



CHILDREN'S AUTISM SERVICES OF EDMONTON

12TH ANNUAL

AUTISM

CONFERENCE



**JANUARY 23 – 24, 2020**  
**RIVER CREE RESORT**

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**Guest Speakers:** Dr. Stephen Shore, Dr. Jody Carrington,  
Dr. Amy Laurent with Dr. Jacquelyn Fede | and many more!

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**"Autism Goes To College" Documentary Screening**  
Thursday, January 23 | 7:00 pm

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**All-In for Autism Charity Poker Tournament**  
Friday, January 24 | 7:00 pm

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Learn more at [www.childrensautism.ca](http://www.childrensautism.ca)

# 12TH ANNUAL AUTISM CONFERENCE SCHEDULE

The two day conference at River Cree Resort & Casino will showcase a number of guest speakers and experts in the field of autism focusing on:

**PRACTICAL CLASSROOM  
BASED STRATEGIES**

**CARE GIVING AND  
HOME-BASED STRATEGIES**

**RECENT RESEARCH  
TOPICS AND TRENDS**

## Thursday, January 23, 2020

7:30 – 8:30 am	Registration
8:30 – 10:00 am	■ <b>KEYNOTE   Dr. Stephen Shore: 3 A's of Autism</b>
10:00 – 10:30 am	Morning Break
10:30 – 11:30 am	■ <b>KEYNOTE   Dr. Jody Carrington: Autism and Building Relationships</b>
11:30 am – 1:00 pm	Lunch Teacher Networking Lunch Parent Networking Lunch
1:00 – 2:30 pm	<b>CONCURRENT SESSIONS</b>
	■ <b>SESSION A   Dr. Jan Blacher: Student Teacher Relationships</b>
	■ <b>SESSION B   Dr. Jody Carrington: Compassion Fatigue</b>
	■ <b>SESSION C   Dr. Gordon Ramsay: Social Relationships, and Speech and Language Development</b>
2:30 – 3:00 pm	Sensory Snack Break
3:00 – 4:30 pm	<b>CONCURRENT SESSIONS</b>
	■ <b>SESSION A   Raelene Finlayson: We All Belong</b>
	■ <b>SESSION B   Kelly Marcotte: Sleep Challenges in ASD</b>
	■ <b>SESSION C   Research Panel: The Evolution of Treatment Models</b>
7:00 – 8:30 pm	<b>"Autism Goes to College"</b> Documentary Screening with Dr. Jan Blacher

## Friday, January 24, 2019

7:30 – 8:30 am	Registration and VIP Breakfast
8:30 – 9:30 am	■ <b>KEYNOTE   Terri Duncan: Alternative to the Seclusion Rooms</b>
9:30 – 10:00 am	Morning Break
10:00 am – 12:00	■ <b>KEYNOTE   Dr. Amy Laurent &amp; Dr. Jacquelyn Fede: Leveling Up! Comprehensive Support for Emotional Regulation</b>
12:00 – 1:00 pm	Lunch
1:00 – 2:30 pm	<b>CONCURRENT SESSIONS</b>
	■ <b>SESSION A   Dr. Amy Laurent &amp; Dr. Jacquelyn Fede: Strategies to Support Emotional Regulation in the Classroom</b>
	■ <b>SESSION B   Jessica Hamilton &amp; Tracey Urquhart: Feeding Challenges in ASD</b>
	■ <b>SESSION C   Dr. Carole-Anne Hapchyn: NRF</b>
2:30 – 3:00 pm	Sensory Snack Break
3:00 – 4:30 pm	<b>CONCURRENT SESSIONS</b>
	■ <b>SESSION A cont'd   Dr. Amy Laurent &amp; Dr. Jacquelyn Fede</b>
	■ <b>SESSION B   Danielle Reed: Getting Connected with What Matters</b>
	■ <b>SESSION C cont'd   Dr. Carole-Anne Hapchyn: Neurorelational Framework (NRF)</b>
	■ <b>SESSION D   Laura Gilmour: Cultural Neurodiversity</b>
7:00 pm	<b>All in for Autism Poker Tournament</b> River Cree Casino

## KEYNOTE SPEAKERS



### ■ Dr. Stephen Shore

Diagnosed with "Atypical Development and strong autistic tendencies" and "too sick" for outpatient treatment Dr. Shore was recommended for institutionalization. Nonverbal until 4, and with much support from his parents, teachers, wife, and others, Stephen is now a full time professor at Adelphi University and adjunct at NYU Steinhardt School of Culture, Education, and Human Development, focusing on aligning best practice in supporting autistic people to lead fulfilling and productive lives.

