2019 IDD SERVICES CONFERENCE: BUILDING BLOCKS FOR THE FUTURE IN PRACTICE

March 21-22, 2019
The Education Center at Eastern AHEC
2600 W. Arlington Blvd., Greenville, NC

About the Conference

With Medicaid transformation on the horizon, the healthcare system as we know it is at a crossroads. Integrated care will be more than just a vision or buzzword. Providers in the medical and behavioral health worlds will be tasked to implement a partnership to treat and care for this most vulnerable population. This year’s conference will be a platform to begin that process as IDD professionals and medical providers learn together to improve health outcomes and address health disparities in the NC IDD population. The conference will feature a variety of sessions geared towards empowering the provider to enhance clinical practice. A track addressing common medical concerns of IDD persons will be available on Day 2 (i.e. medical complexities, complications with poly-pharmacy), as well as other sessions geared towards interdisciplinary learning. This conference is developed to encourage providers to cross-train and learn with each other. Participants should expect sessions on Medicaid transformation, integrated care, provider self-care, IDD and substance use disorders, behavioral management and many more. Choose to register for the entire conference or just one day. Don’t miss out on this conference and the opportunity to be a part of a vital discussion with a diverse group of professionals on enhancing whole person care for this population.

Jointly provided by the Brody School of Medicine at East Carolina University and Eastern Area Health Education Center Department of Nursing and Allied Health Education and Department of Mental Health Education.

TARGET AUDIENCE

- Professionals working with children, adolescents, and adults with IDD
- Physicians
- Healthcare Providers (Nurse Practitioners, Physician Assistants)
- Licensed Professional Counselors
- Families/Caregivers
- Public/Allied Health Professionals
- Psychologists
- School Personnel
- Early Intervention Staff
- Case Managers
- Care Coordinators
- Qualified Professionals
- Group Home Personnel
- Direct Care Providers
- Nurses
- Social Workers
- All interested mental health professionals
Conference Objectives

- Recognize key components of integrated care that will take place during NC Medicaid transformation and how that will affect persons with IDD
- Identify evidence-based approaches for collaboration to identify risks and improve access and care for the whole person to reduce disparities
- Recognize the risks associated with poly-pharmacy
- Discuss health concerns common among IDD and prevention strategies

Planning Committee

**Thomas H Clay, MD**
Clinical Associate Professor
Outpatient Director
Brody School of Medicine
East Carolina University

**Tonia Joyner, MS, LCAS**
Assistant Director
Mental Health Education
Eastern AHEC

**Karen Goble, MA**
Assistant Director
Continuing Medical, Dental, Pharmacy Education
ECU BSOM/Eastern AHEC

**Rhonda Godwin, LRT**
Recreational Therapist IV
Vidant Behavioral Health

**Jaime Marcum, BS, QP**
Associate Director of Services
Autism Society of North Carolina

**Deborah Gorham, QA**
Better Connections, Inc

**Jessica Coombs, BA**
Lead IDD Care Coordinator
Eastpointe Human Services

**Shelia Wooten**
Staff Development Director
Caswell Developmental Center

**Gary Stainback, PhD.**
Adjunct Faculty Psychology Department
East Carolina University

**Belinda Hobbs, RN-BC**
Nurse Consultant-Staff Development
O’Berry Neuro-Medical Treatment Center

**Denise Taylor**
Staff Development Coordinator
O’Berry Neuro-Medical Treatment Center

**Crystal Dougherty, OPMS**
I/DD Care Coordinator Manager
Trillium Health Resources

**Laura Bliley, MSN, RN**
Assistant Director
Nursing and Allied Health Education
Eastern AHEC

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MELISSA COLLINS HARRELL, M.ED., MPH, LPC
Independent Health Educator & Mental Wellness Consultant

This presentation brings participants a broader understanding of professional burnout and the severe impact that ignoring early warning signs can have on personal relationships and well-being. This particular presentation is unique in that participants will not only receive educational information but walk away with the tools necessary to create their own self-care plan to approach work in a healthier way.

THE LIGHTS ARE ON BUT NOBODY IS HOME

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March 21, 2019
Morning
Concurrent Sessions
10:30 a.m. - 12:30 p.m.
(Choose one session to attend)

SESSION A - Between a Rock and a Hard Place: Colleagues who Engage in Unethical Behavior

ELIZABETH “GAIL” MARSAL, PHD
Associate Professor and Criminal Justice Coordinator, North Carolina Wesleyan College

Dealing with co-workers and colleagues who engage in unethical behavior can be difficult. This session will discuss the necessity of moral courage to address such matters, the appropriate response and reporting of unethical colleague behavior, identify the basis upon which ethical decisions are made, and describe an effective ethics policy.

