

# AHA ASSOCIATION

Asperger Syndrome and High Functioning Autism Association,  
Adelphi University Ruth S. Ammon School of Education,  
Bank Street College of Education,  
The Cody Center for Autism and Developmental  
Disabilities at Stony Brook University,  
Compass Project,  
The Fay J. Lindner Center for Autism and Developmental Disorders,  
GRASP, the Global and Regional Asperger Syndrome Partnership

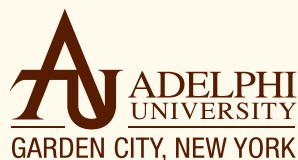
proudly present:

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

Saturday, May 1, 2010  
Adelphi University  
Garden City, New York  
Ruth S. Harley University Center  
8:00 a.m.–4:30 p.m.

For further information:  
[www.ahany.org](http://www.ahany.org)

email: [conference@ahany.org](mailto:conference@ahany.org)  
phone: (888) 918-9198



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

Dear professional, family member, friend, or individual on the autism spectrum,

Our mission continues to be increased understanding of the remarkable strength and potential of individuals on the autism spectrum. The keynote, workshops, and panels offer insights and strategies for self-awareness, self-advocacy, transitions, relationships, employment, and independence.

Thank you for joining us,

**Pat Schissel, President, AHA**  
Conference Coordinator

### The Conference Committee:

- Bernice Polinsky, AHA
- Judith H. Cohen, Adelphi University
- Elise Hahn Felix, Compass Project
- Maureen Holohan, AHA
- Stephen Shore, Adelphi University
- May-Lynn Andresen, Fay J. Lindner Center for Autism
- Joan Hourihane, AHA
- Lynda Geller, Bank Street College of Education
- Michael John Carley, GRASP
- Carole Kalvar, AHA
- Virginia Cover, The Cody Center
- Valerie Gaus
- Ellen Forrest, AHA
- Ellen Woodward, The Cody Center
- Faith Kappenberg
- Ellen Bell, AHA
- Rosalie Edelson, AHA

Registration for the conference includes a handbook containing materials from the keynote and all 12 workshops, continental breakfast, and boxed lunch. Agency and school representatives will be available to provide information. Books and DVDs will be sold, with many of the authors presenting at the conference able to personally sign their books. **Registration postmarked by April 12 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 disability accommodations, please email [DSS@adelphi.edu](mailto:DSS@adelphi.edu), giving 72 hours notice before the event. Should you require ASL interpreting, seven days notice is required.*

### Schedule of Events

**8:15 a.m.–  
9:00 a.m.**     **▶▶▶** Registration, Bookstore, Resources,  
Continental Breakfast

**9:00 a.m.–  
9:15 a.m.**     **▶▶▶** Greetings from Adelphi and AHA

**9:15 a.m.–  
10:15 a.m.**     **▶▶▶ *Living with Asperger Syndrome***  
**Keynote Speaker, John Elder Robison**  
Diagnosed around the time his son was diagnosed, Mr. Robison, author of *Look Me in the Eye: My Life with Asperger's*, will talk about the challenges he faced growing up and venturing out on his own without family and social support. He will describe his travels through the music world, including his time working for Pink Floyd's sound company and touring with KISS, and his first forays into traditional employment as an engineer at toy maker Milton Bradley.

**10:15 a.m.–  
11:15 a.m.**     **▶▶▶ *Adults Diagnosed Later in Life: A Panel Presentation***  
Each of our panel members received their diagnosis well out of childhood: late teens, 20s, 30s, 40s and beyond. What resources were available to them? What impact did the diagnosis have? How did the diagnosis affect their relationships, work, family, issues with their children? Did it open a social world for them? How are they doing now?

**11:30 a.m.–  
12:45 p.m.**     **Workshop Period A**

**A1. ▶▶▶ *Keep Safe! Issues with Law Enforcement and the Legal System***  
**Carolyn Wolfe, Esq. and Jim Holohan, CFE, CPP**  
How to avoid unnecessary encounters with law enforcement, maximize your personal safety, preserve your rights, and effectively deal with legal situations. This workshop will include the dangers of sexting, risky Internet activity, and tips and insights about your legal rights.

