

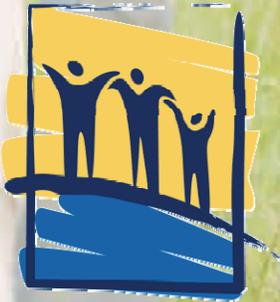
2ND ANNUAL CONFERENCE

# In Our Community

*Making a Difference*

October 28-29, 2015

DoubleTree by Hilton - Edmonton, AB



McMan

## In Our Community - Making a Difference

### 2ND ANNUAL CONFERENCE

#### *Welcome*

On behalf of Danica Frazer, I would like to personally welcome each of you to our 2nd Annual "In Our Community - Making a Difference" Conference. It's an exciting time for McMan Youth, Family and Community Services as we celebrate 40 years of supporting families, children and adults in making a difference in their lives.

As our service industry continues to grow and change, conferences like this provide an opportunity to refuel, rethink and refocus. It helps us to remain adaptable, relevant and responsive to the challenges of our work.

This conference is designed to have something for everyone – whether you are just starting to work in this field or are a seasoned expert. The next 2 days are packed full of exciting ideas, thought provoking innovation and cutting edge service delivery. So dive in to the sessions, soak up the presentations and roll up your sleeves in the workshops.

Throughout the conference I hope you have an opportunity to share your story, make new contacts and reflect on new concepts.

Be prepared to inspire and be inspired.

Warm regards,



Jackie Kerr  
Director of Programs and Services  
McMan Youth, Family and Community Services



## CONFERENCE AGENDA

### WEDNESDAY OCTOBER 28, 2015

- 8:00 AM Registration & Continental Buffet  
8:45 AM Welcome and Opening Remarks  
9:00 AM Keynote Address - *Denise Bissonnette - Rekindle the Flame*

#### **BREAK**

10:00 AM **SESSION 1 (Concurrent):**

- 1A Beyond Traditional Job Development
- 1B Five Things You Need To Know
- 1C Sensory and Self-Regulation
- 1D Planning and Supporting Wellness for People with Complex Needs
- 1E Evidence-Informed Practices for Supporting Individuals with Autism Spectrum Disorder

12:30 PM **LUNCH**

1:30 PM **SESSION 2 (Concurrent):**

- to
- 2A Beyond Barriers to Passion & Possibility *and* Cultivating the Spirit to Work
  - 4:30 PM 2B The "R" Word: Helping People with Disabilities Deal with Teasing and Bullying
  - 2C Understanding Conflict at Work and Home
  - 2D Good Grief
  - 2E Teams and Transitions

### THURSDAY OCTOBER 29, 2015

- 8:00 AM Registration & Continental Buffet  
8:45 AM Welcome and Opening Remarks  
9:00 AM Keynote Address - *Tanya and Michelle Ponich - Soul Sisters*

#### **BREAK**

10:00 AM **SESSION 1 (Concurrent):**

- 3A Sexuality and People with Intellectual Disabilities (Part 1 of 2)
- 3C Health and People with Developmental Disabilities
- 3D The ABC's of Down Syndrome
- 3E 9 Domains of Health & Wellbeing in Supporting People with Complex Care Needs

12:30 PM **LUNCH**

1:30 PM **SESSION 2 (Concurrent):**

- to
- 4A Sexuality and People with Intellectual Disabilities (Part 2 of 2)
  - 4:30 PM 4B The Power of Meaningful Moments
  - 4C Aging and Developmental Disabilities
  - 4D Use of Expressive Media in Paraprofessional Counseling
  - 4E The Incarceration of the Mentally Ill & Those with Developmental Disabilities

### KEYNOTE SPEAKERS

#### WEDNESDAY OCTOBER 28, 2015



**DENISE BISSONNETTE**  
**KEYNOTE ADDRESS: REKINDLE THE FLAME**

Denise Bissonnette is an internationally renowned writer, trainer, and keynote speaker. She has inspired people and organizations throughout North America to look beyond traditional concepts of job development and to craft livelihoods rooted in the individual genius of each person. She has authored several publications on creative job development, state of the art job search techniques, the cultivation of the human spirit, and how to "shine" on the job.

Her book **Beyond Traditional Job Development: The Art of Creating Opportunity** is considered the definitive text in employment programs and university classrooms throughout North America. In her unique and characteristic style, Denise brings together her talents as poet, writer, storyteller, teacher and career developer.

