

MAXimizing Your Potential

...Rewards Beyond A Paycheck

MAX Conference for Developmental Disabilities & Behavioral Health Professionals

March 17 & 18, 2010

Clarion Hotel Park Ridge
King of Prussia, PA

For directions, please visit:
www.clarionhotel.com



MAX

MOVING AGENCIES TOWARD EXCELLENCE

Department of Behavioral Health & Developmental Disabilities



— **A Message from MAX** —

Welcome to the fifth Annual MAX Conference for behavioral health, developmental disabilities and drug and alcohol professionals.

This year's conference theme: "Rewards Beyond a Paycheck", reflects the true nature of our noble profession. None of us entered this profession to become monetarily rich. We entered it to become rich in another way – rich in spirit. This profession is rich in spirit and abundant in stories – thousands of stories – stories about successes, stories about achievements, stories about human nature.

So today MAX provides this forum to come together to share these stories, to celebrate, to learn and to renew our passion and our purpose. I hope you come away from this conference with some new ideas, some new relationships, but most of all with a sense of importance for the work you do each day to make a difference in people's lives.

I would like to thank our conference sponsors, presenters, exhibitors, advertisers, vendors, participants and all those who served on the MAX Conference Planning Committee – without which the conference would not be possible.

Sincerely,

Diane

Diane Conway, Ph.D.
Executive Director
MAX Association

— **MAX Conference
Committee Members** —

Julie Agnew, LifePath
Karen Bitting, Hedwig House
Thad Campbell, KenCrest Services
Diane Conway, MAX Executive Director
Deb Kunsch, ALTEC
Barbara Ocasio, ALTEC

Janice Perry, Salvation Army
Marge Phillips, ALTEC
Sue Pruski, MAX/ALTEC
Larry Rubin, ADD
Christine Swan, Axion of PA, LLC
Kathy Trumbore, Access Services

Learn more about MAX by visiting our website at www.maxassociation.org



MOVING AGENCIES TOWARD EXCELLENCE

MAX Conference Schedule

Day 1 – March 17, 2010

- 8:00 – 8:45 a.m. Registration
- 9:00 – 9:15 a.m. Welcome Opening Remarks
- Deb Kunsch, MAX President / CEO ALTEC
 - Eric Goldstein, Administrator, Montgomery County Office of Developmental Disabilities, Behavior Health / D & A
- 9:15 – 10:30 a.m. Keynote Address – “Detour to Wellness”
- Lizzie Simon

Lizzie Simon, a nationally recognized leading advocate for people with mental illness, is the author of ‘DETOUR: My Bipolar Roadtrip in 4-D’ and has appeared on many prominent TV, newspaper, magazine radio and web outlets. Over the past seven years, she has been a frequent guest lecturer on the subject of mental health at over sixty universities and mental health organizations.

Morning Session 1: 10:45 a.m. to 12:00 p.m.

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| A1 | <i>Tony Salvatore</i> MCES | Suicide Prevention for Direct Service Staff | This presentation provides the direct service staff with information on suicide risk factors, warning and danger signs while assisting individuals with disabilities. Learn effective ‘how to help’ techniques and other suicide prevention resources. |
| A2 | <i>Constance Romer-Quinn</i> Psychologist | First You Think It, Then You Do It | This presentation is an introduction to cognitive structuring as a treatment strategy. What you think determines what you do. Structuring your environment for good thinking will improve the actions you take. |
| A3 | <i>E. Adel Herge, OTD,OTR/L</i> <i>Nasrin Ghorbani, OTS</i> <i>Joby Varghese, OTS</i> | Using Technology to Build Social Networks | Learn specific outcomes illustrated in case stories on how to increase friendships, reduce loneliness and increase interactions with family and friends. Presenters will describe strategies for using current internet technologies to build social networks for adults with I/DD. |
| A4 | <i>Lizzie Simon</i> | Memoir Writing | Are you looking to make serious progress on a book project or to explore your creativity? This session will provide you with techniques and practices to do just that. |
| A5 | <i>Terrence McNelis</i> NHS | Genetic Syndromes and Their Impact on Future Support Models | This session presents information regarding genetic findings about Down Syndrome, Fragile X, Smith-Magenis, Williams Syndrome, and Lesh-Nyan that should guide future comprehensive assessment and service delivery. |

12:00 p.m. – 1:00 p.m. Lunch served downstairs in the restaurants.

