



EASTERSEALS MIDWEST AUTISM CONFERENCE SERIES

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LIVING BOARD**
EMPOWERMENT ACROSS A LIFETIME

NOVEMBER 5
8:30 AM – 11:45 AM

NOVEMBER 6
8:30 AM – 12 PM

JOIN US.
eastersealsautismseries.com

REGISTRATION INFORMATION:

- Families who currently receive Easterseals Midwest Services: Free*
- Families with a child with autism: Free
- Professionals: \$50

*Individual's funding may be billed to document conference attendance.

NOVEMBER 5TH:

8:30 AM – 10:00 AM | Welcome and Keynote Speaker Dr. Kristin Sohl
“Common Co-Occurring Medical and Psychiatric Conditions in Autism Spectrum Disorder”

10:00 AM – 10:15 AM | Break

10:15 AM – 11:45 AM | Breakout Session 1

Session A: Strategies to Improve Sleep in Children with Autism Spectrum Disorder

Session B: Address Difficult Topics in Autism and Sexuality

NOVEMBER 6TH:

8:30 AM – 9:45 AM | Breakout Session 2

Session A: Using Interests and Preferences to Guide Programming for Students with Autism

Session B: A Developmental Approach to Managing Problem Behaviors

9:45AM – 10:00AM | Break

10:00AM – 11:00AM | Breakout Session 3

Session A: Women and Autism

Session B: Function Based Video Modeling to Decrease Maladaptive Behavior and Increase Skill Acquisition

11:00AM-11:15AM | Break

11:15AM-12:00PM | Keynote Speaker John O’Leary

DAY 1 | THURSDAY, NOVEMBER 5

8:30AM-10:00AM | MORNING KEYNOTE PRESENTATION

Common Co-Occurring Medical and Psychiatric Conditions in Autism Spectrum Disorder

Kristin Sohl, MD, FAAP, Associate Professor of Clinical Child Health, University of Missouri, Executive Director of ECHO Autism

DESCRIPTION OF THE PRESENTATION: There are common medical and psychiatric conditions that co-occur with Autism Spectrum Disorder. This session will discuss what the common conditions are and offer resources to learn more.

ABOUT THE PRESENTER: Kristin Sohl is an Associate Professor of Clinical Child Health at the University of Missouri and Executive Director of ECHO Autism. She is a pediatrician with extensive experience in medical diagnosis, evaluation and treatment of children with a concern of autism and other neurodevelopmental disorders. Dr. Sohl is regarded as an expert in quality and process improvement, particularly for comprehensive autism diagnostic and longitudinal services. She is the site principle investigator for the Autism Intervention Research for Physical Health/Autism Treatment Network (AIRP/ATN) and serves in national leadership roles with each of these programs. She is the founder of ECHO Autism, an innovative framework to increase community capacity to care for children with autism and other developmental/behavioral concerns. The ECHO Autism program is viewed as a national model in expanding autism diagnosis and treatment to underserved and rural populations - those currently faced with the longest wait times. The ECHO Autism team has established partnerships with other children's hospitals and autism centers in more than 30 locations in the United States and 10 international locations. Since 2015, ECHO Autism has expanded to mentor many types of professionals through its unique blend of professional development and case-based learning to become Autism Ready™ so that people with autism and their families can be supported in their local communities.

Dr. Sohl's research focuses on systems change to improve healthcare inequalities and understanding underlying medical conditions in individuals with autism. Dr. Sohl is a tireless advocate for children and enjoys engaging other physicians in being a voice for children's health. She is the President Elect of the American Academy of Pediatrics, Missouri Chapter. She completed medical school and pediatric residency at the University of Missouri. She is the proud mom of two children, Alexander and Isabella and wife to husband, David.

10:15AM-11:45AM | **BREAKOUT SESSION 1:**

SESSION A: *Strategies to Improve Sleep in Children with Autism Spectrum Disorder*

Alicia Curran

DESCRIPTION OF THE PRESENTATION: In this presentation, participants will learn about the basics of how sleep works, common sleep difficulties in children who have autism, practical strategies families can implement to establish good bedtime habits that promote sleep, and knowing when it is appropriate to engage medical professionals.

ABOUT THE PRESENTER: Alicia Brewer Curran is the proud mother of four beautiful children. Following her son's diagnosis of autism, Curran devoted her professional career to work within the autism community. Currently, she works at the University of Missouri, where she is the Director of Operations for the Extension for Community Healthcare Outcomes (ECHO) Autism Program, as well as serves as a Parent Panelist on three expert hub teams. Additionally, she is the Family Faculty Member for the Leadership Education in Neurodevelopmental and Related Disabilities (LEND) program, Program Manager and Quality Improvement Lead for the Autism Learning Health Network (AHLN), and the CDC's *Learn the Signs. Act Early.* Ambassador for Missouri.

