



**2023 FULL LIVES CONFERENCE AGENDA**  
*Building for a Positive Future:  
 Transforming our Workforce and Ourselves*

**Monday, April 3 - Tuesday, April 4**

**Detailed Descriptions - See page 4 - 9**

<b>DAY 1 – Monday, April 3</b>				
<b>8:15 AM – 9:00 AM</b>	<b>Daily Check-in / Name Badges (required) - Breakfast with Exhibitors</b>			
<b>9:00 AM – 9:15 AM</b>	<b>Welcome</b> - Doug Modig, Tsimshian, Elder, Educator, 49 Days of Ceremony <b>Land Acknowledgement</b> - Amy Modig, Deg Hit'an, Elder, Educator, 49 Days of Ceremony <b>Announcements</b> - Teagan Presler, LMSW, CDC, BH Training Coordinator, CHD/The Alaska Training Cooperative			
<b>9:15 AM – 10:30 AM</b>	<b>Opening Keynote: Senior and Disabilities Services Updates and Highlights from The Direct Support Professional Certification Pilot with UAA Center for Human Development</b>  <b>Presented by:</b> Anthony Newman, Acting Director, State of Alaska, DOH, Senior and Disability Services and Lisa Cauble, MSW, Training Director, UAA Center for Human Development			
<b>10:30 AM – 10:45 AM</b>	<b>Break - Visit Exhibitors</b>			
	<b>DISCOVERY BALLROOM</b>	<b>ENDEAVOR</b>	<b>ADVENTURE</b>	<b>QUADRANT</b>
<b>10:45 AM – 12:15 PM</b>	<b>A1 Remember This! The Science of Learning and Memory (recorded)</b>  Presented by: Scott Crabtree	<b>A2 Alaska WIPA Project - Benefits Counseling for SSA Beneficiaries</b>  Presented by: Larissa Cummings, Debbie Grimes	<b>A3 Participant Directed Services from an Advocates Point of View</b>  Presented by: Ric Nelson	<b>A4 Alaska Core Competency #3 Planning Services</b>  Presented by: Riki Chapman, Liz Gerken-Miller
<b>12:15 PM – 1:30 PM</b>	<b>Lunch Break - on your own - Visit Exhibitors</b>			

	DISCOVERY BALLROOM	ENDEAVOR	ADVENTURE	QUADRANT
<b>1:30 PM – 3:00 PM</b>	<b>B1 Goal Writing - Easy as 1,2,3 (recorded)</b>  Presented by: Cathrine Wheeler	<b>B2 I Have Rights - Panel</b>  Panelists: Jamie Kokoszka, Lanny Mommsen, Corey Gilmore, Heidi Lieb-Williams, Jena Crafton, Anna Attla	<b>B3 Trauma Informed Care</b>  Presented by: Jill Ramsey, Wendi Shackelford	<b>B4 Alaska Core Competency #5 Linking to Resources</b>  Presented by: Riki Chapman, Liz Gerken-Miller
<b>3:00 PM – 3:15 PM</b>	<b>Break – Visit Exhibitors!</b>			
<b>3:15 PM – 4:15 PM</b>	<b>C5 Communicating with People with Cognitive Changes</b>  <i>LOCATION: Whitby Room</i>  Presented by: Debbie Chulick	<b>C2 Finding Home Again: Creating a New Normal</b>  Presented by: Anna Thomas-Landrum	<b>C3 Assistive Technology for Employment Access and Retention</b>  Presented by: Tori Gingras	<b>C4 Where We Are, Where We Want to be...Brain Injury in Alaska</b>  Presented by: Kathryn Jacques, Jomarie Gleason, Don Hartman
<b>4:15 PM – 5:00 PM</b>	<b>Networking - Voyager</b>			
<b>5:00 PM – 5:30 PM</b>	<b>Check in for Awards Banquet (Separate registration is required) - Foyer</b>			
<b>5:30 PM – 8:30 PM</b>	<b>Direct Support Professional of the Year Award Banquet and Ceremony - Discovery Ballroom (recorded)</b>  <b>Address: The Science of Being Happy and Productive at Work (recorded)</b> <b>Presented by:</b> Scott Crabtree, BA Cognitive Science, Founder / CEO, Happy Brain Science			

