

Dear professional, family member, friend and teen or adult on the autism spectrum:

This annual conference increases understanding and acceptance of individuals on the autism spectrum. Our keynotes, workshops and panels offer insights and strategies for awareness, self-advocacy, transition planning, employment and independence. The Asperger Syndrome and High Functioning Autism Association (AHA) is a not-for-profit organization serving individuals on the autism spectrum, their families and the professionals who work with them, providing crucial resources and support as they face challenges, build on their strengths and fulfill their potential. Founded in 1988 and based on Long Island, New York, with a satellite office in New York City, AHA is directed by a dedicated and experienced volunteer executive board and expert professional advisory board. AHA's services reach nearly 10,000 people annually through one-on-one phone and e-support; more than a dozen monthly support meetings; an informative weekly AHA eNewsletter and biannual *On the Spectrum* print publication; family recreation events; biannual education conferences; and signature fundraisers such as its annual ROCK 'N' BOWL for Autism. By maintaining efficient administrative practices, 90 percent of every dollar donated to AHA goes directly to providing and expanding its services. For more information, visit ahany.org.

Thank you for participating,

Pat Schissel, LMSW
Executive Director
Asperger Syndrome and High Functioning Autism Association (AHA)
Conference Coordinator

THE CONFERENCE COMMITTEE

AHA

Ellen Forrest, J.D.
Joan Hourihane
Carole Kalvar
Bernice Polinsky
Jeannie Wright

ADELPHI UNIVERSITY

Judith H. Cohen, J.D., Ph.D.
Stephen Shore, Ed.D.

SPECTRUM SERVICES

Lynda Geller, Ph.D.

FAY J. LINDNER CENTER

Natalia Appenzeller, Ph.D.
Kate Cody, Psy.D.

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COMPASS PROJECT

Elise Hahn Felix, LCSW

GRASP

Kate Palmer, M.A., CCP

ASPIRE CENTER FOR LEARNING AND DEVELOPMENT

Shana Nichols, Ph.D.

Conference registration includes a handbook containing materials from the keynotes and workshops. A continental breakfast and boxed lunch are also included. Agency, postsecondary school, camp, recreation and other service provider representatives will be available at our Resource Walkway with information. Books will be available for purchase at the conference bookstore. Presenting authors will be available to sign their books. **Registrations postmarked by March 14 will receive a free MP3 audio CD of all conference presentations (a \$50 value), which will be mailed four to six weeks post-conference.**

Should you require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Office of Disability Support Services by phone at 516.877.3145 or email at DSS@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

SCHEDULE OF EVENTS

Registration, bookstore, resources, continental breakfast 8:30 a.m.–9:15 a.m.

Greetings from Adelphi and AHA 9:15 a.m.–9:30 a.m.

MORNING KEYNOTE

9:30 a.m.–10:30 a.m.

“AUTISM AND THE MEDIA”

Alex Plank

The voice of writers and consultants with autism spectrum disorders is being heard and is contributing to a more realistic portrayal of autism in the media. This is creating increased awareness and acceptance by the public. Alex Plank is the developer of the popular autism website wrongplanet.net and consultant to the FX television series, *The Bridge*. He will talk about his experiences on set with the cast and crew and discuss how his consulting lends authenticity to Sonya Cross, the show’s lead character, a detective with Asperger syndrome.

Resource Walkway and book signing 10:30 a.m.–11:00 a.m.

Workshop Period A 11:00 a.m.–12:15 p.m.

A1. “DEVELOPING SOLUTIONS FOR SLEEP PROBLEMS”

Lynda Geller, Ph.D.

Getting enough restful sleep is important for optimal functioning; yet we know that for individuals on the spectrum, good sleep can be elusive, and various kinds of sleep disorders and problems are common. This talk will describe the essentials for good sleep, various problems that can disrupt sleep and specific remediation that can be helpful in solving sleep issues.

A2. “OVERCOMING OBSTACLES TO A PRODUCTIVE EMPLOYMENT EXPERIENCE”

Kate Palmer, M.A., CCP

Although individuals on the autism spectrum have the capability of making productive contributions to the workplace, more than 80 percent of these individuals are either unemployed or underemployed. This workshop will explain the importance of self-advocacy for individuals with autism spectrum disorders, and techniques to overcome executive dysfunction and social difficulties, as well as utilization of special interests to create greater productivity and satisfaction in employment.

