July 14 & July 15, 2023

Texas Parent to Parent is pleased to invite you to attend the TxP2P 18th Annual Parent Conference



We hope you'll join us this summer in San Marcos as we celebrate our **18th Annual Parent Conference!** We're very excited about our speakers, exhibitors, and keynote speaker this year! Hope you can join us!

This year's conference brings you 56 sessions to choose from that cover a great array of topics, including behavior, advocacy, transition, special education, mental health, parenting and self-determination issues. We know it's hard to choose just one session per time slot but pick the one that applies to where you are now – we'll be back next year.

Don't forget our **Family Fun Night** on Friday night – it's for the whole family and we'll have terrific games for the kids, and time to visit with old and new friends. **Registration for the Family Fun Night is required**, so don't forget to sign up when you submit your conference registration forms. **This year dinner will be on your own.**

And for the kids, as has been our custom, **childcare** will be available during conference hours so that you can attend sessions all the while knowing that your childcare is close by and in a safe environment. If you have a teen or young adult, we will again be holding the **Peer to Peer Summit** or if they are interested, **they can also attend sessions at the conference**, using P2P Summit as a home base or simply attend as a Self-Advocate without going to the Summit. And for siblings, we have our popular **Sibshops**. See page 4 for the descriptions of all these groups and read them carefully – each one comes with its own set of requirements. Hope to see you in July!





Kayleigh Williamson, 33, is an accomplished runner and published author who also has Down Syndrome. In 2017, she became the 1st person with Down Syndrome to complete the Austin Half Marathon. In 2019 she became a published author of a children's book about that race. And again in 2022, she was the 1st to finish the Austin full Marathon. And on April 17th, 2023, she became the first woman with Down Syndrome to participate in the Boston Marathon. Her next goal is the New York Marathon. Much of Kayleigh's success was due to her mother, Sandy Williamson, a CPA in the food industry. As Sandy has been not only her daughter's lifelong caregiver, she also cared for her mother with Alzheimer's. It was through her journey with her mother's illness and her job that she felt driven in 2014 to change her daughter's lifestyle and her own. She has completed 30 Half as well as 3 full Marathons at Kayleigh's side. Through her work at the Hershey Company and Kayleigh's initiative to bring awareness of health lifestyle changes within the disabled community, The Hershey Company has created a Caregivers Seminar to provide support to other employees. We hope it will help other parents as well.

Special Sessions	Friday – July 14, 2023		Saturday – July 15, 2023	
	Registration	7:30 – 9:00 AM	Registration	8:00 – 9:00 AM
Peer Parent Mentor Training	Keynote Speaker	9:00 – 10:15 AM	Session 4	9:00 – 10:00 AM
Thursday, July 13	Break	10:15 – 10:30 AM	Break	10:00 - 10:30 AM
12:00 - 5:00 PM	Session I	10:30 - 12:00 PM	Session 5	10:30 - 12:00 PM
	Lunch	12:00 – 1:30 PM	Lunch	12:00 – 1:30 PM
CONFERENCE REGISTRATION	Session 2	1:30 – 3:00 PM	Session 6	1:30 - 2:30 PM
ON THURSDAY EVENING	Break	3:00 – 3:30 PM	Break	2:30 - 3:00 PM
	Session 3	3:30 - 5:00 PM	Session 7	3:00 - 4:30 PM
Thursday, July 13th	Family Fun Night	5:30 - 6:30	Closing Session	4:45 – 5:15 PM
5:00 – 7:00 PM	(dinner on your own)			

HOTEL

A limited number of rooms are available **now** at the special conference rate of \$164 (+ tax) (single, double, triple or quad) at Embassy Suites Hotel San Marcos. Rooms will be available on a first-come, first-served basis. Reservations made by **June 20, 2023,** will receive this negotiated group rate. **Please be aware that the reserved "room block" is usually filled prior to June 20th**, and if this happens, reservations are subject to availability and possibly an increased rate, so don't delay in making your reservations.

You can call the hotel directly (512-392-6450) to make your reservation - Or the personalized conference website is <u>Texas Parent to Parent</u>. You MUST identify yourself as being with the Texas Parent to Parent Conference to receive the \$164 conference rate.

You will need a credit card to reserve your room at the Embassy Suites. Check-in is at 4 pm - check-out is I Iam. To ensure you receive the correct rate, be sure to have your reservation confirmation emailed or mailed to you (and check the rate and dates!). Your room cost includes a complimentary cooked-to-order breakfast or other breakfast offerings for each person staying in the room. Each accommodation is a two-room suite with a separate bedroom, living room with a sofa bed; rooms with queen-size beds can sleep up to 6 people. Amenities include two flat-screen TVs, microwave, refrigerator, and high-speed internet access (wired and wireless). If you must cancel your hotel reservations, 48 hours prior to your first night for the reservation.

<u>Lodging Stipends</u>: We are thrilled to offer lodging stipends for the Embassy Suites Hotel to parents of children with disabilities attending the conference. <u>As always, stipends are a hot item and will go fast, so act quickly!</u> **Lodging stipends will be awarded based on financial need and you must register and then contact Rosalba Calleros at Rosalba.calleros@txp2p.org to request one.** First consideration for lodging stipends is given to new families who live <u>more than 70 miles</u> away from the conference hotel and those who have not received lodging stipends in the past 2 years.

Lodging stipends are available only to parents and family members of children with disabilities or self-advocates over 18, attending the conference and are awarded for a maximum of 2 nights.