DAY 2 – Tuesday, April 4				
8:15 AM – 8:45 AM	Daily Check-in / Name Badges (required) - Breakfast with Exhibitors			
8:45 AM – 9:00 AM	Daily Announcements - Teagan Presler, LMSW, CDC, BH Training Coordinator, CHD/The Alaska Training Cooperative			
9:00 AM – 9:15 AM	Break – Visit Exhibitors			
	DISCOVERY BALLROOM	ENDEAVOR	ADVENTURE	QUADRANT
9:15 AM – 10:45 AM	<b>D1 Empower Through Advocacy: It's Their Journey! (recorded)</b>  Presented by: Nathan Atkinson, Michael Merritt, Allison Chavis, Sharon Miranda	<b>D2 Working with Guardians to Support Relationship Development and Healthy Sexuality</b>  Presented by: Caitie Jones, Sondra LeClair, Kelly Hartlieb	<b>D3 Understanding Behavior</b>  Presented by: Chris Strum, Rachel White	<b>D4 Alaska Core Competency #6 Advocacy</b>  Presented by: Riki Chapman, Liz Gerken-Miller
10:45 AM – 11:00 AM	Break – Visit Exhibitors			
11:00 AM – 12:30 PM	<b>E1 Support Plans and You - What's it all About! (recorded)</b>  Presented by: Anna Williams, Kara Thrasher-Livingston	<b>E2 Micro Enterprise Grant</b>  Presented by: Larissa Cummings	<b>E3 Reimagining Alaska's HCBS System</b>  Presented by: AK Alliance for Direct Support Professionals	<b>E4 Alaska Core Competency #7 Individualizing Services</b>  Presented by: Riki Chapman, Liz Gerken-Miller
12:30 PM – 1:30 PM	Lunch Break - on your own - Visit Exhibitors			
1:30 PM – 3:00 PM	<b>F1 Using Brain Science to Engage Across Generational and Age Differences (recorded)</b>  Presented by: Scott Crabtree	<b>F2 Co-Dependency and Burnout in the Caregiving Field</b>  Presented by: John Walker	<b>F3 Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure</b> Presented by: Tami Eller, Karen Lomack	<b>F4 Creative Solutions for Housing and Self-Employment During Challenging Times</b>  Presented by: Nicole Bass
3:15 PM – 4:30 PM	<b>Closing Keynote: The "Dance" of Direct Support (recorded)</b>  <b>Facilitated by:</b> Kara Thrasher Livingston, M.Ed. Training Specialist 3, State of Alaska, Senior and Disability Services, and Ric Nelson, MPA, Advocacy & Outreach Manager, The Arc of Anchorage, and President, Peer Power Alaska  <b>Panelists:</b> Michelle Davidson, IDD advocate, Rebekah Garnett, Senior advocate, Cortney Anderson, Behavioral Health advocate, Amy Urbach, BH Direct Support Professional, Teri Cunningham, IDD Direct Support Professional			

## DETAILED SESSION DESCRIPTIONS

For more information about our presenters please see the Full Lives Conference Page on Blackboard

### Day 1 – Monday, April 3

**Opening Keynote: Senior and Disabilities Services Updates and Highlights from The Direct Support Professional Certification Pilot with UAA Center for Human Development (to be recorded)**

***Presented by: Anthony Newman and Lisa Cauble***

Tony will provide his personal perspective on current issues facing recipients, families, direct service providers, agencies, advocates, policy makers and the Division, and the directions these issues might take in Alaska over the coming weeks, months, and years. After which Lisa Cauble will share an overview and update on the Direct Support Professional Certification Pilot. This is a two-year pilot partnership with the UAA Center for Human Development/Alaska Training Cooperative and Alaska State Senior and Disabilities Services.

