

23rd Annual QIDP Leadership Conference

JANUARY 28, 2025 VIRTUAL CONFERENCE

9:00 - 10:05 am Loss and Grief for All of Us

presented by Tammy Besser, LCSW, NCG, QIDP, and Jess Jankowski, LCSW, JCFS

Loss occurs all the time and grief is its companion. Grief and loss impact each of us, and those we care for, in different ways. Despite our best intentions, it may not always be easy to know how to support someone through their experience of grief and loss. This presentation will highlight the various types of loss people can experience and the grief that may arise, what is healthy grief and how we can respond and support each other and recognize when it may be helpful to work with a counselor or mental health professional.

10:05 - 10:15 am Break

10:15 - 11:15 am Safely Navigating Social Media: Strategies and Tools for Promoting Social Media Safety for Individuals with IDD

Presented by Mary Jo Krile, Ph.D

Social media use can present many benefits and risks for individuals with intellectual and/or developmental disabilities (IDD). This presentation will use an interactive case study approach to present the benefits and dangers individuals with IDD may experience when using social media. Strategies and resources to mitigate these dangers and promote independence in social media safety will be given. Dangers that will be highlighted include cyberbullying, online consent/boundaries, and scams. After this presentation, attendees will be able to implement strategies to assist individuals with IDD in the identification and addressing of cyberbullying, online boundaries, and scams; and implement strategies to assist individuals with IDD in learning what to share online, including that of keeping personal information private and basic netiquette rules.

11:15 am - 12:15 pm Disability and Sexuality: Best Practices for Support Professionals

Presented by Arryn Akhtenberg, MA, and Morrigan Hunter, MA, MSW

This presentation is aimed to address the extent of knowledge and quality of support in the realms of gender, sexuality, and relationship health for neurodivergent folks (including nonspeaking and semi-speaking individuals). The presenters will give an overview of essential affirming language around gender and sexuality of neurodivergent folks from the standpoint of standards adopted by these individuals and communities, as well as quality of care principles. The audience will be asked to consider how access to neuroaffirming care, gender affirming care, as well as sexual and relationship health education and practices by professional supporters can bring about mental health benefits and prevent harm on an individual level, as well as help repair historical trauma and insulate neurodivergent individuals from further ongoing intersectional marginalization. Lastly, presenters will offer specific recommendations for care and advocacy that is relevant in the work of QIDPs and I/DD direct services personnel.

12:15 - 12:45 pm Lunch Break

12:45 - 1:45 pm Specialized Aging Support for Individuals with Intellectual and Developmental Differences

Presented by Abbey Such, OTR/L

Individuals with intellectual and developmental differences (IDD) face lifelong battles of inclusion and access to services. Throughout the aging process, even more significant needs for support present as they experience Alzheimer's disease and other related dementias (ADRD) at a staggering rate. As individuals with Down syndrome and other IDD diagnoses face everyday challenges associated with ADRD, they also face struggles of providers and caregivers unsure of next steps. The Specialized Aging Support program launched the next phase of services, developing an interactive day center for those living with and at high-risk of dementia, caregiver support and education, and trainings focused on IDD and dementia. We aim to establish a more dementia-capable workforce that is equipped for this next phase of life in individuals with IDD.

1:45 - 2:45 pm Inspiring Financial Strength for Those You Serve with IL ABLE Accounts - What QIDP's Need to Know

Presented by JJ Hanley and Stephanie Kanter, Office of the Illinois State Treasurer

Many of the individuals with disabilities served by disability service organization can protect their SSI benefits and save money – their earnings, leftover SSI benefits, even gifts from friends or family – in an Illinois ABLE or “IL ABLE” Account. This has made IL ABLE a popular financial wellness tool for people with disabilities and their families across Illinois. During this interactive session, you will gain: greater understanding of IL ABLE Account basics and how an IL ABLE Account can increase the financial independence of many individuals served by agencies; knowledge of when a disability service provider has the authority open and manage an IL ABLE Account for an eligible individual; and knowledge of the process that an organization or agency must follow to open and manage IL ABLE Accounts on behalf of those they serve.

2:45 - 3:00 pm Break

3:00 - 4:00 pm Artificial Intelligence: Affordable, Accessible, Adaptive

Presented by Anna Cronin, MS BCBA, Fern Leaf ABA

Explore the potential of AI to empower individuals with disabilities. This interactive session demonstrates practical AI applications, from enhancing communication skills to simplifying complex information, ensuring technology's accessibility and adaptability for all.

ABOUT THE PRESENTERS

Arryn Akhtenberg, MA - Mental Health Clinician

Arryn (they/them pronouns), currently work as a clinical therapist with Envision Unlimited's Pathways Dual Care (MH - I/DD) program. Their model of practice emphasizes anti-ableism, neuroaffirming care, and gender affirming care as different aspects of trauma informed care and harm prevention. Their education/training background is in neuroscience of attachment, behavior science, third generation psychotherapies, and delivery of mental health services in conjunction with other complex care systems. Like many attendees of this conference, Arryn had started their career in a direct services role. They have since then worked in both case management and therapy provision capacities across multiple settings and populations. They hope to share the best of their experience with you for the benefit of the folks by whom we all must do right and good.

