

SPRING 2006

January - July

Community Training and Consultation

TRAINING CATALOG & EVENT CALENDAR

Welcome!

Welcome to the latest edition of the Waisman Center Community Training and Consultation Catalog of Events. In here, you will find several new offerings such as American Red Cross Certified Adult CPR & First Aid (page 8), Enhancing the Roommate Relationship - presented by Pam McKearn (page 13), Teaching/Coaching Adults with Developmental Disabilities with Mark Sweet (page 16), Trauma and Transcendence: PTSD and Resiliency with Pamela Phillips-Olson (page 16) and a Forum for Families: a Special Education Informational Meeting for Parents (page 17).

Watch for the Community Training and Consultation website launching in April 2006!!

Cancellation Policy: We will charge applicable training and registration fees for any participants who contact us to cancel later than twenty-four (24) hours prior to the event. Of course substitutions are always possible and to discuss specific situations or for any questions/concerns, please contact Rachel Weingarten at 608/890-0777 or email: weingarten@waisman.wisc.edu. If we need to cancel a training for any reason, we will give as much notice to registrants as possible either by phone or email.

Please remember to register for trainings so that we may contact you if they are cancelled.

Registration: If you work in Dane County: Waisman training staff will ask which consumer(s) will benefit from the training people receive. Attendees may list up to 2 consumer names. For example if John Doe's home staff attends a "Managing Threatening Confrontations" training in order to better support him, they should note this at registration. If known, the attendees should list individuals on one of the Waiver (CIP/CSLA/BIW) programs.

If it is difficult to pinpoint 1-2 clients who would specifically benefit from a training, attendees can leave this portion of the registration blank. For example "Ethics and Boundaries" addresses issues related to working in the DD field, not issues related to specific individuals and their support needs. Training attendees would not need to provide a consumer's name at registration.

The Waisman Center's Training and Consultation staff can help clarify whether or not an attendee should register for a training under a consumer's name.

Statewide Initiative: We can bring many of our trainings right to your area! Please call Rachel Weingarten at 608-890-0777 or email her at weingarten@waisman.wisc.edu to take advantage of our expertise and for more information.

Learning Together: Due to popular demand, the Learning Together Series is hitting the road! If you would like us to bring a particular Learning Together session to your neighborhood, please call Rachel Weingarten at 608-890-0777 or email her at weingarten@waisman.wisc.edu with your ideas and requests.

DANE COUNTY DEPARTMENT OF HUMAN SERVICES

WAISMAN CENTER

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Adult Family Home Provider Continuing Education Offerings

Free to all AFH Providers

*Please call Training and Consultation at (608) 265-9440
or Nancy Molfenter at (608) 263-5557 to register for AFH trainings*

Saturday, March 4th

10:00 am – 12 noon:

AFH Roundtable

Share your stories and ideas with other providers over coffee and bagels

*This session will be held at
122 East Olin. Ave., Ste. 100 in Madison*

12:00 pm – 3:00 pm

*Picnic at the Warner Park Shelter
1625 Northport Dr., in Madison*

This potluck gathering will include information about the new food pyramid guidelines

Thursday, April 13th

5:30 pm – 8:30 pm

*Adult Family Home Provider Recognition
Dinner at Olbrich Gardens
3330 Atwood Ave., in Madison*

With a review of regulation changes

Wednesday, October 18th

9:00 am – 4:00 pm

Family First Aid and CPR

Counts for 8 hours of AFH training

Does not include official CPR/First Aid certification

*This session will be held at
122 East Olin. Ave., Ste. 100 in Madison*

Tuesday, November 14th

6:30 pm – 8:30 pm

AFH Roundtable

Share your stories and ideas with other providers over pizza

*This session will be held at
122 East Olin. Ave., Ste. 100 in Madison*

Monday, May 15th

6:30 pm – 8:30 pm

Setting up Burial Trusts and Living Wills

*This session will be held at
122 East Olin. Ave., Ste. 100 in Madison*

Sunday, September 17th

Behavioral Support

COST for MTC: \$25 Dane Co./\$40 non-Dane Co.

LOCATION: 122 E. Olin Avenue, Suite #100, Madison, WI.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Managing Threatening Confrontations

Presenter: Paul White

DATES:

Friday, February 3

Wednesday, April 5

Tuesday, June 20

Tuesday, August 15

TIME:

8:45 am (Registration)

9:00 am – 4:00 pm (Session)

Managing Threatening Confrontations is designed to assist you in learning how to effectively support clients and others who could experience the full range of behavioral escalation. These moments often appear chaotic, when to talk, when to step back, who to call for back up, and “when to duck.” This seminar is designed to put order to the chaos. Stages of escalation are described and each stage is paired with a positive action plan for caregivers as well as teams. The content places strong emphasis on pro-active supports. The principles are taught in a straightforward manner so as to provide a framework for conceptualizing behavior escalation that can readily translate into positive plans of action. The learning is brought to life using a video of a dramatic, real life enactment of threatening confrontations by professional actors.

Learning Methods:

The learning style includes small group work, videotape, and some physical practice, so wear comfortable clothing. You will receive extensive conference manuals (you will have to take very few notes) to take back to work for reference and to share with colleagues.

Some of what you will learn:

- A framework for understanding and recognizing stages of behavior escalation.
- How to avoid “power struggles” that can result in behavioral escalation.
- Skills in connecting with people early on, in order to sustain emotional control.
- An array of creative communication strategies during periods of tension.
- What the police know about presenting a “neutral presence” during stages of distress.
- How caregivers can support both clients and themselves during the Recovery Stage.

Paul White has extensive experience in supporting children and adults with developmental disabilities and has been on staff at the UW Waisman Center since 1986. Paul is the director of the program Community TIES. TIES provides positive supports to persons with developmental disabilities and emotional/behavioral challenges. Paul has developed a series of seminars on subjects related to positive behavioral supports. He has provided these seminars to thousands of providers across Wisconsin; these seminars are regularly included in the curriculum offered through the UW Extension.

