The 5th Health & Wellbeing in Children, Youth and Adults with Developmental Disabilities Conference

Moving From Diagnosis to Practical Strategies

Pre-conference: Wednesday, November 16, 2016 Main Conference: Thursday, November 17 - Friday, November 18, 2016

The Coast Plaza Hotel and Suites, 1763 Comox Street, Vancouver, BC









General Information

Description

The term developmental disabilities (DD) refers to individuals with intellectual disability, autism spectrum, fetal alcohol spectrum and related genetic syndromes such as down and fragile X syndrome. Children, youth, and adults with DD are vulnerable to high rates of general health and mental health concerns. This interactive 2016 conference will focus on practical strategies to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD, and their families, to improve their quality of life experience.

The conference will also provide educational and informative psychiatric, behavioural, mental health, and complex physical health updates specific to individuals with DD, and showcase best practices in the field. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and interprofessional collaboration. The format will include plenaries, breakout sessions and poster sessions.

Objectives

- · Provide updated information to clinicians and caregivers about best practices in physical and mental health for individuals with DD
- Identify core issues and challenges facing individuals with DD, learning new ways to help maximize health and wellbeing in order to improve quality of life
- Share knowledge and common experiences with others working in the field

Who Should Attend

- ABA Therapists
- Audiologists
- Behaviour Therapists
- Caregivers
- Case Managers/Planners
- · CLBC Staff
- Counsellors
- Direct Service Professionals
- Dentists

- Dental Hygienists
- Educators
- Families
- FASD Keyworkers
- · First Nations Health Directors
- Health Authority Staff
- Interdisciplinary Teams
- Lawyers
- · Mental Health Therapists

- MCFD Staff
- Nutritionists
- Nurses
- Occupational Therapists
- Pharmacists
- Physical Therapists
- Physicians
- Policy Makers
- Program Managers

- Psychologists
- **Public Guardians & Trustees**
- Researchers
- Self-Advocates
- Social Workers
- Speech & Language Therapists
- University & College Programs
- And anyone who is interested in or works with individuals with developmental disabilities

Professional Credits

A certificate of attendance will be given to each participant. Please check the website for any updates on accreditation.

Exhibitors

Exhibit space is available for organizations and programs related to developmental disabilities. Space is limited. For more information please contact Sandeep by phone at +1-604-822-7524 or by email: sandeep.ipce@ubc.ca

Conference Updates

For conference updates, please visit: www.interprofessional.ubc.ca/HealthandWellbeing2016/. Also, follow us on Twitter@IPCE_UBC, and #HWIPCE2016

Location

The Coast Plaza Hotel and Suites, 1763 Comox Street, Vancouver, BC

Reserve today to avoid disappointment by calling toll-free: 1-800-716-6199 or local: +1-604-688-7711. Let hotel reservations know that you are booking under the Health & Wellbeing Conference room block to receive the reduced rate of CDN \$159.00 (plus applicable taxes) for a standard guest room. The Coast Plaza is within easy walking distance of world famous Stanley Park, the beaches of English Bay, and a wide variety of restaurants.

Registration

Registration prior to October 14, 2016 is strongly recommended to ensure you receive all conference materials. Please see registration form (on back of brochure) for details.

Online: *The most secure method*. Secure, fast, online registration is available for Visa and MasterCard holders at the conference organizer's website: interprofessional.ubc.ca

Phone: Register and pay over the phone: Local/International: +1-604-827-3112 or toll-free within Canada/USA: 1-855-827-3112. (VISA or MasterCard)

Fax: Fax the registration form to +1-604-822-4835 and indicate that you would like to pay with VISA or MasterCard. We will send you a secure on-line link to enter your credit card information. *Please do not fax credit card information*

Mail/Payment by Cheque: Send the registration form with cheque to: Interprofessional Continuing Education, The University of British Columbia, Rm.105 – 2194, Health Sciences Mall, Vancouver, BC, Canada V6T 1Z3

Alternative Payment Methods: Mail or fax complete registration form along with one of the following:

- 1. Signed purchase order (PO)
- 2. Letter of Authorization (LOA) from the manager on the organization's letterhead stating that they will be paying the registration fees. The letter should include the amount of registration fees, name and contact information of the manager
- 3. Signed cheque requisition form (ChReq).

General Information



Refunds

Refunds will be made (less a \$50 processing fee) if written notice of withdrawal is received by October 14, 2016. No refunds will be granted for withdrawal after that date. There is a \$25 replacement charge in case of a registration transfer. Please contact us prior to October 14, 2016 if you cannot attend and would like another person to come in your place. Interprofessional Continuing Education reserves the right to cancel or move this program if registration is insufficient. In the event of cancellation, a refund will be issued.

Tuition Bursaries

A limited number of bursaries to partially cover tuition fees are available for family members of relatives with DD and service providers. This funding is intended for individuals who otherwise would not be in a position to attend. Please fax a complete registration form, along with a letter of application explaining financial need and how attending this conference will benefit you, to 1-604–822-4835; alternatively email cris.ipce@ubc.ca. Notification letters will be sent out within a month after receiving your application. Priority will be given to family members of relatives with DD who demonstrate financial need and front-line workers.

Find your Area of Interest

Wondering what sessions you would like to attend? Follow the abbreviated categories displayed under each presentation title to find the main conference themes that will be highlighted during that session. Please read the session descriptions for more information and learning objectives of each session.

