



**2009 Tools for Today and Tomorrow Conference
for Families and Professionals Caring for Children
with Chronic Illnesses and/or Disabilities**

**Friday, October 23, 2009
Cleveland State University, Cole Center for
Continuing Education
3100 Chester Avenue, Cleveland, Ohio**

CONFERENCE PROGRAM AND REGISTRATION INFORMATION

This conference is for you if you are a parent, relative, guardian, teacher, nurse, counselor, psychologist, occupational therapist, aide, or other professional caring for, or working with, children with chronic illnesses and/or disabilities.

Gain new insights and strategies, gather valuable information, and be uplifted. No one will leave without making important connections with others! The day will feature:

- ✚ Keynote speaker: **Jeff Moyer**, advocate, songwriter, author, producer, public speaker, and historian
- ✚ Endnote speaker: **Thomas Knestrict, EdD**, Assistant Professor, Xavier University, author, and filmmaker
- ✚ Family, Advocacy, Financial, Legal, and Transition related breakout sessions
- ✚ Exhibits staffed by knowledgeable providers
- ✚ Time to network with others

Conference Schedule

8:15-9:00 am Registration/Coffee and Tea (please note breakfast will not be served)

9:00-10:15 Keynote Session:



Jeff Moyer is an advocate, songwriter, author, producer, public speaker, and historian addressing human equality and human rights. He has served as a National Public Radio Morning Edition commentator, has been featured on The CBS Evening News and 20/20, in *National Geographic*, and in a BBC documentary on the US Disability Rights Movement. Jeff has twice been invited to the White House and has presented his unique blend of engaging original music, eloquent public speaking and humor to audiences in 47 states and internationally. Jeff's presentations are remembered for their humor and wisdom, their audience-engaging music, and his ability to create feelings of unity, strength and optimism. Moyer speaks with the authority of one who has experienced profound disability from the vantage points of individual, brother, son, and father.

Jeff will address the universality of loss and suggest ways to move through the emotional responses it evokes and into peaceful and productive daily life. He stresses the importance of humor and the necessity of ongoing attention to the Five A's: acceptance, advocacy, accommodation, affirming attitude, and ambition. Jeff's approach focuses on the well being of children, parents, and caregivers and reinforces the building of wholly inclusive communities. Through spoken word and original music, Jeff will entertain, educate, and inspire us to recognize these complexities, challenge our perceptions about disability and normalcy, and motivate us to focus on the strengths inherent in every child and use them to create new dreams and possibilities.

10:15-10:30 Break/Exhibits

10:30-11:45 Morning Breakout Sessions (choose one)

1. **Estate Planning:** This session will address the estate planning strategies that are appropriate for families of children with disabilities, by providing a brief overview of: government benefits (including SSI, SSA, SSDI, Medicare, and Medicaid); an explanation of trusts, how they work, and how to select and oversee trustees; and a brief discussion about the letter of intent.

Janet Lowder, Esq., Hickman & Lowder Co. LPA

2. **Publicly Funded Resources:** Becoming informed and knowledgeable about publicly funded resources for children with chronic illnesses and/or disabilities is vital for ensuring access to services and benefits, maintaining financial stability, and helping children develop their potential. This session will provide information about CCBDD services; Medicaid—what it is and who it is for; EPSDT—what it stands for and why it is important; pathways to obtaining Medicaid eligibility; Family and Children First Councils; special education programs, including the autism scholarships; and guidelines for grievances and appeals.
Franklin J. Hickman, Esq., Hickman & Lowder Co. LPA

3. **Special Education Discipline:** IDEA provides protection for any child who is subject to discipline and who is eligible for special education. This session will cover circumstances and reasons a school district can suspend or expel a student with disabilities, procedures that must be followed, and limitations for special education students.
Nessa G. Siegel, Esq., Siegel & Agins Co. LPA

