

## Registration Form

Registration is required for each person attending.  
Breakfast and lunch are included.

### By Mail (Check):

**St. Charles Community College**  
4601 Mid Rivers Mall Drive  
Cottleville, MO 63376-2865

**By Phone (credit or debit card): 636-922-8233**

[stchas.edu/learnforlife](http://stchas.edu/learnforlife) (credit or debit card)

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Agency: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

(choose one)

### March 15, 2017 • 8 a.m.-4:30 p.m.

- Keynote and Breakfast Only: \$20 through 3/15
- St. Charles County DSP: \$30 through 2/14
- St. Charles County DSP: \$40 after 2/14
- Non-St. Charles County DSP: \$40 through 2/14
- Non-St. Charles County DSP: \$50 after 2/14

### March 16, 2017 • 8 a.m.-4:30 p.m.

- Keynote and Breakfast Only: \$20 through 3/15
- St. Charles County DSP: \$30 through 2/14
- St. Charles County DSP: \$40 after 2/14
- Non-St. Charles County DSP: \$40 through 2/14
- Non-St. Charles County DSP: \$50 after 2/14

\*Sessions are the same on both dates.

Final day to register is March 1, 2017.

*This project is provided in partnership with the Developmental Disabilities Resource Board of St. Charles County and St. Charles Community College.*

## AN INSPIRATIONAL DAY OF LEARNING AND SHARING

4601 Mid Rivers Mall Drive  
Cottleville, MO 63376-2865  
636-922-8233  
[www.stchas.edu/learnforlife](http://www.stchas.edu/learnforlife)

Many people united towards  
one goal: to inspire positive  
outcomes for people with  
disabilities.



# ST. CHARLES COUNTY DIRECT SUPPORT CONFERENCE

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8 a.m.-4:30 p.m.  
March 15 or 16, 2017  
SCC Campus  
Social Science  
Building Auditorium

Breakfast and Registration From 8-9 a.m.  
First Session Begins 9 a.m.

# AGENDA

## MARCH 15 OR 16

8-9 a.m.	Registration and Breakfast
9-9:15 a.m.	Welcome
9-10:45 a.m.	Keynote Speaker: Peter Leidy, The Power of One: How YOU as One Person, Can Make a Difference in the Lives of People You Support
10:45-11 a.m.	Break
11 a.m.-noon	Session I Breakout Sessions: <ul style="list-style-type: none"><li>• Positive Interactions</li><li>• Aging With Disabilities</li><li>• Empathy in Your World</li></ul>
noon-12:45 p.m.	Lunch & Flash Mob
12:45 p.m.-1:30p.m.	Tai Chi By Sara & Juan Kuanfung, Body Works Continuum, LLC
2:15-2:30 p.m.	Break
1:45 p.m.-2:45 pm.	Session II Breakout Sessions: <ul style="list-style-type: none"><li>• Conflict Resolution</li><li>• Tools of Choice</li><li>• Mental Health 101</li></ul>
2:45p.m.-3 p.m.	Break
3 p.m. - 4 p.m.	Session III Breakout Sessions: <ul style="list-style-type: none"><li>• Self-Care</li><li>• Crisis Intervention Team</li><li>• Employment Supports</li></ul>
4 p.m.-4:30 p.m.	Closing and Prizes

# SESSION DESCRIPTIONS

**Keynote: Peter Leidy - The Power of One: How YOU as One Person Can Make a Difference in the Lives of People You Support.** In a field with low pay, low status and high turnover, we need to recognize the importance of truly valuing and honoring the people providing day-to-day support. Direct Support Professionals are key in transforming lives and making a real difference with people they support. And they have a lot to say about what's necessary to keep them committed to, and engaged in, their work. Are we listening? This session will challenge, inspire and make you laugh.

**Positive Interactions: Going Beyond Caregiving: Peter Leidy.** Paying attention to a person's community life is a fundamental part of our work. Many people served in our system are lonely or disconnected. Through real stories this session explores strategies for making connections and building relationships, the barriers to community connecting, and how we can make and keep a commitment to the important work of community building when there are so many other issues that seem urgent.

**Aging With Disabilities: Joe Pickard, Ph.D., LCSW, Associate Professor, UMSL School of Social Work.** Participants in this session will understand aging as a normal process, understand the realities vs. myths about aging, recognize how aging increases risk associated with existing disabilities, and understand the overlap between aging with a disability and developing disabilities with age.

**Empathy in Your World: Le'Anne Schlotzhauer and Cindy Burrows, Emmaus Homes.** This session will explore the meaning of empathy, what makes it different than sympathy, and why it is important in human interactions. There is a science behind empathy and empathic responses. Learn about habits you can cultivate to increase your empathy for others including your family, strangers, people you support and those who have different beliefs/values.

**Conflict Resolution: Jim O'Toole, Emmaus Homes.** In this session you will explore methods to more effectively resolve conflict scenarios in the work place. Deciding when and how to approach conflict can be crucial to avoiding serious situations. Developing healthy methods of resolving conflict can improve workplace environments and overall performance. Come to explore time tested methodology to approach conflict and get your feet wet with role play scenarios.

**Tools of Choice: Phillip Bozich, Behavior Resource Team Supervisor/Habilitation Supervisor, State of Missouri Department of Mental Health, St. Louis Regional Office.** This session will explore Tools of Choice as the competency-based, "best practices" curriculum for behavior success utilized by the Missouri Department of Mental Health. It is based on Applied Behavior Analysis, is consistent with Positive Behavior Supports practices, and is compatible with all Missouri Quality Outcomes. It is also specifically designed to be simpler and easier for parents (and other lay implementers) to learn and use, so that they can be more successful independently and when working with professionally-trained behavior therapists.

**Mental Health 101: Angela M. Tate, Behavioral Health Response.** This session will provide an overview of the most common mental illnesses including prevalence, signs and symptoms and treatment options. Participants will also learn about suicide prevention and intervention.

**Self-Care for Helping Professionals: Debra Johnson, Associate Professor of Social Work, Lindenwood University.** The purpose of this workshop is take a close look at stress and burn out for those involved with helping others. Tips and strategies will be offered as ways to manage and prevent the strain and pressure that comes with attempting to do more with less in challenging environments. Humor and practicality will be combined allowing you to leave this workshop with real tools that you can use in your workplace and at home to maintain useful and effective balance in your life.

**Crisis Intervention Team: Sgt. Kyle Dooley, NAMI St. Louis Director of CIT Community Policing Programs.** This course provides insights into, and resolution of, the profound concerns experienced by families, close relatives, and any caregivers as they strive to cope with the realities of serious mental illness. These caregivers not only learn a wide range of information about serious mental illness, they also learn to understand how living with those conditions affect their loved one.

**Overview of Employment Supports: Lynn Winterberg, Easterseals Midwest.** Supported employment services can benefit individuals at every stage of their working lives. In this course, Lynn will discuss how to prepare individuals for the workforce through pre-employment supports, how to recognize when an individual is job ready, what you can do to support your clients in finding a competitive job in the community, and how to navigate the differences between employment supports funded by VR and DMH. She will also take you through the process of supported employment from Discovery and Exploration, through Job Development and Coaching, and into the long-term support of Retention.