- H-Brain: Health: Brain
- H-Body: Health: Body
- HMH: Health: Mental Health
- APA: Administrative, Policy, Advocacy (incl. Respite, Cultural & Wellbeing)

Conference Committee

Conference Co-chair: Elena Lopez

MD, MSc, FRCPC, FCCMG, Clinical Geneticist, Developmental Pediatrician, Sunny Hill Health Centre for Children

Conference Co-chair: Bruce Pipher

MD, FRPCC, Clinical Director Interior Health Developmental Disabilities Mental Health Support Team/Children's Assessment Network; Clinical Assistant Professor, University of British Columbia

Lynn Bruce

RSW, MSW, Manager, Quality Assurance, Community Living British Columbia (CLBC)

Caron Byrne

BA, MSc, MD, FRCPC, Senior Consultant Psychiatrist and Clinical Director, Developmental Disability Mental Health Team - VIHA; Clinical Assistant Professor, Department of Psychiatry, Faculty of Medicine, University of British Columbia

Gidon Frame

BSc, MBBCh, CCFP, CAFCI, ABAAM, Director, Old Orchard Medical Clinic, Burnaby, Medical Director, Anti-Aging Medical & Laser Clinic, Kerrisdale; Clinical Assistant Professor, Dept. of Family Practice, University of British Columbia

Robin Friedlander

MD, FRCPC, Head, Neuropsychiatry Clinic, BC Children's Hospital; Psychiatrist, Vancouver and Fraser Developmental Disabilities Mental Health Services; Clinical Professor, Department of Psychiatry, University of British Columbia

Theresa M. Grech

MC, CCC, CPRP, Canadian Certified Counsellor; Clinician, Early Psychosis Intervention, Fraser Health; Clinical Faculty, Developmental Disorders Program, University of British Columbia

Kristina Hiemstra

Director, Interprofessional Continuing Education, University of British Columbia

Nancy Jokinen

BA, RSW, PhD, Assistant Professor, Prince George Campus, University of Northern British Columbia

Ashok Krishnamoorthy

MD, MRCPsych, ABAM, FRCPC, Provincial Medical Consulting team; Clinical Assistant Professor, University of British Columbia

Barbara Laird

BEd, Parent of an adult daughter with Down Syndrome, and Educational Consultant

Charmaine Miranda

Registered Psychologist, Compass Clinic, British Columbia

Catherine Reis

RN, BSN, MS, Provincial Clinical Consultant, Adults with Developmental Disabilities

Acknowledgements

We would like to acknowledge with great appreciation the financial support in the form of unrestricted educational grants from the following organizations:







bursary support:

Bridges Family Memorial Foundation



PRE-CONFERENCE

Wednesday, November 16, 2016

7:45 AM - 8:30 AM 8:30 AM - 12:00 PM Registration Open
Session AM1 & AM2

Includes 25% of interaction and/or Q&A and 30-min break

AM1

Back to Basics: Identifying the Underlying Causes of Challenging Behaviours in Adults and Older Adults with Developmental Disabilities

H-Body/HMH

Health disorders in individuals with developmental disabilities can differ from the general population both in terms of prevalence and presenting manifestations. This session will focus on psycho social/ environmental factors, physical and mental health including a review of the primary care guidelines for adults with developmental disabilities.

Learning Objectives:

- Review and/or become aware of the Primary Care of Adults with DD Canadian Consensus Guidelines
- · Learn approaches towards clinical problem solving
- Become aware of practical tools and health protocols, in the adult's home, the office/clinic and acute care/treatment centres that will enhance monitoring and recognition of possible causes of changes in behaviour

Session Overview & Facilitator

Caron Byrne, BA, MSc, MD, FRCPC, Senior Consultant Psychiatrist and Clinical Director, Developmental Disability Mental Health Team - VIHA; Clinical Assistant Professor, Department of Psychiatry, Faculty of Medicine, University of British Columbia, Vancouver, BC

Understanding and Navigating Psychosocial and Environmental Factors in Collaborative Behavioural Management

James Hill, PhD. RPsych, Registered Psychologist, Developmental Disability Mental Health Team, Island Health, Vancouver Island; Adjunct Professor, Department of Psychology, University of Victoria, Victoria BC

Common Things are Common. Medical Conditions Underlying Behavioural Changes in Individuals with Developmental Disabilities Elena Lopez, MD, MSc, FRCPC, FCCMG, Clinical Geneticist, Developmental Pediatrician, Sunny Hill Health Centre for Children, Vancouver, BC

Enhancing Health Care Through Communication: Using Support Tools For Working With Health Care Professionals

Sheila Farrell, RN, BSN, MScN, Clinical Practice Educator, Health Services for Community Living, Central Okanagan, Interior Health, Kelowna, BC

Relationship Between Mental Health Problems and Challenging Behaviour in People with Intellectual Disabilities

Vikram Palanisamy, MD, MRC Psych, DCP, Clinical Fellow, Adolescent Psychiatry, Wellcroft Centre, Liverpool, UK

Panel Q&A & Discussion

AM2

Communication Supports for Individuals with Developmental Disabilities: Facilitating Understanding and Expression H-Brain/HMH

Brenda Fossett, PhD, BCBA-D, Behaviour Analysis, Autism Department, Social Sciences Division, Capilano University, North Vancouver, BC

Individuals of all ages with developmental disabilities often experience communication related challenges that may interfere with the ability to understand others and express oneself effectively. This session will provide an overview of common communication challenges experienced by individuals of all ages with developmental disabilities, and interventions, both low and high-tech, used to address these challenges.

Learning Objectives:

- Identify three strategies for supporting receptive communication
- Identify three strategies for supporting expressive communication
- Identify three instructional strategies commonly used to teach communication-related behaviors

12:00 PM - 1:00 PM Lunch (on your own), Exhibits & Poster Viewing

1:00 PM - 4:30 PM Session PM1, PM2 & PM3

Includes 25% of interaction and/or Q&A and 30-min break

PM1

An Algorithm for the Evaluation and Management of Irritability in Children and Adolescents with Autism Spectrum Disorder HMH/H-Brain

Brian Banno, MD, FRCPC, Psychiatrist, Neuropsychiatry Clinic and Child Psychiatry Unit, BC Children's Hospital, Vancouver, BC

Robin Friedlander, MD, FRCPC, Head, Neuropsychiatry Clinic, BC Children's Hospital; Psychiatrist, Vancouver and Fraser Developmental Disabilities Mental Health Services; Clinical Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC

Dean Elbe, BSc(Pharm), PharmD, BCPP, Clinical Pharmacy Specialist, Child and Adolescent Mental Health, BC Children's Hospital, Vancouver, BC

Pam Narang, PsyD, RPsych, Neuropsychiatry Clinic and Child Psychiatry Program, BC Children's Hospital; Clinical Instructor, Department of Psychiatry, University of British Columbia, Vancouver, BC

This presentation covers the challenging topic of irritability in children and adolescents with Autism Spectrum Disorder (ASD). The evaluation and evidence-based management will be reviewed. A clinically useful algorithm for the evaluation and management of irritability in children and adolescents with ASD will be presented.

