

TOGETHER WE CAN CONFERENCE 2022

A STATEWIDE CONFERENCE FOR PEOPLE WITH DISABILITIES, THEIR FAMILIES, AND THE PROFESSIONALS WHO SUPPORT THEM.

We have a phenomenal Keynote Speaker: Lola Dada-Olley

Lola Dada-Olley is an attorney, disability inclusion advocate, sibling, mom, wife, and podcast host. She chronicled her family’s multigenerational autism journey in the “Not Your Mama’s Autism” podcast in 2020. In it, Lola touches on societal stigma, culture, the intersection of race and disability, healthcare, community policing, and corporate disability inclusion efforts.

CONFERENCE AGENDA

EXHIBITORS LOCATED BEHIND MAIN LOBBY See the Exhibitor Raffle form in your conference packet and find out how you can enter to win from over \$1000 in prizes!	
SENSORY ROOM LOCATED NEAR BOX OFFICE WINDOWS See the Registration Desk Attendant for access to the Sensory Room.	
8:00 am - 3:00 pm	
8:00 - 9:00 am	Lobby
REGISTRATION/CHECK-IN & CHILDCARE DROP-OFF Sign in and pick up your conference packet and name badge. Those registered for childcare, please check your child(ren) in by 8:45 am.	
9:00 - 9:15 am	Upper Level West
OPENING REMARKS & KEYNOTE INTRODUCTION <i>Lisa and Alex Arechavaleta, Parent Advocate and Young-adult, Self Advocate, will both share highlights of their journey from their own, unique perspectives.</i>	
9:15 - 10:15 am	
MORNING KEYNOTE Bringing Your Whole Self to Life <i>Lola Dada-Olley, Attorney, Advocate, Sibling, Wife, Mom & Podcast Host</i> Lola’s emotionally-stirring talk will encourage you to “own your lane unapologetically”. With artful storytelling, she passes along multi-generational wisdom - expressing how to connect with the various parts of yourself so that no one part of you feels lost, disconnected, or discouraged.	
10:15 - 10:45 am CONFERENCE BREAK	

NOTES

10:15 - 10:45 am

CONFERENCE BREAK

10:45 - 11:45 am

10:45 AM BREAKOUT SESSIONS

UPPER LEVEL WEST

Owning Your Story

Lola Dada-Olley, Attorney, Advocate, Sibling, Wife, Mom & Podcast Host

Self-Advocacy

This workshop introduces the importance of knowing the “why” in using your story to create change. You will be guided through an assessment process you can use to identify your reasons for sharing your own story. Then, you will explore the importance of using an emotional cost and benefit analysis to help you guard your peace during your advocacy journey. Finally, you will learn how to tailor you story to different audiences, and hear examples of tailoring the same story in different ways.

Family Advocacy

*THIS IS A COMBINED
SELF-ADVOCACY & FAMILY
ADVOCACY SESSION IN
UPPER LEVEL WEST*

ROOM B

Managing Challenging Behavior at Home: Clinical Options and Home-Based Interventions

Dr. Matt O’Brien, Behaviorist & Assistant Professor of Pediatrics

Health & Well-being

This session will include an overview of the clinics that exist in Iowa to help families address challenging behavior in school and at home. Strategies to increase adaptive behavior and reduce challenging behavior at home will be provided, with a focus on function-based, caregiver-directed intervention. This session will be interactive. Participation and discussion are encouraged.

ROOM C

A Tour of Transition Iowa

Mari Reynolds, Sibling & Family Advocate

Education

TRANSITION IOWA is a website for youth and young adults with disabilities, their families and the professionals who support them. Its content encourages high expectations and successful outcomes for all students. Over the past year, the site has been reorganized and updated with over 300 new resources and new, interactive checklists. This session will orient participants to all it has to offer.

ROOM D

Just How Important Is A Prior Written Notice?

Edie Bogaczyk, Parent & Attorney

Disability Law

A Prior Written Notice (PWN) is extremely important – it is a guaranteed legal right to Parents and Guardians of students with an IEP. It is a procedural protection, a procedural safeguard under the Individual with Disabilities Education ACT (IDEA). This session will explain when a PWN should be received/requested, what it should include, and examples of potential violations.

11:45 am - 12:45 pm

LUNCH BREAK

Pick up your boxed lunch at the west end of the Lower Level Hallway.

