

# **TxP2P 1<sup>st</sup> West Texas Parent Conference**

**Presented in partnership with Paso del Norte Children’s Development Center, Education Service Center 19, Children’s Disabilities Information Coalition, Baylor College of Medicine and Texas Children’s Hospital with the UT Texas Center for Disability Studies and supported by the Newborn Screening Division of the Department of State Health Services.**

## **Session Descriptions & Schedule**

<b>8:00 am–9:00 am</b>	<b>Registration / Breakfast</b>
<b>9:00 a.m. – 9:15 a.m.</b>	<b>Welcome</b>
<b>9:15 a.m. – 10:30 a.m.</b>	<b>Opening Keynote Session</b>
<b>10:30 a.m. – 10:45 a.m.</b>	<b>Break</b>
<b>10:45 a.m. – 12:00 p.m.</b>	<b>Morning Breakout Sessions</b>
<b>12:00 p.m. – 1:00 p.m.</b>	<b>Lunch Break</b>
<b>1:00 p.m. – 2:00 p.m.</b>	<b>Afternoon Breakout Sessions</b>
<b>2:00 p.m. – 2:15 p.m.</b>	<b>Break</b>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Closing Keynote Session</b>
<b>3:15 p.m. – 3:25 p.m.</b>	<b>Closing Remarks</b>

9:15 – 10:30 am

Opening Keynote Session

### **Medical One-Page Descriptions**

*Laura Buckner*

Taking our child to medical professionals can be an unsettling proposition when there are significant medical and/or developmental disabilities involved. A one-page description can help us prepare the way for the doctors, nurses, receptionists and most importantly, our child, supporting everyone to have as successful a visit as possible. Laura will explain how to create one and when they are most useful to have.

10:45 – 12:00 pm

Morning Breakout Session

### **My Rights My Life: A Curriculum for Safer Relationships**

*Heidi Lersch*

Students with intellectual and developmental disabilities (IDD) are consistently excluded from healthy relationship and safer sexuality education. And unfortunately, this lack of relationship and sexuality education leaves people with IDD at a higher risk for experiencing abuse. *My Rights My Life: A Curriculum for Safer Relationships* was developed by SAFE's Disability Services staff as a comprehensive healthy relationship and safer sexuality curriculum and abuse prevention tool. Heidi will cover the importance of relationship education, current research about sexuality and people with IDD, and give a comprehensive overview of the SAFE curriculum and instruction on effectively teaching safer sexuality and relationship skills.

### **Functions of Behavior (Session in Spanish)**

*Alejandra Vázquez, BCBA, LBA & Stephanie Hernández, BCABA, LBA*

Alejandra y Stephanie revisarán el “por qué” se produce el comportamiento. Las familias aprenderán sobre las 4 funciones comunes de los comportamientos y cómo identificar la función asumida del comportamiento con una evaluación informal y aprenderán a implementar comportamientos de reemplazo.

### **May be FUN for You...but it's WORK for me!**

*Katherine Wellborn, M.Ed.*

Social skills, which are FUN to some, are hard WORK for many individuals with ASD (and other different abilities). Katherine will discuss the social challenges of autism and some evidence-based strategies to encourage social success. Participants will experience some successful social interventions that will assist with outcomes from having rewarded personal relationships, to

interacting with family and friends, to overall quality of life. Come prepared to have fun and be SOCIAL!

### **Early2Exit Transition Introduction for Families**

*Sheryl Wilcox & Leah Wood*

Opening conversations between parents and teachers regarding the importance of transition, job preparation and life goals should start at an early age. Early2Exit focuses on how to prepare our students, at any age, for their future independence by providing them opportunities from the start. Early2Exit will give families an introduction to transition and what it means at any stage, resources in their communities, waitlist awareness, WH questions development and how they assist with independence in their environments and how they prepare for future job opportunities.

### **How Stress Affects Children and How to Manage It**

*Albert Villa*

Stress can affect anyone who feels overwhelmed — even kids. As kids get older, academic and social pressures can create stress. Stress in young people doesn't always look like stress in adults. But like adults, children and teens can find healthy ways to cope. Albert will discuss ways in which parents can help their children deal with stress before it becomes toxic. Together, young people and their parents can learn to spot the signs of excess stress and, with the right tools, manage it.

<b>1:00 – 2:00 pm</b>	<b>Afternoon Breakout Sessions</b>
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### **Hopelighting Book (Session in Spanish)**

*Parent Panel*

A través de historias personales, palabras de aliento, sabiduría y empatía, este libro ofrece información, apoyo y aliento para las familias de niños con discapacidades. Únete a nosotros y conoce a cuatro de los autores.

### **Supporting Executive Functioning with Assistive Technology**

*Lisa J. Ehlers McCuller*

Lisa will focus on how we can support executive functioning via low tech and via apps available for free online. It will be presented in a demonstration style but will have some opportunities for hands-on. Executive Functioning Skills are a set of skills needed to be independent in ALL areas of life such as impulse control, flexible thinking, emotion control, working memory, self-monitoring, planning and prioritizing, task initiation and organization.

### **Parent Leadership: Serving on Groups**

*Linda Litzinger*

Are you interested in getting involved in groups that can make a difference in the disability area? If suddenly you're asked to serve on a group, how do you know if it'll be a good fit? Come learn how to analyze the opportunity in order to have the best experience, utilize your passions and make a difference.

### **Mindfulness to Reduce the Stress and Anxiety (Session in Spanish)**

*Isabel Rivera*

Criar a un niño con discapacidades o una condición médica puede resultar abrumador de vez en cuando. Aprenderemos a centrarnos en el presente para reducir el estrés y la ansiedad a través de la conciencia plena (Mindfulness).

### **Admission, Review, & Dismissal (ARD) 101**

*Melissa Mena, Mónica Quezada & Anna Walsh-Mondragón*

Come learn strategies that help you as a parent be an even more active participant in your child's ARD. Practice some strategies for communication, increase your knowledge in understanding your child's evaluation and most importantly, learn more about resources such as The Procedural Safeguards and the Parent's Guide to the ARD Process.

**2:15 – 3:15 pm**

**Closing Keynote Session**

### **The top 5 Reasons a Child Sees a Genetic Specialist and a Genetic Counselor**

*Pediatric Genetic Specialist, Genetic Counselor and a parent panel*

This session will feature panelists who will discuss signs that a child needs to be referred to a genetic specialist, how to find a provider, what to expect at a genetic evaluation and trusted resources and support information. A parent will share their journey to finding a diagnosis for their child.