



## **Presentation Choices for Breaking Barriers 2023**

### **SESSION 1 - 90 minute sessions – 9 sessions**

#### **Title: Launch: Preparing for the Transition to Adulthood**

**Description:** Becoming an adult is full of new experiences and big decisions to make. This session will provide an overview and information on adult services from high school and beyond.

This session will cover:

- Self-determination supported decision making and the importance of student-led IEPs in transition.
- Importance of having a vision for life after school
- Transition components of the IEP
- Transfer of rights
- Post-high school options from college to transition to services
- Employment/Vocational Rehabilitation [IPE]

The presentation will be provided through classroom presentation, with opportunities for participant discussion and engagement.

**Presented by:** Heather Oliver. Heather is a parent and works for FACT Oregon as the Director of Learning and Engagement.

**This session is intended primarily for:** Family Members/Guardians & Educators

#### **Title: Helping People Plan for Their Future Through Supported Decision Making**

**Description:** Supported Decision Making is becoming more and more recognized as an alternative to guardianship for people with intellectual and developmental disabilities. This session will introduce you to Supported Decision Making and the impact it can have on a person's life to be able to make their own decisions. Through session activities, you will leave with the knowledge to identify Supported Decision Making supports and where to access more information and tools to further your learning. Supported Decision Making is a way of supporting someone to make their own decisions. It is when a person receives support from one or more trusted people to help them understand the situations they face and the choices and options they have so the person can make their own decisions. The presentation will be given with a PowerPoint with at least three activities built in. One activity talking with a neighbor, one activity will be on a handout, and one shared out loud activity.

**Presented by:** Em Braman. Em works for the The Arc Oregon, has a Bachelor's Degree, and is a National Certified Guardian.

**This session is intended primarily for:** Family Members/Guardians

**Title: Practical Emergency Preparedness for Busy Families**

**Description:** Topic: Oregonians are told that we should all be prepared to be self-sustaining for two weeks in the event of natural or man-made emergencies. For families of children with special health needs, this is easier said than done. Using a PowerPoint presentation, interactive questions, and small groups, we will discuss what it means to be “prepared” for emergencies. Using a trauma-informed approach, we will discuss how families can take a practical and reasonably-paced approach to get their homes and families prepared. The discussion will center on easier-to-do, less-expensive strategies and how to find help in the community to accomplish preparedness goals. The session will be collaborative, with plenty of time for participants to teach one another. Handouts and useful state-level resources will be provided

**Presented by:** Tamara Bakewell; Family involvement Manager at Oregon Center for Children and Youth with Special Health Needs/ Oregon Family to Family Health Information Center;

Tamara is the Founding Director of the F2F HIC since 2011; a former family educator for inclusive preschool; a former administrator of an early childhood behavior clinic.

**This session is intended primarily for:** Family Members, Service Providers

**Title: SafetyNet: Smart Cyber Choices**

**Description:** Our internet safety training teaches how technology can be used in a safe, positive, and ethical manner while providing you with the tools needed to safely manage online lives for both adults and children. Topics covered in this training will be Hacks & Scams, Social Media, Online Gaming, Cyberbullying, Inappropriate Posts, and Online Predators. The presentation will be delivered via PowerPoint with the ability to have closed captions available. Our desired outcome would be for those attending to have tools to use when guiding youth who are using technology and the internet.

**Presented by:** Rachel Visser: Prevention Education Manager at KIDS Center; M.A in English and Counseling; Certified Darkness to Light Instructor

**This session is intended primarily for:** Family Members/Guardians, Service Providers

**Title: Taking a look at Pre-Employment Transition Services**

**Description:** Come meet your Pre-Employment Transition Services Teams (Pre-ETS) learn about Pre-ETS, and how they can be utilized to enhance transition services already being provided in the schools as well as take part in a Pre-ETS activity. In following the journey of individual students, we seek to inform and empower other students, families, advocates, and school staff. This offers a personal approach to what Pre-ETS are and how differently they're delivered. Each of the regions across the state will be represented as well as student perspectives delivered in person or via video story (if needed).

**Presented by:** Desiree Berry

**This session is intended primarily for:** Educators, Self-Advocates

**Title: Spanish Speaking Families Panel / Título: Panel de familias de habla hispana**

**Description:** This presentation will be a panel of 3 Spanish Speaking Parent - mothers- Who also work and provide support to the Hispanic Community. They will answer a couple of predetermined questions and will take questions from the attendees.

