



Waisman Center

Community Training & Consultation Program

COMPLETE CATALOG 2008



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BENEFITS AND FUNDING

Nuts & Bolts of MA Waiver Paperwork

Presenters: Diane Cobb & Barb Rawlings

Come gain an overview and a greater understanding of MA paperwork, for state waiver programs such as CIP, the Brain Injury waiver, and others. This training is specific to those supporting people with developmental disabilities. Your friendly local Dane County experts teach this free course!

Retaining Financial and Health Care Benefits While Working

Presenter: Bob Monahan

This course will not only provide a brief overview of Social Security and MA benefits, but also include information on the Ticket to Work Program, as well as practical advice on how to retain your financial and health care benefits while working.

Bob Monahan is the Wisconsin Work Incentives Coordinator for the Social Security Administration. He has worked for SSA for over 25 years and has worked exclusively in the area of employment supports for the past four years. He is a member of the Madison Commission for People With Disabilities and has been active in the disability community for many years. Bob is a graduate of the LaFollette Institute for Public Policy at the University of Wisconsin.

HEALTHCARE

Alzheimer's and Developmental Disabilities

Presenters: Pat Wilson & Danielle Thai, *Alzheimer's Association*
<http://www.alzisc.org/>

Join Danielle Thai and Pat Wilson from the Alzheimer's Association, South Central Wisconsin Chapter, for an informative and practical discussion of Alzheimer's disease and specific issues that arise for people with developmental disabilities. The Alzheimer's Association is a non-profit organization that is designed to provide a link to resources for people with Alzheimer's disease or related dementias. The Association is also deeply concerned with providing support to those who care for persons with dementia. Their mission is to help caregivers take care of themselves as well as provide a quality life for the person with Alzheimer's disease or related dementia.

Pat Wilson started as a volunteer Memory Loss Helpline Specialist at the Alzheimer's Association, South Central Wisconsin Chapter in February 2001. She currently works part-time as a Family Support Specialist. Pat was the primary caregiver for her father who had Alzheimer's disease. She also works part-time as a Support Broker and is the guardian for her oldest brother who is developmentally disabled.

Danielle Thai, CISW, is the Education Coordinator at the South Central Wisconsin Chapter of the Alzheimer's Association. Danielle has her Master's in Social Work from the University of Wisconsin-Madison with a focus on health care and aging. She has been with the Alzheimer's Association for 7 years providing support, education, and resources to individuals, families, and professionals dealing with Alzheimer's disease and related disorders.

Adult CPR & First Aid

Instructor: RaeAnn Fahey, American Red Cross Certified Instructor

The course content includes recognizing and caring for breathing and cardiac emergencies for adults and heart disease prevention. This training also includes an overview of first aid. Skills include Adult CPR, controlling bleeding; caring for muscle, bone and joint injuries; treating burns; and responding to shock. Upon successful completion of the course requirements, students will receive an Adult CPR and First Aid Certificate.

Dual Diagnosis

Presenters: Nancy Shook, RN, APNP, Axel Junker and Paul White

Individuals with dual diagnoses often seem to fall through the "cracks" of the service system and challenge us as providers. Ideas and support strategies that often are helpful and have proven to be effective for individuals with either a DD diagnosis or an MI diagnosis do not easily apply to individuals who have both of these diagnosed disabilities.

In this training, participants will learn about important issues related to individuals with these co-occurring conditions. Participants are strongly encouraged to register for both sessions, since the content will not be repeated and the morning session provides a valuable foundation/introduction for the afternoon program. However, separate registration is also possible.

Mental Illness and Developmental Disabilities: Diagnostic Dilemmas, Treatment Strategies, and Use of Medications

Presented by: Nancy Shook, RN, APNP and Axel Junker

This morning session will cover basic information about mental illnesses, including diagnostic methods, different treatment options, general description of medications that are used, and describes how these concepts and strategies can be incorporated and often adapted in the support of individuals with developmental disabilities. Learn about the DSM-IV, types of psychotropic medication, effective ways to collect and record important data, and discuss other important issues and concerns for people supporting individuals with a dual diagnosis.

No Easy Answers: Considering Psychotropic Medication for People with Developmental Disabilities

Presented by: Paul White and Nancy Shook, RN, APNP

This afternoon session strives to enhance participants' understanding of a team approach to effective evaluation for the use of psychotropic medication. Valid reasons for using psychotropic medications along with cautions and questionable uses will be reviewed. Practical tips for assessing the benefits of medications, discussion of side effects and risks, monitoring for TD (tardive dyskinesia), factors contributing to effective team support, obtaining informed consent and consulting with a prescribing physician will be discussed.

