

**9th Annual
Southwest Washington Autism Conference**

Workshop Descriptions



Workshop Session One: 10:15-11:15 AM

Keynote Q & A (Holly Bahme-Lytle)

You will have the opportunity to ask questions and further explore keynote address topics in a smaller group. Learn more from Holly about the Isaac Foundation's work with First Responders and educators. Holly is a mom of children on the autism spectrum and founder of The Isaac Foundation in Spokane.

Puberty & Autism (Mary Chmelik)

Puberty is a tumultuous time for all adolescents (and their parents). There are physical, developmental and emotional changes, occurring throughout this time. This presentation will give a brief primer on the changes that occur during puberty and their effect on the adolescent body and brain. We will discuss the challenges of puberty in children with autism and how parents can help their child, as they move from childhood into adulthood. Mary Chmelik worked at Pope's Kids Place in Centralia for 13 years, and is currently with Mary Bridge Children's Hospital (Developmental and Behavioral Pediatrics).

Schools: A Community Built for Diversity and Inclusion (Monica Meyer)

Learn what school inclusion looks like – including principles to be embraced by management, and the practices that can impact educators (general and special education) and students (assemblies and classroom experiences). Monica Meyer is mother of an adult son on the autism spectrum, an advocate and consultant providing technical assistance for autism services and individuals.

Inclusive Practices with Autistic People (Zack Siddeek)

Nothing about us, without us. Get guidance around best practices for including autistic people on all parts of the spectrum in matters that directly impact us. Learn from published information along with the presenter's lived experience as an autistic adult advocating within the autism services system. This will be a lecture with powerpoint slides, and some group discussion and questions. Zack Siddeek is an adult autistic, organizer of the Square Pegs (Seattle's Autistic Meetup network) and Advocacy/Outreach Specialist with Ryther Center for Children and Youth.

Panel: Being An Inclusive Business

A panel of business owners and managers will offer their own inclusion practices and experience, and provide lessons learned that can support others moving forward. One panel member is Michael Morgan, co-owner of Chehalis Grocery Outlet – winner of the 2019 Disability Rights Washington's Breaking Barriers Award for Business. Plus learn about how businesses can benefit from the Cultivating Inclusion campaign in Lewis County.

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Communication Strategies for Families Navigating Special Education (Jerri Clark)

Finding agreement with the school can be a challenge. This training helps parents understand the process of the Individualized Education Program (IEP) and how to work as a team. Parents will learn how to approach a negotiation with the school, about 1:1 assistance, more robust behavior supports, placement, etc. Jerri Clark is a Parent Resource Coordinator with Washington's Parent Training and Information Center, managed by PAVE (Partnerships for Action, Voices for Empowerment). Jerri also leads a grassroots movement called MOMI-Mothers of the Mentally Ill, advocating for improvements in mental health treatment.

Childhood Trauma: Abuse & Safety (Samantha Mitchell)

You will learn what can be done to teach safety to children and the resources for families dealing with the trauma that comes from abuse. 64% of the children who have been maltreated have a disability, and children with communication disorders are more likely to be physically and sexually abused. Even when reported, charges are rarely investigated. Samantha is a Child Forensic Investigator with the Youth Advocacy Center of Lewis County.

Workshop Session Two: 12:30-1:15 PM

Inclusion Strategies for Community Partners (Holly Bahme-Lytle) *This is a double session.

This double workshop (105 minutes) provides community partners with strategies to integrate individuals with ASD into existing community programs. Attendees will become familiar with ASD and common characteristics, learn tools to effectively troubleshoot behaviors, as well as learn how to communicate with individuals with all levels of autism. Holly is a mom of children on the autism spectrum and founder of The Isaac Foundation in Spokane.

Nutrition for Children: Birth to Age 12 (Ellen Kim Cho and Suzanne Lopez) *This is a double session.

Gain insight into potential feeding challenges and solutions for infants and toddlers (e.g., newborns trying to breast or bottle feed, babies having difficulty transitioning to solids), nutrient deficiencies and excesses, and ideas for feeding children (up to age 12) healthfully with balanced meals and snacks. Learn local and online resources on these issues. Ellen Kim Cho, Ph. D, is the nutrition specialist at the In-Tot Developmental Center and worked as a health educator at the Lewis County Public Health Department. Suzanne Lopez is an Occupational Therapist Registered/Licensed with In-Tot Developmental Center.