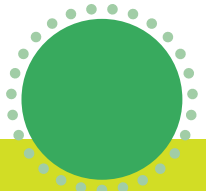
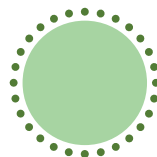
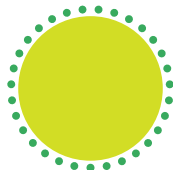
Afternoon Session 2: 1:15 p.m. – 2:30 p.m.

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| A6 | <i>Ray Rodgers</i> Harcum College | What’s In It For Me!! | This session describes the things we can gain from our efforts that go beyond the paycheck. The presentation will explain what the job does to motivate us to perform at a high level. |
| A7 | <i>Robert Benton</i> | Living with Autism | Share with an individual his personal journey with autism. Hear about his challenges and successes from childhood to his adult life. |
| A8 | <i>Gabrielle Sedor</i> PAR <i>M. Christopher Tabakin</i> M.S., Melmark | Your Political Voice – Finding It, Refining It, Using It | In this fun and interactive session utilizing real pieces of legislation, participants will learn how to interact with all levels of legislators. Increase your comfort level with the political process utilizing currently available tools. Learn how to make a difference for the people you serve.. |

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| A9 | <i>Rosa McAllister</i> Networks for Training And Development, Inc. | Finding Your Energy (& Learning How to Use It)! | “Energy” flows in and amongst all of us yet how many of us realize just how powerful we are? Come explore, play, and learn how you can tap into your energy for empowerment and healing of yourself and others. |
| A10 | <i>John McGee, PhD</i> <i>Marge Brown, MS</i> Gentle Teaching | Gentle Teaching for Caregivers | Gentle Teaching is a non-violent philosophy for providing support that is used around the world. Caregivers will learn about the four tools of Gentle Teaching and how to create a culture of gentleness in their workplaces and their lives. |

Afternoon Session 3: 2:45 p.m. – 4:00 p.m.

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| A11 | <i>Jessica L. Stover, M.S.</i> Networks for Training | The Zen of Support Practicing Mindfulness in Our Interactions and Support of Others | Come and join us for an interactive conversation exploring how to gain further understanding of our actions, interactions, and how this can affect those in our lives. Answer questions, such as, ‘What is Support? How do you experience support?’ |
| A12 | <i>Richard Cooper, PhD</i> Harcum College | Techniques to Improve Social Skills | This presentation will give participants techniques that the presenter uses with individuals who have various disabilities to improve their social skills. A model showing the differences between life and social skills will be discussed. |
| A13 | <i>Ginny Focht-New</i> PhD, PMH-CNS, BC, CDDN | A Transformation Process Teaching People with Intellectual/Developmental Disabilities about Health | During this session the results of a qualitative descriptive study will be presented. Twenty-three nurses were interviewed, explaining their experiences and transformation through teaching adults with I/DD. Creative teaching strategies and methods will be shared. |
| A14 | <i>Barbara Granger, PhD, CPRP</i> <i>Patrice Patterson, BS, CPS</i> Hedwig House | Peer Support and Employment Support - A Natural Partnership | Learn how through a collaborative effort, including peer support, successful employment outcomes for individuals in recovery are best accomplished. |
| A15 | <i>Julia Barol</i> Networks for Training And Development, Inc. | Dispelling the Myths: Social Security Benefits and Work | Take this opportunity to understand the basics of Social Security Work Benefits. Learn about the BPQY: Benefits Planning Query, an indispensable SSA pamphlet detailing how to take advantage of work incentives that are under-utilized and where to go to get individualized counseling. |



Day 2 – March 18, 2010

- 8:00 – 8:45 a.m. Registration
- 9:00 – 9:15 a.m. Opening Remarks
- Diane Conway, MAX Executive Director
 - Vicki Stillman - Toomey, Manager, ODP Southeast Regional Office
- 9:15 – 10:30 a.m. Keynote Address – “Rewards Beyond a Paycheck”
- Ray Rodgers

Ray Rodgers, Director of Business and Professional Studies at Harcum College, has had an outstanding career in education with thirty-three years of teaching at the college level, ten years of military/government service, fifteen years experience in the business sector, and nine years administrative experience in post secondary education.

Morning Session 4: 10:45 a.m. to 12:00 p.m.