**A2. ▶▶▶ *The Impact of Bullying***  
**Laurie Better Perlis, Psy.D., Nicole Elliott, Ed.M., and Shana Nichols, Ph.D.**  
Adolescents and youth with ASD are particularly vulnerable to bullying, and yet there is limited research and information focused on the immediate and long-term effects. Due to social deficits, patterns of thinking, and difficulties with emotion regulation, bullying often affects self-esteem and overall mental health. This workshop will increase awareness of the prevalence and effects of bullying, and illustrate how chronic bullying may result in symptoms of depression, anxiety, and post-traumatic stress. Coping strategies will be discussed.

**A3. ▶▶▶ *Bewitched, Bothered, and Bewildered***  
**Lynda Geller, Ph.D. and Renee Soufer, M.Ed.**  
Individuals with ASD have widely divergent abilities, specifically in organization, self-monitoring, and other related skill sets. These are commonly referred to as the executive functions. It is critical for family, educators, and especially the individuals themselves, to fully understand executive functions and how they affect success in daily life, including: accomplishing work, managing time and space, regulating emotions, and social interaction.

**A4. *Job Sampling and Work Experience***

**Nicole Weidenbaum, M.S.Ed., SAS**

Although used primarily in the transition process for teens in high school, this method of job sampling is valuable for anyone seeking to find the area that they fit in or enjoy working at. During these tough economic times, internships, volunteer opportunities, and other resume builders need to be given special consideration. This workshop will help you learn more about what skills are needed in all jobs and how to go about finding your way in the world of work.

**12:45 p.m.–**

**Lunch**

**1:45 p.m.**

Artwork of talented people on the spectrum will be shown throughout lunch.

**1:45 p.m.–**

**Workshop Period B**

**3:00 p.m.**

**B5. *Socially Speaking: Improving Successful Interactions***

**Rhea Hooper, M.A., CCC-SLP**

This presentation will explore the integral skills needed to create and maintain successful adult relationships. Social cognition, flexibility, perspective taking, and comprehending the “hidden rules” will be explored as key components to achieving successful interactions. It is never too late to acquire social savvy!

**B6. *Life After High School: Decisions! Decisions! Decisions!***

**Deborah Gerard, M.S.**

Post-secondary planning requires an honest appraisal of academic and organizational abilities, as well as an assessment of levels of maturity and emotional stability. Success in college may depend more on non-academic factors than on high school grades and standardized test scores. This presentation will discuss the many decisions, as well as choices, parents and young people will face while considering life after high school.

**B7. *Strategies for Success in the Workplace***

**Nicholas Weatherly, Ph.D., BCBA-D and Virginia Isaacs Cover, M.S.W., M.B.A.**

Individuals with ASD can be successfully employed, but are stymied by workplace issues that are often not task related. Identifying potential challenges, as well as planning and implementing behavioral strategies, along with the supervisor, client, and client’s family, is the key to job success in the workplace.

**B8. *Treating Mood Disorders***

**Joseph Gartner, M.D.**

Adolescents and adults with ASD, particularly those who function at a high level, are subject to significantly increased risk of acute and chronic mood disorders. Depression and mood dysregulation can be particularly severe for those leaving school and entering the adult world of college, work, independent living, and serious relationships. This session will cover the presentation and diagnosis of mood disorders and outline treatment strategies, including an overview of pharmacotherapy, psychotherapy, and other options.

**3:15 p.m.–**

**Workshop Period C**

**4:30 p.m.**

**C9. *Managing Your Physical and Mental Health***

**Zosia Zaks, M.S., M.Ed.**

Maintaining physical and mental health is a challenge for those with ASD. Sensory issues, poor body awareness, and concrete thinking make it difficult to monitor and independently take care of personal health. This workshop will show strategies that can be used to promote personal care, communicate effectively with health professionals, and make positive health decisions.

**C10. *What’s the POINT (Pursuing Our Independence Together)***

**Ellen Forrest, Esq., Marion Morgenthal, Elise Hahn Felix, L.C.S.W., Steven Yellen, L.M.S.W., and POINT Program Participants**

This presentation will share the history, program design, and funding of the Westchester Jewish Community Services (WJCS)/Jewish Child Care Association (JCCA) POINT Program, a unique and replicable program that supports adults with special needs to live independently and within a network of peers. Partnership and collaboration among agencies and parents will be highlighted.

