

ADULT AM WORKSHOPS

A Tools for the Caregiver (AM)

- This is an adaptation of the Powerful Tools for Caregivers course. Participants will take part in an interactive session discussing topics such as taking care of yourself, common problems and stressors, and communication. There will be several take-aways including relaxation techniques, resources, stress relievers, and communication techniques. You will learn how to make an action plan to put your new skills into action.
- Taking care of yourself, common problems and stressors, communication techniques, relaxation techniques, resources, stress relievers- meditation, action plans
- PRESENTER: Pamela Becker, BA, M.A.T., MS: Pamela taught elementary school for 15 years and after completing Master's degree in Child Advocacy and Family Studies she joined Community Partners. She has served as the Family Support Coordinator for Partners in Health and as the Grant Writer, Communications and Development Coordinator. She currently has begun working with the Council for Youths with Chronic Conditions as their Administrator. Pamela is trained in the Powerful Tools for Caregivers program from which this presentation is adapted. Her work with families over the years has led her to want to share these tools for communication, self-care and stress reduction

B Visual Supports- How These Can Support Individuals with Various Abilities (AM)

- During this workshop we will review what visual supports are and the most common types (e.g. first then board, visual schedule, social stories, choice boards, etc.) We will discuss how each of these can benefit individuals of all skill levels and how they can be implemented across environments. Additionally we will discuss how to make your own visuals and/or find pre-made visuals. The presenter will also open the floor to the audience to answer specific questions.
- PRESENTER: Jenna Rinaldi: My name is Jenna Rinaldi, M.S., CCC-SLP and I am a Speech Language Pathologist that specializes in the area of Alternative Augmentative Communication (AAC). Professionally I have worked closely with individuals who are diagnosed with various disabilities and personally I am the proud sister of a brother who is Autistic. I enjoy providing training to families and teams regarding AAC (low-tech through high-tech) and how it can be incorporated into various environments. During these trainings I draw from my clinical knowledge, research in the area, and my own experience as a family member of an individual with a disability. I am currently employed by Gray Consulting & Therapy, LLC in Hampstead, NH.

C Talking With Your Kids About Sexuality (AM)

- Sexuality is an uncomfortable topic for many parents. Utilizing resources from Katherine McLaughlin's "Sexuality Education for People with Developmental Disabilities: Parent Workshop Curriculum" this workshop is intended to help families look at why it's so difficult to talk about sexuality, provide practice examples and tips for talking to their children, and identify important messages that they want to share with their children about sexuality.
- PRESENTER: Isadora Rodriguez-Legendre: Isadora Rodriguez Legendre is the Executive Director at the New Hampshire Council on Developmental Disabilities. She has been in this position for 4

years. At the Council, Isadora works to eliminate barriers and promote opportunities for individuals with developmental disabilities through advocacy, capacity building and system change activities in line with their 5-year plan. She has a Master's degree in Social Work and is dedicated to providing all underrepresented or marginalized groups with the supports and services they need to live full and meaningful lives in the community. She came to NH from New York City, where she had worked, for many years in homeless and employment services for very low-income families in urban communities with various barriers to self-sufficiency. She also worked with homeless Veterans, many of whom had disabilities, providing housing and employment services using evidence-based practices.

D Beyond Mom and Dad - A Vision for Supported Housing (AM)

- Visions for Creative Housing Solutions founder and executive director, Sylvia Dow and Ben Sahl, lawyer, disability advocate, and principal author of the New Hampshire Supportive Housing Toolkit, will share lessons they learned as they sought adult housing options for their own children. Participants will learn about the resources available and concrete strategies for developing housing options. Visions for Creative Housing, which began providing housing for 6 residents in 2014, now serves 11 with a waiting list of 25 and the organization is poised for expansion into two neighboring towns over the next two years. The Visions model is so popular that the New Hampshire Housing Finance Authority funded publication of The New Hampshire Supportive Housing Toolkit, a free online resource designed for families and community members interested in replicating the Visions model. Workshop participants will learn about the toolkit, lessons learned, and have the opportunity to ask questions about Visions and other housing models.
- PRESENTER: Sylvia Dow: Sylvia Dow, founder and executive director of Visions for Creative Housing Solutions, is a long-time special educator and mother of two adult daughters who have disabilities. A tireless advocate for the independence and community engagement of people with disabilities in all facets of community life, she has dedicated her life to supporting children and adults with disabilities in a wide variety of community settings. Dow was a founder of Art Lab, a targeted weekly art class for adults with disabilities sponsored by the Special Needs Support Center in partnership with AVA Gallery and Art Center, she taught classes for adults with special needs at Lebanon College, and served as Board member and one of the founders of Northern New England Down Syndrome Congress.