**A1 Remember This! The Science of Learning and Memory (to be recorded)**

***Presented by: Scott Crabtree***

Constant change means constant learning. Learn how to learn and remember in this practical session grounded in science. Discover how creating a “memory palace” is key to remembering important information, why doorways are dangerous to your memory, what foods boost your brain and memory, why spaced-out learning is better learning, and how to improve your ability to learn and grow. This is one session you will not forget!

**A2 Alaska WIPA Project - Benefits Counseling for SSA Beneficiaries**

***Presented by: Larissa Cummings and Debbie Grimes***

The Alaska WIPA Project provides assistance to beneficiaries who are working at wage employment, self-employment, or who have a job offer pending. Assistance is offered to help understand the various work incentive programs that might be available and provide advice about how to manage one’s benefits during the transition to paid employment. We provide both initial and follow along assistance to beneficiaries. Benefits Counseling and a written Benefits Summary Analysis (BSA) is provided. Fear of losing benefits often keeps people from engaging in meaningful, well-paid work. Come learn some basic SSA work incentives that may apply to your clients who are working or who may desire to work. Learn also about other work supports such as the AK Disability 101 website and the ABLE Act Program.

**A3 Participant Directed Services from an Advocates Point of View**

***Presented by: Ric Nelson***

Participant Directed Services, known as Budget Authority in the lower 48, allows individuals who depend on Home and Community Based Services to manage their own support outside of a provider agency. This person hires their own staff, negotiates salary, and generally has control over their own budget. The individual uses their budget to live a more independent life, in the way they choose. They have the choice on which services they need, how their staff is trained, and how those services are managed. We will discuss how Budget Authority works in other states and the related pros and cons. This discussion will also include who best fits these services and why individuals and their staff endorse this service model. We will also define the three key roles involved: the individual receiving services, the fiscal intermediary, and the case manager/care coordinator.

**A4 Alaska Core Competencies #3 Planning Services**

***Presented by: Riki Chapman and Liz Gerkin-Miller***

Direct Support Professionals are ESSENTIAL WORKERS and are the backbone of the country's "safety net" for persons most in need of services, support and hope for a better future. The Alaska Core Competencies were developed to identify the basic core competencies shared by direct support professionals across multiple sectors and to be relevant in all work settings.

**Planning Services** includes a discussion of supported decision making in action, identifying recommended goals and services, supporting individual and family members decision making in develop a plan of care, and assisting individuals in developing personal plans. This session will not count towards SDS/AKTC DSP Pilot program requirements.

**B1 Goal Writing - Easy as 1,2,3 (to be recorded)**

***Presented by: Catherine Wheeler***

Writing goals, objectives, and methodologies are a key component to completing a person-centered support plan. It is also a great opportunity to ensure that needs and desires of support recipients are being met during planned services. We will review strategies for personalizing this part of the plan while ensuring that goals are measurable and in line with regulations for each service. This session will have practical pragmatic tips to make this process easier for the team. Some strategies that will be reviewed include: first person writing, involving support recipients in goal creation, measurability, specificity, using methodology as a guide a staff, and more.

**B2 I Have Rights**

***Panelists: Jamie Kokoszka, Lanny Mommsen, Corey Gilmore, Heidi Lieb-Williams, Jena Crafton, and Anna Attla***

This presentation brings together individuals with disabilities as panelists to talk about their rights and to be an open forum for others in the audience to share as well. We will introduce the guide produced by the Alaska Governor's Council on Disabilities and Special Education and the Senior and Disabilities Services called *Living Well: I Have Rights*; specifically relating to access to services, making personal choices, community participation, respect and dignity, an individual's privacy, personal safety, and education and employment choices. There will also be an opportunity to discuss dreams and accomplishments, how they can be incorporated into home and community-based living/services and look forward to a future that is more person-directed!

