

MRA CONFERENCE 2019 PROGRAM

“INSPIRE”

Sparked by History – Building, Inspiring, Together for now and Beyond

WEDNESDAY OCTOBER 2ND, 2019 | PRE-ETS TRAINING

Training 1:

Name: Cori DiBiase

Title of Presentation: “Making My Way: Self-Determination in Pre-ETS Planning and Services”

Length of training: 1.0 hour

Biography:

Cori DiBiase joined the Manhattan Strategy Group as the Director of the National Veteran’s Technical Assistance Center in July of 2018. Mr. DiBiase has supported the education and workforce systems to adapt to WIOA, and to effectively employ the tools and resources provided by Pre-ETS. Mr. DiBiase has worked with Disability Employment Initiatives, Customized Employment Projects, and American Job-Center based Ticket to Work Projects, and directed a CRP providing employment and entrepreneurial assistance to people with disabilities.

Abstract of Training:

Self-Determination and Self-Advocacy are essential to the design and implementation of any school-to-work transition and Pre-Employment Training Service (Pre-ETS) program. While every other aspect is important, the capacity to make informed choices, and ensure that those choices are at the center of the overall plan for their future, is what will fuel the long-term success of a student with a disability in transition. The extent to which the process is ‘owned’ by the youth will closely correlate to their engagement in it, and their ability to persist in ongoing career development, even after formal services have ceased. Self-Determination and Self-Advocacy are necessary to every other aspect of Pre-ETS and transition.

This session will explore

- 1) The way that transition specialists can facilitate Self-Determination and Self-Advocacy through the Individual Education Planning (IEP) process.
- 2) We’ll discuss strategies to ensure that the IEP process is principally guided by the youth in question, even as the rest of the team makes meaningful contributions to the decision making process.

Training 2:

Name: Jake Schuller

Title of Presentation: “Expectations at Employment and Self-Advocacy at Centers for Independent Living”

Length of training: 1.0 hour

Biography:

Jacob Schuller is the Executive Director of Southeastern MN Center for Independent Living, Inc. and has over 20 years of experience in the disability field. Centers for Independent Living, are unique in the field in that over 50% of the employees and the Board of Directors identify as having a disability. Centers for Independent Living provide a wide array of services including Independent Living Skills and Advocacy at the individual and systems level.

Abstract of Training:

- Understanding/defining “people with disabilities” & stereotypes
- Understand/defining the ADA so they know their rights while in school, at work and in the community
- Understand/defining terms such as: “independent living”, “personal choice”, “active participation”, “equal opportunities”, “informed choice”, “human rights”, and “respect”
- Understanding the definition and differences between an accommodation and modification as it relates to school and work.

- Understanding and being an active member in their IEP's
- Understanding strengths, barriers, and skills related to Smart Goals.
- Identifying their values, priorities and learning style.
- Understanding choices and consequences
- Understanding "my" disability and how it affects me in all areas of my life
- Teaching students about their resources and how to advocate for their wants and needs

Training 3:

Name: Ellen Sokolowski

Title of Presentation: "Pre-ETS: Developing a Tool-Kit of Resources for the Classroom"

Length of training: 2.0 hours

Biography:

Ellen Sokolowski, MS, CRC:

Ellen has been in the field of rehabilitation for 25+ years. She is presently employed as a Vocational Rehabilitation Counselor with the State of Iowa and provides services to both adults and students with disabilities. She has worked in both the non-profit and for-profit areas of Vocational Rehabilitation.

Abstract of Training:

This interactive presentation will look at:

- 1) Resources that are available to the rehabilitation professionals to use in the classroom settings
 - a. Resources that will be discussed will include websites, handouts, games, digital resources, etc.
- 2) Attendees will be able to identify, evaluate and use various resources for Pre-ETs presentations/activities.

Training 4:

Name: Jan Lowe & Kathryn Johnson

Title of Presentation: "CAREERCODE Interest Assessment and Associated Strategies for Counselors."

Length of training: 2.0 hours

Biography:

Jan Lowe, AIE, The Persuasive Idealist Raised in a small Nebraska community, Jan began using her interests by playing the piano for the high school choir. After obtaining a degree in Music Education, she realized in her first year of teaching that it wasn't right for her. Fortunately, after obtaining a Master's Degree in Vocational Rehabilitation Counseling, she found an alternative career that was more fulfilling where she was able to work with individual clients. Building on this education and experience, she became specialized in vocational assessment and courtroom testimony as a vocational expert. Jan has owned a private practice Rehabilitation Counselors since 1978, which is a good match for her full CAREERCODE – AIECSR.

