



# 2023 I/DD SERVICES CONFERENCE: BUILDING BLOCKS FOR THE FUTURE IN PRACTICE

October 12-13, 2023

The Education Center at Eastern AHEC  
2600 W. Arlington Blvd.  
Greenville, NC

## About the Conference

The growing gap between the need for and the availability of services and supports for children and adults with intellectual and developmental disabilities (I/DD) continue to rally disability advocates and families across the country. They warn against budget cuts at the federal and state level that could reduce or eliminate programs that many people with disabilities rely on. The Centers for Disease Control and Prevention released a recent federal survey that confirmed an increase in the incidence of developmental disabilities among children ages 3 to 17 across the country between 2019 and 2021. It equated to 1 in 11 kids diagnosed with autism, intellectual disability, or developmental delay. Since more people with I/DD are living well into adulthood, it becomes even more imperative that this population have the appropriate supports and services they need to thrive, but just as importantly, a competent professional workforce to render those services.

Our annual I/DD conference strives to focus on issues related to behavioral health, healthcare, social, community, and educational services, which are of critical importance to the future of persons with developmental and/or intellectual disabilities. This year our keynote speaker will provide guidance on how to build and encourage self-advocacy. Featured sessions will build upon the keynote presentation by arming professionals with the awareness and skills to prevent abuse, increase access to reproductive health, support LGBTQ youth, and assist in navigating the guardianship process. The conference will also feature innovations in assistive technology, the use of artificial intelligence and other technologies in mental health care, and creative expression in I/DD. Professionals can earn 2 hours of ethics credit towards licensure and experience other informative sessions. Take advantage of attending two full days to earn up to 11.5 hours of credit. A one-day rate is available for those who are unable to attend both days.

Don't miss out on this conference and the opportunity to be a part of a vital discussion with a diverse group of professionals while gaining new knowledge and skills you need to advocate for a more equitable future for people with disabilities.

# Target Audience

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

# Planning Committee

## **Tonia Joyner, MS, MPA, LCAS**

Assistant Director  
Mental Health Education  
Eastern AHEC

## **Rhonda Godwin, LRT**

Recreational Therapist IV  
ECU Health Behavioral Health

## **Deborah Gorham-Keys, QA/CEO**

Better Connections, Inc

## **Elizabeth Seagroves, MS, QP**

IDD Care Manager Supervisor  
Eastpointe MCO

## **Belinda Hobbs, BS, ADN, 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**

Northern Regional Unit Manager  
Trillium Health Resources

# Conference Agenda

## October 12, 2023

8:15 a.m.  
8:45 a.m.

### CHECK-IN

Welcome and Opening Remarks  
Tonia Joyner, MS, MPA, LCAS  
Assistant Director, Mental Health Education, Eastern AHEC  
Keynote Presentation

9:00 a.m.  
10:30 a.m.  
10:45 a.m.  
12:45 p.m.  
1:45 p.m.  
3:45 p.m.

### BREAK

Morning Concurrent Sessions

**LUNCH** (Provided)

Afternoon Concurrent Sessions

**ADJOURNMENT**

## October 13, 2023

8:00 a.m.  
8:30 a.m.  
10:30 a.m.  
10:45 a.m.  
12:45 p.m.  
1:45 p.m.  
3:45 p.m.

### CHECK-IN

Early Morning Concurrent Sessions

### BREAK

Late Morning Concurrent Sessions

**LUNCH** (Provided)

Afternoon Concurrent Sessions

**ADJOURNMENT**

## DAY ONE - KEYNOTE PRESENTATION

# BUILDING, ENCOURAGING, AND VALUING SELF-ADVOCACY IN CHILDREN AND ADULTS WITH AUTISM

## NANCY POPKIN, BS, MA

Autism Resource Specialist, Autism Society of NC

A diagnosis of autism spectrum disorder (ASD) can create challenges in expressing one's wants, needs, and preferences. Using anecdotal and personal examples, we will discuss the importance of self-advocacy in the lives of children and adults diagnosed with ASD. We will also share strategies to build self-advocacy skills. We will explore how to create opportunities for self-advocacy with the goal of giving autistic children and adults agency in their own lives, as well as a sense of control and confidence.