LUNCH BREAK

11:45 am - 12:45 pm

Pick up your boxed lunch on the west end of the Lower Level Hallway.

12:45 - 1:45 pm

12:45 PM BREAKOUT SESSIONS**UPPER LEVEL WEST****Keep Your Wits About You & Channel Your Energy to be Your Own Best Advocate****Self-Advocacy***Alex Watters, Self-Advocate & Political Activist*

This session will teach you strategies you can use to channel your passion in a positive way. First, you will learn how to tell your story. Then, how to share your story. Finally, how to build a coalition around your story and advocate for change.

ROOM A**How Two Family Advocates Turned Ideas Into Laws****Family Advocacy***Sarah Johnston, Parent Advocate & Iowa Family Leadership Training Institute Graduate**Emma Bouza, Parent Advocate & Iowa Family Leadership Training Institute Graduate/Mentor*

In this session, two moms will tell two different stories about working to pass disability legislation that would benefit their own children and others like them. One story is about working with local policy makers. The other is about working with state policy makers. The presenters will share highlights about their wins, challenges, strategies and networks.

ROOM B**Cultivating Mindfulness at Home****Health & Well-being***Dr. Warren Phillips, Clinic Psychologist & Associate Professor of Psychology*

During this interactive session, participants will learn on-the-go grounding and coping strategies for handling overwhelming emotions and challenging events. The take-aways will help to relieve stress and regain control of well-being right in the moment. The strategies taught in this session are designed to be useful for you. They are also strategies you can model to your children and family members.

ROOM C**What You Need to Know About Iowa's New IEP and IFSP Database - ACHIEVE****Education***Alicia Karwal, Parent Advocate & Family Support Specialist*

ACHIEVE is the new database system in which Individualized Education Programs (IEPs) and Individualized Family Service Plans (IFSPs) will be written. By the end of next school year, every IEP and IFSP will be housed in ACHIEVE. Learn more about how ACHIEVE looks and works in this session.

ROOM D**Seclusion and Restraint: Legal Requirements in Iowa Schools****Disability Law***Len Sandler, Attorney & Clinical Professor of Law**Nathan Kirstein, Attorney & Advocate*

Chapter 103 of Iowa Code governs when and how seclusion and restraint may be used in Iowa's schools. This session unpacks what families should understand about the legal requirements for schools when seclusion or restraint is used.

1:45 - 2:00 pm

CONFERENCE BREAK

1:45 - 2:00 pm

CONFERENCE BREAK

2:00 - 2:50 pm

2:00 PM BREAKOUT SESSIONS

UPPER LEVEL WEST

Self-Advocacy

The Time to be Awesome is ALWAYS

Mike Hoenig, Self-Advocate & Program Coordinator

Bill Kallestad, Public Policy Manager & Experienced Lobbyist

Edward Esbeck, Self-Advocate & Iowa Youth Leadership Academy Graduate/Trainer

This session will provide an overview of the many self-advocacy opportunities available in Iowa. The session presenters are members of the Iowa Youth Leadership Academy (YLA) training team. Each of them is involved in various self-advocacy networks and will inform participants about how to get connected too.

ROOM A

Family Advocacy

Supporting and Encouraging Siblings

Emma and Norah Bouza, Mom & Daughter Team

Tami and Halle Hoffman, Mom & Daughter Team

In this session, a panel of moms and siblings will share their reflections about what it means to support a sibling and to be a supportive sibling. One pair is a mom and teen sibling. The other is a mom and nine-year-old sibling. Each panelist will talk about what they have learned, liked and been influenced by in their families.

ROOM B

Health & Well-being

Exploring Medicaid, Consumer Choice Option and Independent Support Brokers

Melissa Timmer, Parent Advocate & Independent Support Broker

During this session, you will learn about opportunities to provide feedback for upcoming Medicaid improvements. Then, you will explore the Consumer Choice Option (CCO). Families enrolled in CCO can utilize an Independent Support Broker (ISB) to get creative in the way they design and pay for services.

ROOM C

Education

How to Access Pre-Employment Transition Services

Alice Castle, Counselor Specialist & Youth Advocate

This session will start by providing a basic overview of the laws and definitions that guide Pre-Employment Transition Services - known as Pre-ETS. Next, you will learn about and discuss the what, when and how to connect to services in your area.