Please note that lodging stipends for hotel expenses do not cover 100% of your room cost unless you are sharing a room with another parent who is also receiving a stipend (this can be your spouse). If you are not sharing a room, you will still owe the difference between the stipend amount and the hotel room charges. For example, with the conference room rate of \$164, total charges for one day, including taxes, are approximately \$180. The maximum lodging stipend is \$98 per night, so unless you are sharing a room with another parent, you will owe everything over \$98—approximately \$82 per night. If you share your room with another parent who also is getting a stipend, your room cost would be completely covered for that night.

Also, if you receive a lodging stipend and are then unable to attend, you must cancel your reservation by 3:00 p.m. 24 hours prior to your first night for the reservation. If you don't cancel in time, you and/or TxP2P will have to pay the first night's fees.

** Hotel Information: Embassy Suites Hotel, 1001 McCarty Lane, San Marcos, TX 78666 ** Hurry! Space is limited and goes quickly!

Exhibitors: For information about exhibiting at the TxP2P Conference, please contact Dora Saavedra at: 866-896-6001, 512-458-8600 or email: dora.saavedra@txp2p.org.

<u>Donations Needed</u>: If you are able, please consider making a donation to help other families attend the conference. Every dollar counts—these donations have helped several families attend the conference in past years and are greatly appreciated!

REGISTRATION INFORMATION

Online at http://www.txp2p.org or contact Norma Castro by email at norma.castro@txp2p.org or call anyone in the office at 866-896-6001.

PLEASE NOTE: Each registered participant will receive a confirmation email. Please read it carefully and let us know if there are any errors. Your registration is complete only when full payment is received by TxP2P. To receive Early Bird or Regular conference rates, we must receive payment by the designated cut-off dates if paying by check, cash, or credit card. If a parent or professional registers and says that you are paying for their registration by purchase order, it is the regular registration fee, only if you pay by check or credit card by July 7, 2023. If you send a purchase order but not paying until after the conference, the flat rate is \$600.00.

On-site registration will be available at a higher rate of \$450.00 for parents and \$550.00 for professionals. We must receive written cancellation (email or U.S. mail) no later than July 7th. No refunds will be made for any cancellations after July 7th. Payment in full will be required for all purchase orders if cancellation is not made on or before July 7th.

ADDITIONAL INFORMATION:

<u>Meals</u>: Let us know if you plan to eat meals with us by completing the meal portion of your registration form. If you are staying at the Embassy Suites, please take advantage of the cooked-to-order breakfast and other breakfast items at the hotel. If you ARE NOT lodging at Embassy Suites, a continental breakfast will be provided each morning and meals will be served in the conference center. **Children & youth receive lunch** in the Childcare, Sibshops & Peer to Peer Summit rooms.

<u>Conference Scholarships</u>: Money is tight for everyone, but help may be available to assist you in attending the TxP2P Conference. If you are receiving services from your Local Authority, CSHCN, or a school district, ask them for help with your cost for the TxP2P Conference. Your local school district may have money allocated for parent training that you can use toward your costs.

CEUs: We are pleased to offer CEUs for Social Workers, Licensed Professional Counselors, Educators, and Early Intervention Specialists for \$100.00. If you need a certificate of attendance – just let us know on your registration form and we'll provide one at no charge.

Peer Parent Mentor Training

Thursday - July 13rd, 12:00-5:00 p.m.

(Note: No registration will be allowed on-site. Child care will be provided if you register for it.)

You can connect and help other families like yours by becoming a Peer Parent Mentor. Do you remember when you first got your child's diagnosis? Who provided you support? Remember how important and helpful that was? Become a parent mentor now! To complete this shortened version of the Peer Parent Mentor training, you must also register for and attend two sessions on Friday, Session 3041: <u>Grief & Stages of Adaptation</u> from 3:30 am to 5:00 pm and Saturday Session 5041: <u>Taking Care of Myself</u> from 10:30-12:00 pm. This will be a great opportunity to pay it forward, help a family new to a diagnosis, network with other attendees, and begin your conference experience with valuable information! To register, please check the box for the Peer Parent Mentor training on your conference registration form and we will contact you with additional information. If you **arrive after 12:30 p.m. on July 13th,** you will not be able to attend the training.

SESSIONS FOR CHILDREN, TEENS, YOUNG ADULTS, AND SIBLINGS

(Note: No registration will be allowed on-site.)

Childcare

(Note: No registration will be allowed on-site.)

Childcare is very limited, so if you can make other arrangements for your children, please do. If you need childcare, please indicate this on your registration form and fill out the childcare form on-line. Limited small stipends to help lower the cost of childcare *may* be available — let us know if you are unable to attend the conference without one.

Childcare is provided in one large room with the children separated out into groups. If your child has a problem with noise level or large group settings, you may want to seek other arrangements. Also, if your child is 10 yrs. or up and is **incontinent**, you must come take care of that task. We are unable to accommodate children who need all day one-on-one care or any child over 12 years old.

Children in childcare will be fed in the childcare rooms. If you prefer, you may purchase an additional noon conference meal for your child at the rate of \$75.00 per meal if you'd like to have lunch with him/her. Please discuss any change in the established childcare meal plan with your Childcare Team Leader and indicate the number of additional meals you would like to purchase on your registration form.

Childcare space goes very fast and will be closed when capacity is reached. The registration fee is refundable if you are unable to attend the conference and provide written notice to TxP2P (via email, fax or U.S. Mail) on or before July 7th. Childcare will run from 8:00 a.m. - 5:15 p.m. on Friday and 8:00 a.m. - 4:30 p.m. on Saturday. We ask that you promptly pick up your child at the end of the day as indicated - our childcare workers need to be able to go home!

Sibshop

Saturday – July 15, 2023 (Note: No registration will be allowed on-site.)