Axel Junker is a program consultant for the UW Waisman Center's Community TIES program. TIES (Training, Intervention, and Evaluation Services) provides a variety of positive behavioral supports for individuals with developmental disabilities who have challenging behaviors. Axel's main responsibility within TIES is to coordinate Dane County's Crisis Response program for adults with developmental disabilities, which often requires cooperation with mental health service providers or criminal justice practitioners. Prior to joining TIES, Axel has worked for numerous years as a supported employment professional.

Nancy Shook, R.N., A.P.N.P., is a Clinical Nurse Specialist for the UW Waisman Center's Community TIES program. She coordinates and is the nurse for the Waisman Center TIES Clinic (Psychiatry). She does nursing assessment of individuals with developmental disabilities who have health or mental health concerns, provides nursing consultation services for community support providers, and coordinates and teaches classes about health care issues. Nancy has an M.S. in Social Work, and an M.S. in Psychiatric / Mental Health Nursing. She has worked as a nurse in Intensive Care, Cardiovascular Surgery, Emergency Care, Pediatric / Adolescent Health, and Community Support for persons with Developmental Disabilities. She has been a therapist for children, adolescents, adults, and for individuals with developmental disabilities.

Paul White has extensive experience in supporting children and adults with developmental disabilities and has been on staff at the UW Waisman Center since 1986. Paul is the director of the program Community TIES. TIES provides positive supports to persons with developmental disabilities and emotional/behavioral challenges. Paul has developed a series of seminars on subjects related to positive behavioral supports. He has provided these seminars to thousands of providers across Wisconsin; these seminars are regularly included in the curriculum offered through the UW Extension.

OSHA / Universal Precautions

Presenter: Linda Bollig

This class meets the requirements for the mandated annual training required by OSHA for support providers whose jobs involve potential contact with blood-borne pathogens. These classes are available to any employee of a Dane County agency that provides residential or vocational support to persons with developmental disabilities in community settings.

Safe Medication Administration

Presenter: Dee Dee Mullen and Carole Morley

Learn the "Do's and Don'ts" about safe medication administration. How can you reduce risk for consumers (and yourself) when handling or taking medications? What questions should you ask about medications? Where can you get answers and information? These classes are available to any employee of a Dane County agency that provides residential or vocational support to persons with developmental disabilities in community settings. The classes are particularly recommended for anyone who is responsible for administering medications or for participating in a medication distribution system.

COMMUNITY PROTECTION

Presenter: Patricia Patterson

Community Protection: Module 1

Academic/Clinical Framework for Understanding and Assessing Risk for the DD Offender

- Who is an offender
- Predisposing factors for becoming an offender
- Antisocial attitudes and behaviors
- Sexual deviance
- Assessing risk
- Assessing need

Community Protection: Module 2

Clinical Toolbox for Supporting the DD Offender

- Includes understanding individual offender cycle
- Recognizing and responding to grooming cycle
- Recognizing and resisting team splitting & triangulation

Patricia Patterson is a licensed clinical social worker. She has worked at Midwest Center for Psychotherapy and Sex Therapy since 1980. Her psychotherapy practice consists of general psychotherapy, marital and relationship therapy, women's concerns, the treatment of sexual dysfunctions and trauma (rape, child sexual abuse and sex offending.) She also provides psychotherapy to people with developmental disabilities who experience these same issues and concerns.

Pat received her masters in social work from the University of Wisconsin-Madison in 1978. She has been certified by the American Academy of Social Workers since 1980. She has been a Certified Sex Therapist by the American Association of Sex Educators Counselors and Therapists since 1978. She is a past president of the Board of Family Sexual Abuse Treatment, an agency in Dane County that provides coordination of services for families who experience child sexual abuse in the family and current Chairperson of the Training Committee for the Midwest Conference on Child Sexual Abuse.

Between 1985 and 1987 the Wisconsin Council on Developmental Disabilities convened a taskforce identifying issues of sexual abuse of people with developmental disabilities. Pat served on this task force. During this time she provided training around Wisconsin to agencies and support providers. In addition, in 1991 the Council published *Doubly Silenced: Sexuality and Sexual Abuse of People with Developmental Disabilities* authored by Pat.

In addition to an active therapy practice, Pat is a frequent trainer and consultant to individuals and agencies in Dane County and around the state about issues related to sexual abuse and violence of people who have developmental disabilities.

COMMUNITY PROTECTION

Presenter: Patricia Patterson

Topic Specific Sessions (Modules 1 & 2 are prerequisite trainings for these sessions)

Exploring Boundaries

Boundaries are understood, sometimes unspoken physical and emotional limits of a relationship. They are a framework that gives consumers and support providers a range of acceptable, respectful behaviors. We are often unaware of the signals we give and receive about the relationship. This in-service will explore boundaries and help participants establish helpful behaviors to set appropriate boundaries.

Exploring Boundaries II

Consumers exhibit behaviors that are part of their escalation patterns to aggression and violence. Learn to recognize these behaviors and identify ways to redirect the consumer's behavior.