A3. “HOW TO STRUCTURE YOUR DAY FOR SUCCESS IN COLLEGE OR WORK”

Brenda Smith Myles, Ph.D.

To fully realize their potential for success in college or on the job, individuals on the autism spectrum need to learn strategies for accessing support and structure for their self-identified assets and individual challenges. Many of these strategies can and should be introduced or discovered during adolescence to be of use in adulthood. This workshop will provide a toolkit for success.

A4. “NAVIGATING HIGH SCHOOL”

Shana Nichols, Ph.D., Alyson Sheehan, Ph.D., Monica Arevalo, M.S., MHC

Difficulties with social skills, emotion regulation and executive functioning can make high school uniquely challenging for teens on the autism spectrum. This session will highlight strategies to take the stress out of the transition to high school as well as the journey through your senior year. Examples of social skills activities, emotion regulation strategies and organizational approaches will be presented.

A5. “ASD, CO-OCCURRING CONDITIONS AND MAINTAINING GOOD MENTAL HEALTH”

Kate Cody, Psy.D., Rebecca Sachs, Ph.D., Lisa Wajsblyat, Psy.D.

Individuals diagnosed with autism spectrum disorder (ASD) frequently experience co-occurring mental health conditions. This presentation will clarify when symptoms extend beyond ASD and how this influences choosing an effective treatment professional. A toolbox of behavioral, self-help and preventative techniques will be provided that can be used every day by individuals and their family members.

Lunch, Resource Walkway and book signing 12:15 p.m.–1:15 p.m.

KEYNOTE

1:15 p.m.–2:15 p.m.

“THE HIDDEN CURRICULUM OF GETTING AND KEEPING A JOB”

Brenda Smith Myles, Ph.D.

The hidden curriculum of navigating the social landscape is intuitively processed by neurotypicals but needs to be directly taught to those on the autism spectrum. This keynote will address issues that are faced by those on the autism spectrum in the workplace and techniques for functioning in the social arena of the working world.

Resource Walkway and book signing

2:15 p.m.–2:45 p.m.

Workshop Period B

2:45 p.m.–4:00 p.m.

B6. “SENSORY PROCESSING CHALLENGES AND OPPORTUNITIES”

Kristie Patten Koenig, Ph.D., OTR/L, FAOTA

The relationship between sensory sensitivities and anxiety in individuals on the autism spectrum is well documented. This workshop will identify the challenges in sensory processing. It will also discuss approaches that utilize strength-based problem-solving methods to deal with overwhelming sensory environments at work and in the community.

B7. “UNDERSTANDING AND SUPPORTING FEMALES WITH ASD”

Shana Nichols, Ph.D., Kate Palmer, M.A., CCP

Women and girls on the spectrum have a tendency to be diagnosed at a later age than males. This can result in difficulties with socialization, interpersonal relationships and academics, as well as causing higher levels of anxiety, a lowered self-worth and depression. We will discuss gender specific diagnostic factors for women and girls on the spectrum, the benefits of early diagnosis and the role of the individual’s support system in identification, treatment and continued well-being.

B8. “SPECIAL INTERESTS AND ABILITIES: THE POSITIVE ASPECTS OF AUTISM”

Moderator: Valerie Gaus, Ph.D.; panel presenters—Karl Wittig, P.E., an engineer; Sybelle Silverphoenix, actress and artist; Stephen Shore, Ed.D., musician and music teacher; and others

A common feature of the autism spectrum is often intense interests and prodigious abilities in specific areas. These can lead to occupations where gainful employment and successful careers can be found. However, they can also contribute to social difficulties and create resentment on the part of many neurotypicals. Our panel will discuss their special interests, abilities and various ways their lives have been affected.

B9. “CHOOSING A COLLEGE WITH THE RIGHT SUPPORTS SO YOU CAN SUCCEED”

Moderator: Lynda Geller, Ph.D.; panel presenters—Pace University: Mary Riggs Cohen, Ph.D.; Purchase College-SUNY: Lauren Greinier, Ph.D.; Marist College: Deborah Reeves Duncan, M.A.; Sage College: Chelsea Donlin, Ph.D., BCBA-D

For students on the autism spectrum who have the ability to tackle college-level studies but who may need help with executive function, social life and/or communication skills, emotional and behavior regulation or self-awareness and self-advocacy, there are a growing number of colleges developing programs that can help you access the right college experience for you. What should you look for in these programs and how should you prepare to be successful?