Curran has a Bachelor's degree in Elementary Education from Drury University, a Graduate Certificate in Autism and Neurodevelopmental Disorders from the University of Missouri, and is a LEND graduate. She is very active in the autism community and has a passion for family empowerment. Curran speaks to a variety of groups about family-professional partnerships, interdisciplinary teams, family-centered care, sleep education, and shares her own personal journey.

SESSION B: *Address Difficult Topics in Autism and Sexuality*

Nicholas Maio-Aether, MSPSY, BCBA, LBA

DESCRIPTION OF THE PRESENTATION: This workshop will be hands-on and will require participation in discussions. It is geared toward parents, educators, and staff persons working with people on the spectrum. At the end, resources will be made available for further exploration/training on these topics.

**Please note, this will be a candid workshop with frank/graphic discussion – this workshop may not be suitable for all audiences.

ABOUT THE PRESENTER: Nicholas Maio-Aether is Co-Owner and CEO of *Empowered: A Center for Sexuality, LLC*. He is a Board Certified Behavior Analyst, with over six years' experience in treatment of those with Autism Spectrum Disorder. He is also 16 years experienced as a Sex Educator, and is a Sex Therapist in Practicum, while also now seeking his second Masters in Marriage and Family Therapy. Nicholas has been featured in *Contemporary Sexuality*, where he was noted for his inclusivity in practice and was highlighted for his treatment successes. He has been given nods from Saint Louis University, The Institute for Relational and Sexual Therapy and Health, and the developer of the Me Too! Curriculum and Institute. Nicholas is a Certified PEERS Instructor and is developing his own program for ongoing sexual education in class and natural environment settings. It is Nicholas' personal goal to provide education and therapeutic support to people from all populations and backgrounds.

DAY 2 | FRIDAY, NOVEMBER 6

8:30 AM – 9:45 AM | BREAKOUT SESSION 2

SESSION A: *Using Interests and Preferences to Guide Programming for Individuals with Autism Spectrum Disorder*

Cari Ebert, MS, CCC-SLP, Pediatric Speech-Language Pathologist

DESCRIPTION OF THE PRESENTATION: Back by Popular Demand! Once you've met one person on the autism spectrum, you've met exactly one person with autism. Sounds redundant, I know, but this is a critical piece of information to acknowledge and understand. Not all individuals with autism like to spin, or flap, or line up objects. It is important to recognize that each person's interests and preferences are unique to their temperament and personality. Whether interacting with a 4-year-old with autism or a 40-year-old with autism, professionals and caregivers need to thoughtfully address each person's strengths, interests, passions, and preferences first, before implementing any therapeutic or work-related goals. Join Cari as she discusses effective strategies for identifying and implementing person-first programming for individuals on the autism spectrum.

ABOUT THE PRESENTER: Cari Ebert is a pediatric speech-language pathologist in private practice in the Kansas City, Missouri area. She received her Bachelor of Arts degree from the University of Iowa in 1993 and her Master of Science degree from Southern Illinois University at Carbondale in 1995. Cari is a therapist, consultant, author, and nationally recognized speaker who gets paid to do what she loves most...TALK! She has dedicated her career to helping young children achieve their maximum potential with the development of speech, language, and social skills. Cari has a 14-year-old son with autism and apraxia, allowing her to engage audiences both as a professional and a parent of a child with special needs. She has an energetic personality, and this translates to a high-energy speaking style. Join Cari as she explores important issues for supporting individuals on the autism spectrum and their families.

Session B: A Developmental Approach to Managing Problem Behaviors

Dr. Jo Ann Youngblood, PhD

DESCRIPTION OF THE PRESENTATION: This presentation is designed to provide information to parents and teachers who work with children with challenging behaviors. It will provide an overview of common behavior problems and general behavioral strategies for addressing them. I will provide examples at home and school and offer a framework for caregivers to teach replacement behaviors using these general management strategies. I will also touch on the importance of collaboration between parents, schools, and outside professionals.

ABOUT THE PRESENTER: Dr. Youngblood is a Licensed Psychologist at Children's Mercy Hospitals and Clinics' Division of Developmental and Behavioral Sciences and Assistant Professor of Pediatrics, University of Missouri-Kansas City (UMKC) School of Medicine. She earned her Ph.D. from the University of Kansas. She then completed her post-doctoral experience at the University of Kansas Medical Center and Children's Mercy Hospitals and Clinics.

