

New York State Association of Day Service Providers

ANNUAL SYMPOSIUM 2011 NOVEMBER 2, 3, AND 4, 2011 GIDEON - PUTNAM HOTEL SARATOGA SPRINGS, NEW YORK

Wednesday, November 2nd, 2011

Session I 12:30 - 2:30 PM

1. **“Yes We Can” Demonstration Project:** *Kevin Kenney, Natalie Barback, Cerebral Palsy Association NYS, Hoffman Center.* An overview of how this employment project developed, with an update in regard to the use of specific grant monies to further our community development. The concept of developing self sustaining ‘micro businesses’ provides the opportunity for individuals to become more independent and reduce the need for state and federal dollars which may not be sustainable in the future. This offers opportunities for grant funding from non OPWDD resources and will also support the concept of integrated work setting in supporting both disabled and well as non disabled individuals.
2. **“Documenting What You Do! Doing What You Document!” Quality Documentation Training:** *Katie Martin, Robin Holcman, YAI Network.* Our current fiscal environment calls for vigilant government oversight of how Medicaid dollars are used in waiver programs. As service providers we grapple with how to document the work we do with our consumers that addresses both the consumers need and the government standards for service delivery. This training will provide a method of quality documentation that not only encourages and captures the progress of each consumer but also meets all billing and documentation standards put forth by OPWDD and OIG.
3. **Move It! – Helping People Get Up and Out!:** *Rebecca Ryan, Ellen Benoit, Center for Disability Services.* A newly established, innovative program being used at the Center for Disability Services called MOVE. MOVE – Mobility Options Via Experience, is a program based on the work of Linda Bidabe, a special educator from Bakersfield, CA. MOVE, originally designated for children, is being successfully used with adults. The MOVE program looks at a top-down approach – determining the needs of adults with physical disabilities to access their environments, and increase independence in ways never thought possible.
4. **1115 Waiver Unit - People First Waiver:** *Maryellen Moeser, Kate Bishop, OPWDD.*
5. **Wellness:** *Jan Scotto, Lifetime Assistance, Inc.* This presentation focuses on using a whole person approach to helping the consumers achieve a sense of wholeness or wellness in their lives. The session will focus on the six areas of the Wellness Wheel (physical/nutrition, social/leisure, intellectual, emotional, spiritual, and environmental) and discovering how these are an integral part of activity planning. The session will include some background, determining what kind of skills and or activities that would be included in each area and applications of these principles, as well as practical hand outs.
6. **Multiple Intelligences:** *Jennifer Douglas, Herkimer Area Resource Center.* Staff participating in this session will develop an understanding of the 8 basic types of intelligences defined by Howard Gardner and how these intelligences play a role in problem solving and how a person learns. Staff will learn how to create a classroom environment that enhances learning and further develops these intelligences. Along

with learning about these intelligences staff will learn about their own intelligences and how they play a role in creating environments that are conducive to learning.

