



19TH ANNUAL QIDP LEADERSHIP CONFERENCE

JANUARY 26, 2021

VIRTUAL EVENT



9:00 - 10:30 a.m. - *“Your WORDS have POWER!”*

Presented by Barbara T. Doyle, MS

Human services are full of words! Using words, we think, develop our attitudes, provide instruction and support, manage others, make and carry out plans, create records and interact. Our words live on long after we say or write them and can have a profound and lasting impact on the lives of others. But how skillful are we in choosing the words we use in thinking, speaking, and writing?

In this presentation, we will explore these questions:

- How might my words change the lifetime outcome of others?
- How can we heighten our awareness of the importance of how we choose our words in our own minds and when we share our thoughts with others?
- How can we make our words more accurate and supportive and a true source for positive outcomes for ourselves and the people with whom we work and live?

10:30 - 11:00 a.m. - **BREAK**

11:00 a.m. - 12:30 p.m. - *“Promoting and Protecting Our Mental Health*

As We Support and Serve Others”

Presented by Barbara T. Doyle, MS

In our current world situation, our mental health is challenged every day! We are required to make adaptations regarding Covid 19, experience a lack of social contact, live in constant and close proximity to our families and the people we support and have a general sense of things being out of our control. All of this has an impact on our mental health. But we are NOT helpless! We CAN learn, practice, and model mentally healthy skills that will improve our own lives AND the lives of those we supervise and care about.

In this presentation, we will explore answers to these questions:

- What are some mentally healthy skills I need to systematically learn and use?
- What can I do to calm myself and quiet my mind?
- What is the role of Positive Thinking in mental health?
- How can I communicate in a healthier way?
- How does my physical health effect my mental health?
- What can I start doing...?
- What can I stop doing...?

12:30 - 1:00 p.m. - **LUNCH BREAK - We will have a fun game during this break!**

Barbara T. Doyle, MS

Barbara T. Doyle, MS is a nationally known educator, author, trainer, keynote presenter and consultant with 50 years of experience. Her focus is on children and adults with intellectual/developmental disabilities, autism spectrum disorders, deafness, and deafblindness. She works with schools, adult services providers, hospital programs, universities, families, the child welfare system, and other agencies and professional organizations. She is an engaging trainer, noted for her practical information delivered with humor and humanity. Barbara is a family and extended family member of eleven people with disabilities, nine of whom have autism. Her website is www.barbaradoyle.com

1:00-2:30 p.m. - BREAKOUTS - Choose 1

You will receive three Zoom links after you register for the conference. One link will be the Keynote Speaker and the Breakout Sessions 1 and 3. The second link will have the Breakout Session 2 and the third link will have Breakout Session 4. If you would like to see 2 or 4, you just go to the other link.

Breakout Session 1 ***“Adventures Unlimited”***

Presented by David Pufundt
Envision Unlimited

This presentation will share and illustrate principles of inclusive movement. David will teach you how these principles can be used to create an environment that fosters participation, movement and bonding. We are all movers and we can use this common trait to establish many kinds of growth and strength with program participants and caregivers.

Breakout Session 2

“Sex Education for Persons with Intellectual and Developmental Disabilities: Implementation of Public Act 101-0506”

**Presented by Linda Sandman, Blue Tower Solutions and
Teresa Parks, Illinois Guardianship & Advocacy Commission**

There's a new law in Illinois about sex education for people with intellectual and developmental disabilities (ID/DD), which requires action from certain types of residential and day program service providers, including state-operated ID/DD facilities, CILAs, ICFDD providers and day programs. This session will provide information about what the new law requires and ideas on how to get started. You won't want to miss it!

2:30-3:00 p.m. - BREAK

3:00-4:30 p.m. - BREAKOUTS - Choose 1

You will receive three Zoom links after you register for the conference. One link will be the Keynote Speaker and the Breakout Sessions 1 and 3. The second link will have the Breakout Session 2 and the third link will have Breakout Session 4. If you would like to see 2 or 4, you just go to the other link.

