

Inspiring Abilities Expo 2015 Speaker Schedule and Session Information

9:30 am

Session A1

Room 1217

Speaker Beth Waite, MA-CCC/SLP-ATP, Children's Resource Group
Session Title Social Skills for All

No matter what age we are, social skills are important for getting along with others, maintaining relationships, and carrying on conversations. Often individuals with cognitive disabilities or an autism spectrum disorder struggle with the language and behavior necessary for these expected interactions. Not understanding expected behaviors and the "unwritten" rules of interaction can interfere with friendships, family relationships, school and community involvement and even employment. An adult with social skills deficits can be capable of doing the essential functions of a job, but still not stay employed because of lack of appropriate social skills. This session will explore the deficit areas and the social skills we need to teach individuals at a basic skill level through college. Strategies for improving social skills and resources will be shared.

About the Speaker

Beth is certified by the American Speech and Hearing Association and RESNA (the Rehabilitation and Assistive Technology Society of North America) as a speech-language pathologist and assistive technology practitioner. During the past 29 years she has worked with individuals with significant communication needs and has learned a lot from them! She supports students using speech generating devices and low tech strategies, their staff, and families. Beth has also developed and managed social skills training groups for elementary through high school age students. She is the Assistive Technology Coordinator for Hancock Madison Shelby Educational Services in Greenfield. A frequent presenter at state and national conferences, Beth also provides speech-language therapy, social skills training and assistive technology consultation services through CRG/Children's Resource Group in Indianapolis. Contact Information: bwaite@childrensresourcegroup.com

9:30 am

Session A2

Library

Speaker Parent Panel—Amy Borgmann, Heather Dane, Sarah O'Brien, Mary Roth
Session Title Lessons Learned: My Parenting Journey

This panel of experienced parents share their stories about valuable lessons they've learned along the way while parenting their children with special needs. The panelists cover all age groups and multiple areas of need. Audience members will have an opportunity to ask about specific areas of concern, so this will be an interactive session.

About the Panelists

- Amy Borgmann is the Development Director and the Broker/Owner of Borgmann Realty. Amy is co-founder of FUSE and has assisted with developing FUSE from a small parent support group into a growing non-profit corporation over the past 19 years. Amy has a 19 year old son, Jacob, who has Cerebral Palsy and a visual impairment. Jacob graduated from Greenfield Central High School in 2013. He is currently a sophomore at Ivy Tech College and

will be pursuing a degree in Broadcasting at University of Indianapolis in the fall of 2015. Jacob utilizes supports from Vocational Rehabilitation, the Medicaid Waiver and PA Services to access the supports he needs to attend college.

- Heather Dane currently works as a Health Information Specialist with Family Voices Indiana where she assists families and professionals in navigating the various and complicated systems serving children with special health care needs. She is also the 2014-2015 Family Leadership Fellow with The Riley Child Development Center LEND Training Program. Heather lives in Indianapolis with her husband and two children, Joseph who is 11yr and Mikayla who is 4yr. Joseph and Mikayla have similar but different rare neurological disorders. Joseph has Schizencephaly and Mikayla has Porencephaly. They both share the diagnosis of Periventricular Leukomalacia, Cerebral Palsy, and Epilepsy. Each child has their own unique strengths, challenges, and health concerns. It is because of the experiences and joys of raising two children with special health care needs that Heather has found a passion in serving families as well as advocating for inclusion and the rights of all persons living with a disability.
- Sarah O'Brien and her husband, Jeff live in New Palestine. Sarah is a business teacher at New Palestine High School. Sarah has served as a parent member of her local First Steps council and is a graduate of the Partners in Policymaking program. Sarah and her husband have both served on the FUSE Board of Directors and also on the finance committee for many years. Their son, Ben, is a freshman at Ball State, and daughter, Carrie, is a sophomore at New Palestine High School. Carrie has cerebral palsy as a result of a stroke when she was just a few days old. Carrie is active as a volunteer at Frenzy Animal Rescue and enjoys riding horses at Edelweiss and cheering with the Shining Shamrocks cheer squad at Gymnastics Unlimited.
- Mary Roth is the Lead Ally for the Autism Society of Indiana. Mary's passion is helping parents find the resources they need to improve their family life and their children's future. Since her involvement with Autism Society of Indiana began in 2008, Mary has been an advocate in special needs education, legislation, and mental health awareness. Every day, she works with parents who struggle to get proper services for their children at school and home, and manages eleven other Allies serving families all over Indiana. She administers the Autism Resource Network of Indiana, a public online database of providers, events, and other information. Mary and her husband have two teenage daughters, one of whom is one the spectrum. She grew up in Indiana, has a degree in Mechanical Engineering from Purdue University, and has worked in the paper, chemical, and energy industries.

11:15 am

Session B1

1217

Speaker Jill Ginn, The Arc Master Trust
Session Title Futures Planning and the Arc Master Trust

Are you wondering how to provide for your child's needs without endangering eligibility for government programs after you are gone? Are you a professional or advocate who assists someone with means-tested benefits who is approaching their \$2000 asset limit? Families, advocates and professionals will have the opportunity to learn more about The Arc Master Trust and other

information on future planning as well as information about how an individual with a disability can fund his or her own trust.

About the Speaker

Jill Ginn is the Assistant Trust Director for The Arc Master Trust. The Arc Master Trust founded in 1988 and serves people of all disabilities, including people with physical, mental, emotional, intellectual and other developmental disabilities. Prior to this position, Jill joined The Arc of Indiana in 2007 and was The Arc Advocacy Manager for five years, leading a team that assisted more than 2000 people per year navigate disability systems and government programs.

Jill graduated from IU Business School in 1989 with a degree in Marketing. Later she obtained teaching credentials and taught Elementary and Jr. High for five years. Jill, her husband Jim and three sons reside in Fishers, Indiana.

11:15 am

Session B2

Library

Speaker Julie T. Steck, Ph.D., HSPP, Children's Resource Group

Session Title Recognizing and Addressing Anxiety in Individuals with Developmental Disabilities

Approximately 18% of adults experience symptoms of an anxiety disorder in any given year. Anxiety is probably the most common mental health condition for which individuals seek treatment. Individuals with developmental disabilities (DD) experience even higher rates of anxiety, yet their anxiety is often not recognized and, thus, not addressed. Often anxiety is misinterpreted as a behavior problem. This session will focus on recognizing anxiety as a common concern for those with DD and include real-life examples of how anxiety can be addressed in everyday life.

As a result of attending this presentation, attendees will:

- Identify three common behaviors or symptoms of anxiety in those with DD
- List three strategies for lessening anxiety in those with DD
- Recognize approaches for treatment of anxiety in individuals with DD

About the Speaker

Dr. Julie Steck is a psychologist with CRG/Children's Resource Group, a multi-specialty behavioral health practice. Dr. Steck specializes in the evaluation of children and adolescents with developmental, learning, emotional, and behavioral concerns. In addition to evaluation, Dr. Steck focuses on treatment of children and adolescents through individual therapy the child/adolescent and through working the family and school personnel to assist them in adapting to the child's needs. Areas of expertise include autism spectrum disorders, mood disorders, ADHD and learning disorders. Dr. Steck has worked with children for 40 years as a teacher, school psychologist and psychologist.