**B3 Trauma Informed Care**

***Presented by: Jill Ramsey and Wendi Shackelford***

In this interactive training participants will learn concepts associated with Trauma Informed Care, reflect on how to see their work through the lens of Trauma Informed Care, then discuss strategies to improve their practice with the people they serve. Complex and historical trauma will be discussed. An in-depth look at the Adverse Childhood Experiences Studies will help participants understand the impact of traumatic events on brain development. Examples of trauma-informed interventions for behavioral health consumers will be introduced. Through discussion and activities, participants will brainstorm strategies to improve their practice using trauma-informed behavioral health interventions.

**B4 Alaska Core Competencies #5 - Linking to Resources**

***Presented by: Riki Chapman and Liz Gerkin-Miller***

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***Linking to Resources***, will include videos and a discussion on understanding the DSP role in identifying recommended resources, supporting individual and family decision-making in selecting resources, and connecting individuals and family to community resources. Participants will learn how to create a resource with a *warm hand off* and follow up. This session will not count towards SDS/AKTC DSP Pilot program requirements.

**C5 Communicating with People with Cognitive Changes**

***Presented by: Debbie Chulick***

Communication can be challenging for anyone -- for those who experience cognitive or brain differences, communication can be even more difficult to navigate. Effective communication involves giving and receiving information using both verbal and non-verbal cues. In this interactive workshop, participants will discuss a variety of tips and techniques to improve the practice of communication. Topics to be covered include active listening, body language, and staying present as communication needs change.

## **C2 Finding Home Again: Creating a New Normal in a Post-Pandemic World**

***Presented by: Annie Thomas-Landrum***

This session focuses on reconnecting the individual to themselves and those around them. We explore why we have become disconnected from our past idea of life, how the pandemic affected our view of ourselves as helping professionals, and how we can approach life as caring professionals who are also committed to caring for themselves. We will explore several questions we may ask ourselves: what level of stress have all the changes created in my world, what is the difference between normal and not normal when it comes to prolonged change, why is it so hard to find normal right now, how is the pandemic merging from an acute to chronic problem impacting my ability to find a groove in life, and how can I start to find a new normal?

## **C3 Assistive Technology for Employment Access and Retention**

***Presented by: Tori Gingras***

Assistive technology (AT) equipment and services can break down barriers faced by individuals with disabilities in the workplace and in their daily lives. Reasonable accommodations in the workplace are modifications or adjustments that enable an employee with a disability to perform their work duties and enjoy the same benefits as employees without disabilities. AT is essential for many employees with disabilities to access information and perform their job tasks effectively, from utilizing low-tech tools to adaptations for more complex computer systems. Join Tori Gingras from Assistive Technology of Alaska as she discusses common and not-so-common AT solutions for the workplace. Navigating available funding to acquire AT equipment and services can be overwhelming and confusing, Tori will help break down the process during this session, so don't miss out!

## **C4 Where We Are, Where We Want to be...Brain Injury in Alaska**

***Presented by: Katie Jacques, Jomarie Gleason and Don Hartman***

Working together as a community the mantra, "Many hands make light work," resonates in improving care for individuals who have experienced a Traumatic Brain Injury (TABI). This presentation will provide an overview of Southcentral Foundation's findings from their gap analysis study on early identification and intervention services. Participants will more fully understand the dynamics of integrating TABI services. We will explore the opportunities, key challenges, and mutual benefits of building community partnerships to support people in Alaska living with TABI, including a live brainstorm/affinity activity. Importantly, the presentation will provide participants an opportunity to discuss issues specific to TABI and share some opportunities for service and care expansion in Alaska using practical methods and examples.

## **DSP of the Year Award Banquet and Ceremony (to be recorded)**

***Awards presented by: Anita Halterman, Chair, Alaska Mental Health Trust Authority Board of Trustees***

***Keynote: The Science of Being Happy and Productive at Work (recorded)***

***Presented by: Scott Crabtree, BA Cognitive Science, Founder / CEO, Happy Brain Science***

Do you know the ideal level of well-being for productivity? Do you know where true and lasting happiness comes from? Happiness is defined as positive emotions with meaning and satisfaction. Happier people are more productive, energetic, cooperative, resilient, successful and engaged. Solid science tells us that yes, happiness comes from our genes, but also from the choices and thoughts going on between our ears and surprisingly little from life circumstances. After this presentation, you'll know all that and more! In this interactive session, you'll learn how to use science to become more engaged, resilient, and successful on the job.

