules and the new rules for response to intervention.

This session will have advocating tips. It is meant for people without significant knowledge of these laws, but also interested in learning more, so that they may advocate for students with learning disabilities.

2. ***Strengthening Families through Early Care & Education*** by Helen Jones, Ph.D.

What is the Strengthening Families through Early Care & Education Washington Initiative? What are the experiences of the pilot sites that have partnered parents with providers to find ways to strengthen families and enhance the well-being of children? Hear from the people who have been on the front lines of this initiative. Contribute your ideas about what else might further this important work.

Every participant will leave this session with thoughts about how they can, individually and within organizations, enhance relationships among parents and providers, and better support the well-being of children and families.

3. ***Safe and Strong: Personal Safety Strategies for People with Developmental Disabilities*** by Don and Nancy Martin

"Safe and Strong", a video curriculum produced by Irene Lucas, is being used in Kitsap County by South Kitsap and Bremerton School Districts and other providers with the support of community partners. Representatives of Kitsap County Parent Coalition, the lead on this community project, will provide a

preview of **Module I: Safety in the Community** and share how the community was brought together to support this program.

This session would provide an opportunity for the audience to preview a video curriculum designed to replace vulnerability with knowledge and safety training. This session will also provide ideas for making this training available to other communities.

4. **Tips on How to Prepare For a Due Process Hearing** by *Administrative Law Judges*.

a) Tips on how to prepare for special education administrative due process hearing in Washington State;
b) General information about who the special education ALJs are and how cases are assigned; and
c) Important recent changes in pre-hearing and hearing procedures brought about by IDEA '04 and its implementing regulations. Since there is only an hour and a half for each session, by necessity these will be general overviews.

3:00 pm - 4:30 pm — Breakout sessions

1. ***Community Café: Changing the Lives of Children through Conversations that Matter*** by *Robin Higa, Mary Ellis-Meraz, and Linda Sisson*

What if all meaningful change in families, neighborhoods and systems required intentional conversation? What if there were a technique out there that was already helping businesses, communities, countries and systems achieve the change they wanted? What if you were able to learn about this technique and implement it in a way that facilitated partnerships with parents and providers to invigorate action? What if the action focused around five of the most critical factors of a child with disability's ability to thrive? This experimental session is led by experienced parent leaders in the disabilities field who want to give you the opportunity to tap into the group's wisdom to answer all of these questions.

Participants will gain an understanding of the five critical protective factors that every family needs; have an opportunity to model observe and participate in parent leadership in action; learn the basic principles of conducting a Café conversation on their own; learn about the World Café model and the Strengthening Families through Early Care and Education protective factor framework.

2. ***Advocating for Your Child with Disabilities in Systems of Care*** by *Vicky McKinney*

Navigating and asking for services from systems of care can be a nightmare, especially while caring for an individual with a disability. This session will share what we and other advocates, with over 20 years experience, have learned from the front lines: strategies, key phrases, understanding eligibility criteria and positive ways to get systems of care to work to benefit your family.

Individuals will benefit through gaining understanding of the major systems of care and how they function. Learning strategies to successfully advocate in these systems and put them into practice to benefit their families and others.

3. ***Restraint, Seclusion & Positive Behavioral Interventions in Schools: The Good, The Bad and The Ugly*** by *Tricia and Cal Luker*

The use of physical restraints and seclusion is a growing concern for parents of children with disabilities, as well as advocates, attorneys, mental health and school professionals. Untrained school personnel

regularly restrain and seclude children with disabilities. These interventions can result in mental and physical harm to children and in some cases have resulted in death. There are positive techniques which do not include restraint and seclusion which have proven to be effective in preventing and de-escalating aggressive, self injurious and disruptive behavior.

This session will address recent trends in the use and abuse of seclusion and restraint from both a psychological and legal perspective. The use of proactive strategies such as positive behavioral interventions will be discussed. How to effectively conduct a functional behavioral assessment ("FBA") and implement a comprehensive behavioral intervention plan ("BIP") will be also be discussed.

4. ***Tap Dancing on Quicksand while Gargling Peanut Butter*** by Sarah Pennington

Through hilarity and tears, I will facilitate participants in equipping themselves to survive life's most difficult situations. I will share my own story while offering hands on ideas for self care during critical times.

Participants will walk away with concrete methods to find calm in the midst of chaos, a renewed confidence of their innate ability to accomplish and survive the task life has handed them.

6:00 pm - 9:00 pm — Reception and Silent Auction

6:00 pm -9:00 pm — Youth Dance (Hawaiian Theme)