



APRIL 26-28, 2023

2023 MINNESOTA STATE AUTISM CONFERENCE



26-28
APRIL
2023

**IN PERSON AT THE MARRIOTT
MINNEAPOLIS AIRPORT HOTEL**
PLUS VIRTUAL BONUS CONTENT



**Kari Zweber
Palmer**



**Dr. Mona
Delahooke**



Eric Garcia

PLUS AUSM'S FIRST 2023 VIRTUAL WORKSHOP:

**PRACTICAL AND INNOVATIVE
STRATEGIES FOR TEACHING
ACADEMIC AND LIFE SKILLS**

ausm
autism society of minnesota

www.ausm.org

The goal of this annual conference hosted by the Autism Society of Minnesota (AuSM) is to advance understanding of ASD through educational content, community connections, and resources like exhibitors and the AuSM Shop. Whether you are new to autism or have decades of experience, there's information for you here as you connect with our community.

2023 Conference Rates

AuSM Member: \$295
Non-Member: \$355
ASD: \$125
Virtual Content Only: \$100

Those registering for the in-person conference will receive access to the 2023 Virtual Bonus Content for FREE. Become a member of AuSM and save \$60 on your conference registration!

Foundational Workshop

Foundational Workshop Only (April 26)
Member: \$105
Non-Member: \$125
ASD: \$40

Wednesday, April 26 is an afternoon workshop for attendees to get a foundational grounding to prep for the rest of the conference; this primer/refresher will be geared toward educators, people recently diagnosed and their families, and others who may be new to our community.

2023 Virtual Content

In recognition of the valuable partnership our organizations have developed after co-hosting two years of virtual conferences, AuSM is again partnering with our friends at the Autism Society of Greater Wisconsin to offer on-demand, bonus virtual content as part of our 2023 in-person autism conferences. We are proud to be able to extend our partnership in a way that increases access to the rich educational content featured at each of our conferences. Thirteen breakout sessions will be recorded and available for unlimited, on-demand viewing as part of your in-person registration for Minnesota's conference.

Not able to attend the statewide autism conference in person on April 26-28?
Virtual content is available for separate purchase and will be accessible to watch from May 2-June 2, 2023. Recordings may not be sold or used for training purposes without written permission from AuSM.

Conference Handouts, Certificates of Attendance, and Continuing Education Units

Registrants will receive an email with a passcode to access and print handouts prior to the conference. If you need printed versions of the handouts as an accommodation, please email Zephyr James at zjames@ausm.org. Conference participants will be issued certificates of attendance. AuSM has submitted requests to provide CEUs for licensees under the following governing boards:

- MN Board of Behavioral Health and Therapy (LPC/ LPCC)
- MN Board of Marriage and Family Therapy
- MN Board of Psychology
- MN Board of School Administrators
- MN Board of Social Work

Visit www.ausm.org for the most up-to-date conference information and to register.

COVID Policies and Procedures

AuSM is committed to the safety of our community. We continue to monitor state, the Center for Disease Control (CDC), and local guidance to create policies and procedures surrounding COVID during our events. AuSM and our venue the Marriott Minneapolis Airport Hotel recommends but does not require you to be vaccinated or wear masks during our conference, as we will be in an indoor space with a large audience. As always, we will provide updates as necessary.

Inclusivity and Access for Our Community

AuSM strives to make its events inclusive and accessible to all in our community. We ask that you help us to make this an accessible event for all participants by refraining from wearing scents and avoiding flash photography.

The following accommodations will be available during the conference:

- Quiet room.
- Microphones and slideshows with captioning will be used in all sessions.
- Scent-free table will be designated during lunches.
- Prayer room provided.

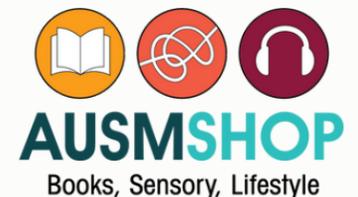
We recommend that participants make the following accommodations:

- Bring personal items to make their experience more comfortable (i.e., sunglasses, headphones, fidgets, etc.).
- Dress in layers to accommodate fluctuating temperatures from heating/air conditioning systems.

Individuals requiring dietary variations or other accommodations should contact Zephyr James, at 651.647.1083 ext. 123 or email events@ausm.org by April 12.

Exhibitors and AuSM Shop

Exhibitors will offer products and services for individuals with autism, caregivers, educators, and other professionals. The AuSM Shop will feature a wide selection of autism resources, including books, fidgets, and lifestyle items. Stop in and talk with AuSM's Information and Resources experts. Private AuSM Shop shopping will be available upon request.



