

Autism Spectrum Disorder: A Life Long Journey



March 23-24, 2017

The Education Center at Eastern AHEC
2600 W. Arlington Blvd.
Greenville, NC

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 conference is the first of its kind in Eastern NC that focuses solely on Autism Spectrum Disorder across the lifespan. This conference will offer a variety of topics and perspectives to include sensory integration, medications used to treat interfering symptoms, promoting social interaction and communication, assistive technology, ABA interventions, transition to adulthood, comorbid conditions, and much more. You will hear presentations from an individual with ASD, family members, and professionals in the field of autism. Parents and professionals are encouraged to attend this two-day conference focusing on the lifelong journey of autism.

TARGET AUDIENCE:

This conference is designed for those working with children, adolescents, and adults on the autism spectrum including social workers, psychologists, counselors, case managers, care coordinators, direct care providers, qualified professionals, allied health professionals, school based professionals, early intervention staff, parents and families, and all interested others.

Provided by:



In partnership with:



THE UNIVERSITY of NORTH CAROLINA
TEACCH
Autism Program
Services Across the Lifespan

Credit

This conference offers UP to 10.5 hours of credit, for participants attending all sessions.

Category A-NC Psychology Credit: This program will provide UP to 10.5 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 completion of the program.

North Carolina Public School Personnel Renewal Credit: Certificates for UP to 10.5 contact hours of education will be awarded at the completion of the program.

Registration Information

Seating is limited—Please register early to ensure a space!

Online registration available at www.easternahec.net

Registration (received **by** March 16, 2017)

Both Days.....	\$170.00
One Day.....	\$90.00
Parent of a Child with ASD.....	\$100.00 (both days)

Registration (received **after** March 16, 2017)

Both Days.....	\$195.00
One Day.....	\$115.00
Parent of a Child with ASD.....	\$100.00

The registration fee includes all program materials, credit, refreshments, and two lunches. Participants are encouraged to take advantage of the reduced fee by registering **by March 16, 2017.**

Eastern AHEC Cancellation Policy:

- To be eligible for a refund, cancelations **MUST** be emailed to easternahec@ecu.edu at least one week in advance of the activity.
- No refunds will be given for cancelations 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; advance notification encouraged.

Please contact Eastern AHEC Mental Health Education at (252) 744-5228 if you have special dietary needs.

Individuals with disabilities, requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (Voice/TTY) by **March 9 2017.** If you would like more information on the program, **call Mental Health Education at EAHEC at (252) 744-5228.**

Handouts

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 event and bring them to the workshop, as there will be none available at the event. 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.

Please bring a jacket or sweater to ensure your comfort.

MARCH 23, 2017

8:30 AM - REGISTRATION/REFRESHMENTS

9:00 AM - WELCOME/OPENING REMARKS

Karen Koch, MSW, LCSW

Director, Mental Health Education, Eastern AHEC

9:15 am - **The Journey to Adulthood for Individuals with Autism: Paths and Challenges Along the Way**



MICHAEL CHAPMAN, BS

Director of Supported Employment, UNC TEACCH Autism Program, Chapel Hill

In this keynote presentation, we will examine the various challenges people with autism face along the path to adulthood. We will discuss the common issues that often need addressing related to accessing the community for both employment, work, and residential problems. An overview of how the learning style of autism impacts relationship development, independence and goal achievement in each of these areas, and how we as professionals and caregivers must be aware so that we can help prepare them for the road ahead.

10:15 AM - BREAK

MORNING CONCURRENT SESSIONS

10:30 AM - 12:30 PM

(Choose one session to attend)

Session A - **Promoting Social Interaction and Communication in Preschoolers with Autism Spectrum Disorder**

TRICIA CARTER, MS, CCC-SLP

Pitt County Schools

This session will provide participants with evidence-based strategies adapted from the "More Than Words" program, which is a program for parents of children with Social Communication Disorders and/or Autism Spectrum Disorder. Strategies will be presented that will increase social interaction, help children pay attention to faces and what people say, respond to joint attention, increase use of gestures, and increase imitation.

