

Arc Midstate
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**Potpourri for Providers XIII
Regional Annual Conference
Saturday, March 3, 2012
Sauk Rapids-Rice High School**

**Potpourri for Providers XIII
Focus on Special Needs**

A regional conference for those who provide
care and support for children & teens
with special needs.

Sauk Rapids-Rice High School
1835 Osauka Road NE
Sauk Rapids, MN 56379
Map & Directions Enclosed



Lunch Catered by Panera Bread - Register Early!

To register for this workshop, please fill out this form, detach and mail it along with your payment of \$55- CHECK PAYABLE TO ARC MIDSTATE (includes continental breakfast and lunch)
 Mail to: Arc Midstate PO Box 251, St. Cloud, MN 56302. **Register by Feb. 17, 2012.** You will not receive a confirmation notice.
 Please call with any questions.

Breakout Sessions
 Please indicate the breakout session you plan to attend. List your 1st and 2nd choices.

Breakout Session 1
A- _____ (1st) _____ (2nd)
 Breakout Session 2
B- _____ (1st) _____ (2nd)

Due to space limitations, we request that you attend the session that you indicate here.

Name: _____
 Address, City, Zip: _____
 Home Phone: _____ Work Phone: _____

Please check all that apply to you:

- Paraprofessional within a school district
- Child care provider, either home or center based
- Foster care or respite care provider
- After school care such as Kidstop, etc.
- Parent of child with special needs
- Other: _____

Refunds will be granted only to those who cancel their registration five working days prior to the workshop. Call 320.251.7272 for more information.
Payment must accompany registration. No refunds will be given for inclement weather.

Registration Fee \$55
Register Early!
Conference enrollment is limited

Deadline to register:
February 17th

Please Park in the South Lot
Enter Door 1
6.0 Training Hours

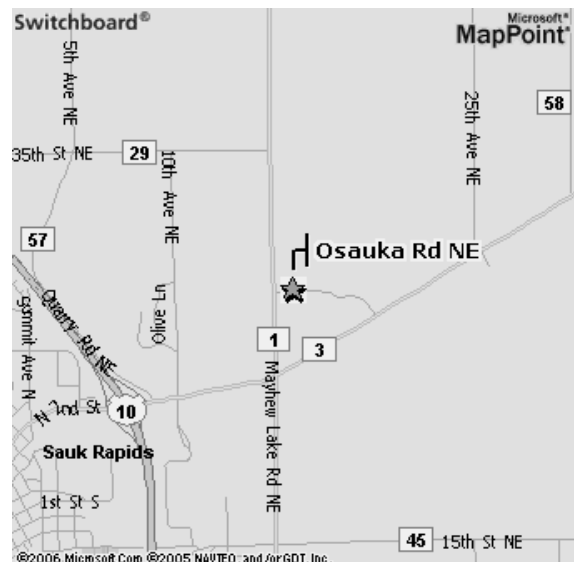
Directions to Sauk Rapids Rice High School
1835 Osauka Rd NE, Sauk Rapids MN 56379:

Coming over Sauk Rapids Bridge – Cross over bridge onto 2nd St. N, follow 2nd St. N up the hill and over Hwy 10, drive 1.5 miles, turn left onto Osauka Rd. NE.

Coming North on Hwy 15 – Take Hwy 15 thru St. Cloud, cross the Mississippi River; take the first exit, Benton Dr. At the first stoplight take a left onto 2nd St. N –stay on 2nd St. N. Cross over Hwy 10, go 1.5 miles, turn left onto Osauka Rd. NE.

Coming from the East on Hwy 23 – Turn west onto Hwy 10, travel 2 miles, take a right onto Golden Spike Road/Co. Rd. 3 – go 1.3 mile turn left onto Osauka Rd. NE.

Coming from Little Falls on Hwy 10 – Stay on Hwy 10, do not take Hwy 15 exit, take the Golden Spike Road/Co. Rd. 3 exit; watch for green sign directing you, at the top of the exit ramp, take a left, go 1.5 miles – turn left onto Osauka Rd. NE.