Breakout Session 3

“Supporting DSPs During a Time of Crisis: Practical Ideas & Actions for QIDPs”

Presented by John Raffaele
NADSP

This session will focus on how organizations can best support their direct support workforce during the Covid-19 Pandemic. Self-care is important for all of us during this crisis, but direct support professionals have been some of the last people to look after themselves. We will explore the physical, emotional and psychological needs of the direct support workforce in a crisis, and offer practical and useful strategies that can ensure that direct support professionals are supported to be their best. Raffaele

Breakout Session 4

“New Services for a New Normal: Reinventing and Reimagining Services During a Pandemic”

Presented by Kelsey Carlson, Kristen Garcia, and Meg Nolan
Ray Graham Association

Almost overnight, the COVID-19 Pandemic forced organizations to reimagine and create new methods for delivering services. This two-part presentation will share how one service provider created a virtual experience on Zoom and creatively continues to provide in-home services to people using 37U funding. Kristen, Kelsey, and Meg will share ideas on how to make the best of our current environment by being creative, resourceful, and willing to constantly adapt to our “New Normal”, where the only thing normal is constant change.

ALL BIOS

Please see The Arc of Illinois special Event Page for the QIDP Conference at

<https://www.thearcofil.org/qidp2021/>



COST & REGISTRATION



January 26, 2021 - 9:00 a.m. to 4:30 p.m.
This Conference will be held **VIRTUALLY** using Zoom Webinar.

Registration Fees for Participants are:

Arc Members:

Professional.....\$ 90.00
Consumer/Family Member.....\$ 50.00

Non Arc Members:

Professional.....\$150.00
Consumer/Family Member.....\$ 80.00

Please complete the attached registration form, fax it to 815-464-5292, then mail the hard copy along with your check to:

The Arc of Illinois
9980 190th Street, Suite C
Mokena, IL 60448
815-464-1832

You can also register at
<https://www.thearcofil.org>

CEU's: Licensed Nursing Home Administrators, Licensed Social Workers, Licensed Clinical Social Workers, Licensed Occupational Therapists and Physical Therapists, Licensed Counselors and QIDP's participating on Zoom on the day of the event are entitled to six (6) CEU's.

Groups of more than 7 from one agency are entitled to a 10% discount. If you have any special needs, please contact Becca Schroeder at 815-464-1832. Notice of any special accommodations are required TWO WEEKS prior to the event.

If financial restrictions prevent you from paying full registration, you may contact the Consumer Involvement Program at The Arc of Illinois (815-464-1832) for a consumer stipend application for self-advocates and families.

CANCELLATIONS & REFUNDS Participants canceling their registration 72 hours in advance will be entitled to a credit or refund. No refund or credit will be given for cancellation less than 72 hours before the conference.

The QIDP Conference will be held VIRTUALLY, using Zoom Webinar.



REGISTRATION FORM



QIDP Leadership - January 26, 2021
3360

One form per person.

Name: _____

Job Title: _____

Agency: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Phone: _____

E-mail: _____

You can also register at www.thearcofil.org/events

AMOUNT PAID:

METHOD OF PAYMENT: _____

_____ Fax form and send check to The Arc of Illinois

_____ Check enclosed payable to The Arc of Illinois

_____ P.O. or State Voucher #

_____ Charge to my Credit Card _____

Credit Card Number: _____

Expiration Date: _____ **CVV Code:** _____

Billing Zip Code: _____

Card holder's signature: _____



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KEYNOTE SPEAKER



Barbara T. Doyle, MS

Objectives:

- Describe the impact of word choice on thoughts, feelings, attitudes, and actions
- Identify and separate objective information from subjective information
- Use subjective information to help decide what to study next, what data to collect, what other services and supports might be needed
- Document accurately with objective information
- Avoid psychiatric and commonly misused terms
- Avoid judgmental language
- Choose "Can't" instead of "Won't" when describing the motivation of others
- Identify 5 observable skills used by mentally healthy people
- List 3 thinking strategies that promote mental health
- Explain and practice two techniques to "quiet the mind"
- Relate eating, drinking and sleeping habits to mentally healthy outcomes
- Learn new ideas for meaningful creative activities
- How to best support your DSPs during this crisis
- Learn about the new law in Illinois on Sex Education for people with I/DD
- Creative ideas on providing in-home services to people using 37U funding