Session B - **Puberty and Sexuality in Adolescents with Autism and in Adults with Autism Who are Concrete Learners**

MARY VAN BOURGONDIEN, PhD

Clinical Director, UNC TEACCH Autism Program, Chapel Hill

This session will focus on the issues related to puberty for adolescents with ASD and for individuals of all ages who have intellectual difficulties with autism. Topics discussed will include social roles around touching oneself or others, modesty and privacy, safety concerns, body changes during puberty, and masturbation.

Session C - **"Hands on!".....Assistive Technology and Autism**

JA MEDLICOTT, MS

Assistive Technology Consultant, NC Assistive Technology Program

This session will examine the different types of Assistive Technology that can be utilized with individuals on the autism spectrum. The presenter will focus on comprehension and language and social and emotional interaction. There will also be a "hands-on" section where you can demo some assistive devices.

12:30 PM - LUNCH (provided)

AFTERNOON CONCURRENT SESSIONS

1:30 PM - 3:30 PM

(Choose one session to attend)

Session A - Random Thoughts on Living and Learning on the Autism Spectrum

DAVID MOSER

Accounting Technician, UNC TEACCH Autism Program, Chapel Hill

Beginning with my early years in education, when I was diagnosed with learning disabilities, there were strategies that helped me navigate my school years academically and socially. I will share my thoughts on my successes as well as my struggles. After graduating from the University of North Carolina with a BA in Geography and Political Science, I was accepted into the Masters Program in Geography at Appalachian State University. My difficulties with organization and self-advocacy were highlighted during my graduate experience at which time; my parents discussed the option of an evaluation at TEACCH. I was diagnosed with High Functioning Autism at the Asheville TEACCH Center. My understanding of my ASD (both strengths and weaknesses) along with the support of my family and TEACCH helped me obtain successful employment as an Accounting Technician in the TEACCH Autism Program and lead a meaningful and successful life throughout my adulthood. I will share my perspective on my journey from childhood into adulthood as a person living with ASD.

Session B - Psychopharmacology in Autism Spectrum Disorder

JOHN DIAMOND, MD

Professor and Director of Child and Adolescent Psychiatry, Department of Psychiatry and Behavioral Medicine, Brody School of Medicine, East Carolina University

This session will review the target symptoms and co-morbid conditions for which medications may be indicated. This will include a discussion of the benefits and pitfalls associated with the use of medications in this population.

Session C - Sensory-Based Feeding Difficulties for the Child on the Autism Spectrum

KIMBERLY HOLT, MS, OTR/L

CINDY TAYLOR, MS, OTR/L

Carolina Therapy Connection, Greenville

This session will discuss what Sensory Integration Therapy is and how it is utilized in the treatment of children on the autism spectrum. Topics will include how a sensory-based feeding problem is defined in children on the spectrum, typical sensory-based feeding problems, assessment strategies, and treatment approaches including SOS approach, behavioral strategies, food chaining, and other techniques that can be used in the home or treatment environment.

3:30 PM - ADJOURNMENT

Did you know...

...there is meaning in the Autism Awareness Ribbon on the front page? The puzzle pattern of this ribbon reflects the mystery and complexity of autism. The different colors and shapes represents the diversity of people and families living with this disorder and the brightness of this ribbon signals hope - hope through research and increasing awareness in people like you.

MARCH 24, 2017

CHECK-IN/REFRESHMENTS

8:30 AM

MORNING CONCURRENT SESSIONS

9:00 AM - 11:00 AM

(Choose one session to attend)

Session A - The Connection between Genetics, Early Brain Development, & Autism

LINDA CRANE MITCHELL, PhD

Associate Professor, Department of Human Development and Family Sciences, East Carolina University

Autism Spectrum Disorder (ASD) is being identified at an alarming rate. To date statistics show that 1 in 68 children nationally (CDC) and 1 in 58 children in North Carolina are being identified with ASD, many before the age of 3. Two areas of study; genetics and brain development offer promise for early diagnosis of ASD. Even though genetics plays a huge role in the development of ASD, to date a single genetic marker has not been identified as the specific cause as with other genetic disorders. Genetic testing (CMA) is highly recommended for those parents who have had an autism diagnosis in their family and for a child who has received a possible diagnosis as first-tier testing for ASD. Chromosomal Microarray Testing (CMA) is increasingly utilized to detect copy number variants among children and families affected with autism spectrum disorders and a few other developmental anomalies. Research in early brain development has indicated changes in neurological development between infants (as young as 6 months) who are showing early signs of ASD (lack of eye gaze, communication, and socialization) as compared to typically developing peers. Early diagnosis would lead to earlier identification and intervention which in turn would lead to positive outcomes for children.

