



Stone Soup Group ★

PARENT CONFERENCE 2019

TRANSFORMING CHALLENGING BEHAVIOR INTO MEANINGFUL COMMUNICATION

Conference Program

March 22-23, 2019
Anchorage, Alaska

Agenda at-a-Glance

Friday

| | Title | Room |
|---|--|-----------------------|
| 9am - 9:30am | Conference Registration and Check-in | Birch |
| 9:30 - 10:00am | Welcome | Birch |
| 10:00 -12pm | Challenging Behavior Basics | Birch |
| Lunch Break (on your own) – 12:00 - 1:15 pm | | |
| 1:15 – 3pm | Addressing Challenging Behavior Workshop | Birch |
| 3:15 – 5pm | Addressing Challenging Behavior Workshop | Birch |
| 12 – 5pm | Sensory Demonstration | Alder & Cottonwood |
| End of Day One | | |

Saturday

| | | |
|---|--|-----------------------|
| 8:30 – 9am | Conference Registration and Check-in | Birch |
| 9:00 – 9:15am | Welcome | Birch |
| 9:15 – 12:00pm | Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience | Birch |
| Lunch Break (on your own) - 12 – 1:15pm | | |
| 1:15 – 2:15pm | Continued: Family Toolkit to Reduce Stress... | Birch |
| 2:15 – 3:15pm | Power of Understanding Behavior Obstacles | Birch |
| Break 3:15 - 3:30pm | | |
| 3:30 – 4:30pm | Parent Panel: Challenging Behavior | Birch |
| 8:30am – 4:30pm | Sensory Demonstration | Alder & Cottonwood |

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Welcome Letter



Dear Parents, Youth, Professionals, and Friends,

Welcome to Stone Soup Group's 8th annual Parent Conference at the BP Energy Center in Anchorage, Alaska! The theme of this year's conference is, "Transforming Challenging Behavior into Meaningful Communication." This two-day event will feature speakers and exhibitors relevant to those of us who are raising children and youth with special needs. The conference will focus on practical strategies you and your child's support team can use to respond to challenging behavior and improve your child's communication. Our goal is to deliver high quality, relevant training and some "tools-you-can-use" to take back home and empower you in your community. We hope that you take this opportunity to meet with the families and providers who are all here to network, connect, discuss your challenges and find solutions. Stone Soup Group knows it takes a community to support families who care for children with special needs and we are very excited to have you here with us today. We hope you find the conference valuable!

I would like to recognize and thank our partners and supporters who have made generous contributions to make this year's conference possible: All for Kids Pediatric Therapy Clinic; McKinley Services; Cindy and Vic's R&R; Bering Straits Native Corporation; Governor's Council on Disabilities & Special Education; Mat-Su Health Foundation; Department of Education and Early Development; Office of Special

Education Programs; Health Resources and Services Administration; Special Education Service Agency, the University of Alaska Anchorage Center for Human Development and the Alaska Mental Health Trust Authority.

We hope you enjoy this time together and look forward to seeing you next year!

Sincerely,

A handwritten signature in blue ink that reads "Mary J. Middleton" with a decorative flourish at the end.

Mary J Middleton
Executive Director
Stone Soup Group

FRIDAY, March 22, 2019 (Day One)
Registration: 9 am – 9:30 am
Conference Start: 9:30 am
Lunch: 12 – 1:15 pm (on your own)
Conference End: 5 pm