Behavioral Support

LOCATION: 122 E. Olin Avenue, Suite #100, Madison, WI.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Client Rights Seminar

Presenters: Monica Bear, Gerard Gierl, Axel Junker & Paul White

Date: Friday, March 31: 8:45am – 4:00pm

Cost: \$25 per person

This seminar is designed to train designated professionals from agencies how to assure the appropriate use of supports that may be considered “Restrictive Measures.” Included is an overview of HFS 94 rights applicable for all individuals receiving services through Dane County contracted providers. Further, we will discuss and clarify individual rights for clients under guardianship.

- Learn strategies in facilitating the team process related to use of restrictive measures when they are being considered.
- Learn a straightforward format for writing proactive behavior support plans when restrictive measures are involved.
- Familiarize self with client right violations and the state definition of restrictive measures.
- Familiarize self with strategies as well as team responsibilities for minimizing and eliminating restrictive measures.
- Familiarize self with the county’s review and oversight process for behavior plans involving restrictive measures.

Monica Bear is a Developmental Disabilities Program Specialist for Dane County Human Services. She works with support broker agencies as well as supervises the DD adult case management unit. Prior to becoming a bureaucrat, Monica worked with adults who have developmental disabilities for 20 years.

Gerard Gierl has been with the DHFS Client Rights Office since 1983, and frequently provides consultation on individual rights and guardian roles and responsibilities. He has an academic background including Social Work and Law.

Axel Junker is a program consultant for the UW Waisman Center's Community TIES program. TIES (Training, Intervention, and Evaluation Services) provides a variety of positive behavioral supports for individuals with developmental disabilities who have challenging behaviors. Axel’s main responsibility within TIES is to coordinate Dane County's Crisis Response program for adults with developmental disabilities, which often requires cooperation with mental health service providers or criminal justice practitioners. Prior to joining TIES, Axel has worked for numerous years as a supported employment professional.

Paul White has extensive experience in supporting children and adults with developmental disabilities and has been on staff at the UW Waisman Center since 1986. Paul is the director of the program Community TIES. TIES provides positive supports to persons with developmental disabilities and emotional/behavioral challenges. Paul has developed a series of seminars on subjects related to positive behavioral supports. He has provided these seminars to thousands of providers across Wisconsin; these seminars are regularly included in the curriculum offered through the UW Extension.

Challenging Behaviors – Individualized Sessions

Paul White

Paul White, Director of the Community TIES Program, has developed several different presentations that are available upon request.

Topics include:

- Managing Threatening Confrontations
- The Area of Developing Therapeutic Relationships
- Overview of Community Support Strategies Addressing Challenging Behaviors
- Sexuality and Challenging Behaviors
- Therapeutic Relationships/Sensitivity to Abuse Potential

Cost for Challenging Behaviors Sessions:

Individualized Sessions will vary.

Health Care Sessions

Sessions are located at 122 E. Olin Ave., Ste. 100, Madison unless otherwise noted.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for Health Care trainings are \$12 per person
(\$24 per person working outside Dane County) unless otherwise noted.

Alzheimer's & Developmental Disabilities

Presenter: Pat Wilson, Alzheimer's Association

Wednesday, March 15: 1:00 pm – 4:00 pm

Join Pat Wilson from the Alzheimer's Association, South Central Wisconsin Chapter for an informative and practical discussion of Alzheimer's disease and specific issues that arise for people with developmental disabilities. The Alzheimer's Association is a non-profit organization that is designed to provide a link to resources for people with Alzheimer's disease or related dementias. The Association is also deeply concerned with providing support to those who care for persons with dementia. Their mission is to help caregivers take care of themselves as well as provide a quality life for the person with Alzheimer's disease or related dementia.

<http://www.alzwisc.org/>

American Red Cross

Adult CPR & First Aid

Instructor: RaeAnn Fahey

Wednesday, March 22: 5:00 pm– 10:00 pm

Monday, April 17: 5:00 pm – 10:00 pm

Wednesday, May 17: 5:00 pm – 10:00 pm

Adult CPR: \$12 per person

First Aid: \$12 per person

\$24 per person for the full 5-hour session.

Please specify if would like to attend one or both sessions.

The course content includes recognizing and caring for breathing and cardiac emergencies for adults and heart disease prevention.

This training also includes an overview of first aid. Skills include Adult CPR, controlling bleeding; caring for muscle, bone and joint injuries; treating burns; and responding to shock. Upon successful completion of the course requirements, students will receive an adult CPR and First Aid Certificate.

Course Outline:

- Introduction
- Recognizing Emergencies
- Protecting Yourself
- Before Providing Care
- Prioritizing Care
- Rescue Breathing
- Cardiac Emergencies
- Sudden Illness
- Wounds
- Injuries to Muscles, Bones, and Joints
- Heat- and Cold-related Emergencies

Common Health Problems

Presenters: Linda Bollig and Denise Mullins

Wednesday, May 3: 9:30 am – 12:30 pm

Description TBA...

Health Care Sessions

Sessions are located at 122 E. Olin Ave., Ste. 100, Madison unless otherwise noted.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for Health Care trainings are \$12 per person
(\$24 per person working outside Dane County) unless otherwise noted.

Dual Diagnosis

Thursday, April 6: 9:00 am – 4:00 pm

Cost: \$20 for the full day (\$40 per non-Dane-County individual)

\$12 for morning or afternoon session (\$24 per non-Dane-County individual)

Individuals with dual diagnoses often seem to fall through the "cracks" of the service system and challenge us as providers. Ideas and support strategies that often are helpful and have proven to be effective for individuals with either a DD diagnosis or an MI diagnosis do not easily apply to individuals who have both of these diagnosed disabilities.

In this training, participants will learn about important issues related to individuals with these co-occurring conditions. **Participants are strongly encouraged to register for both sessions, since the content will not be repeated and the morning session provides a valuable foundation/introduction for the afternoon program.** However, separate registration is also possible.

Morning session: 9 AM - 12 PM

Mental Illness and Developmental Disabilities:

Diagnostic Dilemmas, Treatment Strategies, and Use of Medications -Nancy Shook, RN, APNP and Axel Junker

This morning session will cover basic information about mental illnesses, including diagnostic methods, different treatment options, general description of medications that are used, and describes how these concepts and strategies can be incorporated and often adapted in the support of individuals with developmental disabilities.