## DAY 2 – Tuesday, April 4

### **D1 Empower through Advocacy: It's Their Journey! (to be recorded)**

***Presented by: Nathan Atkinson, Michael Merritt, Allison Chavis***

Hope Community Resources' Deaf Navigator Program is partnering with Southcentral Foundation's Waiver Care Coordination department for a dynamic presentation on advocacy.

Refine your advocacy skills in this interactive workshop. Topics include practical strategies, supporting independence and common pitfalls to avoid. Our team will offer diverse perspectives on providing culturally competent care, including Deaf and Alaska Native perspectives, with opportunities for audience participation and input throughout. Participants will have the chance to engage in discussion about complex de-identified case studies and to consider, brainstorm, and discuss what a paid staff's role might look like in a variety of real-life situations.

### **D2 Working with Guardians to Support Relationship Development & Healthy Sexuality**

***Presented by: C. Jones, S. LeClair, and K. Hartlieb***

Many individuals with I/DD want healthy relationships, would like to go out on dates, or want to know more about sexual health. How do you support people with I/DD to achieve these goals? And how do you work with guardians if they are hesitant about these topics? In this session, we will provide you with easy-to-use resources, discuss approaches to challenging topics such as guardian resistance, and share methods that support understanding around relationships, sexuality, and dating for individuals with I/DD. The overall goal of this session is for attendees to have increased resources, strategies, and comfort when discussing sexual health topics with people they support, as well as discussing the importance of preventative education with guardians.

### **D3 Understanding Behavior**

***Presented by: Chris Sturm and Rachel White***

This presentation will cover the basics of managing "challenging" behaviors with a focus on meeting the individual's needs to prevent conflict. Proactive strategies for reducing disruptions will be presented. We will provide examples of implementation and adaptations across ages and support needs. We will also discuss how to address "challenging" behaviors in the moment that reduce the likelihood of a negative experience for both the individual and the support provider. These strategies will emphasize supporting the learner so that they do not need to engage in "challenging" behaviors to get their needs met, and quickly resolving the issue if "challenging" behavior arises in the environment. This topic is appropriate for everyone who wants to better understand the behaviors of those around them, especially those providers supporting individuals who may have a history of "challenging" behavior.

### **D4 Alaska Core Competencies #6 – Advocacy**

***Presented by: Riki Chapman and Liz Gerken-Miller***

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Advocacy will discuss what is a DSP's role in advocacy, how a DSP protects their care partner and family from discrimination, and effective advocating methods with dignity, respect and professionalism. This session will not count towards SDS/AKTC DSP Pilot program requirements.

### **E1 Support Plans and You - What's it all About! (to be recorded)**

***Presented by: Anna Williams, Kara Thrasher-Livingston***

How can we create a plan and services that meaningfully support a life of one's own choice using the tools we have now? The *Shared Vision* was signed into regulation with a focus on person directed supports toward a meaningful life. We will discuss the history of person-centered planning including exploring the evolution of the Alaska Medicaid Waiver plan of care to the support plan. We'll outline how to approach health/safety, employment, and emergency preparedness in support plans so these concepts can become more person directed. By changing the way we think about the planning process we can focus on ways to enhance service exibility in response to self-determination.

**E2 Micro Enterprise Grant*****Presented by: Larissa Cummings***

The Micro Enterprise Fund strives to increase access to Micro Enterprise and self-employment opportunities for persons with disabilities who are Alaska Mental Health Trust Beneficiaries. Grant funds may be used for costs associated with starting a new business, expanding a current business, or acquiring an existing business. Come learn about eligibility and other grant requirements. Hear stories about other Trust beneficiaries who used grant funds to find business success and personal satisfaction with self-employment.

**E3 Reimagining Alaska's HCBS System*****Presented by: Alaska Alliance for Direct Support Professionals***

The Alaska Association for Direct Support Professionals (AADSP) panel will give a brief presentation on current known issues facing the Home and Community Based Services (HCBS) system and invites you to re-imagine Alaska's HCBS! We will do a group exercise to get into a "free thinking and creative" state of mind and then break out into groups and wave our "magic wands" to fix our broken HCBS system. From universal services to participant directed services to regulation reduction, to career ladders based on certification -- nothing is off the table! We will call the breakout groups back together to discuss possible ways of implementing our magic wand ideas. AADSP looks forward to hearing from you!

**E4 Alaska Core Competencies #7 – Individualizing Services*****Presented by: Riki Chapman and Liz Gerkin-Miller***

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***Individualizing Services*** will demonstrate how to assess the influence of key individual, family, and community characteristics in tailoring services to the individual you support. Participants will learn strategies on how to work with limited resources and funding. This session will not count towards SDS/AKTC DSP Pilot program requirements.

**F1 Using Brain Science to Engage Across Generational and Age Differences (to be recorded)*****Presented by: Scott Crabtree***

This presentation will explore how brains function at various ages, as well as generational and age-related similarities and differences. You'll gain specific insight into how working through these differences are important in creating a thriving organization. You'll also discover steps to move toward intergenerational engagement, excellence, and more!

**F2 Co-Dependency and Burnout in the Caregiving Field*****Presented by: John Walker***

Exploring the topic of what codependency is, how it can manifest, and how it contributes to burnout of workers in the helping fields. Co-dependents are rescuers and caretakers, they need to be needed, and sometimes lose sight of themselves, placing the needs of others over their own needs. How do we become aware of this condition, and how do we act, instead of react, to protect ourselves?

This presentation will focus on common signs of codependency and patterns of behavior, enmeshment, and detachment. The Karpman Drama Triangle will be discussed to show a cycle of behavior and the roles that may be exchanged between two individuals in a codependent relationship. The purpose of this presentation is to generate open discussion of codependence and reduce the stigma that is often attached to it.



**F3 9 Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure*****Presented by: Tami Eller and Karen Lomack***

This session offers an introduction to nine essential messages about prenatal alcohol exposure including definitions, impacts, prevalence, common characteristics, diagnosis/early intervention, strategies for success, and advocacy. *9 Core Messages: What Everyone Should Know about Prenatal Alcohol Exposure* includes the definition of prenatal alcohol exposure and Fetal Alcohol Spectrum Disorders, the impacts of prenatal alcohol on the fetal development, how those developmental impacts may affect an individual throughout live span, tips for providing accommodations, the importance of advocacy and the list of Alaskan resources. Those attending the presentation will all receive a copy of the *9 Core Messages* giving them a tool to educate others about both PAE and FASD.

**F4 Creative Solutions for Housing and Self-Employment During Challenging Times*****Presented by: Nicole Bass***

This presentation will share two very different examples where our agency, TIDES, has developed creative solutions that have continued to remain successful, and person centered. One is a self-employment microenterprise model developed with collaborations with various community partners and has shown the ability to weather many challenges over the years. The other is a natural roommate model that offers opportunity for individuals and families to use their housing as a resource to maximize care and choice despite funding challenges.

***Closing Keynote: The "Dance" of Direct Support (to be recorded)***

***Facilitated by:*** Kara Thrasher Livingston, M.Ed. Training Specialist 3, State of Alaska, Senior and Disability Services and Ric Nelson, MPA, Advocacy & Outreach Manager, The Arc of Anchorage, and President, Peer Power Alaska

***Panelists:*** Michelle Davidson, IDD advocate, Rebekah Garnett, Senior advocate, Cortney Anderson, Behavioral Health advocate, Amy Urbach, BH Direct Support Professional, Teri Cunningham, IDD Direct Support Professional

How do both partners in this dance create synchronicity that is mutually beneficial? This presentation will focus on the interaction between the person providing support and the person receiving support - what quality support looks like and doesn't look like, the ups and downs of building relationships, the challenges for both partners when the dance is not going well, and factors that lead to smooth sailing.