Autism is one of the fastest growing developmental disorders in the country with 1 in 68 children being diagnosed each year. Although there continues to be many unknowns about Autism Spectrum Disorder, professionals and researchers know a lot about what types of strategies work well for individuals with this diagnosis. Focusing on these strategies and evidence-based interventions will be important to promote optimal outcomes at whatever level obtainable through their lives.

This second annual conference will focus on services and resources for professionals and families in the east. This conference will offer a variety of topics and perspectives to include substance use in the autism community, routines in natural environments, writing behavioral plans, guardianship, music and expressive therapy, the latest research, and much more. The keynote speaker is the co-founder and President of Surfing for Autism, a non-profit organization that focuses on connecting and sharing opportunities to experience the therapeutic benefits of surfing and raises awareness of Autism Spectrum Disorder (ASD). You will hear presentations from family members and professionals in the field of autism. Parents and professionals are encouraged to attend this two-day conference focusing on the strengths and needs in rural eastern North Carolina.

TARGET AUDIENCE

• Professionals working with children, adolescents and adults on the autism spectrum
• Psychologists
• Social workers
• Case managers
• Care coordinators
• Direct care staff
• Qualified Professionals
• School based professionals
• Early intervention staff
• Allied health professionals
• Parents, families, and caregivers
• All interested others
### Agenda

May 17

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Registration and Refreshments</td>
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<tr>
<td>9:00 a.m.</td>
<td>Welcome and Opening Remarks</td>
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<tr>
<td>9:15 a.m.</td>
<td>Keynote Presentation</td>
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<tr>
<td>10:15 a.m.</td>
<td>Break</td>
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<tr>
<td>10:30 a.m.</td>
<td>Morning Concurrent Sessions</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>LUNCH (Provided)</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Afternoon Concurrent Sessions</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>ADJOURNMENT</td>
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May 18

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<th>Time</th>
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<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Refreshments/Sign In</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Early Morning Concurrent Sessions</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>BREAK</td>
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### Objectives

Objectives: Upon completion of this conference, participants should increase their knowledge and ability to effectively care for clients by being able to:

- **Identify** common issues that an individual with Autism Spectrum Disorder experiences
- **Describe** intervention strategies that can be used in treating an individual with ASD
- **Learn** approaches that promote parent and professional collaboration
- **Discuss** the most current research on ASD
- **Discover** resources that are available in eastern North Carolina for those with ASD and their families;

as well as implement these skills in their daily practice.

### Keynote Presentation

**YOU CAN’T STOP THE WAVES BUT YOU CAN LEARN TO SURF**

**Eileen Lowery, MSW**

Co-Founder and President, Surfing for Autism

In this keynote presentation, you will learn about Surfing for Autism and how it can benefit those with Autism Spectrum Disorder. The presenter will explain how the program was developed, as well as how it benefits those with ASD, their families and the community. You will explore how uniting unique passions and community resources can make a positive impact in your community by creating awareness, belonging, and acceptance for those with ASD and their families.

Surfing for Autism was created upon the presenter’s move from Cary to Kill Devil Hills and being overwhelmed with the stark difference in resources available to her then 3-year-old daughter, Savannah, who had been recently diagnosed with autism. While it appeared limiting, the beach offered a unique resource that other communities couldn’t offer. It provided an opportunity to channel the overwhelming emotions experienced as a parent with a new autism diagnosis into a healthy outlet.
SESSION A - Drinking, Drug Use, and Addiction in the Autism Community

ANN PALMER, BA
Faculty, Carolina Institute for Developmental Disabilities, University of North Carolina at Chapel Hill

Recent studies suggest individuals with Autism Spectrum Disorder (ASD) have a higher risk of developing a substance use disorder (SUD) than the general population. This presentation will explore the potential protective and risk factors of an autism diagnosis in relation to developing an addiction to alcohol and/or illicit drugs. Current research addressing the connection between ASD and substance use will be discussed. The presenters will also address individualized intervention for those with autism and the need for adapting current SUD assessments and treatment modalities to meet the needs of those with ASD.

SESSION B - The IEP Process: Building Success for Your Child at School

KATIE FOX HOLLER
Autism Resource Specialist, Autism Society of North Carolina

This session covers the basics of the Individualized Education Program (IEP) process. It also teaches parents their rights under IDEIA. But, more than that, it teaches how to prepare and advocate for school-age children on the autism spectrum.