**C11. *Navigating Adult Services***

**Halley Ceglia, L.M.S.W. and Gloria Wagner, CLTC, LUTCF**

This workshop will introduce and explain the variety of services available and what steps to take to receive assistance. Discussion will include: the Office of Mental Retardation and Developmental Disabilities (OMRDD); Social Security entitlements; Medicaid; transition plans from school to after school living; Vocational and Educational Services for Individuals with Disabilities (VESID); financial planning options; legal planning; future living; and healthcare services.

**C12. *“Will Attend College” Is Not A Transition Plan***

**Nick Villani, M.S. and Lynda Geller, Ph.D.**

Too often students on the autism spectrum are academically successful, but do not develop all the skills necessary for college and employment success. The Upward Options staff works cooperatively with school districts to address executive function, social skills, self-advocacy skills, and career planning through specific instruction, work experiences, college course sampling, portfolio building, and community experiences.

**Additional copies of the conference brochure can be downloaded at: [www.ahany.org](http://www.ahany.org)**



## Registration Application

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Telephone ( ) \_\_\_\_\_

Email \_\_\_\_\_

\$125  AHA Member\*  Not-for-Profit Agency\*

\$175  Nonmember\*

\$50  Student  Individual with ASD  Adelphi faculty

\$50  MP3 (Price if registration is postmarked after April 12)

(Students/Adelphi Faculty: include a copy of current ID with registration or mail in if registering online.)

\*Includes FREE MP3 if registration is postmarked by April 12; free MP3 offer does not apply to students, individuals on the spectrum, or Adelphi faculty. However, orders may be placed for MP3 on this form or at the conference.

### Circle the three workshops you plan to attend:

(one for each period – A, B, C)

Workshop Period A	1	2	3	4
Workshop Period B	5	6	7	8
Workshop Period C	9	10	11	12

### Payment Method, Select One:

Check Enclosed # \_\_\_\_\_

Visa  MasterCard  Discover Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Card No. \_\_\_\_\_

Signature \_\_\_\_\_

### Make checks payable to AHA Association.

To join AHA, enclose annual *Family* membership dues (\$40) with registration and mail to:

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

(888) 918-9198

info@ahany.org

www.ahany.org

Additional copies of the conference brochure can be downloaded at: [www.ahany.org](http://www.ahany.org)

## Registration Information:

A \$25 processing fee will be applied to all refund requests. No refunds after April 17, 2010. Receipts and confirmations will be available upon request at: [conference@ahany.org](mailto:conference@ahany.org)

### Walk-ins:

Walk-ins will be charged an additional \$25.

Conference lunch may not be available; the Adelphi cafeteria is open.

### Scholarships:

Partial scholarship available online at [www.ahany.org](http://www.ahany.org), or send a stamped self-addressed envelope to the AHA P.O. Box listed. A registration form MUST accompany all scholarship requests.

### Conference Audios:

The MP3 audio CD can be listened to on your computer, in some newer cars, or downloaded to an iPod. You can listen to a presentation again, or to a workshop you may have missed, while following along with the handbook materials provided on the day of the conference.

### Hotel Rooms:

For information about local accommodations, visit: [www.adelphi.edu/visitors/stay.php](http://www.adelphi.edu/visitors/stay.php)

### Directions:

The conference can be easily reached by the LIRR or car. For directions, visit: [www.adelphi.edu/visitors/directions.php](http://www.adelphi.edu/visitors/directions.php)

### Enclosed:

Registration Fee Enclosed \$ \_\_\_\_\_

MP3 Audio CD \$50 \$ \_\_\_\_\_

AHA Membership Enclosed \$40 \$ \_\_\_\_\_

Tax Deductible Contribution\* \$ \_\_\_\_\_

Total Included \$ \_\_\_\_\_

\* A tax deductible donation towards conference scholarships and/or to further the work of AHA Association

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Application for ASHA credit has been filed.



Application for Social Work CEU's credit has been filed.