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PARENT CONFERENCE 2019

TRANSFORMING CHALLENGING BEHAVIOR INTO MEANINGFUL COMMUNICATION

| Time | Room | Title | Presenters |
|--|--------------------|---|---|
| 9:00 - 9:30 am | | Conference Registration | |
| 9:30 - 10:00 am | Birch | Welcome | Mary Middleton , Executive Director |
| 10:00 am - 12:00 pm | Birch | Challenging Behavior Basics – Understanding Applied Behavior Analysis (ABA), an introduction to using a science-based approach, and working with other disciplines. | Phil Tafts , PCR Alaska University of Alaska Anchorage, Center for Human Development (CHD) Effective Behavior Interventions – Summer Lefebvre, Rebecca Parenteau, and Malarie Dufrane |
| Lunch Break (on your own) – 12:00-1:15 pm | | | |
| 1:15 – 3:00 pm | Birch | Addressing Challenging Behavior Workshop Skill building: <ol style="list-style-type: none"> 1. Controlling the reinforcer 2. Prompting 3. Using your environment 4. Behavioral Skills Training | CHD Effective Behavior Interventions |
| Break – 3:00-3:15 pm | | | |
| 3:15 - 5:00 pm | Birch | Addressing Challenging Behavior Workshop Skill building continued | CHD Effective Behavior Interventions |
| 12:00 - 5:00 pm | Alder & Cottonwood | Sensory Demonstration Visit the Alder and Cottonwood rooms to experience how the environment can impact behavior | SSG Staff |

End of Day One

SATURDAY, March 23, 2019 (Day Two)

Registration: 8:30 am – 9:00 am

Conference Start: 9:00 am

Lunch: 12:00 – 1:15 pm (on your own)

Conference End: 4:30 pm

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PARENT CONFERENCE 2019

TRANSFORMING CHALLENGING BEHAVIOR INTO MEANINGFUL COMMUNICATION

| Time | Room | Title | Presenters |
|--|--------------------|--|---|
| 8:30 - 9:00 am | | Conference Registration and Check-in | |
| 9:00 - 9:15 am | Birch | Welcome | Mary Middleton, Executive Director |
| 9:15 am - 12:00 pm | Birch | Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience* Learning Objectives: 1. Describe how the brain and nervous system respond to stress. 2. Explain why mind-body practices are essential tools for reducing stress and regulatory skills for children and adults. 3. Demonstrate two mind-body practices you can use daily. 4. List two resources for mind-body practices | Linda Chamberlain, PhD, MPH |
| Lunch Break (on your own) 12:00 – 1:15 pm | | | |
| 1:15 - 2:15 pm | Birch | Continued: Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience | Linda Chamberlain, PhD, MPH |
| 2:15 - 3:15 pm | Birch | Power of Understanding Behavior Obstacles How to understand, improve, and persevere some puzzling, but explainable conduct. Courage to resolve and climb the mountains. | Heidi Kelly |
| Break – 3:15-3:30 pm | | | |
| 3:30 - 4:30 pm | Birch | Parent Panel: Challenging Behavior Experienced parents share their stories on the topic of challenging behavior. | Kim Flaherty Jeanne Gerhardt-Cyrus Janice Heverling Caitlin Jaksic |
| 8:30 am - 4:00 pm | Alder & Cottonwood | Sensory Demonstration Visit the Alder and Cottonwood rooms to experience how the environment can impact behavior | SSG Staff |

***Family Toolkit to Reduce Stress, Promote Self-Regulation and Build Resilience**

This toolkit helps families understand how unaddressed stress can lead to difficult behaviors, problems with self-regulation and health issues. Dr. Chamberlain uses visual props to explain how our brains respond to stress and strategies that adults and children can use to calm the brain. The capacity to change our brains, referred to as growth mindset, is something we can do at any age. Growth mindset is a leading predictor of academic achievement and well-being. Dr. Chamberlain translates the latest scientific evidence into user-friendly content to demonstrate how mind-body interventions work with the brain from the “bottom-up” to release stress from the body, facilitate co-regulation between caregivers and children and enhance resiliency skills. Participants will practice simple mind-body tools including how to use their breath, progressive relaxation, mindfulness and movement as part of positive parenting, managing stress and well-being.