4. **Special Education Law-Selected Topics:** This session will provide an overview of selected topics in special education law, including child find, evaluations, independent educational evaluations, definition of FAPE, adequacy of IEPs, and ODE's new forms. Following the talk, there will be ample opportunity to ask questions regarding issues confronted in the course of advocating for children.
Judith Saltzman, Esq., Hickman & Lowder Co. LPA

11:45-12:15 Lunch/Exhibit

12:15-1:00 Afternoon Breakout Sessions-A (choose one)

1. **Help Me Grow:** This session will provide an overview of Help Me Grow, Ohio's early intervention program for infants and toddlers, and an opportunity to learn about recent changes and to share ideas about early intervention services in Ohio.
Melissa Manos, MS, MEd, MSM, Project Director, Help Me Grow of Cuyahoga County
2. **Medical Home:** The "Medical Home" is a hot topic for insurers, patients, families, and physicians. Learn more about what it is, why it is so important, and how this concept will help health care become more "patient-centric."
Irene Dietz, MD, FAAP, Medical Director, Comprehensive Care Program, MetroHealth
3. **Reiki:** Reiki is a gentle hands-on channeling of energy from giver to receiver; a technique anyone above age eight can learn to do on themselves and others for relaxation. In this session attendees will learn about Reiki; the positive outcomes and promising results of two successful projects involving mothers of children with Autism and other special needs and caregivers of persons with Alzheimer's disease or dementia; and reports of professional caregivers who are successfully using Reiki.
Judith McCracken, MEd, President, Reiki Rays of Hope for Caregivers, Inc.
4. **Sibshops:** Sibshops are opportunities for brothers and sisters of children with special health, mental health, and developmental needs to obtain peer support and education within a recreational context. During their lives, siblings will experience most of the unique concerns and joys their parents do. But few siblings of kids with special needs ever have the chance to talk about their issues with others who "get it," until now. In this session attendees will learn about Sibshops, experiences that are unique to siblings, and practical application of Sibshop interventions to children in a variety of settings.
Kelly S. Vitello, LISW, Pediatric Social Worker, Cleveland Clinic Children's Hospital for Rehabilitation
5. **Travel Training:** Travel training teaches students and adults with disabilities how to navigate public transit systems to enhance self-determination and autonomy. It can also assist in understanding, assessing, and getting past barriers to employment, higher education, and recreation. Travel training empowers children to advocate for their needs and changes that will make the community a safer, more accessible one. You will learn what is involved in travel training, how to get your child involved, and how you can best support the goal of independence for your child. You will also gain an understanding of your child's rights and responsibilities under the ADA and what transit systems can or cannot do to accommodate children's needs.
Jessie Baginski, MEd, Director of Communication for Laketran, faculty member for Easter Seals Project ACTION Mobility Planning Services Institute

1:00-1:15 Break/Exhibits

1:15-2:00 Afternoon Breakout Sessions-B (choose one)

1. **Health Care Transition:** Transitioning from pediatric to adult centered health care presents certain challenges for adolescents with chronic illnesses and/or disabilities and their families. It may be hard to find an adult provider trained in pediatric conditions, the adolescent may not be capable of managing his or her own care, or it may be hard to let go of that which is familiar and comfortable. In this session, attendees will learn about barriers patients with neurodevelopmental disabilities face when they reach adulthood and how to reframe them as an opportunity; the differences between pediatric and adult systems of care; and resources to help adolescents, families, and providers make the transition to adult centered health care.
Garey Noritz, MD, FAAP, FACP, Division of Comprehensive Care, MetroHealth