Learning Objectives:

- Provide an overview of irritability and aggression in ASD
- Review evidence-based pharmacologic and non-pharmacologic treatments of irritability in ASD
- Present a clinically useful algorithm for the evaluation and management of irritability in ASD

PM2

Sexuality, Health and Hygiene H-Body/ APA

Barbara Laird, BEd, Parent of an adult daughter with Down Syndrome, and Educational Consultant, Vancouver BC

This session will address an area we often neglect, ignore, are fearful of or delay until there is an urgent necessity. The session will focus on sexuality, puberty, boundaries, relationships, hygiene and health. The strategies and information is relevant for all age levels and will enable parents and professionals to be proactive with the goal of supporting individuals with developmental disabilities to learn the skills to be independent, appropriate and safe.

Wednesday, November 16, 2016



Learning Objectives:

- · Take away fear around dealing with these sensitive issues, and help understanding of how important it is to address them throughout the lifespan
- Enable and encourage parents and professionals to be proactive in dealing with these issues, ideally from a very early age and over the
- Share educational strategies that will enable parents and professionals to teach in ways that will help with understanding and remembering so that individuals will be independent and safe

PM3

ABA: Not Just for Autism

Katie Allen, MS, BCBA, Director, East Van Behaviour Analysis Ltd., Vancouver, BC Aimee Doherty, MS, BCBA, East Van Behaviour Analysis Ltd., Vancouver, BC

Applied Behaviour Analysis (ABA) a discipline that employs objective data to drive decision-making process that is known for treating individuals with Autism. ABA is also used in a variety of other populations and applications in our mainstream society. This presentation will review the basics of ABA to demonstrate the utility of the science.

Learning Objectives:

- Identify the three levels of science
- Identify the seven characteristics of applied behaviour analysis
- · Identify several applications of applied behaviour analysis in society, different populations, and different goals

5:00 PM

Adjourn

7:30 PM Free Public Evening Session: Employment for Individuals with **Developmental Disabilities**

Opening Remarks: 'The Heroes' Journey and Navigating Life and Work with our Inner GPS'



Elizabeth Turner, Parent, Coach, Writer, Speaker, Full Flight Life

Job Finding – Successes, Challenges and Retention



Chris Arnold, MSc Psych, Clinical Director, CEO, Provincial Networking Group Inc.; Certified BC Provincial Instructor; Master Level certified Instructor - Crisis Prevention Institute, Terrace, BC

This session will contain some practical ideas for success as well as strategies to avoid common challenges in job. Our Mission is to "Empower People Towards Excellence" and to achieve this Chris Arnold's passion and knowledge of this topic will have participants leaving with new ideas and

energy for job development and retention for people with barriers to employment.

The Following Areas will be covered:

- Successes: The 5 Key Factors for success: who you know, what you know, don't wait in line, having a level playing field, and seeing opportunity everywhere
- · Challenges: common job finding challenges to overcome such as: assumptions & limitations, not digging deep enough, systems limits and getting stuck in the box
- Retention: tips for helping to maintain employment and retention rates, looking at common issues that may arise and tips for dealing with them

Program at a Glance

Wednesday, Nov 16 | Pre-Conference 8:00 **Registration Opens** 9:00 AM 1 & AM 2 10:00 Break AM 1 & AM 2 ctd. 11:00 12:00 Lunch (on your own) 1:00 PM 1, PM 2 & PM 3 2:00 Break 3:00 PM 1, PM 2 & PM 3 ctd. 4:00 5:00

Thursday, Nov 17

Registration Open
Opening Prayer, Remarks & Welcome
Plenary: Shelley Moore
Break - Exhibits Open, Poster Viewing
Concurrent Session A (A1-A4)
Lunch (on your own)
Concurrent Session B (B1-B4)
Break - Exhibits Open, Poster Viewing
Concurrent Session C (C1-C4)
Networking Reception and Poster Session I (Group A)

Friday, Nov 18

Registration Open Plenary: Yona Lunsky

Oral Session 1 & Oral Session 2 Entertainment

Break - Exhibits Open, Poster Viewing

Concurrent Session D (D1-D4)

Lunch (Provided) 12:40-1:30 PM - Poster Session II (Group B)

Concurrent Session E (E1-E4)

Break - Exhibits Open, Poster Viewing

Plenary: David Hingsburger

Award Presentations & Closing Remarks

7:30 PM - Public Evening Session

^{*}please note all instructional sessions will be comprised of 25% interaction and/or Q&A



MAIN CONFERENCE

Thursday, November 17, 2016

8:00 AM - 8:30 AM Registration Opens

8:30 AM - 9:00 AM Welcome

Welcome Remarks

Bruce Pipher, Conference Co-Chair, MD, FRCP(C), Clinical Director, Developmental Disabilities Mental Health Support (DDMHS), Children's Assessment Network (IHCAN), Kelowna, BC

Traditional Welcome

Opening Remarks

Ashok Krishnamoorthy, MD, MRCPsych, ABAM, FRCPC, Provincial Medical Consulting team; Clinical Assistant Professor, University of British Columbia Vancouver, BC

9:00 AM - 10:00 AM Plenary session (incl. Q&A)

Has Inclusive Education become Contaminated?



Shelley Moore, BEd, MEd, Inclusion Consultant, Richmond School District; PhD Candidate, University of British Columbia, Vancouver, BC

Learning Objectives:

- Participants will deconstruct the foundational concepts of inclusive education
- Participants will connect to, reflect on and discuss current and future paradigms and traditions in inclusive education

Movement Break by Special Olympics BC - Vancouver

10:00 AM - 10:30 AM Break - Exhibits open & Poster viewing
10:30 AM - 12:00 PM Concurrent Sessions A

A1

Is Poverty The Diagnosis: The Hidden Impact of Generational Poverty in Developmental Disabilities and Mental Health HMH/ APA/ H-Brain

Barbara Fitzgerald, MD, FRCP(C), Developmental Pediatrician, Sunny Hill Health Centre; Consultant, Alderwood Family Development Centre; Clinical Associate Professor, Department of Pediatrics, University of British Columbia, Vancouver, BC

Many of us work with families living in poverty everyday, but we may not have considered the role that it plays in the presentation of developmental disabilities and mental health diagnoses. A deeper appreciation of the impact of poverty on clinical presentation can lead to more compassionate and effective treatment.