AGENDA for the Day March 3, 2012

7:15 AM Arrival and Check-in
Vendor Area Open
(Continental breakfast provided)

8:00 AM Welcome – Performing Arts Center

8:15 – 9:30 AM Deborah Jiang Stein
Performing Arts Center

Deborah Jiang Stein's personal story of resilience resonates with all those who work with others to improve the quality of life. She finds triumph against great odds that began as a special needs and at-risk child, born heroin-addicted in a federal prison. Deborah chronicles her challenges, from the stigma of prison and foster care, her journey in a transracial adoption, and all compounded with multi-racial identity. From rebellion to survival, Deborah conveys through her unique perspective that although progress is not always linear, it is always possible.

9:30-10:00 AM Break

PLEASE VISIT OUR VENDOR AREA!

10:00 – 11:30AM Breakout Session 1 – Select One

11:30 – 12:30PM Lunch – Cafeteria

12:30 – 1:30PM Educating Trainman: A Mother and Son Story - Stefan and Barb Kavan
Performing Arts Center

The gift of Stefan and his story resulted in a mother-son presentation, followed by their coauthored children's book, published in 2010 by AAPC called *TRAINMAN*. Stefan's personal experience focuses on social acceptance and developing friendships through special interests. We will highlight evidence-based practices for an inclusive classroom and community-based environment. Our message is one of hope and inspiration!

1:30 – 1:45PM Cookie Break

FINAL OPPORTUNITY TO VISIT VENDORS!

1:45 – 3:15PM Breakout Session 2 –Select One

3:15 – 3:30PM Wrap Up

**Turn in Evaluations
Receive Certificate of Attendance**

Breakout Session 1 10:00 AM – 11:30 AM

Choose one of the following:

A-1 "Seven Keys" for Understanding families of young children with disabilities or chronic illnesses This presentation will broaden your understanding of diverse family systems with young children with disabilities or chronic illnesses. Using a family-focused systems approach, family members' experiences will be described that highlight the factors contributing to family stress and coping. Effective teaming and communication techniques will be offered to support successful partnership work between schools, child care and families. (P) CDA (4) CC V Jane Minnema – St. Cloud State University

A-2 Putting Out the Fire This workshop will help you identify common causes and approaches to handling challenging behavior. It will focus upon how to assess and use multi-modal treatments in order to put the challenging behavior fire out. Participants will learn effective tools to manager others people's behavior, and learn methods to take care of themselves. (All) CDA (3) CC IV Jon Freer – Behavior Wizards

A-3 Deflating the Frustration/Resistance Cycle Frustration is a hallmark emotion of stressed parents and caregivers. It is commonly experienced in the home during times of transition and routine expectations such as getting off to school, bedtime, homework and chores. Unfortunately frustration has a very predictable and compelling effect on children: it induces resistance; which surprisingly induces more frustration until ...YIKES! You will leave with an understanding of the frustration/resistance cycle and three techniques known to deflate this troublesome cycle. (All) CDA (3) CC II Paul Buckley LMFT My Strong Family

A-4 Asperger's Syndrome: The Dilemma of the Little Professor Often identified as the "Little Professor," children with Asperger's Syndrome are complex and delightful learners. They share many characteristics of children with autism, but with unique challenges. Learn the special challenges and gifts children with Asperger's have, how to support their individual learning needs. Receive information on specific strategies for children in a range of ages and abilities and understand how you can implement them in a range of settings. (All) CDA (8) CC I Kathy Kjolhaug – Autism Specialist

A-5 iPads and Learning – Exploring the Possibilities Everyone is talking about it. They're cool. They're everywhere. But what can iPads really do? What can't they do? What apps are available for children with special needs? How do you learn the new apps? These questions and more will be addressed in this session. (All) CDA (2) CC VII Kim Moccia – STARS

A-6 Keeping Your Cool...De-Escalation Techniques Want to keep things calm when the behavior of others is anything but? Communication both verbally and non verbally is a key factor in the ability to de-escalate any situation. Learn tips and strategies on: avoiding power struggles, early intervention techniques and ways to remain in control in a potentially volatile situation at home, school, work or in the community. (E or T) CDA (3) CC IV Linda Tillman – St. Cloud Children's Home

A-7 Understanding and Addressing Challenging Behaviors in Young Children Participants will learn about the stages of development, how to prevent challenging behaviors and strategies to provide children with acceptable ways to have their needs met. They will also learn effective strategies to use with children when they engage in challenging behavior. (P) CDA (3) CC II Judy Swett – Pacer