E The NH Medicaid MEAD Program for People with Disabilities who Work (AM)

- The New Hampshire MEAD program is an opportunity for people with disabilities who are able to work. The MEAD program is designed to allow adults with disabilities to work without loss of Medicaid health insurance and services. Social Security benefits may be affected. It is important to understand the rules. Practical tips will be presented to help people to work and preserve vital safety net public benefits.
- PRESENTER: John Kitchen: John Kitchen graduated from Williams College and Boston University School of Law. John has served as an Assistant Attorney General for the State of New Hampshire, and also as a member of the Board of Governors of the New Hampshire Bar Association.

John's practice areas include supplemental needs trusts, special needs trusts, powers of attorney, wills and other trusts including revocable trusts and charitable trusts.

John has given presentations on these topics at state and national conferences, including at New Hampshire Bar Association Continuing Legal Education Conferences, New Hampshire Family Support Conferences, and at national conferences held by the National Guardianship Association, The Arc, The National PLAN Alliance and the Special Needs Alliance as well as at the National Press Club in Washington, D.C. in a program sponsored by the National Disability Institute.

John has written articles published by the National College of Probate Judges, the Research Institute of America (RIA) and the New Hampshire Bar Journal. John has also participated in drafting trust legislation enacted into law the New Hampshire, as well as the federal ABLE Act.

John has offices in the Manchester area as well as in the Lakes Region.

F The Transition Years: What to Expect After Finishing High School (AM)

- This workshop will focus on the critical years of a young person's life between the age of 18-21. This is a time of great transition for youth and families alike. This workshop will discuss the transition from school into the service delivery (area agency) system, with emphasis on the importance of individual's participation in developing a program. Additionally, this program will discuss how to best utilize transition services offered by the school and vocation rehabilitation in order to maximize the individual's competence and independence after graduation.
- PRESENTER: James Ziegler: James Ziegler began his career at Disability Rights Center – NH in 2012 as a UNH Legal Fellow. He worked as an attorney on the intake team before assuming the position of Staff Attorney. James has represented clients with intellectual and developmental disabilities in a wide range of cases.

G Supported Decision Making - What Is It and How Can It Help My Family Member be More Independent? (AM)

- Supported Decision Making is an alternative to guardianship through which people use friends, family members and professionals to help them understand situations and choices they face, so they may make their own decisions without the need for guardianship. NH is exploring formalizing supported decision making in our state. What is happening and how can you be involved? What would this mean for your family member? Come to our workshop and learn all about it!
- PRESENTERS: Terry Ohlson-Martin: As the Co-Director at NH Family Voices, Terry is currently actively involved in the direction of NH's federally and state funded Family to Family Health Information Center, the Medical Home Project, Preschool Development Project and a number of smaller initiatives. NHFV seeks to respond to the needs of families across disabilities/special health care needs by providing information, support and access to appropriate resources. NHFV believes that family engagement in all aspects of systems and service delivery for families of children with special health care needs is a priority. NHFV's direct involvement with families informs all aspects of our work.

Sylvia Pelletier: Associate Director Sylvia Pelletier has worked at NH Family Voices since 1999. Sylvia is a graduate of Rivier University, with an early concentration in elementary and special

education. The diagnosis of two of her three children with cancer shifted her career focus to family engagement and support, and improving the capacity of systems to respond to the needs of individuals and families. Sylvia currently serves as the Project Coordinator for the Medical Home Project, and can be reached at slp@nhfv.org

H Social Communication Supports in Adults with ASD (AM)

- Kathryn Greenslade and Amy Frechette will present three evidence-based strategies to support the social communication of adults with ASD: social stories, peer and video modeling, and feedback using shared vocabulary. For each strategy, we will clearly describe the strategy and how to implement it in the real world. We also will provide real life examples to show how these evidence-based practices can work. At the end, we will guide small group discussions about how to apply the practices to specific cases.
- PRESENTER: Amy Frechette: Amy Frechette, A.S., has worked at the Institute on Disability for the past 10 years. She is a self-advocate (governor appointed self-advocate for the NH Council on Autism Spectrum Disorder) and provides program support for the NH-ME Leadership in Education and Neurodevelopmental Disabilities (LEND) program.