Learning Objectives:

- Better understand generational poverty and its effects on clinical presentation
- Review the neurobiology of early life adversity, including poverty
- Learn one way of interviewing mothers about the sensitive area of prenatal substance exposure.
- Consider a practical approach to supporting families in poverty

A2

Navigation and Collaboration across Ministries APA

Michelle Schmidt, PhD, Director of Instruction, Student Services, Surrey School District, Surrey, BC

The workshop will provide an overview of provincial student designation trends and legal obligations established by the School Act and the Ministry of Education. A blueprint to: (a) identify potential participants; and (b) effectively meet the needs of children and youth who have complex needs, will be presented.

Learning Objectives:

- Learn about provincial student designation trends, and the legal obligations within which schools operate.
- Understand district roles, and the types of targeted and intensive support available to students who have complex needs.
- Know the steps required to ensure effective collaboration among ministry partners, in order to meet student needs.

A3

Demystifying Genetics to Better Support Individuals with Developmental Disabilities H-Body/H-Brain

Elena Lopez, MD, MSc,FRCPC, FCCMG, Clinical Geneticist, Sunny Hill Health Centre for Children, Vancouver, BC

Developmental disabilities (DD) impact the global and adaptive functioning of individuals. In the past the Genetics field has focused primarily on a medical model of care for individuals with a developmental disability, a perspective divergent from the philosophies embraced by non-medical workers who are the most populous workers in the ID field, thus creating a medical versus functional dichotomy of care. This session will review the process, value, and importance of a genetic assessment in individuals with DD. It will highlight how a genetic diagnosis can aid in optimizing healthcare and function across many areas of an individual's life and stress the importance of collaboration between the Medical Genetics field and the health care providers.

Learning Objectives:

- Summarize process, value and importance of a genetic assessment in individuals with DD
- Recognize the benefits of collaboration between health care providers and the Medical Genetics field



When is it Just "Psychosis" – Assessing for Underlying Medical Conditions in Acute Atypical Psychosis HMH/ H-Body

Anna Kalenchuk, MD, FRCPC, Child and Adolescent Psychiatrist, Department of Psychiatry, BC Children's Hospital; Director, Postgraduate Training, Child and Adolescent Psychiatry, BC Children's Hospital; Clinical Instructor, Department of Psychiatry, University of British Columbia, Vancouver, BC

The session purpose is to identify markers that may indicate an underlying medical condition in patients with developmental disabilities who present with psychosis. It will review a proposed algorithm to assist the clinician in screening for medical conditions to enhance early identification and treatment, in order to improve patient outcomes.

Learning Objectives:

- Review the basics of a classic psychotic presentation
- Identify symptoms that may indicate a psychotic presentation is atypical
- Review a proposed algorithm of investigations that can help guide the work-up of these patients
- Identify common medical conditions that should be screened for in patients with developmental disabilities

Thursday, November 17, 2016



12:00 PM - 1:00 PM

Lunch on your own
Exhibits open & Poster viewing
Concurrent Sessions B

1:00 PM - 2:30 PM

B1

Assessment of Children and Youth for FASD: Considering ways to Implement Recent Canadian Guidelines

Christine Lilley, PhD, RPsych, Psychologist, Compass Clinic, Vancouver, BC

Bruce Pipher, MD, FRPCC, Clinical Director, Interior Health Developmental Disabilities Mental Health Support Team/Children's Assessment Network, Kelowna, BC; Clinical Assistant Professor, University of British Columbia, Vancouver, BC

Recently, the Canadian Guidelines to assess children and youth for FASD have been published. This workshop will provide a review of the rationale for these changes and how to best consider assessing these domains. There will also be an opportunity to discuss standard ways to assess "affect regulation" when required.

Learning Objectives:

- Consider ways to evaluate the 10 domains when assessing children and youth for FASD
- Better understand the rationale for these changes
- Improve knowledge as to how "affect regulation" is to be evaluated

B2

Adapting Trauma-Focused Cognitive Behavioural Therapy for Individuals with Developmental Disabilities

Theresa M. Grech, MC, CCC, CPRP, Canadian Certified Counsellor; Clinician, Early Psychosis Intervention, Fraser Health; Clinical Faculty, Developmental Disorders Program, University of British Columbia, Vancouver, BC

Individuals living with a developmental disability are at greater risk of experiencing adverse events because their developmental level has a major impact on their ability to cope. Their heightened sensitivity to even smaller, everyday stressors and losses can overwhelm their coping skills resulting in cumulative traumatic effects. This presentation will focus on adaptations to Trauma-Focused Cognitive Behavioural Therapy for individuals living with a developmental disability.

Learning Objectives:

- Better understand Trauma-Informed Care as a "universal precaution"
- Learn how to "pre-assess" and prepare the individual for counselling treatment
- Understand the "Phases of Trauma Treatment"
- Understand how to involve family/caregivers in the assessment and treatment process

B3

Practical Strategies for Addressing Gaps in Services for Children and Youth with Neuro-developmental Disorders and Co-occurring Mental Health and Behavioural Difficulties HMH/H-Brain/APA

Robin Friedlander, MD, FRCPC, Head, Neuropsychiatry Clinic, BC Children's Hospital; Psychiatrist, Vancouver and Fraser Developmental Disabilities Mental Health Services; Clinical Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC

Erika Ono, MSW RSW, Social Worker, Neuropsychiatry Clinic, BC Children's Hospital; PhD student, UBC School of Social Work, Vancouver, BC

Tamara Salih, MD, FRCPC, Child and Adolescent Psychiatrist, Neuropsychiatry Clinic, Mood & Anxiety Disorders Clinic, BC Children's Hospital; Clinical Instructor, Department of Psychiatry, University of British Columbia, Vancouver. BC

Children and youth with neurodevelopmental disorders and psychiatric co-morbidities can face multiple barriers when trying to access support for all of their service needs. As service delivery across different systems of care are fragmented, these children and their families with complex support needs often fall through the cracks. This presentation will include information about current service models, gaps in services, and recommendations for best practice and policy changes.