#### THURSDAY OCTOBER 29, 2015



**TANYA AND MICHELLE PONICH**  
**KEYNOTE ADDRESS: SOUL SISTERS**

This dynamic duo are no strangers to making life extraordinary. Tanya gracefully wears her hat as a self-advocate every day. An active public speaker & volunteer in her hometown of Edmonton, she takes great pride in who she is and loves to defy outdated stereotypes. In 2014, Tanya's website Life Rewards Action was launched.

Michelle, accomplished in her own right, has a steadfast belief in people having a voice in our world. Being a strong supporter of those born with Down Syndrome has come very naturally to her. From creating Soul Sisters to being the former executive director of the Edmonton Down Syndrome Society, Michelle has an unwavering vision for this population.

### SESSION INFORMATION

#### DAY 1 - WEDNESDAY OCTOBER 28

#### SESSION 1 - 10:00 AM - 12:30 PM

##### **1A Beyond Traditional Job Development**

*Presented by Denise Bissonnette*

Considered a cornerstone of her work in the employment field, this highly acclaimed, one-of-a-kind presentation offers a practical, innovative and proactive approach to job development. Denise challenges the employment professional to look beyond traditional methods in assisting individuals with barriers to employment to bring their gifts to the world of work. Equipping participants with the eyes and mind of the "entrepreneurial job developer", Denise introduces six compelling questions with which to view the business world and to uncover the hidden opportunities in their local communities. Chock-full of real life examples, this workshop serves to expand and redefine the meaning of true job development and to empower people with the tools and thinking to practice the art of job creation!

##### **1B 5 Things You Need To Know**

*Presented by David Hingsburger, M.Ed.*

Have you ever been frustrated with someone with a disability who keeps making the same mistakes over and over again even though you've taught them strategies and they 'know it but don't do it'? Would you like to learn reasons why that might be? Would you like to come away with several ideas that might work? Why is it that people with disabilities have such difficulty telling you what they want? Why do they often simply tell us what we want to hear? Would you like to know what dynamics are at play here? By understanding what 'intellectual disability' means in terms of everyday interactions and in terms of learning, staff can develop approaches that work and patience that comes from understanding. By understanding what 'intellectual disability' means socially and politically, staff can look for the pitfalls of power that occur in the unequal relationship we have with those who have disabilities. This workshop is highly practical and those attending will leave with ideas for how to better serve those in their care.

##### **1C Sensory and Self-Regulation**

*Presented by COAST, Addictions and Mental Health  
Alberta Health Services - Edmonton Zone*

Difficulty processing sensory information is found in many people with developmental disabilities and can add to their overall stress, making it difficult to concentrate, self-regulate, and control emotions. Through this workshop, participants will better understand the sensory system and what it means to be hyper-sensitive or hypo-sensitive to sensory stimulation. As well, they will learn what kind of sensory activities and equipment to use to help the people they support with their regulation. This course would be most helpful for families and front line support workers.

## SESSION INFORMATION

**DAY 1 - WEDNESDAY OCTOBER 28**

**SESSION 1 - 10:00 AM - 12:30 PM**

**1D Planning and Supporting Wellness for People with Complex Needs:  
5 Elements of Lasting Wellness**

*Presented by CONNNECT, NW Community Support Team*

This workshop will help us better understand why we use Wellness as a platform to support persons with complex needs. The training will help encourage supporters to consider things such as:

- How do we recreate a Wellness experience?
- Why is Wellness as important for us as staff as Wellness is for those we support?
- How do we know when someone we support is feeling Well?
- How do we know an activity is meaningful for the individual?
- Using simple strategies to find a lot of Wellness.

**1E A Full and Meaningful Life: Evidence-Informed Practices in Supporting  
Individuals with Autism Spectrum Disorder Across the Lifespan**

*Presented by Katelyn Lowe, PhD, RPsych*

This interactive session will provide valuable information about supporting individuals with ASD across the lifespan taking into consideration the following 5 domains:

- Health and Well-being
- Education and Employment
- Communication and Social Relationships
- Independent Living Skills and Self-Advocacy
- Legal and Financial Issues

Evidence from research and clinical practice will be discussed for each domain area as appropriate. The session will also highlight emerging service-delivery models for adults with disabilities that enhance independence and quality of life.