This session will provide an overview of current research and practice as well as exploration of genetic testing for ASD and the link to neurological development. Parental video clips will be used to enhance the presentation. An interactive format will be used.

Session B - Applied Behavior Analysis: An Effective Treatment for Individuals with Autism Spectrum Disorder

JESSICA GARCIA, MA, BCBA

Clinical Director, Aces for Autism, Greenville

This presenter will give a brief review of ABA, discuss standard assessments and treatment utilized to treat symptoms of ASD including communication deficits, identify ways to decrease maladaptive behaviors, and describe parent training and parent involvement in the use of ABA.

Session C - Ethical Issues Facing People with ASD in the Criminal Justice System

GARY MESIBOV, PhD

Professor Emeritus, Department of Psychology, University of North Carolina at Chapel Hill

As people with Autism Spectrum Disorders (ASD) become more involved in community-based activities, they are also becoming more involved with agencies serving the communities and some of these agencies do not have much experience interacting or working with people with ASD. One of these agencies is the Criminal Justice System. This presentation will review some of the problems and issues that have been coming up when people with ASD are receiving some of the freedoms that living in our communities permit while trying to meet the expectations that our communities have established. This presentation will present some of the more common problems that are being reported and how they are being handled by police and the courts. Background and speculation about why these problems are occurring and how they might impact the quality of life of the people with ASD involved are presented. The goal of this presentation is to give those responsible for adolescents and adults with ASD insight into some of the hurdles community life presents and to offer some suggestions about how to handle problems when they occur. Suggestions for what our field needs to do in some of the most problematic areas will also be presented.

11:00 AM BREAK

LATE MORNING CONCURRENT SESSIONS

11:15 AM - 12:45 PM

(Choose one session to attend)

Session A - **When Words Don't Work: Therapeutic Strategies for Clients with Autism Spectrum Disorder**

JILL SCERCY, MS, LMFT

Greenville Center Director, UNC TEACCH Autism Program

ASHLEY TRIPP, MS, LMFT

Greenville Center Autism Specialist, UNC TEACCH Autism Program

Therapists are often challenged by the complexities of Autism Spectrum Disorder. This session will expand professionals' knowledge about the challenges of traditional talk therapy for clients on the spectrum, identify common goals in therapy, and describe various therapeutic interventions to address the needs of individuals with ASD.

Session B - **Mind Reading, Anxiety and Autism Spectrum Disorder**

LAUREN CHARLOT, LCSW, PhD

Clinical Director, NC START East

Individuals with ASD have a high rate of psychiatric comorbid conditions, and frequently present with challenging behaviors such as aggression and self-injurious behavior. The most common psychiatric problems are related to anxiety. Anxiety, in turn, is often caused by challenges associated with core features of ASD including executive function deficits, difficulty with functional or social-emotional communication, have a strong or obsessive need for things to be the same, and having an atypical sensory profile. The ways in which core features of ASD can contribute to the risk for anxiety will be reviewed. A video interview with a young man who has Asperger's syndrome will be used to initiate discussion. How social anxiety is related to a lack of capacity for "mind reading" will be a focus.

Session C - **Empowering Families: An Insider's Perspective**

DAVID HOLLER, BS

Exceptional Children Parent Liaison, Pitt County Schools

How to advocate for your child or clients' needs will be a focus of this session. The speaker will also help identify ways to navigate and understand the various processes that are available to improve an exceptional child's experience in the school system. Bringing the perspective of a parent of an exceptional child, the presenter will share his insights, tips, and strategies to promote communication and cooperation for the benefit of all.