Miscellaneous Treatment Concepts and Strategies

This in-service describes some basic concepts that help support providers understand consumers and develop more effective methods of intervening. Concepts include making a safe relationship, "splitting staff", "triangulating relationships", managing emotions, abuse and violence cycles of thoughts and behaviors. Techniques include Active Listening, Managing Emotions, and Coaching New Behaviors.

BEHAVIORAL SUPPORT

Managing Threatening Confrontations Part I

Presenter: Paul White

Managing Threatening Confrontations is designed to assist you in learning how to effectively support clients and others who could experience the full range of behavioral escalation. These moments often appear chaotic, when to talk, when to step back, who to call for back up, and “when to duck.” This seminar is designed to put order to the chaos. Stages of escalation are described and each stage is paired with a positive action plan for caregivers as well as teams. The content places strong emphasis on pro-active supports. The principles are taught in a straightforward manner so as to provide a framework for conceptualizing behavior escalation that can readily translate into positive plans of action. The learning is brought to life using a video of a dramatic, real life enactment of threatening confrontations by professional actors.

Learning Methods:

The learning style includes small group work, videotape, and some physical practice, so wear comfortable clothing. You will receive extensive conference manuals (you will have to take very few notes) to take back to work for reference and to share with colleagues.

Some of what you will learn:

- A framework for understanding and recognizing stages of behavior escalation
- How to avoid “power struggles” that can result in behavioral escalation
- Skills in connecting with people early on, in order to sustain emotional control
- An array of creative communication strategies during periods of tension
- What the police know about presenting a “neutral presence” during stages of distress
- How caregivers can support both clients and themselves during the Recovery Stage

Managing Threatening Confrontations Part II

Presenter: Paul White

This training is for individuals who have completed the introductory seminar on Managing Threatening Confrontations I. Activities include more video simulations, role-play, discussion with providers of similar interests, handouts to share with staff, and advanced practice in self-defense strategies.

Participants will learn and practice:

- Effective use of praise as a way to promote sustained emotional control
- Verbal strategies to use during emotional distress
- Thinking on your feet during simulated confrontations
- How effective teams work by practicing proven techniques

BEHAVIORAL SUPPORT

Client Rights Seminar

Presenters: Monica Bear, Gerard Gierl, Axel Junker & Paul White

This seminar is designed to train designated professionals from agencies how to assure the appropriate use of supports that may be considered "Restrictive Measures." Included is an overview of HFS 94 rights applicable for all individuals receiving services through Dane County contracted providers. Further, we will discuss and clarify individual rights for clients under guardianship.

- Learn strategies in facilitating the team process related to use of restrictive measures when they are being considered
- Learn a straightforward format for writing proactive behavior support plans when restrictive measures are involved
- Familiarize self with client right violations and the state definition of restrictive measures
- Familiarize self with strategies as well as team responsibilities for minimizing and eliminating restrictive measures
- Familiarize self with the county's review and oversight process for behavior plans involving restrictive measures

Monica Bear is a Developmental Disabilities Program Specialist for Dane County Human Services. She works with support broker agencies as well as supervises the DD adult case management unit. Prior to becoming a bureaucrat, Monica worked with adults who have developmental disabilities for 20 years.

Gerard Gierl has been with the DHFS Client Rights Office since 1983, and frequently provides consultation on individual rights and guardian roles and responsibilities. He has an academic background including Social Work and Law.

Axel Junker is a program consultant for the UW Waisman Center's Community TIES program. TIES (Training, Intervention, and Evaluation Services) provides a variety of positive behavioral supports for individuals with developmental disabilities who have challenging behaviors. Axel's main responsibility within TIES is to coordinate Dane County's Crisis Response program for adults with developmental disabilities, which often requires cooperation with mental health service providers or criminal justice practitioners. Prior to joining TIES, Axel has worked for numerous years as a supported employment professional.

Paul White has extensive experience in supporting children and adults with developmental disabilities and has been on staff at the UW Waisman Center since 1986. Paul is the director of the program Community TIES. TIES provides positive supports to persons with developmental disabilities and emotional/behavioral challenges. Paul has developed a series of seminars on subjects related to positive behavioral supports. He has provided these seminars to thousands of providers across Wisconsin; these seminars are regularly included in the curriculum offered through the UW-Extension.

V.A.L.U.E.S. SERIES

Vision, Attitudes, & Learning Underlying Essential Supports

Assessing Risk

Presenter: Cindy Kernan

The focus of this training is to offer participants the opportunity to think through support for person centered work while addressing risk. This training is appropriate for supervisors; team leaders; brokers and family members. Guided exercise based upon real situations will be used. At the end of the training participants will have received instruction and practice in use of a structured risk assessment tool. This training is not meant to replace MTC or individual support plans

Cindy Kernan works with Dane County Department of Human Services as a Case Manager/Broker. She has been trained as a trainer by Michael Smull who authored Essential Lifestyle Planning (ELP) and Amanda George a senior Mentor in Essential Lifestyle Planning Training. Cindy practices ELP facilitation and training and remains active in the ELP Learning Community, a group of 125 ELP trainers in 25 states and 4 countries.