SESSION C - The Parenting Spectrum: The Challenges and Gifts of Raising a Child with Autism

SHERRY MERGNER, MSW, LCSW
Clinical Assistant Professor and AHEC Liaison, UNC-Chapel Hill School of Social Work

In this highly personal narrative, the presenter, a mother of a child with autism and a licensed clinical social worker, describes her own journey of adjustment to the reality of her child's autism. She offers hard-won, in-the-trenches insights of someone who’s been there and is still there today and reveals how a diagnosis of autism doesn’t have to shatter a family’s happiness or growth. She highlights important developmental issues as a child with autism progresses from infancy, to early childhood, and through the school years, especially the need to encourage and enhance social interactions and skills. She will also offer hope to parents as they move through the spectrum of parenting a child with ASD – from grief and confusion to acceptance and joy. The presenter will also discuss reframing autism from a “spiritual perspective” – a perspective that can support individuals and families with a sense of meaning and purpose, even during times of greatest challenge. Such a perspective also benefits children with ASD in that their gifts, talents, and strengths are brought to light.
Afternoon Concurrent Sessions
1:30 - 3:30 p.m.
(Choose one session to attend)

SESSION A - Social Recreation Services for People on the Autism Spectrum

SARA GAGE, MAEd
Social Recreation Services Director, Autism Society of North Carolina

This session will present information about the Autism Society of North Carolina’s Social Recreation Programs in eastern NC as well as our flagship social recreation site Camp Royall. The presentation will touch on the importance of social recreation services for those on the autism spectrum and those with other developmental disabilities, and will also outline the value these services will provide the participants and their family members. Examples of social recreation activities and accommodations will be provided. There will be ample time for questions at the end of the session to assist anyone interested in providing social recreation programming.

SESSION B - Complex Cases in Autism

ASHLEY TRIPP, MS, LMFT
Autism Specialist, UNC TEACCH Autism Program Greenville

Today, more and more individuals are presenting in mental health clinics displaying characteristics of Autism Spectrum Disorder (ASD). Research indicates that approximately 70% of individuals with ASD have a comorbid mental health diagnosis or developmental disability. This often results in an increased challenge to identify comorbid and/or differential diagnoses. This session is intended for individuals who have a basic understanding of autism and the core symptoms of this disorder. This session will provide video examples of complex cases and an opportunity for discussion.

SESSION C - How Autism Spectrum Disorder Research Can Inform Clinical Practice and Impact Families’ Quality of Life

RENEE D. CLARK, MSW Associate Director of Participant Registries, UNC SPARK
CORRIE WALSTON, MS Project Coordinator, UNC SPARK, Carolina Institute for Developmental Disabilities (CIDD)

This session will discuss the UNC Autism Research Registry, how families and/or individuals drive research, and how families and/or individuals can get involved in research at UNC. An overview of autism research at UNC will be provided along with how the findings from research inform clinical practice and may translate into quality of life improvements for families and/or individuals. Details on the UNC SPARK autism genetic study will be discussed, as well as findings that have already come out of SPARK and the current partnership within eastern North Carolina.
SESSION A - Beyond Behavior Reduction: Considering Social-Communication Deficits in Writing and Implementing Behavior Support Plans (BSP)

Jason Cone, MA, LPA
Lori Stuart, MA, LPA
Lauren Louloudis, MA
Behavior Consultation and Psychological Services, PLLC

The presenters will review example behavior plan documents and explain how to obtain the information most beneficial to changing behavior and acquiring appropriate behavior in areas of deficit. The presenters will also explain how to apply the behavior support plan on a moment to moment basis during service time. After the session, participants will be able to determine replacement behavior and desired behavior, develop goals to support behavior based on the client’s deficits and how to apply behavior interventions and implement desired skill interventions.

SESSION B - Making Ordinary Extraordinary: Using Family Routines and Interactions in Early Intervention

Lisa Hodges, PT, ITFS
Physical Therapist and Early Intervention Specialist, Greenville Children's Developmental Services Agency (CDSA)
Greta Lassiter, BA
Early Intervention Service Coordinator, Greenville CDSA
Jennifer Windham, MS, CCC-SLP, ITFS
Speech Language Pathologist and Early Intervention Specialist, Greenville CDSA

Identifying useful family and child routines and understanding how they can be used for effective intervention will be the focus of this session. Interventions that occur throughout the day during family routines and in various settings has been found to be very effective with young children. By attending this session you will be able to articulate the philosophy of evidence based practices and Natural Learning Environments in early intervention, describe the reasons why working with the families during routines contributes to the child’s progress, identify the roles of the various team members, identify useful family routines and how they may be used to improve family and child outcomes, and discuss barriers and solutions to using these philosophies.

SESSION C - Cognitive Behavioral Intervention and Autism Spectrum Disorder

Joanna Mussey, PhD
Psychologist, UNC TEACCH Autism Program and
Assistant Clinical Professor, UNC-Chapel Hill Department of Psychiatry

This presentation will provide information on the basic foundations of cognitive behavioral interventions and how they can be tailored for use with clients with ASD. The session will include a review of the current evidence based strategies that might be incorporated into a cognitive behavioral intervention. Didactics and small group activities will be included in the session.
May 18, 2018
Late Morning Concurrent Sessions
11:15 a.m. - 12:45 p.m.
(Choose one session to attend)

SESSION A - Transitioning into Preschool Age Services

CHARLENE KNOX, MSA
Exceptional Children's Preschool Coordinator, Pitt County Schools

The focus of this session is to define and explain the services offered and provided by the Pitt County School’s Exceptional Children's Preschool Program. The presenter will discuss the process of transitioning from Early Intervention (Part C) to Preschool Age services (Part B), describe the differences between Part B and C services, define eligibility criteria for preschool services, and describe the services provided by the preschool program.

