



WAISMAN CENTER
UNIVERSITY OF WISCONSIN-MADISON
University Center for Excellence in Developmental Disabilities



COMMUNITY TRAINING AND CONSULTATION CATALOG



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COMMUNITY TRAINING AND CONSULTATION

Community Training and Consultation (T&C) offers accessible, affordable and practical learning opportunities to support people with developmental disabilities in the community. T&C serves residential, vocational, and broker agencies, as well as adult family homes, state centers, mental health agencies, families, and individuals with disabilities. Community Training and Consultation also coordinates trainings throughout the State of Wisconsin. Under the umbrella of the University of Wisconsin, T&C is qualified to offer continuing education hours to social workers.

LEARNING TOGETHER

These informative and fun classes are geared towards people with developmental and intellectual disabilities. Classes are usually short in duration (1 1/2 to 2 hours) and the registration fee is reduced for participants. Support providers and family members are encouraged attend and participate in these classes with the people they support.

EXPLORING ART

Instructor: Molly Linn-Miller, MA - Art Therapy

A 1.5 hour class occurring on the second Monday of each month. Sign up for one, several, or all the classes!

Use this class as a way to have fun and create new things with others or find more meaningful expression through the process of creating art in these workshops.

We will use a variety of media, such as paints, collage, and sculpture with recycled materials.

About the instructor:

Molly received her bachelor's degree from UW-Madison in Communicative Disorders. She has a master's degree in Art Therapy from Mount Mary College. Molly has worked with children, adults and older adults with a variety of disabilities, including cancer survivors and children with behavioral health issues. Molly currently works part-time as a Senior Therapist providing in home therapy to children with autism. She paints murals and makes tote bags and purses out of recycled materials.

MAKING A MEMORY BOOK

Finding Value and Significance through Memory Making

Many times personal stories of those we support are never written down or shared before it is too late. The thought-provoking questions in a memory book can make it easier for consumers to recall people, places and times that they thought they had forgotten. Help them tell their story and record their

precious memories for posterity by creating a personalized memory book or journal for them.

Consider a list questions which cover each phase of the individual's life - childhood, school, job, friends, family, etc. and bring pieces of history (photos, letters, other important small items) to the workshop to create a memory book.

FIRE EXTINGUISHER TRAINING

Instructor: Bernadette Galvez, Community Education Officer, City of Madison Fire Department

This session will educate and train students on types of fires, types of fire extinguishers and safe use of an extinguisher. Instruction includes hands-on practice with the BullEx fire extinguisher training system.

Agenda:

Intro/Discussion; Video & Quiz; Outside Practice; Questions & Wrap up

Key Points:

Introduction; Watch Video; Review classes of fire; Review types of extinguishers; Review extinguisher operation; Safety reminders; Hands-on practice

FIRE AND TORNADO SAFETY

Being ready for emergencies means knowing what to do to keep yourself safe. Bernadette Peters from the City of Madison Fire Department will explain the different responses for fires and tornadoes so you can make the right decisions whatever the situation.

Support providers and adults with developmental disabilities are welcome to attend this timely and important session.

SIMPLY DIABETES: TEACHING CONSUMERS HOW TO HANDLE THE REALITY OF DIABETES

Presented by Waisman WIN

Contact Training and Consultation to discuss training options for individuals or agencies.

Do you know a consumer who is at high risk for diabetes or has diabetes? This is a diabetes class modified for consumers which utilizes many hands-on activities, music, food tasting, and pictures to assist in learning.

Each consumer will need to be accompanied by a support provider/family member who can assist with the class activities. If a person has a glucometer, strips and lancet pen, these items should also be brought to the training.

The course includes:

- What is diabetes
- Ways to prevent diabetes
- Choosing healthy food
- Exercise
- Using a glucometer
- High and low blood sugars and what to do about them
- Taking diabetes medications
- Diabetes dangers: ways to prevent complications

WIN classes provide a realistic, practical perspective by nurses who understand.

SELF ESTEEM AND GROOMING/PERSONAL CARE SERIES

Workshop Leader: Rosalee Eichstedt, Image Consultant. It is her life's passion that everyone know themselves as beautiful from the inside out. Stylists from around the Madison area will assist Rosalee in this series.

WEEK 1: FALLING IN LOVE WITH ME: GROWING SELF-ESTEEM

In this session, participants will get to know each other, talk about self-esteem and what people would like to learn from the class. It will include video and interactive sessions.

WEEK 2: YOU ARE POSITIVELY GLOWING! SKIN-CARE AND MAKE-UP

This session will include introductions and a review of last week's activities. We will talk about how to care for your skin

and applying makeup. Makeup stylists will be on hand to assist in applying makeup.

WEEK 3: HAIR: SHIP-SHAPE AND STYLISH & KEEPING HANDS AND FEET HEALTHY

This week we will talk about hair and nails.

Hair: Proper grooming, scalp massages for relaxation and scalp health, washing our hair, combing when wet/brushing when dry, blow drying, styling for every day, styling for special occasions.

Nails: Hand washing, cleaning under nails, shaping, and painting.

For the next session activities: Bring items of clothing that you love but are not sure what to wear with them.

WEEK 4: TALKING FASHION: CLOTHING AND PERSONAL STYLE

This week we discuss fashion and personal style. We'll go over trends in fashion and discuss your personal tastes: colors you like, the feel of the fabric and putting together outfits. We will talk about the clothing items that people brought to the session.

Finally we will prepare for next session: What to expect, what to bring, and remember to wear your favorite outfit!

WEEK 5: PHOTO SHOOT AND PARTY

One on one hair and makeup (participants do their own, with assistance if needed by the stylists)

Final touch ups and...Music and Photo shoot!

Participants (or guardians) will be asked to sign a release form to have their photos taken during the series. Photos will be used to promote the Fashion Show for All Abilities.

EMPOWERMENT PROJECT: TAKING PART & TAKING POWER

A four-part empowerment and self-advocacy course. Two-hour sessions are offered over four weeks. Each session covers one of the following topics:

1. Choices: Understanding your choices and knowing what you want.
2. Planning: Making a plan to reach your goal.
3. Help: Knowing who your allies are and how to ask for help.

4. Empowerment: Putting your plan into action and reaching your goals.

***People are asked to bring a support person to each session for 1:1 support while participating. Activities are outlined in a workbook provided as a guide to participants throughout the sessions.

