

In Our Community *Making a Difference*

October 2 & 3, 2017

DoubleTree by Hilton, Edmonton AB



McMan

**McMan Youth, Family and
Community Services Association**

www.mcmanconference.ca

Charitable Registration# 119035947RR0001

In Our Community, Making a Difference

4TH ANNUAL CONFERENCE

It is my pleasure to invite you to our 4th Annual "In Our Community - Making a Difference" Conference. The conference will take place on October 2nd and 3rd at the Doubletree by Hilton in Edmonton.

As our sector continues to adapt and respond to the needs of people with disabilities, youth and families, conferences like this provide a wonderful opportunity to enhance our knowledge, strengthen our skills and celebrate our successes.

This conference is an ideal opportunity for community professionals, service providers, people with disabilities and their family members to meet with colleagues and take part in the sharing of information and best practice. The conference offers 2 days full of exciting ideas, thought provoking innovation and cutting edge service delivery.

Mark your calendars. We hope to see you there!

Regards,



Danica Frazer
Executive Director
McMan Youth, Family and Community Services
Edmonton and North



McMan



In Our Community, *Making a Difference*

CONFERENCE INFORMATION

This conference has been specifically designed to give perspective and provide tools to those working in the human services field and is geared to:

- Direct Service Staff
- Supervisors
- Family and Caregivers

Dates: Monday October 2 - Tuesday October 3, 2017

Location: DoubleTree by Hilton West Edmonton
16615 109 Avenue, Edmonton, AB

Registration Cost (per individual):

Both Days:

Early Bird* \$275
Regular \$310

Single Day:

Early Bird* \$175
Regular \$195

Price includes continental breakfast and lunch.

*Early Bird - You must register by **Monday September 18, 2017** in order to get this rate.

For Additional Information Contact:

Marie Richard, McMan Youth Family & Community Services Association
Phone: 780-482-4010 Ext 222 | Email: marie.richard@mcman.ca

Scholarships

Scholarships may be available to direct service staff or family who require financial support in order to attend the conference.

For more information on scholarships please contact:

Melinda Noyes, McMan Youth Family & Community Services Association
Phone: 780-482-4010 Ext 226 | Email: melinda.noyes@mcman.ca

CONFERENCE AGENDA - DAY 1

MONDAY OCTOBER 2, 2017 (8:00 AM - 4:30 PM)

8:00 AM Registration & Continental Buffet

8:45 AM Welcome and Opening Remarks

9:00 AM Keynote Address
Michael McCreary

Twenty-one year old Michael McCreary was diagnosed with Asperger's Syndrome at the age of five. See the world through his eyes as he takes you on a comical journey through the lighter side of Asperger's Syndrome.

BREAK

10:45 AM **CONCURRENT SESSIONS:**

1A Hearing Voices That Are Distressing - *Annette Borrows*

1B Youth Speak Out - *Panel*

1C Assistive Technology to Support Individuals with Disabilities in the Community - *Julia Pearce*

1D The Community: What It Is and What It Isn't
- *Dave Hingsburger*

1E Healthy Workplaces and Stress Management / Seniors and Mental Health - *Laurie Young*

1F Musculoskeletal Injury Prevention - *Frank Laucher*

12:30 PM **LUNCH PROVIDED**

1:30 PM **CONCURRENT SESSIONS:**

2A Job Coaching, Effective Strategies and Tools - *Annette Borrows*

2B Top 10 Assistive Technology for Communication - *Julia Pearce*

2C Let's Chat - *Dave Hingsburger*

2D Drug Prevention and Education - *George Macleod*

2E Mental Illness and Stigma / Mental Illness in Youth and Young Adults
- *Laurie Young*

2F Understanding Family Violence - *Marion Mendoza and Monique Methot*

CONFERENCE AGENDA - DAY 2

TUESDAY OCTOBER 3, 2017 (8:00 AM - 4:30 PM)

8:00 AM Registration & Continental Buffet

8:45 AM Welcome and Opening Remarks

9:00 AM *Performance by CRIPSiE (The Collaborative Radically Integrated Performs Society in Edmonton)*

CRIPSiE is committed to fostering high quality, creative, anti-oppressive and inclusive art practices and performances. CRIPSiE builds upon over a decade of vibrant integrated dance experience in Edmonton. They are a charitable arts organization run by artists who experience disability or other forms of oppression and by their artistic and political allies.