Breakout Session 2 1:45 – 3:15 PM

Choose one of the following:

B-1 Dyslexia – Signs and Solutions Although dyslexia is the most common reading disability, it is also the most misunderstood. These are often the children who have great gifts in other areas – an aspect which complicates the puzzle. This session will cover the symptoms to look for in all age groups and will debunk many myths, while providing solutions and local resources. (All) CDA (2) CC II Lori Langerud – Reading Resources, LLC

B-2 iPads and Learning – Exploring the Possibilities Everyone is talking about it. They are cool. They're everywhere. But what can iPads really do? What can't they do? What apps are available for children with special needs? How do you learn the new apps? These questions and more will be addressed in this session. (All) CDA (6) CC VIII Kim Moccia – STARS

B-3 DisAbility Awareness Come and find out what the best practices are for interacting with people of all disabilities. We will cover language and terminology, disability etiquette, explore the medical model vs. the social model of interpreting disabilities, some ADS tips and how we can best empower people with disabilities to lead full inclusive lives. (All) CDA (6) CC VIII Cara Ruff –Independent Lifestyles

B-4 FASD – Advanced – Recognizing the Impact of Prenatal Alcohol Exposure This advanced presentation is geared towards professionals and those who work with kids, older teens and young adults who may be affected by FASD. Learn about basic brain functioning in relation to FASD brain damage, identify red flags for diagnosis, explain the relationship between secondary disabilities & primary brain damage and discover protective factors and strategies to increase success. (All) CDA (8) CC I Pam Chmielewski – MOFAS

B-5 Working with Troubled Children: monkeys and dragons, they're everywhere! For educators, therapists, parents, and court officers, dragons or monkeys are known in terms of diagnostic criteria such as oppositional defiance, conduct disorder, PTSD or simply obnoxious and annoying behaviors. Interventions will be discussed by which the dragon might be soothed and the antic monkeys can be known with delight and the taming influence of caring adults engaging the child's better mind. (All) CDA (7) CC III Paul Buckley, LMFT – My Strong Family

B-6 What's Motivation Got to Do with It? Children are easily discouraged and that does not bring out the best in them. New discoveries shed light on how motivation works. Learn how to spark the interest and joy of kids with different needs and unlock enthusiasm and responsiveness with understanding and humor. Proven techniques and effective interventions to inspire children to succeed and achieve will be shared. (All) CDA (3) CC IV Cindy K. Lea, MA

B-7 Look at me! Listen to me! Talk to me! Most early childhood professionals encounter children who just won't fall into the routine with the other kids. Maybe they don't respond when you call their name, cry if you or other children try to play with them, don't follow directions or answer your questions, cry when you change activities or their routine, push or hit other children, or don't respond to time-outs. These are just some of the red flags for autism. But don't despair. There are strategies that can help you help these children interact with you, other children, and their environment. This session will help you develop specific strategies to use with these children tomorrow. (P) CDA (8) CC I Carol Gibson- Miller – Child Care Consultant

REGISTER EARLY!

Due to room space limitations, the number of participants in sessions may be limited.
Please plan to attend the session that you indicated on your registration form.

Vendors & Sponsors To Date:

Arc Midstate/Opening Doors
ARISE Home Health Care
Child Care Choices
Friendship Ventures
Gillette Children's Specialty Healthcare
Great Steps Orthotic & Prosthetic Solutions
MOFAS
Purseanalties
Quilted Illusions
St. Cloud Area IEIC – Help Me Grow
Tupperware
UCP of Central MN
Wellspring

Thank you to our planning committee:

Arc Midstate,
Child Care Choices, Inc.
St. Cloud Area IEIC – Help Me Grow
St. Cloud School District 742
Stearns County Human Services – Dev. Disabilities Unit
UCP of Central Minnesota



Please note:

These codes help describe the age ranges that presenters suggest for materials covered in the sessions:
(P) Preschool ages birth to 5 years
(E) Elementary ages 6-12 years
(T) High School ages 13-18 years
(All) All ages

Note: CDA refers to Child Development Associate program requirements

CC Refers to Core Competencies
This conference can be used for CCR&R grant training requirements

Questions? Call 320.251.7272 877.251.7272

E-mail: info@ArcMidstate.org