Kathryn Johnson, ESA, The Creative Ambassador Selling greeting cards (The Cheerful Card Company) door to door in her tiny South Dakota town, Kathryn realized the value of being persuasive and ambitious. Like a true visionary, she was already thinking outside the box of the pre-determined women's careers of her day. That start-up venture led her to a career path which included experience as: makeup artist, retail gift buyer, executive recruiter for National/International companies, nonprofit employment program development and community consultant on intergenerational workplace issues, work readiness career planning and coaching. These varied experiences are a good match for her full CAREERCODE.—ESACRI.

Abstract of Training:

Finding a career that's right for you is not only inspiring, it's empowering. The first step is knowing who you are in terms of your interests and values. This will help in navigating the world of work so you can find job satisfaction and a more meaningful life. The CAREERCODE interest assessment and workbook will be used to launch a discussion about strategies to use when counseling clients regarding their interests while doing vocational exploration and transition planning for students, job changers, and seniors.

THURSDAY OCTOBER 3RD 2019

Training 1 KEY NOTE:

Name: Micelle Newman

Title of Presentation: “FINDING YOUR Z: An A-Z Roadmap for Realizing Your Ideal Life”

Length of training: 1.5 Hours

Biography:

Michelle Newman is the Co-Founder and Co-Author of Finding Your Z, is an Executive Coach with The People Side and is an HR Director at Post Consumer Brands in Lakeville, MN. Throughout her 20+ year career in Human Resources, Michelle has been coaching leaders at all levels of the organization, up to and including C-Suite executives. She is certified as a Senior Professional in Human Resources (SPHR) and completed coaching training in 2007 at the esteemed Coaches Training Institute (CTI). She received her Graduate Certificate in Executive Coaching at the University of St. Thomas in 2018.

Michelle specializes in coaching female business leaders to achieve the roles and life they desire. She is honored to be a member of the International Coaching Federation.

Abstract of Training:

Abstract/Summary of Presentation (can be attached): Attached is Keynote description; Break-out would be a deeper dive on Life Purpose or “Why”, along with an exercise on identifying the Inner Critic or “Back Seat Driver.” In this highly interactive session, we will help your group align their personal goals with their professional goals so they can navigate their career with confidence.

- 1) What is Your Z?
- 2) Understanding What, Why, Who & Where is your ideal life
 - a) In this conversation, we will go beyond traditional career development to help people realize the LIFE they want, not just their dream job.

Training 2:

Name: Breanne Hilvala & August Hilvala

Title of Presentation: “Exploring the World Within: The Ethics of Self Awareness in Developing Cultural Competency”

Length of training: 1.25 hours

Biography:

Breanne served as an Assistant Director of Career Development at Oregon State University, and is currently a core faculty member for the Counseling Specialties program at Adler Graduate School. She uses an ecological and contemplative approach in counseling.

August is studying mental health counseling at Minnesota State University, Mankato. He serves as a career advisor at MNSU’s Career Development Center and will begin his internship at a local mental health center in summer 2019.

Abstract of Training:

The CRC Code of Ethics section D holds specific guidelines for Rehabilitation counselors to develop and maintain knowledge and personal awareness for culturally competent counseling with diverse populations. This presentation provides an opportunity for Rehabilitation Counselors to engage in dialogue with one another in regards to exploring self cultural identity. The ADDRESSING Model (Hayes, 2008) and Re-conceptualized Model of Multiple Dimensions of Identity (RMMDI) (Abes, Jones, & McEwen, 2013) will be used as the core theoretical frameworks informing this presentation and in order to help rehabilitation Counselors at this presentation continue to develop a self-understanding of personal cultural identity.

Training 3:

Name: Cindy Held Tarshish

Title of Presentation: ADA Title I - employment.

Length of training: 1.25 hours

Biography:

Cindy Held Tarshish has held the position of ADA Minnesota Program Manager since 2002. In this capacity she provides technical assistance, educational presentations and trainings, and plans community wide events for people with disabilities, businesses, organizations, and educational settings. Ms. Tarshish has provided services in the disability community for over 30 years. Past employers include; the Minnesota Multiple Sclerosis Society, Opportunity Partners, Minnesota AIDS Project and the Metropolitan Center for Independent Living. Ms. Tarshish also has expertise in marketing for the non-profit organization, foundation grant writing, and freelance writing and editing. Ms. Tarshish is a certified ADA Coordinator.