Autism: Dealing with It on the Outside; Living with It on the Inside

Presenters: Nancy Alar & Matt Ward

Autism 101:

Nancy Alar will briefly describe what autism is and isn't - based on her readings and contact with many individuals on the autism spectrum. She will describe how her son, Matt Ward, was diagnosed with autism and include various statistics about autism from current articles. She will also provide information about how autism changes as people grow up and the most common issues facing people on the autism spectrum.

Living with Autism:

Matt Ward (age 27) will describe his life as a person with autism, including his challenges, accomplishments, medications and sensory issues.

Suggestions for Support Staff Working with Autism Spectrum Folks:

Nancy Alar will review some of her hints and tips for working with people on the spectrum. This presentation is focused on support staff, but includes many relevant ideas for parents, teachers and others working with those on the spectrum. Handouts will be included.

Nancy is the Vice President of the board for the Autism Society of Wisconsin and Vice President of the Autism Society of Greater Madison, and a member of Toastmasters International. Matt has autism and has done extensive public speaking since 1996 on autism awareness. He graduated from UW Madison in May 2005 with a degree in mathematics.

Brain Injury – Basic Concepts for Helping Professionals

Presenters: Jackie Millar and Dr. Donald Mickey

The Madison Area Brain Injury Coalition (MABIC) has organized this course to promote an understanding of the often unique challenges involved in supporting the families and survivors of traumatic brain injury (TBI). The session will examine probable causes of injury to the brain and methods of support for individuals interacting with the survivor. A variety of problems often experienced by individuals living with brain injury will also be reviewed. Methods useful in developing a therapeutic environment will be shared. The session will close with the opportunity to discuss ideas with a panel of people living with brain injuries and family members.

Jackie Millar was the mother of two fine young men, worked full time with the State Medical Society as a convention coordinator and was an amateur photographer. Then on November 4, 1995 her life was changed in a second. Jackie says she “has been to ‘hell’ and back”. Her friends and family, and her two sons have been to "hell" and back, too. Travel on this road as she takes you on the trip with her.

Dr. Donald L. Mickey operates a private practice in Madison, WI which specializes in adults and children with traumatic brain injury. He is also the Consulting Neuropsychologist at Clearview Brain Injury Center in Juneau, WI. Dr. Mickey has presented nationally and internationally on the impact of brain injury, including the impact on family systems, neuropsychological issues, behavioral programming, vocational application of neuropsychological information, and personal adjustment issues. He has consulted with various state and federal agencies and has been employed by nationally affiliated brain injury programs and is a Fellow in the National Academy of Neuropsychology.

Better Meetings through Better Planning Tools

Presenter: Amanda Bell

Are your planning or team meetings growing mundane? Do formal planning tools seem too complicated, long or cumbersome for your use? Is it hard for you to think outside your agencies' own planning template? Do you need more tools to help teams approach specific issues?

Amanda Bell, of Assets, has provided training on person-centered planning to educators, and community builders will facilitate a participatory discussion which will teach you:

1. To identify the elements that all formal planning tools have in common.
2. How to blend parts of formal planning tools into team discussions without having to use the whole process.
3. How utilizing planning tools can energize a team to better understand and act on an issue.

An Update on Autism

Presenter: Dr. Tina Iyama-Kurtycz

Developmental pediatrician, Tina Iyama, M.D., will give an overview of the concept of autism, review current theories and share her experience with the diagnosis of and interventions for autism. Bring your questions about autism for discussion.

Dr. Iyama is an associate professor of pediatrics at the University of Wisconsin's School of Medicine and Public Health and has been learning from and trying to help children with developmental disabilities and their families for almost 30 years. She is the author of the article "Care of Adolescents with Autism Spectrum Disorders" recently published by the American Academy of Pediatrics.

Ethics and Boundaries

Presenter: Denis Colins

Some of what you'll learn:

- * Making "ethics" very practical early on
- * Discuss ethical hazards
- * Participants share diverse views on how to manage a common ethical dilemma
- * Learn ethical theories to apply to any ethical issue that arises

The workshop fulfills Social Work continuing education license requirements.

4 Continuing Education Hours.

Ethics & Boundaries for Supporting People with Long Term Support Needs

Presenter: Mark Sweet

Please join us for a lively blend of presentations and interactive discussions on ethics and professional boundaries. Implications for best practices along with strategies for balancing competing principles, priorities and values will be addressed in this session. A certificate verifying completion of the four-hour training requirement in ethics and boundaries for social work licensing will be provided.