ROOM D

Disability Law

A Conversation in Promoting the Independence of Children who are Turning 18

Len Sandler, Attorney & Clinical Professor of Law

Participants will come away from this session understanding the options and alternatives to guardianships and conservatorships. You will learn how and when to use powers of attorney and other advance directives. You will also explore the formal and informal ways to manage money and property: transfers to minor accounts, custodial trusts, conservatorships, ATM access and limited accounts.

2:50 - 3:00 pm

CONFERENCE BREAK

Bring your Exhibitor Raffle entry form to the Lobby by 3:00 pm.

CONFERENCE BREAK		
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3:00 - 3:15 pm	Upper Level West	FINAL THOUGHTS <i>Karen Thompson, Parent & Executive Director of ASK Resource Center</i> Wrap up the day of learning with Karen as she shares takeaways from connecting with everyone at the conference.
3:15 - 3:30 pm		CONFERENCE WRAP-UP & RAFFLE PRIZE DRAWINGS Remain in the room to collect evaluations and announce the winners of the Exhibitor Raffle!
3:30 - 4:00 pm	Room A	CHILDCARE PICK-UP Children must be picked up no later than 4:00 pm . Thanks to the Easterseals Bob and Billie Ray Child Development Center staff for providing a fun and inclusive environment!

All available presentation materials (PowerPoints, handouts, etc.) will be posted to <https://www.askresource.org/events/twc-2022> after the conference.

EDUCATION & TRAINING CREDIT

- **Social Workers, Licensed Mental Health Counselors, and Licensed Marriage and Family Therapists** can receive **5 credit hours**.
- **All Iowa Board of Certification professionals (such as but not limited to Peer Support Specialists, Family Peer Support Specialists, and all Substance Abuse Certifications)** can receive **4.25 credit hours/Special Populations**.
- **Attorneys** can receive **2.75 credit hours**.
- **Foster Parent Credit** can receive **4 credit hours**.

Participants must be present for the full conference day to receive credit.

PRESENTER BIOGRAPHIES

Listed alphabetically by last name

Edie Bogaczyk has worked as an attorney for 20+ years and has been an advocate her entire adult life. After working in a variety of non-traditional legal roles, Edie returned to the practice of law working full time in an area of disability rights that would fulfill the need for legal support for families in special education law. Edie and her husband David have an adult son and daughter. Their son was born with Prader-Willi Syndrome and has been a student with an IEP for the past fourteen years. He is currently participating in a 4+ Program.

Emma Bouza and her husband Ben live in Hawarden Iowa with their two children Norah and Ruby. Ruby has Down Syndrome. Emma is involved in her school and community, serving on several different boards and committees. She holds a Bachelors degree in Family and Consumer Science from South Dakota State University. As a family, they enjoy attending high school sporting events and travelling. Emma and her girls haven't met a rollercoaster they don't love!

Norah Bouza is a 14 year old 8th grader at West Sioux in Hawarden. She is the big sister to Ruby, who has Down Syndrome. In her free time, Norah enjoys reading, comics and crafting. She is a member of the Child Health Specialty Clinic Youth Advisory Council and has also attended the brothers and sister's conference at the National Down syndrome Congress conference for several years. Norah has participated in several sib shops over the years, as well.

Alice Castle is a Counselor Specialist with Iowa Vocational Rehabilitation Services in Des Moines Iowa. Prior to moving into her current role, Alice worked as a Vocational Rehabilitation Counselor for almost 6 years where she served primarily youth aged 14-24. Throughout her career, Alice has served 8 districts in the Des Moines Metro and worked with two contracted programs.

Lola Dada-Olley KEYNOTE is an attorney, disability inclusion advocate, sibling, mom, wife, and podcast host. She chronicled her family's multigenerational autism journey in the "Not Your Mama's Autism" podcast in 2020. In it, Lola touches on societal stigma, culture, the intersection of race and disability, healthcare, community policing, and corporate disability inclusion efforts. She is also on the board of directors of two nonprofit organizations centered on increasing access to healthcare, community supports, and vocational opportunities for people with disabilities. In 2021, Lola gave the TEDx talk "Your Path is Your Purpose," where she explained how some seemingly disjointed life events led her to where she is today.