Opportunity Makers: Discover Self-Empowerment Tools (Marcelle Ciampi)

Whether an individual on the autism spectrum or their supporter, come discover self-empowerment tools you can utilize in your life or the life of others. Take away unique concepts developed by autistic author Marcie Ciampi, a professional educator, who has bountiful experience as an inclusion specialist and senior job recruiter. Marcie will

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provide practical action steps for self-advocacy. Powered by more than 10,000 correspondences with autistics around the globe and 1000s of hours of study, this interactive session provides insights you won't find anywhere else!

Panel: Being an Inclusive Community Program

Hear the voices of Lewis County community agencies and organizations that have a commitment to inclusion principles and are implementing inclusion practices. What are they doing and what lessons can be learned to help your agency start down this path? You will also learn how community groups can benefit from the Cultivating Inclusion campaign in Lewis County.

Positive Behavior Supports for Transition (Laura O'Rourke and Tara Zink)

Together we can provide successful practices that support people to reach their transition to adulthood and employment goals. You will learn tools and useful information about transition from a few different perspectives. Laura O'Rourke is Executive Director of Behavior Bridges in Puyallup, Tara Zink is an Employment Program Specialist with Pierce County Developmental Disabilities.

School Inclusion: Research Outcomes for Children with Autism at Recess (Dr. Jill Locke)

This lecture is on what we know about social outcomes (inclusion, rejections, friendship and peer engagement) for children in schools and interventions tested to improve these outcomes. Jill Locke, PhD, joined the Speech and Hearing Sciences faculty as a Research Assistant Professor in 2015. Dr. Locke's research has focused on the implementation and sustainment of a social engagement intervention for children with ASD in school settings.

It's Time For Adult Fun (Dr. Edward Fischer)

There's lots to explore in the neurotypical world of fun, entertainment, dancing, bars, and other adult forms of enjoyment. This workshop will promote how various adult levels of recreation and entertainment can have a significant therapeutic value for individuals on the spectrum or with other intellectual and behavior differences. Dr. Edward Fischer is a psychologist with Developmental Disabilities Administration, Region 3.

Workshop Session Three: 1:30–2:15 PM

Inclusion Strategies for Community Partners (Holly Bahme-Lytle) ***This is a double session.**

This double workshop (105 minutes) continues – see description above under Workshop Session Two.

Nutrition for Children: Birth to Age 12 (Ellen Kim Cho and Suzanne Lopez)

This double workshop (105) minutes continues – see description under Workshop Session Two.

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Self Advocacy: The People First/Student First Model (Leaders from Lewis County People First)

People First and Student First are effective leadership development models engaging youth and adults with disabilities. People First has developed two nationally recognized curriculum Reaching My Own Greatness (self-determination focus) and Mixed Voices (training program on inclusion). Come learn how to get involved in Lewis County or elsewhere in Washington.

Panel: Being An Inclusive School

Leaders from Lewis County school districts and Centralia College will share their stories and lessons learned for infusing inclusion into their programs. How are administrators, educators and students practicing inclusion? What are some first steps a school can take on the road to inclusion? You will also learn how public schools can benefit from the Cultivating Inclusion campaign in Lewis County.

Ombuds: Resolving Complaints with Developmental Disabilities Services (Noah Seidel)

Come learn about the DD Ombuds who collects and investigates complaints brought by those who use developmental disabilities services. The DD Ombuds resolves complaints at the lowest possible level – while protecting choice, autonomy and making sure people with disabilities have access to advocacy. The DD Ombuds promotes the well-being of people who receive state services, and all DD Ombuds services are resident-directed and person-centered. Noah Seidel joined Disability Rights Washington in 2017 as the Region 3 Developmental Disabilities Ombuds. Noah Seidel is a disabled advocate who works to support people with disabilities to live a full life and engage in social change.

Getting Started With DDA: Benefits and Waivers (Amanda Sherry)

Learn the steps families can take to get a Developmental Disabilities Administration (DDA) determination and start services. You will learn about eligibility and the intake process, benefits and waivers available to access Home and Community Based Services. Amanda Sherry is Regional Coordinator for Intake and Eligibility, DDA Region 3.