Learning Objectives:

- Increase an understanding of dual diagnosis, in the context of neurodevelopmental disorders
- Learn about the core issues and challenges facing individuals with neurodevelopmental disorders and psychiatric co-morbidities when trying to access mental health services, respite, and other support services
- Gain knowledge on best practices and policy recommendations regarding this population

B4

Ethical Decision Making and Individuals with Developmental Disabilities

Alison Leaney, RSW, Provincial Coordinator, Vulnerable Adults Community Response, Services to Adults, Public Guardian and Trustee of BC, Vancouver, BC

Duncan Steele, System-Level Ethicist, Ethics Services, Fraser Health, Surrey, BC

The freedom to make their own lifestyle, health and personal care decisions is as important for adults with developmental disabilities, as it is for everyone. Struggles arise when friends, families, and professionals have differing values and beliefs about what behaviours and decisions are in their best interest, especially when they include an element of potential risk. This presentation will explore how to use 2-3 tools to assist with bringing facts and values into decision-making in this challenging context.

Learning Objectives:

- Learn how to utilize values/ethics in day-to-day decision-making in the context of people making decisions that could put themselves at risk
- Practice employing a systematic process for working through decision-making in difficult contexts
- Explore least intrusive options based on a presumption of capability for supporting adults before considering whether more formal legal options are necessary

2:30 PM - 3:00 PM

Break - Exhibits open & Poster viewing

3:00 PM - 4:30 PM

Concurrent Sessions C



Mental Health and Treatment and Intervention Challenges in Children, Youth, and Adults with FASD

Diane K. Fast, MDCM, PhD, FRCPC, Clinical Psychiatrist, Neuropsychiatry Clinic, BC Children's Hospital; Associate, Pediatrics, The University of British Columbia, Vancouver, BC

Julianne Conry, PhD, RPsych, Professor Emerita, The University of British Columbia, Vancouver, BC



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Moving from Diagnosis to Practical Strategies

Mental health issues (e.g. anxiety, disruptive behaviours, mood disorders) are a major co-occurring factor in people with FASD, resulting in considerable disability and victimization. Supporting people with FASD in managing their mental health disorders, cognitive disabilities, and social deficits may lead to better outcomes for individuals with FASD and for society.

Learning Objectives:

- Review the mental health component in the revised Canadian diagnostic guidelines
- Discuss difficulties and concerns in treating people with FASD for mental health issues
- Discuss approaches to treatment and support to help children, youth, and adults with FASD and their families

C2

Medical Behavioural Assessment and Treatment of Children and Youth with Developmental Disabilities (DD) and Behaviours that Challenge: Framework and Tools for Interprofessional Collaboration HMH/ H-Body/ APA

Alvin Loh, MD, FRCPC, Medical Chief of Staff, Developmental Paediatrician, Surrey Place Centre; Assistant Professor, Division of Developmental Paediatrics, University of Toronto, Toronto, ON

Nicole Aliya Rahim, MA, BCBA, Senior Behaviour Therapist, Surrey Place Centre, Toronto, ON

We will present about the Interdisciplinary assessment and treatment of youth (6-18yrs) with severe complex and multiple behaviors, medical and mental health problems. We will review the literature and then present case vignettes with interactive discussion. We will share our BMACKE clinic framework and some tools for interprofessional collaboration.

Learning Objectives:

- Demonstrate an evidence based approach to the assessment for behavior that challenges
- Describe a framework of interprofessional collaboration and pathways of care
- Summarize key practices for collaborative functioning



Mental Health in Individuals with Developmental Disabilities

Theresa M. Grech, MC, CCC, CPRP, Canadian Certified Counsellor; Clinician, Early Psychosis Intervention, Fraser Health; Clinical Faculty, Developmental Disorders Program, University of British Columbia, Vancouver, BC

Donnis VanLoo, RN, Clinical Nurse Educator, Youth Team, Developmental Disabilities Mental Health Services, DDMHS, Fraser Health Authority, Burnaby, BC

Research tells us that individuals with developmental disabilities are at higher risk for developing mental illness. This presentation will provide a better understanding of the factors associated with increased mental illness and ways we can better support an individual to decrease these risks. Participants will also learn how to better identify the warning signs and symptoms of an emerging mental illness in order to seek appropriate support.

Learning Objectives:

- Understand the factors associated with increased mental illness in individuals living with developmental disabilities
- Understand the bio-psychosocial approach to ruling out mental illness

- Better understand the warning signs and symptoms of an emerging mental illness
- Better understand the meaning of behaviour in relation to mental health needs
- Learn how to better support the individual in a way that decreases the risk factors associated with mental illness



Reducing the Vulnerabilities of Aging Individuals with Developmental Disabilities HMH/ H-Body/APA

Nancy Jokinen, PhD, MSW, Associate Professor, BSW Program Coordinator, UNBC School of Social Work, Prince George, BC

Jule Hopkins, Coordinator of Learning Development, PLAN Institute, Vancouver, BC

Understanding changing health and well-being needs of individuals aging with developmental disabilities is essential. This session will help families and professional staff better understand the changing needs of older-aged adults with developmental disabilities and consider innovative service approaches. Strategies to support aging with dignity and self-respect will be shared.

Learning Objectives:

- Expand knowledge of aging as it affects people with developmental disabilities
- Examine strategies to deliver services and supports differently and in a manner that maintains dignity
- Learn about current work of the National Task Group on Intellectual Disabilities and Dementia Practices with Canadian colleagues

4:30 PM - 5:15 PM Poster Session I (Group A)

Poster presenters will be available for Q&A

4:30 PM - 5:45 PM Networking Reception

Friday, November 18, 2016

8:00 AM - 8:30 AM Registration open - Exhibits & Poster viewing 8:30 AM - 9:25 AM Plenary Session (incl. Q&A)

Improving Primary and Emergency Health Care for People with Developmental Disabilities: How do you Make it Happen?