Edward Esbeck serves as a Self-advocacy Coordinator for the University of Iowa Center for Disabilities and Development. In the fall of 2017, he became ILEND's first self-advocacy trainee. He drafted a series of recommendations for improving curriculum accessibility and created a self-advocacy trainee handbook. Edward became the first non-clinical ILEND trainee to win the prestigious Alfred Healy Leadership Award. He used funds from this award to travel to his native country, Uganda, where he shared his lived experience and taught classes about self-advocacy to families and students. Edward works on a variety of UCEDD projects related to health care, education, and transition, and is active on many boards and councils.

Michael Hoenig serves as a Program Coordinator with the University of Iowa Center for Disabilities and Development. He coordinates trainings for various health sciences professional training programs, supports individuals with disabilities enrolled in the Iowa Leadership Education in Neurodevelopmental and Related Disabilities (ILEND) graduate training program, administers a program which supports the transition of individuals with disabilities from segregated to community-based settings, and leads self-advocacy training activities. He utilizes his first-hand experience of living with blindness and supporting a family member with mental illness to enhance his work.

Halle Hoffman is 9 years old and is currently in 4th grade. She is the oldest child in her family with 2 younger siblings. She adores animals, especially her pet dogs, cats and chickens. In her free time she enjoys gymnastics, being outside, roller blading, playing with friends, and helping her brother. Halle's favorite color is blue and she wants to be a speech therapist when she grows up.

PRESENTER BIOGRAPHIES CONTINUED

Listed alphabetically by last name

Tami Hoffman is a wife and mother to 3 wonderful children. After graduating from the University of Northern Iowa with a Masters of Social Work degree she pursued a ten year career in childhood mental health and child welfare. Tami learned nearly 3 years ago that her youngest child has bilateral sensorineural hearing loss, caused by congenital cytomegalovirus (CMV). Since then Tami dedicates her time to her children, parent mentorships, advocacy for parents and professionals and genuinely strives to pave an easier path for future parents. In Tami's spare time she is an entrepreneur and runs a photography business.

Sarah Johnston lives in DeWitt Iowa and is mom to three boys, Lucas, Lane and Landen. She began advocating for her children the minute they were born which eventually led to her most recent work on a bill for insurance companies to be required to cover hearing aids. Sarah's day-to-day work is in the Administration office of her local school district. In her free time, she and her family like to have movie nights, volunteer in their community and go camping.

Bill Kallestad Is the Public Policy Manager for the Iowa Developmental Disabilities Council representing Iowans with intellectual and developmental disabilities. He is known for his extensive service provision, advocacy efforts and versatile leadership style. Through the Iowa DD Council and the Iowans with Disabilities in Action program, Bill leads outreach and shapes policy to improve the lives of those he serves. He has also lobbied at the state and federal levels to achieve agency priorities and advocate for policy. Bill holds a master's degree in public administration from Drake University.

Alicia Karwal and her husband, Jason, live in Adel with their two daughters, Isabelle (14) and Sophia (11). She holds degrees from the University of Northern Iowa in Elementary and Special Education with a Master's in Curriculum and Instruction. She is a former special education teacher and currently works at ASK Resource Center as a Family Support Specialist, and RESPECT Training Project Coordinator. Alicia has always been passionate about advocating for individuals with differing needs. She has lived experience with disabilities. Her husband lives with a spinal cord injury. Their youngest daughter has several diagnoses including cerebral palsy and ADHD.

Nathan Kirstein graduated from Drake University Law School in May 2011 and was hired as a staff attorney at Disability Rights Iowa in October 2012. He primarily represents clients in the areas of legal rights violations in juvenile justice and child welfare facilities and students and families in special education cases. Previously he was a sole practitioner primarily representing clients in juvenile justice/child welfare cases, landlord/tenant cases, and wills/trusts. He also was the program coordinator for a gender specific after school program on the near North side of Des Moines.

Dr. Matt O'Brien is an Assistant Professor of Pediatrics at University of Iowa Stead Family Children's Hospital. He completed his doctorate in Psychological and Quantitative Foundations from the University of Iowa and completed postdoctoral fellowships in neuropsychology and behavioral psychology at the University of Iowa Hospitals and Clinics. Dr. O'Brien serves as the Director of Biobehavioral Services and Director of Research and Psychology for the Iowa LEND program. He has received funding from the National Institutes of Health since 2015 for research related to severe and challenging behavior and communication. Dr. O'Brien conducts research related to functional analysis of severe and challenging behavior in individuals with autism and other neurodevelopmental disorders.