Sibshops are lively, pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with disabilities. Sibshops acknowledge that being the brother or sister of a person with disabilities or special health care needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another if they are given a chance. The Sibshop model intersperses information, discussion, activities and games. Sibshops seek to provide siblings with opportunities for peer support, something TxP2P strongly believes in. Because Sibshops are designed primarily for children aged 8 to 12, peer support is provided within a lively, recreational context that emphasizes a "kids-eye-view." Group is limited to 15 children and will be facilitated by a trained Sibshop Facilitator. For more information on Sibshops, visit http://www.siblingsupport.org/ or call us at 866-896-6001 (toll-free).

If your child(ren) wants to participate in Sibshop, please indicate this on your registration form and fill out the childcare form on-line. **The Sibshop is not designed to be a childcare venue.** Sibshop will run from 9:00 a.m. to 3:00 p.m. on Saturday only. You will take your child to the Childcare Room and the facilitators will pick them up and deliver them back to that room before and after the Sibshop.

Peer to Peer Summit

(Note: No registration will be allowed on-site.)

The Peer to Peer (P2P) Summit is a two-day "conference within a conference" for teens and young adults, ages 13 to 22, with and without disabilities. We are pleased to have Art Spark Texas back to lead the Summit again this year. Through a series of varied activities, the teens & young adults will express themselves through art, music, movement, animation...and maybe just a few surprises! Working alongside professionals in their field they will discover their own hidden talents, share with their peers and family members and bring home some fresh ideas about what is creatively possible!

Each registrant is encouraged to participate as actively as possible, and support is available from Summit volunteers to help each participant "get the most" out of each activity. There are adult volunteers to provide help and supervision, but **P2P Summit is not designed to be a childcare venue.** The P2P Summit is provided in one large and sometimes noisy room. If your teen/young adult has a problem with noise level or large group settings, you may want to seek other arrangements. We are unable to provide **incontinence care** in the Summit so parents must come to take care of that task.

The P2P Summit space will serve as participants' home base for the 2 days of the conference. Some participants will be able and allowed to come and go from the Summit location without being accompanied by another teen or adult, possibly attending conference sessions. We encourage responsibility for decision-making by the teens and young adults who attend. If your teen/young adult is unable or should not be permitted to leave on their own, please consider having a full-time attendant (non-parent) accompany your teen/young adult. The Summit leadership's goal is for parents to be free to attend conference sessions and to promote self-determination for Peer to Peer Summit participants, so it's best that attendants NOT be parents.

If your teen/young adult would like to participate, but you have concerns about whether they'll be able to participate in the activities or any other aspect of the Summit, don't hesitate to call us at 866-896-6001! Registration is \$200.00 and limited to the first 30 paid registrants. **Deadline for registration & full payment is July 7th.** Fill out the Peer to Peer Summit registration form on-line after you complete your registration form. **No registration will be allowed on-site.** Attendants are welcome at no additional charge, and lunch for attendants may be purchased for \$75 each day. Teen/young adult must understand and/or speak English to get the most out of this session. The Summit will run from 8:00 a.m. - 5:15 p.m. on Friday and 8:00 a.m. - 4:30 p.m. on Saturday.

Session Tracks (tracks are the middle 2 numbers in the session # - for example: 1020 - 02 is the Autism track)		
1 Advocacy	11 Spanish	
2 Autism	12 Special Education	
3 Behavior	13 Transition	
4 General		
5 Disability Specific		
6 Medical/ Therapy		
7 Mental Health	7117	
8 Parent Leadership		
9 Self-Advocacy	Texas Parent to Parent	
10 Self-Determination		

TxP2P 18th Annual Conference Session 1: 10:30 a.m. – 12:00 a.m., Friday, July 14th, 2023

Session	Description	Speakers
1040	Government Benefits 101: Understanding SSI & SSDI	Allison
	Allison will review SSI & Medicaid, SSDI & Medicare and Childhood Disability Benefits. Many of our children with disabilities do not qualify for SSI & Medicaid as minors. The landscape changes when they turn 18. Whether you are already getting benefits and aren't sure if your benefits are maximized	Schaberg
General	or you need guidance on how to get started, you will learn from this session. Allison will review when and how to apply, how to be prepared for your appointment and how to maintain eligibility going forward. You may also learn how to maximize benefits for your family.	Consolidated Planning Group
1041	Medicaid Home and Community-Based Services Waivers Elizabeth will present information on the Texas Home and Community-Based Services waivers (HCS, CLASS, etc.), including who is eligible, how to apply and the types of benefits available. Waivers pay for things like home modifications, respite, adaptive aids, habilitation, personal care services and respite. Texas does not consider a parent's income when determining a child's eligibility for most of these programs. The waivers open a world of new possibilities and opportunities for children and	Elizabeth Tucker EveryChild
General	families.	

Session 1: 10:30 a.m. – 12:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
1042	Personal Networks: Creating Community for Our Children	Denise Sonleitner
General	The best guarantee of a safe and secure future for a person with a disability is to have caring relationships in their life. Personal networks are communities of friends, family members and others who assist and collaborate with a person who may be at risk of isolation because of disability. Networks promote social opportunities, assist with decision-making and offer a committed safety net of support. In this introductory presentation, you will learn about personal networks, how to start a network and hear many powerful stories from families and network members who have started a network. Please join us!	TxP2P
1043	Person Centered Outcome Statements	Jeff Garrison-Tate
General	Parents and people with lived experience participate in a wide range of planning meetings intended to support the person to pursue goals based on how they want to live their lives. Jeff will provide you with an overview of how discovery of what is important to and for a person should guide the development of person centered outcomes.	
1060	What is in your Genes? Genomics in 2023	Mary Elizabeth
	The field of genomics has blown up in the last decade. What was unthinkable and unaffordable just 10 years ago is a reality today. Navigating the myriad of types of genetic testing as well as the companies	Parker & Martine Gould
Medical/ Therapy	that provide the testing can be daunting. U.R. Our Hope will educate families on the current opportunities for testing and funding including research studies.	U.R. Our Hope
1110	Autismo 101	Adriana Crostley
	En esa plática abordaremos conceptos básicos sobre qué es el Autismo incluyendo signos, síntomas, prevalencia, diagnóstico y tratamiento. También hablaremos de problemas que se han asociado al Autismo como los problemas sensoriales y de comportamiento, así como las comorbilidades del Autismo. Veremos una panorámica del Autismo a través de las diferentes edades y presentaremos algunas de las mejores prácticas. Finalmente daremos estrategias y consejos prácticos para mejorar la	Autism Society of Texas
Spanish	calidad de vida de las personas con Autismo y sus familias.	

