

VIRTUAL CONFERENCE



INDIVIDUALS WITH IDD AND MENTAL HEALTH

NOVEMBER 1, 2022

9:00 - 9:15 a.m. - Welcome, Amie Lulinski, PhD, Executive Director, The Arc of Illinois

9:15 - 10:00 a.m. - National Association on Dual Diagnosis to leadoff and share an overview of dual diagnosis and the National Association of Dual Diagnosis (NADD). presented by NADD

10:00 - 10:45 a.m. - "Trauma-Informed Environments and Developmental Disability" presented by Susan Kahan, LCPC

While trauma affects most people at some point across the lifespan, people with a developmental disability experience trauma at significantly higher rates than non-disabled peers. This presentation will discuss the impact of trauma on individuals with a developmental disability and suggest practical strategies to creating environments that support safety and connection, as well as reinforce a sense of meaning and value for the individual.

10:45 - 11:00 a.m. - BREAK

11:00 a.m. - 12:00 p.m. "Promising Practices in Co-Occurring IDD and Mental Health Conditions" presented by Kristen Dahl, LPC, MCHES, Human Development Institute, University of Kentucky

We are making progress with care and conversations around intellectual and developmental disabilities and mental health. We are recognizing the resiliency and self-determination of individuals. We are acknowledging trauma and the need for trauma informed practices. We are reducing stigma each time we hold space for these conversations. How do we keep our momentum moving forward while recognizing the many barriers that still exist? In this session we will highlight promising practices in mental health care for individuals with intellectual and developmental disabilities.

12:00 - 12:30 p.m. - LUNCH BREAK

12:30 - 2:00 p.m. - Panel

Introduction from **Erin Wade, PhD/BCBA-D, Jack Mabley Development Center**

"Embracing the Privilege of Serving People with a Dual Diagnosis" presented by Amie Burke, BCBA, and Kim Shontz, LCSW, Illinois Crisis Prevention Network

Over the past 12 years, the Illinois Crisis Prevention Network – Support Service Team has learned many lessons serving people with intellectual and developmental disabilities and a mental health diagnosis. Developing the right tools and trainings to meet the needs of the person, their family, and support team is essential to our mission of helping people with disabilities and mental illness flourish and live full and abundant lives. Join us as we share the challenges and joys of serving people with a dual diagnosis.

Short Term Stabilization Homes and Mental/Behavioral Health Services

**Donna Ennis and Jacqueline Steward, Envision Unlimited
Charlene Bennett, EdD, Individual Advocacy Group**

AGENDA CONTINUED

2:00 - 2:30 p.m. - "The Illinois Training Initiative to Support People with Intellectual and Developmental Disabilities with Co-Occurring Mental or Behavioral Health Disabilities (Dual Diagnosis)"

presented by Randa Abdelrahim, MS, Caitlin Crabb, PhD, MPH, and Tamar Heller, PhD

In this session, the University of Illinois Chicago (UIC) team from the Illinois Training Initiative to Support People with Intellectual and Developmental Disabilities with Co-Occurring Mental or Behavioral Health Disabilities (Dual Diagnosis) will discuss the background and purpose of the Training Initiative and provide a brief overview of what we know about dual diagnosis in Illinois.

2:30 - 2:45 p.m. - *BREAK*

2:45 - 3:45 p.m. - Policy Panel

"Mental Health & I/DD in the Court and Forensic System" presented by Jen McGowan-Tomke, NAMI-Chicago

Mental health advocates across the country have been fighting for decades to reduce reliance on the criminal court system for people living with mental health conditions. NAMI Chicago will highlight our advocacy in this area, what more needs to be done, and how intellectual and developmental disabilities must be considered intersectionally. This discussion will include a focus on current work to transform Illinois's forensic system, including how people with mental health conditions and intellectual and developmental disabilities should be treated in fitness evaluations, jails and state-operated facilities.