BREAK

10:15 AM **CONCURRENT SESSIONS:**

3A Hearing Voices That Are Distressing - *Annette Borrows*

3B Job Maintenance: Building Capacity in People and Systems
- *Renate Burwash*

3C Augmentative Communication Over The Lifespan - *Julia Pearce*

3D Understanding Disability, Respecting Ability - *Dave Hingsburger*
(All day session - must be taken in tandem with 4C)

3E What is Non-Suicidal Self-Injury and How Do We Intervene?
- *Laurie Young*

12:30 PM **LUNCH PROVIDED**

1:30 PM **CONCURRENT SESSIONS:**

4A Self-Employment - An Under Utilized Supported Employment Strategy
- *Annette Borrows*

4B Top 10 Assistive Technology for Communication - *Julia Pearce*

4C Understanding Disability, Respecting Ability - *Dave Hingsburger*
(All day session - must be taken in tandem with 3D)

4D Drug Use: Intervention - *George Macleod*

4E Leadership at the Movies - *Klay Dyer*

4F Harm Reduction - *Kari Jesswein and Jennifer Pollard*

In Our Community, Making a Difference

KEYNOTE SPEAKERS

MONDAY OCTOBER 2, 2017

MICHEAL MCCREARY

Twenty-one year old Michael McCreary was diagnosed with Asperger's Syndrome at the age of five. At thirteen, in an act of self-preservation, combined with the desire for constant attention and the inability to stop talking, he began stand-up comedy. Over the past 4 years Michael has performed at conferences, galas, universities, bars and church basements across Canada and the United States. See the world through his eyes as he takes you on a comical journey through the lighter side of Asperger's Syndrome.



TUESDAY OCTOBER 3, 2017

CRIPSiE (The Collaborative Radically Integrated Performers Society in Edmonton)



CRIPSiE is an Edmonton-based collective of artists that include people who experience disability and their allies. We challenge dominant stories of disability and other forms of oppression, through high-quality crip and mad performance art, video art, and public education and outreach programs.



In Our Community, *Making a Difference*

SESSION INFORMATION

DAY 1 - MONDAY OCTOBER 2

CONCURRENT SESSIONS - MORNING (10:45 AM - 12:30 PM)

1A Hearing Voices That Are Distressing

(This session is designed for participants that have previous experience and knowledge in working with people that have voice hearing experiences.)

Presented by Annette Borrows, Employment Strategy Manager for Langley Association for Community Living, Delta Community Living Society and Community Futures of the South Fraser

A truly unique learning experience. This interactive session will allow you to have a glimpse into the lived experience of trying to function and perform tasks while being "symptomatic." Hearing Voices That Are Distressing is a simulated training in which participants listen to a specifically designed audiotape while experiencing the simulation of hearing voices. There will be time for debriefing and a discussion around coping skills.

1B Youth Speak Out

Panel Discussion

Youth Speak Out is a group made up of youth (between the ages of 15 and 24 years old) who have had or still have involvement with Child and Family Services. It is facilitated by a variety of "youth leaders" (CFS staff and volunteers) and is supported by the Adoption Council of Canada and CFS. The group's purpose is to help inform decision makers, professionals and caregivers about what the youth's experiences have been, what is important to them, how they have been impacted while in care and the importance of permanency or lifelong connections.

1C Assistive Technology to Support Individuals with Disabilities in the Community

Presented by Julia Pearce, Utah Assistive Technology Teams (UATT)

This session shows a framework that can be used by teams of professionals and family members to start looking at what might be an appropriate tool/device. Assistive technology equipment will be shown including apps for the iPad.

In addition, this session includes a new tool that can be used to support individuals who, like all of us, use non-verbal communication to have their needs met. Individual case studies will also be shown for the main areas of low and mid tech assistive technology that I have seen to be most supportive to individuals in the community. Time will be spent creating this new tool with participants for individuals they support. This session is designed to show the assistive technology options that can be available with little to no cost for implementation.



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SESSION INFORMATION

DAY 1 - MONDAY OCTOBER 2

CONCURRENT SESSIONS - MORNING (10:45 AM - 12:30 PM)

1D The Community: What It Is and What It Isn't

Presented by Dave Hingsburger, MEd

Director of Clinical and Educational Supports, Vita Community Living, Toronto, Ontario

Recent research has been looking at the experience of people with disabilities as they live in their home communities. The results show a much different picture than we might want to believe. This talk will discuss what we are learning about the community and what DSP's can do to support people as they access their rightful place in that community.