12:45 PM LUNCH (provided)

AFTERNOON CONCURRENT SESSIONS

1:45 AM - 3:45 PM

(Choose one session to attend)

Session A - Coaching Strategies to Support Outcomes for Families and Children

SAMANTHA SCOTT, LCSW

Autism Specialist, UNC TEACCH Autism Program and Clinical Instructor, University of North Carolina at Chapel Hill, Department of Psychiatry

The Family Implemented TEACCH for Toddlers program recognizes the expertise of families and respects their roles as partners in working with and understanding their toddlers. During this session, you will learn key coaching strategies to promote caregiver engagement and implementation of strategies used to improve developmental and adaptive skills in toddlers with autism spectrum disorder.

Session B - Transition to Adulthood: The T-STEP (TEACCH School Transition to Employment and Post-Secondary Education Program) and Project SEARCH Autism Enhancement

GLENNA OSBORNE, MA

Director of Special Projects for Employment and Adult Transition, UNC TEACCH Autism Program, Greensboro

The UNC TEACCH Autism Program is working to prepare for the upcoming monumental influx of students with ASD who will need support with transition services. The presenter will describe the focus of the UNC TEACCH Autism Program's transition services, including two school and community-based programs for students, parents, and professionals.

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

SHERRY MERGNER, MSW, LCSW

Clinical Assistant Professor/AHEC Liaison, University of North Carolina at 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. The presenter will explain the signs and symptoms of ASD, discuss a variety of ASD treatment modalities, explain the typical stresses which families of children with ASD experience, outline the many gifts and joys of raising a child with ASD, discuss autism from a "spiritual perspective", and describe routes to advocacy and specific resources helpful to families of children with ASD.

3:45 PM ADJOURNMENT

About the North Carolina TEACCH Program:

A University-based system of community regional centers that offers a set of core services along with unique demonstration programs meeting the clinical, training, and research needs of individuals with Autism Spectrum Disorder, their families, and professionals across the state of North Carolina. TEACCH Autism Program, founded by Dr. Eric Schopler in 1972, is a model for other programs around the world. TEACCH Autism Program provides clinical services such as initial referral and consultation, diagnostic evaluations, family consultation sessions and parent support groups, social play and recreation groups, individual counseling for higher-functioning clients, and supported employment. In addition, TEACCH Autism Program conducts training nationally and internationally and provides consultation for teachers, residential care providers, and other professionals from a variety of disciplines. Research activities include psychological, educational, and biomedical studies.

For more information, please visit their website: www.teacch.com

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Register online at www.easternahec.net

Last Name _____ First Name _____ Middle Initial _____

Last 4 digits of Soc. Sec. # XXX-XX-

Discipline (check one) Allied Health Dentistry Health Careers Medicine
 Mental Health Nursing Pharmacy Public Health Other

Specialties _____ **Degrees/Certifications/License** _____

Mail goes to Home Office or by E-mail

Workplace Employer _____

Department _____ Position _____

Street/PO Box _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Home Street/PO Box _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please indicate which day(s) you plan to attend:

- Day 1 (March 23, 2017)
- Day 2 (March 24, 2017)
- Both Days
- Need a Vegetarian Lunch

Choose concurrent sessions you plan to attend:

Day 1: Morning

- Social Interaction & Communication in Preschoolers
- Puberty & Sexuality in Adolescents with Autism
- Assistive Technology

Day 2: Morning

- Genetics
- ABA Interventions
- Ethical Issues Facing People with ASD

Day 1: Afternoon

- Living and Learning with ASD
- Psychopharmacology in ASD
- Sensory-Based Integration

Day 2: Afternoon

- Therapeutic Strategies
- Anxiety and ASD
- Empowering Families

Day 2: Afternoon

- Coaching
- Transition to Adulthood
- Challenges/Gifts of Raising a Child with ASD

Program Number E51247

Method of Payment (Received **by 3-16-17: Both Days \$170; One Day \$90, Parent \$100 (both days)**,
Received **after 3-16-17: Both Days \$195; One Day \$115, Parent \$100**)

Check/Cash Enclosed for \$ _____ Charge: Visa MasterCard AMX Discover

Signature _____

Street/PO Box _____

City _____ State _____ Zip _____

Account #

Expiration Date _____ Security Code (Last 3 digits on back of card)