Session 1: 10:30 a.m. – 12:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
1120	How to Turn an Evaluation into a Good IEP Shemica will provide information on two components of a good IEP. She will do an overview of the eligibility process, difference between school evaluations and private evaluations, differentiation	Shemica Allen
Special Education	between school eligibility and medical diagnosis and why an IEE as an option if you disagree with the school evaluation. You will also learn how to incorporate aspects of an evaluation into an IEP by utilizing strengths and address deficits identified in an evaluation.	Personalized Learning Solutions, LLC
1130	Transition to SSDI and Medicare?? Oh My!!!	Sue Burek
Transition	Many people with disabilities who get SSI and Medicaid will become eligible for SSDI when their parent retires, becomes disabled or dies. Not many people know this, and it probably brings up lots of questions about your child's/adult child's waiver: How will SSDI affect my SSI? Will I lose my Medicaid or my Waiver? When will I qualify for Medicare? What happens when my Medicare starts - which plan should I choose? I need HELP!!!! Sue will answer these questions and more.	TxP2P Volunteer

TxP2P 18th Annual Conference Session 2: 1:30 – 3:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
2010	Mock Hearing Mock Bill Hearing! For Dads, Moms, Youth! Come learn the process of testifying at the Capitol or your county, city or school board. Bring the topic of your choice and choose to testify or just listen! Taught	Linda & Amy Litzinger
Advocacy	by the TxP2P Advocacy Team!	TxP2P
2030 Behavior	Meeting Our Children's Sensory Needs Behavior is communication. So, what are our children's actions telling us they need in order to be regulated and successful? Stacy will look at the role sensory integration plays in helping our children stay focused, relaxed and confident.	Stacy Wright Stacy's Sensory Solutions
2040 General	DADS Only This is an informal chance for Dads to come together and just talk. To listen and to learn from other dads, to share great things about our kids and to discuss some of the challenges we face. As a dad, you are the expert on your child. Come by and share what you have learned from your child and what your hopes are for their future. Or just come and listen.	Jeff Garrison- Tate & Ron Lucey

Session 2: 1:30 – 3:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
2041	Sibling Panel Being a sibling to a child with a disability has a great many rewards and struggles. Listen and share life	Mary Jane Ledesma
General	lessons with young and adult siblings on this journey and learn what they have learned from their sibling with a disability or special health care need.	TxP2P
2050	My TSBVI Journey: A Parent's Perspective	Barbara
	Have you ever wondered about TSBVI (Texas School for the Blind and Visually Impaired) and what is it like	Knighton
Disability Specific	to have your child attend a residential school? Barbara will explain her journey from becoming a family leader to having her son attend TSBVI full time. Topics covered: how it all began, DARS case manager (BCP specialist) involvement, baby steps, the battle to get in, adjusting to school away from home, finding ways to become involved (creating a hybrid PTO during COVID), going through transition to adulthood and planning for the future.	TSBVI Family Lynx Leader
2060	Out of the Mouths of Babes	Mary Elizabeth
Medical/	Children with undiagnosed and rare disorders need to be heard. We need to learn about their experiences to improve how we engage and interact with them and the medical profession. U.R. Our Hope presentation will highlight the insights of children who know what it is like to travel the diagnostic journey. Through their eyes, you will hear about resources and supports for those with undiagnosed and rare	Parker & Kristin Witte- Hubbard
Therapy	disorders.	U.R. Our Hope
2110	Los Programas Opcionales de Medicaid	Gilda Gil
Spanish	En esta sesión, los participantes se familiarizarán con los programas opcionales de Medicaid en Texas. Especialmente saber que hay largas listas de espera para recibir los servicios por consecuencia, es importante que entendamos que son estos programas y que opciones hay para las personas con discapacidades.	Paso del Norte
2130	Guardianship and Alternatives to Guardianship	Alison Packard
	When a child with disabilities becomes a legal adult, how does a parent continue to protect and make decisions for that child? Alison will discuss the guardianship option as well as alternatives to the guardianship, such as powers of attorney, supported decision-making agreements, special needs trusts and representative payees. She will suggest factors to consider in determining the best course of action for your adult child. Alison will also provide an overview of the guardianship process in Texas, including the	Packard Law Firm
Transition	timeline, court procedures, options for limited guardianship, requirements for maintaining the guardianship and tips for a smooth proceeding.	