Wednesday, November 2nd, 2011

Session II 2:45 - 4:45 PM

- A. **Employment First: The Evolution from Day Services to Employment Opportunities:** *Wendy Quarles, Joanie Parker, Heritage Christian Services.* This session will explore the fundamentals of creating an Employment First mission within your organization. Discover how language, goals and activities can be transformed to support individuals, families and staff to think differently and as a result act differently. Participants will gain an understanding of how to make the transition from day services thinking and planning to achieving employment dreams.
- B. **The Art of Goal Writing – Quality Documentation Training:** *Nancy Shea, Joy Schumacher, Casey Fallon, YAI Network.* Tired of writing the same old goals? Struggling to write reports that clearly define and document progress? This workshop will give participants effective strategies for writing consumer goals/services that are fun to implement and easy to report on. Learning a few basic Progressive Teaching techniques will make goal writing easier and more enjoyable. Writing goals progressively will make monthly progress reports a breeze and will clearly demonstrate growth as required by OPWDD and OIG.
- C. **Positive Psychology: Adaptations and Applications for Individuals with ASD and other Intellectual Disabilities:** *Ellen Keller, YAI Network.* Positive Psychology as a discipline is the study of human resilience, adaptability, overall happiness and life satisfaction. Interventions based upon principles of Positive Psychology have profound implications for people who have intellectual disabilities. Not only is the model consistent with a philosophy of identifying and building upon an individuals strengths, it places specific emphasis on helping individuals develop the skills they need to live happier lives. This presentation will review two group curriculums developed at YAI long island Day Hab Program. The first curriculum is geared towards individuals with moderate to severe intellectual disability. The second curriculum is geared towards individuals with ASD and mild intellectual disability. Case examples and group curriculum excerpts will be included.
- D. **OPWDD Reserved:** *OPWDD.* Pending
- E. **Without Walls: The Future of Day Hab Services? A Panel Discussion:** *Denise Litz, People Inc., Steve Hill, Pathways, Amy Mitchell, Lifetime Assistance, Inc.* Without knowing what lies in the future of Day Hab services, it does appear that here will be a continued expectation that any new services will not involve property. Therefore, several agencies in the state have now developed the Day Hab Without Walls model. The panel will share their thoughts and insights on the development of the model at their own agency. They will present the benefits and challenges, as well as considerations for future development. They will also share the different types of activities they are all involved in. The panel hopes to be able to assist agencies in developing their own dynamic approach to this new, and often intimidating, model for services.

**PRESIDENT'S RECEPTION
IMMEDIATELY FOLLOWING
5:00 - 7:00 PM
PUTNAM'S RESTAURANT**

THURSDAY, NOVEMBER 3RD, 2011
COMMISSIONER'S ADDRESS
AND AWARD CEREMONY
9:00 - 10:15 AM

Courtney Bourke
Commissioner, Office for People with Developmental Disabilities

Thursday, November 3rd, 2011
Session I 10:30 – 12:00 PM

- A. **D-I-Y A How To Guide to Create Your Own Consumer Fire Safety Curriculum:** *Luke Wilkinson, Marina Boldeau, Trisha Vieira, Schenectady ARC.* This presentation will provide the audience with an overview on how Schenectady ARC day hab program created and developed its own consumer Fire and Personal Safety Curriculum specifically designed to be versatile, use a multi-sensory approach and target different learning modalities. This hands on, fun and easy to use curriculum allows staff to pick and choose the most useful materials for the consumers they are working with. The purpose of this curriculum is to build consumers understanding of fire safety and fire awareness within their own abilities. Various assessments used to track progress and skill acquisition will be reviewed with participants as well as resources such as supporting activities, suggested community outings, books, videos, websites and games.
- B. **Ethics In Our Field:** *Wendy Quarles, Heritage Christian Services.* Join colleagues from across the state to discover the relevance of the Six Ethical Principles (CRC Code of Ethics) in the daily delivery of services. Participants will have the opportunity to explore/ address potential ethical dilemmas through proven ethical decision making models. This proactive discussion will allow you to identify those instances which should cause pause for reflection and provide avenues for further applications at your work site. As we continue the move to “professionalize” the role of District Support Professionals, be sure to take advantage of this professional development opportunity.
- C. **Vantage - Phase Two:** *Michael Kaplan, Inna Grinspun, Laura Cucinotta, AHRC.* Last year, we presented on our agency's Vantage program, whereby new staff spend their first day of employment in a program with a disability (Non-Ambulatory, Blind, etc...) We discussed the gains staff derive from this experience, including development of empathy and teaching skills. We also talked about our goals for the next year in regards to this program. This presentation will include the history of Vantage in our program, where we have taken it in the last year and will include fun, interactive exercises to help staff understand what it feels like to be the recipient of services.
- D. **The Healing Power of Pets – Using Pet Therapy to Reach, Teach, and Enrich The Lives of Others:** *Nanette Winter, Citizen Advocates, Inc.* This presentation will explore Pet Therapy Programming based on the special connection between animals and people – dogs in particular. This bond has profound benefits for our emotional and physical health and wellbeing. In conjunction with Therapy Dogs International, participants will learn how to develop Pet Therapy programs to help address a variety of needs. There will be registered Therapy Dogs assisting with this presentation.
- E. **We Got A Ticket To Ride!** *Stephanie Rozanski, Steve Garcia, YAI Network.* The ability to access transportation is the key to independence in community life for everyone. Many individuals with disabilities have the ability to learn safe travel skills but lack the resources to be trained. This session explores how YAI Network teamed up with the Department of Education to develop its own Travel Training Program for individual's with disabilities. Participants will learn how the program began and the challenges in teaching individuals to navigate NYC's subway and bus systems.

