2020 I/DD SERVICES CONFERENCE: BUILDING BLOCKS FOR THE FUTURE IN PRACTICE

March 19-20, 2020
The Education Center at Eastern AHEC
2600 W. Arlington Blvd., Greenville, NC

About the Conference
This year’s conference continues to encourage I/DD professionals and health providers to learn together to improve health outcomes and increases the quality of life in the I/DD population in North Carolina. The conference will feature a variety of sessions geared toward empowering the provider to enhance clinical practice. Medicaid transformation is the driver that will bring integrated care to its full fruition.

Karen Luken, a leader in the advocacy for people with developmental disabilities, will be the opening speaker discussing the current state of I/DD services and updates on Medicaid transformation. She brings more than 35 years of experience in disability and health.

Participants should expect sessions on Medicaid transformation, integrated care, the use of CBD oil in the autism community, behavioral management, and many more. A track addressing common medical concerns of I/DD patients will be available on Day 2 (i.e. medical complexities, complications with poly-pharmacy, cognitive changes/dementia). Choose to register for the entire conference or just one day. Don’t miss out on this conference and the opportunity to be a part of a vital discussion with a diverse group of professionals on enhancing whole person care for this population.

Participants of this conference will be offered the opportunity to access two follow-up webinars available in May and September 2020 at no cost. Details about the webinars and how to access them will be emailed to all participants after the conference. This continuing education opportunity is jointly provided by Duke AHEC.

TARGET AUDIENCE
- Professionals working with children, adolescents, and adults with IDD
- Licensed Professional Counselors
- Families/Caregivers
- Public/Allied Health Professionals
- Psychologists
- School Personnel
- Early Intervention Staff
- Case Managers
- Care Coordinators
- Qualified Professionals
- Group Home Personnel
- Direct Care Providers
- Nurses
- Social Workers
- Healthcare Providers (Nurse Practitioners, Physician Assistants)
- All interested behavioral health professionals
Conference Objectives

- **Recognize** key components of integrated care that will take place during NC Medicaid transformation and how that will affect persons with I/DD
- **Identify** evidence-based approaches for collaboration to identify risks, improve access and care, and identify strategies and resources that support optimal health for individuals with I/DD
- **Discuss** health concerns common among those with I/DD, prevention strategies, and risks associated with polypharmacy

Planning Committee

**Tonia Joyner, MS, LCAS**  
Assistant Director  
Mental Health Education  
Eastern AHEC

**Laura Billey, MSN, RN**  
Associate Director  
Nursing & Allied Health Education  
Eastern AHEC

**Rhonda Godwin, LRT**  
Recreational Therapist IV  
Vidant Behavioral Health

**Jaime Marcum, BS, QP**  
Associate Director of Services  
Autism Society of North Carolina

**Jacob Spurrier, BSW/AP**  
Associate Autism Service Coordinator  
Autism Society of North Carolina

**Deborah Gorham, QA**  
Better Connections, Inc

**Jessica Coombs, BA**  
Lead IDD Care Coordinator  
Eastpointe Human Services

**Shelia Wooten**  
Staff Development Director  
Caswell Developmental Center

**Gary Stainback, PhD.**  
Adjunct Faculty Psychology Department  
East Carolina University

**Belinda Hobbs, RN-BC**  
Nurse Consultant-Staff Development  
O’Berry Neuro-Medical Treatment Center

**Denise Taylor**  
Staff Development Coordinator  
O’Berry Neuro-Medical Treatment Center

**Crystal Dougherty, OPMS**  
I/DD Care Coordinator Manager  
Trillium Health Resources

**Sara Stanton, MA, NCC**  
Associate Clinical Director  
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www.easternahec.net/sign-in
OBJECTS IN THE MIRROR ARE CLOSER THAN THEY APPEAR: AM I READY FOR MEDICAID MANAGED CARE?

KAREN LUKEN, MS
Disability and Health Consultant, The Arc of NC and Autism Society of NC

The warning on a passenger car door mirror is intended to make you aware that the perceived distance between you and another car or object is less than you think. Yet the view may be different for the driver and passengers. How are you calculating the distance between you and Medicaid Managed Care implementation? In this time of change it is critical that we keep our core values and principles in view. What adjustments do you need to make to ensure you are capturing the right view?