Abstract of Training:

This presentation will provide a comprehensive working knowledge of Title I of the Americans with Disabilities Act. Topics addressed include; ADA overview, disability definition, apparent and non-apparent disabilities, essential functions & job applications, interview process, direct threat and undue hardship, disclosure, reasonable accommodations, confidentiality, and local and national resources. In addition to these topics, the presenter also includes several real life examples she has encountered while working with people with disabilities and employers in Minnesota. Participants are encouraged to ask questions during and following the training.

Training 4:

Name: Austin Beatty & Cristy Thomas

Title of Presentation: "Placement 101 Talk Back/Applied Learning"

Length of training: 1.25 hours

Biography:

Sara Sundeen has worked in the field of Vocational Rehabilitation for more than 20 years. She has worked in non-profit and for profit rehabilitation. She is currently a Program Specialist with VRS focusing on Person-Centered Practices. Sara has managed vocational programs, provided job placement services, career consultation. Sara has also been involved with the National Rehabilitation Association and Minnesota chapter serving as president of both. She is deeply committed to her family, friends and community.

Ann Macheledt has worked in the field of Vocational Rehabilitation for more than 25 years. She has held a number of management/leadership positions in both non-profit and for profit businesses. Ann has extensive skills and expertise in the areas of ADA consulting, disability case management, ergonomic and job site assessments, vocational counseling, diversity recruitment, leave management and training and development. Ann has been with VRS for over 2 years.

Abstract of Training:

Have you recently gone through Placement 101 training?

Join fellow participants and Placement 101 Presenters to discuss what tools you've incorporated into your work, exchange ideas on how you've applied this and learn from others about what they're doing.

- What concepts have you tried?
- What has been successful or not successful?
- What changes have you noticed about how you approach your work?
- What concepts are you still struggling with?

Here's an opportunity to share and get feedback from other Placement Professionals who are also putting these tools to use.

Training 4:

Name: Sara Sundeen, MS, CRC & Ann Macheledt, MS, CRC

Title of Presentation: Person-Centered Practices: Changing the Employment Landscape

Length of training: 1.25 hours

Biography:

Sara Sundeen has worked in the field of Vocational Rehabilitation for more than 20 years. She has worked in non-profit and for profit rehabilitation. She is currently a Program Specialist with VRS focusing on Person-Centered Practices. Sara has managed vocational programs, provided job placement services, career consultation. Sara has also been involved with the National Rehabilitation Association and Minnesota chapter serving as president of both. She is deeply committed to her family, friends and community.

Ann Macheledt has worked in the field of Vocational Rehabilitation for more than 25 years. She has held a number of management/leadership positions in both non-profit and for profit businesses. Ann has extensive skills and expertise in the areas of ADA consulting, disability case management, ergonomic and job site assessments, vocational counseling, diversity recruitment, leave management and training and development. Ann has been with VRS for over 2 years.

Abstract of Training:

Person-Centered Practices is a way of being and a conscious choice. Vocational Rehabilitation Services has been on a journey to infuse person-centered practices into all the work we do. We believe the implementation of person-centered practices has improved relationships, communication and outcomes. We will share an overview of the core principles of person-centered practices as well as the work we have done to create a community of practice and ongoing resources and trainings. We will allow ample time for a facilitated dialog around best practices and how we can collaborate to continue to build a stronger person-centered community.

Learning Objectives:

1. Discuss the core principles of person-centered practices
2. Share ideas for building a community of practice to infuse person-centered practices throughout an organization
3. Tips to avoid being the “flavor of the month”; keeping person-centered skills and tools in front of staff
4. Sharing of best practices; an open dialog about person-centered practices and celebrating diversity (102/125)

Training 5:

Name: Eric Riggerberg ASUM

Title of Presentation: Person-Centered Practices: Changing the Employment Landscape

Length of training: 2.0 hours back to back congruent sessions

Biography:

Eric Riggerberg is the Education Program Manager for the Autism Society of Minnesota. He has a Bachelor of Science in Child Psychology from the University of Minnesota- Twin Cities and is currently finishing a Master of Arts in Special Education- Autism Spectrum Disorders from the University of St. Thomas. Additionally, Eric has more than 10 years of experience working with individuals on the autism spectrum in multiple settings and capacities, as well as coordinating implementation of evidence-based practices.