HEALTH AND FITNESS – TAMMY PETERS

This evening is devoted to debunking the myth that becoming and staying physically fit is only for those who have the time and equipment to spend hours of complicated weight and aerobics training regimes. In this session, you will learn simple and practical ways to look fit and feel energized while doing exercises that can easily become a part of your daily routine. Examples of healthy foods and snacks will not only be reviewed but sampled!

HOW TO RELAX – PAM MCKEARN

Join us as we learn to relax our own bodies. We will do this by using our sense of touch, sight, hearing and smell. This experience will support you in identifying ways you as an individual would like to deal with stress.

LIVING WELL WITH ALZHEIMER'S – YURA YASUI

What happens when we get Alzheimer's disease? What can we do to live well with Alzheimer's disease? These are the key questions we'll examine and discuss in this session. The information is presented in a simple yet direct way with plenty of opportunity for group discussion on ways to understand and deal with the realities of this disease.

MAKE YOUR OWN ADVOCACY VIDEO – MARY JO OATHOUT

Madison filmmaker, Mary Jo Oathout will facilitate a video class. Part one will consist of learning camera basics and videotaping a short piece. Part two session students will be showing their work to the class and discussing the process.

MUSIC APPRECIATION – KEN HALFMANN

Come and enjoy a relaxing evening of music. We will be listening to and learning how to appreciate music for all ages and moods.

NOW WE'RE COOKING: I & II – MARY SYKES

Part I: 122 E. Olin Ave., Suite 100

Part II: Willy St. Co-Op*

This two-part session will provide a hands-on learning experience to create simple yet tasty meals that are good for you. The first session held at Olin Avenue will provide the opportunity for people to identify and discuss their personal goals around cooking. Whether your goal it is to expand the range of ideas for cooking everyday meals to planning a dinner party for friends or family, these are two sessions you won't want to miss. The second session will be held at the Willy St. Coop – first we will shop in the store for the ingredients to make a healthy meal, and the rest of the class will be spent in Willy St.'s full kitchen preparing the light meal. Of course, eating the food created in the classes is strongly encouraged!

*All food will be purchased by the Waisman Center's Community Training & Consultation Program.

SKILLS TO BE A GOOD WORKER – YURA YASUI AND AMY MAGNUSSON

The world of work is full of mysteries, challenges, and wonders. Sometimes going to work is a drag; sometimes we can't wait to get to work. In this session, we will discuss with an employer what some of the qualities are that employers see in good workers, review the skills that we would like to learn to be good workers, and listen to each other's special stories from the world of work. Let the good worker in yourself shine!!

VALUES CLARIFICATION: I & II – PAM MCKEARN

Join us for an informative and lively two-part series to explore our individual values and how they play an important role in our lives. How we make decisions reflects on the values (what is important to us) we hold. The first session will feature an opportunity to identify the values that other people have found important in their lives and for you to decide if those are values you'd like to make part of your life. The second session will feature fun exercises and games to help you identify the values that are important in your life.

SAFETY IN THE COMMUNITY – DEDRA HAFNER

An 8-week course designed to teach high school students and adults with disabilities personal awareness of safety at home, at work & in public. Topics include: Recognizing Feeling Safe, Unsafe, & Uncomfortable; Identifying Roles & Social Rules of Family, Friends, Personal and Community Helpers, and Strangers; Telling Someone You Trust; Privacy of Your Body; Setting Personal Boundaries; Being the Target of a Scam; Safe Dating; Sexuality; Recognizing Danger & Life Threatening Situations; Basic First Aid; Self-Defense Techniques. Series will also include Hands-On Exercises, Role-Playing, Guest Speakers. Adapted for varying skill levels and ages.

BEHAVIORAL SUPPORT & MENTAL HEALTH

Trainings on behavioral support and mental health are designed to assist professionals in learning how to effectively support persons with developmental disabilities and others who could experience the full range of behavioral escalation and mental health issues.

MANAGING THREATENING CONFRONTATIONS

Instructor: Community TIES Behavioral Support Specialist

5.5 Hours

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 2

Instructor: Josh Lapin

5.5 Hours

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

UNDERSTANDING SENSORY AND MOVEMENT DIFFERENCES (PART 1)

Date and Time: Monday, June 19, 2017: 9:00 AM - 2:30 PM

Home is not where you live, but where they understand you (Morgenstern, 1991). This workshop is the first of 2 that are designed to bring a greater understanding of what it might be like to experience various kinds of sensory and movement differences (including, but not limited to autism). You will see what can be celebrated about these differences, and how the struggles that sometimes come with them can be accommodated and supported.

Nanette Negri will lead participants through simulation activities of what it might be like to live with autism or other sensory and movement differences. Through these experiences participants will learn ways to personalized build bridges that will allow meaningful participation and support of

individuals who live with sometimes complex challenges of neurology.

The workshop will address issues of how to help people help each other respectfully, problems of power in relationship, developing compassion for one another, and celebrating differences of all kinds. Participants will have an opportunity to see how a deeper understanding of the experiences of one another (especially those with complex sensory and movement differences), can help in developing positive ways of being with one another with supports that work for us all. Participants will have time to share problems/concerns they face and begin to create meaningful strategies to take back and try. Bring an open and curious mind, wear comfortable clothes, and be prepared to play while you learn!

PRACTICES TO SUPPORT REGULATION AND RELATIONSHIPS (PART 2)

Instructor: Nanette Negri, Ph. D

Date and Time: Thursday, July 20, 2017: 9:00 AM - 2:30 PM

We all experience stress. Whether you are an individual requiring significant support from others (due to sensory/ movement/ neurophysiological differences), or an individual providing support to another, the practices shared in this workshop can make your experience in that support relationship and your life in general; more positive, more meaningful, more satisfying, and less stressful. Sensory and movement regulation are directly tied to emotional regulation...being able to feel safe and good about ourselves, and to be "in control." Science is now showing us that certain practices can not only help us manage our bodies, but can actually create changes in our brains; having a powerful positive effect on our overall health, well-being, and happiness.

This session will give you an opportunity to begin or extend your knowledge about relationships, regulation, and relaxation. It will offer information on direct application for you and the people you support/interact with in your jobs. You will see and experience how these practices can help with finding focus and maintaining calm states as well as how to use them to help manage upsets and dysregulations. Wear comfortable clothes, bring an open and curious mind, and be prepared to experience and enjoy!

These workshops are open to all individuals involved in any level or aspect of support in our system, including consumers. We suggest that participants sign up for both workshops, taking

Part 1 first. If this is not possible for you, please feel free to contact Nanette Negri and discuss your situation.