- F. **Music, Aging, and Developmental Disabilities: A music based approach for challenges with aging clients, sensory stimulation and modulation, and dementia.:** *Sara Liedtke, The ARC of Monroe County.* Music can be instrumental during the aging process and assist in many skill domain areas such as communication, socialization, as well as emotional well being. The presentation will include how simple steps using music can create a more positive environment, sooth frustration, increase processing and stimulate the senses. The use of music with consumers diagnosed with Dementia also will be discussed. Music is a primary tool for reminiscence, recollection, as well as a way to center through musical predictability and familiarity.

Thursday, November 3rd, 2011,
Session II 1:30 – 3:00 PM

1. **“Working Together” How Day Services Can Support Self Advocacy:** *Donna Coons, Darren Elmendorf, Ashley Stickle, Jarrod Tompkins, Jamie Simpson, COARC.* This presentation will be a lecture outlining how Blended Day Services assists and supports “4 Ourselves” Self Advocacy Group from Columbia County. Following the lecture we will have a panel discussion with the panel including the current elected officers from “4 Ourselves.” The presenters include all of the current officers and one active Self Advocacy Advisor.
2. **Compliance: Who Says It Can’t Be Fun?:** *Lorene Hartmann, Richella Abell-Hames, Herkimer ARC.* With the ever important emphasis on having “an effective compliance program” compliance has become everyone’s responsibility. This program will provide innovative ways to deliver the compliance message. Participants will walk away with ideas and tools on how they can make compliance fun while being educational.
3. **Comparison and Challenges of Day Habilitation Programs Supporting The Behaviorally Challenged:** *Lauren Giordano, Lara Tepper, Jenny Herschberger, Independence Residences Inc.* A panel discussion contrasting the differences (i.e. populations, geography and staffing) and similarities (i.e. Person Centered and Positive Behavioral Approaches) of four small Day Hab programs across a wide geographic area (Bronx, Queens and Nassau.) These unique programs have one thing in common . . . those whom they support have significant behavioral issues. The panel will review how they have incorporated the use of Natural Supports, Differential Reinforcement Systems, Team Building, Networking with families and At Home service providers within the overriding structure of a Person Centered Approach. Four case studies will be presented highlighting what can happen when all do “Whatever it takes.” Four Person First case studies will be presented to the audience.
4. **Putting the Pieces Together: Developing Programs For Adults With Autism Spectrum Disorder:** *Joy Schumacher, Ken Reedy, Laurie Silver-Lewis, YAI Network.* During this presentation, we will walk you through the development of a new program focused specifically for individuals on the autism spectrum. We will examine the philosophy and development of the room, the room design, strategies used with the consumers, the challenges, success and outlooks for the future. Participants will go away with ideas regarding room design, strategies and ideas for visual supports and activities.
5. **Out of the Box Day Hab Options:** *Lena Benvenuto, Debbi Brennan, Saratoga Bridges.* Learn about a modified college experience for day hab consumers and also about an art center/gift shop/consignment shop located in a community setting that is used by day hab consumers and members of the public.
6. **Got Sites? How to Obtain and Maintain Quality Volunteer Sites:** *Warren Alley, Casey Fallon, YAI Network.* Volunteer sites are an integral part of Day Hab as we know it! Whether you are just establishing a community-based volunteer program, or you want to enhance your existing program, this training will provide you with all the basic strategies for obtaining and maintaining first-rate volunteer sites. We will provide you with resource materials and ideas to get the whole team motivated and involved in creating valuable community- based learning opportunities!

7. **Monthly Community Habilitation:** *Lisa McMahon Kennedy, Joanne Howard, OPWDD.*
The session will discuss Monthly Community Habilitation and include the price calculations for the service.