End of Conference

Speakers

Summer LeFebvre

Summer LeFebvre is the Clinical Director for the Effective Behavior Interventions program at the University of Alaska Anchorage, Center for Human Development. Summer is a Board-Certified Behavior Analyst and a Licensed Clinical Social Worker that has worked across provider systems throughout Alaska for 15 years. In her role as Clinical Director, Summer has traveled to urban and rural locations in Alaska to provide case consultation and agency wide direct training in the use of behavioral science. Her work has occurred across schools, homes, mental health, developmental disability and housing first service provider agencies. Summer's work is motivated by the commitment to contribute to the systemic growth in the use of applied behavioral science, person centered services and of positive behavioral supports when working with people who experience mental illness, developmental disabilities and other disabling conditions that impair social connections and quality of life.



Rebecca Parenteau

Rebecca Parenteau received her B.S. and M.S. at Northeastern University in Boston, Massachusetts. She received her master's degree in applied Behavior Analysis and is a Board Certified BCBA (Board Certified Behavior Analyst). She has worked with children and adults on the Autism Spectrum for going on ten years. Rebecca has also been part of various research teams while working with students on the Autism Spectrum and has

been published in various medical and psychology journals a total of four times. Rebecca has experience with working with students in the classroom, home, community, and residential settings. Becky works for the the University of Alaska for the Complex Behavior Collaborative on a consultative basis as well as provides home based ABA in Anchorage, Eagle River, and in the Valley.

Malarie Dufrane-Robideau

Malarie Dufrane-Robideau M.S., BCBA is a Board-Certified Behavior Analyst who has worked with children and families in variety of capacities over the last 10 years. She began her career working with children and families who were receiving assistance from the Department of Social Services. This provided Malarie experience working with substance abuse, mental health, foster care, preventative services as well as working with developmental disabilities. Collaborating with other providers these families were able to receive client centered care. Applied Behavior Analysis (ABA), has allowed her to continue working with families by utilizing evidence-based interventions and procedures.



Dr. Chamberlain

Dr. Chamberlain is an epidemiologist specializing in childhood exposure to violence and brain development, is the founding director of the Alaska Family Violence Prevention Project and a consultant for the Family Violence Prevention Fund. An internationally renowned keynote speaker, Dr. Chamberlain is known for her ability to translate science

into practical information with diverse audiences. Her passionate belief that everyone can make a difference conveys a message of hope and opportunity. Dr. Chamberlain holds faculty appointments at the University of Alaska and Johns Hopkins University. She earned her public health degree from Yale School of Medicine and her doctorate from Johns Hopkins. Dr. Chamberlain has published extensively and is editor for the e-journal, Family Violence Prevention and Health Practice. She serves on the National Advisory Board for the Institute for Safe Families. Awards and recognition for her work include a National Kellogg Leadership Fellowship. Living on a rural homestead outside of Homer, Alaska with her husband and dog team, she has developed a highly innovative lecture series on leadership and teamwork called “Lessons from the Trail” and teaches a graduate course on public health and leadership. For her first book, Arctic Inspirations, she traveled from Alaska through the northern Canada and on to Siberia to gather stories of women starting businesses in the Arctic. She is currently working on a book on “Mushing the Mail on the Iditarod Trail.”



Heidi Kelly

Heidi Kelly is a national speaker/self-advocate who is autistic, hearing impaired, and more. She is a mother of 2 ASD spectrum adults; Grammie to two grandsons; CEO of Puzzled with Purpose-Autistically Inspired Creations; and the founder of Alaska’s Shining Abilities Craft Fair featuring only artists with “disabilities”. Heidi is appointed to Alaska’s Governor’s Council on Disabilities and Special Education; Chair of the Autism Ad Hoc workgroup, and a member of the Developmental Disabilities, Education, Employment & Transportation, and Executive committees. She is also an author,

actress, writer, director, and producer. She has been featured nationally and locally in Autism & conference promos, articles, news, & radio segments.