About the instructors:

Nan Negri operates the Rhythms Program at Community Outreach Wisconsin, a cooperative effort between the Waisman Center and Dane County Human Services to further enhance the lives of individuals who experience complex sensory and movement differences and those who support them.

Mary Ursem has worked in fields supporting individuals for 20 years. She has a Bachelor's degree in Communicative Disorders, Masters in Special Education, and an Autism Specialist certification. Mary has been a direct care supporter in recreational, educational, residential, and vocational training programs and currently works as a behavior consultant for University of Wisconsin Waisman Center, Community TIES program. Throughout her career Mary has continuously been involved in providing high quality, meaningful opportunities of equal access for individuals of all ages.

MENTAL ILLNESS AND DEVELOPMENTAL DISABILITIES: DIAGNOSTIC DILEMMAS, TREATMENT STRATEGIES, AND USE OF MEDICATIONS - NANCY SHOOK, RN

This class will cover basic information about mental illnesses and how they are diagnosed, summarize different treatment strategies and medications that are used, and discuss other important issues and concerns for people supporting individuals with both developmental disabilities and mental illness. Learn about the DSM-IV, psychotropic medications, and what side effects need monitoring.

TARDIVE DYSKINESIA – DR. STEVE ZELENSKI AND NANCY SHOOK, RN

Do you know someone on psychotropic medications? Have you heard about Tardive Dyskinesia (TD) and are worried that they might experience it? What abnormal movements should concern you? Have you wondered how to tell - or what TD looks like? Join us to learn more about this serious side effect.

NO EASY ANSWERS: CONSIDERING PSYCHOTROPIC MEDICATION FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES – PAUL WHITE AND NANCY SHOOK, RN

The goal of this session will be 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 of psychotropic medications will be reviewed. Practical tips for assessing the risks/benefits, factors contributing to effective team support, obtaining informed consent and consulting with a prescribing physician will be discussed.

PERSONALITY DISORDERS

Presenter: Beth Lucht, LCSW

3 Hours

Personality disorders are described as "inflexible and maladaptive patterns of behavior." We all have ingrained behavioral patterns that don't always serve us well; the difference is that people with personality disorders experience major and distressing dysfunction in many areas of their life, especially in interpersonal relationships. Working with these clients can be a challenge. This workshop will explore the symptoms of commonly found personality disorders and review current research about treatment and management of personality disorders. The focus will be on what works and what doesn't, addressing real-life challenges of clients and service providers, with an emphasis on strengths-based, recovery-oriented interventions.

About the presenter:

Beth Lucht, LCSW, has worked in community mental health since 1994. She has a master's degree in social work from University of Wisconsin-Madison. She has worked as a crisis intervention specialist and initiated the mental health crisis stabilization initiative in Dane County. She has provided trainings nationally and internationally on topics including recovery transformation, community-based crisis management and peer support services. She currently works as a consultant and psychotherapist in private practice.

POST TRAUMATIC STRESS DISORDER, COMPLEX TRAUMA AND ATTACHMENT ISSUES IN ADULTS WITH DEVELOPMENTAL DISABILITIES

Presenter: Pat Ann St. Germain, MA, LPC

3 Hours

Those working with individuals who have experienced traumatic issues can, at times, feel ill equipped in dealing with the symptoms and underlying issues of trauma. Furthermore, the relationship between staff, families, and the system surrounding the individual can become strained due to the demands of the case. This training will offer an understanding of Post Traumatic Stress Disorder, Complex Trauma and Attachment issues. Attendees will learn the signs and symptoms associated with each disorder, ways to identify an individual's triggers, how to avoid retraumatizing those they support, and interventions and strategies that can help support persons with complex trauma.

About the presenter:

Pat Ann St. Germain, MA, LPC is the Clinic Director of Healing Hearts Family Counseling Center. Pat Ann has trained with several authors in the field of attachment and trauma. She has expertise and extensive training in attachment, adoption, foster care, and out-of-home placement. She is currently involved in a collaborative effort with The Children's Therapy Network (CTN) in Madison, WI. Pat Ann was on the Board for the Association for Treatment and Training in the Attachment of Children (ATTACH) from 2009-2011. She was a contributing author in "Hope for Healing: A Parent's Guide to Trauma and Attachment", by ATTACH. Pat Ann speaks regionally and nationally regarding issues of attachment and adoption and trauma.

Feedback from Summer 2011 sessions:

"Excellent information on how to deal with communication with those we work with (can be applied in various ways to various special needs people)"

"Pat Ann knows what she is talking about, makes sense, is understandable and enthusiastic about topic"

"Very interesting personal stories, great helpful solutions"

<http://www.healingheartscare.com/>

POST TRAUMATIC STRESS DISORDER, COMPLEX TRAUMA AND ATTACHMENT ISSUES IN ADULTS WITH DEVELOPMENTAL DISABILITIES, PART 2

Presenter: Pat Ann St. Germain, MA, LPC

3 Hours

This session will build upon the topics addressed in the training PTSD, Complex Trauma and Attachment Issues in Adults with DD covered in Part 1.

TAKING THERAPY OFF THE COUCH AND INTO THE COMMUNITY

How to effectively partner with a therapist when supporting individuals with a dual diagnosis (DD and Mental Health)

Presenters: Axel Junker, Waisman Center Community TIES, and Elizabeth Gonzalez, MSW, APSW, Mental Health Center of Dane County

3 Hours

Talk therapy, treatment planning, therapeutic goals, and situational counseling...What do all these terms mean? And how can talk therapy possibly work for individuals with developmental disabilities?

When thinking about therapy, the image that might come to mind is that of the therapist sitting in a chair - frantically writing down notes - while the "patient" reclines on the couch revealing his/her inner-most secrets. Not only is this image somewhat outdated, the model is not exactly applicable for individuals with ID/DD.

- So, what happens when the office door shuts?
- What information and supports are needed to ensure therapy is beneficial and effective?
- Who should be involved in the process and what is the role of the therapist within the support team?
- How can the therapist create a therapeutic alliance with the client while maintaining confidentiality and communication with the team?

Join us to explore how to effectively partner with a therapist and how you can help "translating" what is practiced in the therapy setting into real life coping (and support) strategies for individuals with developmental disabilities.

Couches provided upon request.

About the presenters:

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.

Elizabeth Gonzalez is the Developmental Disability Specialist for the Mental Health Center of Dane County. She has a master's degree in social work from the University of Wisconsin-Madison. She worked as direct care staff and as a residential program coordinator supporting adults with developmental disabilities for several years prior to entering into the field of mental health. She provides therapy, supportive counseling, and case management services to clients and families that is culturally competent and trauma informed.