1E Healthy Workplaces & Stress Management / Seniors and Mental Health

Presented by Laurie Young, Canadian Mental Health Association

Healthy Workplaces & Stress Management helps participants identify and manage workplace stressors, discover strategies for self-care, and learn about valuable resources. *Seniors and Mental Health* explores some of the common mental health problems faced by older adults, tips for maintaining good mental health, and resources available in Edmonton.

1F Musculoskeletal Injury Prevention (MIP) - Safe Resident Handling and Safe Manual Materials Handling Techniques

Presented by Frank Laucher, Good Samaritan Society

The importance of using correct body mechanics, while providing support to the individuals with physical disabilities that we serve, is at the forefront of safe work practices. In this presentation we will look at and understand the nature, mechanisms and sign and symptoms of MSI's (Musculoskeletal Injuries). The presentation will also apply the "8 Principles of Safe Resident Handling" to safely lift and transfer the individuals we serve as well utilizing the 8 principles in our day-to-day work.

DAY 1 - MONDAY OCTOBER 2

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

2A Job Coaching - Effective Strategies and Tools

Presented by Annette Borrows, Employment Strategy Manager for Langley Association for Community Living, Delta Community Living Society and Community Futures of the South Fraser

This three hour session will provide participants with a variety of methods and successful tools to implement into your coaching or teaching whether the task is simple or complex. The idea of "fading in" rather than "fading out" will be explored. Topics will include; preparing for the first day at work, systematic instruction, prompts, modifications and developing training plans. The session will be interactive and case studies will be used to solidify the learnings.



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SESSION INFORMATION

DAY 1 - MONDAY OCTOBER 2

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

2B Top 10 Assistive Technology: Which One is Number One?

Presented by Julia Pearce, Utah Assistive Technology Teams (UATT)

This session shows a framework that can be used by teams of professionals and family members to start looking at what might be an appropriate tool/device. This session includes time to work with the framework and equipment options to help participants brainstorm ideas for specific individuals they work with. Assistive technology equipment will be shown including apps for the iPad.

2C Let's Chat

Presented by Dave Hingsburger, MEd

Director of Clinical and Educational Supports, Vita Community Living, Toronto, Ontario

This is a dynamic question and answer session with Dave Hingsburger where you can ask any question you want on any topic from sexuality, to self esteem, to disability pride, to where we are in the sector... anything (except really personal stuff of course - need to always practice boundaries) related to the disability sector. Prepare for frank discussion and even open debate... come with questions and ideas of what you'd like to hear about.

2D Drug Prevention and Education

Presented by George Macleod: Addiction Specialist with McMan Central Region, Seven Challenges® Program Leader and Counselor

This session will explore the world of drugs. The benefits and harms of drug use, the difference between use, abuse and dependence. How to empower children so they don't need drugs. How drug abuse impacts youth and young adult development.

2E Mental Illness and Stigma / Mental Illness in Youth and Young Adults

Presented by Laurie Young, Canadian Mental Health Association

The signs and symptoms of common mental illnesses, insight into what the recovery journey may look like, and resources to help youth and young adults. Discusses the stigma associated with mental health and mental illness and how this affects us all. Includes time to discuss the problem and possible solutions.

2F Understanding Family Violence

Presented by Marion Mendoza and Monique Methot, The Today Centre

This workshop will help service providers understand, address, and support clients affected by family violence, including an exploration of the unique barriers facing ethno-cultural clients. Participants will have increased skills in addressing these specialized issues, as well as supporting community resources.



In Our Community, *Making a Difference*

SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 3

CONCURRENT SESSIONS - MORNING (10:15 AM - 12:30 PM)

3A Hearing Voices That Are Distressing

(This session is designed for participants new to mental health or have limited experience in working with people that have voice hearing experiences.)

Presented by Annette Borrows, Employment Strategy Manager for Langley Association for Community Living, Delta Community Living Society and Community Futures of the South Fraser

A truly unique learning experience. This interactive session will allow you to have a glimpse into the lived experience of trying to function and perform tasks while being "symptomatic." Hearing Voices That Are Distressing is a simulated training in which participants listen to a specifically designed audiotape while experiencing the simulation of hearing voices. There will be time for debriefing and a discussion around coping skills.