Learn about the DSM-IV, types of psychotropic medication, effective ways to collect and record important data, and discuss other important issues and concerns for people supporting individuals with a dual diagnosis.

Afternoon session: 1 PM - 4 PM

No Easy Answers: *Considering Psychotropic Medication for People with Developmental Disabilities*

-Paul White and Nancy Shook, RN, APNP

This afternoon session strives to enhance participants' understanding of a team approach to effective evaluation for the use of psychotropic medication. Valid reasons for using psychotropic medications along with cautions and questionable uses will be reviewed. Practical tips for assessing the benefits of medications, discussion of side effects and risks, monitoring for TD (tardive dyskinesia), factors contributing to effective team support, obtaining informed consent and consulting with a prescribing physician will be discussed.

Axel Junker is a program consultant for the UW Waisman Center's Community TIES program. TIES (Training, Intervention, and Evaluation Services) provides a variety of positive behavioral supports for individuals with developmental disabilities who have challenging behaviors. Axel's main responsibility within TIES is to coordinate Dane County's Crisis Response program for adults with developmental disabilities, which often requires cooperation with mental health service providers or criminal justice practitioners. Prior to joining TIES, Axel has worked for numerous years as a supported employment professional.

Nancy Shook, R.N., A.P.N.P., is a Clinical Nurse Specialist for the UW Waisman Center's Community TIES program. She coordinates and is the nurse for the Waisman Center TIES Clinic (Psychiatry). She does nursing assessment of individuals with developmental disabilities who have health or mental health concerns, provides nursing consultation services for community support providers, and coordinates and teaches classes about health care issues. Nancy has an M.S. in Social Work, and an M.S. in Psychiatric / Mental Health Nursing. She has worked as a nurse in Intensive Care, Cardiovascular Surgery, Emergency Care, Pediatric / Adolescent Health, and Community Support for persons with Developmental Disabilities. She has been a therapist for children, adolescents, adults, and for individuals with developmental disabilities.

Paul White has extensive experience in supporting children and adults with developmental disabilities and has been on staff at the UW Waisman Center since 1986. Paul is the director of the program Community TIES. TIES provides positive supports to persons with developmental disabilities and emotional/behavioral challenges. Paul has developed a series of seminars on subjects related to positive behavioral supports. He has provided these seminars to thousands of providers across Wisconsin; these seminars are regularly included in the curriculum offered through the UW Extension.

Health Care Sessions

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TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for Health Care trainings are \$12 per person
(\$24 per person working outside Dane County) unless otherwise noted.

OSHA / Universal Precautions

Presenters: Linda Bollig and Dee Dee Mullins

This class meets the requirements for the mandated annual training required by OSHA for support providers whose jobs involve potential contact with blood-borne pathogens. These classes are available to any employee of a Dane County agency that provides residential or vocational support to persons with developmental disabilities in community settings.

Wed Jan 4: 9:30 am – 12:00 pm

Tue Jan 17: 9:30 am – 12:00 pm

Tue Jan 31: 12:00 pm – 2:30 pm

Thu Feb 16: 9:30 am – 12:00 pm

Wed Mar 1: 12:00 pm – 2:30 pm

Thu Mar 16: 12:00 pm – 2:30 pm

Thu Mar 30: 9:30 am – 12:00 pm

Wed Apr 12: 9:30 am – 12:00 pm

Mon Apr 24: 12:00 pm – 2:30 pm

Wed May 10: 9:30 am – 12:00 pm

Fri May 26: 9:30 am – 12:00 pm

Tue Jun 6: 9:30 am – 12:00 pm

Wed Jun 21: 12:00 – 2:30 pm

Fri Jul 7: 9:30 am – 12:00 pm

Tue Jul 18: 12:00 – 2:30 pm

Safe Medication Administration

Presenters: Linda Bollig and Dee Dee Mullins

Learn the "Do's and Don'ts" about safe medication administration. How can you reduce risk for consumers (and yourself) when handling or taking medications? What questions should you ask about medications? Where can you get answers and information? These classes are available to any employee of a Dane County agency that provides residential or vocational support to persons with developmental disabilities in community settings. The classes are particularly recommended for anyone who is responsible for administering medications or for participating in a medication distribution system.

Thursday, Jan 19: 9:30 am – 1:00 pm

Friday, Feb 10: 9:30 am – 1:00 pm

Wednesday, Feb 22: 9:30 am – 1:00 pm

Friday, Mar 17: 9:30 am – 1:00 pm

Tuesday, Apr 4: 9:30 am – 1:00 pm

Monday, Apr 17: 10:00 am – 1:30 pm

Thursday, May 18: 9:30 am – 1:00 pm

Monday, Jun 5: 9:30 am – 1:00 pm

Thursday, Jun 29: 9:30 am – 1:00 pm

Monday, Jul 17: 9:30 am – 1:00 pm

Linda Bollig, R.N., has been an R.N. for 30 years. She has worked at St. Mary's hospital and has been in Home Health for the past several years. She also has been an adult family provider in recent years and does direct support for people with developmental disabilities.

Learning Together Series

Sessions are located at 122 E. Olin Ave., Ste. 100, Madison unless otherwise noted.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for Learning Together Series are \$5 per person per session.

Now We're Cooking!

Mid-Winter Fun with Food

Located at the Willy St Co-Op

1221 Williamson St, Madison, WI

Presenters: Mary Sykes and Nadine Nixon

(Part 1) Tuesday, Feb 28th: 5:00-7:00 pm

(Part 2) Monday, March 13th: 5:00-7:00 pm

(Part 3) Monday, March 27th: 5:00-7:00 pm

Mary Sykes has taught cooking classes in a number of venues, including MATC and Orange Tree Imports. Her classes have focused on vegetarian and whole foods/natural foods cooking, ethnic vegetarian cooking, and whole grains bread baking. One of Mary's favorite things to do is to cook for friends and enjoy a good meal with a good bottle of wine!