Thursday, November 3rd, 2011
Session III 3:15 - 4:45 PM

- A. **ID/DD and Co-Occurring Medical, Psychiatric, and Behavioral Issues- The Window to What's Beyond Our Observations:** *Dr. Corinne Romanotto, Jonathan Gold, YAI Network.* Certain medical, psychiatric, and behavioral issues are common in adults with Intellectual Disabilities and/or Developmental Disabilities (ID/DD.) As providers, it is important to understand that behaviors may occur as a result of medical issues and psychiatric disorders. To make an accurate diagnosis, we must take a step back and investigate all potential reasons for the behaviors. Through an interactive presentation style, including case studies, the presenters will assist staff and caregivers to gain an understanding about these co-occurring issues.
- B. **Fine Art for All: A Hands-on Workshop:** *Amparo Enriquez, Gerard McCormack, YAI Network.* This workshop will describe the Fine Arts program at YAI's Long Island Day Hab programs, review the benefits that consumers receive from participating in the program and provide participants with instruction on how to replicate the program. Participants will get hands-on experience in using water color techniques that produce professional results regardless of intellectual functioning or artistic ability.
- C. **Building Community Connections through "Reverse Inclusion":** *Joshua Jensen, Joseph Parker, Heritage Christian Services.* Join colleagues from across the state to discover the process of creating community connections through the unique approach of community partners, Heritage Christian Services has leveraged the opportunity to design and implement innovative options allowing the community to have access to previously closed county properties and programs. Come learn how Heritage Day Habilitation programs at Springdale Farm, Mendon Ponds Nature Center, and Ellison Park Wetlands Center promote true and natural inclusion. Session participants will explore the concept of reverse inclusion, discover the challenges and benefits of building community connections and create an action plan to integrate this concept into their own organization.
- D. **An Innovative Approach to the "Daily Schedule":** *Kelly Centola, Shanna Branciforte, Continuing Developmental Services.* The Blended Creative opportunities Day Program has developed an innovative scheduling process where program participants have the opportunity to choose from a variety of classes and group activities on a quarterly basis. Classes are outlined in a course catalogue and individuals sign up through a registration process. Classes are scheduled based on individual choice and interest as well as clinical recommendations. The presentation will outline how the process came about as well as current implementation practices.
- E. **I Want To Be With Young People My Own Age!:** *Lori Calandrucchio, ARC of Westchester.* After years of admitting transitioning students into our traditional Day Hab program, families and students made it quite clear that they want to be with people their own age. They also wanted the opportunity to have variety of experiences to begin to better learn what they would like to do with their future. In the "choices" program young adults participate in a fully community based, blended services (Day Hab/SEMP) program with their peers. Come hear how this program was developed, the ins and outs of balancing multiple funding sources and the successes and challenges of working with energetic young people and their families.

- F. **Organizational Progression Amidst Discord:** *Charles A. Archer, Edcspin, Inc.* Discord in the process of implementing a cultural overhaul was the encumbrance I faced daily for three years as a new CEO. This discord was caused when one or more employees viewed the new culture as unacceptable and foreign. The implementation of change and adopting of the effective compliance program is a process, not an event. Organizations must consistently implement and evoke the significance of compliance on all levels of the echelons ladder on a daily basis in order to see results.

