



EASTERSEALS MIDWEST AUTISM CONFERENCE SERIES

NOVEMBER 4
8:30 AM – 11:45 AM

NOVEMBER 5
8:30 AM – 12:00 PM

SPONSORED BY





REGISTRATION INFORMATION:

- Families who currently receive services: Free*
- Community members not receiving services: Free
- Professionals: \$55

*Individual's funding will be billed for attendance.



NOVEMBER 4TH:

8:30 AM – 10:00 AM | Welcome and Morning Keynote Speaker Tim Miles

10:00 AM – 10:15 AM | Break

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

Session A: Executive Functioning Skills: What They Are and Why They Matter

Session B: Gastrointestinal Comorbidities and Autism Spectrum Disorder:

Rethinking the Standard of Care

NOVEMBER 5TH:

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

Session A: Navigating the Transition to College

Session B: Accessing Resources for Young Adults During Transition to Adulthood

9:30 AM – 9:45 AM | Break

9:45 AM – 10:45 AM | Breakout Session 3

Session A: Successful Parent Coaching Approaches

Session B: Depression in Youth with Autism Spectrum Disorder

10:45 AM – 11:00 AM | Break

11:00 AM – 12:00 PM | Afternoon Keynote Speaker Temple Grandin

DAY 1 | THURSDAY, NOVEMBER 4

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

Presented by: Tim Miles

SESSION DESCRIPTION: One day, you're an award-winning communications professional who decides to quit a high-paying, benefit-rich job to start your own company. The next day, your wife tells you your 13-month-old son has autism and you start a new journey with a beautiful boy who looks at the world a little differently. Uplifting, educational, heartwarming, and funny, this opening keynote will open your heart as well as your mind.

ABOUT THE PRESENTER: I guess LinkedIn would probably tell you I'm an American entrepreneur, bestselling author, public speaker, and international marketing consultant. I'm owner of a weird little firm that helps good companies and good employees and good customers connect in this Age of Rapid Distraction.

I'd rather tell you I'm Rich and Janet's boy, Lynn and John's brother, Dee's husband, Will and Sarah's daddy, and I'm trying hard every day to be better for all of them as well as a kind and generous member of my various communities (church, school, city, neighborhood, etc.). I was born curious and excitable and those natural gifts and talents have never left me. They've also caused me hundreds of problems over the years.


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

SESSION A: *Executive Functioning Skills: What They Are and Why They Matter*

Presented By: Jessica Harrison, M.S., BCBA, LBA

SESSION DESCRIPTION: Executive functioning is an umbrella term for the cognitive process that regulates, controls, and manages other cognitive processes such as planning, time management, problem solving, organization, and prioritization. Many individuals, including some on the autism spectrum, have great memories for facts and details, but may have difficulty organizing their thoughts and accessing or integrating the information they have to make it useful for them. This presentation will define various executive functioning skills, determine how to assess if there are deficits, and review strategies on how to help individuals manage their executive functioning needs.

ABOUT THE PRESENTER: Jessica Harrison graduated from Southern Illinois University Carbondale in 2007 with her Masters of Science Degree in Behavior Analysis and Therapy. She has actively worked in the field of ABA since graduation.



Jessica was drawn to the mission of Easterseals Midwest in 2014 and is currently the ABA Manager and a practicing Behavior Analyst working out of the Cape Girardeau, Missouri office. Jessica specializes in Functional Behavior Assessment for problematic behavior, performing skills-based assessments, parent and caregiver trainings, early intervention, feeding deficiencies, and treating those with intense aggression and self-injurious behavior. Jessica loves her work and making a difference in the lives of those she supports. It is her continued desire to bring positive and meaningful change to families, communities, and individuals through sharing the application and knowledge of Applied Behavior Analysis. She currently lives in Murphysboro, Illinois with her husband, Jason and daughter, Makayla.

SESSION B: *Gastrointestinal Comorbidities and Autism Spectrum Disorder: Rethinking the Standard of Care*

Presented By: Christina Low Kapalu, Ph.D.