**Descripción:** Esta presentación será un panel de 3 madres de habla hispana - Yecenia Rodríguez, Rosa Ochoa y Paulina Larenas. Quienes trabajan y brindan apoyo a la Comunidad Hispana. Ellas responderán a un par de preguntas determinadas y contestarán preguntas de los asistentes.

**Presented by / Presentada por :** Paulina Larenas, Yecenia Rodriguez, Rosa Ochoa.

**This session is intended primarily for:** Educators, Self-advocates, Family Members, Service Providers

**Esta sesión está destinada principalmente a:** Educadores, autogestores, familiares, proveedores de servicios

**Title: One Page Profiles for the Medical Setting**

**Description:** One Page Profiles are well known in the pediatric disability community. This presentation will introduce new ideas for developing these powerful tools specifically for medical, dental, and therapy settings.

Part 1: Using a PowerPoint, the presenter will give background and create a baseline understanding of how OPPs for the Medical Setting may differ from those used in schools and other settings. Examples will be used throughout.  
Part 2: After the presentation, attendees will work in small groups and discuss how they might write an OPP for their child/young adult. They can offer ideas and suggestions to one another. Using blank templates and instruction sheets, participants will start drafting their own OPP for medical settings. Professionals can also participate in these small groups, offering perspective, suggestions, and support  
Part 3: The small groups will reconvene. Presenter will facilitate a large group discussion prompting participants to share about the experience, examples, and how they plan to use the OPP. Attendees will leave with a draft that they can refine in their own time. They will be invited to work with the F2F staff as needed to finalize.

**Presented by:** Lydia Dennehy: Resource Specialist and Parent Partner at Oregon Family to Family Health Information Center; Family Peer Support Specialist- Oregon Traditional Health Worker; Person with a disability and parent of a child with a disability.

**This session is intended primarily for:** Family Members/Guardians, and Self-Advocates

**Title: Diversified Communication & Compassion**

**Description:** Humans are wired to connect. Human connections are impressions of intimacy and acceptance an individual can experience when having supportive relationships with those

around them. Connection is a pathway to feeling valued, seen, and heard. If you've ever felt lonely, you're not alone. Making human connections sometimes requires being brave and taking chances. Connecting with someone doesn't have to always include words, it can be body language, eye-contact or physical touch such as a hug. When we connect with others whether that's in a coffee shop, on a nature hike, or at work, we can experience a myriad of emotions—laughing, crying, or venting. When we express these emotions, our brains release dopamine and endorphins—the “feel good” neurotransmitters responsible for happiness and mood. Our training will explore a variation of elements that support human connection and understanding. We'll examine intersectional elements that contribute to a disconnection of interactions and discover strategies on how to repair, restore, and harvest relationships through various pedagogical approaches. Along the way, we'll learn about creating learning environments that are encouraging and engaging, immersing the senses in on-going learning journeys. “Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering.” Brené Brown

**Presented by:** Melissa Valadez; IHS (CEO) BMHC of Oregon (Owner), Infinite Healing Solutions and Behavior & Mental Health Consultation of Oregon & Aubrey Valadez, IHS (Operations Director) BMHC of Oregon (Program Manager) at IHS & BMHC of Oregon

**This session is intended primarily for:** Educators, Family Members, Self-Advocates, Service Providers

**Title: Family Engagement Beyond the Meeting: Getting Involved in the Classroom**

**Description:** Being involved in the classroom is so much more than phone calls home and attending meetings, but what does that look like? In this session we will dive deep into the various ways families and educators can work together to support children through family engagement. In this session participants will learn about conventional and unconventional ways to help families get involved in the classroom. Standard 1: Families & Community Systems 2.2.3. Application of techniques to develop positive partnerships with diverse families and/or community systems. Standard 2: Families & Community Systems 2.2.4.

Development of strategies to respect, support, and honor strengths of families from various cultures **Presented by:** Shandell Landon; Program Coordinator at CODSN; Certified Teacher Nevada & Oregon, Certified Master Trainer PDX

**This session is intended primarily for:** Educators, Self-Advocates, Families, Service Providers

## **SESSION 2 - 60 minute sessions – 10 sessions**

### **Title: Misty's Success Story –**

**Description:** I have faced challenges my whole life and have fallen down many times and I always get back up and try my hardest to overcome any obstacles in my way. I have worked at the Madras and Redmond Thrift Stores and have learned skills that have helped me get a job in the community at Burger King. I recently graduated from the Job Coaching program through Opportunity Foundation and will start working on my own with minimal supervision. Outline the many obstacles I have overcome and my successes with employment. Graduation from my Job Coach.

