CONFERENCE AGENDA

FRIDAY, MARCH 29, 2019 · WESTCHESTER MARriott · Tarrytown, NY

Target audience: School Personnel including General and Special Education Teachers, School Administrators, Social Workers, School Psychologists, Speech-Language Pathologists, Related-Service Providers, Paraprofessionals, Community Professionals, Parents and Family Members who live or work with individuals on the autism spectrum.

8:00am to 8:45am Registration and Continental Breakfast

9:00am to 10:15am Session One

1A: Self Care for the Caregiver of Individuals with Autism Spectrum Disorder

   Presenter: Jenna Bodisch, LMSW

1B: Transition to Adulthood: Walking the Tightrope

   Presenter: Valerie L. Gaus, Ph.D.

   1.25 contact hours

10:15am to 10:30am Break

10:30am to 11:45am Session Two

2A: Helping Teens with ASD Learn Real World Social Skills for Making and Keeping Friends: An Evidenced-Based Model for School Professionals

   Presenters: Erica Davis, LMSW and Jane Ann Worlock, MS. Ed.

2B: Living Well on the Spectrum: Positive Approaches to Stress Management

   Presenter: Valerie L. Gaus, Ph.D.

   1.25 contact hours

A book fair will be available throughout the conference
LOWER HUDSON VALLEY AUTISM CONFERENCE REGISTRATION FORM

REGISTRANT INFORMATION

NAME: 

TITLE: (Parent, Special Education Teacher, School Psychologist, etc)

SCHOOL DISTRICT/AGENCY: 

ADDRESS: 

HOME ADDRESS ☐ WORK ADDRESS ☐

CITY: 

STATE: 

ZIP CODE: 

COUNTY: 

PHONE: 

E-MAIL ADDRESS: (CONFIRMATIONS WILL BE SENT TO THIS ADDRESS)

BREAKOUT SESSION CHOICES

Seating is limited. Please check your top choice for each of the two sessions.

Session One:

___ 1-A: Self-Care for the Caregiver

___ 1-B: Transition to Adulthood

Session Two:

___ 2-A: Helping Teens with ASD Learn Social Skills

___ 2-B: Positive Approaches to Stress Management

REGISTRATION FEES

Registration and Payment Received: Before 3/15/19 After 3/15/19

NYS Resident $40 $50

Out of State Resident $55 $65

Registration fee includes breakfast

PAYING BY CREDIT CARD OR PURCHASE ORDER? REGISTER AND PAY ONLINE AT:

WWW.ALBANY.EDU/AUTISM/LOWER_HUDSON_VALLEY_CONFERENCE.PHP

CONTINUING EDUCATION

☐ CTLE Credits* $10

☐ NASP Credits** $10

☐ NYS Social Worker*** $10 (LMSW & LCSW)

☐ ASHA Credits **** $10

* Continuing Teacher and Leader Education: CARD Albany is recognized by the New York State Education Department’s Office of Teaching Initiatives as an approved provider of CTLE for Professional Classroom Teachers, School Leaders and Level III Teaching Assistants. All sessions in the conference are eligible for CEUs, for a total of 2.5 contact hours for an additional $10 fee.

** SCHOOL PSYCHOLOGISTS: CARD Albany is approved by the National Association of School Psychologists to offer continuing education for school psychologists. CARD maintains responsibility for the program. All sessions in the conference are eligible for CEUs, for a total of 2.5 contact hours for an additional $10 fee.

*** NEW YORK STATE SOCIAL WORKERS: Center for Autism and Related Disabilities, SW CPE, is recognized by the New York State Education Department State Board for Social Work as an approved provider of continuing education for licensed master social workers # 0292. All sessions in the conference are eligible for continuing professional education hours (LMSWs & LCSWs), for a total of 2.0 hours of continuing education for an additional $10 fee.

**** American Speech-Language-Hearing Association: This program is offered for .25 ASHA CEUs (Intermediate level, Professional area).

Participants arriving late or leaving early will not be eligible for a CEU certificate (no partial credits available).

Please make checks payable to Research Foundation for SUNY-Autism

PLEASE RETURN FORM WITH PAYMENT TO:

Registrations will not be accepted by phone.

Research Foundation for SUNY
Center for Autism and Related Disabilities
1535 Western Avenue, Albany, NY 12203
Phone: 518-442-2574 Fax: 518-442-4834
In this session, 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:

1) Understand common terms related to stress and how parenting/caregiving for an individual with autism may impact stress levels and functioning
2) Recognize the importance of self-care as a parent/caregiver for an individual with ASD
3) Become familiar with self-care plans, strategies for self-care, and how to use those in daily life

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 session will give an overview of the most common dilemmas and strategies to navigate them.

Following this session, participants will be able to:

1) List key dilemmas found in balancing the need for independence with the need for support during the transition from adolescence to adulthood
2) Describe strategies for navigating difficult decisions and managing stress through these situations
3) Use a strength-based approach to set goals and design flexible plans to prepare for new situations which can be both unpredictable and exciting

This session 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:

1) Become familiar with the social deficits among teens with ASD
2) Gain a better understanding of the effective methods of social skills instruction
3) Identify the components of the PEERS curriculum

Living with autism can make an individual and family vulnerable to stress. This session will describe approaches found in positive psychology and cognitive-behavioral therapy (CBT) that can be useful to manage day to day stressors so that life can be more enjoyable.

Following this session, participants will be able to:

1) Define human stress and what makes people vulnerable
2) Describe how CBT and positive psychology can offer people strategies for managing stress
3) Design a plan based on using personal strengths to reduce vulnerability to stress and to increase time spent on meaningful activities
Promoting Positive Outcomes for Individuals with Autism Spectrum Disorders: Strategies for Professionals and Parents

Friday, March 29, 2019
8:00 AM - 11:45 AM
Westchester Marriott
670 White Plains Road
Tarrytown, NY 10591

Sponsored by the University at Albany's Center for Autism and Related Disabilities through funding provided by the NYS Department of Education.

Seating is limited! Registrations will be accepted on a first come, first served basis.

Registrations will not be processed without payment.

Purchase Orders will be accepted only if a copy of the PO is attached to the registration.

Registration confirmations will be sent by email. If you do not receive a confirmation by 3/15/19, please call the Center to confirm that your registration was received.

All cancellations must be received in writing to card@albany.edu no later than 3/15/19. Cancellations received after 3/15/19 will not be refunded for any reason.

To request special accommodations due to a disability, please indicate the need on your registration form. Please provide at least two weeks notice for the request.

Call today for special conference room rates - the conference rate is only available until 3/7/19. There are a limited number of rooms available and they are being held for the conference.

Questions? Please contact CARD Albany at (518) 442-2574 or card@albany.edu

Center for Autism Spring Conference

Lower Hudson Valley Autism Conference