## SESSION INFORMATION

**DAY 1 - WEDNESDAY OCTOBER 28**

**SESSION 2 - 1:30 PM - 4:30 PM**

**2A Beyond Barriers to Passion and Possibility *and* Cultivating the Spirit to Work**  
*Presented by Denise Bissonnette*

**Beyond Barriers to Passion and Possibility: Creative Tools for Uncovering Assets, Strengths and work Preferences:**

In this highly participative session, Denise shares some of her most popular tools and activities taken from her celebrated curriculum, "Cultivating True Livelihood". There are limitless ways to use these tools but they are particularly useful as a means to: uncover a person's gifts and strengths (whether or not they have ever worked), to identify a person's work preferences and key values, to get around what sometimes appear as "unrealistic expectations", and to capitalize on a person's passions and interests when brainstorming vocational possibilities. Denise takes participants through these exercises, encouraging them to put the techniques into practice in their own work settings.

**Cultivating the Spirit to Work: Assisting People through Change and Transition**

This unique and inspiring workshop offers an elegantly simple framework for understanding the critical and often elusive issues of motivation and self-esteem. Denise lays out ideas and tools, equally compelling and practical, for strengthening courage, affirming belief and fostering hope in those who feel lost, discouraged, or overwhelmed in the midst of change and transition. More importantly, she uses this workshop to suggest a fresh, innovative, and highly effective way of working with and engaging individuals in their own process of change and transition – urging people to put less stock in "systems" and encouraging them to put more stock in the resilience of their own spirit!

**2B The "R" Word: Helping People with Disabilities Deal with Teasing and Bullying**  
*Presented by David Hingsburger, M.Ed.*

People with intellectual disabilities are targets for bullying and teasing at an extremely high rate. Studies indicate that 80 % live in fear of social violence every day. This workshop will suggest strategies for staff or parents when someone they support reports being a target of bullies. "Just ignore it," is the most common response and may do unintentional damage. Participants will learn what to say and how to help.

## SESSION INFORMATION

### DAY 1 - WEDNESDAY OCTOBER 28

#### SESSION 2 - 1:30 PM - 4:30 PM

##### **2C Understanding Conflict at Work and Home**

*Presented by Karin Naslund, CEO, Naslund Consulting Group Inc.*

Having "tough conversations" at work and home is challenging and not something we are always taught to do well. Resolving conflict starts with understanding the basics of communication and the impact it has on your ability to deal with difficult situations.

Includes:

- Communicating at Your Best
  - ⇒ Exercise - The Architect Builder
- The Five Traditional Strategies Used in Conflict
  - ⇒ Identifying your personal strategies and trying something different.

##### **2D Good Grief**

*Presented by Shelley Murdoch and Melody Evans*

Journeying with older adults with developmental disabilities to the end of their lives means providing support to the individuals involved and easing the transition for them by being creative, respectful and developing very individualized plans. It is also necessary to support the other people who are affected by the loss. This means finding effective ways to acknowledge, validate and celebrate the feelings of the individuals' families, other clients and the team of staff who provided the care during this most difficult time. This session will talk about grief and loss, how these affect both people with disabilities and their supporters, explore available resources and outline creative and healthy ways to support grief and loss.

##### **2E Teams and Transitions**

*Presented by Dr. Klay Dyer, NorQuest College*

This fast-paced interactive workshop provides an overview to key aspects of any contemporary work environment: the need to manage change effectively, and to do so always while building a strong and sustainable team culture. Participants in this session will learn about the basic building blocks of an effective transitional team, how to communicate change effectively, and how to problem solve with creativity. Hands-on exercises will have you thinking like a Navy Seal, planning like a Super Bowl champion, and much more.

## SESSION INFORMATION

**DAY 2 - THURSDAY OCTOBER 29**

**SESSION 1 - 10:00 AM - 12:30 PM**

- 3A Sexuality and People with Intellectual Disabilities (Part 1 of 2)**  
**\* NOTE: This is a full day course and must be taken in tandem with 4A.**  
*Presented by David Hingsburger, M.Ed.*

When disability and sexuality intersect, attitudes often collide. This workshop begins by looking at the various "realizations" that people need to have when working with those who have an intellectual disability who wish to express their sexual/relationship needs. In the afternoon, a quick and fun look at the myths and mythologies of sexuality and disability will be explored.

- 3C Health and People with Developmental Disabilities**  
*Presented by Deirdre Gillespie, RN, MN*

There are multiple and complex challenges that arise when working with people with developmental disabilities. Advocates (workers, family, friends etc.) frequently describe confusion in navigating health services. This session will cover some of the more common health-related issues. Feeding and swallowing, pain, personal directives, and preparing for a physician's visit will be presented with a view to increasing your understanding of navigating health systems and legislation concerning people with developmental disabilities.

- 3D The ABC's of Down Syndrome**  
*Presented by Gayle Krupa, RN, BScN*

We will discuss the medical conditions associated with Down Syndrome and how they may present themselves. We will also look at some typical things that occur with aging in this population and share some great resources that may prove to be helpful to people caring for adults with Down Syndrome.

