1A: Self-Care for the Caregiver of Individuals with Autism Spectrum Disorder
Presenter: Jenna Bodisch, LMSW

Description:
In this training, participants will learn about different types of stress, compassion fatigue, and burnout and how each of those may affect daily functioning and ability to be a caregiver. This training will help participants to identify stress/triggers within themselves and will introduce attendees to several self-care strategies. Finally, this presentation will guide participants in creating their own self-care plan to use in daily life.

Following this session, participants will be able to:
- Participants will understand common terms related to stress and how parenting/caregiving for an individual with autism may impact stress levels and functioning
- Participants will recognize the importance of self-care as a parent/caregiver for an individual with ASD
- Participants will become familiar with self-care plans, strategies for self-care, and how to use those in daily life

Target Audience:
Parents, General Education Teachers, Paraprofessionals, Special Education Teachers, Related Service Providers, Community Habilitation workers, respite workers, workers who are in group-homes/residential settings

Biography:
Jenna received a bachelors degree in psychology and a masters degree in social work from the University at Albany, SUNY. She is a licensed social worker in the state of New York and currently works as an Education Specialist at the Center for Autism and Related Disabilities (CARD) in Albany, NY. Jenna’s main responsibilities at CARD are to provide training and consultation services to school professionals, families, and community professionals. Additionally, she administers the Vineland Adaptive Behavior Scale-3 interview with families at the clinic CARD works in collaboration with. Lastly, Jenna facilitates an evidence-based social skills group for teens with an Autism Spectrum Disorder Diagnosis called PEERS.

Jenna has extensive experience working with individuals on the autism spectrum and providing training/consultation services in diverse settings such as public education (K-12), private pre-school setting, residential settings, and community settings. She is well versed in delivering professional development to school professionals and supporting school/community professionals and families in developing effective and efficient behavioral interventions for individuals with ASD. While in a public education setting, Jenna researched and created a psychoeducational support group curriculum for parents/caregivers of students in a self-contained classroom with an Autism Spectrum Disorder.

Jenna approaches her learning and work from a strengths-based perspective and enjoys working collaboratively to help create positive change.

No relevant relationship(s) to disclose
Jenna Bodisch, LMSW; “Self-Care for the Caregiver of Individuals with Autism Spectrum Disorder.”
Employed by The Research Foundation for SUNY
Disclosures: No relevant financial or nonfinancial relationships to disclose
1B: Helping Teens with ASD Learn Real World Social Skills for Making and Keeping Friends: An Evidenced-Based Model for School Professionals
Presenter: Erica Davis, LMSW
Jane Ann Worlock, MS. Ed.

Description:
This training will highlight The Program for the Education and Enrichment of Relational Skills (PEERS), which is an intervention focusing on teens in middle school and high school with average to above-average intelligence, who are having difficulty making and keeping friends. PEERS includes small-group instruction, role-playing demonstrations, social coaching, and socialization assignments to help teens learn real-world social skills.

Following this session, participants will be able to:
- Become familiar with the social deficits among teens with ASD
- Gain a better understanding of the effective methods of social skills instruction
- Identify the components of the PEERS curriculum

Target Audience:
Parents, School Administrators, General Education Teachers, Paraprofessionals, Special Education Teachers, School Psychologists, Related Service Providers

Biography:
Erica Davis received a B.A. in psychology from Siena College and a Masters in Social Work from the State University of New York at Albany. During her graduate program, she completed internships at the Center for Disability Services, where she provided counseling to individuals with special needs and their families, and at Schonowe Preschool, where she provided case management services to individuals with developmental disabilities. Prior to joining CARD's staff over ten years ago, Erica was employed at St. Colman's Home, where she worked with adolescent males with autism in a residential setting.

As the Training Program Coordinator at CARD, Erica coordinates the School Consultation Project, which is a training program for school districts throughout NYS on a Positive Behavior Support process. She is involved with CARD's Behavior Support program, where she provides training to families on how to teach their child pro-social skills, while decreasing the child's challenging behaviors. Erica has also worked with individuals in developing independence throughout different aspects of their lives, including daily living and communication skills.