Winter is such a wonderful time of year to cook and to share a meal with friends and family...hearty soups and stews, breads, hot cereal for breakfast...squash, potatoes, beans...a time to use the produce you've canned or frozen from the garden or Farmer's Market...We'll make (and taste, of course!) some hearty fare. And, we'll discuss nutrition and diet concerns. Bring your nutrition questions, and bring any requests you may have to learn about particular foods or dishes. Information will be available on how you can participate in a CSA share (Community Supported Agriculture) in the coming growing season! Join us for this tasty and informative 3 session class!

Nadine Nixon is a medical student at UW Madison. Prior to med school, she worked several years for REM Wisconsin as direct support staff. While a Peace Corps Volunteer (Tanzania 1996-98), she taught Biology with a focus on nutrition and sex education.



Supporting Empowerment For Support Staff

Presenters:

Jeffrey Johnson and Nancy Molfenter

Support staff can come and hear from the experts (people with disabilities) what they need to feel more empowered in their lives.

This session will be held on:
March 8th from 10:00 am – 12 noon
At 122 East Olin. Ave, Ste. 100

Call (608) 265-9440
Or (608) 263-5557 (Nancy Molfenter)
To register for this training

Jeffrey Johnson is on the staff of the Waisman Center VOICES Self Advocacy Project. He is on the Board of Directors for the ARC of Wisconsin. Jeffrey is also a member of People First of Dane County is also a voting member for the Dane County Region for People First of Wisconsin. Jeffrey is one of the co-teachers that teach the Empowerment course to People with disabilities. And, he is a big Dallas Cowboy fan, not a Packer fan.

Calling All Self-Advocates - Spring 2006 Empowerment Class Schedule:

An Empowerment Course will be offered over the four Tuesdays in April
(April 4th, 11th, 18th, 25th)
1:00 pm – 3:00 pm at 122 East Olin Ave., Ste. 100

To Register:
Please call (608) 265-9440
(Training and Consultation)
Or (608) 263-5557 (Nancy Molfenter)

It is helpful if you bring a support person or family member along to assist you with the Empowerment Classes.

Nancy F. Molfenter works as a self-advocacy coordinator through the VOICES Outreach program of the Waisman Center. Nancy assists with teaching the Empowerment Course and other trainings related to self-advocacy. In addition, Nancy acts as an advisor to People First of Dane County, helps to coordinate Adult Family Home training in Dane County and works as a part-time Support Broker through TJ's Inc.

V.A.L.U.E.S. Series

(Vision, Attitudes, & Learning Underlying Essential Supports)

All sessions are located at 122 E. Olin Ave., Ste. 100, Madison unless otherwise noted.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for VALUES Series are \$12 per person

(\$24 per person working outside of Dane County) per session

Assessing Risk

Presenter: Cindy Kernan

Wednesday, July 12: 9:00 am – 12:00 pm

The focus of this training is to offer participants the opportunity to think through support for person centered work while addressing risk. This training is appropriate for supervisors; team leaders; brokers and family members. Guided exercise based upon real situations will be used. At the end of the training participants will have received instruction and practice in use of a structured risk assessment tool. This training is not meant to replace MTC or individual support plans

Cindy Kernan works with Dane County Department of Human Services as a Case Manager/Broker. She has been trained as a trainer by Michael Smull who authored Essential Lifestyle Planning (ELP) and Amanda George a senior Mentor in Essential Lifestyle Planning Training. Cindy practices ELP facilitation and training and remains active in the ELP Learning Community, a group of 125 ELP trainers in 25 states and 4 countries.

Autism: Dealing with It on the Outside; Living with It on the Inside

Presenters: Nancy Alar & Matt Ward

Wednesday, March 29: 6:00 – 8:00 pm

Autism 101:

Nancy Alar will briefly describe what autism is and isn't – based on her readings and contact with many individuals on the autism spectrum. She will describe how her son, Matt Ward, was diagnosed with autism and include various statistics about autism from current articles. She will also provide information about how autism changes as people grow up and the most common issues facing people on the autism spectrum.

Living with Autism:

Matt Ward (age 27) will describe his life as a person with autism, including his challenges, accomplishments, medications and sensory issues.

Suggestions for Support Staff Working with Autism Spectrum Folks:

Nancy Alar will review some of her hints and tips for working with people on the spectrum. This presentation is focused on support staff, but includes many relevant ideas for parents, teachers and others working with those on the spectrum. Handouts will be included.

Nancy is the Vice President of the board for the Autism Society of Wisconsin and Vice President of the Autism Society of Greater Madison, and a member of Toastmasters International. **Matt** has autism and has done extensive public speaking since 1996 on autism awareness. He graduated from UW Madison in May 2005 with a degree in mathematics.

Brain Injury – Basic Concepts for Helping Professionals

Presenters: Jackie Millar and Dr. Donald Mickey

Wednesday, April 19: 9:00 am – 12:00 pm

The Madison Area Brain Injury Coalition (MABIC) has organized this course to promote an understanding of the often unique challenges involved in supporting the families and survivors of traumatic brain injury (TBI). The session will examine probable causes of injury to the brain and methods of support for individuals interacting with the survivor. A variety of problems often experienced by individuals living with brain injury will also be reviewed. Methods useful in developing a therapeutic environment will be shared. The session will close with the opportunity to discuss ideas with a panel of people living with brain injuries and family members.

Jackie Millar was the mother of two fine young men, worked full time with the State Medical Society as a convention coordinator and was an amateur photographer. Then on November 4, 1995 her life was changed in a second. Jackie says she “has been to ‘hell’ and back”. Her friends and family, and her two sons have been to “hell” and back, too. Travel on this road as she takes you on the trip with her.

Dr. Donald L. Mickey operates a private practice in Madison, WI which specializes in adults and children with traumatic brain injury. He is also the Consulting Neuropsychologist at Clearview Brain Injury Center in Juneau, WI. Dr. Mickey has presented nationally and internationally on the impact of brain injury, including the impact on family systems, neuropsychological issues, behavioral programming, vocational application of neuropsychological information, and personal adjustment issues. He has consulted with various state and federal agencies and has been employed by nationally affiliated brain injury programs and is a Fellow in the National Academy of Neuropsychology.