- 3E 9 Domains of Health and Wellbeing in Supporting People with Complex Needs**  
*Presented by CONNECT, NW Community Support Team*

This workshop will provide an overview of Health and Wellbeing as a useful guide to expand our understanding of support.

We are aware that many people have Behavior Plans and recognize the importance of such plans to support people at risk. However, we also see the need for a plan that focuses on building on the good moments, those good experiences and those good days that lead to good weeks, months and years. We are certain you will leave with some additional tools to help support individuals with Complex Needs (or anyone else we support) and achieve lasting wellness.

## SESSION INFORMATION

**DAY 2 - THURSDAY OCTOBER 29**

**SESSION 2 - 1:30 PM - 4:30 PM**

**4A Sexuality and People with Intellectual Disabilities (Part 2 of 2)**  
**\* NOTE: This is a full day course and must be taken in tandem with 3A.**  
*Presented by David Hingsburger, M.Ed.*

When disability and sexuality intersect, attitudes often collide. This workshop begins by looking at the various "realizations" that people need to have when working with those who have an intellectual disability who wish to express their sexual/relationship needs. In the afternoon, a quick and fun look at the myths and mythologies of sexuality and disability will be explored.

**4B The Power of Meaningful Moments**  
***How can we support people to have purpose and value in their day?***  
*Presented by Cara Milne*

This practical workshop will focus on the power of creating valued roles for children and adults with disabilities. Those attending will leave with a better understanding of how to improve the quality of someone's day, based on building genuine relationships and roles, rather than only supporting them in activities.

This workshop will also examine ways in which people with disabilities can increase their involvement within their own homes and the surrounding community. Cara will give realistic first steps for Community Building, and how to support people with disabilities to build dignity, responsibility and self-esteem.

**Workshop Contents:**

Attitude matters! A conversation around language, actions and attitude. What does it really mean to be included? A look at the difference between segregated, integrated and inclusive experiences.

- How do we define community?
- How do we start to connect to the community?
- What do we do when the community doesn't seem interested?
- What are valued roles? How can we apply this information to our work?
- How can I shift my focus more to roles, rather than just activities?
- How can we support people with disabilities to build dignity and self-esteem?
- What about relationships?

### SESSION INFORMATION

#### DAY 2 - THURSDAY OCTOBER 29

#### SESSION 2 - 1:30 PM - 4:30 PM

##### **4C Aging and Developmental Disabilities**

*Presented by Deirdre Gillespie, RN, MN*

As people with developmental disabilities age, we are learning more about how aging affects this population. Aging can cause changes in behaviour. This session will discuss some of the more common aging issues facing people with developmental disabilities. Normal aging, dementia, reduced sensorium, respiratory illness, polypharmacy, social changes and other related topics will be presented for consideration. Each topic will be discussed with regard to the changes in behaviour that might provide you with clues as to what the person with a developmental disability might be experiencing. The goal is to provide you with knowledge that will help you support people with developmental disabilities as they age.

##### **4D Use of Expressive Media In Paraprofessional Counseling**

*Presented by Yesim Sokmen, BSc, OT, MA Arts Therapy*

During this workshop, Yesim will first talk about how direct care staff can use expressive art media as part of paraprofessional counseling. The second part of the workshop will consist of a hands-on practicum to introduce actual tools and techniques to develop skills to use expressive media in the day-to-day interactions with their clients. Paraprofessional counseling skills are essential for direct care staff who works with clients who have developmental disabilities and mental health support needs. Expressive art media offers unique opportunities of expression to these clients who may not easily communicate their experience, such as their feelings, sensations and impressions through verbal language. Art media can be used for relaxation, sensory modulation, self-soothing and self-expression. The process that will be presented promotes a sense of connectedness between the art maker(s) and the witness(es) of the art-making. The goal of this workshop is to provide the direct care staff the basic understanding and skills so that they can offer this process to their clients with confidence and ease.

##### **4E Falling Through the Cracks: The Incarceration of the Mentally Ill and Those with Developmental Disabilities**

*Presented by Elizabeth Fry Society of Edmonton*

Helping someone who is involved in the criminal justice system can often be a daunting task. Please join the Elizabeth Fry Society of Edmonton's provincial prison liaison and court support worker for an informative discussion surrounding the criminal justice system, criminal responsibility, and supporting someone who is incarcerated or at risk of incarceration.

This presentation will include discussion of issues affecting those with developmental disabilities and mental health concerns.