Dr. Warren Phillips is a Clinical Psychologist who practices in Iowa and Minnesota. He is the Clinical Director of Central Iowa Psychological Services, a large group mental health practice in Central Iowa, which serves children, teens, adults, families, and couples using a diverse set of assessment, counseling, and psychiatric services. Dr. Phillips is also the Chief Clinical Officer of Mental Health Partnerships and an Associate Teaching Professor in the Dept. of Psychology at Iowa State University. His guiding passion is to increase access to mental health services through the development of direct clinical services and community-based consultation and to help organizations who provide these services to have meaningful mutual support and well-being at their foundation.

PRESENTER BIOGRAPHIES CONTINUED

Listed alphabetically by last name

Mari Reynolds is a graduate of Grand View University in Des Moines, with a double major in Psychology and Human Services and a minor in Sociology. She has worked for ASK Resource Center since 2002 where she currently serves as the Data Coordinator and Transition Iowa Project Coordinator. Mari has a younger brother who was born with multiple disabilities including Cerebral Palsy. She has become increasingly involved in his support coordination as a sibling of an adult with a disability, so Transition is a passion of hers. She serves on Iowa's State Rehabilitation Council (SRC) and is a member of the Iowa Coalition for Integration and Employment (ICIE) and the Iowa Olmstead Taskforce.

Len Sandler joined the University of Iowa College of Law faculty in 1990 to direct one of the first HIV/AIDS law school clinics in the U.S.. He later founded and supervises the award-winning Law and Policy in Action Clinic to give law students experience solving recurring, systemic problems that cannot be addressed through litigation. Over the past few years, the clinic teamed up with Disability Rights Iowa and private lawyers to overhaul the Iowa Department of Education rules about the use of seclusion and physical restraints in K-12 schools. They provide no-cost consultant services to nonprofits, community groups, governments, and businesses on disability, civil rights, housing healthcare, elder abuse, LGBTQ, and other issues. Sandler and his clinic students also represent and provide transactional services for families and present workshops on estate planning, guardianship, and other legal issues.

Melissa Timmer lives in Adel with her husband and 3 children. Her oldest child was diagnosed with Autism in 2009. Prior to becoming a mom, Melissa attended the University of Northern Iowa and worked as a direct support staff and supervisor for children & adult with disability services. Over the years, Melissa has dedicated time to advocating for her son in the classroom by reading books to his peers about Autism so they would understand him better, attending training opportunities, and being involved in community activities & events for those with different abilities. That led her to work as an Independent Support Broker (ISB) in response to the lack of reliable support brokers that understood the background of HCBS waiver services and the Consumer Choice Option program. Today, Melissa serves more than 130 CCO members as an ISB.

Alex Watters graduated from Okoboji High School in 2004. That September he had an accident that fractured his C5 vertebrae leaving him paralyzed from the chest down. In 2005, he returned to his studies in Political Science at Morningside University and then pursued his Masters in Negotiation and Dispute Resolution from Creighton University. After college, he interned in Washington DC at the US Department of Education in conjunction with the American Association of People with Disabilities. After returning to Iowa, he worked for Organizing for America, the reelection organization for President Barack Obama. Today, Alex lives in Sioux City Iowa, and has served on the Woodbury County Board of Supervisors since 2017. Since 2013, he has worked at Morningside University where he has taught an introductory course on negotiation and dispute resolution, coached a mediation team, worked as a First Year Advisor, in career services, and was recently named the Director of Alumni Engagement.

NOTES

NOTES

ACKNOWLEDGEMENTS

Thank you to the partner organizations, sponsors, volunteers, exhibitors and attendees for being a part of the 10th Annual Together We Can Conference! This one-of-a-kind, statewide event would not be possible without your continued support.

CONFERENCE PLANNING COMMITTEE

Listed alphabetically by member type and last name

Parents

Cynthia Blackard, Parent

Emma Bouza, Parent

Rhonda Haitz, Parent

Tami Hoffman, Parent

Self -Advocates

Dennis Burns, Self-Advocate

Sylvia Goodno, Self-Advocate

Francine Pace, Self-Advocate

Partners and Sponsors

Mike Hoenig, Center for Disabilities and Development - Sponsor

Cassidy LeCroy, Easterseals - Childcare Partner

Susan Selby, Iowa Department of Education - Sponsor

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