SESSION DESCRIPTION: Gastrointestinal (GI) disorders are some of the most common medical comorbidities seen in individuals with Autism Spectrum Disorder (ASD). Patient nonverbal or minimally verbal status, sensory differences, and restricted and repetitive behaviors can make assessing and treating GI concerns challenging. This presentation will include review of common GI concerns in individuals with ASD, discuss challenges associated with identifying, evaluating, and managing GI disorders in individuals with ASD, and outline behavioral factors to consider during assessment and treatment of GI conditions.

ABOUT THE PRESENTER: Dr. Low Kapalu received her Ph.D. in Clinical Psychology from Washington State University in 2014. She completed her pre-doctoral internship and post-doctoral fellowship in child psychology at Children's Mercy Kansas City. Dr. Low Kapalu is a pediatric psychologist and the Director of Integrated Care for the Section of Neurogastroenterology and Motility. She partners with physician colleagues to develop an integrated, multidisciplinary Neurogastromotility program to serve children and adolescents with complex motility issues including constipation, incontinence, abdominal pain, rumination, and vomiting. She is also the dedicated psychologist for the Children's Mercy Comprehensive Colorectal Center and Center for Integrated Care for Pelvic Dysfunction. Dr. Low Kapalu's clinical and research interests involve the assessment and treatment of elimination disorders, the intersection of GI disorders and developmental differences, pediatric recurrent and intentional foreign body ingestion, and the psychosocial sequelae of colorectal conditions.



DAY 2 | FRIDAY, NOVEMBER 5

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

SESSION A: *Navigating the Transition to College*

Presented By: Lukin Murphy, BCBA, LBA

SESSION DESCRIPTION: This session will help inform parents, educators, and professionals on the many items to consider for college-preparation. Some of the topics covered will include consideration of whether college is a good fit, successful college preparation in high school, executive functioning skills needed for college success, services available for college students, and social opportunities and challenges in college.


ABOUT THE PRESENTER: Lukin Murphy has a Masters Degree in Intercultural Youth Development from University of Montana and is a Board Certified Behavior Analyst. He has worked in education and autism services for over 15 years and recently served as the Director of EnCircle Technologies, where he designed and supervised programs to teach neurodiverse teens and adults technology and social skills, as well as providing job placement and support. Lukin is now an Autism Specialist at Columbia Public Schools, where he helps coordinate services and support for both elementary and secondary students.

SESSION B: *Accessing Resources for Young Adults with Autism During Transition to Adulthood*

Presented by: Colleen Shinn, Director, Community Outreach Midwest & South Central

SESSION DESCRIPTION: Every year, an estimated 70,000-1,000,000 autistic people age out of school-based services. We know the transition to adulthood can represent a particularly vulnerable time for youth with Autism Spectrum Disorder (ASD), as the entitlements of the children's service system end and families often encounter fragmented systems of care, creating a need for early planning in all aspects of one's life. We must ensure that children who have access to services and resources continue to receive support as they enter adulthood.

Autism Speaks is committed to helping people with autism and their families navigate the journey from adolescence to adulthood. Join Colleen Shinn, Director of Community Outreach at Autism Speaks, to learn about and gain access to these wonderful resources.



ABOUT THE PRESENTER: Colleen Shinn is the Director of Community Outreach for Autism Speaks. Prior to joining Autism Speaks, she most recently worked for Easterseals as the Training Specialist and Manager of The Autism Program Service Centers for Chicago and Rockford for 18 years. She was responsible for the development and implementation of curriculum and staff development, comprehensive professional training for employees, families, and professionals, supervision of full and part time employees, interns, and clinical staff, local and national legislative activities, coordinating and leading the Autism Strategic Planning Committee, and extensive community outreach.

Ms. Shinn is formally trained in Applied Behavioral Analysis, Picture Exchange Communication System, and DIR Floortime. She is an active member on the Coalition Against Sexual Abuse of Children with Disabilities through the Chicago Children's Advocacy Center, the Midwest Autism Consortium, and the Illinois Autism Task Force.


Ms. Shinn is fluent in Sign Language and was a Board Certified and Licensed Occupational Therapy Assistant with an extensive background in Autism Spectrum Disorder, including experience in Early Intervention, Inclusion, and Early Childhood Special Education, working in Therapeutic Day Schools, and Vocational and Employment Training Programs. She has been supporting individuals with autism across the spectrum and throughout the lifespan for than more than 30 years and has presented both locally and nationally on topics related to Autism Spectrum Disorder.