### Objectives:

- Develop an understanding of what self-advocacy is and its value to autistic individuals
- Discuss barriers to typical advocacy skills within the context of an autism diagnosis
- Apply strategies to help promote advocacy skills in children and adults with ASD



**BREAK: 10:30 a.m.**

**October 12, 2023**

## **Morning Concurrent Sessions**

**10:45 a.m. - 12:45 p.m.**

### **Creative Expression and I/DD**

**SUZY MAYBERRY, MSW**, START East Clinical Director, RHA Health Services

**KRISTEN SCHREIBER, MA, LCAT**, START Therapeutic Coaching Team Lead, RHA Health Services

**KARINA MORENO-IBARRA, BA**, START Therapeutic In-Home Coach, RHA Health Services

**LATOYA WARD, AA**, START Resource Center Lead Counselor, RHA Health Services

NC START uses principles of positive psychology, a strength-based approach towards mental health care, to build systems' capacity for supporting individuals with intellectual or developmental disabilities through crisis prevention and de-escalation, reducing needs for emergency services and hospitalizations. Combining this model with therapeutic art has the potential to empower individuals with intellectual disabilities to express and process their emotions through creative art outside of the clinical setting. Using creative expression within the I/DD population provides the opportunity to tap into their individual strengths, creativity, and abilities with the goal of increasing emotional regulation.

Objectives:

- Describe the clinical implications of I/DD and how it impacts daily functioning
- Discuss and apply creative expression concepts
- Apply creative expression concepts to I/DD functioning and how this improves mental health

### **Nutrition Throughout the Lifespan for the I/DD Population**

**LINDSAY LUSCHWITZ, MS, RDN, LDN**, Clinical Dietitian III, ECU Health Lifestyle Medicine-Greenville

This session will discuss evidence-based nutrition recommendations for individuals with I/DD throughout the lifespan. The presenter will discuss pros and cons of popular nutrition claims and supplements for specific conditions for those disabilities.

Objectives:

- Describe nutrition interventions for individuals with I/DD
- Apply nutrition education for optimal health and well-being

### **Assistive Technology (AT) and Universal Design for Learning (UDL)**

**LAURA H. KING, PHD**, Director, Irene Howell Assistive Technology (IHAT) Center, East Carolina University

This session will provide an overview of the concepts of assistive technology (AT) and universal design for learning (UDL). Participants will be able to explore a variety of assistive technology devices and apps for a firsthand experience. The available AT products will have applications that cover a range of clients needs from early childhood to adults.

Objectives:

- Differentiate the terms assistive technology and universal design for learning
- Identify the intersection of assistive technology and universal design for learning
- Describe common assistive technology categories and common elements across AT assessment protocols

**LUNCH: 12:45 p.m. - 1:45 p.m. (provided)**

**October 12, 2023**

## **Afternoon Concurrent Sessions**

**1:45 p.m. - 3:45 p.m.**

### **Feeding and Eating Related Issues with the I/DD Population**

**JENNA ROTH, MS, OTR/L, CAS**

Clinic Manager & OT Lead, Carolina Therapy Connection

**KIMBERLY HOLT, MS, OTR/L**

Licensed Occupational Therapist, Carolina Therapy Connection

The presenters will provide education on the developmental stages of eating, the thirty-two steps to eating foods, and common developmental problems that can impact feeding. Participants will learn how to identify dysfunction and disorders in feeding in the I/DD community. The impact of feeding problems will be discussed and participants will be provided with resources and recommendations for improving the skill of eating.

Objectives:

- Identify common dysfunction and disorders with feeding and eating in the I/DD population
- Describe the effects of eating related dysfunction on functional living
- Utilize resources in the community to promote improved skill and further education on the topic of feeding

### **Rethinking Guardianship and Less Restrictive Alternatives: Transition to Adulthood**

**LAUREL POWELL, MS**

Program Manager, Family Support Program, Family Support Network, University of North Carolina at Chapel Hill School of Social Work

**BARBARA LEACH, BS**

Family Support Specialist and Special Projects Coordinator, University of North Carolina at Chapel Hill School of Social Work

Until a child turns eighteen, parents/caregivers have the legal authority and responsibility to make all major decisions for their child. Once the child reaches the age of eighteen, he or she is legally an adult and has the legal authority to make their own decisions about medical care, finances, housing, and other major aspects of daily living. Young adults who have special needs may not be capable of making major decisions on their own. Oftentimes, parents seek legal guardianship of their adult child with special needs so they can continue to make important major decisions for them. Once guardianship is appointed, the person with special needs loses the legal right to make major decisions for themselves.