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| B1 | <i>Lynda Mitchell</i> EdD, CTRS, CPRP | Differentiating Between Therapeutic Recreation Approaches and Activities Programming | This session will explore the integral role of therapeutic recreation for individuals with disabilities. Discussions will include distinctions between therapeutic recreation programs that offer therapy as contrasted with social and diversional activities for individuals with challenges. |
| B2 | <i>Linda Ulinski, RN, CDDN</i> <i>Melissa DiSipio, MSA</i> PCHC | Medical Risk Management | This training is designed for agency nurses, program supervisors, and house managers involved in incident reporting, quality management or risk management. Direct support professionals who enter reports into HCSIS will also benefit from this session. |
| B3 | <i>Diane Dougherty, RN, CLL</i> Certified Laughter Leader | Healing with Humor | Have you ever heard that laughter is the best medicine? Come and join a Laughter Leader and find out ways to lower the stress level in your life and increase your laughter quotient! |
| B4 | <i>Frank Unger, Parent</i> <i>Cynthia Hennessy, NHS</i> | There Ought to Be a Law | This presentation describes a collaborative that developed two limited liability corporations for home ownership, negotiated the OBRA waiver for services and implemented a team approach with the over-arching goal of community independence for adults with autism spectrum disorders. |
| B5 | <i>Dr. Caryn Wetcher, Psy.D.</i> Staffing Plus | Keep Your Fire Burning Without Burning Out | The courage and compassion of Direct Care Givers lead to unusually high levels of stress. This session will review approaches that administrators, directors and managers can use to decrease stress levels and improve the quality of their services. |

12:00 p.m. – 1:00 p.m. Lunch served downstairs in the restaurants.

Afternoon Session 5: 1:15 p.m. – 2:30 p.m.

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| B6 | <i>Christopher H. White, MA</i> Melmark | “So You Want to Be a Supervisor” | Learn firsthand how to succeed with one of the greatest challenges in a human services career: the progression from working as a DSP to being a Supervisor. This session, presented by an Executive Director who made this transition, provides an overview of what leadership skills are required for success. |
| B7 | <i>Rev. Pamela Landis</i> | Faith and Light | Come and hear first hand wonderful stories of incredible people who are a part of Faith and Light. |

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| B8 | <i>Elena Drozdova</i> <i>Heather Graf</i> Peaceful Living | Creating Marketable Artifacts with People with Developmental Disabilities | In this hands-on workshop the audience will be involved in the step-by-step process of creating paintings and a discussion surrounding how the process and results are affecting the self-perception of people with developmental disabilities and their families. |
| B9 | <i>Larry Wenger</i> <i>Annie Lachs</i> Workforce Performance Group | Building and Maintaining an Energized Workforce | Would you be surprised to learn that many of the lessons we learn about having an energized workforce come from the traditional business community? This session will address a series of concrete tools that you can use to have employees who are happy and motivated in their work. |
| B10 | <i>Richard Cooper, PhD</i> Harcum College | Characteristics of Learning | This session describes how individuals who learn differently perceive, process and communicate in ways that can limit their learning and living skills. The presenter will draw examples from his extensive background working with individuals with various disabilities. |

Afternoon Session 6: 2:45 p.m. – 4:00 p.m.

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| B11 | <i>Jim McCarty, PhD</i> Harcum College | Service That Leads | This session will examine the Servant Leadership Model and how you can make a difference with the people you influence, offering strategies for negotiation and techniques for problem-solving. |
| B12 | <i>Mark Boorse</i> Access Services | Living in Community: Moving Beyond Integration | Regardless of which system supports the individual, it is recognized that people do well when they have the human basics of community. Relationships, values, and a way to contribute beyond you are all critical aspects of a full life. Join us as we discuss the key concepts of community and what this system can learn to help people live in the community. |
| B13 | <i>Richard Cooper, PhD</i> <i>Carol Champlin, MA</i> Harcum College | Ensuring Clear Communication with Clients | The presenters will demonstrate techniques for communicating with clients who have various disabilities. Techniques will include illustrations, diagrams, examples, and vocabulary development. |
| B14 | <i>Marian Frattarola-Saulino</i> <i>Adam Lees, Maurice Bell,</i> <i>Susan Young</i> VIA | The Art of Personal Assistance: Supporting People to Lead Their Own Lives | Hear about experiences from Personal Assistants in assisting people to direct their own services. Participate in this interactive session designed to share information. Learn how one organization is attempting to move beyond providing service to working in partnership with people to truly achieve personalized support. |
| B15 | <i>Jill H. Rogers</i> <i>Denise Graves</i> JEVS Human Services | Mentoring: One Person Can Make a Difference | Hear through demonstration how our mentoring culture has developed. Learn the key components, examine the essential skills and participate in interactive exercises on how a mentoring culture has built stronger bridges using these skills. |

MAX CONFERENCE REGISTRATION 2010

Two easy ways to register:

- Register online at www.maxassociation.org
- If you prefer to register by mail, please send this registration form and payment to:

**MAX Conference Committee
 C/O ALTEC
 3151 Advance Lane
 Colmar, PA 18915**

Special Requirements – Please check here if you require special accommodations to maximize your participation. A MAX Conference Member will contact you.