9:45 AM – 10:45 AM | **BREAKOUT SESSION 3**

Session A: *Successful Parent Coaching Approaches*

Presented by: Megan Tregnago, M.Ed., MHA, BCBA, LBA

SESSION DESCRIPTION: In this workshop, participants will learn key elements of being an effective parent coach. Participants will be led from beginning to end of a parent coaching session and reflect on evidence-based methods for supporting parents to strengthen their skills. Essential skills to be reviewed include joint planning, observation, action, reflection, and feedback.



ABOUT THE PRESENTER: Megan Tregnago is a licensed and board certified behavior analyst (LBA, BCBA). She is the Manager of ABA Services and Training for Easterseals Midwest's central office. Megan has Masters degrees in Special Education (with an emphasis on autism) and Health Administration, both from the University of Missouri. She provides services based upon ABA to families and professionals in the central Missouri region; teaching them ways to better support individuals with autism. Megan's interests include providing consultation for early intensive behavioral intervention (EIBI) programs, implementing natural language techniques and the Early Start Denver Model with young children with autism, and improving the quality of autism services in the state of Missouri.

SESSION B: *Depression in Youth with Autism Spectrum Disorder*

Presented By: Darren Olsen, Ph.D.

SESSION DESCRIPTION: Individuals with Autism Spectrum Disorder (ASD) show varying symptoms and behavioral trajectories. However, their risk for significant mood disruption, including but not limited to Major Depressive Disorder, is often overlooked or misunderstood. This presentation will cover depressive disorders in the general population, differences and similarities in the presentation of depression in youth with ASD, behavioral patterns associated with depression in youth with ASD, common treatments for depression in youth, and information on suicide.

ABOUT THE PRESENTER: Dr. Olsen received his Ph.D. in Clinical Psychology from the University of Hawaii at Manoa in 2018. He completed his pre-doctoral internship and post-doctoral fellowship in child psychology with focus on Autism Spectrum Disorder at Indiana University School of Medicine. Currently, Dr. Olsen is a Clinical Child Psychologist at Children's Mercy Hospital Kansas City and Assistant Professor of Pediatrics at the University of Missouri Kansas City School of Medicine.

He conducts evaluations of children and teenagers suspected of having ASD and other developmental differences. He also conducts individual and group therapy for parents of children with ASD and other developmental differences including the Research Units in Behavioral Interventions parent training program. Dr. Olsen also partners with colleagues in further developing and maintaining the Down Syndrome-Autism dual diagnosis clinic at Children's Mercy Hospital. Dr. Olsen's clinical and research interests involve the assessment and treatment of behavioral difficulties associated with various developmental disorders and dissemination of evidence-based information related to Down Syndrome and ASD.

11:00 AM - 12:00 PM | AFTERNOON KEYNOTE SPEAKER | AUTISM AND MY PATH THROUGH LIFE

Presented By: Temple Grandin

SESSION DESCRIPTION: In this session, Temple Grandin will discuss the importance of early intervention and having an understanding of sensory problems. She will also discuss the different ways that individuals on the spectrum think. There are object visualizers, visual spatial (math pattern), and verbal thinkers. There will also be a diffusion of her transition from school to work.

ABOUT THE PRESENTER: Temple Grandin is a professor of Animal Science at Colorado State University. When she was two and a half years old, she had no speech and all the symptoms of severe autism. Early intensive speech therapy enabled her to speak by age four. Her mother always encouraged her interest in art and urged her to draw many different things. Good teachers and mentors were essential for Temple's success. Her high school science teacher challenged her with interesting projects where she had to figure out how to make things work. When studying in school became a pathway to becoming a scientist, she was motivated to study.

An HBO movie titled "Temple Grandin" was made about her life and Temple was inducted into The National Women's Hall of Fame and The Academy of Arts and Sciences. Facilities she has designed handle over half the cattle in the U.S. Some of her most important books are New York Times Bestseller "Animals in Translation," "Thinking in Pictures," "The Autistic Brain," and "The Way I See It."

Register online at eastersealsautismseries.com