Session 2: 1:30 – 3:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
2131 Transition	Transition ACTION Groups: From Vision to Action! Often, when parents think about all the components of transition, they can get overwhelmed and paralyzed into inaction, which can lead to fear and a feeling of hopelessness. Parents struggle to imagine a safe, happy and productive life for their children with disabilities as adults. Transition Action Groups (TAGs) are a great way for a group of families to work together on not only visualizing transition, but also on supporting each other to achieve their transition goals and objectives. In this introductory presentation, Denise will discuss how TAGs can help families prepare for all stages of transition.	Denise Sonleitner <i>TxP2P</i>

TxP2P 18th Annual Conference

Session 3: 3:30 – 5:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
3040	Peace of Mind Planning: Key Steps to Protect Your Child	Ivy Goldstein &
	Parents, understandably, are overwhelmed at the thought of a time when they can no longer provide and/or oversee their child's daily needs. None of us, though, are protected from unexpected events or	Elizabeth Tucker
General	the inevitable. Planning helps support a good, meaningful life for our children and avoid a crisis. Join Ivy and Elizabeth to learn the top 3 things needed to put a simple – but essential – plan in place, just in case. They will share what works and what doesn't, and you'll leave with key information down on paper. Ivy and Elizabeth know it's not easy but want to help you take the first steps!	DSHS CSHCN & EveryChild
3041	Grief & the Stages of Adaptation	Patty Geisinger
General	Learn to make sense of the emotions you may be experiencing, how grief applies to being a parent of a child with a disability or special health care need and how to identify the stages that most parents experience on this journey.	TxP2P
3042	Texas School Safety Center - School Safety Updates	Nate Turner
General	Nate will provide an overview of the Texas School Safety Center, resources available, mandates, upcoming projections, and answer your questions.	Texas School Safety Center

Session 3: 3:30 – 5:00 p.m., Friday, July 14th, 2023

Session	Description	Speakers
3043	Fostering Healthy Relationships Between Siblings	Lauren Gerken,
General	Learn about fostering healthy, supportive and fair relationships between siblings who have different ability levels. You will hear the perspective of siblings with and without disabilities, who will discuss the sibling dynamic from childhood through adulthood, parental influence, support and advocacy and family dynamics.	Brianna TenBrink & Sabrina Gonzalez <i>TCDD</i>
3071	Trauma & Trauma Informed Care for People with IDD	Laura Buckner
Mental Health	Children and adults with IDD (and their families) are at a much greater risk of experiencing trauma - medical, physical and emotional trauma - things they experience or witness that cause great fear. Often behavior that is viewed as "challenging" or "noncompliant" can actually be what we call a "trauma response." Rather than looking at behavior as something to be controlled, managed or eliminated, let's look at behavior as a form of communication and review ways we can de-escalate a trauma response without punishing the behavior.	Texas Center for Disabilities at University of Texas at Austin
3110	Care for the Caregiver	Martha Aguilar
Spanish	Necesitamos encontrar el tiempo para cuidar de nosotros mismos. Sin embargo, eso puede ser todo un reto cuando nuestros hijos están pequeños, enfermos o tienen problemas en la escuela o de comportamiento. Sabemos que es importante empezar a dedicarnos 5 minutos de cuidado a nosotros mismos. En esta platica estaremos hablando de estrategias que le ayudaran a empezar o a tener un mejor cuidado de su persona y de esta forma pueda cuidar mejor de sus hijos.	TxP2P
3120	Texas Legislative Update	Steven Aleman
Special Education	The 88th Legislature Regular Session began in January 2023 and ran through the end of May 2023. This year state lawmakers considered several topics that are important to students with disabilities. Steven will explain which special education bills passed and what comes next.	Disability Rights Texas
3130	Work is Possible When You Get SSI!	Mary Jane
Transition	Too often families & youth with disabilities think that they cannot work and still get SSI/Medicaid. This is far from the truth! Mary Jane will discuss work incentives, especially for youth who are still in high school, that can be used to keep SSI & Medicaid.	Williams Family to Family Network

Session 4: 9:00 – 10:00 a.m., Saturday, July 15th, 2023

Session	Description	Speakers
4010	Inclusive Recreation Starter Kit: Participation Tools	Erin Fogarty
Advocacy	Families and self-advocates are often aware of specialized and adapted recreation resources within their communities. But what if self-advocates or youth would like to participate in an activity that includes both people with and without disabilities? Erin will provide strategies to talk with community organizations about the benefits of and approaches to providing inclusive recreation. Self-advocates and family members will leave with practical resources to help guide this discussion to promote inclusive participation.	Texas A&M AgriLife Extension Service & TCDD
4030	Early Childhood Handbook	Ali Baucom,
Behavior	Building big skills in little kids - get a taste of applied behavior analysis (ABA) while learning in-the-moment tools for responding to common early childhood challenges in a way that strengthens more beneficial skills. Ali will touch on boundary setting, sibling conflict, responding to lying, and shaping big skills like communication, regulation and problem-solving skills, designed for parents, grandparents, teachers and other caregivers.	BCBA, LBA Baucom Behavioral
4040	Navigating Family Relationships	Michelle Tate
General	We all know that parenting is hard. We all know parenting a child with a disability is hard. It is even more complex when navigating the relationship between siblings when there is more than one child with a disability. This can also impact the relationship of the caregivers. We often do not have the ability to "just find a sitter" for a date night. Michelle will give tips, guidance and suggestions on how to manage these relationships. You are not alone in this journey.	
4060	Building the Medical Home of your Dreams	Maureen
	You should feel welcomed, heard and understood at your child's doctor's office. Your child's doctor should be a champion for your child's healthcare. Everybody deserves patient centered medical care that is compassionate, continuous, comprehensive, coordinated and culturally effective. Patients should feel they are equal partners with medical providers. Join Maureen and Greta to learn how to build the medical home of your dreams. You will come away with the tools to build and shape the care team that meets	Benschoter & Greta James Maxfield TxP2P
Medical	your needs.	