**Presented by:** Misty Holman, Self-Advocate.

**This session is intended primarily for:** Self-Advocates, Service Providers

### **Title: How ABLE Can Help You Save Money Without Losing Benefits**

**Description:** The Oregon ABLE Savings Plan gives people with disabilities an opportunity to save money without losing their state and federal benefits. ABLE has seen a lot (of good!) changes since Breaking Barriers last met. Come learn about the basics of ABLE plans and what's changed and hear how regular Oregonians have been using their accounts. Although this presentation will be given by Oregon ABLE staff, information will be relevant to all attendees, no matter what state they live in. The presentation will include a PowerPoint and time for audience members to ask questions. **Presented by:** Kaellen Hessel-Owens: Outreach Manager at Oregon ABLE Savings Plan **This session is intended primarily for:** Educators, Self-Advocates, Family Members/Guardians, Service Providers

### **Title: Taking a Trauma Informed Approach to Family Engagement**

**Description:** This presentation will define trauma and trauma-informed care from a service provider's perspective, and review several case examples of how trauma may show up in a family services environment. The first half of the presentation will include an informative speech and several case examples. Midway participants will be given the opportunity to work in small groups to apply principles to their own lived experiences. Closing will include a review of these examples and open discussion, Q&A. Participants will leave with a better understanding of the concept of trauma, how it continues to impact future services provided and how to make small changes in their approaches with families keeping these ideas in mind while working with them.

**Presented by:** Stephanie Lucas: Therapist; EMDR certified (EMDRIA Organization) CADC-I (Certified Alcohol & Drug Counselor, Oregon; MHACBO organization; I am a parent to a deaf 3-year-old and am a Parent Guide with the Hands and Voices Guide by your Side program in Oregon.

**This session is intended primarily for:** Educators, Service Providers

**Title: The Ins and Outs of the SSA Disability Process**

**Description:** SSA disability process ins and outs, specifics and generalities. For this audience, however, it may be more helpful to have a presentation for folks who are already on SSA disability benefits and issues surrounding working while on benefits, cessation of benefits, and other "post-entitlement" issues that may arise and how claimants, guardians, family members, and advocates can address these issues.

**Presented by:** Ari Halpern: Attorney/Owner at Halpern Law Group LLC; SSA Disability Law; Prior to law school I did social work varying from work with at risk teenage boys, issues with homelessness, school based social services, etc.

**This session is intended primarily for:** Educators, Self-Advocates, Service Providers, Family Members

**Title: "All About Me" Page for Youth**

**Description:** As students prepare for transition, knowing how to create and use an "All About Me" page is an important self-advocacy skill to have. Youth participants will grow their understanding of self-advocacy skills and learn to develop an "All About Me" page that emphasizes their strengths, hopes, and direction for their life as well as articulates what works and does not work for them.

**Presented by:** Jenny Cavarano: Program Director at CODSN; APSE Board Member/ Partners in Policymaking graduate 2014/ Person-centered Path Training

**This session is intended primarily for:** Self-Advocates

**Title: So, You Have a Gamer in Your Household!**

**Description:** Introduction being a quick rundown and demonstration of how peer relationships are important (and how that importance diminishes as age difference widens). Demonstrate how, for example, a parent gaming with their child can provide numerous opportunities to help teach or reinforce various life skills, such as; direction, color, numbers, shapes, vocal communication, and teamwork (to name a few) in ways that the child will want to better understand and learn – without it being a 'lesson'. Close out with how important online relationships can be, the good and bad, and how these relationships can leave a lifetime impression on those they touch. This presentation is to give everyone a different view of not only online gaming relationships and interactions, but additional ways parents and others can connect and increase learning for all involved. While I am using video gaming for my presentation, what I am sharing can be applied to a wide range of social activities, so this (to me) is also beneficial to those that don't have gamers.

**Presented by:** Scott Smallwood; Father & Josie Smallwood – a current 12<sup>th</sup>-grade high school senior and self-advocate.

**This session is intended primarily for:** Educators, Self-Advocates, Family Members, Service Providers

**Title: Mapping your North Star - Healthy Living**

**Description:** We all want to feel healthy, and the choices we make can help us get there. Some of the most important things we can do are take care of our mind and body, build healthy relationships, act responsibly, take charge of our healthcare, and stay active. Join us for a hands-on activity and leave with a map to your north star of healthy living with tools from the newest Planning My Way To Work Transition Guide.