CESSA presented by Access Living

3:45 - 4:45 p.m. - Closing Remarks - Hear recommendations and resources from Joan Beasley, PhD, Center for START Services

About the Presenters

Randa Abdelrahim, MS, is a Visiting Research Specialist in the Institute on Disability and Human Development, the University Center of Excellence in Developmental Disability (UCEDD) for Illinois, at UIC as well as a Disability Studies PhD candidate at UIC. Randa's research focuses on factors that influence the well-being of family caregivers of individuals with disabilities, including the impact of race, culture, and language on access to disability and health services. Her dissertation examines policies in Illinois that contribute to access to services for Arab American caregivers of individuals with disabilities. Bringing her experience with curriculum development and environmental scan methodology, Randa serves as the Project Coordinator for this project.

Joan B Beasley, PhD, is a licensed mental health counselor with a Masters degree in community mental health counseling from Northeastern University and has a Ph.D. in Social Policy from the Heller School at Brandeis University. She is the author of the START model and former Director of NCSS. Dr. Beasley's work spans over four decades, with the first funded study of the START model published in 1999. She currently serves as a Research Professor and Director of the National Research Consortium in IDD-MH at NCSS, and is Principal Investigator and Co-Investigator on several research grants. Dr. Beasley also teaches master workshops on the START model and IDD-MH professional development courses, in addition to presentations at forums across the U.S. and abroad, and is the author of numerous peer reviewed publications. In addition to the START model, Dr. Beasley has provided technical support to state policy makers for over 20 years and currently conducts state sponsored systems of care analyses and technical support as part of her work at NCSS.

Amie Burke, BCBA received her Master's degree in Applied Behavior Analysis and Therapy from Southern Illinois University. Amie is currently serving as the Clinical Director and oversees the Rockford, Springfield and Chicago offices. Amie has been with ICPN for over 8 years and has been in the field of ID/DD for 30 year. Her experience is with all levels of disabilities across the lifespan. Amie provides training on evidence-based practices such as Dealing with Challenging Behaviors, Data Collection, Management & Leadership, Caring for the Caregiver, and Empowering DSP's. Outside of work she likes to sew, walk her dogs and spend time with her husband and daughter.

About the Presenters

Caitlin Crabb, PhD, MPH, is a Visiting Research Assistant Professor in the Department of Disability and Human Development at UIC. Her research primarily focuses on access to home and community-based services of people with intellectual and developmental disabilities (IDD) within Medicaid. Currently, Caitlin serves as the UIC Principal Investigator on two Illinois Department of Human Services, Division of Developmental Disabilities projects: Person-Centered Planning Evaluation and Direct Support Professional (DSP) Training Project. The evaluation of Illinois' person-centered planning process also includes understanding service capacity for different groups of people with developmental disabilities in the state, including those with high behavioral support needs. These individuals often have a dual diagnosis of a developmental disability and a mental health diagnosis. Bringing her experience with research and policy, Caitlin serves as a Co-Investigator on this project.

Kristen Dahl is a Licensed Professional Clinical Counselor (LPCC) and a Master Certified Health Education Specialist (MCHES). Kristen serves as a Program Manager for the Human Development Institute at the University of Kentucky. She is passionate about advocating for mental health and loves to collect and share all types of fidgets.

Susan Kahan, MA, LCPC As a member of the clinical staff at the University of Illinois at Chicago's Institute on Disability and Human Development, Susan provides individual and group therapy for children through adults on a broad range of mental health, developmental and behavioral concerns, specializing in Autism and trauma. Susan provides consultation on disability-related topics including trauma and trauma-informed care, sexual abuse prevention, and sexuality and healthy relationships, and training around the country for trauma centers, disability agencies, professionals, schools, and families. She is a certified Forensic Interviewer and serves as disability case consultant for the Chicago Children's Advocacy Center and its clinicians, victim advocates, law enforcement, child protective services and Illinois State's Attorney's Office representatives. In addition, Susan is a CIT instructor for the Cook County Sheriff's Bureau of Education and Training and provides training on disability for Chicago Police Department new detectives. Susan presents nationally on topics related to disability and trauma, human trafficking, and sexual abuse prevention and intervention.