SESSION B - Supporting School Services for Students with Autism Spectrum Disorder (ASD)

MAUREEN KANIUKA, MA
Consultant, Department of Public Instruction

This session will provide an overview of the role of the NC Department of Public Instruction in the overall provision of special education services under IDEIA. There will be an emphasis on the work of the Consultants for Autism, frequently referred to as the NC AU Team, in supporting the provision of services for students with ASD.

SESSION C - An Overview of Guardianship and Alternatives to Guardianship in North Carolina

JEAN FARMER-BUTTERFIELD
Senior Director, LIFEguardianship, The Arc of North Carolina

In this session you will learn how to determine incapacity, recognize the legal proceeding for guardianship, know the legal priorities for a guardian, learn about models of support, learn about the process for restoration of rights, and identify alternatives to guardianship.

SESSION D - Service Dogs for Neurological Based Disabilities

MARK MATHIS
President and Head Trainer, RY-CON Service Dogs

The founder of the non-profit Ry-Con Service Dogs will talk about his program which trains and places dogs with individuals who have neurological disabilities. He will describe the way he selects breeds, trains the dogs, and how the dogs enhance the quality of life for those on the autism spectrum. Videos will be used to demonstrate the work of the organization.
May 18, 2018
Afternoon Concurrent Sessions
1:45 - 3:45 p.m.
(Choose one session to attend)

SESSION A - Introduction to Creative Expressive Arts

SAM LEWIS, BMT, CSAPC
Alcohol Substance Abuse Prevention Specialist, Camp Lejeune-New River Marine Corps Base

This interactive session will cover assessment techniques and how to pick creative expressive arts interventions for individuals and groups you serve and will give you an overview of interventions. Interactive activities will be used to illustrate practical and useful techniques for those without special music or artistic skills. Participation in group and individual creative expressive arts role plays will be a large part of the session.

SESSION B - Autism Grown Up: Supporting Positive Adult Outcomes

LAURA KLINGLER, PhD
Executive Director, UNC TEACCH Autism Program

There is little research that focuses on adults with ASD, what services they need and how effective services are in making the transition to adulthood. This session will discuss the research that the UNC TEACCH Autism Program has been conducting with adults and their caregivers in the hopes of discovering what factors predict adult employment and the relationship between employment and adult quality of life.

SESSION C - Understanding and Coping with Illness and Death

GLADYS WILLIAMS, PhD, MPH
Clinical Director, Carolina Living and Learning Center, UNC TEACCH Autism Program
Assistant Professor, Department of Psychiatry, UNC-Chapel Hill

This workshop will share our experience supporting adults with autism spectrum disorder, including many with intellectual disabilities, cope with grief, loss, and change when family members and others age, experience serious illness, or, sadly, die.
Handouts & Evaluations

You will receive handouts for this conference in your confirmation email. Please be sure we have your correct email so that you will receive the handouts. Please be sure to print your handouts prior to the conference and bring them with you, as there will be none available at the conference. The program evaluation will be sent approximately two weeks following the conference to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Location

This conference is being held at the Eastern Area Health Education Center located at 2600 W. Arlington Blvd., Greenville, NC. http://eahec.ecu.edu/ns/map_directions.cfm

Americans with Disabilities Act

Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (Voice/TTY) at least five business days prior to the conference.

Please bring a sweater or lightweight jacket to ensure your comfort.

If you would like more information about the program, call Mental Health Education at Eastern AHEC at 252-744-5228.

Credit

Category A-NC Psychology Credit
This program will provide up to 10.5 contact hours of (Category A) continuing education for North Carolina Psychologists.

No partial session credit will be given.

Contact Hours
Certificates reflecting up to 10.5 contact hours of education will be awarded at the end of this conference.

North Carolina Public School Personnel Credit (PSPR)
Certificates for 10.5 contact hours of education will be awarded at the completion of the conference.

Registration Information

Seating is limited. Please register early to ensure a space! Registration is available online only at www.easternahec.net. To register for this program, please create or update your MyAHEC account at my.ncahec.net.

Registration (received by May 10, 2018)
Professionals Both Days.............................................$175.00
Professionals One Day Only.......................................$95.00
Family/Caregiver Both Days...................................... $100.00
Family/Caregiver One Day Only.................................$50.00

Registration (received after May 10, 2018)
Professionals Both Days.............................................$200.00
Professionals One Day Only.......................................$120.00
Family/Caregiver Both Days...................................... $100.00
Family/Caregiver One Day Only.................................$50.00

The registration fee includes all program materials, credit, lunch on both days, and refreshments. Special dietary needs should be indicated during online registration. Participants are encouraged to take advantage of the reduced registration fee by registering by May 10, 2018.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preferences can be met.

Eastern AHEC Cancellation Policy

• To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity
• NO refunds will be given for cancellations less than one week prior to the activity
• For continuing professional development activities canceled more than one week prior to continuing professional development activity:
  • A $35.00 fee will be deducted from the refund OR
  • The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year
• Substitutions are welcome; advanced notice encouraged