Session 4: 9:00 – 10:00 a.m., Saturday, July 15th, 2023

Session	Description	Speakers
4110 Spanish	Mindfulness para Mejorar nuestro Bienestar Emocional Mindfulness es una práctica que consiste en una serie de ejercicios que ayudan a prestar atención al presente, a no vivir en el pasado ni abrumarse tanto por el futuro. Mindfulness también es un estado de ánimo, una forma de ver y vivir la vida que ofrece beneficios como aprender a manejar el estrés y la ansiedad. Te hablaré más de lo que es, los beneficios y cómo poder incorporar el mindfulness a tu vida diaria.	Isabel Rivera
4120 Special Education	First Steps Toward Inclusion Deborah is reaching out to all parents but especially those who have young children who are just beginning the journey of inclusion. What vision do you have for your child's life? How can you help your child get off to a good start? Learn why inclusion is important in the community, school and life in general. Deborah will also give parents tools to advocate for inclusion in preschool, PreK and early elementary.	Deborah Tomai Rio Grande Valley Down Syndrome Association
4130 Transition	Who Gets Invited to the Party: Transition Services The more the merrier when it comes to transition planning, and it should not be a surprise party or a belated one. Learn who should be invited, how that invitation should come about, and what kind of services and supports should be offered at the party. As always, Christine and Mara bring new perspectives and insights to effective transition planning as the Texas Workforce Commission is not the only invitee.	Christine Broughal & Mara LaViola
4131 Transition	Health Care Transition: Partnering with the School Team Moving from pediatric to adult-based care isn't an automatic, seamless process for youth with disabilities and/or chronic medical conditions. Whether your child plans to work, pursue higher education, volunteer or do something else, having their health in check is a foundation for their good life. Let's make preparing for adult health care easier by partnering with the school team when transition planning begins at age 14. Join Amy (a self-advocate) and Ivy (parent-professional) who will share personal experiences and insights about this essential transition. You'll take away tools and sample IEP goals to promote your child's good and healthy life in adulthood.	Ivy Goldstein & Amy Litzinger DSHS Children with Special Health Care Needs Program & TxP2P

Session 5: 10:30 – 12:00 p.m., Saturday, July 15th, 2023

Session	Description	Speakers
5020	Autistic Burnout: Prevention & Recovery	Jacquie Benestante,
	Adults with autism will present on masking, burnout and how to prevent burnout from happening. They will also discuss strategies for self-care and recovering from burnout. This information will be	Monica Diaz & Joe Carr
Autism	helpful for parents & caregivers to know and understand as they raise their child, and also informative for adults with autism.	Autism Society of Texas
5040	One Page Descriptions - Valuable Info They Remember	Laura Buckner
General	When you love a kid, you know important information about them - what works, what doesn't, what they love/don't love and how they are best supported. But what teacher or doctor has time to hear and remember all that? Create a one-page description for that kid. Info they will remember and use!	Texas Center for Disabilities at UT Austin
5041	Care for the Caregiver	Patty Geisinger
	We all need to find time to care for ourselves! But that can be such a challenge when our children are	
	young, ill or struggling with health, behaviors or school issues! We know it is important to begin with	TxP2P
General	just 5 minutes of self-care. Let's chat about all the ways we can reconnect with ways to care for ourselves so we can care for our children!	
5042	Personal Support Networks: Do-It-YourselfTogether!	Denise
	Are you ready to get started? Come learn how to start a personal support network for your child, step-	Sonleitner
	by-step and side-by-side with other parents. This session is for families who attended the Personal	TxP2P
	Support Networks presentation on Friday morning or are already familiar with networks. Denise will	7X7 Z7
	cover all the steps to starting a personal network, do-it-yourself (DIY) style. During the session, we will work together in small groups, identifying possible network members and developing network	
	goals. Parents agree that the hardest thing about personal networks is getting started, so join us and	
General	encourage fellow parents to take the first steps!	

Session 5: 10:30 – 12:00 p.m., Saturday, July 15th, 2023

Description	Speakers
If I Ran the World: Self-Advocates Redesign Texas!	Amy Litzinger & Panel
contingencies in understanding and changing family life for the better. They will discuss why it's vital to go beyond reducing problems and strive for fostering healthy relationships at all levels. They will also discuss how to surround children and families, and the professionals who work with them, in ways that nurture ongoing learning, human connections and loving approaches to teaching and intervention.	TxP2P
Introducción a la Educación en el Hogar	Isabel Rivera
En esta presentación aprenderás más sobre el proceso de educación en el hogar. Además, la presentadora compartirá su experiencia con diferentes curriculums, reglas en Texas, y que les ha funcionado y no desde su experiencia educando en casa a dos niños durante los últimos 10 años.	
incluido un hijo con habilidades diferentes.	
Code Switching: Framing Special Education (SPED) Learning Outcomes	Shailen Singh
Shailen will provide a primer on how to create intentional learning outcomes appropriate for IEPs. He will also help you understand: 1) the basic SPED law/IEP creation processes 2) the steps/characteristics associated with a well written learning outcome 3) how to turn desired skillsets for your children into outcomes appropriate for SPED related conversations.	Assistant Professor at Texas State University
Transition 101: Beyond the Red Tape	Cindi Paschall
Goal for this sessionexplore transition services and tips for creating a meaningful transition for your child and point you in a direction to learn more. Cindi will cover topics on starting early, identifying your beliefs, creating a vision, considering all aspects of life, researching possibilities, self-determination, self-advocacy, letting go, government funded programs and understanding eligibility	TxP2P
	If I Ran the World: Self-Advocates Redesign Texas! We can nurture joy as our child grows. Peggy and Shahla will explore what joy is and the role of contingencies in understanding and changing family life for the better. They will discuss why it's vital to go beyond reducing problems and strive for fostering healthy relationships at all levels. They will also discuss how to surround children and families, and the professionals who work with them, in ways that nurture ongoing learning, human connections and loving approaches to teaching and intervention. Introducción a la Educación en el Hogar En esta presentación aprenderás más sobre el proceso de educación en el hogar. Además, la presentadora compartirá su experiencia con diferentes curriculums, reglas en Texas, y que les ha funcionado y no desde su experiencia educando en casa a dos niños durante los últimos 10 años, incluido un hijo con habilidades diferentes. Code Switching: Framing Special Education (SPED) Learning Outcomes Shailen will provide a primer on how to create intentional learning outcomes appropriate for IEPs. He will also help you understand: 1) the basic SPED law/IEP creation processes 2) the steps/characteristics associated with a well written learning outcome 3) how to turn desired skillsets for your children into outcomes appropriate for SPED related conversations. Transition 101: Beyond the Red Tape Goal for this sessionexplore transition services and tips for creating a meaningful transition for your child and point you in a direction to learn more. Cindi will cover topics on starting early, identifying your beliefs, creating a vision, considering all aspects of life, researching possibilities, self-