**Presented by:** Marguerite Blackmore; Transition Services, HDESD

**This session is intended primarily for:** Educators, Self-Advocates

**Title: Introducing: The Autism Roadmap**

**Description:** Navigating and accessing support after an individual receives an autism diagnosis can feel overwhelming. The Autism Roadmap is a resource binder created to help individuals and their families throughout this process. The roadmap contains three flexible pathways of support that provide information and resources for things such as skill-building, financial support through government programs, and support groups. This information and these resources come in a variety of formats, including books, videos, and contact information for in-person therapy providers in Central Oregon. The desired outcome of this presentation is to provide individuals, families, and service providers with a concrete understanding of the supports and resources available to them throughout Central Oregon and beyond. Participants will each be provided with a physical roadmap to look through during this PowerPoint presentation, which they are welcome to take home after the presentation!

**Presented by:** Stefany Cunningham; Program Coordinator at CODSN; 5 years of personal experience navigating autism supports and resources, as well as a contributor to the creation of the Autism Roadmap.

**This session is intended primarily for:** Educators, Self-Advocates, Family Members, Service Providers

**Title: Spanish-Creciendo Junto a Nuestros Hijos/Growing Together with Our Children**

**Descripción:** Creciendo junto a nuestros hijos es una presentación que explora los diferentes pasos en el proceso de aceptar, crear un plan, y crecer junto a nuestros hijos para asegurarnos de que la meta sea maximizar sus capacidades en vez de vivir en una eterna lucha por cambiar o tratar de reparar a quien no está roto.

**Description:** Growing Up with Our Children is a presentation that explores the different steps in the process of accepting, creating a plan, growing with our plan, and growing with our children to ensure that the goal is to maximize their capabilities rather than living in an eternal struggle to change or to or try to fix someone who is not broken.

**Presented by/Presentada por :** Eliana Tardio – Parent

**Esta sesión está dirigida principalmente a:** Miembros de la familia

**This session is intended primarily for:** Family Members

**Title: Connection, Community, Collaboration: working together for employment success**

**Description:** Central Oregon's local Transition Technical Assistance Network (TTAN) will present alongside students from each county, Deschutes, Jefferson and Crook to share their success and journey to seek and or explore employment. The Central Oregon TTAN meet quarterly with the Transition Network Facilitator, Pre-Employment Transition Service Coordinator, Vocational Rehabilitation Counselor, Regional Employment Specialist with the Office of Developmental Disability Services and Youth Transition Specialist. Collectively they share success, team plan, work on Employment First events, plan for student summits as well as brainstorm innovative ideas for future projects. The collective group spends time learning from both

success and barriers to ensure student success. The focus/outcome of this presentation will be to hear from a panel of students and their team. **Presented by: Erika Drake;** Regional Employment Specialist at ODHS; Specialty Certified: Special Education

**This session is intended primarily for:** Family Members/Guardians, Self-Advocates, Service Providers, Educators

**SESSION 3 - 60 minute sessions –8 sessions**

**Title: Spanish - Perfiles de una página para la colocación medica**

**Descripción:** Cada niño y joven, especialmente si viven con una salud única, deben tener una relación positiva con sus proveedores de atención médica. Este taller interactivo explorará cómo construir o adaptar un perfil de una página que esté especialmente orientado al entorno

**Title: Spanish - One Page Profiles for the Medical Setting**

Every child and youth, especially if they experience unique health needs, should have a positive relationship with their health care providers. This interactive workshop will explore how to build or adapt a One Page Profile that is especially geared to the medical, dental, or therapy setting.

**Presented by:** Ana Brooks; Parent Partner, Bilingual Outreach and Training Specialist at Oregon Family to Family Health Information Center.

**Esta sesión está dirigida principalmente a:** Miembros de la familia

**This session is intended primarily for:** Family Members/Guardians, Self-Advocates

**Title: High Expectations Lead to Successful Outcomes**

**Description:** This session will be co-presented by Carrie & Grace Key as they share from both the perspective of a parent and from the perspective of a self-advocate. Those that attend this session will learn the importance of having high expectations and presuming competence. You will hear first-hand how these values have changed the trajectory of Grace's life and shaped their business.