Yona Lunsky, PhD, CPsych, Director, H-CARDD; Clinician Scientist, Centre for Addiction and Mental Health; Professor, Department of Psychiatry, University of Toronto, Toronto, ON

Learning Objectives:

- Be informed about relevant Canadian research on the primary care and emergency care of adults with developmental disabilities
- Be familiar with existing clinical tools and resources developed in Ontario to improve the health care of those with developmental disabilities
- Understand the Ontario context and experience of engaging health care providers and policy makers around developmental disabilities health care issues





9:25 AM - 10:05 AM

Oral Sessions (15 mins + Q&A)

Oral Session 1

Adolescent Medical Clinic for Youth with Developmental Disabilities

Diane Munz, MD, FRCPC, FAAP, Associate Professor, Part-Time, Department of Pediatrics, McGill University, Montreal, QC

Learning Objectives:

- Find ways to examine youth who are averse to medical exams
- Understand medical co-morbidities in youth with developmental disabilities
- Recognize that physical problems can present as behavior deterioration

Oral Session 2

Increasing Community Capacity and Supporting Smooth Transitions - Creating an Effective Education Series

Jennifer Altosaar, Coordinator, Toronto Network of Specialized Care, Surrey Place Centre, Toronto, ON

Megan Primeau, MSc, Education and Research Coordinator, Central Region Community Network of Specialized Care, Surrey Place Centre, Toronto, ON Learning Objectives:

- Describe the main features and results of the Transitions Series education event
- Discuss the key factors to develop and deliver meaningful educational events

10:05 AM - 10:15 AM Entertainment; *Jordana Pratt*, Self-Advocate & Comedian

10:15 AM - 10:45 AM Break - Exhibits open & Poster viewing

10:45 AM - 12:15 PM Concurrent Sessions D

D1

What's Age Got to Do with It: Healthy Sexuality Across the Lifespan for People with Intellectual Disabilities APA

David Hingsburger, MEd, Director of Clinical and Educational Services, Vita Community Living Services, Toronto, ON

All people, including those with disabilities need the learn 6 basic skills that will carry our relationships right through the lifespan. This session will look at what it is we need to learn, when we need to learn it and, perhaps most importantly, how to teach these skills to those who may have missed the opportunity to learn.

Learning Objectives:

- Articulate and identify the 6 basic skills that are important for healthy relationships across the life span
- Develop strategies for teaching healthy relationship skills to people who may have missed the opportunity to learn them
- Identify some of the barriers for people with disabilities in learning healthy relationship skills

D2

Is What I am Seeing Psychiatric or Behavioural?

Anne Halas, Education Coordinator, Developmental Disabilities Mental Health Services, Vancouver, BC

Robin Friedlander, MD, FRCPC, Head, Neuropsychiatry Clinic, BC Children's Hospital; Psychiatrist, Vancouver and Fraser Developmental Disabilities Mental Health Services; Clinical Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC

Many people are unsure if an unusual behaviour they are seeing is "behavioural" or of a psychiatric nature. We will discuss this topic by comparing the diagnostic criteria of the major psychiatric disorders to information that can be gathered through behavioural assessments. We will cross reference diagnostics with behavioural patterns, functions, the

history of the behaviour, the person's environment and their medical information. Additionally we will illustrate how one particular behaviour can be psychiatric in one person but "behavioural" in another and that we need to be looking at each person holistically and each behaviour individually. **Learning Objectives:**

- Understand how psychiatric diagnoses are made using the DSM-5
- Understand how to examine a difficult behaviour through a nonpsychiatric lens
- Understand how one particular behaviour can by psychiatric in one person, but behavioural in another

D3

Moving from Knowledge to Action in Primary and Emergency Care

Yona Lunsky, PhD, CPsych, Director, H-CARDD; Clinician Scientist, Centre for Addiction and Mental Health; Professor, Department of Psychiatry, University of Toronto, Toronto, ON

This workshop will review the implementation process that the H-CARDD program undertook to promote health checks in primary care, and to improve emergency care practices. Toolkits will be shared and relevant videos will be shown, based on what was learned at the implementation sites, which may be relevant to other jurisdictions.

Learning Objectives:

- Know the steps to health check implementation in a primary care site
- Know the steps to changing emergency care practices in hospitals
- Gain familiarity with clinical resources, and tools to assist individuals with developmental disabilities and caregivers in these settings
- Learn about what makes implementation successful, and how to overcome barriers to implementation

D4

Communication, Swallowing and Oral Care H-Body

Michelle Schaafsma, MA, Registered Speech Language Pathologist, Clinical consultant for adults with developmental disabilities, Heath Services Community Living, Dysphagia Services, Island Health; Private practice speech and language therapist for children, Victoria, BC

Dawn Moon, Registered Dental Hygienist, Community Dental Hygienist, Health Services for Community Living, Island Health, Victoria BC

Children and adults with developmental disabilities meet many challenges when it comes to safety and comfort with activities related to eating, drinking and oral care. This session will address methods to support communication skills between client and caregiver specific to these activities of daily living. In addition, there will be a particular focus on the link between swallowing difficulties (dysphagia), oral care, and risk for aspiration pneumonia.

Learning Objectives:

1:30 PM - 3:00 PM

- Review the communication challenges between individuals with developmental disabilities and their caregivers
- Learn about simple, practical tools to enhance communication skills between client and caregiver when it comes to their favourite activities, eating and drinking, and not so favourite activities, oral hygiene and dental visits
- Discuss evidenced based practice for reducing the risk for aspiration pneumonia, clinical decision making an informed choice

Concurrent Sessions E

12:15 PM - 1:30 PM Lunch provided, exhibits open
12:40 PM - 1:30 PM Poster Session II (Group B)
Poster presenters will be available for Q&A





Think You've Tried Everything? Maybe Not.