Session 6: 1:30 – 2:30 p.m., Saturday, July 15th, 2023

Session	Description	Speakers
6020	Misconceptions of ABA Therapy	Wendy Cassman
Autism	Wendy will discuss the misconceptions of Applied Behavior Analysis therapy from the course of disability history. What is ABA therapy and how can we continue to grow in ABA therapy with statewide expansion and accountability measures? Learn about access to ABA therapy in the state of Texas and access to free ABA programs.	Maurer Cole Health
6040	End of Continuous Medicaid Coverage Update	Rachel Patton,
	On December 29, 2023, Congress passed the 2023 Consolidated Appropriations Act, which separated	Kelli Williams &
	the continuous coverage requirement from the PHE declaration. HHSC began unwinding Medicaid continuous coverage effective April 1, 2023. This session will provide information on ongoing	Gina Carter HHCS
General	activities related to the end of continuous Medicaid coverage.	ппсз
6070	Strategies for Helping Children and Teens Manage Stress	Laura Frame,
	Laura will discuss and illustrate how stress impacts our brains, and then teach how self-compassion	Ph.D., L.P., L.S.S.P., N.C.S.P.
	can be a useful tool to combat stress. She will engage you in a few guided exercises so you are able to understand how to utilize self-compassion to cope with stress. Laura will also provide a list of	L.3.3.1 ., 14.C.3.1 .
Mental Health	resources to use as you work to incorporate self-compassion into your child's day-to-day life.	
6080	Learn More about Being a Parent Leader	Linda Litzinger &
Parent	Join us for an informal discussion about leadership, how you can become a family or parent leader	Amy Litzinger
Leadership	and how you, your family and your community will benefit.	TxP2P
6090	Equal Power Because it's the Right Thing to Do!	Ty & Aimee Day
	Have you ever felt powerless at school? Like you have no choice and control over your education or	
	goals? Join Ty, and his mother Aimee, as he shares his story of how they used trauma-informed care and person-centered thinking to help him grow into a young man who is a strong self-advocate and	
Self-Advocacy	has equal power when he's working with his IEP team to plan for his future.	Parent & Self- Advocate

TxP2P 18th Annual Conference Session 6: 1:30 – 2:30 p.m., Saturday, July 15th, 2023

Session	Description	Speakers
6110	¿Cuál es la gran idea detrás de la inclusión?	Veronica Alvarez –
Spanish	El propósito de este taller es proveer una perspectiva general sobre lo que es la inclusión y su importancia en la educación y desarrollo de los niños con y sin discapacidades. Veremos lo que significa la inclusión, sus beneficios para los niños de todas las edades y cómo esta se incorpora en el marco de IDEA. También exploraremos algunos principios fundamentales de IDEA y como éstos afectan los esfuerzos de integración a los niños con discapacidades.	Partners Resource Network
6120	Homeschooling the Hard-to-Teach Child	Carla A. Scruggs
Special Education	Parents will learn about the opportunities and advantages that come with homeschooling from a parent who homeschooled for twelve years. Carla will discuss how challenges like autism, ADHD, dyspraxia, and anxiety can affect learning and some ways to address those challenges. She will also discuss how developing competence in your child can help with self-esteem and confidence, which can lead to the desire to try new things. Carla will cover homeschool methods, choosing curriculum, setting flexible routines and how to use daily activities for learning as well as how to help your child not be overwhelmed.	TxP2P Volunteer
6130	Demystifying Workplace Accommodations	Betsy Furler
Transition	Moving into the workplace can be overwhelming for a young person with special needs. Accommodations or supports in the workplace can level the playing field. Betsy will introduce you to some great ideas for accommodations and methods to figure out what accommodations are needed for the job.	For All Abilities

TxP2P 18th Annual Conference Session 7: 3:00 – 4:30 p.m., Saturday, July 15th, 2023

Session	Description	Speakers
7020	Early Intervention in Autism	Wendy Cassman
	Learn about early identification of autism and interventions to help aide support! Wendy will cover free statewide resources that are accessible in aiding therapy and school-based interventions.	Maurer
	Creating programs to help generalize skills from school to home and community to school, there are a vast number of resources to help aide yourself, child, student or patient. Wendy will be interactive	Cole Health
Autism	with you to help identify and provide a resource to help gain access to many free interventions that are out there!	
7040	Do-it-yourself (DIY) Planning & Responding to Emergencies or Disasters	Greta James
	Do you and your family have a plan to rescue yourselves in case of an emergency at home or school? What about in case of an area-wide disaster? Have you been working on a plan? Maybe it's on a to-	Maxfield
	do list that you just don't know where to start, when it's finished or what you don't know? Join Greta and make plans A, B, C, & D to safeguard your home & each member of your family including those whose condition, healthcare equipment, prescriptions and nutritional needs require careful attentive	TxP2P
General	planning and resources daily.	
7041	Vision Building: Creating a Life Full of Possibilities!	Cindi Paschall
	Do you struggle to get through the day? Overwhelmed when thinking about what the future holds for your child? Wish you had a crystal ball? If you answered yes to these questions, you won't want to miss this session! Join Cindi as she explores tips, tools and strategies to help you (and your child)	TxP2P
General	move from fear of the unknown to a vision with hopes and dreams for the future and an action- oriented plan to achieve them.	
7050	Calm Seas or Stormy Seas? How's That Reading Weather?	Linda Whitman & Lois Holguin
Disability Specific	Your child is struggling to read? Linda and Lois know you're right! They will help with topics including 2021 Texas Dyslexia Handbook, IDEA, Dyslexia, Dysgraphia, assessments, data, strategies and programming. Did you know Dyslexia affects math? Dyscalculia! Welcome Aboard!	LOIS HOIBAIN