In addition to working with children and talking about life on the autism spectrum, Stephen is an internationally renowned educator, consultant and author on lifespan issues pertinent to education, relationships, employment, and self-advocacy. His most recent book *College for Students with Disabilities* combines personal stories and research for promoting success in higher education.

### 3 A's of Autism: Awareness to Acceptance to Appreciation as a Pathway to Fulfilling and Productive Lives

Join Stephen in his mission of improving lives of individuals with autism through exploring the "3 A's of Autism" that individuals, organizations, and even entire countries experience. The 3 A's of Autism: We are transitioning from "awareness" to "acceptance" and headed to "appreciation" as society begins to value individuals on the autism spectrum for whom they are. Examples of people, organizations, and entire countries at each stage of development will be presented.



### ■ Dr. Jody Carrington

Dr. Jody Carrington is a Clinical Psychologist who has spent most of her career working with children and families who have experienced trauma. Growing up on a farm in rural Alberta, Canada, and after 13 years of post-secondary education, she took her first job on the Mental Health Inpatient Units of the Alberta Children's Hospital in Calgary. It was during those 10 years that she learned the most about kids, families, relationships, and the vital importance of connection. Today, she is back living in a rural setting, managing a private practice, raising a family, speaking around the country about relationships, connection and her new book, *Kids These Days*.

### Autism and Building Relationships



### ■ Terri Duncan

Terri Duncan is the Founder and Executive Director of Children's Autism Services of Edmonton. She is a Speech Language Pathologist and has worked with children with autism and other developmental delays for more than 25 years. Terri has her BA in Psychology and Linguistics from the University of Ottawa and her Master's Degree in Speech Language Pathology from the University of Alberta. Her interest in working with children with autism began when she worked as an aide with a four-year-old boy with autism in a family's home. Since that time she has been fascinated by the complexity of autism and the resilience of families dealing with the challenges they face on a daily basis.

### Alternatives to the Seclusion Room

This session will provide a broad overview of the issue of Seclusion Rooms in Alberta along with practical strategies to manage dysregulation so we don't need to use seclusion rooms. We will briefly cover how to reframe our view of behaviour to shift to an Emotional Regulation perspective. This one hour session will serve as an introduction to the Keynote Presentation with Amy Laurent and Jacquelyn Fede: Leveling Up! Comprehensive Support for Emotional Regulation.



## ■ Dr. Amy Laurent & Dr. Jacquelyn Fede

Amy Laurent specializes in the education of autistic individuals. Her work involves creating learning environments designed to facilitate children's active engagement at home, in schools, and throughout their communities. She is a co-author of the SCERTS Model and frequently lectures around the globe. She is passionate about neurodiversity and helping others to honor and understand the implications of "different ways of being" in relation to navigating the physical and social world.

Jacquelyn Fede is a super fun, Autistic Self-Advocate, developmental psychologist and program evaluator. Her research interests include immigration policy, autism, and community engagement. She uses her experience to mentor other autistics and to help educate others about autism through lecturing, blogging and consulting on evaluation projects. A full scholarship Division I athlete in college, Dr. Fede continues to meet her sensory needs by seeking extreme physical activity. She also enjoys the use of creativity and art for expression.

### Leveling Up! Comprehensive Support for Emotional Regulation

Autistic individuals often exhibit behaviors deemed to be problematic and challenging. This keynote will reframe our understanding of challenging behaviors by examining how emotional regulation ability influence an individual's capacity to navigate their day, particularly when difficulties are encountered. Factors influencing and means of supporting emotional regulation will be explored from both a first-person autistic perspective, as well as developmental perspective.