During this session, participants will evaluate their readiness to move forward with Medicaid Managed Care implementation and refine their plan of action. Challenges that may limit success for individuals with I/DD, families, providers, and our communities during this time of system change will be discussed. The session will conclude with discussion on strategies that can be put in place to ensure that people with I/DD are supported to achieve optimal health across their lifespan.
SESSION B - Sexual Violence Prevention for Individuals with Developmental Disabilities

MARGARET DERAMUS, MS, CCC-SLP
Speech Language Pathology Faculty, Clinical Instructor, UNC Carolina Institute for Developmental Disabilities (CIDD)

MORGAN PARLIER, MSW, LCSW
Clinical Social Work Faculty, Clinical Instructor, UNC Carolina Institute for Developmental Disabilities (CIDD)

Individuals with intellectual or developmental disabilities (I/DD) are more likely to be victims and/or offenders of sexual assault than the general population. Therefore, it is imperative that adolescents be educated regarding sexual behaviors, boundaries, and healthy/unhealthy relationships to address sexual violence within this population. This presentation will relay the alarming statistics of sexual assaults among individuals with I/DD, reinforce the need for widespread comprehensive sexuality education amongst this population, and identify the components and required modifications of a comprehensive curriculum. The presenters would also like to promote group discussion regarding barriers and benefits of providing sexuality education to individuals with I/DD.

SESSION B - Making the Parent/Professional Relationship Work

ANN PALMER, BA
LEND Family Faculty, UNC Carolina Institute for Developmental Disabilities (CIDD)

Based on personal and professional experience, the presenter will discuss the stressors that parents of children with disabilities, and the professionals who serve them, may be tackling and bringing into a new parent/professional relationship post receiving a diagnosis. The presenter will discuss the qualities needed in both the parents and professional to foster developing and maintaining a good working relationship. The presenter will discuss the importance of getting to know the family and develop a foundation of trust. Strategies will be presented to address potential conflict when problems arise during the treatment process.

This presenter is being supported through a partnership between the UNC-CH, School of Social Work and the NCAHEC Program.

SESSION C - Ethics, Advocacy & Leadership: Improving Service Delivery Through Advocacy Interventions

SUSAN G SHERMAN, PHD, CPM, CRC, LPC
Assistant Professor and Director of Rehabilitation and Career Counseling Program and Rehabilitation Counseling Certificate, College of Allied Health Sciences, Department of Addictions and Rehabilitation Studies, East Carolina University

STEVEN R. SLIGAR, EDD, CVE, PVE
Professor and Coordinator of the Graduate Certificate in Vocational Evaluation, College of Allied Health Sciences, Department of Addictions and Rehabilitation Studies, East Carolina University

Practicing healthcare professionals face ethical dilemmas daily; and at the same time are called upon to serve as advocates for their profession, agency, and the persons served. Advocacy dilemmas are dynamic and range from funding issues, to multi-cultural influences, relationships/ boundaries, the list goes on... All of these occur in a dynamic environment of changing laws, social mores, and technology. In order to manage this diversity of topics, four types of advocacy are defined. An ethical problem-solving model will be presented and applied in case scenarios. Participants will develop strategies to incorporate this model into their practice upon their return to work.

SESSION D - Things are not Always What They Seem to be: Supporting Optimal Health for Individuals with I/DD and Co-Occurring Psychiatric and Physical Health Issues

KAREN LUKEN, MS
Disability and Health Consultant, The Arc of NC and Autism Society of NC

JILL HINTON, PHD
Consultant, The Arc of NC, Easter Seals UCP, Clinical Director for Center for START Services, University of New Hampshire

Children and adults with intellectual and developmental disabilities have high rates of medical concerns and unmet health needs. Research has documented that common medical issues can cause irritability, altered mental status, and behavior changes that are often misdiagnosed, resulting in ineffective treatment interventions. This session will explore the intersection between physical health, one’s environment, and disability and identify pragmatic approaches that support optimal health and quality of life. There will be a combination of didactic presentation, case-based learning and small group discussion.
SESSION A - **A Systematic Approach to Behavioral Intervention**

**LOUISE SOUTHERN, M.ED., BCBA**  
Associate Director - Clinical and Education, Autism Society of North Carolina

Addressing problem behavior is almost never easy, and in most cases, there is not just one reason why the behavior is happening. In response to these challenges, this session will provide a basic problem-solving framework for addressing problem behaviors. Key questions addressed will include: What are these behaviors communicating? What preventative and response strategies should we apply? What can we teach the individual to do instead? How can we all get on the same page when addressing challenging behavior?