ADULT PM WORKSHOPS

I **Asking Questions-Getting Answers-Together! (PM)**

- Have you ever been in a situation when you just didn't know what to ask? Have you ever felt like somebody made a decision that really is important to you, and you weren't a part of that decision making process? We all need a chance to learn important skills for asking questions and focusing on decisions.

Despite their significance, skills to develop focused; straightforward questions around important issues are rarely taught. Using this clear, simple step-by-step approach, individuals will learn and practice this foundational skill. Leave this workshop with a practical, solution-based strategy you can apply immediately to almost any area of your life! This session is designed to increase communication, information gathering, and shared decision making.

- Presenter: Maureen Callaghan: Maureen Callaghan, MS CCC-SLP, Right Question Facilitator, has been in the educational field for 30 years working as a Speech-Language Pathologist. Maureen possesses a steadfast determination to connect families and schools, and believes that school-family partnerships are crucial to ensure the best possible outcomes for all students.
- Maureen has been instrumental in educating families, counselors, school staff, and students on the Question Formulation Technique, with her goal being to increase understanding, improve communication, and promote collaboration. She has presented alongside Luz Santana, co-founder of the Right Question Institute, and is featured in their video promoting the technique...
- Her belief that all individuals need to possess the skills necessary to advocate for themselves and for those they care for, motivates her to share the Question Formulation Technique with all who will listen!

J **The Basic Legislative Process (PM)**

- This workshop aims to educate and empower people with disabilities and their families to learn about how laws are made in NH, participate in the policy process, contact legislators and monitor issues that are important to them. We will focus on the state process and adding in some federal information too. We will provide any updates on key pieces of legislation happening in the current legislative session that may be of importance to you and help to provide support for you to get involved.
- PRESENTERS: Heather Young, Karen Blake

K **Project SEARCH: More Than Just a Job (PM)**

- Project SEARCH is a program that provides job readiness training, resulting in employment for individuals with intellectual and/or developmental disabilities between the ages of 18-35. By offering total workplace immersion in the host site, this internship program facilitates a seamless combination of classroom instruction, career exploration and on-the job training and support.
- PRESENTER: Ms. Greco serves as the Transition Coordinator for New Hampshire Vocational Rehabilitation (NHVR). As a woman with Cerebral Palsy, she understands the significance that transition holds in the lives of students with disabilities. In her position, she provides support to

NHVR staff, schools, students and their families and other community organizations to understand and connect Vocational Rehabilitation to the overall transition process. Ms. Greco has worked on a number of efforts that seek to develop and foster collaborative relationships with other agencies and organizations involved in transition activities for students with disabilities. Prior to Vocational Rehabilitation, Ms. Greco worked as an Independent Living Skills Specialist for Granite State Independent Living and served as a co-facilitator for the organization's youth and young adult programs. Ms. Greco holds a Bachelor of Arts in Communication from George Mason University and a Master's degree in Rehabilitation Counseling from Assumption College.

L Service Animals Enhance Health and Wellness (PM)

- Gilford's Golden Guardians, LLC
Come join us and learn about autism service animals. Learn how one may benefit from being paired with a service dog and what to expect during the labor intensive training process. Learn about the most common breeds of service animals and why we use them. Learn about the ADA. Talk to families who own a service animal and hear about their experiences. See you in April!
- Presenter: Kaarla Weston: My name is Kaarla Weston and I have worked in NH assisting individuals and families who have a loved one with a developmental disability. During the past 20 years I was also a breeder of golden retrievers. I own a service animal business that pairs children with service dogs for increased health, safety and wellness. The training includes an intensive bonding program which is sure to delight any child. We train for medical alert/diabetic, autism, and emotional support.

M Diabetes Awareness (PM)

- The Diabetes Awareness workshop will include two brief videos, starring members of People First NH, that discuss the importance of diabetes prevention and how to care for yourself after a diagnosis of diabetes. The screening will be followed by a panel discussion. The panel will include actors from the videos, many of whom experience diabetes. There will be an opportunity for attendees to ask questions and learn where to find resources in their communities that can help them adopt a healthy lifestyle.
- PRESENTER: Isadora Rodriguez-Legendre: Isadora Rodriguez Legendre is the Executive Director at the New Hampshire Council on Developmental Disabilities. She has been in this position for 4 years. At the Council, Isadora works to eliminate barriers and promote opportunities for individuals with developmental disabilities through advocacy, capacity building and system change activities in line with their 5-year plan. She has a Master's degree in Social Work and is dedicated to providing all underrepresented or marginalized groups with the supports and services they need to live full and meaningful lives in the community. She came to NH from New York City, where she had worked, for many years in homeless and employment services for very low-income families in urban communities with various barriers to self-sufficiency. She also worked with homeless Veterans, many of whom had disabilities, providing housing and employment services using evidence-based practices.