## PRACTICAL CLASSROOM BASED STRATEGIES

## ■ Dr. Amy Laurent & Dr. Jacquelyn Fede

See bio under Keynote Speakers

### Strategies to Support Emotional Regulation in the Classroom

This 2-part breakout session will introduce a comprehensive suite of emotional regulation supports developed by Autism Level UP! a collaboration between a Neurodivergent developmental psychologist and a Neurotypical developmental psychologist/occupational therapist. Participants will have interactive opportunities use the tools/strategies presented while considering an autistic individual in their lives. Modifications for the supports will be discussed for individuals at a variety of developmental levels (e.g., students who are not yet communicating using words, those who are emerging language learners, and those who are conversational).



## ■ Dr. Jan Blacher

Jan Blacher is currently Distinguished Professor, previous UC Presidential Chair and current Associate Dean of the Graduate School of Education at the University of California, Riverside; she also has a joint appointment as Distinguished Professor in the Department of Psychology at UCLA. She is a graduate of Brown University (A.B.) and the University of North Carolina, Chapel Hill (Ph.D.); she completed postdoctoral training at Harvard University. Dr. Blacher is the UCR director of UC-LEND, a UCLA-UCR interdisciplinary program focusing on Leadership in Education of Neurodevelopmental Disorders. She is known nationally for her research on intellectual and developmental disabilities, and for her expertise in autism and special educational programming.

Her research, which is longitudinal in nature, focuses on the family context of children and adolescents with and without developmental disabilities, including predictors of later psychopathology. She is the Executive Producer of Autism Goes To College, a first of its kind

film that follows five students on the autism spectrum at college, into classrooms and dorm rooms, as they share their often poignant experiences and candid insights about their dreams, challenges and successes.

### Student Teacher Relationships

This presentation will include an overview of findings on student-teacher relationships (STR), as well as new findings regarding the role of parents in STR development. Data will be drawn from six years of study funded by the Institute of Education Sciences. As part of our new program to develop a teacher-directed intervention, preliminary data from general education teachers addressing their pedagogical practices for children with ASD in their classrooms will also be presented. Finally, interactive discussion will include suggestions for what teachers can do now to improve their relationships with children on the autism spectrum.



#### ■ Raelene Finlayson

Raelene Finlayson is currently an Early Learning Consultant with Children's Autism Services of Edmonton. Raelene models lifelong learning and believes that children are our best teachers. Raelene has been fortunate to work alongside children, families and educators in positions ranging from educational assistant to school principal. She has her Master's Degree in elementary education with a specialization in early childhood. Raelene has always believed children learn best when surrounded by their peers and community within inclusive settings. She combines her passions of Early Childhood and inclusive education in her day to day interactions with colleagues, community members, and children.

#### We All Belong

Ensuring our classrooms are ready for all learners requires specific thoughtful questions to be asked of educators and parents today. Raelene will share best practices related to successfully including all students into a safe and caring classroom. Knowing it takes a committed caring community to support all of today's diverse learners, Raelene will provide strategies that she has observed and participated in to create community. Raelene will provide ideas to support better collaboration for parents and teachers in order to ensure students needs are being met both academically and socially.

## CARE GIVING AND HOME-BASED STRATEGIES



#### ■ Dr. Jody Carrington

See bio under Keynote Speakers

#### Compassion Fatigue

As we are expected to "do more with less" in this world of increasing disconnection, our employees are becoming more and more tired of giving, particularly in professions where we hold people with trauma histories. Some would say, however, that we are wired for compassion and that you cannot tire of the things we are born to do. We can, however, be triggered by our own stories, and when we have no where to put that "stuff", we can't do our jobs like we used to do. We can't "show up" like we used to. And we start to wonder "what's wrong with me". What I know for sure is that we cannot serve from an empty vessel. This session will involve a discussion about how we need to look after each other if we can ever hope to assist the children and families we serve and teach. How do we rally the "village" to be the best we can be?