SESSION B - **It's Never Too Early: How to Prevent, Recognize, and Treat Alcohol and Drug Use in the ASD/DD Community**

**ELIZABETH KUNREUTHER, LCSW, LCASA**  
Clinical Instructor, UNC Department of Psychiatry Addictions and Detoxification Unit  

**ANN PALMER, BA**  
LEND Family Faculty, UNC Carolina Institute for Developmental Disabilities

Evidence suggests Substance Use Disorder (SUD) is increasing among the ASD/DD community. In this session, protective and risk factors associated with ASD and I/DD for developing a substance use disorder will be discussed. The behavioral connections between an autism spectrum diagnosis and a substance use diagnosis, including routinized and perseverative behaviors will be identified. Participants will be able to implement strategies for co-occurring ASD/DD and SUD such as specifically tailored assessments, schedules, and narratives.

Ann Palmer is being supported through a partnership between the UNC-CH, School of Social Work and the NCAHEC Program.

SESSION C - **Teaching Social Skills to Young Children With Social Communication Challenges**

**MARGARET DERAMUS, MS, CCC-SLP**  
Speech Language Pathology Faculty, Clinical Instructor, UNC Carolina Institute for Developmental Disabilities (CIDD)

Individuals with intellectual or developmental disabilities (I/DD), and particularly individuals on the autism spectrum, often experience challenges with social communication and emotional regulation. As a result, they are prone to a higher incidence of social and behavioral problems at home or at school. Social challenges not only impact interpersonal relationships, but also academics. This session will provide an overview of these core challenges and outline the selected social and emotional intervention strategies, which can be implemented to help improve the lives of individuals with I/DD and on the autism spectrum.

SESSION D - **Interpretives: Providing Feedback Beneficial to Families**

**MORGAN PARLIER, MSW, LCSW**  
Clinical Social Work Faculty, Clinical Instructor, UNC Carolina Institute for Developmental Disabilities (CIDD)

An interpretive session is when a clinician or team meets with a family after the evaluation process to discuss the findings from the assessments, any diagnoses, and recommendations. The feedback session is a memorable experience for most families, especially if they are receiving a diagnosis for the first time. The focus of this presentation will be on describing the components of an effective interpretive, strategies for preparing a comfortable environment, who should participate, what information to convey, and providing strategies for supporting families in response to several common emotional responses. Vignettes, video excerpts and group discussion will be integrated in order to illustrate the benefit of effective interpretives.
SESSION A - Rethinking Guardianship in North Carolina

LINDA KENDALL-FIELDS, M.ED.
Clinical Assistant Professor, UNC Chapel Hill School of Social Work, UNC Chapel Hill

Guardianship removes an adult’s rights to manage his or her life decisions and places those decision-making responsibilities with a court-appointed guardian. Congress finds that an estimated 1.3 million adults and approximately $50 billion in assets are under the care of guardians in the United States, often with few safeguards in place to protect individuals in the system. Since 2015, a diverse and motivated group of stakeholders in North Carolina have been working to “rethink guardianship” by improving the state’s current system and promoting the use of less restrictive options to guardianship. This session will describe the efforts and accomplishments of Rethinking Guardianship Initiative and invite participants to apply new ways of supporting decision-making among elders and adults with disabilities.

This presenter is being supported through a partnership between the UNC-CH, School of Social Work and the NCAHEC Program.

SESSION B - Polypharmacy in the I/DD Population

ROBERT BLANCO, MD
Associate Professor, Division of Child and Adolescent Psychiatry, UNC Department of Psychiatry Liaison, Office of International Activities, UNC School of Medicine Medical Director, NC START Central

This session will define polypharmacy in the I/DD population and how to spot it. Participants will learn the evidence base surrounding prescribing medication in this population and how to rationally prescribe in a variety of treatment sessions. The de-prescribing of medication in polypharmacy and the risks and benefits of this approach will be discussed.