There are several types of guardianship, with distinct roles and responsibilities. There are also less restrictive alternatives to guardianship that allow adults with special needs/disabilities to get support with major decision-making in the least restrictive environment. This session will explore the several types of guardianship and less restrictive alternatives that support self-determination and independence for adolescents with special needs/disabilities transitioning to adulthood.

Objectives:

- Describe North Carolina's Rethinking Guardianship Initiative
- Discuss the types of adult guardianship and alternatives to guardianship
- Describe components of trauma-informed care and considerations for people with I/DD
- Apply strategies and interventions that promote successful transition to adulthood and independence

These presenters are being supported through a partnership between the UNC-CH School of Social Work and the NC AHEC Program.

**ADJOURNMENT: 3:45 p.m.**

# October 13, 2023

## Early Morning Concurrent Sessions

8:30 a.m. - 10:30 a.m.

### Empowering Disability Services Providers to Prevent Abuse

#### **NELLIE GALINDO, MSW, MSPH**

Founder and CEO of Accessible Sexual Health

Individuals with disabilities are at a much higher risk of abuse than the general population. While all providers are required to be trained on how to identify abuse within this community, it can be difficult to determine strategies that can help prevent abuse from occurring or from happening again. This session will discuss methods and best practices that disability-serving organizations can employ to help prevent abuse.

Objectives:

- Describe statistical abuse rates of people with disabilities
- Discuss factors that place people with disabilities at risk for abuse
- Identify methods organizations and teams can implement to reduce the risk of abuse

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

### The Relationship Between Impulsivity and Challenging Behaviors

#### **SUZY MAYBERRY, MSW, LCSW**

NC START East Clinical Director  
RHA Health Services

#### **KATIE DION, BS**

NC START East Clinical Team Lead  
RHA Health Services

This session will cover impulsivity etiology and how it impacts an individual's functioning in the community. Impulsivity and challenging behaviors can significantly impact an individual's daily functioning, relationships, and overall well-being. These behaviors may require specialized interventions and support to address them effectively.

Objectives:

- Develop a common definition for impulsivity
- Identify origins of impulsivity and location of deficits in the brain and how it contributes to challenging behaviors
- Identify tools to support challenging behaviors related to impulsivity

**BREAK: 10:30 a.m.**

# October 13, 2023

## Late Morning Concurrent Sessions

10:45 a.m. - 12:45 p.m.

### **Increasing Access to Sexual and Reproductive Healthcare for People with Disabilities**

**NELLIE GALINDO, MSW, MSPH**, Founder and CEO of Accessible Sexual Health

Historically, individuals with disabilities have routinely been denied the right to body autonomy, to express their sexuality, and to access education about their bodies and sexual health. This presentation will discuss how disability service providers can begin to remove these barriers and help promote access to sexual and reproductive healthcare and health education for individuals with disabilities.

Objectives:

- Describe the denial of sexual and reproductive rights of individuals with disabilities
- List topics for consideration when building a sexual reproductive health education program for individuals with disabilities
- Describe how to support individuals with disabilities to access sexual healthcare and sexual health education

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

### **Ethical and Social Issues Affecting the Lives of People with I/DD**

**UZAMA PRICE EDD, NADD-DDS, BCBA**, IDD Consultant- UPrice Consulting LLC

People with disabilities face a number of challenges on any given day in the areas of accessing housing, transportation, medical care, social support, academic, or vocational support. Their nondisabled peers have the privilege of knowing that access to goods and services could be a phone call away. This is not the case for many people who depend on others for their basic daily needs to be met.

This session will explore legal, ethical, and social issues that currently affect people with disabilities. As a community, we must stand with marginalized individuals so that our collective voices can be heard in support of systemic changes that are needed for this population to truly be treated fairly. This is the only way to improve quality of life.

Objectives:

- Examine legal, ethical, and social issues that affect people with disabilities
- Examine Nussbaum's Capabilities Theory
- Describe the various attitudinal and structural barriers that impact people with disabilities
- Apply the biopsychosocial framework to support people with disabilities

### **Intersecting Identities, Intersecting Development: Supporting LGBTQIA+ Youth with Dis/abilities (Session will be broadcasted in)**

**JULIE AUSTEN, PhD**

Director of Mental Health, Metro Community Health Center, Owner, Austen Psychological Services

Our identity is composed of many identities, developed both through experiences and reflections on those experiences. People with traditionally marginalized identities face unique challenges in identity development due to stigma and exclusion from developmental experiences. Young people with intersecting identities feel more supported when adults structure activities that help them explore their emerging identities at home, school, and in the community. Focusing on youth living at the intersection of LGBTQIA+ and disability, this session will provide information about how identity develops, what can help build or stall identity development for youth who identify as LGBTQIA+ and disabled, and how adults can be supportive of identity development across settings.