### ■ Kelly Marcotte

Kelly Marcotte is a registered Occupational Therapist who has worked with children with Autism Spectrum Disorder, and their families, for 15 years. Kelly has a strong interest in the sleep challenges that often accompany children with ASD, and the effect of poor quality sleep on the whole family unit. Kelly will share evidence-based sleep management practices that are practical for caregivers to implement.

#### Sleep Challenges in ASD

Having a child who is not sleeping well can be very hard for the whole family. This session will cover information about common sleep issues for children of all ages who have ASD. Learn how to set expectations for sleep, and strategies to help your child sleep better. Come to this session and find out how to help everyone get a better night's sleep!



### ■ Jessica Hamilton & Tracey Urquhart

Jessica Hamilton is a Registered Dietitian. Jessica is a pioneer in providing community-based dietary services for children with ASD. Jessica has a wealth of knowledge on nutrition, supplementation and allergies. Jessica has experience in supporting children and families to reach their healthy lifestyle goals and promoting healthy growth and development.

Tracey Urquhart is currently a Registered Occupational Therapist with Children's Autism Services of Edmonton with over 30 years of experience in pediatrics. Tracey's special interest is in pediatric feeding challenges. She is passionate about combining best practice approaches to educate families on how to improve their child's and ultimately their own mealtime experiences. She supports the belief that better eating is a corner stone to the foundation for development, regulation and learning in children.

#### Feeding Challenges in ASD

In this session participants will learn about the theory behind limited food repertoire and intake for children with complex feeding issues. The topics focus on a holistic and educational approach to reduce mealtime anxiety in order to enhance the family's mealtime experience and capacity.



### ■ Danielle Reed

Danielle is an authenticity coach, professional speaker, author and workshop facilitator! Danielle was a teacher and Learning Support Facilitator for 17 years. The most important parts of her teaching career were building relationships and providing everyone around her with optimism and laughter! She took a leave from teaching to complete her Co-Active Life Coaching courses, The Daring Way™ and Rising Strong™ trainings ... and it is there that she discovered her greatest passion! Today, Danielle works with individuals and groups to empower and inspire them to move toward living an authentic, wholehearted life, so that they can give others around them permission to do the same. Danielle is a proud mom to two amazing boys who are her best evidence of the power of knowing your values and living your truth. Her greatest professional achievement was being invited to speak at Brené Brown's Courage Camp in 2018.

#### Getting Connected with What Matters

Through storytelling and humor, Danielle will share what values are, why they matter, how to find your own values as well as ways to live your life with intention and give others around you permission to do the same. The work of values is simple, yet when we live on purpose and in alignment with What Matters, it has an incredible impact on creating more happiness, compassion and true connection in our lives personally and professionally. The language of values is also the absolute key to managing conflict and judgment, and replacing it with curiosity, compassion and generosity instead. Be prepared to dig deep and connect with who you truly are and what matters most!

## RECENT RESEARCH TOPICS AND TRENDS



### ■ Dr. Gordon Ramsay

Dr. Gordon Ramsay directs the Spoken Communication Laboratory at the Marcus Autism Center within Children’s Healthcare of Atlanta, and is also an Assistant Professor in the Department of Pediatrics at Emory School of Medicine. He completed a Ph.D. in electronics and electrical engineering at the University of Southampton in England, after receiving an M.Phil. from Cambridge University in speech and language processing. Before coming to Atlanta, he was an Associate Research Scientist at the Yale Child Study Center and Senior Scientist at Haskins Laboratories, and has held other positions in France, Belgium, Australia, and Ethiopia. His research focuses on developmental profiling of vocal behavior, spoken communication, and social interaction in infants at risk of autism, as part of an NIH-funded Autism Center of Excellence. The goal of his program is to develop evidence-based community-viable technologies for early detection and intervention in ASD, to ensure that every child at risk of autism learns to talk.

### Social Relationships, and Speech and Language Development

This presentation will describe recent progress in using audio recordings of infant-caregiver interaction in the home environment to detect precursors of autism in the first year of life that can be used as early biomarkers for ASD and predictors of later speech and language outcome.

