The Arc Illinois

IDD & MENTAL HEALTH SUMMIT

AGENDA

VIRTUAL CONFERENCE

NOVEMBER 17, 2026

9:00 AM–4:00 PM

9:00–10:15 AM	**Navigating Crisis Supports: Understanding Services and Finding the Right Help** Presenters: Amie Burke, BCBA & Kim Shontz, LCSW Learn about available behavioral health crisis services, when to use them, and how families and individuals can access the right support.
10:15–10:30 AM	***Break***
10:30 AM–12:30 PM	**Building Resilience: A Trauma-Informed Approach for Practitioners and Caregivers** Presenter: Cami Anderson, M.Ed., BCBA Explore burnout, compassion fatigue, and blocked care, with practical strategies to support well-being and strengthen trauma-informed care.
12:30–1:00 PM	***Lunch Break***
1:00–1:45 PM	**Adaptations to Mental Health Assessment and Treatment for Youth with Intellectual & Developmental Disabilities** Presenters: Iulia Mihaila, PhD, & Aubrey Thornton, MSW, LCSW Explore research and practical strategies to make mental health assessment and treatment more accessible for youth with IDD, including insights from the B.E.S.T. Study.
1:45–2:45 PM	**Unlocking Potential: Understanding Anxiety and Enhancing the Lives of People with Disabilities** Presenter: Frank Koerber, PhD Anxiety in people with disabilities often goes unrecognized or is mistaken for behavioral challenges. This session explores evidence-based strategies to identify, assess, and manage anxiety while providing practical tools for caregivers and professionals.
2:45–3:00 PM	***Break***
3:00–4:00 PM	**Preventing Burnout When You're the One Who Takes Care of Everyone Else** Presenter: Amanda Atkins-Griffith, M.S.

ABOUT THE PRESENTERS



Cami Anderson, M.Ed., BCBA is a dedicated private practice owner and Board-Certified Behavior Analyst (BCBA) based in Utah called Balanced Behavior Consulting. With 20 years of experience across clinical, community, home and school-based settings, she specializes in empowering those who support individuals with complex behavioral needs. Cami's dedicated approach focuses on creating environments that empower individuals and highlight their strengths, enriching larger systems.

Her lived experience as a foster, adoptive and special needs parent deeply influence her commitment to trauma-informed care in Applied Behavior Analysis (ABA). This unique perspective drives her passion for improving practices and outcomes for clients and providers in the field of behavioral health.



Amanda Atkins-Griffith, MS is a licensed marriage and family therapist, author, and speaker specializing in disability parenting, caregiver mental health, grief, and relationships. As both a therapist and mother of a child with a rare disability, she brings professional expertise and personal experience to supporting families navigating the challenges of caregiving. She is the founder of Amanda Atkins Counseling Group in Chicago and author of *How to Handle More Than You Can Handle: Caring for Yourself While Raising a Disabled Child*.



Amie Burke, BCBA is a Board Certified Behavior Analyst with more than 30 years of experience supporting children and adults with intellectual and developmental disabilities. She holds a master's degree in Applied Behavior Analysis and Therapy from Southern Illinois University and serves as a Clinical Director with the Illinois Crisis Prevention Network (ICPN).

Her expertise includes behavioral assessment, crisis prevention, individualized support strategies, and professional training. She is passionate about empowering direct support professionals and developing practical approaches to challenging behaviors.



Frank W. Koerber, PhD is the clinical director for Dual Diagnosis Treatment Teams (DDTT) for Merakey's Adult Behavioral Services. He works with DDTT teams in Pennsylvania, Ohio, and California to support people with both neurodevelopmental disorders and serious and persistent mental illness. He holds a PhD in Human Development, an MS in Health Administration, an MS in Clinical Psychology, and a BS in Bible. He has also received his clinical certification from the National Association of Dual Diagnosis (NADD).

Frank is also a licensed professional counselor and licensed behavior specialist in the state of Pennsylvania. He has worked with seriously and persistently mentally ill people for over 35 years, and since 2014 he has focused on people with neurodevelopmental disorders and serious and persistent mental illness. During his leisure time, Frank enjoys spending time with his wife of 35 years and their two sons. Frank also serves on the board of a faith-based nonprofit organization that supports people in recovery from addiction.

ABOUT THE PRESENTERS



Iulia Mihaila, PhD research interests is in utilizing biopsychosocial models to understand the impacts of participation on health outcomes and healthy aging in adolescents and young, middle-aged, and older adults with intellectual and developmental disabilities (IDD). Iulia received her PhD in Human Ecology from the University of Wisconsin Madison in 2018 and completed her postdoctoral training as a Leadership Education Neurodevelopmental and Related Disabilities Fellow at the University of Illinois Chicago in 2020.

Iulia is the Project Director of of the B.E.S.T. Study (BEhavioral Health Stratified Treatment to Optimize Transition to Adulthood in Youth with IDD), a two-arm randomized clinic trial that seeks to examine the impact of care coordination models on the depressive and anxiety symptomatology and transition outcomes of youth with IDD.



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.



Aubrey Thornton, MSW, LCSW is a licensed clinical social worker involved in research focused on improving mental health care for youth with intellectual and developmental disabilities (IDD). Her work includes exploring barriers to mental health services, strengthening accessibility, and developing approaches that better support young people with IDD.

She has collaborated with researchers at the University of Illinois Chicago on studies examining mental health, resilience, and access to behavioral health care for youth with disabilities.

COST & REGISTRATION

IDD & Mental Health Summit
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Registration Fees for Participants are:

The Arc of Illinois Members:
Professional.....$110.00
Self-Advocate/Family Member.....$50.00

Non Members of The Arc of Illinois:
Professional.....$170.00
Self-Advocate/Family Member.....$80.00

REGISTRATION FORM

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
7550 183rd St
Tinley Park, IL 60477
815-464-1832

Earn 6 Continuing Education Units (CEUs)!

Six (6) Continuing Education Units (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.

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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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:

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Credit Card Number: _____

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

Billing Zip Code: _____

Card holder's signature:

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The Arc Illinois

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