HEALTH CARE

These sessions are designed to equip professionals with the knowledge to safely support people with disabilities and their health care needs.

ADULT CPR & FIRST AID

Instructor: RaeAnn Fahey/Veronica Polecek, American Red Cross Certified Instructor, 5 Hours

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.

ADDRESSING MEALTIME ISSUES IN THE HOME OR WORKPLACE

Presenters: Stevie Marvin, MS, CCC-SLP, MaryAnn Willgrubs, OTR, ATP and Sandy Droster, OTR

3 Hours

"Why does he cough when he is eating?"

"Why can't we just cut up his food instead of grinding it up anyway?"

"Why has she had pneumonia so often this past two years?"

"How do you get this thickening stuff to the right consistency?"

Do you, your co-workers or family members ever ask these types of questions about someone you care for? If so, please come to this highly important training opportunity!

Adults with developmental disabilities often have challenges with swallowing that may go unrecognized. Many conditions, diseases and the process of aging affect our ability to swallow safely. Attending this course will help you to know when to refer for a swallowing evaluation and how to better care for

persons who have difficulty swallowing. Useful Information on types of swallowing disorders, signs of difficulty swallowing, and practical management of these conditions including diet modifications and feeding strategies will be provided.

About the Presenters:

Stevie Marvin, MS, CCC-SLP is a licensed speech and language pathologist and a member of the Swallow team at the University of Wisconsin Hospital and Clinics who specializes in the evaluation and treatment of swallowing disorders and related issues. She is a graduate of the University of Wisconsin Milwaukee with a master's degree in Speech and Language Pathology. Stevie is highly interested in providing swallowing assistance to tracheotomy and vent dependent patients, to individuals with brain injuries and adults with developmental disabilities.

The University of Wisconsin – Voice & Swallow Clinic offers comprehensive evaluation and treatment for patients with concerns related to speaking, voice, and swallowing. The professionals at UW Health's Swallowing Clinic evaluate and treat adult and pediatric patients with concerns about their swallowing function. We perform comprehensive reviews, taking into consideration any medical, surgical, lifestyle, occupational and emotional factors related to your concern.

Points that will be covered by Speech Therapy: How do we swallow? Why is dysphagia a concern? Common signs and symptoms of swallowing problems · What is aspiration and why it is bad? Silent aspiration, why we should be concerned · What is a swallow study? What are some treatments for someone with a swallowing problem? Choking precautions · Dysphagia diets and modifications · How to use thickening products easily and correctly.

MaryAnn Willgrubs, OTR, ATP is a licensed Occupational Therapist and certified Assistive Technology Professional. She is a graduate of University of Wisconsin—Madison in Occupational Therapy. She is an Occupational Therapist Senior at Central Wisconsin Center. MaryAnn has over 18 years of experience with individuals that have significant difficulties at mealtimes. MaryAnn has addressed mealtime concerns at Central Wisconsin Center as well as home, school and work environments.

Sandy Droster, OTR received her BS degree in Occupational Therapy along with Certification of Specialization in Gerontology from the University of Wisconsin-Madison in 1997. She has worked her entire career working with individuals with neurological impairment as a result of accident or illness. She has practiced for over 5 years in the field of developmental disabilities with clients ranging from early

childhood to adulthood. Sandy has lectured to a variety of health care professionals on topics related to treatment of individuals with neurological deficits and developmental delays including treatment of the hemiparetic upper extremity, spasticity, adaptive equipment use, oral-motor function/dysfunction, sensory defensiveness, and aquatic therapy.

Central Wisconsin Center supports individuals with intellectual disabilities. Services are provided to assist individuals in acquiring the personal skills needed to reach their highest potential. Central Wisconsin Center offers residential and short term care services to individuals of all age groups. Occupational Therapy offers evaluation and treatment to all individuals at Central Wisconsin Center. Evaluation and treatment includes sensory function, upper extremity abilities and activities of daily living skills. Occupational Therapy emphasizes safe eating within the highest functional performance each individual can achieve.

Points that will be covered by Occupational Therapy Simulation experience (client perspective) · Setting up for mealtime success · Environmental preparations · Positioning at mealtime · Equipment use · Basic techniques · Encouraging maximal participation in the mealtime experience · Addressing frequent mealtime problems

Please join us for this practical, informative session!

ALZHEIMER'S, DEMENTIA, AND DEVELOPMENTAL DISABILITIES

Presenter: Pat Wilson, Alzheimer's & Dementia Alliance of Wisconsin

3 Hours

Join Pat Wilson from the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) for an informative and practical discussion of Alzheimer's disease, dementia, and specific issues that arise for people with developmental disabilities. The ADAW is a non-profit organization that is designed to provide a link to resources for people with Alzheimer's disease or other dementias. The ADAW 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 other dementias.

About the presenter:

Pat Wilson started as a volunteer Memory Loss Helpline Specialist at the Alzheimer's & Dementia Alliance of Wisconsin

in February 2001. She currently works part-time as a Family Support Coordinator. Pat was the primary caregiver for her father who had Alzheimer's disease. She also works part-time as a Support Broker and was the guardian for her oldest brother who was developmentally disabled.

DUAL DIAGNOSIS: PSYCHIATRIC MEDICATION REVIEW

Presented by: Steve Singer, MD

This training contains practical information that is beneficial for brokers, case managers and direct support providers who support individuals with a dual diagnosis (Developmental Disability and Mental Health).

In this presentation, Dr. Singer reviews major concepts in the understanding and use of psychiatric medication. Medication names, categories, beneficial effects, adverse effects, alternative medications, alternative therapies, and other aspects of psychiatric treatment are discussed. Several examples of medication management are provided, with a focus on clients who struggle with DD and Mental Health diagnoses. Time is given for interactive discussion.

About the presenter:

Steve Singer, MD, has extensive experience treating persons with developmental disabilities and provides psychiatric care and consultation to individuals with developmental disabilities through the Waisman Center Community TIES Clinic.

EPILEPSY AND DAILY LIVING

Presenter: Art Taggart, Epilepsy Foundation

3 Hours

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.

GO WITH YOUR GUT

Presenters: Waisman WIN

4 Hours

WIN nurses who work and interact with clients and staff in their homes and other health care settings share information on how to improve nutrition, exercise and bowel health. Join us for a fun and interesting hands-on training!

The course includes:

- Eating well on a budget
- Simple ways to plan, shop and cook healthy meals
- Exercise and movement ideas adaptable for anyone
- Constipation prevention
- Alternatives to laxatives
- Constipation dangers: impaction, obstruction, death
- Ways to document bowel concerns

A realistic, practical perspective by nurses who understand.

The Wellness Inclusion Nursing (WIN) Program nurses serve as consultants to residential and vocational team members, families and health care providers focusing on restoring, maintaining and promoting maximal health and independence for adults with developmental disabilities (DD) so they can achieve the best life possible.

HEALTH UPDATE ON ISSUES FACING PERSONS WITH PRADER-WILLI SYNDROME

Presenter: Barb Dorn, RN, BSN

This 2-hour presentation will focus on updating providers, parents and others who support people with Prader-Willi syndrome about some of the health issues that children and

adults with PWS can face. Attendees will receive information and tools that will help them be more informed health advocates.

Barb is a nurse clinician at the University of Wisconsin Hospital and Clinics. She also serves as an educator and consultant for persons with PWS around the State of Wisconsin.

IS IT PAIN?

Presented by Waisman WIN

2.5 Hours

Many clients have difficulty in understanding their pain or telling others about it. Clients' lives can be greatly improved when pain and the cause of pain is discovered.

WIN nurses are experienced in looking for and finding clients' hidden pain. This class will help raise your awareness of pain possibilities that may negatively affect individuals that you support. It will include interactive activities to enhance your learning.

The course includes:

- Causes of pain
- Pain prevention
- Behavior - a clue to pain
- Practical ways to help
- What to share with medical professionals

A realistic, practical perspective by nurses who understand.

LIVING WITH DIABETES: LEARNING, COPING, HELPING . . .

Presenters: Waisman WIN

3 Hours

Diabetes is both common and dangerous. Learn what you can do to prevent diabetes and how to work with people who have diabetes to keep them healthy. This class is a hands-on interactive learning experience.

In this class you will learn:

- What is diabetes
- Diabetes risk factors
- How diabetes affects the body
- Planning and preparing healthy meals
- Exercise and diabetes
- Ways to check blood sugar
- What blood sugar numbers mean

- Symptoms of high and low blood sugars and what to do
- Diabetes medications
- Prevention and awareness of diabetes complications

WIN classes provide a realistic, practical perspective by nurses who understand.

The Wellness Inclusion Nursing (WIN) Program nurses serve as consultants to residential and vocational team members, families and health care providers focusing on restoring, maintaining and promoting maximal health and independence for adults with developmental disabilities (DD) so they can achieve the best life possible.

OSHA/UNIVERSAL PRECAUTIONS

Instructor: Linda Bollig, RN

2.5 Hours

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.

This training is designed for supported living providers. Completion of this course will not meet state guidelines specific to licensed AFH and CBRF providers.

SAFE MEDICATION ADMINISTRATION

Instructor: Denise Mullen, RN, Carol Morley, RN

3.5 Hours

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? The classes are particularly recommended for anyone who is responsible for administering medications or for participating in a medication distribution system.

This training is designed for supported living providers. Completion of this course will not meet state guidelines specific to licensed AFH and CBRF providers.

SAVE MY SKIN

Presented by the nurses from the Waisman WIN Program

2.5 hours

Keeping skin whole and healthy helps a person feel comfortable and prevents infection. When skin problems

occur, severe infections can develop which are painful, life-threatening, or lead to amputation.

Learn what you can do to prevent clients from having skin problems such as open sores and rashes. Develop your knowledge of what to watch for and what to do when you see a possible problem. This is an interactive learning experience.

In this class you will learn about:

- Pressure ulcers
- Fungal infections such as yeast
- Shearing injuries
- Skin tears
- Boils
- Rashes
- Self-injury/skin picking

This class is particularly recommended for anyone who is providing direct care services to individuals with disabilities living in the community.

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

VALUES (Vision, Attitudes, & Learning Underlying Essential Supports) trainings are geared towards professionals who want to learn how to better support the people they work with in the field of developmental disabilities. Most trainings are also open to family members.

AUTISM: DEALING WITH IT ON THE OUTSIDE; LIVING WITH IT ON THE INSIDE

Presenters: Nancy Alar & Matt Ward
2 Hours

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 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 33) will describe his life as a person with autism, including his challenges, accomplishments, medications and sensory issues.

Suggestions for Support Staff Working with People on the Autism Spectrum

Nancy Alar will review some of her hints and tips for working with people on the spectrum. She will use stories to illustrate the communication challenges shared by those on and off the autism 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.

About the presenters:

Nancy is a past President of the Autism Society of Wisconsin (ASW) and past Vice President of the Autism Society of Greater Madison (ASGM), coordinator of the AUsome Social Group for ASGM since 1997 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.

CLIENT RIGHTS/RESTRICTIVE MEASURES SEMINAR

Presenters: Monica Bear, Gerard Gierl, Axel Junker, Julie Shew, and 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 in Wisconsin. 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 review and oversight process for behavior plans involving restrictive measures

About the presenters:

Monica Bear is the Developmental Disabilities Program Manager for Dane County Adult Services.

Gerard Gierl is an Attorney and Social Worker by background. For 28 years he worked in the Client Rights Office at the State

Department of Health Services. In that capacity he provided training and consultation on rights of people with disabilities, and investigated grievances. He also participated on Ethics Committees and Research Committees. He is now a client rights consultant.

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.

Julie Shew is a graduate of the University of Wisconsin-Madison with a degree in Psychology and a Masters of Science degree in Behavior Analysis from St. Cloud State University. Julie has worked for the State of Wisconsin's Department of Health and Family Services for the past 19 years. She is presently employed as an Area Quality Specialist with the Bureau of Long Term Supports and serves as the State lead on issues regarding the use of restrictive measures in community settings.

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.

COMMUNICATION & INTENTIONAL MESSAGES – MARK SWEET

When people in organizations are asked why work is going well, they often report that communication is "good". When the opposite is true and people are asked why, they say the communication is "bad". During this session we will attempt to move away from judgments of communication as good or bad and move closer to descriptions like "helpful" and "satisfying". We will focus on intention, method, and tone (and whatever else pops up).

COUNSELING IN THE REAL WORLD: COUNSELING INSIDE AND OUTSIDE THE COUNSELOR'S OFFICE – MARSHA SHAW & YURA YASUI

This practical session is presented by two experienced counselors who work in the developmental disabilities community and will explore counseling techniques and strategies that have proven effective in many situations and in a variety of settings. Ample opportunity for discussion and questions on how these concepts might work in specific situations or under particular circumstances will be provided.