2. **Intake, Eligibility, and Family Supports for the Cuyahoga County Board of Developmental Disabilities:** In this session, attendees will learn about the intake process and eligibility requirements for services from the Cuyahoga County Board of Developmental Disabilities; the Family Supports program, designed to promote the unity of the family by helping them meet the needs of individuals with developmental disabilities who live at home; and the Respite Program. We will discuss what respite is, the different types of respite, how to choose a provider, and how to prepare to have a respite provider in your home.
Tim Lewicki, MEd, Cuyahoga County Board of Developmental Disabilities
3. **Ohio Long-Term Transition Study:** This presentation will cover the expected and actual post high school outcomes experienced by students with disabilities in Cuyahoga County over the past three years. Employment and postsecondary outcomes will be discussed in relation to disability type, gender, and ethnicity. Services and activities provided in high school that promoted positive post high school outcomes will be the primary focus of the presentation.
Alfred Daviso, PhD, University of Akron, and Rachel McMahon, PhD, Kent State University
4. **Transitioning to Preschool:** During this session, attendees will learn steps to ensure a smooth transition from early intervention to preschool, or for those children entering preschool for whom there are developmental concerns; preschool program options; what to look for when choosing a preschool; and tips for making a successful transition.
Linda Koren, MEd, Early Childhood and Family Services Coordinator, State Support Region 3, and Myrtle Mitchell, MA, Transition Coordinator, Help Me Grow of Cuyahoga County

2:00-2:15 Break/Exhibits

2:15-3:30 Endnote Session



Thomas Knestrict, EdD, is an assistant professor at Xavier University in the College of Social Science, Health, and Education. He has published many articles and is also a film maker.

The title of his latest film, *Welcome to Holland*, derives its name from a well-known piece of writing by Emily Pearl Kingsley that attempts to communicate to others what it is like to raise a child with a disability. In 2007-2008, Dr. Knestrict conducted a study with 20 families raising children with disabilities in an effort to understand why some families raising a child with a disability struggle and some thrive. Dr. Knestrict will share the findings of the study while at the same time share personal anecdotes about his struggle with disability. Join him in what some have said is "the best presentation I have ever been a part of."

Conference Fees: (include lunch, parking, binder):

Early Bird registration received by September 11: \$80.00; Professional requiring CEUs \$110

Received after September 11: \$95.00; Professional requiring CEUs \$120

Discounts for groups of four or more: Subtract \$10 from each registration fee. (Complete one registration form per person. Forms must be submitted together.)

Professionals can earn 5.25 continuing education contact hours (0.5 CEUs)*:

- Cleveland State University (OH-012/4-1-12) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- Cleveland State University has achieved Approved Provider status through the State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board. Our Approved Provider number is RCST090601.
- Cleveland State University Division of Continuing Education is approved as a provider of continuing education for psychologists by the Ohio Psychological Association Office of Mandatory Continuing Education (OPA-MCE). Our Approved Provider number is 340966056.
- Contact hours will be awarded to Occupational Therapists, pending approval.

* You must attend a minimum of 80 percent of the program and complete an evaluation form and CEU/attendance verification form to receive contact hours. Unless noted specifically after a presenter's name, no presenters have real or perceived conflicts of interest that relate to their presentations.

Directions to the Cleveland State University Cole Center for Continuing Education

FROM THE SOUTH: Take I-71 or I-77 North to I-90 East. Exit at Chester Avenue. Turn right onto Chester and then right on East 30th Street. Entrance to our parking lot (Lot AA) is on East 30th between Chester and Euclid.

FROM THE WEST: Take I-90 East to Downtown. Exit at Chester Avenue. Turn right onto Chester and then right on East 30th Street. Entrance to our parking lot (Lot AA) is on East 30th between Chester and Euclid.

FROM THE EAST: Take I-90 West to Downtown. Exit at Chester Ave. Off the exit, turn left on East 24th Street to reach Chester. Turn left onto Chester and then right on East 30th. Entrance to our parking lot (Lot AA) is on East 30th between Chester and Euclid.

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Additional program support is provided by The Cleveland Foundation

The mission of the Tools for Today and Tomorrow Program is to improve life's journey for children with chronic illnesses or disabilities by providing information and support to the people who care for them.