### ■ Research Panel

Panel participants will include Dr. David Nicholas, Dr. Amy Laurent, Dr. Carole Anne Hapchyn, Dr. Jan Blacher, Laura Gilmour, and others.

### The Evolution of Treatment Models

The goal of this research panel is to stimulate critical discussion on the role of neurodiversity in ASD interventions from the perspectives of researchers, clinicians, parents and self-advocates.

Specific questions will include: Is the notion of neurodiversity evident in current ASD interventions? Should and/or how should an acceptance of neurodiversity influence policy for supporting children and families? How are our values as a community/society shaping how we think about intervention and neurodiversity?



### ■ Dr. Carole-Anne Hapchyn

Dr. Hapchyn is an infant psychiatrist who has provided assessment and treatment for infants and young children and their families for 30 years in Edmonton, Alberta. She is Co-Director of the ElmTree Clinic, an outpatient mental health clinic for infants, young children and their families. Dr. Hapchyn also provides consultation for infants and preschool children at GRH with complex developmental challenges. She is a Clinical Professor of Psychiatry and Pediatrics at the University of Alberta. Dr. Hapchyn is a Neurorelational Framework Trainer/Mentor.

### Neurorelational Framework

Toxic stress resulting from early adversity or neurodevelopmental vulnerability is considered a public crisis as it has lifelong impacts on health, behavior, and even socioeconomic inequity.

The NeuroRelational Framework can support early childhood educators, coaches, children’s services case workers, family support workers, and clinicians of all disciplines to improve screening and assessment quality and importantly provide trauma-informed care.



## ■ Laura Gilmour

Laura Gilmour is a PhD candidate in educational psychology at the University of Alberta and an autistic self-advocate. Her research has centred around issues surrounding autism across the life span ranging from sexuality, online gaming, employment, and autism culture. She is actively involved in guest lectures in the Edmonton community which share both her personal and research experience.

### Cultural Neurodiversity

This session will consist of describing the development and piloting of a children's book that examines the common barriers faced by both newcomers to Canada and children on the autism spectrum in navigating the social climate. In addition, Laura will discuss the social/cultural model of disability in the context of the Canadian definition of multiculturalism in addition to limitations of these models (e.g. negative effects on the health or safety of others). She will also briefly discuss implications on university campuses and diverse individuals from different backgrounds engaging in positive cultural exchange that promotes a unified community.

# 12TH ANNUAL AUTISM CONFERENCE

## REGISTRATION FEES

### Professionals:

Full 2 Day Conference: \$425  
Single Day Attendance: \$245

### Student:

Per Day Attendance: \$100

### Parents:

Full 2 Day Conference: \$375  
Single Day Attendance: \$195

### Additions:

Printed Handbook: \$20  
VIP Hot Breakfast: \$20

### Webcast:

Individual Webcast Full 2 Day  
Conference: \$150  
Group Webcast Full 2 Day  
Conference: \$500

Please note: After January 1, 2020,  
a \$50 per ticket late registration  
fee will be applied.

For registration, please visit our  
website at:  
[www.childrensautism.ca](http://www.childrensautism.ca)  
or call 780.495.9235

Please contact our office if you  
are interested in discussing  
sponsorship and exhibitor  
opportunities.



CHARTY  
**POKER**  
Tournament

★ JANUARY 24, 2020 ★  
MARRIOT RIVER CREE RESORT

We would like to invite you to our annual charity poker tournament. This fundraising event brings the community together for a night of excitement while raising funds to support our programs and services.

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Entry Fee: \$100  
Re-Buys: \$20 / Add Ons: \$20  
7:15 pm Tournament Start  
Please arrive early for Registration

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For more information call 780.495.9235  
[www.childrensautism.ca](http://www.childrensautism.ca)



We will be hosting our  
**ANNUAL AUTISM GALA**  
on Saturday, January 25, 2020  
at the JW Marriott, Edmonton  
We hope you can join us  
at this exciting new venue!

More details at  
[www.childrensautism.ca](http://www.childrensautism.ca)

**A NIGHT  
UNDER THE  
STARS**  
*Gala*  
FOR AUTISM