VIRTUAL CONFERENCE

INDIVIDUALS WITH IDD AND MENTAL HEALTH

NOVEMBER 15, 2023

The Arc Illinois

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

9:15 a.m. - 12:30 p.m. - "Trauma Informed Supports for People with Intellectual Disabilities and the Path to Healing"
presented by Karyn Harvey, Ph.D.

This training will explore the unique sources of trauma in the lives with people with intellectual disabilities. It will put a spotlight on the common effects of that trauma and the ways in which symptoms of post traumatic stress disorder may manifest. Next it will review the key ingredients for healing and approaches that facilitate posit-traumatic growth. Finally, happiness and its pursuit will be explored.

12:30 - 1:00 p.m. - *LUNCH BREAK*

1:00 - 2:00 p.m. - "Suicidal Behaviors in People with Intellectual and/or Developmental Disabilities: Strategies for Positive Health Outcomes"
Presented by Mirian Ofonedu, Ph.D., MSW, LCSW-C

People with intellectual and/or developmental disabilities (I/DD) are at increased risk for undetected suicidal thoughts and behaviors and for developing suicidal thoughts and behaviors, which usually creates high anxiety for professionals, parents and caregivers caring and working with them. This training aims to increase participants' knowledge and skills to recognize risk and protective factors, warning signs, and suicidal behaviors in people with I/DD, and to facilitate early referral of those at risk for suicide.

2:00 - 2:15 p.m. - *BREAK*

2:15 - 3:15 p.m. - "Culture is Medicine: A Protective Factor"
Presented by Crystal Hernandez, Psy.D., MBA

Understanding Native American perspectives and the power of culture as a protective factor for Intellectual Developmental Disorders, Autism, and mental health populations. Ceremony and tradition serve as core elements for meaningful service engagement, rapport building with providers and stakeholders, and alignment for improved outcomes and relationships. The significance of inclusion, understanding, compassion, and honor are woven throughout the various intersections of the Tribal and disability communities. Join the conversation and knowledge share surrounding the gravity of culturally-rooted design and delivery of care.

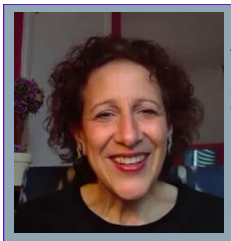
3:15 - 4:15 p.m. - "Providing Trauma-Informed Care with a Disability Lens"
Presented by Lynn Burdick

The presentation will discuss how the characteristics of disability and the symptoms of trauma overlap. We will also look at ways to plan and provide trauma-informed support for students with disabilities.

About the Presenters

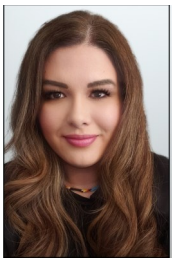


Lynn Burdick is the Director of Trauma-Informed Education in the College of Education at the University of Illinois. She is also the Program Coordinator for the teacher licensure program in Elementary Education and is working to integrate trauma-informed education in the teacher preparation program. Lynn is currently working on her dissertation in Special Education with a focus on trauma-informed teacher preparation. She has been working in education for 32 years, with 10 years in the public schools and 22 years in the College of Education at the University of Illinois.



Karyn Harvey, Ph.D., has worked as a clinician in the field of intellectual and developmental disabilities (ID/DD) for over 30 years. She has a master's degree in Clinical Psychology and a Ph.D. in Applied Developmental Psychology from the University of Maryland. Over her years of academic and professional development including valuable experience in direct support of individuals with ID/DD, she has come to recognize that psychologically supporting people with ID/DD must recognize the role that trauma plays in their behavioral issues and address the critical elements needed for their recovery from trauma (including safety, empowerment and connection).

Dr. Harvey consults with various state agencies and private organizations throughout the United States and Canada and trains staff on every level, trainers and clinicians on trauma-informed care. She has published numerous articles about therapeutic interventions for persons with ID/DD and has written two books: **Positive Identity Development** (including an addendum of practical Workbooks) and **Trauma-Informed Behavioral Interventions**.



Crystal Hernandez, Psy.D., MBA, is a proud Cherokee Citizen & Latina. She is a psychologist by training and has been a mental health administrator for over 15 years. Most recently, she served the State of Oklahoma as the Executive Director of the Tulsa Center for Behavioral Health, which is an adult civil psychiatric hospital, the Oklahoma Forensic Center, which is the sole forensic psychiatric hospital for adjudicative competency and insanity, and the Transitions Recovery Center, which is a forensic mental health step-down unit. She is an Independent consultant with various local and National contracts.

Dr. Hernandez is considered a Tribal disabilities expert, as well as a researcher, autism mother, and ally. She holds independent contracts with several Tribal Nations to provide guidance and insight to system and program development and design.

She serves on the board of the Arc of Oklahoma, La Luz Inc., A Way Home for Tulsa, and the Autism Foundation of Oklahoma. She is a Program Advisory Committee member for the State of the States in Intellectual and Developmental Disabilities and is a State of Oklahoma Joint Arbitration hearing officer. She believes in service to others and works relentlessly to improve clinical treatments, diagnosis, and equitable access to care for all. Dr. Hernandez serves as a Tribal mentor parent to those walking their Autism journey and participates in state and federal projects centered around culturally rooted care. She is the creator and co-host of the Black Feathers podcast- Tribal Disabilities conversations for all rooted in culture, storytelling, and data.



Mirian Ofonedu, Ph.D., MSW, LCSW-C, Dr. Ofonedu is the Director of Training at the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute. She is an Associate Professor at the Johns Hopkins University Bloomberg School of Public Health, Department of Mental Health and at the University of Maryland Baltimore Graduate School. She is also a Faculty Affiliate of the Johns Hopkins Wendy Klag Center for Autism and Developmental Disabilities and Adjunct Professor at the University of Maryland School of Social Work. Dr. Ofonedu is a psychologist and a licensed clinical social worker. She is a fellow of the American Psychological Association (APA) and served as APA Division 37 Program Chair and Task Force on Diversity Initiatives Coordinator and currently serves as Chair for the Diverse, Racial, Ethnic, and Multicultural Special Interest Group and liaison to the Committee on International Relations in Psychology. She contributes to the field through her clinical, research, and training expertise at local, state, national, and international levels. Dr. Ofonedu's work, which spans over two decades, is inspired by the core values of recognizing and building on the strengths and competencies that exist in a person, family, and community; being culturally and linguistically responsive to each person's unique needs for the purpose of creating a more just, inclusive, and equitable society for all.

Cost & Registration

November 15, 2023
9:00 a.m. to 4:15 p.m.

This Conference will be held VIRTUALLY using Zoom Webinar.

Registration Fees for Participants are:

Members of The Arc of Illinois:
Professional.....$ 110.00
Consumer/Family Member.....$ 60.00

Non Members of The Arc of Illinois:
Professional.....$ 170.00
Consumer/Family Member.....$ 90.00

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 Kim Swanson 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.

The Conference will be held VIRTUALLY, using Zoom Webinar.

Registration Form

IDD & Mental Health Conference
Tuesday, November 15, 2023

One form per person, please print legibly.

Name: _____

Job Title: _____

Agency: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Phone: _____

E-mail: _____

AMOUNT PAID: _____

METHOD OF PAYMENT:

_____ Fax form to 815-464-5292 and send check to The Arc of Illinois

_____ Check enclosed payable to The Arc of Illinois

_____ P.O. or State Voucher #

_____ Charge to my Visa, Mastercard, Discover or American Express

Name as it appears on credit card:

_____

Credit Card Number: _____

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

Billing Zip Code: _____

Card holder's signature:

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