

THE ARC OF ILLINOIS FALL CONFERENCE: RESOURCES & SUPPORTS FOR INDIVIDUALS WITH IDD AND MENTAL ILLNESS

NOVEMBER 14, 2024



9:00 - 9:10 am - Welcome

Presented by Samantha Alloway Executive Director, The Arc of Illinois

9:10 - 10:30 am - "Understanding Dual Diagnosis Serving People with ID/D and MI"

Presented by Kim Shontz, LCSW

People with intellectual and/or developmental disabilities are at a higher risk of co-occurring mental health issues - aka the "other" dual diagnosis. Historically, diagnostic overshadowing precluded people from receiving mental health services. Understanding the importance of accurate diagnosis and identifying how the symptoms of mental illness may present in a person with IDD is essential to ethical and effective mental health treatment. This session will address the history of treatment for people with a dual diagnosis, the importance of an accurate diagnosis to inform treatment planning and utilizing the DM-ID2 to understand symptoms and diagnostic criteria for people with an intellectual/developmental disability.

Learning Objectives: Understand the history of treatment for people dually diagnosed with an intellectual/developmental disability and a mental illness; Identify the importance of an accurate diagnosis to inform treatment planning; and Utilize the DM-ID2 to understand symptoms and diagnostic criteria for people with an intellectual/developmental disability.

10:30 - 10:45 am - Break

10:45 - 11:45 am - "Understanding and Preventing Suicide Risk in People Living with Autism or Intellectual Disabilities—Recommendations from our Research Program"

Presented by Cécile Bardon, PhD

People with IDD present a similar suicide risk to the general population, but it remains poorly understood. This webinar will present a research program that aims to improve our understanding, assessment and prevention of suicidal behavior in people with IDD. Through a series of projects carried out in close collaboration between suicide prevention, IDD researchers and clinicians, we developed a dynamic model of suicide risk, a series of tools to support suicide prevention (assessment and intervention) and a strategy to support these tool's use in clinical settings.

11:45 am - 12:15 pm - Lunch Break

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12:15 - 12:30 pm - Tapping Exercise

Tapping, or Emotional Freedom Techniques (EFT), can be a game-changer when facing tough decisions or anxiety. By gently tapping on specific points of your body while focusing on your worries, you can release anxiety and gain clarity. This powerful technique helps you let go of stress, making your options seem clearer and boosting your confidence. In this brief session, we will demonstrate how to do it, so you can find calm whenever you need it!

12:30 - 1:30 pm - “Cultural and Ethical Considerations in Treating IDD/MI”

Presented by Tim Barksdale, Psy.D, LMSW, NADD-CC

IDD occurs in all races and cultures. Cultural sensitivity and knowledge are essential during assessment and treatment. Attendees will be taught to identify how culture impacts clinical decision making for services to adults with IDD/MH. Culturally based information for medical and clinical assessment, positive behavior supports; Mental Health Condition, and crisis management to improve the quality of life for people with IDD/MH will be provided.

1:30 - 1:45 pm - “Real World Advocacy: My Dual Diagnosis and Successful Struggle for Support”

Presented by Curtis Harris and Shirley Perez

Get ready for an unforgettable experience! Curtis Harris, a passionate self-advocate, will share his unflinching journey of living life to the fullest despite the challenges of a dual diagnosis. His story is one of resilience, hope, and determination. This session will share honest insights, support strategies, and empowering outcomes. Shirley Perez will facilitate the conversation and help draw connections to broader advocacy efforts.

1:45 - 2:00 pm - *Break*

2:00 - 4:00 pm - “Crisis Intervention and De-Escalation”

Presented by Mychale Willis and Jonathan Brown

NAMI Chicago will present “Crisis Intervention and De-Escalation”, which focuses on various types of crises, the early warning signs of potential crisis situations, and the skills needed to effectively intervene and manage these situations. It emphasizes understanding a person's needs during a crisis and communicating in a way that is heard. Participants will gain the knowledge and skills needed to recognize, intervene, and manage crisis situations and promote positive outcomes for individuals experiencing crisis. The presentation will include interactive questions to engage the participants and one break-out session.

ABOUT THE PRESENTERS



Cécile Bardon, PhD., is professor of community psychology at the Université du Québec à Montréal (UQAM), associated director of the Center for research and intervention on suicide, ethical issues and end-of-life practices (CRISE), and researcher at the Institut universitaire en déficience intellectuelle et en trouble du spectre de l'autisme (Institut DITSA). She specializes in collaborative mixed method research on suicide prevention, particularly with people living with intellectual disabilities or autism and currently works on the development of an international Special Interest Group (SIG) on

the subject with the international association for suicide prevention (IASP). She is responsible for the development of the Process-IDAS, an integrative, collaborative clinical process for suicide prevention in people living with intellectual disabilities or autism.



