

# Autism Society of Minnesota's 24<sup>th</sup> Annual Minnesota Autism Conference

## Autistic Individual's Guide to the Conference

AuSM invites you to join us for the 24<sup>th</sup> Annual Minnesota Autism Conference at the Minneapolis Marriott Southwest from Wednesday, April 24-Saturday, April 27, 2019. If you're uncertain about what to expect, this guide will help you prepare!



Held during Autism Awareness Month, the state autism conference will feature 4 keynote speakers; 39 breakout sessions; 35 exhibitors offering autism-focused products and services; networking opportunities; the AuSM bookstore; and catered lunches.

### Why should a self-advocate attend the conference?

When the state autism conference began more than 20 years ago, it was tailored mainly for professionals and teachers, however AuSM has listened to community needs and works to ensure that the experience is inclusive and welcoming to adults on the spectrum. The conference presents a great opportunity to meet your peers, learn more about services that can improve your life, trade strategies with other self-advocates, and even help expand people's conceptions of what autism can look like. The AuSM Bookstore also includes a fantastic range of fidgets, books, and reference materials.

### What to see, do, and expect at the conference

This guide was created to help individuals on the spectrum navigate the Minnesota autism conference. Each day at the conference will be a little different, but you generally can expect to enter the hotel, check in at the registration table, and have some time to explore before sessions begin. Refreshments are available each day. The AuSM Bookstore and exhibit tables providing information about resources will be open throughout the conference. You can visit these or simply find your seat for the opening keynote (the first speech, which lasts 2 hours). After that, you'll have the option to choose which sessions you attend. On Thursday and Friday, we serve a plated lunch. Find a seat in the dining space, and your food will be delivered to you. After lunch, we hold more breakout sessions. If you ever have questions, stop by AuSM Headquarters to ask.

### Accommodations

To help make this conference more friendly to those on the spectrum, AuSM has created a number of accommodations. These include:

- Replacing applause with ASL clapping to reduce noise
- Socialization stickers
- Scent free table for lunches
- Quiet space
- A map of important places and information in the conference program

You also are welcome to bring items that will help you feel more comfortable during your conference visit. If you have additional questions or suggestions regarding accommodations, what to expect at the conference, or how to register, please contact Mark Fangmeier at [mfangmeier@ausm.org](mailto:mfangmeier@ausm.org) or 651.647.1083 ext. 19.

### Financial Support

To help accommodate financial needs, AuSM offers a special discounted rate for individuals with ASD. In addition, AuSM has scholarship dollars available. If you are interested in attending and cannot afford the conference, please contact Mark Fangmeier at [mfangmeier@ausm.org](mailto:mfangmeier@ausm.org) or 651.647.1083 ext. 19.

## Conference Keynote Presentations

- **Wednesday, April 24 Evening:** Theresa M. Regan, PhD, CBIS, CAS: *Autism Spectrum Disorder in Adults and Aging Adults: Lessons Learned*
- **Thursday, April 25 Morning:** Patrick Schwarz, PhD: *From Possibility to Success: Achieving Successful Student Outcomes*
- **Thursday, April 25 Evening:** Jennifer O'Toole: *Connecting to Others and Understanding Social Rules Through Counterculture*
- **Friday, April 26 Morning:** Sue Swenson, MBA: *How to Change the World*

## Conference Breakout Sessions

### Thursday April 25

- Myths of Autism in Childhood and Families: AuSM Counseling and Consulting Services
- Advancing Social Coping Mechanisms from School to the Workplace: Allen Mavis
- Myths of Autism in Adulthood: AuSM Counseling and Consulting Services
- Transition from School to Post School Best Practices: Patrick Schwarz, PhD
- To Share or Not to Share: Decisions Around ASD Disclosure: Barb Luskin, PhD and Jen Reinke, PhD, LAMFT, CFLE

### Friday, April 26

- Understanding Emotional Regulation in Autism: Kari Dunn Buron, MS
- The Divine Maze: How Two Non-Speaking Siblings Discovered a Shared Voice: Meghana Junnuru, Chetan Junnuru, Indu Eati, and Chris Martin
- Historical Trauma and Autism: Using Trauma-Informed Care to Heal the Disability Community: Andrea Zuber
- 15 Music Therapy Strategies for Incorporating Music in the Classroom and Home: Lyndie Walker, MT-BC; and Alexa Rosenbaum, MT-BC
- Supporting the Transition of Young Adults with ASD: Rebekah Hudock, PhD and Kelly Nye-Lengerman, PhD
- Social Narratives: Not Just for Kids: Jillian Nelson
- Consumer-Directed Community Supports: A Program That Works for Individuals and Their Families: Vicki Gerrits, BA; Julie Lux, BA; and Shantel Jaszczak, BA
- Navigating Minnesota's System of Supports for Children, Youth, and Young Adults with ASD: Nicole Berning, BBA; Erin Farrell, MA, BCBA; and Shawn Holmes
- A Sensory Diet for Adults: Olivia James

### Saturday, April 27

- Autism in Pink: Growing up Female on the Autism Spectrum: Nemeah Al-Sarraj
- Sensory Differences: Tools and Treatment Options for Chronic Pain in Autism: Erin Dykhuizen, MA, MSW, LICSW
- APPy Hour: Apps for AAC – A Feature Comparison: Bridget Gillormini, MST-SLP, ATP
- Promoting Family Community Integration: The Interplay of Family Adaptation, Resilience, and Culture: Beth Dierker, PhD; Amy Gunty; and Pang Chaxiong, MA
- Community Building: Current Activities, Groups, and Initiatives in the Autism Community: Tom Cox and Laura Dettloff
- Autism, Relationships, and Sexuality: Having Fulfilling Relationships: Robert McCauley

## What Next

AuSM has more than just education, and we want to support you with resources throughout the year. That's why we have three support groups for adults on the spectrum, including Adults with ASD, Women with ASD, and LGBTQIA. New adult programs also include a monthly Birthday/Game Nights. Visit [www.ausm.org](http://www.ausm.org), click on classes, and select ASD Adult Opportunities to find all of our adult offerings.

Consider spending your summer working at camp and connecting with youth and adults on the spectrum. Find more information at [www.ausm.org](http://www.ausm.org).

To stay connected with AuSM, sign up for our twice monthly e-newsletter, *AuSM Connections*. You can find the sign up on the right hand side of our website under "Quick Links."

If you're interested in presenting at the 2020 state conference, you can fill out our Call for Papers now. The call is available online, or at AuSM Headquarters.

Save the date! On Sept. 21, AuSM will be hosting our second annual AuSM Self-Advocacy Summit, a full day of speakers, round tables, and information geared specifically for people on the spectrum who want to improve their advocacy skills. We currently are seeking speakers for breakout sessions at this event. Visit [www.ausm.org](http://www.ausm.org) for more information.