B10. “UNDERSTANDING AND TREATMENT OF SOCIAL PROBLEMS IN ADOLESCENTS AND YOUNG ADULTS WITH ASD”

Matt Lerner, Ph.D.

This presentation will discuss the development of social interventions and introduce current research on aiding social competence in autism spectrum disorders. We will learn about new research to optimize interventions by linking underlying causes to treatment approaches so interventions can be and will continue to be empirically grounded and personalized to individual needs.

ADDITIONAL COPIES OF THE CONFERENCE BROCHURE CAN BE DOWNLOADED AT AHANY.ORG.

For further information: ahany.org • conference@ahany.org

Registration Information (Please copy form and send in separate application for each registrant.)

Name _____

Address _____ City/State/ZIP _____

Telephone _____ Email _____

Register online at ahany.org. Mail-in registration must be postmarked by March 22.

- \$140 AHA member* \$140 Not-for-profit agency
- \$180 Non-AHA member (non-member registration includes one-year membership in AHA)
- \$60 Student \$60 Individual with autism spectrum disorder \$60 Adelphi faculty
- \$50 MP3 (price if registration postmarked after March 14)
- \$25 Conference handbook for those not attending conference; includes shipping and handling

Students and Adelphi faculty must include a copy of current ID with registration, or mail in if registering online.

*Includes free MP3 if registration is postmarked by **March 14**.*

**Membership in AHA is a family membership for those residing in the same household. Your membership must be current as of the date of this conference. If you are unsure, please contact our office. Your registration will not be processed with an incorrect fee.*

A \$25 processing fee will be applied to all refund requests. No refunds after March 24, 2014.

Online registrations automatically receive confirmation. If registering by mail or if further information is required, email conference@ahany.org.

WALK-INS

Walk-ins will be charged an additional \$25. (Lunch may not be available; Adelphi's UC Café is open in the Ruth S. Harley University Center.)

REGISTER EARLY—SEATING IS LIMITED.

Check the two workshops you plan to attend (one for each period—A and B):

Period A 1 2 3 4 5 | Period B 6 7 8 9 10

Workshops are assigned as applications are processed. Some rooms have limited capacity.

Payment method, select one:

- Check no. _____
- AMEX Visa MasterCard Discover
- Expiration date ____/____
- Card no. _____
- Signature _____

Make checks payable to AHA Association:

AHA Association

P.O. Box 916

Bethpage, NY 11714-0916

SCHOLARSHIPS

Partial scholarships are available online at ahany.org or send a stamped, self-addressed envelope to the AHA Association's P.O. Box listed above requesting the form. A registration form must accompany all scholarship requests.

HOTEL ROOMS

For information about local accommodations, visit adelphi.edu/visitors/stay.php.

DIRECTIONS

Participants can reach the conference via the Long Island Rail Road or car. For directions, visit adelphi.edu/visitors/directions.php.

ENCLOSED

Registration fee	\$ _____
MP3/CD: \$50 (if ordered after March 14)	\$ _____
Conference handbook: \$25 (for non-attendees)	\$ _____
Tax-deductible contribution**	\$ _____
Total included	\$ _____

**Your tax-deductible contribution will be used to provide conference scholarships and/or to further the work of the Asperger Syndrome and High Functioning Autism Association.



P.O. Box 916
Bethpage, NY 11714-0916



Issues in Independent Living for Adolescents and Adults on the Autism Spectrum

Saturday, April 5, 2014 • 8:30 a.m.–4:00 p.m.
Ruth S. Harley University Center

presented by
Asperger Syndrome and High Functioning Autism Association (AHA)
Adelphi University Ruth S. Ammon School of Education
ASPIRE Center for Learning and Development
Compass Project
Fay J. Lindner Center for Autism and Developmental Disabilities
Global and Regional Asperger Syndrome Partnership (GRASP)
Spectrum Services



The Standard of Excellence
in Teacher Preparation



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Ruth S. Harley University Center
1 South Avenue
Garden City, New York 11530-0701

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