Tamar Heller, PhD, is Head of the Department of Disability and Human Development (DHD) at UIC and Director of its University Center of Excellence in Developmental Disabilities for the state of Illinois. Tamar's research focuses on policies that promote physical and mental health of people with intellectual and developmental disabilities (IDD) and their families throughout the life course. Tamar has led projects that developed evidence-based interventions using person-centered approaches that involved people with IDD throughout the research process and that have been replicated internationally. Tamar oversees DHD's Family Clinic and its TAP Autism Program. Bringing expertise in bridging across state and disability networks, administering large projects, developing and disseminating training, and researching policy and practices across disabilities, Tamar is the Principal Investigator on this project.

Jen McGowan-Tomke is NAMI Chicago's Chief Operating Officer and has led the NAMI Chicago team since 2016. Jen oversees all daily operations of NAMI Chicago, building processes and policies, and ensuring stability and growth. Jen also leads NAMI Chicago's legislative advocacy and provides key support for NAMI Chicago's role in the Williams and Colbert Consent Decrees. Jen is one of Chicago's experts on insurance coverage for mental health, as well as mental health within the criminal court system. She served as co-chair of the Illinois Mental Health Task Force for Youth Mental Health, which focused on youth diversion from the criminal court system and early mental health intervention. Jen is originally from Skokie, IL. She earned a Bachelor's Degree in Political Science and Sociology from the University of Wisconsin at Madison and a Masters Degree in Health Policy and Administration from UIC's School of Public Health. Jen worked for 3 years as a policy analyst in former Governor Pat Quinn's administration, where she served as a lead on implementing the Affordable Care Act in Illinois and specialized in health care reform for the Illinois Governor's Office of Health Innovation and Transformation. She then served as a Health Planning Coordinator at UIC MidAmerica Center for Public Health Practice on the Illinois State Health Improvement Plan, before joining the team at NAMI Chicago.

Kim Shontz, LCSW, is the Director of the Illinois Crisis Prevention Network (ICPN). ICPN provides support service teams funded by the Illinois Department of Human Services to people with intellectual and developmental disabilities experiencing behavioral and/or medical challenges in their current residential setting across the state. Kim previously served as the deputy director of the Behavioral Health program at Trinity Services, providing residential and psychosocial rehabilitation day program services supporting people dually diagnosed with mental illness and intellectual disability.

Dr. Erin Wade has a Ph.D. in psychology from Marquette University, and is a Doctoral level Board Certified Behavior Analyst (BCBA-D). He is a Licensed Clinical Psychologist in Illinois. He has many years of experience conducting psychological assessments with, and providing behavioral consultation services for, adults and children with autism and other developmental disabilities. Dr. Wade has experience providing assessment and consultation services for people across multiple settings, ranging from single family homes to schools, group homes, and large facilities. He has been working with people with developmental disabilities for the state of Illinois since 1997.

Cost & Registration

Registration Form

November 1, 2022 - 9:00 a.m. to 4:45 p.m.

This Conference will be held VIRTUALLY using Zoom Webinar.

Registration Fees for Participants are:

Members of The Arc of Illinois:

Professional.....\$ 100.00
Consumer/Family Member.....\$ 55.00

Non Members of The Arc of Illinois:

Professional.....\$ 160.00
Consumer/Family Member.....\$ 85.00

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
www.thearcofil.org/events**

CONSUMER STIPENDS: If financial restrictions prevent you from paying full registration, consumer stipends for self-advocates and families are available through funding from the Illinois Council on Developmental Disabilities by contacting The Arc of Illinois at 815-464-1832.

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.

CANCELLATIONS & REFUNDS: Participants canceling their registration 72 hours in advance will be entitled to a credit or refund, less a \$50.00 administrative cost. No refund or credit will be given for cancellation less than 72 hours before the conference.

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Webinar.**

**IDD & Mental Health
Conference
Tuesday, November 1, 2022
One form per person, please print legibly.**

Name: _____

Job Title: _____

Agency: _____

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