She worked as a behavior analyst for the Leavenworth County Special Education Cooperative after completing her training. Her practice today focuses on targeted, short term behavior management as well as challenging toileting issues for children with developmental disabilities and Autism Spectrum Disorder using the principles of Applied Behavioral Analysis.

10:00AM-11:00AM | BREAKOUT SESSION 3

Session A: Women and Autism

Ann Schad, LCSW

DESCRIPTION OF THE PRESENTATION: This workshop will discuss the commonly observed traits, as well as differences and unique strengths and abilities in women with autism. Women with autism often have specific mental health struggles. The information will include effective strategies to help support women with autism.

ABOUT THE PRESENTER: Ann Schad, LCSW, has worked in the field of social work for the past 36 years. She has worked in the areas of child abuse/neglect, foster care, adoption, and eating disorders. For the past 28 years she has worked in various capacities for Easterseals Midwest.

Ann has served in the role of “Family Navigator” for the agency, developing plans for parents of newly diagnosed children with autism, as well as teenagers and adults who are in need of various transition services and supports. She has completed ADOS (Autism Diagnostic and Observation Schedule) assessments of children and adults, as well as facilitated parent and sibling support groups. Ann has provided autism training and education to medical students, residents, police officers, and parents. Currently, Ann serves in the role of Autism Consultant at Easterseals Midwest in the Employment Services Department and is a co-creator and training instructor for the LINK. The LINK program is an employment program for individuals with Autism Spectrum Disorder/Asperger’s Syndrome who are unemployed or underemployed. Ann also facilitates pragmatic language assessments and therapeutic sessions teaching and practicing social/communication skills specific to the employment setting. Ann provides ongoing Autism Training and support to the Employment Services staff at Easterseals Midwest. She also serves in the role of performing observations and consultations of individuals with varying degrees of Autism in a variety of employment settings.

SESSION B: Function Based Video Modeling to Decrease Maladaptive Behavior and Increase Skill Acquisition

Kate M. Sadler, PHD, BCBA-D

DESCRIPTION OF THE PRESENTATION: Participants will learn the psychological and behavioral mechanisms of change behind this intervention. By the end of the session, they will have the basic skills necessary to create their own video models to create a highly individualize intervention that can be easily included in pre-existing programs.

ABOUT THE PRESENTER: Dr. Kate M. Sadler received her PhD in Autism and Neurodevelopmental Disabilities at the University of Missouri; Columbia. While a postdoctoral scholar at the University of Virginia, she earned her Doctorate in Applied Behavior Analysis (BCBA-D). Dr. Sadler’s research focuses on the development of novel interventions to support individuals significantly impacted by autism and developmental disabilities, combining psychological and behavior-based treatments to modify aggressive behaviors, video interventions, affect education, functional analysis of behaviors, and Universal Design for Learning (UDL). Prior to her pursuits in higher education, Dr. Sadler was a Special Education teacher in the St. Louis area for 15 years. She attributes her passion for applied science to her early experiences as a teacher. Dr. Sadler currently lives in St. Louis with her husband and daughter and works as a Director of Community Living at Easterseals Midwest.

11:15AM-12:00PM | AFTERNOON KEYNOTE PRESENTATION

Expected to Die. Now Teaching Others How to Truly Live.

John O'Leary, Two-Time #1 National Bestselling Author and Speaker

ABOUT THE PRESENTATION AND PRESENTER: In 1987, John O'Leary was a curious nine-year-old boy. Playing with fire and gasoline, John created a massive explosion in his home and was burned on 100% of his body. He was given less than a 1% chance to live. This epic story of survival (first showcased in 2008 with his parents' acclaimed book *Overwhelming Odds*) has never felt more relevant than as we live through the COVID-19 pandemic together.

Today, John is the author of the #1 National Bestselling books *ON FIRE* and *IN AWE*. The latter released in May 2020 with many saying it is the message we all need right now. John is the host of the top-rated *Live Inspired Podcast* and a live and virtual event speaker teaching more than 50,000 people around the world each year how to live inspired.

Consistently described as "the best speaker we've ever had" John's emotional story-telling, unexpected humor and authenticity make each presentation unforgettable. John's genuine, collaborative approach to partnering allowed him to understand early that clients' biggest pain point in the wake of the fallout from the pandemic is team "burnout." To address this, John expanded his *Live Inspired Coaching* program to bring his keynote from inspirational to transformational. Early successes in the program have clients saying their teams are more focused, collaborative and engaged than ever.

John considers his greatest success to be his marriage to his wife Beth, their four children and his relationships with friends and family.

Register Online at eastersealsautismseries.com