Tammy Besser

Tammy Besser (she/her), LCSW, NCG, QIDP has over has over thirty five years of experience working with children and adults with disabilities and their families in direct care, supervisory, clinical, administrative and consultative roles. In her current role, Clinical Supervisor, at JCFS Chicago she supervises mental health services for individuals with disabilities, coordinates Sibshops, and provides disability and accessibility consultation and training to organizations and JCFS Chicago staff.

Anna Cronin

Anna is an owner and director of Fern Leaf ABA in Carbondale, Illinois. As a board certified behavior analyst (BCBA), she has been serving adults with disabilities in Southern Illinois since 2015. Her passion is learning about her clients' goals and values and helping them shape habits that put them on a path to success. Anna has a big brother with disabilities and mom who dedicated her career to helping others find answers about disability services. She gladly accepts "Danny's Sister" and "Charlotte's Daughter" as alternative titles. Anna proudly serves on the board of directors for the Arc of Illinois.

JJ Hanley

JJ is Deputy Chief Officer for Financial Products at the Illinois State Treasurer's Office, where she leads the IL ABLE team. Her role combines all aspects of two careers: first as a financial securities trader followed by parent advocate after one of her children was diagnosed with Autism Spectrum Disorder and disability services and advocacy professional. She serves on the Governance Committee for the National Association of State Treasurers ABLE Savings Plan Network and Steering committee for Equip for Equality's Illinois ADA Project. She founded jjslist.com a review website on the disability friendliness of businesses, produced the award-winning PBS documentary "Refrigerator Mothers", and served with pride for eight years on the Illinois Council on Developmental Disabilities.

Morrigan Hunter, MA, MSW - Social Worker/ Researcher

Morrigan (fae/faer/they/them pronouns), has worked in the field of sexual health promotion since 2017 and is a member of several disability research groups such as the Autism Intervention Research Network in Physical Health, Foundations for Divergent Minds, and the Oregon Health & Science University. Fae focus in this area has been implementation of research to identify systemic causes of sexual harm and abuse committed towards disabled and neurodivergent folks, and to establish best practices guidelines for sexual health education as a form of harm prevention and liberation for this population. To date, fae has also been involved in helping design sexual health education curricula based on known affirming practices that acknowledge the complex and intersecting identities or needs of disabled people. Fae work is grounded in disability justice, the neurodiversity paradigm, and trauma informed care.

Jess Jankowski

Jess Jankowski (they/them), LCSW, is a Licensed Clinical Social Worker at JCFS Chicago who specializes in providing outpatient individual, group and family therapy for youth and adults with disabilities. Jess identifies as disabled and is passionate about fostering self-advocacy skills and positive disability identity. Jess earned their A.M. at the Crown School of Social Work at the University of Chicago.

Stephanie Kanter

Stephanie Kanter is the Director of the IL ABLE savings and investment program for people with disabilities at the Office of the Illinois State Treasurer. As a member of Chicago's disability community, Stephanie's work is rooted in advancing the empowerment and equity of people with disabilities.

Mary Jo Krile, Ph.D

Dr. Mary Jo Krile is an associate professor of Special Education at Eastern Kentucky University. She teaches undergraduate and graduate level courses in special education and moderate to severe disabilities. Dr. Krile has over 10 years of experience in teaching students with disabilities in the public K-12 and postsecondary settings, including teaching digital literacy to young adults with intellectual and developmental disabilities (IDD). Dr. Krile's research, presentations, and resources are dedicated to promoting social media use and safety, as well as digital literacy skills, for individuals with IDD.

Abbey Such, OTR/L

Abbey Such, OTR/L is the Director of the Adult Day Programs at The Arc Jacksonville's and spearheaded the launching of their Specialized Aging Support program. She received her bachelor's from University of Tennessee and her master's of occupational therapy from University of St. Augustine. Abbey oversees three different day programs provided through The Arc all supporting adults with intellectual and developmental differences.

COST & REGISTRATION

Virtual Conference
January 28, 2025
9:00 a.m. to 4 p.m.

Registration Fees for Participants are:

The Arc of Illinois Members:

Professional.....\$100.00
Self-Advocate/Family Member.....\$55.00

Non Members of The Arc of Illinois:

Professional.....\$160.00
Self-Advocate/Family Member.....\$85.00

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 ACCOMODATIONS:

CEUs

CEUs will be offered for this training. Licensed Social Workers, Licensed Nursing Home Administrators and QIDP's signing in and out on the day of the event are entitled to six (6) credits.

CANCELLATIONS & REFUNDS

Participants canceling their registration 72 hours in advance will be entitled to a credit or refund, less a \$25.00 administrative cost. No refund or credit will be given for cancellation less than 72 hours before the seminar.

REGISTRATION FORM

QIDP Leadership Conference
January 28, 2025

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: _____

Card holder's signature: