

## Register Here or Online at

[www.mainstreamingmedicalcare.org](http://www.mainstreamingmedicalcare.org)

Registration deadline: Friday, May 19, 2017

### PLEASE PRINT

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Affiliation/Title \_\_\_\_\_  
Agency \_\_\_\_\_  
Address \_\_\_\_\_  
E-Mail Address \_\_\_\_\_

### REGISTRATION FEE

Please make checks payable to: The Arc of New Jersey

- \$75 includes Continental Breakfast and materials. (If having lunch on your own, restaurants and a food court are available at Forrestal Village.)
- \$100 includes Lunch, Continental Breakfast and materials.
- Provider Agency Discount: For every 4 registrations from the same non-profit agency, 5th employee attends free (discount applies only to registrants selecting the same registration option: either "lunch" or "no lunch"; please send all registrations together).
- Scholarship, no lunch (limited availability -first come, first served- medical students, residents, or others in need; call Jennifer Lynch at 732-784-6397 before registering).

### MEAL CHOICE

If having Conference Luncheon, please select one:

Chicken Vegetarian Special dietary request. Please specify: \_\_\_\_\_

### PAYMENT INFORMATION

Visa MasterCard Discover American Express

Credit Card # \_\_\_\_\_

Signature \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Sign language interpreter. Request by May 1st.

**Refund Policy:** Refunds will not be given for cancellations made after May 19, 2017, or for no-shows.

### Workshop Choices

Please circle the number of your 1st choice a.m. and p.m., and 2nd choice a.m. and p.m. Early registration is advised to assure your first choice of workshops.

#### 1<sup>ST</sup> CHOICE

A.M. 1 2 3 4 5  
P.M. 6 7 8 9 10

#### 2<sup>ND</sup> CHOICE

A.M. 1 2 3 4 5  
P.M. 6 7 8 9 10

### THREE CONVENIENT WAYS TO REGISTER!

Online at [www.mainstreamingmedicalcare.org](http://www.mainstreamingmedicalcare.org)

Mail or Fax this form to:

Mainstreaming Medical Care  
28th Annual Conference - The Arc of New Jersey  
985 Livingston Avenue  
North Brunswick, NJ 08902-1843  
Fax: 732-784-6397

### The Arc and Mainstreaming Medical Care

Established 68 years ago, The Arc of New Jersey is a private not-for-profit organization affiliated with The Arc of the United States and committed to enhancing the quality of life of children and adults with intellectual and developmental disabilities and their families through advocacy, empowerment, education and prevention. The Arc of New Jersey is comprised of a state office and local county chapters serving all 21 NJ counties. Mainstreaming Medical Care is a special program of The Arc of New Jersey that advocates for accessible, quality health care for individuals with intellectual and developmental disabilities in New Jersey. Funding for the program is provided by the New Jersey Division of Developmental Disabilities, and is also made possible through grants and other private donations.

### Conference Objectives

The primary objectives of this conference are:

1. To provide information about the IDD toolkit, an online resource for healthcare providers, families and other caregivers.
2. To increase knowledge of state-of-the-art treatment for individuals with I/DD who have seizures, as well as other medical, dental, and/or behavioral health problems, including treatment of challenging behaviors.
3. To increase knowledge about programs, policies, and services related to NJ Medicaid and the NJ Division of Developmental Disabilities (DDD).
4. To increase knowledge of best practices in caring for individuals with an intellectual disability who are aging, including those who have dementia.

### Audience

This conference is for everyone who is concerned about providing quality health care to individuals with intellectual and developmental disabilities including: health and mental health professionals; administrative and direct care staff at agencies providing services to persons with intellectual and developmental disabilities; family members; social workers; HMO representatives; and employees of the New Jersey Departments of Human Services, Children and Families, and Health.

### Accreditation

Everyone who attends will receive a Certificate of Attendance. Certificates of Attendance will only be distributed at the end of the afternoon workshops.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP), Developmental Disabilities Nurses Association (DDNA) and The Commission for Case Managers Certification (CCMC). Determination of credit is pending.

### Directions to the Westin Princeton Forrestal Village

201 Village Boulevard • Princeton, NJ 08540 • (609) 452-7900

The Westin Princeton is located in the Forrestal Village, on Southbound Route 1 in Princeton, NJ. Please note: Whether you are traveling north or south on Route 1, use the exit marked "Forrestal Village".

For directions, please contact Jennifer Lynch  
by phone 732-784-6397 or email [jlynch@arcnj.org](mailto:jlynch@arcnj.org).

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28<sup>th</sup> Annual Conference on Medical Care  
June 2, 2017  
Space is limited - Register today!  
Exhibiting Opportunities Available

  
The Arc<sup>®</sup>  
of New Jersey  
Mainstreaming Medical Care  
985 Livingston Avenue  
North Brunswick, NJ 08902



The Arc<sup>™</sup>  
of New Jersey

## 28<sup>th</sup> ANNUAL CONFERENCE

ON MEDICAL CARE FOR PERSONS

WITH INTELLECTUAL &

DEVELOPMENTAL DISABILITIES

PROMOTING QUALITY HEALTHCARE

FRIDAY, JUNE 2, 2017

WESTIN PRINCETON  
FORRESTAL VILLAGE ~ PRINCETON, NEW JERSEY

### SPONSORED BY:

**MAINSTREAMING MEDICAL CARE**

(A Program of The Arc of New Jersey)

### IN COOPERATION WITH:

- NJ DIVISION OF DEVELOPMENTAL DISABILITIES
- NJ DIVISION OF MEDICAL ASSISTANCE AND HEALTH SERVICES

### WITH EDUCATIONAL GRANTS FROM:

- HORIZON NJ HEALTH
- AMERIGROUP COMMUNITY CARE

## CONFERENCE SCHEDULE

8:00 – 9:00 REGISTRATION, CONTINENTAL BREAKFAST AND EXHIBITS

### 9:00 – 9:15 WELCOME AND OPENING REMARKS

**Robert Hage**

President, The Arc of New Jersey

**Thomas Baffuto**

Executive Director, The Arc of New Jersey

**Leone Murphy, APN**

Chair, Mainstreaming Medical Care Advisory Board, The Arc of New Jersey

**Beverly Roberts, M.Ed.**

Director, Mainstreaming Medical Care Program, The Arc of New Jersey

### PLENARY SESSION 9:15 – 11:15

#### 9:15 – 9:30 INTRODUCTORY REMARKS

**Elizabeth Connolly**, Acting Commissioner, New Jersey Department of Human Services

### MORNING KEYNOTE ADDRESS 9:30 – 10:30

#### *The IDD Toolkit: Working Together to Improve Health Care for Adults with Intellectual and Developmental Disabilities*

**Janet Shouse, BJ**, Program Coordinator, the IDD Toolkit, Vanderbilt Kennedy Center, Nashville, TN. Janet worked for many years as a copy editor for *The Tennessean* newspaper, then joined the Vanderbilt Kennedy Center for Research in Human Development in 2000 as a parent mentor for the Parent Stress Intervention Project, which examined the effectiveness of two stress reduction interventions in parents of children with developmental disabilities. In addition to her work with the IDD Toolkit, she also currently serves with the TennesseeWorks Partnership, a federal grant aimed at improving the employment landscape for people with disabilities in Tennessee. She is the parent of three children, including a young adult son with autism.

The IDD Toolkit, [www.iddtoolkit.org](http://www.iddtoolkit.org), offers an online resource for health care providers, families and caregivers to help clinicians better serve adults with I/DD. The tools, based on consensus guidelines from Canada and adapted for use in the U.S., provide information regarding the special physical and mental health needs of adults with I/DD, including Health Watch Tables for several disorders and genetic syndromes. The site also offers online training for health care providers, and an online training for families, individuals and caregivers, such as direct support staff. The Keynote presentation will explain how the IDD Toolkit could be beneficial for New Jersey's adults with I/DD.

### 10:30 – 11:15 UPDATES FROM THE NJ DEPARTMENT OF HUMAN SERVICES

#### NJ FAMILYCARE/MEDICAID:

**Meghan M. Davey**, Director, NJ Division of Medical Assistance and Health Services

#### NJ DIVISION OF DEVELOPMENTAL DISABILITIES:

**Elizabeth M. Shea**, Assistant Commissioner, NJ Department of Human Services, Division of Developmental Disabilities

### BREAK 11:15 – 11:30

### MORNING WORKSHOPS 11:30 – 12:30

#### 1. SEIZURES AND EPILEPSY 2017: SOMETHING OLD, SOMETHING NEW

**Speaker: Eric B. Geller, M.D.**, Director, Adult Comprehensive Epilepsy Center, Institute of Neurology and Neurosurgery at Saint Barnabas in Livingston and board member of the Family Resource Network of NJ/Epilepsy Foundation of NJ

People with developmental disabilities are at increased risk of seizures and epilepsy. This workshop will discuss how to recognize possible seizure symptoms and the diagnostic process. We will also cover both standard as well as newer treatment options including new medications, neurostimulation, and surgical treatments. Emergency management of seizures will be discussed.

#### 2. ABLE ACCOUNTS, DECISION-MAKING SUPPORTS, AND OTHER ELEMENTS OF PLANNING FOR THE FUTURE

**Speaker: Robin Shaffert**, Senior Executive Officer, Individual & Family Support, The Arc of the United States

Eligible people with disabilities can now open ABLE accounts and build assets without jeopardizing their eligibility for means-tested federal benefits, including Medicaid. We will address the status of implementation in New Jersey and some of the issues to consider before establishing an account. We will also discuss ways to promote autonomy while providing people with disabilities the support they need to manage their accounts and make health care and other decisions.

#### 3. DEMENTIA CAPABLE CAREGIVING FOR PERSONS WITH I/DD

**Speaker: Lucille Esralew, Ph.D., NADD-CC, CDP**, Clinical Administrator, Crises Assessment Response and Enhanced Services (CARES) Program, Trinitas Regional Medical Center

This workshop is for professional and family caregivers of adults with I/DD and dementia. The presenter will provide an overview of the main components of competent, capable caregiving including use of a tool for early recognition of dementia, environmental modifications across all natural settings, and non-pharmacological approaches to behaviors associated with dementia and I/DD.

#### 4. BODY AND SOUL: UNDERSTANDING AND SUPPORTING SEXUAL ABUSE SURVIVORS WITH I/DD

**Speakers: Nancy J. Razza, Ph.D.**, Licensed Psychologist, The Arc of Monmouth Health Services, Adjunct Assistant Professor of Pediatrics, The Boggs Center on Developmental Disabilities, Rutgers/RWJMS; and **Kristen Creed, MS, LPC**, Director, The Arc of Monmouth Health Services

Survivors have described sexual abuse as a knife through the spirit, leaving a scar long after the body has healed. In this workshop, we will look at the problem of sexual abuse and its impact on mental health with particular attention to the treatment and support needs of people with I/DD. With the aid of PowerPoint, video, and case presentations, participants will learn about the importance of developmental level in understanding the effects of trauma, and how support staff and family members can assist survivors in coping with the day-to-day issues resulting from abuse.

#### 5. THE APPROPRIATE USE OF PSYCHOTROPIC MEDICATIONS FOR INDIVIDUALS WITH I/DD

**Speakers: Carolina Diao, MD, Psychiatrist**, The Arc/Mercer Healthcare Center and **Monica Quaste, MA, LPC**, Director of Behavioral Services, The Arc/Mercer

The Arc/Mercer has a healthcare center that provides medical and mental health care for individuals with I/DD. The psychiatric services are provided by a psychiatrist, Dr. Diao, with care coordination from a team of medical doctors, a registered nurse, and a licensed professional counselor. In this session, the psychiatrist will discuss the use of psychotropic medication for the I/DD population, with special emphasis on the appropriate use of controlled substances, such as benzodiazepines. Symptoms and behaviors are treated using a Bio Psycho Social Treatment model. The importance of care coordination for the individuals served at this healthcare center will also be discussed.

### LUNCH 12:30 – 1:30

### AFTERNOON KEYNOTE ADDRESS 1:30 – 2:15

#### *Non-Pharmacologic Interventions for Managing Challenging Behaviors*

**Deborah Klaszky MSN APN-C** is a Psychiatric Advanced Practice Nurse with a Master of Science in Nursing degree from Rutgers University. She is currently employed as a Clinical Instructor for Rowan University, School of Medicine, NJ Institute for Successful Aging. Deborah has more than 20 years of nursing experience, including several years as a Supervisor of Nursing at New Lisbon Developmental Center, New Lisbon, NJ. She has provided psychiatric treatment to persons with mental illness and intellectual disabilities in hospital settings, out-patient clinics and community settings, and specializes in the care and treatment of the geriatric population. In addition, she provides numerous trainings throughout the country on a variety of mental health topics. In her spare time, Deborah also owns a private psychotherapy counseling service located in Medford, NJ.

Behavioral and psychiatric symptoms such as agitation, aggression and anxiety are often reported in individuals with intellectual and developmental disabilities (I/DD). Non-pharmacologic management is recommended as a first line treatment to decrease the frequency and intensity of these behaviors and improve quality of life for these individuals. During this keynote, the common behavioral and psychiatric symptoms, and strategies for selecting evidence-based treatments will be reviewed. The Antecedent-Behavior-Consequence (ABC) Model will be discussed as an approach for managing challenging behaviors for individuals with I/DD.

### BREAK 2:15 – 2:30

### AFTERNOON WORKSHOPS 2:30 – 3:30

#### 6. MEDICAL/DENTAL CHALLENGES: ORAL AND NUTRITIONAL ISSUES FOR THE AGING PATIENT WITH I/DD

**Speakers: Mark D. Robinson, DMD**, Attending Dentist, Special Care Treatment Center, Assistant Professor, Department of Pediatric Dentistry, Rutgers School of Dental Medicine; **John Nevins, DO**, Chatham Family Practice Associates; and **Jane Ziegler, DCN, RD, LDN**, Department of Nutritional Sciences, School of Health Related Professions, Rutgers, The State University of New Jersey

Individuals with developmental disabilities who are aging often pose significant challenges for healthcare providers. This panel discussion will present the case of an aging patient with a developmental disability. We will be approaching this topic from multidisciplinary medical, dental, and nutritional perspective focusing on the role of dementia in this complex population.

#### 7. GRIEF IS NOT A FOUR-LETTER WORD

**Speaker: Margaret T. Gilbride, JD, CT**, Director of Transition, Employment and Aging, The Boggs Center on Developmental Disabilities, Instructor of Pediatrics, Rutgers Robert Wood Johnson Medical School

For people with intellectual and developmental disabilities, loss is a too-familiar companion. Participants will explore the potential impact on a person's quality of life when the "grief work" required by those losses goes unsupported. We will identify trends in grief issues and strategies for this population.

#### 8. UNDERSTANDING MEDICAID ELIGIBILITY AND ACCESS TO DDD SERVICES

**Speakers: Kelli Rice**, Director of the Community Care Waiver, Division of Developmental Disabilities (DDD); **Kelly Friedrich**, Community Care Waiver Administrator, DDD; and **Darlene Yannetta**, Director, Provider and Constituent Relations, DDD

The panelists will discuss several important aspects regarding Medicaid eligibility and DDD services that staff and caregivers need to understand, including: enrolling in Medicaid through the Supports Program; what to do if an individual's SSI and Medicaid benefits are terminated; the circumstances that require a re-application for the CCW; how to receive private duty nursing and DDD services at age 21; and what to do if a person who is receiving DDD services requires placement in a nursing home from Medicaid's managed long-term services and supports (MLTSS) program.

#### 9. MULTICULTURAL PERSPECTIVES: THE IMPORTANCE OF CULTURALLY COMPETENT SERVICE DELIVERY IN MEETING THE HEALTH CARE NEEDS OF INDIVIDUALS WITH DD FROM DIVERSE COMMUNITIES

**Speaker: Shellyann Dacres**, Training and Consultation Specialist, The Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School

In this workshop, participants will learn about ways to explore the values and belief systems that shape the behavior of various ethnic groups and the ways that cultural differences influence the understanding of disabilities and delivery of health care services and supports. The focus will be on helping participants understand the ways that culture impacts their own identity and that of people they serve. We will explore how commitment to cultural competence is crucial for effective relationships with people in many areas of concern and practice. The workshop will examine strategies and resources for interaction with diverse communities.

#### 10. HEALTHY LIFESTYLES PROJECT: A UNIQUE APPROACH TO TEACHING ADULTS WITH IDD ABOUT SELF-CARE AND WELLNESS

**Speakers: Ashley Ritchey, MSW, LSW**, Director, New Jersey Self-Advocacy Project, The Arc of New Jersey, and **Erin Caprara**, Information and Referral Coordinator, New Jersey Self-Advocacy Project

Funded by a grant from Horizon Foundation for New Jersey, the Healthy Lifestyles Project (HLP) is an initiative developed by the New Jersey Self-Advocacy Project. The mission of the HLP is to provide accessible, functional health literacy to adults with IDD. The workshop will highlight program successes, showcase training materials, and address effective techniques for teaching adults with I/DD about topics related to health and wellness.

**FOR FURTHER INFORMATION, INCLUDING EXHIBITING OPPORTUNITIES, PLEASE CONTACT:**  
**Mainstreaming Medical Care Program, Jennifer Lynch**  
**Phone & Fax 732-784-6397 ~ Email: [jlynch@arcnj.org](mailto:jlynch@arcnj.org)**