Phillip Tafs MSW, BCBA, LBA

Phillip Tafs was born and raised in Alaska and is a product of the Alaska public education system. He attended West Anchorage High School and received both his bachelor's and master's degree in Social Work from the University of Alaska, Anchorage. Phil started his career in the juvenile justice system as a youth counselor at Mclaughlin Youth Center while attending college for his BSW. While working towards his master's degree, he helped develop services for individuals who experience brain injuries. Eventually, Phil began working at the Center for Human Development running a program to increase the availability of Behavior Analysts in Alaska. During this time Phil completed course work and himself became a Board-Certified Behavior Analyst. Phil gravitated towards challenging behaviors in his work and became a consultant for the Complex Behavior Collaborative and has spent the last six years traveling Alaska completing functional assessments, providing team trainings and working towards keeping highly challenging individuals in the community. Phil currently owns PCR Alaska, LLC, overseeing 25 employees who provide both waiver services and consultation services across Alaska.

Parent Panel



Caitlin Jaksic

Caitlin Jaksic is the bio-mother to two elementary school children and the foster mother to one. Caitlin has over five years of experience as a foster parent to children with varying behavioral and neurological disabilities. Caitlin also has experience working as a care provider for children with disabilities in Alaska, Africa, and Serbia. On our Parent Panel, Caitlin will be sharing some tools that have worked for her when dealing with challenging behaviors as a foster parent.



Jeanne Gerhardt-Cyrus

Jeanne Gerhardt-Cyrus and her husband are parents of six children. She has been a resident of the Northwest Arctic Borough in Alaska since '82. She has taught FASD Into Action since 2008. Jeanne serves on the Governor's Council on Disabilities and Special Education and Chairs the Workgroup on FASD. Jeanne believes that every person, regardless of how their brain works, has value and a niche in society.



Kim Flaherty

Kim has been working with special needs individuals for 29 years. She has been married for 29 years has two biological children. Kim and husband Brian are guardians for both of their two adult children, ages 27 and 29. Kim enjoys reading, yoga, cycling, fitness, brewing kombucha and spending time with the family and family pets.



Janice Heverling

Janice has been working with special needs children for 21 years. She has been married for 34 years and has two grown bio children. Janice and her husband are now raising 2 foster/adoptive special-needs girls, 11 and 13 years old. In her free time (LOL), Janice enjoys sewing and working in the yard.



Sponsors

Stone Soup Group thanks the following sponsors who gave so generously to make the
2019 Parent Conference a success!

All for Kids

Governor's Council on Disabilities and Special Education

Mat-Su Health Foundation

Bering Straits Native Corporation

Alaska Mental Health Trust Authority

Special Education Services Agency (SESA)

McKinley Services

State of Alaska Department of Education and Early Development

University of Alaska Anchorage – Center for Human Development

Cindy and Vic's R&R Inc.

Health Resources & Services Administration (HRSA)

Office of Special Education Programs (OSEP)

List of Vendors

Alaska Family Directory

Deaf Supports - Hope Community Resources

ASAGA

Trinion Quality Care Services Inc

Hope Community Resources

Alaska Autism Resource Center

Puzzled with Purpose

North Star Behavioral Health

Playful Learning Pediatric Therapy

McKinley Services

Governor's Council on Disabilities and Special Education

Stone Soup Group

About Stone Soup Group

Mission

Stone Soup Group exists to sustain the health and well-being of Alaskan children with special needs and their families. Through listening to the stories of families, we identify areas of need and work with communities to find solutions. Vision Families statewide will be empowered to make informed decisions that will ensure every child who experiences special needs receives long-term, quality, coordinated care and family support.

Core Values

- Respect
- Family Centered
- Excellence
- Partnership

Our Story

Stone Soup Group is a nonprofit organization created 1992 by parents of children with disabilities, healthcare providers and social workers who shared a common vision for interconnected, collaborative, family-driven assistance for Alaskan families of children with special needs. Stone Soup Group works with families of children with special needs from birth on. Our services are available statewide to help families with medical, disability, mental health, and special education issues. Our programs focus on a specific need based on each family's unique story and most are at no cost to families. Stone Soup Group is the federally designated Parent Training and Information Center and Family-to-Family Health Information Center.

We hope to see you at next year's Parent Conference! Mark your calendars for **March 27th – 28th 2020**.

 Please Visit our website: stonesoupgroup.org

 Like us on Facebook: facebook.com/stonesoupgroup