SESSION B - Adverse Childhood Experiences and the Impact on Early Development, Attachment, and Mental Health for Individuals with ID/D

PRISCILA NORRIS, MS, MSW, LCSW
Independent Practitioner, Thrivemind Counseling and Wellness

In this session, the many influences of adverse experiences in early childhood that impact the attachment and overall development of children with IDD will be explored. The rate and prevalence of ACEs will be described, as well as its potential impact of mental health symptoms through adulthood. Strategies to improve outcomes and to support individuals with IDD and behavioral health needs will be shared, with an emphasis on prevention of boundary violations.

SESSION C - Behavioral Intervention with Developmental Disabilities

BETH SCHMITT, MA, LPA
Staff Psychologist, Statewide Programs, Murdoch Developmental Center

Some individuals with intellectual and developmental disabilities may experience serious challenges that go beyond cognitive and physical limitations. It is not uncommon for individuals to exhibit deficits in coping and adaptive skills that may result in the display of maladaptive behaviors. Some may even have additional behavioral problems associated with a comorbid psychiatric disorder. This session will explain why behavioral interventions may be beneficial with DD individuals and describe several factors involved in a successful behavior support plan.

SESSION D - It’s Never Too Early: How to Prevent, Recognize and Treat Alcohol and Drug Use in the ASD/DD Community

ELIZABETH KUNREUTHER, LCSW, LCASA
Clinical Instructor, UNC Department of Psychiatry Addictions and Detoxification Unit

ANN PALMER, BA
LEND Family Faculty, UNC Carolina Institute for Developmental Disabilities

Evidence suggests Substance Use Disorder (SUD) is increasing among the ASD/IDD community. In this session protective and risk factors associated with ASD and IDD for developing a substance use disorder will be discussed. The behavioral connections between an autism spectrum diagnosis and a substance use diagnosis, including routinized and perseverative behaviors will be identified. Participants will be able to implement strategies for co-occurring ASD/IDD and SUD such as specifically tailored assessments, schedules, and narratives.
March 21, 2019
Afternoon
Concurrent Sessions
1:30 p.m. - 3:30 pm
(Choose one session to attend)

SESSION A - Safety and Security Measures for Clients and Professionals

ELIZABETH “GAIL” MARSAL, PHD
Associate Professor and Criminal Justice Coordinator, North Carolina Wesleyan College
DEPUTY JAMES MARSAL
Pitt County Sheriff’s Office

Everywhere we look, it appears that crime is increasing, and violence is becoming more prevalent. This session will explore practical steps that can be taken to identify threats and to plan for the safety and security of ourselves as well as our clients; whether in the office, community, or at home. Participants will have the opportunity to begin thinking about a safety plan that works for them.

SESSION B - An Overview of Decision-Making for People with I/DD and Families and Supporters

LEIGH ANN KINGSBURY, MPA
Managing Consultant, The Lewin Group

This session will review a continuum of decisional authority ranging from independent decision making through guardianship. Participants will learn the characteristics of types of decision making and practice a decision tree process for a healthcare decision. The role of a healthcare power of attorney will also be defined.

SESSION C - Trauma-Informed Care

PRISCILA NORRIS, MS, MSW, LCSW
Independent Practitioner, Thrivemind Counseling and Wellness

In this session, trauma will be defined and its biological effects on the brain will be discussed. Because individuals with IDD are more likely to experience traumatic events, the implications of ACES and secondary trauma will be presented. Behavioral manifestations of trauma in the IDD population will be discussed and how you can deliver trauma-informed care to create a safe and trusting environment.

SESSION D - The Radical Notion that People with IDD are People

CORYE DUNN
Director of Public Policy, Disability Rights NC

People with IDD are often presumed to be in constant need of protection from the world and from themselves. This session will explore forces that lead to unnecessary restrictions on the lives of people with IDD and how we can work to counteract those forces. In this session, beliefs and assumptions that act as a barrier to appropriate supporting people with IDD will be explored.
SESSION A - Improving Quality of Life in the Intellectually and Developmentally Disabled Population by Understanding Dental Diseases

SESSION A - Improving Quality of Life of Individuals with Developmental or Intellectual Disabilities by Understanding Behaviors that relate to Common Medical Conditions

SESSION B - Building a Person-Centered and Integrated System of Care for People with IDD

SESSION C - The Ethics of Working with Rural-Based Populations and Communities

SESSION D - Building Effective Teams: What Supervisors Need to Know
SESSION A - *How Bad Can it Be?  Medical Complications in Those with IDD*

**ELLEN BRUBECK, MD, FAAFP**
Family Physician

This presentation includes an overview of the most common medical complications in those with IDD. Emphasis will be placed on the signs and symptoms of these medical problems and how to recognize them quickly in order to preserve health and well-being.

