

# TRAININGS

**THINK+change TRAININGS** are in-person or online, small or large group, targeted educational opportunities on issues that directly impact people with IDD and those who care for and work with them.

## Sixty Second Seminars – #60SS

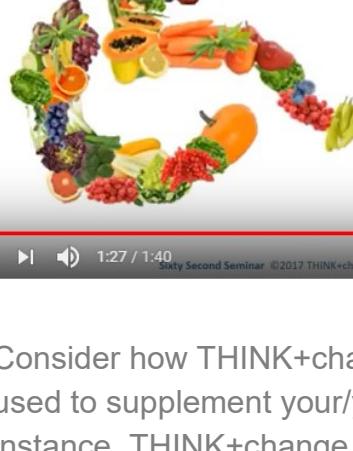
Need a quick and easy way to reinforce learning? Or to catch and keep your team's/members' interest? THINK+change's **Sixty Second Seminars** are it!

Click [here](#) for the graphic below to view a **Sixty Second Seminar** on this year's [Finding Health](#) conference content.

### FINDING HEALTH 2018 CONFERENCE

Offered by THINK+change in partnership with Realm of Caring  
**The Intersection between Disability and Nutrition**

### THE SCIENCE OF NUTRITION



**Nutrition** is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism and our bodies. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion. <https://en.wikipedia.org/wiki/Nutrition>

Contemporary thinking supports that good nutrition = good health, and poor nutrition = bad health. World Health Organization

However, there are **genetic variations** among individuals, including those with disabilities, that can result in both positive and negative responses to diets, to specific foods, and to novel food components. American Society for Nutrition

Further, many people with disabilities have a complex relationship with food. Consider a child with autism spectrum disorder who has an intensely negative reaction to particular textures, tastes or colors or a person with a disability that struggles with the impact of medication on how food is metabolized.

Understanding the science of nutrition as it relates to people with disabilities can be challenging and multifaceted, but to do so can be life-altering. Join us on the journey to understand by signing up for **Sixty Second Seminars** [bit.ly/THINKchangeSSSR](http://bit.ly/THINKchangeSSSR) to learn more about the intersection of disability and nutrition.

This material has been prepared for informational purposes only, and is not intended to replace, and should not be relied on for, medical or legal advice. You should consult your own medical or legal advisors for specific and personalized advice.

▶ ▶ 🔍 1:27 / 1:40 Sixty Second Seminar ©2017 THINK+change All Rights Reserved [www.thinkchange.training](http://www.thinkchange.training) Follow us @thinkchange111

Consider how THINK+change's **Sixty Second Seminars** might be used to supplement your/your team's other training efforts. For instance, THINK+change developed and produced the **Sixty Second Seminar** below to supplement content that was part of our **Transforming the Special Education Pipeline to Prison Conference** last year. Click on the **Sixty Second Seminar** below to view it.

**5 STEPS TO TRANSFORM THE SPECIAL EDUCATION PIPELINE TO PRISON**

<b>1</b> <b>Recognizing Discrimination</b> Students with disabilities served by individuals with Disabilities Education Act (IDEA) represent 25% of students arrested and referred to law enforcement, even though they only represent 12% of the overall student population.  <small>US Department of Education Office for Civil Rights, 2014</small>	<b>2</b> <b>Positive Behavioral (PB) Approaches = Progress</b> Schools that implement PB approaches have up to 50% per year reduced suspension and expulsion rates, resulting in improved attendance and school engagement, reduced dropout rates, and increased instructional time.  <small>Southern Poverty Law Center, 2017</small>	<b>3</b> <b>Own Implicit Bias</b> Prejudice and stereotypes are the natural by-products of ordinary perception, learning, judgment and categorization. Categorization is a coping mechanism that helps individuals manage diversity in their world. But, categorization can also trigger stereotypes, prejudice, and implicit bias.  <small>Ware, 2014</small>	<b>4</b> <b>Alternate Approaches</b> You can be a part of the change – knowing your triggers and adopting a social emotional lens is a great first step. Developing cultural competency and plans while delivering effective, student-centered instruction shifts the paradigm from discipline to development.  <small>Chaitano, 2014</small>	<b>5</b> <b>A Different Road</b> "Two roads diverged in a wood, and I – I took the one less traveled by, And that has made all the difference." Robert Frost Sign up for <b>Sixty Second Seminars</b> to learn more about opportunities to join others in taking a different road and positively transforming the pipeline. <a href="http://bit.ly/THINKchangeSSSR">bit.ly/THINKchangeSSSR</a>
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See our entire 2017 library of [Sixty Second Seminars](#), which includes the topics of the curb-cut effect, the intersection between disability and medical cannabis, and the special education pipeline to prison.

## Wondering how your organization might use **Sixty Second Seminars**?

- Link to them on your website for member/viewer online education
- Use them to host an in-person training
- Include one of the **Sixty Second Seminars** PDF's in your newsletter

Got a training idea but need help implementing an assurance that the training is most effective? Contact Jean at [jsolis@thearcoaurora.org](mailto:jsolis@thearcoaurora.org) or 720.213.1420 to explore how THINK+change's **Sixty Second Seminars** might enhance your training program with relevant content presented in a contemporary, upbeat, captivating manner.