**CONNECTING HEARTS AND RAISING VOICES:**

**A State-Wide Family Conference**

**SATURDAY, MAY 19, 2018**

**Double Tree by Hilton, Minneapolis North: 2200 Freeway Blvd. Minneapolis, MN 554430**

[**http://doubletree3.hilton.com/en/hotels/minnesota/doubletree-by-hilton-hotel-minneapolis-north-MSPNODT/maps-directions/index.html**](http://doubletree3.hilton.com/en/hotels/minnesota/doubletree-by-hilton-hotel-minneapolis-north-MSPNODT/maps-directions/index.html)

**8:00 –8:30: Registration and Continental Breakfast**

**8:30 – 10:00: Welcome and Opening Key Note: Bill Schwab – Family-Centered Care**

Bill Schwab is Professor and Vice Chair of the Department of Family Medicine and Community Health at the University of Wisconsin School of Medicine and Public Health where he is an active clinician and teacher. He is a nationally recognized leader in patient- and family-centered care as well as in medical education about the care of children and adults with chronic illness and disabilities. He has led research projects on developmental screening in primary care and on the care of individuals with autism. Dr. Schwab has been the recipient of the Humanism in Medicine Award from the Society of Teachers of Family Medicine jointly with the Arnold P. Gold Foundation, and the Educator of the Year Award from the Wisconsin Academy of Family Physicians. Bill serves on the board of directors of the Institute for Patient- and Family-Centered Care and of Family Voices of Wisconsin.

**10:00 – 10:15: Break**

**10:15 – 11:45: 5 Breakout sessions**

**1. Special Education Overview: Kab Nras Lee,** The ARC of Minnesota

 This workshop helps participants gain a better understanding of the Special Education Process and become more active participant on their child’s IEP (Individualized Education Program) team. Learn about how children are identified for special education services, the evaluation process, and the process of developing an IEP. The workshop also includes information on developing IEP goals, accommodations and modifications, service delivery, least restrictive environment and positive communication between home and school.

**2. Navigating the Funding Maze: Jen Johnson and Ryan Anderson Pascual,** The ARC Minnesota

It can feel overwhelming to see how all the puzzle pieces fit together when you or a family member have a disability and need specialized healthcare. How do you pay for the services? What resources, programs and benefits are out there? Are you or your family member eligible for them? Who do you call for help and what can you expect about whatever comes next? Join an interactive discussion about healthcare for people with disabilities. A Navigator from The Arc Minnesota will give an overview of the healthcare system in Minnesota, including MNsure, how Medical Assistance programs work and what the options are for people with disabilities. Participants will have the chance to share about their own healthcare, and use Person Centered Planning tools. There will be time for Q & A.

**3. Introduction of Care Coordination in the Primary Care Medical/Health Home: Tara Mahin,** Southlake Pediatrics, **and Tricia Brisbine,** Parent**:**

As the parent/caregiver of a child with special healthcare needs, we are often responsible for all aspects of coordinating our child’s care. This includes coordinating multiple areas of care including medical appointments, therapies, evaluations/assessments, school records, specialty clinic appointments, home care, child care, medications, medical equipment, etc. YOU don’t have to do this ALONE! Many primary care clinics offer support and services which can be helpful in coordinating your child’s care. Learn about care coordination in the primary care medical/health home, how to connect with care coordinators, what to expect, helpful coordination tools, and real examples of how care coordination has helped families like yours.

**4. Supporting Sexual Health for all Abilities and Ages: Katie Thune,** Mad Hatter Wellness

People with disabilities want friendships and relationships as much as anyone else. Unfortunately, there is a lack of appropriate education out there to support safe and healthy relationships. The work to increase awareness begins with parents and the trusted adults that are a part of a young person's life. This will provide information to support the parent/caregiver of a child or young adult with special healthcare needs.

**5. The Care-giving tool box: Melody Vachal,** Arise Cares

The health statistics on caregivers are staggering, the impact of being a caregiver has significant implications on physical, mental, and emotional health. This is especially true for the "sandwich generation" who are providing care to both children and parents. This session will address how to be proactive and work with family to develop a caregiving plan, participants will work on building their "Caregiving toolbox", learn how to build a care team and set long and short-term goals for self-care. There will be time to brainstorm with others and share ideas of what has been helpful in their caregiving journey.

**12:00 – 1:30: Lunch and Speaker: Kevin Kling**

Storyteller Kevin Kling is part humorist, part poet and philosopher, part sacred fool. Known for his funny, poignant tales, and a Minnesota accent straight out of the movie “Fargo”, Kling’s plays and stories have delighted audiences around the globe, and his commentaries are featured on NPR’s All Things Considered. We see how Kevin’s physical disabilities—the one he was born with and the one that resulted from a motorcycle accident—have shaped his art and life. Kling’s stories draw not only on his childhood growing up in suburban Minnesota, but also on Shakespeare, Dante and Homeric legend, with wisdom and relevance that transcends to modern day life. Kevin has produced six storytelling CDs. His website is: [www.kevinkling.com](http://www.kevinkling.com)

**1:45 – 3:15: 5 Breakout sessions**

**1. Journaling for Self-Care: Brenda Hudson,** Voiced Life

This session will introduce the concept of journaling for personal growth and development, healing, and self-care. Instruction on three effective journaling techniques and discussing the various situations in which they may be used for self-care will be provided. Participants will be given the opportunity to try these techniques in short writing segments during the presentation. Questions and discussion from the audience are welcome.

**2. SSI, SSDI and Medicaid – Heather Stillwell,** Disability Hub MN

This presentation will provide information about Medicaid and SSI for children and adults including, the SSI application process and eligibility requirement for children; Medicaid eligibility including the State Medical Review Team (SMRT Process); what happens when a child turns 18 and how the child’s income affects Medicaid and SSI eligibility. The presenter will be also provide online tools that are available to help do planning for how work will affect benefits. Presenter will answer questions by participants throughout presentation.

**3. The Inclusive Education Journey – Crossing the Divide: Leslie Sieleni and Aaron DeVries**

This presentation addresses the importance of inclusive education for both children with and without disabilities. It will include discussion in regard to laws, what parents can look for and advocate for and what is and isn't working. Personal experiences, both positive and challenging, and outcomes will be shared. There will be a Q & A for participants.

**4. Emergency Plans for Children with Emotional and Behavioral Conditions: Autism Society of MN**

More information coming soon

**5. Where do I go from here? Navigating Minnesota’s Early Childhood Systems: Kara Tempel,** MDE, **Katy Schalla,** MDH, **Nicole Berning,** DHS **and Shawn Holmes,**  MDH

The focus of this interactive panel presentation is to support families with children birth to kindergarten entrance. This session will provide families a clearer understanding of Minnesota's early childhood system, focusing on public resources in various settings that are important to young ones with special needs. Representatives from the Minnesota Departments of Education, Health and Human

Services will provide an overview of what services are available in education, health care, public health, and social services – and how to best access those services. An emphasis will be placed on how families can advocate for better coordinated services, with ample time for questions and discussion.

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**3:15 – 3:30: Thank you and gift drawings – collect evaluations, MDH surveys, and stipend forms**

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