Abstract of Training:

ASD & Employment-

- Review Developmental Characteristics of Autism Spectrum Disorder (ASD)
- Review Vocational Research Related to ASD
- Review Evidence-Based Practices related to ASD and Vocational Support
- Development of executive functioning and adaptive behavior and how this impacts adult outcomes. This will also work in themes of self-determination, independence, and employment first/asset based approach.

Executive Function-

- Define and examine development of executive functioning
- Review executive functioning as a trans-diagnostic factor
- Summarize strategies and accommodations addressing executive functioning deficits

Training 6:

Name: Ellen Sokolowski

Title of Presentation: “Reverse Job Fairs: Flipping the Script of Job Fairs”

Length of training: 1.25 hours

Biography:

Ellen Sokolowski, MS, CRC:

Ellen has been in the field of rehabilitation for 25+ years. She is presently employed as a Vocational Rehabilitation Counselor with the State of Iowa and provides services to both adults and students with disabilities. She has worked in both the non-profit and for-profit areas of Vocational Rehabilitation.

Abstract of Training:

This interactive presentation will look at:

- 1) What are they, how to develop them
- 2) The need for collaboration with various community partners
- 3) Implementation of a “boot camp” and development of displays for the reverse job fair

Training 7:

Name: Dr. Matthew Monsein MD

Title of Presentation: “Pain and Opioid”

Length of training: 1.25 hours

Biography:

Dr. Matthew Monsein, MD is a physician specializing in chronic pain management. Dr. Monsein’s interests are in inpatient pain treatment, pain rehabilitation and helping patients decrease or eliminate opioid medications.

Abstract of Training:

(Not available at this time, 9/4/19)

FRIDAY OCTOBER 4TH 2019

Training 1:

Name: Judith A Richardson-Mahre

Title of Presentation: “ADHD: The latest science and tools and techniques“

Length of training: 1.25 hours

Biography:

Judy is a Licensed Associate Marriage & Family Therapist (LAMFT), Certified ADHD Professional and Coach. Judy has more than 20 years of experience working with children, adolescents, and families affected by ADHD. Judy is passionate about working with individuals with ADHD and helping them see the gifts and strengths amidst their struggles. Judy brings her excellent problem solving skills, her compassion, understanding and deep knowledge to offer tools and techniques to improve every situation.

Abstract of Training:

ADHD impacts up to 10% of the population and is a contributing factor for many individuals struggling with addiction, depression and anxiety. Come and learn the latest science around what ADHD is, how it impacts the brain wiring and behavior of those who have it. Learn what executive functions are and how they impact individual performance. With a good understanding of the brain impact of ADHD, learn several tools and techniques to deal with clients and individuals who are impacted by ADHD. We will explore lifestyle changes, to psychological interventions and interventions to improve daily life and independence. We will also explore why Cognitive Behavior Interventions are not the best option for these clients and what are the best approaches

to preserve self-esteem and mental health as well as improve success, independence and a sense of accomplishment.

Training 2:

Name: Baird Johnson

Title of Presentation: “Rebuilding Cognitive Ability after a Brain Injury”

Length of training: 1.25 hours

Biography:

Baird Johnson is Executive Director of the LearningRx brain training centers in Eden Prairie, Maple Grove, and Shoreview, Minnesota. He has worked with thousands of people of all ages to improve their lives and abilities through better cognitive skills. Baird is a frequent presenter on the topic of cognitive training, including co-presenting twice previously at the MRA Annual Conference.

Abstract of Training:

Come learn about the benefits of cognitive training to help those impacted by brain injury. We’ll demonstrate how one-on-one brain training exercises can rebuild memory, processing speed, visual and auditory processing and more after brain injury. We’ll share current research and real world results and discuss who and how brain training can help.

Training 3:

Name: Andre Koen

Title of Presentation: “Cultural Competence Out of Context”

Length of training: 1.25 hours

Biography:

Abstract of Training:

Often folks talk about how to create cultural competence but miss the relationship it has to the context. We need to reboot how we think about culture and the goals people from other cultures have. Why did those people move here? Why have they chosen my neighborhood and community? How do we serve them best? I field these inquiries with a very simple response. They are looking for safety, significance and belonging, just as your ancestors did prior to your arrival.

In this session we will discuss the similarities between cultures perceived differences, communication styles to create better methods for cultural awareness and allophilia.

Objectives:

- Understand differing communication styles
- Examine cultural impact on worldviews
- Analysis of personal bias on behavior
- Create action plans to become more effective with cross cultural communication