3B Job Maintenance: Building Capacity in People and Systems

Presented by Renate Burwash, Gateway Association

Within Gateway's supported employment model we have dedicated staff for job maintenance, and this focused effort has brought us a number of unique insights into the key success factors and barriers in job maintenance. We want to bring these insights to participants, with a focus on:

- Our model of job maintenance, including steps we take with employees and employers
- Key insights, successes and barriers
- Where do we see job maintenance in the future, including our analysis on job performance and growth for persons with disabilities

The presentation will be a mix of practical steps, advice for those working to support careers of people, and stories that highlight our lessons learned. Participants will be invited to ask questions and discuss their situations with the Gateway team.

3C Augmentative Communication Over the Lifespan

Presented by Julia Pearce, Utah Assistive Technology Teams (UATT)

This session shows how assistive technology was implemented during 20 years for a young man with increasing medical and mental health needs at home and in the school setting that included low, medium and high technology options. This session also can show steps that were considered during the transition planning out of the school system.

(This session has been helpful for direct support professionals and other professionals to begin to understand the story that an individual and their family may experience.)



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SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 3

CONCURRENT SESSIONS - MORNING (10:15 AM - 12:30 PM)

3D Understanding Disability, Respecting Ability: Disability Informed Service

*** NOTE: This is a full day course and must be taken in tandem with 4C.**

Presented by Dave Hingsburger, MEd

Director of Clinical and Educational Supports, Vita Community Living, Toronto, Ontario

This session will look at how we provide service to people with intellectual disabilities. Do we understand what disability means from an intellectual, social and political point of view. Research tells us that people with disabilities face harsh social realities, that they live within systems that more often repress than free, and at the same time they work to manage the effect that their disabilities and abilities have on their lives. How can we help? Where do we start? Those questions will be answered here.

3E What is Non-Suicidal Self-injury and How do We Intervene?

Presented by Laurie Young, Alberta Health Services

Non-suicidal self-injury is a major public health issue in young people. The phenomenon is complex and is often difficult to treat. This session will provide participants with information regarding adolescents and young adults who intentionally injure themselves. We will explore the causes associated with non-suicidal self-injury and the motivation behind the behavior. Participants will be provided practical strategies and resources so they can support an individual person who may be participating in non-suicidal self-injury.

DAY 2 - TUESDAY OCTOBER 3

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

4A Self-Employment - An Under Utilized Supported Employment Strategy

Presented by Annette Borrows, Employment Strategy Manager for Langley Association for Community Living, Delta Community Living Society and Community Futures of the South Fraser

We have seen many micro businesses attempt to start-up and then fail after one or two attempts. If the appropriate simple steps are implemented there can be many more successful outcomes in self-employment for the people you are serving. There may also be many additional work opportunities available when you consider contracting to an existing employer for specific tasks in a customized manner.

This fun and interactive session will include practical information and exercises about:

- What is self-employment: sole proprietorship, contracting, co-op, social enterprise
- Case studies for self-employment contracting: who is responsible for what, how do you create a contract document
- Market Research: how do determine if an idea will work

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SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 3

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

- 4B Top 10 Assistive Technology: Which One is Number One?**
Presented by Julia Pearce, Utah Assistive Technology Teams (UATT)

This session shows a framework that can be used by teams of professionals and family members to start looking at what might be an appropriate tool/device. This session includes time to work with the framework and equipment options to help participants brainstorm ideas for specific individuals they work with. Assistive technology equipment will be shown including apps for the iPad.

- 4C Understanding Disability, Respecting Ability: Disability Informed Service**
*** NOTE: This is a full day course and must be taken in tandem with 3D.**
Presented by Dave Hingsburger, MEd
Director of Clinical and Educational Supports, Vita Community Living, Toronto, Ontario

This session will look at how we provide service to people with intellectual disabilities. Do we understand what disability means from an intellectual, social and political point of view. Research tells us that people with disabilities face harsh social realities, that they live within systems that more often repress than free, and at the same time they work to manage the effect that their disabilities and abilities have on their lives. How can we help? Where do we start? Those questions will be answered here.

- 4D Drug Use: Intervention**
Presented by George Macleod: Addiction Specialist with McMan Central Region, Seven Challenges® Program Leader and Counselor

Recognizing the signs of drug use, understanding why youth and young adults use drugs. Challenges facing parents whose son or daughter abuse drugs: awareness vs ignorance, observable signs vs assumptions, responding vs reacting, meaningful dialogue vs lecture, gentle power vs hardline power, acceptance vs rejection, influence vs control.