Please print name legibly for ID Badge

First Name: _____ Last Name: _____

Employer/Agency: _____ Job Title: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone: _____ Daytime Fax: _____

Email Address: _____

Please indicate below **one session number** in each set of sessions you'd like to attend.

Day One, March 17

Day Two, March 18

| Session 1 | Session 2 | Session 3 |
|-----------|-----------|-----------|
| | | |

| Session 4 | Session 5 | Session 6 |
|-----------|-----------|-----------|
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Make checks payable to MAX. Payment must accompany registration form.

Conference Fees: \$40 per person one day – MAX Members
 \$75 per person two days – MAX Members
 \$60 per person per day – Non-members

Total Enclosed: \$ _____

If you would like to pay by credit card, please use our online registration at www.maxassociation.org.

If CEU Credits are desired, please check this box.

Final Registration due February 26, 2010

Registration is limited and is available on a first-come, first-serve basis. If registration is received after the due date and space is available, a \$10 per person late fee will be assessed.

Conference will be held at:

**Clarion Hotel Park Ridge
 480 N. Gulph Road, King of Prussia, PA 19406**

MAX Association & You

MAX is a regional membership organization of agencies that provide support for individuals with developmental disabilities, behavioral health needs and drug and alcohol addiction. Some of the benefits of MAX membership are:

Networking Opportunities

- Get to know other providers, their services, best practices, new service models, public policy implications, troubleshooting critical issues facing your organization.

Training

- Through MAX and its membership there are various free or low cost training opportunities for staff at all levels of the organization from direct support professionals to executives.

Forums With Government Officials

- MAX provides forums with various government and elected officials to discuss issues of importance and to educate members of upcoming initiatives.

Shared Knowledge of the Field

- Collectively, MAX membership is providing state-of-the-art services. Membership provides access to discussions of current best practices.

Source of Information

- MAX is a great source of information for activities and initiatives in the following counties: Bucks, Chester, Delaware and Montgomery.

Speakers

- MAX provides various speakers throughout the year on many different topics of importance.

Professional Development

- MAX provides a forum for professional development and growth, by providing access to state-of-the-art information and other leaders in the field.

MAX Gets Things Done

- There are many discussion forums, but MAX provides action forums resulting in positive outcomes for its members.

For more information on MAX please visit our website at www.maxassociation.org or call (215) 822-6417

VISIT MAX ASSOCIATION'S NEW WEBSITE

Visit MAX Association's recently redesigned website. It is the "go to" website for MAX members, other professionals in the field and individuals who are searching for service information. Some of the resources on the MAX website are:

• Shared Training Calendar

Members can:

- Post upcoming trainings
- Find needed training for staff
- Increase attendance at upcoming trainings

• Get the Word Out About Your Services

Members have a link to their website from the MAX website for those searching for services.

• "Members Only" Section

Access for MAX members to exclusive information

Visit Maxassociation.org to find out more...

Stay the Night! Clarion Hotel Park Ridge

The MAX Conference Committee has been able to arrange a special rate of \$99 per night for conference attendees. If interested in "Staying the Night" please contact Katya Sharma at 610-878-1457 and mention the MAX Conference to get our special pricing.

HUMAN SERVICES CAREERS BEGIN AT HARCUM COLLEGE

Combine an associate degree with four years of work experience and what do you get? A fulfilling career in the growing field of human services!

A Harcum College degree can lead to many possibilities, including:

- Work in a chosen field
- Transfer to a four-year college
- Specialized study

Human Services Professionals help individuals and families in need and enhance their quality of life.

Harcum's experiential learning offers:

- Extensive field-based observations and experience
- Internships
- Possibilities for careers in agencies, hospitals, clinics, retirement communities, and in the home.

Home health care, one of the fastest-growing human services, was recently listed as one of the "Eight Top Fields with Major Job Growth" by Yahoo! hotjobs.

Harcum has credit for life experience, small classes, individual attention, and faculty with real-world experience. Its convenient Bryn Mawr campus is located on Philadelphia's famous Main Line and online classes are available.

For more information, contact Dr. Jim McCarty at 610.526.6006 or email jmccarty@harcum.edu