

TxP2P 15th Annual Conference
June 21-22nd, 2019
General Sessions

Session 1: 9:00 a.m. – 10:30 a.m., Friday, June 21st, 2019

Session	Description	Speakers
1040 General	<p>What You Need to Know About a Special Needs Trust and ABLE Accounts</p> <p>You keep hearing about Special Needs Trusts (SNTs) and ABLE accounts but you just don't know what they are. Come get an introduction to Special Needs Trusts, The Master Pooled Trust (MPT) and ABLE accounts! Learn how individuals can stay under the asset limit, save money and still keep their much needed benefits. Find out how to save money for your loved one for their lifetime. All individuals with disabilities may benefit from the SNTs or ABLE accounts. Questions welcomed.</p>	Haley Greer
1041 General	<p>Personal Networks: Creating Community for People with Disabilities</p> <p>Personal Networks build a circle of caring volunteers around a person at risk of isolation; they promote planning and social opportunities in the present, assist with decision-making and work to be sustainable after parents can no longer be available. Learn more about Networks, how they benefit families and how the TxP2P Texas Network Connections Program can help you start a Network. We are also offering a second session on Saturday for Do-It-Yourself Networks.</p>	Denise Sonleitner & Linda Jones

Session 2: 1:30 – 3:00 p.m., Friday, June 21st, 2019

Session	Description	Speakers
2040 General	<p>Relaxation and Creativity for Respite, Replenishment and Fun! FOR PARENTS ONLY</p> <p>As parents of children with disabilities or special health care needs, we are always problem solving and trying to come up with ways to make life better for our children and ourselves. In order to do that, we need to connect with who we are and fill our wells with new ideas that require creativity. So let's get creative! We will engage in relaxation, visualization and storytelling to help you find new ideas, new ways of thinking, and fun!</p>	Susan Anner
2041 General	<p>Sibling Panel</p> <p>Being a sibling to a child with a disability has a great many rewards and struggles. Hear from a sibling panel of young and adult siblings on their journeys with their sibling with a disability or special health care need.</p>	Mary Jane Ledesma & Sibling Panel

TxP2P 15th Annual Conference

Session 3: 3:30 – 5:00 p.m., Friday, June 21st, 2019

Session	Description	Speakers
3040 General	Accessing Resources: A Parent's Perspective Come learn about the different state programs under Texas Health and Human Services that serve children with disabilities, with an emphasis on the Waiver Programs. Using her experience as a mother of an adult son with both physical and intellectual disabilities, who is also medically fragile, Elaine explains how to know which programs fits your child's diagnosis, how to apply for each one and the differences between the Texas Medicaid Waiver Programs.	Elaine Hime
3041 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 4: 9:00 – 10:00 a.m., Saturday, June 22nd, 2019

Session	Description	Speakers
4040 General	In This Together: Marriage and Special Needs Parenting Parents of children with disabilities can experience extremely high stress levels. This often impacts their relationships, work life, personal wellbeing and their ability to parent. We are often told to put our own oxygen masks on first so that we can care for our kids but that is easier said than done. Learn common triggers for stress, red flags to watch out for and some useful coping skills.	Le Shepard, LPC

TxP2P 15th Annual Conference

Session 5: 10:30 a.m. – 12:00 p.m., Saturday, June 22nd, 2019

Session	Description	Speakers
5040 General	<p>Cyber Safety</p> <p>Social interactions and options for meaningful relationships are limited for many children and youth with disabilities. Technology opens up new possibilities for social interactions. Social media can be an equalizer for people who have been marginalized or have limited opportunities to participate in the larger community. Learn practical ways to educate youth with disabilities about privacy settings, reduce the risk of Online Enticement/Exploitation and foster safer on-line relationships. Megan will also share information on myths about the internet, signs and indicators of exposure to pornography, sexting and grooming for exploitation. No experience with social media required.</p>	Megan Westmore
5041 General	<p>Taking Care of Myself: A Workshop for Parents</p> <p>It's all too easy for parents to put their own needs behind those of their children, and even easier for parents of children with disabilities to ignore their own well-being. We all know “you can’t take care of anyone else if you’re not healthy,” but it’s often very hard to act on that knowledge. Susan will give a brief introduction to the biological and emotional underpinnings of this all-too-common situation and offer strategies, suggestions, solutions and support for engaging in compassionate self-care (without a staff or a million dollars!). We will allow plenty of time for discussion and questions!</p>	Susan Jackson

Session 6: 1:30 – 2:30 p.m., Saturday, June 22nd, 2019

Session	Description	Speakers
6040 General	<p>Grief and the Stages of Adaptation</p> <p>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.</p>	Sherry Santa & Melissa Fox

TxP2P 15th Annual Conference

Session 6: 1:30 – 2:30 p.m., Saturday, June 22nd, 2019

Session	Description	Speakers
6041 General	<p>Personal Networks: Do-it-yourself... Together!</p> <p>Personal networks build a community of caring volunteers around a person at risk of isolation. Participants will work in small groups on how to start their own networks. This session is for families who are already familiar with networks. (Attend the Friday session on personal networks to get general information.) We find that the hardest thing about networks is getting started, so join your fellow parents to take the first steps.</p>	<p>Denise Sonleitner, Linda Jones & Rosemary Alexander</p>

Session 7: 3:00 – 4:30 p.m., Saturday, June 22ⁿ, 2019

Session	Description	Speakers
7040 General	<p>Disaster Preparedness</p> <p>When planning ahead for a potential disaster, it is important for families to take into consideration the specific needs of all the members of their group. This presentation will give the attendees some food for thought, so they can plan more effectively for their unique situations</p>	<p>Liz Hong</p>