**Presented by:** Carrie Key & Grace Key: Self-employed Co-Owner of Candidly Kind

**This session is intended primarily for:** Family Members/Guardians; Self-Advocates

**Title: Wellness for Caretakers**

**Description:** Being a parent of and working with individuals with disabilities is rewarding and stressful! Research shows that toxic stress leads to higher rates of burnout, cognitive impairments, physical disease, mental health disorders and ultimately the quality of an individual's personal and professional life. In this session, participants will learn current research on stress and burnout, while identifying research-based strategies to use every day for improved wellness.

**Presented by:** Dr. Amy Yillik, CARE Coach at HDESD and Erin Taylor, CARE Coach at HDESD:

**This session is intended primarily for:** Family Members, Educators, Service Providers

**Title: Navigating Government Benefits for Employed Individuals**

**Description:** Understanding the importance of needs-based benefits. SSI & SSDI Income and Asset Limits. SSDI: Substantial Gainful Activity (SGA) & 9 month trial work period. SSI: Impairment Related Work Expenses (IRWE) & the Redbook. Social Security reporting responsibilities & wage reporting app. SSI; SSDI work incentives & employment supports. Medicaid & Medicare income & asset eligibility criteria. Employed Persons with Disabilities (EPD) Medicaid basics. Using ABLE accounts to save and maintain eligibility. The role of Vocational Rehabilitation. And more!

**Presented by:** Connor Kavanaugh: Managing Partner at Palladio Consulting LLC; Certified Trust Fiduciary Advisor, Chartered Special Needs Consultant

**This session is intended primarily for:** Family Members/Guardians, Service Providers, Family Members, Self-Advocates

**Title: Working Knowing That I Have a Label**

**Description:** I am successfully employed using your resources. Don't feel bad if you want to work. You might be able to work only 20 hours but you might like those 20 hours. Don't let the people you are influenced by put a label on you. How I achieved success and how I did this on my journey and how I can help them if they choose to get a job.

**Presented by:** Casey Olson; Self-Advocate; Fastener Manager at Seneca Holding & Liza Maddey; Job Coach at Opportunity Foundation of Central Oregon

**This session is intended primarily for:** Educators, Family Members/Guardians, Self-Advocates, Service Providers

**Title: Jumpstart Your Heart CPR for your Dreams**

**Description:** Whether you are a parent helping your child set goals, or you are someone trying to figure out where to start to achieve your dreams, you will come away from this workshop with tools to inspire you to take the steps to live more independently, look for work, or start a new sport or hobby. This interactive workshop will give participants opportunities to brainstorm possibilities, ask questions, and obtain resources to thrive in their lives!

Nancy uses humor, song, and compelling stories to inspire audiences to reach for their goals. From a young age her parents and teachers encouraged her to advocate for herself showing her how to believe in her inner strength. Nancy believes that building confidence in one area of life can increase the tenacity to overcome obstacles throughout life. Nancy will talk about how to build your network of supporters, and maintain relationships with your supporters for the long haul! We will explore personal strengths, role play advocacy situations, and Nancy will answer questions to help individuals begin their journey.

Come learn the CPR for your dreams

Clear vision, Persistence, and willingness to take risks.

Through her many examples of living life to the fullest she encourages her audiences to reach for their dreams; motivating them to think instead of "I wish I had," to "I'm glad I did!"

**Presented by: Nancy Stevens; Self Advocate, Program Coordinator at CODSN; Youth Mental Health First Aid Training/ Family Support Oregon Foundation**

**This session is intended primarily for:** Self-Advocates, Family Members/Guardians

**Title: Connection, Community, Collaboration: working together for employment success**

**Description:** Central Oregon's local Transition Technical Assistance Network (TTAN) will present alongside students from each county, Deschutes, Jefferson and Crook to share their success and journey to seek and or explore employment. The Central Oregon TTAN meet quarterly with the Transition Network Facilitator, Pre-Employment Transition Service Coordinator, Vocational Rehabilitation Counselor, Regional Employment Specialist with the Office of Developmental Disability Services and Youth Transition Specialist. Collectively they share success, team plan, work on Employment First events, plan for student summits as well as brainstorm innovative ideas for future projects. The collective group spends time learning from both success and barriers to ensure student success. The focus/outcome of this presentation will be to hear from a panel of students and their team. **Presented by: Erika Drake;** Regional Employment Specialist at ODHS; Specialty Certified: Special Education

**This session is intended primarily for:** Family Members/Guardians, Self-Advocates, Service Providers, Educators