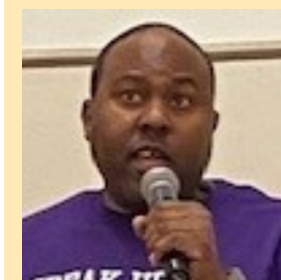
Dr. Tim Barksdale, Psy.D, LMSW, NADD-CC, the Senior Executive Director of Clinical Services for Merakey supervises Clinicians and Behavioral Professionals for adults and Children with IDD/MH across the five states of PA, DE, NJ, VA & CA. He is a Doctor of Clinical Psychology, Licensed Master Social Worker, and a Mental Health First Aid Instructor. He taught as an Adjunct professor at Arcadia University and Lancaster Bible College.

Dr. Barksdale serves on the NADD Board of Directors. He is the Chair of the NADD- Clinical Certification Committee, on the Board

of Governors for Friends Hospital and is the recent Past President and current Board member of the Pennsylvania Psychological Association. Dr. Barksdale was the AAIDD Psychology Interest Networks,' 2023 recipient of the *Wolf Wolfensberger Valor Award*, in recognition of his empowering clinical practice that amplifies the inherent dignity of all people. He is a devout Christian, and his greatest achievement is being the proud dad of a son who is a 20 – year- old artist & musician.



Jonathan Brown is a dedicated and accomplished Licensed Clinical Social Worker with over a decade of experience in the field. He is committed to improving the lives of Chicagoans through his work with families in the child welfare system and youth in the juvenile justice system. After earning both his undergraduate and graduate degrees from the University of Illinois, Jonathan has gained recognition in the social work community, serving as a keynote speaker and participating in panels focused on mental health.



Curtis Harris is an activist, organizer, and self-advocate working towards disability rights and autism acceptance. He is a board member with Chicagoland Autism Connection and has worked with organizations including Access Living, ADAPT, Refuse Fascism, and numerous other working towards civil rights and health care for all. Curtis lives in Chicago, in supportive housing.

ABOUT THE PRESENTERS



Shirley A. Perez is the Program Director of The Arc of Illinois' Family Advocate Program and the Family Support Network. Ms. Perez has thirty-five plus years of advocating and collaborating with individuals, and their families living with disabilities. She is a business graduate of Metropolitan Business College and Kaplan University. She operated her own business, served on the board of directors for a provider agency for over thirty years, worked at an Independent Service Coordination agency (ISC) where she advocated for and assisted families in locating services by navigating the Illinois State system. In conjunction with the City of Chicago, Federal Home Loan Bank and The Illinois Housing Development Authority, she implemented a home-buying program for individuals living with developmental and physical disabilities.

She has worked as a Special Project Advocate with the Illinois Life Span Project; met with families/guardians to explain the transition process and listen to their concerns as their family members' transition into the community from State Operated Developmental Centers.

She currently serves on various Illinois Department of Human Services Committees including the Quality Care Board of Directors. She is a member of The Arc of the United States (The Arc), an active volunteer in both her community and church. She is the proud mother of an adult daughter (Tamekia), who lives in the community. Ms. Perez's lived experience and her passion for advocacy is fueled by her desire to assist her daughter and other individuals living with disabilities reach their full potential and live a full life in the community. Her philosophy is, "everyone can succeed with the right supports!" She can be contacted at shirley@thearcofil.org.



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 psycho-social rehabilitation day program services supporting people dually diagnosed with mental illness and intellectual disabilities.



Mychole Willis has been a school psychologist in the Chicagoland area since 2014. Her experience as a mental health professional in the field of education gives her a unique perspective on systems level stressors that impact team dynamics and functioning. She has passion for helping those in helping professions feel seen and heard and empowered to achieve a healthy work-life balance.

COST & REGISTRATION

Virtual Fall Conference

November 14, 2024

9:00 a.m. to 4 p.m.

Registration Fees for Participants are:

The Arc of Illinois Members:

Professional.....\$110.00

Self-Advocate/Family Member.....\$60.00

Non Members of The Arc of Illinois:

Professional.....\$170.00

Self-Advocate/Family Member.....\$90.00

Groups of more than 7 from one agency are entitled to a 10% discount. 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 St, Suite C
Mokena, IL 60448
815-464-1832

SPECIAL ACCOMMODATIONS:

CEUs

CEUs will be offered for this training. QIDPs, Licensed Social Workers, Licensed Nursing Home Administrators, Occupational Therapists and Physical Therapists signing in and out on the day of the event are entitled to six (6.0) credits.

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.

REGISTRATION FORM

Resources and Supports for Individuals with IDD and Mental Illness

November 14, 2024

One form per person, please print legibly.

Name: _____

Job Title: _____

Agency: _____

Address: _____

City: _____

State: _____ **Zip:** _____

Phone: _____

E-mail: _____

ACCOUNT PAYABLE: _____

METHOD OF PAYMENT:

_____ Fax form and mail check to The Arc of Illinois
(815-464-5292)

_____ Check enclosed payable to The Arc of Illinois

_____ P.O. or State Voucher #

_____ Charge to my Credit Card

Name as it appears on credit card:

Credit Card Number: _____

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

Billing Zip Code: _____

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November 14, 2024

**Register for other
The Arc of Illinois events!**

SCAN TO REGISTER



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category/arc-events/](https://www.thearcofil.org/events/category/arc-events/)**

**This event will be
held
VIRTUALLY**