V.A.L.U.E.S. Series

(Vision, Attitudes, & Learning Underlying Essential Supports)

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TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for VALUES Series are \$12 per person

(\$24 per person working outside of Dane County) per session

Enhancing the Roommate Relationship: Supporting the Supervisor's Effort

Presenter: Pam McKearn

Look for these sessions in July of 2006!

This training is designed to provide supervisors an opportunity to assist roommates with a 3-step process to enhance their relationship. This process will be of support to the roommates, direct care staff and the supervisor on an on-going basis.

Step I: Clarify the Individual's Needs. Define each roommate's unique values, talents and negative behaviors that may impact the relationship. Design a plan that involves each roommate to honor their values and talents at a greater level of satisfaction and present this awareness to others.

Step II: Empowering the Roommate Relationship. Identify the four stages roommates experience when their relationship is deteriorating. Identify realistic and unrealistic expectations they may have of one another. Respect one another's limits and boundaries. Identify experiences roommates enjoy sharing with one another.

Step III: Providing On-going Support for Roommates. Learn how to create openness, a win-win approach, effective problem solving, effective communication skills, and potential to empathize with one another. Learn to conduct "roommate meetings". This can enrich their lives and possibly prevent irreversible damage to the relationship.

Pam McKearn has worked as a Life Management Skills Specialist at Creative Community Living Services (CCLS) in Madison for the past 13 years. She teaches life coping skills to adults with disabilities and CCLS Support Staff. This provides the "carry over" process that is necessary to practice these skills on a daily basis. Pam also teaches stress management and assertiveness trainings; she also implements relationship building and community building and is a life coach.

Ethics and Boundaries Round 2: Making Ethical Decisions When Money Is Scarce

Presenter: Mark Sweet

Tuesday, May 2: 8:30am – 12:30pm

It has always been complicated to make ethical decisions about supporting people with disabilities in the community. Money has always been one of the factors. When there is less money to do what "should" be done, what are ethical organizations and the ethical individuals who work in them supposed to do? Is there a difference between abandoning guiding principles and making responsible compromises? Does making compromises based on economic hard times mean the decisions are no longer ethical? During this session, we will explore these and other questions about ethics and boundaries in community support. The workshop fulfills Social Work continuing education license requirements.

Mark Sweet is a Trainer and Consultant with the Wisconsin Coalition for Advocacy (WCA). In this role, he works with school districts, supported employment and supported living organizations, consumer and parent groups, long term care programs and others. The emphasis of Mark's work is to help people refine and individualize their support by focusing on learning strengths, and by encouraging people to imagine what it's like to be the person receiving support. Prior to joining WCA, Mark worked as a special education teacher and university instructor in teacher education.

V.A.L.U.E.S. Series

(Vision, Attitudes, & Learning Underlying Essential Supports)

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TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for VALUES Series are \$12 per person

(\$24 per person working outside of Dane County) per session

Learning Sign Language:

Sign Language Basics: Level 1

Presenters: Kristin Gorton and Sue Lindberg

2-part session: Fridays: April 14 and 21

3:00 – 5:00 p.m.

Cost: \$12 per person, per session

Have you wanted to learn sign language? Do you have friends, family members, people you support, etc who communicate with sign language? Then you won't want to miss this two part workshop that will provide you with a solid introduction to sign language that you can then build upon and use for the rest of your life. This workshop is geared for staff and consumer beginners as well as anyone who has some experience with sign language and wishes to brush up on their skills.

Kristin Gorton, MS, CCC-SLP

Communication Development Program (CDP)

UW-Madison Waisman Center

Sue Lindberg loves to teach children and adults sign language, the alphabet in sign, everyday phrases they might use in sign, and do stamping projects making cards with her stamp and ink kits. Currently she is teaching with the After School program at quite a few elementary schools during the school year, some preschools, and the feedback I have gotten is great...the kids enjoy learning something new and fun, and really like being around Sue too. New and different lessons are taught each week, with some repetition of earlier lessons so they can remember (some topics she teaches are family, colors, animals, faces, snacks, careers etc.). She also has many stamp kits with these themes to make cards, and has some games in sign she'd love to share with everyone.

V.A.L.U.E.S. Series

(Vision, Attitudes, & Learning Underlying Essential Supports)

All sessions are located at 122 E. Olin Ave., Ste. 100, Madison unless otherwise noted.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Registration fees for VALUES Series are \$12 per person

(\$24 per person working outside of Dane County) per session

Person Centered Thinking

Presenter: Cindy Kernan

Tuesday, April 18: 9:00 am – 4:00 pm

The focus of this day of learning is to provide participants tools and practices used to support choice while addressing issues of health and safety. Through a series of applied stories and guided exercises, participants practice sorting information using the following frameworks:

- What is important to a person and what is important for a person
- Core responsibilities for those who provide support; when judgment and creativity is expected; what is outside the responsibility of paid staff
- What makes sense and what doesn't make sense, and recording this information from a variety of perspectives
- What to consider when matching people who receive supports with people who provide supports

Person Centered Planning

Presenter: Cindy Kernan

Tuesday, May 16: 9:00 am – 4:00 pm

The focus of this day is to provide instruction regarding key principles of person centered thinking as applied through essential lifestyle planning. Participants develop their skills in person centered thinking through a series of guided exercises, done in pairs with a fellow participant. Through directed conversation, listening and sorting information, and writing down what they have learned about their partner, participants practice skills required when developing Essential Lifestyle Plans. At the end of the day participants have a first plan that they have done on themselves.

Cindy Kernan works with Dane County Department of Human Services as a Case Manager/Broker. She has been trained as a trainer by Michael Smull who authored Essential Lifestyle Planning (ELP) and Amanda George a senior Mentor in Essential Lifestyle Planning Training. Cindy practices ELP facilitation and training and remains active in the ELP Learning Community, a group of 125 ELP trainers in 25 states and 4 countries.