Melissa Meyer, BS, MA, Mental Health Clinician and Behavior Consultant, Developmental Disabilities Mental Health Services, Burnaby, BC

Some creative, practical interventions will be presented in the context of specific cases. These include the Truth-o-Meter, more Sensory Menu ideas, Anger Mountains and related activities, Bubble Breathing, How to stop tattling and learn to take responsibility, and what's Behind Your Anger? The audience will be encouraged to share their own successful tools. Tools will be presented as a therapeutic way of being with clients and in the context of specific successes. The goal of this session will be to gain new tools and to stimulate new directions and techniques for our clients.

Learning Objectives:

- Learn some new tools for changing behaviours
- Learn some new tools for counselling clients with intellectual disabilities
- · Share the successes of our clients choice

E2

Supported Employment Works!

Annette Borrows, BAAE, Employment Strategy Manager, CASE Vice President, Abbotsford, BC

Real work for real pay enhances a person's quality of life experience. It assists them with their financial needs, self-determination and improves their experience as a contributing community member. This session will provide information about how to enhance a person's abilities in order to be successful in paid employment.

Learning Objectives:

- Introduce the best practices and philosophies of supported employment for people with disabilities
- Learn about the milestones of practice within supported employment from intake to follow-up supports
- Understand that with the right support, everyone is employable



Innovations in ASD Treatment: the Early Start Denver Model and the Importance of Play

Kate Ballem Chase, MSc, D.Phil, Founder, Director, Speech Language Pathologist, Nurture Society for Learning and Development; Clinical Assistant Professor, School of Audiology and Speech Science, University of British Columbia, Vancouver, BC

Early naturalistic, developmental behavior interventions (NDBIs) are emerging as effective, hybrid models of intervention, combining the strengths of social-pragmatic, developmental interventions, with the rigour of behavior analysis. This presentation will discuss the importance of play and early social pragmatic development in autism, in the context of the Early Start Denver Model.

Learning Objectives:

- Describe the importance of early social referencing skills in autism treatment.
- Provide a brief explanation of the Early Start Denver Model.
- Demonstrate and carry out 2-3 simple strategies for encouraging early social referencing skills in young children.



Psychiatric Disorders in Individuals with Developmental Disabilities: Tough Cases H-Brain/ HMH

Robin Friedlander, MD, FRCPC, Head, Neuropsychiatry Clinic, BC Children's Hospital; Psychiatrist, Vancouver and Fraser Developmental Disabilities Mental Health Services; Clinical Professor, Department of Psychiatry, University of British Columbia, Vancouver, BC

Bruce Pipher, MD, FRPCC, Clinical Director, Interior Health Developmental Disabilities Mental Health Support Team/Children's Assessment Network, Kelowna, BC; Clinical Assistant Professor, University of British Columbia, Vancouver, BC

Anna Kalenchuk, MD, FRCPC, Child and Adolescent Psychiatrist, Department of Psychiatry; BC Children's Hospital Director, Postgraduate Training, Child and Adolescent Psychiatry; BC Children's Hospital Clinical Instructor, Department of Psychiatry, University of British Columbia, Vancouver, BC

Ursula Gutteridge, MD, FRCPC, Clinical Director, Developmental Disabilities Team; Clinical Assistant Professor, University of British Columbia; Child and Adolescent Psychiatrist, Forensics & VCH Community, Vancouver, BC

Charmaine Miranda, Registered Psychologist, Compass Clinic, Vancouver, BC

Patients with Developmental Disabilities have high rates of comorbid psychiatric disorders. Many of these patients present with serous behavioural problems in the context of complex comorbidity. We will present case vignettes of challenging patients to illustrate the range of comorbidity including Intellectual Disabilities, Autism Spectrum and Fetal Alcohol Spectrum.

Learning Objectives:

- Appreciate that patients with developmental disabilities require psychiatric support across their lifespan
- Recognize the extent of psychiatric comorbidity within this population
- Develop skills to manage behavioral challenges in such patients

3:00 PM - 3:30 PM 3:30 PM - 4:30 PM Break - Exhibits open & Poster viewing

Closing Keynote (Incl. Q&A)

Citizenship, Selfhood and Pride



David Hingsburger, MEd, Director of Clinical and Educational Services, Vita Community Living Services, Toronto, ON

Learning Objectives:

- Articulate how 'disability pride' and 'disability identity' are a healthy development within the disability community
- Develop strategies to encourage healthy self identity within people with disabilities
- Develop a sensitivity to the kinds of everyday prejudice that people with disabilities face.

4:30 PM **Award Presentations**

(Poster awards and presentation of the Health and Wellbeing in Developmental Disabilities Outstanding Contribution Award)

4:40 PM Closing Remarks

Elena Lopez, Conference Co-Chair, MD, MSc, FRCPC, FCCMG, Clinical Geneticist, Sunny Hill Health Centre for Children, Vancouver, BC

4:45 PM Adjourn

Poster Listing (Only Presenters Listed Below)



Posters will be divided into two groups, posters in Group A will be available to view all day Thursday, and posters in Group B will be available to view all day Friday. Presenters will be available at their posters for Q&A during the following times: **GROUP A: Thursday, November 17**, 4:30pm - 5:30pm (Networking Reception) **GROUP B: Friday, November 18**, 12:40 - 1:30 (Lunch & Poster Session II)

Group A & B

Adolescent Medical Clinic for Youth with Developmental Disabilities

Diane Munz, MD, FRCPC, FAAP, Associate Professor, Part-Time, Department of Pediatrics, McGill University, Montreal, QC

Identifying and Addressing the Health Care Needs of Children with Complex Intellectual Disability Using an Online Health Communication Platform

Tammie Dewan, Graduate Research Assistant, University of British Columbia, Vancouver, BC

Increasing Community Capacity and Supporting Smooth Transitions - Creating an Effective Education Series

Jennifer Altosaar, Coordinator, Toronto Network of Specialized Care, Surrey Place Centre, Toronto, ON

Megan Primeau, MSc, Education and Research Coordinator, Central Region Community Network of Specialized Care, Surrey Place Centre, Toronto, ON

Group A

Health conditions and the Population of Individuals with Intellectual/ Developmental Disabilities: Results from the National Core Indicators