Registration Policy

Registrations will not be accepted without payment or purchase order. Registration confirmations will be sent via email by April 14, 2023. Refunds less a \$25 processing fee will be given for cancellations received in writing to events@ausm.org 10 business days prior to Wednesday, April 26. Following this date (April 12), no refunds will be given. Requests for transfers of registration to another individual will be considered. If you require assistance to register, or do not have internet access, please contact Zephyr James, at 651.647.1083 ext. 123 or events@ausm.org.

Conference Hotel Room Reservations

To reserve a room at Marriott Minneapolis Airport Hotel, please call 800.228.9290. Double and king rooms are available for \$159 per night. Rooms must be reserved by April 3, 2023, to receive this rate.





WED

APRIL 26

12:30-4:30 P.M.

Foundational Workshop

The Minnesota Autism Conference is a place to dive deep into many topics related to autism, but if you're new to the community or looking for a refresher of your basic skills, this Foundational Conference Workshop is a must. Understanding ASD as a form of neurodiversity helps shift your mind to think of ASD

as a difference, rather than a disorder. This workshop will help you to understand the experience of autistic individuals, and expand your idea of what ASD is.

In this session we will talk about what ASD is (and isn't), different ways that ASD can impact how someone thinks, behaves, and interacts, and strategies to promote success across environments. You'll also have time to network through small group discussions for the final hour of the session.



THURS
APRIL 27

1:15-2:45 P.M.

Keynote: Dr. Mona Delahooke A New Vision for Supporting Autistic and Neurodivergent Students

Too often, we view a child's behavioral differences as items of an autism-diagnosis checklist instead of understanding that they are a child's way of adapting to how his or her body-brain highway processes information. In this workshop we will redefine the differences we observe in neurodiverse children. Doing so will help us begin to teach children to respect the signals from their own bodies and to involve them in devising creative solutions that honor their own individual differences. This approach to autism stands in contrast to approaches that involve cajoling, reinforcing and non-reinforcing of surface behaviors.



FRI
APRIL 28

8-9:30 A.M.

Keynote: Eric Garcia The Past, Present, and Future of Autism Politics

The policies that shape autistic people's lives were not written with autistic people's input. Author and journalist Eric Garcia explains why that was the case, how we ended up with the current landscape of policies toward autistic people, how autistic people have raised their voices since, and what this could mean for the future of autism policy in America.



THURS
APRIL 27

8-9:30 A.M.

Keynote: Kari Zweber Palmer

Understanding Emotions and Strategies to Develop Self-Regulation

How much do we really understand about emotions? Together we will explore the power of emotions, how the brain processes negative and positive emotions differently, and why this is central to our self-regulation. Discover why negative emotions tend to take center stage and often become barriers to personal and academic achievement—and strategies to break the cycle. Explore hands-on activities and tools to help make the complicated social emotional experience more explicit.

Conference Schedule

Wednesday, April 26 Foundational Workshop

- 11:30 a.m. Registration opens for Foundational Workshop
- 11:30 a.m.--4:30 p.m. Exhibitors open
- 12:30-3:30 p.m. Foundational Workshop group session
- 3:30-4:30 p.m. Foundational Workshop small group sessions
- 4-5 p.m. AuSM Shop open

Thursday, April 27

7 a.m. Conference registration, AuSM Shop, and Exhibitors open

8-9:30 a.m. Keynote:

10-11 a.m. Breakout Session 1

1. Strategies for Choosing the Right Goals and Following Through, presented by James Rechs
2. Supporting Self-Advocacy for Teens and Young Adults with Disabilities, presented by Cole Sorensen
3. Building Inclusion: A Movement Towards Communities as Purposeful Natural Supports, presented by Sonya Emerick and Paula Luxenberg
4. Creating Accessible Events From the Ground Up, Presented by Zephyr James

11:15 a.m.-12:15 p.m. Breakout Session 2

1. What Happens if Sub-Minimum Wage Goes Away? The Task Force Has a Plan, presented by Larissa Beck, Andrea Zuber, and Dalaine Remes
2. Neurodiversity in the Workplace: The Power of Unlocking Different Talents and Perspectives, presented by Aja Wolfe
3. Eliminating Fear of Difference Through Education, presented by Abby Pearson and Brittany Barutt
4. The Intersection of Autism, Literacy, and Communication, presented by Kayna Plaisted

12:15-1:15 p.m. Lunch

1:15-2:45 p.m. Keynote: A New Vision for Supporting Autistic and Neurodivergent Students, presented by Dr. Mona Delahooke

3:15-4:15 p.m. Breakout Session 3

1. The Importance of Sexual Education for Autistic People (Including AAC Users), presented by Donnie Denome
2. Supporting Individuals with Profound Intellectual and Multiple Disabilities (PIMD), presented by Eric Ringgenberg
3. Trauma, Special Needs and Interventions, presented by Tamera Pulver
4. Centering the Margins: Intersectionality, Power and Radical Solidarity, presented by Ashley Oolman

Register online at www.ausm.org

Conference Schedule

Friday, April 28

7 a.m. Conference registration, AuSM Shop, and Exhibitors open

8-9:30 a.m. Keynote: The Past, Present, and Future of Autism Politics, presented by Eric Garcia followed by book signing from 9:30-10 a.m.