Friday, November 4th, 2011

Session I 9:00 - 10:30 AM

1. **Cultural and Disability: Facilitating supports in a Multi-Cultural Society:** *Wendy Quarles, Heritage Christian Services.* Every professional in the field exists within a cultural system, we are often not aware of the role that disability plays within that system. This workshop will allow participants to discuss the commonly held definitions of culture while exploring the cultural systems that they may encounter in their role. Discovering how disability fits into different cultural groups is enlightening and will lead to an energized discussion.
2. **Presentation Pending**
3. **Division of Quality Management Updates: New Initiatives & On-Going Changes Towards Greater Accountability:** *Barbara VanVechten, OPWDD.* It seems like every time we check our email we receive new information. Today it's a memorandum. Tomorrow it's a regulatory change. Each time we need to assess what the information means and what it requires us to do. While developing a new agency process in response, the next memo arrives. Then the phone rings and DQM surveyors are visiting. You wonder how these changes affect the survey process and whether you even know what the current survey process is. After all, you've been hearing about changes for over a year. What's the status of survey redesign? How does this fit in to accountability? Then there is the dreaded "F-word" – Fines. This session will provide both an update on current Division of Quality Management activities and an open discussion with DQM staff about new processes and upcoming changes. It will start with a presentation on specific initiatives, followed by a discussion about what changes providers of services should be seeing now and what they should expect to see in the future. There will be lots of opportunities for questions, comments and suggestions.
4. **B.E. The Best You Can Be Pilot Project:** *Katie Brisley-Logue, Patrick Piazza, YAI Network.* Learn about an innovative 4 month Pilot program utilizing the Brain Education curriculum. Experience techniques addressing the physical, emotional/social and cognitive health of adults with challenging behaviors, while incorporating the 4 cornerstones of the Day Services Fitness Curriculum i.e. balance, coordination, strength, and endurance. Empower consumers to self manage their emotions, resulting in increased motivation and focus in activities, enhanced communication and social interaction, and productivity. This curriculum is beneficial for both staff and students.
5. **Papermaking 101:** *Lena Benvenuto, Debbi Brennan, Saratoga Bridges.* In this presentation you will learn how to make your own paper by attending a hands-on papermaking workshop at Creative Endeavors Art Center. Attendees will learn the papermaking process, how to make paper, the supplies and material needed and what you can use homemade paper for.
6. **Fire Safety for Staff Working with Individuals with ID/DD:** *Perry Samowitz, YAI Network.* Two years ago, a fire tragically killed four people with disabilities in upstate New York. We can never be too safe. YAI has made a video with FDNY to train staff how to be as fire safe as possible.

Friday, November 4th, 2011
Session II 10:45 – 12:15 PM

- A. **Geocaching: A New Way to Explore Your Community:** *Steve Hill, Pathways, Inc.* Geocaching is a real world hunt for hidden containers called geocaches, using GPS devices. There are over 1 million of these geocaches worldwide. This activity encourages participants to explore their community in a new way using technology.
- B. **“Keeping up with the times” – The Evolution of Therapeutic Recreation:** *Steve Gagas, Brian Cabezas, DDI.* This presentation will discuss how we can use alternate teaching strategies to achieve the same desired response that we may not be gaining through conventional methods. The most important part of teaching is gaining interest of the people we serve. With interest, you have attention to task; when you have your individual’s attention, than teaching is more effective. Not only is it important to gain the interest of the people we serve, it is just important to gain the interest of the DSP’s teaching the skills. We will review how advancements in technology, dance and sports help us utilize this very effective teaching strategy.
- C. **A Loom for Weaving in the Garden:** *Roberta Nickelsen, ARC of Westchester.* In this presentation the process used to install an outdoor Garden Loom at one of our Day Hab sites will be presented. Photos will demonstrate the process, consumers preparing loom, gathering raw materials to weave and weaving on the loom.
- D. **Music Therapy:** *Sheela Sooklall, Block Institute.* This presentation demonstrates Music Therapy sessions held for children within the local area of Brooklyn. We will familiarize the audience of how collaborations with Center Against Domestic Violence & Respite Programs were created and sustained by showcasing photography of individuals making/delivering birthday cakes, taking photos of children, etc. Slide show will reveal individuals mentoring children during karaoke sessions. Participants will see how individuals encouraged self expression, developed relationships and gave back to the community.
- E. **“Going Green Using a Sewing Machine”:** *Brooke Gillman, Idamaris Asencio, Janice Shear, AHRC Nassau.* This presentation is about using grant money to buy sewing machines and make reusable cloth food shopping bags and draft dodgers for our senior citizens who we currently provide with food shopping services. Our goal is to increase our relationship with the seniors, teach them about “ going green”, as well as save them money. We will utilize some of our grant money for enrollment into basic sewing classes for our volunteers. We will also extend this grant to local nursing homes, senior centers and hospitals. Other items that will be made are; eye glass cases, personal repositioning pillows/cushions. The presentation will include PowerPoint slide show, DVD photo montage, visual displays of the products we have sewn, articles written by our volunteers about their experience working on this grant, as well as time set aside for questions and answer.