DEVELOPMENTAL DISABILITIES 101: INTRO TO DD ISSUES – DEDRA HAFNER

COST: \$18

This workshop provides an overview of the characteristics of developmental disabilities: Cognitive Impairment, Cerebral Palsy, Epilepsy, Autism and other health impairments. This workshop provides a foundation on how individuals with developmental disabilities use different learning styles and sensory input to process information. The workshop is designed for staff who would like to increase their understanding of disabilities, learn how to identify learning styles and expand their repertoire of effective training strategies.

- Get the latest research on how aging effects people with cerebral palsy.
- Find out about new medications and treatments for epilepsy.

ENHANCING OUTCOMES FOR ADULTS WITH ASD

Presenter: Megan Farley, PhD and Alyssa Walsh, PhD

3 Hours

Workshop attendees will learn what the research has to say about how people with autism spectrum disorders (ASD) develop into adulthood. The presenters will describe strategies to use in work with adults with ASD to help those individuals achieve their goals and will work with attendees to think about how to use those strategies in response to specific situations.

Megan Farley, PhD, is a licensed psychologist in the Autism and Developmental Disabilities Clinic and the Autism Treatment Programs where she provides group therapy services for children and teens. She is also the psychology training coordinator for the Leadership Education in

Neurodevelopmental Disabilities (LEND) program at the University of Wisconsin Waisman Center.

Alyssa Walsh, PhD, is a psychologist in the Autism and Developmental Disabilities Clinic and the Autism Treatment Programs where she provides evaluation and intervention services for children and families. She received her PhD in school psychology from Illinois State University and completed her internship at the Kennedy Krieger Institute with an emphasis on providing behavioral assessment, consultation, and intervention services to children with autism spectrum disorder and other neurodevelopmental disabilities.

This workshop fulfills Social Work continuing education license requirements.

GUARDIANSHIP AND PROTECTIVE SERVICES FOR ADULTS

Presented by: Amy Scarr, MSSW and Rachel Friedman, Dane County Department of Human Services - Adult Protective Services – Adult Guardianship Program

This training will cover guardianship of the person and estate for adults in Dane County. We will discuss alternatives to guardianship, when guardianship is necessary and resources for this process. We will review what protective services/placement means and when it is necessary by law or for other reasons.

A basic outline of this training includes:

- Overview of Guardianship – roles, responsibilities and limits
- Alternatives to Guardianship – Planning ahead for competent adults
- Protective Services/Placement – what this means and when it is appropriate
- WATTS Review Process Overview

IF I HAD KNOWN...TRAUMA INFORMED ETHICS AND BOUNDARIES

4 hours

Presented by: Mark Sweet, PhD, and Peter Leidy

A new and timely take on ethics and boundaries pertaining to the lives of people with disabilities. Research suggests that the incidence of abuse and neglect is higher among those with disabilities than the general population. For some people receiving support there is evidence of post-traumatic stress (PTS). For too many others there is the cumulative effect of experiencing a lack of power and control in their support

relationships. For each of us in support roles, would we make different decisions about our support interactions and recommendations if we more actively considered her or his point of view? Would you have made different decisions if you had known...?

However much we think we know about someone's personal story, there is so much that is unknown or untold. Even when we know a lot about the events of someone's life, we do not always know how the person experienced and understood those events. We have developed these sessions to address the growing need to better understand what it means to practice being trauma-informed in our interactions; and, to consider the ethical implications of our decision making and relationships with the people we support.

This workshop fulfills Social Work continuing education license requirements.

About the presenters:

Mark Sweet, Ph.D, is Trainer & Consultant with Disability Rights Wisconsin (DRW), a federally funded nonprofit designated to protect and advocate the rights of children and adults with disabilities. In this role, Mark works with preschool and school programs, supported work and supported living organizations, consumer and parent groups, long term care programs and others. He also works on a federally funded anti-violence grant related to individuals with disabilities. The emphasis of his work is to better understand the point of view of those who receive support.

Peter Leidy has been learning from people with disabilities since 1983. For 20 years he worked for Options in Community Living, a supported living agency in Madison, Wisconsin. His roles included direct support, support coordination, staff recruitment, supporting direct service staff, community building and administrative responsibilities. Peter develops training materials and conducts trainings on a wide variety of topics. He also consults with individuals, families, organizations, counties, and states in areas such as supported living, self-determination, organizational development, building community relationships, and supporting and valuing staff.

This training is sponsored by DD Network, Inc. and the Waisman Center.

JOB DEVELOPMENT: STRATEGIES AND RESOURCES – JANET ESTERVIG

This session will focus on developing resources for marketing and job development using a collection of labor market information and employer testimonials, along with strategies

and techniques for approaching potential employers. Each presenter has been job developing for over 10 years in Dane County and has many ideas to share with participants.

MOVIE TIME: USING VIDEOS TO TEACH

Presented by Crissy Randall and Mary Ursem, Community TIES

Part 1: 2 Hours | Part 2: 2 Hours

Join us for this two part training series on Video Modeling. The first part of this series is based on Lights, Camera, Autism!, and introduces the research, benefits and how to's of using Video Modeling to teach and support individuals with developmental disabilities. At the end of day 1, we will view a variety of examples of Video Modeling to prepare participants in taking their own video footage during the short break before the second training day.

At the second training day, participants should bring an Apple device (iPhone, iPad, Mac) with their saved videos. Participants will be given the opportunity to use iMovie to create a Video Modeling project to put into immediate use with an individual they support. Lights, Camera, Autism! will also be available for purchase on both days.

Crissy Randall has worked with individuals with developmental disabilities for the past 10 years. She has a Bachelor's degree in Elementary and Special Education and a Master's in Low-Incidence Special Education with an emphasis in inclusive practices and Autism. She has supported individuals with disabilities, their families and school professionals in Arizona, Nebraska and Wisconsin to create inclusive and strength based supports for individuals. Crissy now works as a rehabilitation specialist for the Waisman Center Community TIES Program.

Mary Ursem has worked in fields supporting individuals for 20 years. She has a Bachelor's degree in Communicative Disorders, Masters in Special Education, and an Autism Specialist certification. Mary has been a direct care supporter in recreational, educational, residential, and vocational training programs and currently works as a behavior consultant for University of Wisconsin Waisman Center, Community TIES program. Throughout her career, Mary has continuously been involved in providing high quality, meaningful opportunities of equal access for individuals of all ages.