Power & Control:

Learning How to Use It Respectfully

Presenter: Christine White

Thursday, April 20: 9:00 am – 12:00 pm

As caregivers, we are often in positions of control over those we support. Due to this power imbalance, we may at times be disrespectful toward those we support. This session will help you learn to recognize when this is happening, understand how to safeguard against it, and practice ways to be respectful, effective caregivers. You will also learn to recognize signs of sexual and other forms of serious abuse, and understand how people may communicate this abuse to us. We will discuss how, when and to whom abuse needs to be reported.

Christine White is the Legal Advocate for People with Developmental Disabilities who are victims of crime in Dane County, Wisconsin. She assists victims in going through the criminal justice system and provides follow-up support and safety planning. She has been a social worker for adults and children with developmental disabilities for over 20 years. She teaches sexuality education and protective behaviors to children and adults with developmental disabilities, and co-leads a support group for women with disabilities who are sexual assault and domestic violence survivors.

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Teaching / Coaching Adults with Developmental Disabilities

Presenter: Mark Sweet

Wednesday, May 17: 9:00 am – 12:00 pm

Direct support workers are supposed to help people become more functional around the house, at work, in the community, recreationally, and socially.

Reasonable questions are: What should I teach first? What can s/he already do? When should I help / when should I move away? How should I help? Reports often say, she needs 1:1 contact all day or he needs constant prompting. Those comments might describe the strategies used by the person who wrote the report rather than accurately reflect the strategies that help a person to learn. During this session, you will learn to create your own simple and practical activity specific assessment tools that can be used to decide what to teach, how to assess progress, and how to match your coaching efforts to individual learning strengths.

Mark Sweet is a Trainer and Consultant with the Wisconsin Coalition for Advocacy (WCA). In this role, he works with school districts, supported employment and supported living organizations, consumer and parent groups, long term care programs and others. The emphasis of Mark's work is to help people refine and individualize their support by focusing on learning strengths, and by encouraging people to imagine what it's like to be the person receiving support. Prior to joining WCA, Mark worked as a special education teacher and university instructor in teacher education.

Techniques, Strategies, and Adaptations that Assist People with Significant Communication Impairment

Presenter: Joy Taylor-Wade

Wednesday, Feb 8: 9:00 am – 12:00 pm

This session will introduce participants to the various techniques, strategies, and adaptations that can help people with significant communication impairment to better communicate their wants, needs, and wishes. In addition, we will discuss how the notion of self-determination can seem to be a well-intentioned but unrealistic ideal for people with significant communication impairments. We will identify specific

activities of self-direction and community participation and provide ideas for increasing communication and opportunities for individuals who have significant impairments within these activities. Participants will have the opportunity to see a number of different communication adaptations within this session.

Joy Taylor-Wade is an occupational therapist and has been working in the field of assistive technology for 10 years. She is credentialed by the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) as an Assistive Technology Practitioner (ATP). She is currently employed by the Communication Aids and Systems Clinic (CASC) and the Communication Development Program (CDP) housed at the Waisman Center.

Trauma and Transcendence: Post Traumatic Stress Disorder (PTSD) & Resiliency

Presenter: Pamela Phillips Olson

Date: Friday, March 10:

8:30 am – 10:30 am

Join us for an interactive workshop about trauma and healing using art, music and video. Develop a better understanding of our clients' behavior by examining symptoms of Post Traumatic Stress Disorder. Two hours of learning, discussion, and experience.

Pamela Phillips Olson is an M.S.W., L.C.S.W., with over 30 years of experience. She received her BA from Hunter College and her Masters from Yeshiva University's Wurzweiler School of Social Work, both in NYC. She has earned a certification in Trauma Counseling and in Corporate Counseling from UW-Milwaukee. In over thirty years of experience she has worked in community mental health centers, an inner-city high school, as the director of an early intervention program and as leader of a statewide parent-professional work group. Currently she is working at Jewish Social Services as a Group Coordinator and Case Worker and is in private practice with Midwest Center for Psychotherapy and Sex Therapy, where she works with people through the life span. She does marriage and family counseling as well. She presents workshops on a variety of topics to community agencies such as Dane County Human Services, Madison and Verona Schools, the clinical section of NASW and other professional organizations.

Trainings, Forums, and Conferences

Sessions are located at 122 E. Olin Ave., Ste. 100, Madison unless otherwise noted.

TO REGISTER: Call (608) 265-9440 or email comm.training@waisman.wisc.edu

Taste of Dane County

Tuesday, March 21

8:30 (Registration/Coffee)

9:00am – 4:00 pm (Session)

COST: \$15 per person

TASTE is for direct caregivers, service coordinators, case managers, and others in the Dane County Adult Developmental Disability System. The goal is to offer information designed to promote sensitivity and insight into the lives of persons with developmental disabilities. Participants will learn from presentations, small group activities, and informal discussions with individuals who have disabilities and their families.

Topics include: Understanding the Dane County Support System; the Philosophy of Full Community Membership; and Overview of Developmental Disabilities; Dane County Abuse/Neglect Policy; Insights from Persons with Developmental Disabilities; and Self-Determination and Communication. This presentation can be easily tailored for your county.

Forums for Families

Special Education Informational Meeting for Parents

Tuesday, January 31: 6:00 PM - 9:00 PM

Cost: Free

Presenter: Jeffrey Spitzer-Resnick

Join us from for light refreshments and a parent panel, then welcome attorney Spitzer-Resnick to talk about specific things that will help parents with the new special education law.

Jeffrey Spitzer-Resnick is an attorney for the Wisconsin Coalition for Advocacy.

SAVE THE DATE

Summer DD Network

Thursday, June 15, 2006

This summer, we'll be talking about advocacy...watch for details in the coming months!

INFOSHARE: It Takes a (Big) Family *Strategies in Expanding the Circle for Successful Supported Living*

February 14th, 2006

Alliant Energy Center

Expo Hall

Madison, WI

Call Community Training and Consultation at 608/265-9440 ext. 440 or email

comm.training@waisman.wisc.edu for more details

Agenda

8:30 – 9:00 **Registration & Coffee**

9:00 – 10:00 **Keynote** – Garvey Family

10:00 – 10:10 Break

10:10 – 10:30 **Encore!**

“My Freakin’ Family!”