SESSION B - *Crisis Intervention Team Training (CIT):  How First Responders Should Interact with Intellectual Developmental Disability Members in our Community*

**JESSICA COOMBS, BA**
Lead IDD Care Coordinator, Eastpointe Human Services

This session will describe how community first responders are trained to respond and interact with the IDD population. The presenter will discuss the challenges faced in the community by first responders responding to members with IDD.

SESSION C - *Nutrition Throughout the Lifespan for the IDD Population*

**LINDSAY DRIER, MS, RDN, LDN**
Clinical Dietician II, Vidant Medical Center

This session will describe evidence-based nutrition recommendations for people with IDD throughout the lifespan. The presenter will discuss pros and cons of popular nutrition claims and supplements for specific conditions for those with disabilities.

SESSION D - *Medicaid Transformation:  Standard and Tailored Plans 101*

**TARA R. LARSON, BS, MAEd**
Vice President, Cansler Collaborative Resources, Inc.

This session will outline the major components of the Tailored and Standard Plan in the Medicaid 1115 Waiver. Participants will be given an overview of timelines and the opportunities, challenges, and solutions for preparing for the implementation of the plans. In addition, opportunities for input into the ongoing development and implementation of Medicaid Transformation will be discussed.
SESSION A - A Handful of Pills: Polypharmacy in Those with IDD

ELLEN BRUBECK, MD, FAAFP
Family Physician

This session will describe the concept of polypharmacy. The presenter will discuss the benefits and complications of multiple drugs used in the IDD population. The concept of drug-drug interaction and the most common drug-drug interactions will be presented.

SESSION B - START (Systemic, Therapeutic, Assessment, Resources, and Treatment)

LISA WOLFE, MSW, LCSW
NC START East, Director

This presentation will describe the START model (Systemic, Therapeutic, Assessment, Resources and Treatment) and its service components. The presenter will also describe service utilization and how members with IDD/MI can access services with NC START East.

SESSION C - Telehealth Technology: Increasing Access to Health-Related Services in Rural Area

LINN WAKEFORD, PHD, OT/L, FAOTA
Associate Professor, Division of Occupational Science and Occupational Therapy
UNC-Chapel Hill

This session will provide an overview of telehealth and related technologies, using relatively non-technical language, and discussion of how these technologies are being used to address the health care needs of those living in rural areas. We also will discuss the benefits, challenges, and practical considerations for using telehealth as a method of service delivery.
Accreditation
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint providership of the Brody School of Medicine at East Carolina University and Eastern Area Health Education Center Department of Nursing and Allied Health Education and Department of Mental Health Education. The Brody School of Medicine at East Carolina University is accredited by the ACCME to provide continuing medical education for physicians.

Credit
The Brody School of Medicine at East Carolina University designates this live activity for a maximum of 10.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit(s) commensurate with the extent of their participation in the activity.

Category A-NC Psychology Credit
This program will provide 10 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

Contact Hours
Certificates reflecting 10 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC):
Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

North Carolina Public School Personnel Renewal Credit (PSPR)
Certificates for 10 contact hours of education will be awarded at the completion of the program.

Continuing Nurses Education Credit (CNE)
10 Contact Hours
Eastern AHEC Department of Nursing and Allied Health Education is approved with distinction as an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

This activity provides 1.5 pharmacotherapeutic contact hours for nurses.

Handouts & Evaluations
Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information. Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Please bring a jacket or sweater to ensure your comfort.

If you would like more information on the program, please call Mental Health Education at (252) 744-5228.

Accommodations
This conference is being held at the Education Center at Eastern AHEC, 2600 W Arlington, Blvd, Greenville, NC. A block of rooms at Residence Inn by Marriott, 1820 W 5th St, Greenville, NC for conference attendees will be available for $99 plus tax (per night) for single/double occupancy with breakfast included through March 8, 2019. Reservations received after March 8, 2019, will be honored on a space available basis. Make reservations directly with the Residence Inn by calling 252-364-8999. Please mention Group code HECO (Eastern AHEC IDD Services Conference) to receive the special rate. Check-in time is 3:00 p.m. and check-out time is 12 noon.

Registration Information
Seating is limited – please register early to ensure a space

Registration is online only at www.easternahec.net and requires a current MyAHEC account.

Fee for both days: $180.00
Fee for one day: $100.00

Group rates are available for agencies sending five or more employees. Contact us for a voucher code before registering. The registration fee includes program materials, lunch on both days, refreshments, and credit.

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 preference 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 activity.
• For continuing professional development activities canceled more than one week prior to continuing professional development activity,
  • A $35.00 cancellation 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, OR
• Substitutions are welcome; advance notification encouraged.

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