PERSON CENTERED PLANNING FOR ADULTS – SUZANNE HANSON

True person-centered planning is so much more than people's ideas on a piece of paper. Learn how you can positively impact

someone's life today and into the future. Learn about the tools that are used and the applications of person-centered planning.

POWER & CONTROL: LEARNING HOW TO USE IT RESPECTFULLY

Presenter: Christine White

3 Hours

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.

PROMOTING POSITIVE SEXUALITY AND SOCIAL INTERACTION – SUSAN HEIGHWAY, RN

This training will assist direct caregivers and supervisory staff to develop an understanding of sexuality issues for people with developmental disabilities. It will provide an opportunity for participants to better understand their own values, beliefs and attitudes about sexuality in order to effectively respond to and support people with developmental disabilities. Specific strategies for providing positive supports regarding sexual matters and for teaching skills for effective social interaction will be shared.

RELATIONSHIP BASED ETHICS & BOUNDARIES

Presenters: Mark Sweet and Peter Leidy

4 Hours

Ethical issues, dilemmas and decisions have personal and interactive components to them. We are affected and influenced by other people and situations. Sometimes, we

make decisions on matters that have a direct impact on the lives of people with disabilities who receive support without thinking or even being aware of those effects and influences. During this session we want to focus on some of the personal factors that might distract us from doing what is right for the person who receives support. We would like to concentrate on how mindfulness can help us to meet our ethical responsibilities. This workshop fulfills Social Work continuing education license requirements.

Mark Sweet, Ph.D. is Trainer & Consultant with Disability Rights Wisconsin (DRW), a federally funded nonprofit designated to protect and advocate the rights of children and adults with disabilities. In this role, Mark works with preschool and school programs, supported work and supported living organizations, consumer and parent groups, long term care programs and others. He also works on a federally funded anti-violence grant related to individuals with disabilities. The emphasis of his work is to better understand the point of view of those who receive support.

Peter Leidy has been learning from people with disabilities since 1983. For 20 years he worked for Options in Community Living, a supported living agency in Madison, Wisconsin. His roles included direct support, support coordination, staff recruitment, supporting direct service staff, community building and administrative responsibilities. Peter develops training materials and conducts trainings on a wide variety of topics. He also consults with individuals, families, organizations, counties, and states in areas such as supported living, self-determination, organizational development, building community relationships, and supporting and valuing staff.

SUCCESSFUL PRACTICES IN SUPERVISION – JANET ESTERVIG

This course is being offered for current and new supervisors of your agency. You will have the opportunity to hear successful practices on ways to motivate, challenge and support your staff. We will answer questions such as: “How do we keep qualified staff?” “What is the best way to approach problem issues?” “How do we celebrate the successes of our staff?” “How do we help staff remain committed and energized?”

TEACHING SELF-ADVOCACY SKILLS – MARK SWEET

A self-advocate is a person who takes action to achieve his/her goals large or small. Some people know what they want and how to make it happen. Others do not have goals or dreams that they can describe or work to achieve. During this session,

we will talk about how you can help people to identify personal goals, large or small, and take steps to achieve them.

TEAMING: ADDRESSING CONFLICT AND BUILDING CONSENSUS

Presenters: Josh Lapin and Sue Prodehl, LCSW, Community TIES

3 Hours

For support brokers interested in building stronger support teams, this training offers a variety of ways to address pre-conflict, conflict and post-conflict while working with teams. Topics include helping brokers prepare themselves and their team members for potential conflictual situations; defining consensus and providing a structure for building consensus; and offering ideas on how to stay strong and move forward after conflictual situations arise.

Susan Prodehl, LCSW, has worked with people with developmental disabilities since 1991. She has a master's degree in social work from University of Wisconsin-Madison. She has provided direct care, worked as a county case manager, provided in-home therapy and crisis stabilization, and facilitated a wide variety of groups in diverse settings. She currently works as a behavior consultant for Community TIES.

Josh Lapin is a certified social worker in the State of Wisconsin. He has extensive experience in supporting children and adults with developmental disabilities and has been on staff at the University of Wisconsin Waisman Center since 1994. Josh is a part of the Community TIES program that provides positive supports to persons with developmental disabilities and emotional-behavioral challenges.

TECHNIQUES, STRATEGIES, AND ADAPTATIONS FOR PEOPLE WHO HAVE SIGNIFICANT COMMUNICATION IMPAIRMENT – JULIE GAMRADT

The notion of self-determination can seem to be a well-intentioned but unrealistic ideal for individuals who have significant communication impairments. This session will highlight how self-direction begins with the ability to communicate. We will identify specific activities of self-direction and community participation and provide ideas for increasing communication and opportunities for individuals who have significant impairments within these activities. Participants will have the opportunity to see a number of different communication adaptations within this session.

TRAUMATIC BRAIN INJURY

Presenter: Dr. Donald Mickey

3 Hours

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.

This session will also include information on how a TBI differs from other developmental disabilities and will include information on how to transition people with a brain injury back to work settings.

About the presenter:

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.

COMMUNITY PROTECTION

COMMUNITY PROTECTION

Presenter: Patricia Patterson, LCSW

6 Hours

Newly revamped to better meet the needs of direct care providers! Community Protection training is designed to help develop effective support for consumers who have complex needs related to their mental health concerns or legal involvement (or potential legal involvement) due to aggressive physical or sexual behaviors. This one time, 6 hour training focuses on understanding an individual's behavior as attempts to tell us who they are, how they see the world and what they do to get their needs met assessing risk of violent behaviors;

developing effective support; maintaining appropriate boundaries; and learning strategies to help the consumer learn to relate to others in more effective ways.

About the Presenter:

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 master's 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.

SUPPORTING OFFENDERS WITH DEVELOPMENTAL DISABILITIES: WORKING WITH THE CRIMINAL JUSTICE SYSTEM – AXEL JUNKER & MARY MEZERA

Individuals with developmental disabilities and the people who support them very rarely come in contact with the criminal justice system. However, just like everybody else, people with disabilities sometimes become the victims or perpetrators of crimes. Following the presentation of actual case scenarios, this session will:

- give a brief introduction to the criminal justice process as it occurs in Dane County,
- describe people and programs encountered in that process and how to work with them effectively.

FORUMS AND CONFERENCES

INFOSHARE

InfoShare is a gathering of people with developmental disabilities, their friends and families and those who work for and with them. It is a place of learning, of sharing, of telling stories, of listening to one another, of renewing old friendships and making new ones. Join us for a day of thoughtful discussions, seeing old friends and fun activities!