Alexandra Bonardi, Research Associate project Coordinator For National Core Indicators, Human Services Research Institute, Cambridge, MA, USA

Physical Activity Programs for Children with Neurodevelopmental Disabilities: Strengthening Families Through Social Network Supports Michelle Chakraborti, PhD Student, University of British Columbia, Vancouver, BC

Evidence Informed Program Planning and Evaluation: Incorporating a Mixed Methods Approach to Support Community Based Service Transitions

Charmayne Dubé, PhD, OT(C), BMR(OT), MS, Researcher, St. Amant Research Centre, College of Rehabilitation Sciences, Rady Faculty of Health Sciences, University of Manitoba, Winnipeg, MB

Beverley Temple, PhD, MN, BN, RN, Associate Dean Research, Associate Professor, College of Nursing , Rady Faculty of Health Sciences, University of Manitoba, Winnipeg, MB

Friendships among Individuals with Intellectual Disabilities: A Thematic Synthesis Casey Fulford, BSc, Student, University of Ottawa, Ottawa, ON

Supporting Mental Health in Children with Autism Spectrum Disorder via Developing a Family-Driven Assistive Technology

Parisa Ghanouni, Graduate Research Assistant, University of British Columbia, Vancouver, BC

Supporting Attachment In Preschool Children With FASD: A Descriptive Study Using The Circle Of Security Home Visiting Program

Ana Hanlon-Dearman, Section Head Associate Professor, University of Manitoba, Winnipeg, MB

Common Thread Initiative: Strengthening the Community of Support for Persons with Challenging Behaviours

Tara Hyatt, Regional Coordinator, Central West Specialized Developmental Services, Oakville, ON

Megan Primeau, MSc, Education and Research Coordinator, Central Region Community Network of Specialized Care, Surrey Place Centre, Toronto, ON

Using Population Based Administrative Data to Study Families with Children who have a Developmental Disability

Sandra Marquis, MSc, PhD Candidate, University of Victoria, Victoria, BC

Paths for Future Research: A Preliminary Conceptual Model of Effective Support for Pregnant Women with Intellectual and Developmental Disabilities

Lynne Anita Potvin, Research Coordinator, University of Ottawa, Ottawa, ON

Creative Arts Camp for Children with Special Needs: Camp Benefits and Caregiver Experience

Brianne Redquest, MSc, Wilfrid Laurier University, Waterloo, ON

The Social Influences of Physical Activity for Individuals with Autism Spectrum Disorder

Kristen Wright, Graduate Student, Wilfrid Laurier University, Waterloo, ON

Group B

Clinical Conference in Toronto - Community Collaboration at it's Best!!

Jennifer Altosaar, Coordinator, Toronto Network of Specialized Care, Surrey Place Centre, Toronto, ON

The Intersection of Developmental Disability and FASD

Dorothy Badry, PhD, RSW, Associate Professor, Academic Lead Working with Homeless Populations, Faculty of Social Work, University of Calgary, Calgary, AB **Katy Flannigan,** Research Coordinator, Canada FASD Research Network, Vancouver, BC

Support Needs of Adults with Intellectual and Developmental Disabilities when Attending Annual Health Exams

Casey Fulford, BSc, Student, University of Ottawa, Ottawa, ON Lynne Anita Potvin, Research Coordinator, University of Ottawa, Ottawa, ON

Physical Activity Programs for Children with Neurodevelopmental Disabilities

Mojgan Gitimoghaddam, MD, PhD Student, University British Columbia, Vancouver, BC

Nutrition Education Strategies for Developmentally Disabled Adults, Their Families and Caregivers

Lisa Gonzalez, Extension Agent And Educator, University of Maryland Extension, Derwood, MD, USA

Proactive Program Development to Assist Patients with Complex Transitions to Adult Supports and Services

Melanie Randall, DSW, Community Liaison Service Navigator, Surrey Place Centre, Toronto, ON

Megan Henze, Transition Specialist, Hospital for Sick Children, Toronto, ON

Breaking through Silos to Establish Best Practices with Cross-sector Collaborations Melanie Randall DSW Community Ligison Service Navigator Surrey Place Centre

Melanie Randall, DSW, Community Liaison Service Navigator, Surrey Place Centre, Toronto, ON

Angie Gonzales, RN, MN, Health Care Facilitator, Surrey Place Centre, Toronto, ON

Factors Associated with Fatigue in Mothers and Fathers of Children with Autism Spectrum Disorder

Sarah Ivens, Graduate Student, University of Regina, Regina, SK

Relationship Pathways for Parents of Individuals with Autism Spectrum Disorder: Results from a Meta-ethnography Review

Rae Morris, Individual Couple and Family Therapist, The Redpath Centre, Toronto, ON

The Action-Project Method as a Way to Assist Parents and Young Adults with Intellectual Disabilities in Working Together to Construct and Refine Transition-to-Adulthood Projects

John Murray, Student Research Assistant, University of British Columbia, Vancouver, BC

International Perspectives on Decision Making and Capacity for Adults with Developmental Disabilities

Yogesh Thakker, MBBS, MD, MRCPsych, CCT, Developmental Disability Psychiatrist, Addiction and Mental Health Clinic, Alberta Health Services, Edmonton, AB **Joanne Lagasse**, BSW, RSW, Social Worker, Community Outreach Assessment and Support Team, Young Adults and Cross-Level Services, Alberta Health Services, Edmonton, AB

REGISTRATION FORM IN9562

The 5th Health & Wellbeing in Children, Youth, and Adults with Developmental Disabilities Conference

Moving from Diagnosis to Practical Strategies

Pre-Conference: November 16, 2016 Main Conference: November 17 - November 18, 2016

Main Conference: Nov	ember 17 - Novemt	er 18, 2016
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Tuition Fees

Pre-registration prior to **October 14, 2016** is strongly recommended to ensure you receive all conference materials. All rates are quoted in CAD and the tuition fee includes 5% GST. Please use one registration form per person. The main registration fee includes conference materials, one lunch, refreshment breaks and a certificate of attendance.

PRE-CONFERENCE:	weunesua				
AM Session ONLY		AM1		AM2	□\$140
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