10:30 – 12:00 **Breakouts**

1. *Home Ownership*

Howard Mandeville & Sue Helgesen

2. *Creating Connections and Family*

Gerard Gierl & Mary Beth Schlagheck

3. *Strategies and Stories:*

Finding Common Ground

4. *Personal Histories:* Alycia Berg

5. *Empowerment/Transition:*

Nancy Molfenter, Jeffrey Johnson & Kurt Svensson

12:00 – 1:00 **Lunch**

1:00 – 2:30 **Sibling Panel**

2:30 – 2:40 Break

2:40 – 3:30 **Let’s Play the Feud!**

Music & Film

Music Recordings by Peter Leidy

“Madison’s answer to Mark Russell and Loudon Wainwright!”

- Isthmus, January 3, 2003

COST: \$10

Greetings from Human Serviceland

More Songs for People Like You & Me

For ordering information please contact:

Peter Leidy 610 Miller Ave., Madison, WI 53704

or e-mail peterleidy@yahoo.com

“What Is Normal?”

Copies of the video are \$95 for the long version and \$35 for the eight-minute, or \$125 for the package.

“What is Normal?” is a highly-accredited film by Mary Jo Oathout that shares the stories of five Wisconsin people who were placed in institutions as children and survived years of isolation and abuse. Mary, Anne, PC, Dan, Darwin, and Phil are currently contributing to society as artists, activists, athletes, and musicians.

To order the video, please call (608) 308-2628 or go to www.peacevideo.org.

Managing Threatening Confrontations is now out on DVD/video!

The Waisman Center has collaborated with the Attainment Company to offer this seminar nationally in DVD/video format. The Encore Studio for the Performing Arts is a troupe of professional actors, including those with developmental disabilities, who offered their talents for the DVD.

While the DVD/video does not replace participating in the seminar, it is great refresher course. The course also includes re-printable handouts.

How to access the MTC DVD/video:

1. On loan from the Training and Consultation Program. Call James Mulder at 608-265-9440 or email comm.training@waisman.wisc.edu for details.
2. May be purchased from the Attainment Company www.AttainmentCompany.com / 1-800-327-4269.

Meetings and Resources

Alcoholics Anonymous Meetings: New open meeting of Alcoholics Anonymous serving Alcoholics with Special Needs; Support Providers are welcome. Meetings are held every Monday at 8:00pm at the Eastside Alano Club, Madison, WI. For directions, please contact the club at (608) 244-9671.

Join the **DAWN e-mail network!** Receive disability advocacy alerts and information. www.dawninfo.org

DD Coalition: Monthly meetings of Dane County DD service providers. Fourth Thursday of each month with rotating times of 8:30am and 3:30pm. Please contact Olwen Blake at (608) 276-0102 for more information.

Friends First: Meets the 4th Wednesday of every month, from 6:00pm to 7:30pm. Three of the months are outings including bowling, picnics, going to movies, or whatever the group decides. The fourth month is a planning meeting at 122 E Olin Ave. Everyone is welcome to join our group at any time they want to. You do not need a disability to join this group. Free! Contact Jeffrey Johnson if you want more info on the Friends First group at 608-263-5556.

Friends to be With: Meets the second Wednesday of the month, from approximately 6:00-8:00 at the Gateway Mall, 600 Williamson St. 608-255-8582. This group is open to both men and women. Contact Stephanie Smith-Miller at The Arc-Wisconsin at (608) 839-9122 for more information.

LINK: Meetings of Dane County service providers for children and their families. Please contact Terri Johnson at (608) 221-4611 for more information.

Madison Area Brain Injury Coalition (MABIC): Meets second Thursday of every month at 8:30am. Please contact Bill Huisheere at (608) 242-6441 for more information.

People First of Dane County: Meets every third Tuesday from 6:30pm – 8:00pm. Please contact Jeffrey Johnson at (608) 263-5556, for more information.

Quality Assurance Board: Meets the last Tuesday of each month, 5:00pm – 6:30pm. Please contact Maya Fairchild at (608) 242-6466 for more information.

Support Group for Women with Developmental Disabilities who are Survivors of Sexual Assault and/or Domestic Abuse: A support group for women with developmental disabilities who are survivors of sexual assault and/or domestic abuse. Group meets on Tuesdays from 4:00pm – 5:30pm at the Rape Crisis Center, 128 E. Olin Avenue, Madison, WI, and lasts for 12 weeks. A new group starts every few months. For more information or to recommend a woman to the group, please contact Christine White at (608) 241-4272.

Supported Employment Provider Coalition: Meets the third Tuesday of each month at 3:30pm. Please contact Wayne Engelbrecht at Working Partnerships at (608) 278-8400 or email: waynewp@hotmail.com for locations or to join the email list.

Supported Living Coalition: Meets the first Thursday of each month, 8:30am – 10:30am. Please contact Kim Turner at (608) 249-1585 for more information.

Transportation Advisory Committee: A sub-committee of the Quality Assurance Board; meets quarterly at 122 East Olin Avenue, Suite #100, Madison, WI. For more information, please contact Doug Hunt at (608) 242-6358.

Do you have a meeting or resource that you would like listed in our catalog? Call Community Training and Consultation with details at 608-265-9440 or email us at comm.training@waisman.wisc.edu

January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 OSHA 9:30-12:00	5	6	7
8	9	10	11	12	13	14
15	16 <i>Martin Luther King, Jr. Day</i>	17 OSHA 9:30-12:00	18	19 Safe Medication Administration 9:30-1:00	20	21
22	23	24	25	26	27	28
29	30	31 OSHA 12:00-2:30 Forum For Families: Special Ed. Informational Meeting 6:00-9:00	1	2	3	4

February 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3 Managing Threatening Confrontations 8:45-4:00	4
5	6	7	8 Techniques, Strategies & Adaptations that Assist People w/Significant Communication Impairment 9:00-12:00	9	10 Safe Medication Administration 9:30-1:00	11
12	13	14 <i>INFOSHARE @ Alliant Energy Center</i> 9:00-3:30	15	16 OSHA 9:30-12:00	17	18
19	20	21	22 Safe Medication Administration 9:30-1:00	23	24	25
26	27	28 Now We're Cooking @ Willy St. Co-op 5:00-7:00pm (Part 1 of 3)	1 OSHA 12:00-2:30	2	3	4 AFH Roundtable 10:00-12:00