10-11 a.m. Breakout Session 1

1. Transitioning Together: A Community Partnership Promoting Culturally Responsive Approaches to Transition Planning, presented by Fatima Molas, Rufo Jiru, Rebekah Hudock, Maren Christenson Hofer, Chimei Lee, and Erika Schulz*
2. Regulation Stations, presented by Elizabeth Duffy and Michelle Pettit
3. Using Dialectical Behavior Therapy to Help Adolescents Manage Stress and Anxiety, presented by Ann Duevel
4. What is Disability Justice and Why Does It Matter? presented by Jules Edwards, Brittanie Hernandez-Wilson, and Jillian Nelson*

11:30 a.m.-12:30 p.m. Breakout Session 2

1. Clearing up the Confusion about Transition from School to Adulthood (part 1 of 2), presented by Alyssa Klein and Lindsey Horowitz
2. Make it Make Sense: Practical Coping Techniques for Trauma, presented by Sara Lahti
3. Ableism in Education: What Educators Need to Know, presented by Sonya Emerick, Maren Christenson Hofer, and Ryan Haenze*
4. Developing Self-Regulation with Biofeedback and Self-Hypnosis, presented by Dr. Andy Barnes*

12:30-1:30 p.m. Lunch

1:30-2:30 p.m. Breakout Session 3

1. Clearing up the Confusion about Transition from School to Adulthood (part 2 of 2), presented by Abbie Wells-Herzog and Margie Webb
2. MNprov Recess – Stretch Your Legs and Stretch Your Brain, presented by Michael Bruckmueller and Kelly Kautz
3. Updates to the DSM: How the DSM 5 TR Expands Recognition of Autism Characteristics in AFAB and Racially Diverse Individuals, presented by Beth Pitchford
4. Working as a Team to Support Our Students: Navigating the IEP System and a Student's Legal Rights in Education, presented by Ryan Haenze and Yumma Moore

2:45-3:45 p.m. Breakout Session 4

1. When the Frontal Lobe Does Not Cooperate, presented by Sara Swan
2. Don't Sleep on Sleep – Practical Sensory Approaches to Support Rest, presented by Meagan Flom
3. How Providers and Educators Can Work With Autistics To Build Accessible Services, presented by Rene Joy
4. Supporting Autistic Youth: Insights from the Autism Mentorship Program, presented by Megan Perera, Emily Goldberg, AJ Hokland, and Cameron Hallonquist

*Presented by MN LEND

Register online at www.ausm.org

PRACTICAL AND INNOVATIVE STRATEGIES FOR TEACHING ACADEMIC AND LIFE SKILLS

A virtual AuSM workshop held on Feb. 24

Our next workshop will focus on realizing interdependence and independence through self-awareness, self-advocacy, and self-determination. With valuable advice for educators, parents and caregivers, direct service providers, and support professionals, this workshop is filled with practical strategies to help autistics be their authentic selves. You'll learn from AuSM counselors and education leaders about evidence-informed practices, including visual supports, social narratives, task analysis, and video modeling. Our team will also cover establishing social and emotional skills, functional and adaptive skills, as well as overall academic and executive-functioning skills.

Learning to learn, and then, learning to live, are essential lessons in anyone's personal development. This virtual workshop looks at enhancing book smarts with a dash of street smarts to foster the independence needed to thrive beyond the classroom – and in the real world. Registration includes online access to the recorded session for one month.

Pricing

AuSM Member: \$45

Non-Member: \$55

Autistic Individual: \$35



🕒 Feb. 24

👩🏫 Taught by AuSM experts

🕒 9 a.m.-12 p.m.

**Register online at
www.ausm.org**

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Flagship Recreation & Landscape Structures • Minnesota Behavioral Specialists • Sensory RX**

Become a Sponsor or Advertiser

Sponsor opportunities include promotion of your organization through the conference website, social media, e-communications, exhibiting, and more. Reach your target market by advertising in the 2023 Conference Program Guide that will be distributed to all participants and available online. Participants are eager for information and resources – make sure your company is front and center for our community. For more information, contact the AuSM events team at events@ausm.org or call us at 651.647.1083 or visit www.ausm.org.



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