Mark Sweet is a Trainer and Consultant with Disability Rights Wisconsin (DRW). In this role, he works with school districts, supported employment and supported living organizations, consumer and parent groups, long term care programs and others. The emphasis of Mark's work is to help people refine and individualize their support by focusing on learning strengths, and by encouraging people to imagine what it's like to be the person receiving support. Prior to joining DRW, Mark worked as a special education teacher and university instructor in teacher education.

Ethics and Boundaries for Supporting People with Long Term Support Needs

Presenter: Pamela Phillips Olson

This will be an interesting and interactive workshop tailor-made for professionals in the field of long term support. The workshop fulfills Social Work continuing education license requirements and emphasizes reasonable, well thought-out responses to questions of professional ethics and boundaries. The program includes whole group discussion as well as smaller forums for examining ethical considerations. Self care and supportive consultation will be examined as tools for prevention of violations.

Pamela Phillips Olson is an M.S.W., L.C.S.W., with over 30 years of experience. She received her BA from Hunter College and her Masters from Yeshiva University's Wurzweiler School of Social Work, both in NYC. She has earned a certification in Trauma Counseling and in Corporate Counseling from UW-Milwaukee. In over thirty years of experience she has worked in community mental health centers, an inner-city high school, as the director of an early intervention program and as leader of a statewide parent-professional work group. Currently she is working at Jewish Social Services as a Group Coordinator and Case Worker and is in private practice with Midwest Center for Psychotherapy and Sex Therapy, where she works with people through the life span. She does marriage and family counseling as well. She presents workshops on a variety of topics to community agencies such as Dane County Human Services, Madison and Verona Schools, the clinical section of NASW and other professional organizations.

Epilepsy and Daily Living

Presenter: Art Taggart, Epilepsy Foundation

Everything you want to know (and more!) about recurring seizures, seizure recognition, and first aid for seizures. An overview of the international classification system for seizures will make you a better observer and recorder of seizure activity. Differential diagnoses, behavioral events, and medication issues will be covered in addition to common psychosocial issues affecting people with epilepsy and you will view video footage of all the major seizure types. Get answers to all your questions during the interactive Q & A.

Art Taggart has been the Executive Director of the Epilepsy Foundation South Central Wisconsin since 1991. The Epilepsy Foundation named him Executive of the Year at their national conference in October 2003. Mr Taggart is a graduate of the University of Wisconsin-Madison with degrees in English and Philosophy. In addition to nonprofit management, he has a background in sales, marketing, and has been a management consultant to the hospitality industry. Mr Taggart has been elected by his peers to the Management Operations Team of the Epilepsy Foundation National Office. He has served on the National Fund Raising Task Force and has chaired its subcommittee on technology and fund development. As Executive Director at the Epilepsy Foundation, Mr Taggart speaks regularly on epilepsy, seizure first aid, and on psychosocial issues affecting people with chronic health conditions. Mr. Taggart is chairperson of the Coalition for Wisconsin Health, an 80-member organization dedicated to universal, portable, and affordable health insurance for all Wisconsin residents.

Introductory Autism Training

Presenters: Judy Endow and Nanette Negri

Come learn about autism. This one day introductory workshop will begin by going over the basics of autism. You will then learn about sensory system and style of thinking differences and how that comes to impact behavior along with an overview of some practical supports. In addition, you will be afforded the opportunity to “try on” autism for yourself and then to take it a step further as you learn the rationale and “how to’s” of sensitivity and awareness training for staff, family members and peers who will be or are interacting with individuals with autism.

Judy Endow maintains a private practice in Madison, Wisconsin through which she provides consultation for families, school districts and other agencies. She is the parent of a son on the spectrum, has worked with him and with other students on the spectrum developing visual systems that help provide supportive and positive behavior management that can be utilized by the student, their parents, teachers and other support persons. In addition, Judy does workshops and presentations on a variety of autism related issues and is currently part of the Department of Public Instruction Autism Training Team for Wisconsin. She is a board member of both the Autism Society of Greater Madison and the Autism Society of Wisconsin.

Nanette A. Negri, Ph.D., has been working with individuals on the autism spectrum and their families since 1972. She has been a classroom teacher, a signed-speech therapist, a staff and parent trainer, a program administrator, a university lecturer, and an educational and behavioral consultant. Nan is committed to providing individuals with autism the opportunities and support they need to develop meaningful relationships with their peers. She believes it is critical to teach them the skills they need so that they can achieve community presence and value. Nan has an extensive background in applied behavior analysis, and believes it can and should be applied through a humanistic and relationship-based approach.

Post Traumatic Stress Disorder (PTSD) & Resiliency

Presenter: Pamela Phillips Olson

Join us for an interactive workshop about trauma and healing using art, music and video. Develop a better understanding of our clients' behavior by examining symptoms of Post Traumatic Stress Disorder. Three hours of learning, discussion, and experience.