SESSION C - Modified Dialectical Behavioral Therapy: Interventions to Enhance Emotional Regulation Skills and Decrease Challenging Behaviors in Adults with I/DD

SHERRY MERGNER, MSW, LCSW
Clinical Assistant Professor, AHEC Liaison, UNC Chapel Hill School of Social Work, UNC-Chapel Hill

This presentation will provide an overview of Dialectical Behavioral Therapy (DBT) and modifications that can be made to adapt this curriculum for use with adults with I/DD. A review of the emerging literature suggesting that this evidence-based practice is an effective intervention for improving emotional regulation and reducing challenging behaviors in adult participants with. Finally, the presenter will discuss the modified DBT group being run at the UNC Carolina Institute for Developmental Disabilities (CIDD) and introduce several emotional regulation skills and strategies from the curriculum.

This presenter is being supported through a partnership between the UNC-CH, School of Social Work and the NCAHEC Program.

SESSION D - Is it Behavior or Sensory: Defining Sensory Modulation and its Role in Child Development

BALEIGH NICHOLS, OTR/L
Licensed Occupational Therapist, Carolina Therapy Connection

SHELBY BRAGG, COTA, NBCOT
Certified Occupational Therapy Assistant, Carolina Therapy Connection

This session will explore one of the most popular questions that we hear all the time: is it behavior or is it sensory? The presenters will define sensory processing disorder and non-sensory behavior problems and identify the differences between the two. Presenters will examine the contributing factors that play a role in child development including environment and specific diagnosis (i.e. Autism Spectrum Disorders, Sensory Processing Disorder, etc.). Resources and strategies to help identify and improve challenging and sensory-related behaviors will be provided. The importance of utilizing an integrated team approach will also be discussed.
SESSIon A - Real Life Application of Advance Care Planning: A Hands-On Decision Tree Workshop

LEIGH ANN KINGSBURY, MPA
Managing Consultant, The Lewin Group

In this session we will explore the differences between competency and capacity, address the issues of urgency and significance in decision-making, and discuss the roles of health care power of attorneys and guardians. Using real-life scenarios, participants will practice walking through a decision-tree process for helping ourselves and others make critical health care decisions and understanding who to involve in those decisions. This is an experiential workshop and participants will work in small groups for the majority of the time.

SESSIon B - Medical Co-Morbidity and I/DD

ROBERT BLANCO, MD
Associate Professor, Division of Child and Adolescent Psychiatry, UNC Department of Psychiatry Liaison, Office of International Activities, UNC School of Medicine Medical Director, NC START Central

This session will describe the most common medical co-morbidities in the I/DD population. Participants will be able to identify unusual presentations and red flags that could be indicators of behavioral emergencies brought on by medical decompensation. Genetic causes of I/DD and the common medical co-morbidities and medical monitoring recommended will be presented.

SESSIon C - Transition to Employment

MINDY GOVAN, BS
Transition and Employment Services Director, Autism Society of North Carolina

SHANNON HUGHES, BS
Transition Program Director, Autism Society of North Carolina

SHANNON PENA, MS, CRC, LPC
Employment Services Director, Autism Society of North Carolina

During the session participants will focus on skills to foster independent living and work skills needed to help youth transition into adulthood and successfully obtain and maintain employment. Topics and skills essential to this transition are: independent living skills such as cooking, laundry, financial literacy, personal goal setting, health and wellness skills, employment skills training, “on the job” support and training, community networking, and self-advocacy training.

SESSIon D - I/DD and Dementia: Strategies for Care

KIMBERLY WILLIAMS, MSW, LCSW
Transitions to Community Living Care Coordination, Adult Mental Health Care Coordination, Trillium Health Resources

With the growing life expectancy of individuals with intellectual and developmental disabilities, families and community agencies face challenges providing support and care as these adults begin to face age-related changes. In this presentation, we will examine normal cognitive changes and learn what dementia is, the different types of dementia and how dementia, specifically Alzheimer’s Dementia affects individuals with intellectual and developmental disabilities. We will review the risk factors, symptoms, specific stages of Alzheimer’s Dementia, and review strategies for caring for an individual with I/DD and Dementia.
SESSION A - **Increasing Post-Secondary Outcomes for Culturally and Linguistically Diverse Students with Intellectual Disabilities**

**CHRISTOPHER RIVERA, PHD**
Associate Professor, Special Education
Undergraduate Coordinator, Department of Special Education, Foundations, and Research, College of Education, East Carolina University

**BETHANY R MCKISSICK, PHD**
Associate Professor, Department of Special Education, Foundations, and Research, College of Education, East Carolina University

This session will discuss a culturally responsive framework for working with diverse individuals with significant cognitive disabilities in 9th-12th grade settings. Strategies and suggestions for transitioning towards postsecondary activities (e.g., employment, daily living, community engagement) will be discussed.