N Charting the LifeCourse- Strategies and Tools for Planning a Good Life (PM)

- Charting the Life Course was created for families by families in collaboration with the University of Missouri, is becoming enthusiastically recognized across the US, and is taking hold in NH! The Charting the Life Course framework promotes thoughtful conversations to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. You will leave this presentation with innovative yet practical strategies for person-centered planning that you can implement right away with your family members and other supporters!
- PRESENTER: Lesley Blecharczyk: Lesley Blecharczyk has worked in the developmental services system for 20 years, and is currently the Director of Program Services at Community Bridges. Through this work Lesley promotes the implementation of person-centered practices to assist people and families all across the lifespan to develop their vision for a good life, and access necessary supports and resources. Her parents, and a sibling with a developmental disability, fostered a passion for engaging and empowering families, and impacting organizational and systems change to promote family capacity, choice and direction. Lesley is a nationally certified trainer in Person Centered Thinking and recently completed the national training to become a NH-based Ambassador for Charting the Lifecourse. Sharing Charting the Lifecourse concepts, strategies and tools to statewide audiences is a current professional joy!

O How to Say Yes to Going to College, and Being Successful at It (PM)

- I graduated from college in 2019 so I have firsthand experience going through the whole process. From my first college visit to my last moveout, I can speak on my experiences with the disability department, in the classroom and being an advocate for myself.
- PRESENTER: Colby Dudal: I graduated from Keene State College in 2019 with a degree in Journalism and Communication Studies. I have had health challenges throughout my life with my heart and having cleft lip and palate. I successfully made it through college with honors. It would be great to share my story with others who are not sure if their child or themselves should go to college.

P Coordinating the Use of ABLE Accounts and Special Needs Trust to Maximize Public Benefits (PM)

- Discussion and practical examples of how various programs can be combined into one coordinated plan to increase choices to individuals living with disabilities.
- PRESENTERS: Ann Butenhof, Judith Jones, Judith Bomster

YOUTH WORKSHOPS

Youth Beatz with Mr. Rich

Workshop YBA **ages 6+**

Youth Beatz is all about kids and community first. Each program is tailored to meet the specific needs of the community. At it's core, Youth Beatz is a Tour Of Enrichment where all participants discover the positive benefits of teamwork, social inclusion, empathy, equality and the power of making good decisions and much more!

THIS WORKSHOP IS OFFERED IN THE MORNING AND IN THE AFTERNOON. WHEN REGISTERING, YOU MAY CHOOSE AM, PM OR BOTH.

Tales from the Home of the World's Worst Weather

Workshop YWA **ages 6+**

Why is Mt. Washington called the "Home of the World's Worst Weather"? This program will explore the unique life and work of the weather observers stationed on Mt. Washington and learn why, for a mountain its size, Mt. Washington hosts some of the worst weather on Earth.

THIS WORKSHOP IS BEING OFFERED IN THE AM ONLY

amplifi adaptive music AGES 6-12 SESSION

Workshop YAMP **ages 6-12**

Our adaptive music encourages participants to experience joy, express themselves through music and movement; and collaborate with peers to write and perform a song written by amplifi instructors that features original lyrics by participants.

THIS IS AN ALL DAY WORKSHOP, WITH PART ONE IN THE MORNING FOLLOWED BY PART TWO IN THE AFTERNOON. IF YOU CHOOSE THIS WORKSHOP, PLEASE DO NOT CHOOSE ANY OTHERS.

amplifi adaptive music TEEN SESSION

Workshop TAMP ages 13+

Our adaptive music encourages participants to experience joy, express themselves through music and movement; and collaborate with peers to write and perform a song written by amplifi instructors that features original lyrics by participants.

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Becoming a Youth Activist

Workshop TA ages 13+

In this highly interactive workshop, the group will first get to know each other socially through introductions of the facilitators and the participants. After introductions are complete the group will ponder what is activism? and what does activism mean to me? The facilitators will present various methods of change-making to the group, and the group will discuss historical and current examples of each. The facilitators will highlight young people in NH and around the world that are currently making change. Finally, the group will contemplate what makes them angry, sad, hopeful, and fearful to spark lively discussions about current issues so that participants may identify an area of action.

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