Pamela Phillips Olson is an M.S.W., L.C.S.W., with over 30 years of experience. She received her BA from Hunter College and her Masters from Yeshiva University's Wurzweiler School of Social Work, both in NYC. She has earned a certification in Trauma Counseling and in Corporate Counseling from UW-Milwaukee. In over thirty years of experience she has worked in community mental health centers, an inner-city high school, as the director of an early intervention program and as leader of a statewide parent-professional work group. Currently she is working at Jewish Social Services as a Group Coordinator and Case Worker and is in private practice with Midwest Center for Psychotherapy and Sex Therapy, where she works with people through the life span. She does marriage and family counseling as well. She presents workshops on a variety of topics to community agencies such as Dane County Human Services, Madison and Verona Schools, the clinical section of NASW and other professional organizations.

Person Centered Thinking

Presenter: Cindy Kernan

The focus of this day of learning is to provide participants tools and practices used to support choice while addressing issues of health and safety. Through a series of applied stories and guided exercises, participants practice sorting information using the following frameworks:

- What is important to a person and what is important for a person
- Core responsibilities for those who provide support; when judgment and creativity is expected; what is outside the responsibility of paid staff
- What makes sense and what doesn't make sense, and recording this information from a variety of perspectives
- What to consider when matching people who receive supports with people who provide supports

Person Centered Planning

Presenter: Cindy Kernan

The focus of this day is to provide instruction regarding key principles of person centered thinking as applied through essential lifestyle planning. Participants develop their skills in person centered thinking through a series of guided exercises, done in pairs with a fellow participant. Through directed conversation, listening and sorting information, and writing down what they have learned about their partner, participants' practice skills required when developing Essential Lifestyle Plans. At the end of the day participants have a first plan that they have done on themselves.

Cindy Kernan works with Dane County Department of Human Services as a Case Manager/Broker. She has been trained as a trainer by Michael Smull who authored Essential Lifestyle Planning (ELP) and Amanda George a senior Mentor in Essential Lifestyle Planning Training. Cindy practices ELP facilitation and training and remains active in the ELP Learning Community, a group of 125 ELP trainers in 25 states and 4 countries.

Power & Control: Learning How to Use It Respectfully

Presenter: Christine White

As caregivers, we are often in positions of control over those we support. Due to this power imbalance, we may at times be disrespectful toward those we support. This session will help you learn to recognize when this is happening, understand how to safeguard against it, and practice ways to be respectful, effective caregivers. You will also learn to recognize signs of sexual and other forms of serious abuse, and understand how people may communicate this abuse to us. We will discuss how, when and to whom abuse needs to be reported.

Christine White is the Legal Advocate for People with Developmental Disabilities who are victims of crime in Dane County, Wisconsin. She assists victims in going through the criminal justice system and provides follow-up support and safety planning. She has been a social worker for adults and children with developmental disabilities for over 20 years. She teaches sexuality education and protective behaviors to children and adults with developmental disabilities, and co-leads a support group for women with disabilities who are sexual assault and domestic violence survivors.

Teaching / Coaching Adults with Developmental Disabilities

Presenter: Mark Sweet

Direct support workers are supposed to help people become more functional around the house, at work, in the community, recreationally, and socially. Reasonable questions are: What should I teach first? What can s/he already do? When should I help/ when should I move away? How should I help? Reports often say, she needs 1:1 contact all day or he needs constant prompting. Those comments might describe the strategies used by the person who wrote the report rather than accurately reflect the strategies that help a person to learn. During this session, you will learn to create your own simple and practical activity specific assessment tools that can be used to decide what to teach, how to assess progress, and how to match your coaching efforts to individual learning strengths.

Mark Sweet is a Trainer and Consultant with Disability Rights Wisconsin (DRW). In this role, he works with school districts, supported employment and supported living organizations, consumer and parent groups, long term care programs and others. The emphasis of Mark's work is to help people refine and individualize their support by focusing on learning strengths, and by encouraging people to imagine what it's like to be the person receiving support. Prior to joining DRW, Mark worked as a special education teacher and university instructor in teacher education.

LEARNING TOGETHER

Art Therapy: Creative Personal Histories

Presenters: Linda Danielson & Laura Kniffin

Do you or someone you work with have a story to share? Are you interested in exploring artistic expression as an alternative means of communication? Please join us for a creative two-day class in which we will create art pieces that tell stories about our lives from randomly found objects, personal photos and other memorabilia. (Some materials will be provided, but we encourage you to bring copies of photos and other materials that you find personally meaningful to incorporate into your art piece.) This will be a fun and relaxing class for both beginning and advanced artists. It is an opportunity to create and share in a friendly and safe space.

Linda Danielson has a bachelor's degree in social work and a master's degree in art therapy. Linda is currently a county service broker for adults with developmental disabilities in Dane County, Wisconsin. She has worked in the service system for over thirteen years – as both a job coach providing direct support to individuals, and as a case manager/broker coordinating support for individuals. She did her art therapy practicum at Hospice Care Inc. in Madison. Linda is also a founding member of Arts4All, an organization which seeks to remove barriers to artistic success by connecting people to the resources necessary to create, promote, display and sell their art.

Laura Kniffin will complete her master's degree in Art Therapy in May of 2007. She loves the creative process and making art with others. She enjoys working with a wide variety of art materials from paint, to sculpture, to found objects. Laura is also very interested in social justice and cross-cultural art experiences and has worked most recently in Peru and Costa Rica.

Health Education for Persons with Prader-Willi Syndrome

Instructor: Barb Dorn, RN, BSN

People with Prader-Willi syndrome (PWS) have health issues that are unique and often confusing to those who care for them as well as to themselves. This 2-part class will provide teens and adults with this disability a basic understanding of these health issues as well as simple strategies of how to prevent and care for these issues. It will also attempt to give them some tools that will assist them to become health advocates for themselves as they interact with health care professionals. The class is designed to share information in a variety of formats followed by time for "Good Health" BINGO which reinforces concepts presented. Prizes will be awarded at the end of each class.

Barb Dorn, RN BSN has served in many roles as an advocate, educator, consultant, and parent of a young man with PWS. She is Registered Nurse at the University of Wisconsin Hospital and Clinics and has extensive knowledge in the health and well being of persons with PWS.

Fire Safety

Presenter: Eric Dahl

Eric will discuss the following topics in this informative session:

- What is Fire?
- Fire Stages
- Four Points of Fire (Black, Gases & Smoke, Heat, Time)
- Firefighter Role
- Leading Causes of Fire in our Community & Prevention
- Smoke Detectors, Alarm & Suppression Systems
- Fire Extinguishers
- Evacuation Plans

Please view this resource: "Emergency Evacuation Planning Guide for People with Disabilities" for more information.

<http://www.nfpa.org/assets/files/PDF/Forms/EvacuationGuide.pdf>

Eric Dahl is a Community Education Specialist I at the City of Madison Fire Department – Community Education Unit.

Hip Hop

Instructor: Peggy Fleming, Hip Hop Enthusiast

Join us for dancing and fun! Peggy will demonstrate Hip Hop dancing, and then break down the moves step by step. Peggy will work one-on-one with people on specific moves and we'll end the session with a dance-off!

Now We're Cooking

Instructor: Mary Sykes

Celebrate the Harvest: Fall Bounty

The Farmers' Markets are glorious in the fall, bursting with fall produce – tomatoes, zucchini, eggplant, peppers, potatoes, basil, and lots more. We'll put this bounty to good use as we make (and sample, of course!) some tasty dishes, including hearty main dish salads. Along the way, we'll cover some basic cooking techniques; we'll discuss how to make these dishes in your own kitchen.

Cooking Basics: Soups & Stews

Late fall and winter are wonderful times of year to cook up a large pot of your favorite soup or stew. We'll look to the locally grown produce still available for inspiration – onions, potatoes, squashes and more. We'll discuss the basics of making soup, including how to do so in your kitchen!

Mary Sykes has taught cooking classes in a number of venues, including MATC and Orange Tree Imports. Her classes have focused on vegetarian and whole foods/natural foods cooking, ethnic vegetarian cooking, and whole grains bread baking. One of Mary's favorite things to do is to cook for friends and enjoy a good meal with a good bottle of wine!

Oral Health Awareness Day

Presenter: Kathleen Endres RDH, CDHC, Public Health Educator

Agenda includes: Oral Health Overview, a Sandwich Supper, Free dental screenings and personalized oral health education.

Kathleen presents an overview of how dental disease can occur and approaches to disease prevention. Practical suggestions and devices for accomplishing good oral care will be provided along with helpful tips for dental visits.

Kathleen Endres has an Associate's degree in dental hygiene and is currently working toward completion of her bachelor's degree in nursing at UW-Oshkosh. While continuing her practice as a dental hygienist, she has been an oral health consultant and public health educator for several county and state agencies. At present, she is the Southern region oral health public health educator in the Department of Health and Family Services, Division of Long Term Care, Community Integration Initiative. In this role, she has been integral in the promotion of preventive oral health care. Kathleen is a member of the Dental Hygiene Association of Wisconsin and serves on the steering committee of the Wisconsin Oral Health Coalition. She has also enjoyed serving as a volunteer dental professional for the Wisconsin Special Olympics Healthy Athletes/Special Smiles program.

Safety in the Community

Presenter: Mary Anne Thurber

Mary Ann Thurber will discuss the following in each session:

- Travel Safety (car, bus, taxi, airplane)
- Home Security (locks, lighting, landscaping, answering machines, property)
- Personal Safety (clothing, 1st Rule of Safety, purses/wallets/bags)
- Environmental Awareness (how to be safe when you are out and about)
- How to Handle Money Safely (banking, ATM's, sharing information about your money)

We will also role play for assertiveness. Mary Ann will respond to specific questions for consumers, support staff and family.