Session 7: 3:00 – 4:30 p.m., Saturday, July 15th, 2023

Session	Description	Speakers
7090	A Peer Support Specialist View of IDD and Mental Health Services	Jordan Smelley
	Jordan will start with his story including barriers he faced and had to overcome in order to gain	
	access to needed IDD and Mental Health services and supports. Then he will cover what peer	
	support is, what Peer Support Specialist do and don't do and briefly cover the Texas Medicaid	
	Billable Peer Support Certifications and where to find more information on them. Finally, before	
	ending with a 15- minute Q&A session, Jordan will cover how individuals with IDD can benefit from	
Colf Advances	Peer Support including covering relevant part of the Texas Administrative Code for Texas HCBS	
Self-Advocacy	Waivers Providers.	Self- Advocate
7100	Self-Determination in Early Childhood	Aubri Simpson
Self-	Aubri will cover the 6 components of self-determination and how you can support your children in	Manifest
Determination	early childhood to meet their academic and social goals.	Academy
7110	Taller de Transición 101	Martha Aguilar y
	El objetivo del Taller de Transición 101 es proporcionar a los participantes una visión general	Dora Saavedra
	completa de las estrategias, recursos y puntos a considerar a medida que las familias comienzan a	TxP2P
Spanish	crear una vida de calidad con y para sus hijos después de la graduación.	
7120	Procedural Safeguards & ARD Guide: Know Your Rights	Tara Williams
	People with disabilities have important rights. They can't always stand up for themselves, so there	
	are laws to protect them. As a parent, you need to know about these laws and the different ways	
	they protect your child. The Procedural Safeguards protect the rights of students with disabilities &	
	their parents. These safeguards include the right to participate in all meetings, examine all	
	educational records and obtain an independent educational evaluation (IEE) of the student. Parents	
Special	also have the right to Prior Written Notice when the school proposes to change or refuses to change	
Education	their child's identification, evaluation or placement.	

2023 Participant Registration

To register online, go to: http://www.txp2p.org

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PLEASE READ	FINANCIAL ASSISTHIS WHOLE THING IF YOU						R	ГНЕ (co	NF	FRE	NC	E
PLEASE READ THIS WHOLE THING IF YOU NEED SOME ASSITANCE PAYING FOR THE CONFERENCE We know that the cost of this conference can be a problem for families (we are all parents of children with disabilities ourselves and know how expensive life is) so we have secured some funds to help families who may need it. Please fill out the information below if you want to request a stipend. We cannot cover the whole cost of the conference for you because we have so many families asking for assistance, but we try to cover some expenses for everyone who asks. First consideration for lodging stipends is given to those who live more than 70 miles away from the conference hotel and who have not received lodging stipends in the past 2 years.													
some expenses for position in the line	milies that cancel in the last 2 we everyone. But you must stay on and go to the bottom and may n er I of the items shown below - p	the registra ot get fund	ation ing. S	list until the So just stay o	very end on the list i	if y until	ou the	cance e end.	el, y	ou	lose	you	ır
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 #I - Hotel cost for I adult I8 or over (we can only cover \$98 of the room cost, parking not included) or for 2 adults (will cover the whole expense, parking not included) #2 - Registration for I or 2 parents #3 - Childcare costs, up to 2 children #4 - Peer to Peer Summit or self-advocate for the main conference - up to 2 self-advocates 													

Registration	on Summary	y and Pay	yment						
Participant Registration Farly Bird E June 16th		Regular Ends July 7	Total Number of Participants	ONSITE Registration	TOTAL				
Parent / Family Member (Check, cash, credit)	\$350.00	\$400.00		\$450.00					
Professional / Foster Parent (Check, cash, credit)	\$450.00	\$500.00		\$550.00					
Peer to Peer Summit (check, cash, credit)	\$200.00	\$250.00		NA					
Self Advocate (check, cash, credit)	\$200.00	\$250.00		\$250.00					
ANY PAYMENT BY PURCHASE ORDER (if payment is after conference)	\$600.00	\$600.00		\$600.00					
CEUs - Per Participant	\$100.00	\$100.00		\$100.00					
2023 TxP2P Conference ☐ Speaker ☐ Exhibitor ☐ Sponsor					No Fee				
Child Care & Sibshop Regist	I Child	Each additiona child	ıl	TOTAL					
Child Care (2 days)		\$200.00	\$ 75.00						
Sibshop Registration - SATURDAY ONLY (waive care)	red if paying child	\$100.00	\$ 75.00						
PA	YMENT INFOR	MATION							
I would like to help pay another family's confere	nce expenses (enter	amount)							
I would like to purchase additional noon lunchesFridaySaturday /meals x \$									
I would like to make a tax-deductible contribution	on to TxP2P (enter a	amount)							
Total Amount Due (Including Fees for Participant Registration, CEUs, Te	een Summit, Child Car	e, Sibshops)		\$					
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