SESSION B - **Cannabidiol: Old Drug, New Indications**

**KEN SODERSTROM, PHD**
Associate Professor, Department of Pharmacology and Toxicology, Brody School of Medicine, East Carolina University

Cannabidiol has demonstrated clinical utility for the treatment of MS-associated spasticity and severe childhood seizure disorders. Outside of the clinic, a growing public perception suggests extracts of high-cannabidiol producing hemp strains are effective remedies for host of conditions, including problems related to autism spectrum disorder (ASD). Evidence for perceived efficacy of cannabidiol in ASD will be presented with a focus on a pre-clinical animal model of vocal learning.

SESSION C - **Identifying and Treating Psychosis in Individuals with Intellectual Disability**

**THOMAS H CLAY, MD**
Clinical Associate Professor, Outpatient Director, Brody School of Medicine, East Carolina University

Persons with intellectual and/or developmental disabilities are vulnerable to the same psychiatric conditions as the general populations. In this session, the presenter will describe the challenges that the clinician faces in assessing psychosis in individuals with intellectual disability. The process of implementing somatic treatments for psychosis in individuals with intellectual disability will also be discussed.

SESSION D - **Life Through a Trauma Colored Lens: Complex Trauma in I/DD**

**SARA STANTON, MA, NCC**
Associate Clinical Director, Nationally Certified START Coordinator, NC START-East, RHA Health Services

**SUZY MAYBERRY, MSW, LCSW**
Clinical Team Lead, NC START-East, RHA Health Services University

In this session, the presenters will discuss the developmental effects of complex trauma exposure and describe the unique trauma presentations in the I/DD population. Strategies for supporting individuals with I/DD with a history trauma will also be discussed.
Credit

Category A-NC Psychology Credit
This program will provide 10 contact hours of (Category A) continuing education for North Carolina psychologists.
No partial credit will be given.

Contact Hours
Certificates reflecting 10 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)

Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

North Carolina Public School Personnel Renewal Credit (PSPR)
This program will provide 10 contact hours of continuing education for North Carolina Public School Personnel.

Continuing Nurses Education Credit (CNE)

10 Contact Hours
Eastern AHEC Department of Nursing and Allied Health Education is approved with distinction as an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

You may register for one or two days. However, no partial credit will be awarded for attending less than one day.

Handouts & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Accommodations

This conference is being held at the Education Center at Eastern AHEC, 2600 W Arlington, Blvd, Greenville, NC. A block of rooms at Residence Inn by Marriott, 1820 W 5th St, Greenville, NC for conference attendees will be available for $99 plus tax (per night) for king studio with breakfast included through March 6, 2020. Reservations received after, March 6, 2020 will be honored on a space available basis. Make reservations directly with the Residence Inn by calling 252-364-8999. Please mention the Eastern AHEC IDD Services Conference to receive the special rate. Check-in time is 3:00 p.m. and check-out time is 12 noon.

Registration Information

Seating is limited – please register early to ensure a space.

Registration is online only at www.easternahec.net and requires a current MyAHEC account. Be sure to choose your sessions and credits during registration. Registration will close the day before the program at 6:00 a.m.

Fee for both days: $175.00

Unable to make it for both days? We have a one-day fee of $100. Please contact Lenore Legere at 252-744-5228 to register for just one day of the conference.

Group rates are available for agencies sending five or more employees. Contact us for a voucher code before registering. The registration fee includes program materials, lunch on both days, refreshments, and credit.

Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Eastern AHEC Cancellation Policy

• Cancellations must be in writing (easternahec@ecu.edu).
• Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum $25 cancellation fee.
• No refunds or credits will be given for cancellations received less than two full business days prior to the event.
• Cancellations greater than two weeks prior to the event will receive 100% refund.
• No vouchers will be issued in lieu of a refund.
• Transfers/substitute(s) welcome (notify in advance of the program).

Americans with Disabilities Act

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

Please bring a jacket or sweater to ensure your comfort.

If you would like more information on the program, please call Mental Health Education at (252) 744-5228 or legerel14@ecu.edu.