InfoShare is sponsored by Dane County Human Services and Group Health Cooperative - South Central Wisconsin.

Past InfoShare Topics:

- | | |
|-------------------|---|
| 1. May 2000 | It's a Beautiful Day in the Neighborhood |
| 2. | |
| 3. | |
| 4. Summer 2001 | Guardianship |
| 5. Summer 2002 | Healthcare |
| 6. Winter 2003 | Relationships |
| 7. Summer 2003 | Aging |
| 8. Winter 2004 | Creativity |
| 9. Fall 2004 | Mental Health |
| 10. Winter 2005 | Celebrating Choice |
| 11. Fall 2005 | Behavior |
| 12. Winter 2006 | Family |
| 13. Fall 2006 | Expanding Choice |
| 14. Winter 2007 | Rights: Our of Power with David Hingsburger |
| 15. Fall 2007 | Diversity |
| 16. Fall 2008 | Community Life |
| 17. February 2009 | Travel |
| 18. October 2009 | Wellness Fair |
| 19. April 2010 | Art |
| 20. October 2010 | Nutrition |
| 21. March 2011 | Success Stories |
| 22. March 2012 | Communication |
| 23. October 2012 | End of Life |
| 24. April 2013 | Sensory |
| 25. April 2014 | Consumer-Provider Relationships |
| 26. Winter 2015 | Humor |
| 27. Winter 2016 | Sustaining Health and Happiness |
| 28. Winter 2017 | The Force for Positive Change |

FASHION SHOW FOR ALL ABILITIES

The story behind the Fashion Show for All Abilities:

Chantel knew from a young age what she wanted to be when she grew up: a fashion model. Early on, Chantel developed portfolios to showcase her talent and abilities. Several years ago, Chantel suffered an anoxic brain injury. She now relies on a wheelchair to get around – and she hasn't let this stop her from pursuing her dream. In 2007, Chantel rallied help from her friends, loved ones, and the Waisman Center Community Training and Consultation Program to organize the first ever Fashion Show for All Abilities in Madison, WI.

Community Training and Consultation continues to organize and direct the show each year. With the Fashion Show in its sixth year, almost 150 men, women and children of all ages have been given a chance to experience a taste of Chantel's dream. These models have worked with over 40 businesses, met with countless salespersons, stylists, photographers, not to mention media, community members, and volunteers. Community Training and Consultation plans to continue providing this amazing opportunity to more individuals in the years to come.

The fashion show is not a fundraiser, but a community awareness event, promoting accessibility and calling for respect and courtesy to all persons in the community, and specifically in a retail setting. This event changes attitudes, promotes inclusion and grows self-esteem in the models. Strong and meaningful relationships have developed between models and other community members and fashion professionals as people have gotten to know each other and develop lasting relationships.

With an audience of over 500 people last year alone, we hope that this event will reach a broad range of people to change attitudes and support inclusion in the community.

Each year, up to one hundred people donate time, energy, ideas, and materials to put on the Fashion Show for All Abilities. The UW–Madison Waisman Center has collaborated with retail outlets, store managers, salespersons, countless volunteers, consultants, artists, hair and makeup stylists, the Wisconsin Film School, and of course, models of all ages and abilities who donated their time to put on this amazing event.

ANNUAL CRIMES CONFERENCE

What are the problems with crime and vulnerable adults? What are some of the causes? What are other communities doing about it? How does Dane County compare? How can violence be prevented? Can violence be prosecuted? This informative one-day conference is sponsored by the Dane County Dept. of Human Services: Division of Adult Community Services, Area Agency on Aging, Victim Advocacy Services, the Dane County

District Attorney's Office, and the Mental Health Center of Dane County.

SUMMER DD NETWORK

A statewide conference held over 2 days each summer in Madison. Recent conferences have covered topics such as the transition from high school to the work force. Past Speakers/Performers have included:

- Connie Lyle O'Brien, international expert on supporting the lives of people with disabilities.
- Dr. Beth Mount, internationally recognized author, artist, and advocate for persons with disabilities
- Peter Leidy, Singer/songwriter, WI Public Television and Options in Community Living.
- Captain Cheri Maples, Madison, WI Police Department
- Sally Mather, Wisconsin Council on Developmental Disabilities consultant on workforce issues
- Encore Center for the Performing Arts, a theatre group made up of actors with disabilities.

TASTE OF DANE COUNTY

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. This presentation can be easily tailored for your county. Topics include: Understanding the Dane County Support System; the Philosophy of Full Community Membership; and Overview of Developmental Disabilities; Health Issues; Insights from Persons with Developmental Disabilities; and Self -Determination and Communication.

ADULT FAMILY HOME PROVIDER TRAININGS

These trainings are specifically geared towards adult family home providers contracting with Dane County Human Services to provide support for adults with developmental disabilities. Providers are required to have 10 hours of training (Year 1) and an additional 8 hours of training per year thereafter.

HEALTH CARE AND PREVENTION

3 Hours

Join Linda Bollig, RN, in a discussion about preventing illnesses and recognizing serious signs and symptoms of life threatening health problems. The presentation will include what to do for people who have a change in their health status, when to call the doctor, and when to call 911.

- Learn how to properly lift and transfer immobile people to prevent back injury.
- Linda has been an AFH provider for many years and works in Home Health care.

EMERGENCY PREPAREDNESS

3 hours

Presenter: Michael Steinhauer from Dane County Emergency Management, Special Populations Unit

This training will discuss the role of the AFH in preparing and responding to an emergency or disaster: Agency, Caregivers and Residents.

ANNUAL RECOGNITION BANQUET

BENEFITS AND FUNDING

NUTS & BOLTS OF MA WAIVER PAPERWORK

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. Your friendly local Dane County experts teach this free course!

RETAINING FINANCIAL AND HEALTH CARE BENEFITS WHILE WORKING

Bob Monahan, Joe Entwisle & Michael Muelemans

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

Community Outreach Wisconsin (COW) is a group of unique cutting-edge programs within the University Center for Excellence in Developmental Disabilities at the Waisman Center, UW-Madison. These programs contract with Dane County Human Services and work extensively with individuals and community teams supporting persons with developmental disabilities.

Community Outreach Wisconsin

122 East Olin Avenue, Suite 100

Madison, WI 53713

608-265-9440

comm.training@waisman.wisc.edu

cow.waisman.wisc.edu