March 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 OSHA 12:00-2:30	2	3	4 AFH Roundtable 10:00-12:00
5	6	7	8 Supporting Empowerment for Support Staff 10:00-12:00	9	10 Trauma and Transcendence: Post Traumatic Stress Disorder 8:30-10:30	11
12	13 Now We're Cooking @ Willy St. Co-op 5:00-7:00pm (Part 2 of 3)	14	15 Alzheimer's and Developmental Disabilities 1:00-4:00	16 OSHA 12:00-2:30	17 Safe Medication Administration 9:30-1:00	18
19	20	21 Taste of Dane County 9:00-4:00	22 Adult CPR/First Aid 5:00-10:00pm	23	24	25
26	27 Now We're Cooking @ Willy St. Co-op 5:00-7:00pm (Part 3 of 3)	28	29 Autism 6:00-8:00pm	30 OSHA 9:30-12:00	31 Client's Rights 8:45-4:00	1

April 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Safe Medication Administration 9:30-1:00 Empowerment 1:00-3:00 (1 of 4)	5 Managing Threatening Confrontations 8:45-4:00	6 Dual Diagnosis 9:00-4:00	7	8
9	10	11 Empowerment 1:00-3:00 (2 of 4)	12 OSHA 9:30-12:00	13 AFH Dinner @ Olbrich Gardens 5:30-8:30pm	14 Sign Language Basics (Part 1 of 2) 3:00-5:00	15
16	17 Safe Medication Administration 10:00-1:30 Adult CPR/First Aid 5:00-10:00 pm	18 Person Centered Thinking 9:00-4:00 Empowerment 1:00-3:00 (3 of 4)	19 Traumatic Brain Injury 9:00-12:00	20 Power and Control 9:00-12:00	21 Sign Language Basics (Part 2 of 2) 3:00-5:00	22
23	24 OSHA 12:00-2:30	25 Empowerment 1:00-3:00 (4 of 4)	26	27	28	29
30	1	2	3	4	5	6

May 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 Ethics and Boundaries <i>Round 2</i> 8:30-12:30	3 Common Health Problems 9:30-12:30	4	5	6
7	8	9	10 OSHA 9:30-12:00	11	12	13
14	15 AFH Burial Trusts and Living Wills 6:30-8:30	16 Person Centered Planning 9:00-4:00	17 Teaching/Coaching 9:00-12:00 Adult CPR/First Aid 5:00-10:00	18 Safe Medication Administration 9:30-1:00	19	20
21	22	23	24	25	26 OSHA 9:30-12:00	27
28	29 <i>Memorial Day</i>	30	31	1	2	3

June 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5 Safe Medication Administration 9:30-1:00	6 OSHA 9:30-12:00	7	8	9	10
11	12	13	14	15 Summer DD Network	16	17
18	19	20 Managing Threatening Confrontations 8:45-4:00	21 OSHA 12:00-2:30	22	23	24
25	26	27	28	29 Safe Medication Administration 9:30-1:00	30	1

July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4 <i>Independence Day</i>	5	6	7 OSHA 9:30-12:00	8
9	10	11	12 Assessing Risk 9:00-12:00	13	14	15
16	17 Safe Medication Administration 9:30-1:00	18 OSHA 12:00-2:30	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Note: Watch for dates for the **Enhancing the Roommate Relationship sessions coming in July!*

The Waisman Center Training and Consultation conference center is conveniently located off the Beltline (Hwy 12 and 18) by exiting at John Nolen Drive and turning left on Olin Avenue.

Westside/UW Campus:

Proceed to Park Street, turn Right. Go approximately 3 miles and watch for Olin Avenue. Turn Left on Olin Ave, proceed about 1 mile, over bridge and turn L into the First American Office Center parking lot.

From the North:

Take I-39 SOUTH. Take the I-39/I-90/I-94 exit towards MADISON - go 1.2 mi. Take the I-39 SOUTH/I-90 EAST/I-94 EAST exit towards MADISON - go 28.3 mi. Continue on I-39 SOUTH/I-90 EAST - go 4.1 mi. Take the US-12 WEST/US-18 WEST exit towards MADISON, exit #142A - go 0.2 mi. Continue on ramp - go 0.3 mi.. Merge on US-12 WEST/US-18 WEST - go 4.2 mi. Take the JOHN NOLEN DR exit, exit #263. Turn L on E OLIN AVE - go 0.3 mi. Turn R into the First American Office Center parking lot.

From Milwaukee/East:

Take I-94 WEST/US-41 NORTH to Madison. Merge on I-39 SOUTH/I-90 EAST - go 3.5 mi. Take the US-12 WEST/US-18 WEST exit towards MADISON, exit #142A - go 0.2 mi. Continue on ramp - go 0.3 mi. Merge on US-12 WEST/US-18 WEST - go 4.2 mi. Take the JOHN NOLEN DR exit, exit #263. Turn L on E OLIN AVE - go 0.3 mi. Turn R into the First American Office Center parking lot.

From the West:

Take I-90 EAST/MADISON (US-53 N). Continue on I-90 EAST/I-94 EAST - go 63.3 mi. Continue on I-39 SOUTH/I-90 EAST/I-94 EAST - go 28.3 mi. Continue on I-39 SOUTH/I-90 EAST. Take the US-12 WEST/US-18 WEST exit towards MADISON, exit #142A - go 0.2 mi. Continue on ramp - go 0.3 mi. Merge on US-12 WEST/US-18 WEST - go 4.2 mi. Take the JOHN NOLEN DR exit, exit #263. Turn L on E OLIN AVE - go 0.3 mi. Turn R into the First American Office Center parking lot.

Support to Persons with Developmental Disabilities

THE GUIDE TO THE WAISMAN CENTER'S COMMUNITY TRAINING & CONSULTATION PROGRAM OFFERINGS

SPRING 2006

January - July

University of Wisconsin - Waisman Center
Community Training & Consultation Program
1500 Highland Ave., Room A124
Madison, WI 53705