Mary Ann Thurber has been a police officer with the Madison Police Department for 28 years. She is currently the Crime Prevention Officer.

Sign Language Basics: Level 1

Instructor: Stefanie Saltern

Have you wanted to learn sign language? Do you have friends, family members, people you support, etc., who communicate with sign language? Then you won't want to miss this two part workshop that will provide you with a solid introduction to sign language that you can then build upon and use for the rest of your life. This workshop is geared for staff and consumer beginners as well as anyone who has some experience with sign language and wishes to brush up on their skills.

Sign Language Basics: Level 2

Instructor: Stefanie Saltern

This course is designed for people who have completed Level 1 Sign Language or who have a basic familiarity with American Sign Language and wish to expand their skills. New and different lessons are taught each week, with some repetition of earlier lessons so they can remember (some topics she teaches are family, colors, animals, faces, snacks, careers etc.). She also has many stamp kits with these themes to make cards, and has some games in sign she'd love to share with everyone.

Stefanie Saltern was born in Huntington Beach, California and started her early education when she was 15 months old at Taft School for the Deaf in Riverside. After moving to Firth, Idaho, a small town of 350 people at the age of 7, Stefanie enrolled in a mainstream program with a full-time interpreter all the way to high school graduation. Stefanie earned a B.A. degree in Health Ed from Utah State University and M.S. in Physical Therapy from the University of Utah while working as a Deaf Mentor for Utah School for the Deaf and Blind. In 2001, she taught ASL full-time to high school students using Signing Naturally Level 1-3 curriculum. This was a huge challenge but extremely rewarding! Job opportunities and family brought Stefanie to Wisconsin in Spring 2003. She became a Deaf Mentor for Wisconsin Educational Services Program for the Deaf and Hard of Hearing (WESP-DHH) and taught community ASL classes at Shore to Shore, MATC, UW, and after school programs for children in Madison. Currently, she is ASLTA certified, taking classes at UW-Milwaukee to obtain licensure to teach ASL in K-12, the president of the Wisconsin chapter for ASL Teachers Association (WisASLTA), ASLTA certified, and serves on the governor's Council for the Deaf and Hard of Hearing. She lives in Fitchburg with her husband of 14 years, Jerry. They have no children but hope to adopt in the future.

Stamping Classes

Presenter: Dawn Wachtendonk, Stampin' Up! Demonstrator

Learn to stamp while making cards that you can take home and send to others!

About Dawn: I am so fortunate to be a Stampin' Up! demonstrator which is so rewarding. I get to be creative every day, and also be a creative coach, offering fresh project ideas and encouragement to my family, friends, and groups. For me, helping someone create that perfect project for a special occasion is the best feeling in the entire world. After all, creating cards, scrapbook pages, and gift items is about more than just stamps and ink – it's about sharing a part of yourself with the people you love and care about.

TRAININGS AND FORUMS

Taste of Dane County

Presenters: Maya Fairchild, Julie Gamradt, Dan Rossiter, Paul White

TASTE is for direct caregivers, service coordinators, case managers, and others in the Dane County Adult Developmental Disability System. The goal is to offer information designed to promote sensitivity and insight into the lives of persons with developmental disabilities. Participants will learn from presentations, small group activities, and informal discussions with individuals who have disabilities and their families.

Topics include:

- Insights from Persons with Developmental Disabilities
- Understanding the Dane County Support System
- Philosophy of Full Community Membership
- Overview of Developmental Disabilities
- Dane County Abuse/Neglect Policies
- Self-Determination
- Communication
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InfoShare

Infoshare is a semi-annual event for people in Dane County's developmental disabilities community. We include diverse perspectives from consumers, family members, providers and advocates in the planning of Infoshare and we focus on meeting a broad audience so that there are a variety of choices in breakouts and presentations throughout the day.

- * A Diversity Festival
- * 2nd Annual Fashion Show for All Abilities:
Fashion Is for Everyone
- * Celebrating Our Community
- * How to Make Friends and What the Heck to Do
with Them Once You Have Them: A Day About
Relationships
- * Creativity: Blurring the Lines and Discovering
Hidden Talent
- * Celebrating Choice: It's Not Been a Cake Walk
- * The Our of Power with Dave Hingsburger:
Straight Talk About Sexuality
- * Beyond Bingo: Aging Gracefully with a
Developmental Disability
- * Expanding Choices (Co-Hosted with the Arc -
Dane County)
- * Connecting the Dots: Sustaining Good Mental
Health Through Mind, Body and Spirit
- * What Makes a Good Day for Everyone: The
Consumer-Staff Connection
- * HealthScare
- * Rethinking Guardianship: Whose Life Is It
Anyway?
- * Can't We All Get Along? Building and
Maintaining Teams