Jane Ann Worlock has been with CARD Albany since April 2007. She received a Bachelor of Arts degree in Sociology with a concentration in Social Work from Siena College and a Master of Science degree in Education from The College of Saint Rose. Her professional experience includes more than 30 years experience in the health and human services field of which 20 years were spent in the area of professional development and community education. Jane Ann has extensive background working in the areas of community mental health care and services to individuals with developmental disabilities including autism. Prior to joining the staff at CARD Albany, Jane Ann created videos and other distance learning products for the New York State Office of Children and Family Services and the New York State Office of Temporary and Disability Assistance. She is a long-time panelist for the Commission on Quality of Care and Advocacy for Persons with Disabilities Surrogate Decision-Making Committee and is a parent representative to her local school district's committees on preschool special education and special education. She and her husband are parents to five children including a son with ASD.
No relevant relationship(s) to disclose:
Erica Davis, LMSW; “Helping Teens with ASD Learn Real World Social Skills for Making and Keeping Friends: An Evidenced-Based Model for School Professionals.”
Employed by The Research Foundation for SUNY
Disclosures: No relevant financial or nonfinancial relationships to disclose

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Transition to Adulthood: Walking the Tightrope
Presenter: Valerie L. Gaus, Ph.D.

Description:
Making the transition into adulthood can be stressful for all young people. For individuals with autism and their families, this time has unique challenges, along with opportunities for success and celebration. This workshop will give an overview of the most common dilemmas and strategies to navigate them.

Following this session, participants will be able to:
- List key dilemmas found in balancing the need for independence with the need for support during the transition from adolescence to adulthood.
- Describe strategies for navigating difficult decisions and managing stress through these situations
- Use a strength-based approach to set goals and design flexible plans to prepare for new situations which can be both unpredictable and exciting

Target Audience:
Parents, School Administrators, General Education Teachers, Paraprofessionals, Special Education Teachers, School Psychologists, Related Service Providers

Biography:
Dr. Gaus is a NYS licensed psychologist with over 20 years of experience providing mental health services to people with disabilities. With a cognitive-behavioral approach, she offers psychotherapy to adults with dual diagnosis (intellectual disability and mental illness), autism spectrum disorders (Asperger Syndrome), depression, anxiety, trauma and stress-related problems. She has a private practice with offices in Huntington and at Spectrum Services in Manhattan. She is on the advisory board for the Asperger Syndrome and High Functioning Autism Association the grant review committee for the Organization for Autism Research. She just published a new book, Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder (2018, Guilford Press), to add to the list of other articles and books on adult ASD.

Relevant Financial relationship(s):
Valerie L. Gaus, Ph.D.; Transition to Adulthood: Walking the Tightrope, Self-Employed
Disclosure: Author for Guilford Press and receives royalty payments
Book is mentioned in presentation
Living Well on the Spectrum: Positive Approaches to Stress Management
Presenter: Valeria L. Gaus, Ph.D.

Description:
Living with autism can make an individual and family vulnerable to stress. This workshop will describe approaches found in positive psychology and cognitive-behavioral therapy (CBT) that can be used to manage those day to day stressors so that life can be more enjoyable.
Following this presentation, participants will be able to:
- Define human stress and what makes people vulnerable
- Describe how CBT and positive psychology can offer people strategies for managing stress
- Design a plan based on using personal strengths to reduce vulnerability to stress and to increase time spent on meaningful activities

Target Audience:
Parents, School Administrators, General Education Teachers, Paraprofessionals, Special Education Teachers, School Psychologists, Related Service Providers

Biography:
Dr. Gaus is a NYS licensed psychologist with over 20 years of experience providing mental health services to people with disabilities. With a cognitive-behavioral approach, she offers psychotherapy to adults with dual diagnosis (intellectual disability and mental illness), autism spectrum disorders (Asperger Syndrome), depression, anxiety, trauma and stress-related problems. She has a private practice with offices in Huntington and at Spectrum Services in Manhattan. She is on the advisory board for the Asperger Syndrome and High Functioning Autism Association the grant review committee for the Organization for Autism Research. She just published a new book, Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder (2018, Guilford Press), to add to the list of other articles and books on adult ASD.

Relevant Financial relationship(s):
Valerie L. Gaus, Ph.D.; Transition to Adulthood: Walking the Tightrope, Self-Employed Disclosure: Author for Guilford Press and receives royalty payments
Book is mentioned in presentation