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SESSION INFORMATION

DAY 2 - TUESDAY OCTOBER 3

CONCURRENT SESSIONS - AFTERNOON (1:30 PM - 4:30 PM)

4E Leadership at the Movies

Presented by Klay Dyer, PhD

Dyer Educational & Research Consultants Inc.

Although we often go to the movies for entertainment and escape, the reality is that movies teach us valuable lessons about leadership. Combining a popcorn-filled afternoon with contemporary lessons on foundational leadership strategies and techniques, this workshop will touch on such issues as leader-full communications, leading through change, leading conflict, and building effective teams.

4F Harm Reduction

Presented by Kari Jesswein and Jennifer Pollard, Alberta Health Services

This session will thoroughly explore what harm reduction is, what it isn't, and the philosophy that informs this approach. We will also look at a variety of harm reduction programming examples and delve into the rationale behind them and the research that supports them. This session has been developed to support those who are limited in their knowledge of the topic or for those who work within a harm reduction philosophy but are looking to better understand the "why" behind the work that they do.



In Our Community, Making a Difference

GENERAL INFORMATION

Date: Monday October 2, 2017
Tuesday October 3, 2017

Location: DoubleTree by Hilton West Edmonton
16615 109 Avenue, Edmonton, AB

Registration Cost (per individual):

Both Days:

Early Bird* \$275
Regular \$310

Single Day:

Early Bird* \$175
Regular \$195

*Early Bird - You must register by **Monday September 18, 2017** in order to get this rate.

Substitution and Refund Option

If after registering you find that you are unable to attend the conference a substitute participant from your organization may attend at no extra charge. Please submit names for each delegate being registered with their individual session choices.

Payments are non-refundable.

Host Hotel Information

This modern hotel is 3.2 km from Telus World of Science and 5.1 km from West Edmonton Mall. Flat-screen TVs and free Wi-Fi are offered in each room, alongside the subdued decor and custom-designed beds. Light breakfast is available, along with a casual lobby bar/restaurant and a dinner theater with live entertainment. Other amenities include a gym, an indoor pool and meeting rooms, plus free parking and freshly baked cookies upon arrival. There's also a 24/7 business center and pantry.

DoubleTree by Hilton West Edmonton has offered conference participants a special room rates starting from \$152 plus applicable taxes.

Participants must book their stay by **Tuesday September 26, 2017** to ensure the special rate. For Reservations call 780-484-0821. **(Make sure to reference the booking code: MYF)** Alternately you may also reserve a room through DoubleTree's booking link at http://doubletree.hilton.com/en/dt/groups/personalized/Y/YEGNMDT-MYF-20170930/index.jhtml?WT.mc_id=POG

Please note: Rooms are subject to availability. Please book early to ensure space and conference rates.

**Some like it hot.
Some like it cold.**
For your own comfort
please dress in layers.



In Our Community, Making a Difference

REGISTRATION FORM

Registrations can be emailed to marie.richard@mcman.ca, faxed to 780-452-1942 or mailed to McMan at 11821 123 Street, Edmonton, AB T5L 0G7

Name: _____

If you are McMan staff, please check here

Organization: _____

Address: _____

City: _____ Province: _____ Postal Code _____

Phone: _____ Email: _____

SESSION CHOICES - PLEASE REFER TO THE PROGRAM FOR DESCRIPTIONS

Please enter your first and second choice for each session in the event that your first choice is full.

MONDAY OCT 2 - DAY 1

1st Choice

2nd Choice

CONCURRENT SESSIONS - MORNING:

CONCURRENT SESSIONS - AFTERNOON:

TUESDAY OCT 3 - DAY 2

1st Choice

2nd Choice

CONCURRENT SESSIONS - MORNING:

CONCURRENT SESSIONS - AFTERNOON:

Payment:

(check one)

Two Day Full Registration:

- Early Bird Rate \$275 (If you register by Monday Sep 18)
 Regular rate \$310 (Registration Deadline is Monday Sep 26)

Single Day Registration:

- Early Bird Rate \$175 (If you register by Monday Sep 18)
 Regular rate \$195 (Registration Deadline is Monday Sep 26)

- Cheque or money order (payable to McMan)
Mail to: McMan - 11821 123 Street, Edmonton, AB T5L 0G7

- VISA or MASTERCARD Number: _____

Expiry Date: _____ Name on Card: _____

Cardholder Signature: _____

Additional Questions? Please contact:

Marie Richard, McMan Youth Family & Community Services Association
Phone: 780-482-4010 Ext 222 | Email: marie.richard@mcman.ca
www.mcmanconference.ca