Objectives:

- List the milestones of identity development in young LGBTQIA+ people with disabilities
- Explain intersectionality, as it pertains to identity development
- Describe common challenges and facilitators of identity development
- Outline effective and empowering approaches to supporting identity development in this population

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

**LUNCH - 12:45 p.m. - 1:45 p.m. (provided)**

# October 13, 2023

## Afternoon Concurrent Sessions

1:45 p.m. - 3:45 p.m.

### **Stories from the Field: What are the Barriers, Challenges, and Solutions to Making the Olmstead Dream a Reality for Aging Adults with Intellectual/Developmental Disabilities in North Carolina?**

#### **BETSY MACMICHAEL, MS**

Executive Director, First in Families of North Carolina

Adults with Intellectual/Developmental Disabilities (I/DD) living in NC and family caregivers seek a good life, now and for the future, just like everyone else. Most of them are currently living with family, or on their own in the community, but still need ongoing help from family. They are opting out of segregated (separated) settings for many good reasons, yet the situation is precarious and seems unsustainable in the eyes of aging caregivers. Even with quality services in place, the goal of a rich, good life is elusive. Without services in place, crises are looming, and life is often chaotic for those involved. Yet if we look around, it is not all doom and gloom. History demonstrates dramatic improvements in quality of life and longevity for people with I/DD. Families are deeply worried. Can you help?

Objectives:

- Identify the primary barriers, challenges, and solutions to reach a good life, at a community and individual level
- Utilize specific future planning tools that benefit clients and families
- Develop your own (mock or real) Letter of Intent
- Discuss specific approaches to meet the challenges of life in the community

### **Exploration of the Use of Artificial Intelligence, Physiological Sensors, and Novel Technologies in Mental Health Care**

#### **RICHARD LAMB, PHD**

Professor and Director, Neurocognition Science Laboratory, East Carolina University

The purpose of this session is to examine potential frameworks, feasibility, and applications of digital technologies, artificial intelligence, and machine learning approaches to drive adaptive practices in mental health counseling and assessment. The presenter will identify how best to integrate these tools through the examination of theories and in-process data collected via neurocognitive, psychophysiological, and other assessment tools, to capture client health outcomes and to advance measurement and data collection during intervention research. The identification and the importance of data security, privacy, and fairness as members of the clinical community work together to understand the applications of these powerful tools will be discussed. The session will promote discussion between practitioners in the field and by providing specific examples of the utility of these approaches and tools we will begin to integrate and translate these tools to practices to better characterize client outcomes and practices promoting digital transformation in mental health counseling.

Objectives:

- Explain how artificial intelligence, machine learning, and digital technologies are reshaping mental health counseling
- Generate novel conceptions about best practices associated with the use of digital technologies in the practice of mental health counseling
- Identify specific novel digital technologies, machine learning approaches, and artificial intelligences, which may be used in mental health counseling

**ADJOURNMENT - 3:45 p.m.**



## Credit

### Category A-NC Psychology Credit

This program will provide 11.5 contact hours of (Category A) continuing education for North Carolina psychologists.

**No partial credit will be given.**

### Contact Hours

Certificates reflecting 11.5 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 11.5 contact hours of continuing education for North Carolina Public School Personnel.

## 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.

## Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / [ada-coordinator@ecu.edu](mailto:ada-coordinator@ecu.edu).

## Eastern AHEC Cancellation Policy

- Cancellations must be in writing ([easternahec@ecu.edu](mailto: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).

## Registration Information

Registration is online only at [www.easternahec.net](http://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 12:00 p.m.

### Registration Fees

Both days: **\$190.00**

One day: **\$110.00**

The registration fee includes program materials, refreshments, lunch on both days, and credit.

**A group rate is available for those working in the same agency and who send five or more employees.** Contact us for a voucher code before registering. Participants using a voucher code must register online and pay any remaining balance.

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You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.

### NC AHEC Photo Policy

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.

Please bring a sweater or lightweight jacket 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](mailto:legerel14@ecu.edu).