



2022 FULL LIVES CONFERENCE AGENDA
Brilliance Towards a Brilliant Future!

Detailed Descriptions - See page 4 - 8
Wednesday, April 13 - Friday, April 15

DAY 1 – Wednesday, April 13

9:00 AM – 9:15 AM	Welcome & Announcements		
9:15 AM – 10:45 AM	Keynote Address: Peter Leidy Title: Creating a Bright Future Together		
10:45 AM – 11:00 AM	Break – Visit Exhibitors		
11:00 AM – 12:00 PM	Future of Adult Guardianship Presented by: Lisa Wawrzonek	Brain Based Supports for People Experiencing FASD & Other Neurobehavioral Conditions Presented by: Teagan Presler	Building Connections to Community – A Path to Thrive Not Just Survive! - Part 1 Presented by: Michele Girault and Robin Siverson
12:00 PM – 1:00 PM	Lunch break		
1:00 PM – 2:30 PM	Alaska Core Competencies #1 Working with Others – Part 1 Presented by: Riki Chapman	Embarring or Empowering? Supporting People with Intellectual and Developmental Disabilities Around Challenging Sexual Health Topics Presented by: Sondra LeClair and Kelley Hartlieb	Building Connections to Community – A Path to Thrive Not Just Survive! - Part 2 Presented by: Michele Girault and Robin Siverson
2:30 PM – 2:45 PM	Break – Visit Exhibitors!		

2:45 PM – 4:15 PM	Alaska Core Competencies #1 Working with Others – Part 2 Presented by: Betsy Chivers	Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure Presented by: Tami Eller and Teri Tibbett	Making Time to Support our Most Vulnerable Presented by: Rain Van Den Berg and Erin LoPorto
4:15 PM – 4:20 PM	Wrap up for the day		

DAY 2 – Thursday, April 14

9:00 AM – 10:00 AM	Alaska Alliance for Direct Service Careers - Outstanding Direct Service Professional of the Year Awards Presented by: John Lee		
10:00 AM – 10:15 AM	Break – Visit Exhibitors		
10:15 AM – 11:45 AM	Keynote: Laura van Dernoot Lipsky Title: Navigating Amidst Overwhelming Times – Whether Because of Trauma, Crises, or Really, Really Hard Days		
11:45 AM – 1:00 PM	Lunch break		
1:00 PM – 2:30 PM	Alaska Core Competencies #2 Assessing Strengths and Needs – Part 1 Presented by: Riki Chapman	Mental Health Essentials for Older Adults Presented by: Betsy Chivers	Fearless Creativity in Weaving Beauty and Technology Presented by: Doug and Amy Modig
2:30 PM – 2:45 PM	Break – Visit Exhibitors		

2:45 PM – 4:15 PM	Alaska Core Competencies #2 Assessing Strengths and Needs – Part 2 Presented by: Betsy Chivers	Access for All! Ensuring Communication and Assistive Technology Access for Individuals who Experience Hearing Loss or Deafness Presented by: Sharon Miranda, Tiffany Wilson, and Michael Merritt	Adult Protective Services for Direct Support Professionals Presented by: Dee Ellen Grubbs, Tamara Hunter, and Mason Campbell
4:15 PM – 4:20 PM	Wrap up for the day		

DAY 3 – Friday, April 15

9:00 AM – 9:05 AM	Welcome & Announcements		
9:05 AM – 10:30 AM	Keynote: Anthony Newman and Lynne Keilman-Cruz Title: Quality Services & Legislative Process		
10:30 AM – 10:45 AM	Break – Visit Exhibitors		
10:45 AM – 12:15 PM	Alaska Core Competencies #4 Providing Services – Part 1 Presented by: Riki Chapman	Re-Thinking Challenging Behavior: A Neurological Approach Presented by: Randy Jones	Supporting Individuals with TABI: Accommodations and Adaptations Presented by: Tori Phipps and Guylene Derry
12:15 PM – 1:15 PM	Lunch break		
1:15 PM – 2:45 PM	Alaska Core Competencies #4 Providing Services – Part 2 Presented by: Riki Chapman	What’s the Big Deal with Regulations? Presented by: Delight Mell, Kara Thrasher-Livingston, and Cassandra Lynch	Flourishing Through Change Presented by: Renee Georg
2:45 PM – 3:00 PM	Conference Closing Activity and Conference Engagement Winners!		

Detailed Session Descriptions

- Please see the Conference Platform for More Information About the Sessions and Presenters -

Day 1 – Wednesday, April 13

Keynote by Peter Leidy

Creating a Bright Future Together

What values do we hold dear that we hope to preserve? What can we let go of that no longer serves us? What needs acknowledging that has challenged us and at times dampened our spirits? What gifts, strengths, and practices can we – must we – celebrate in the vitally important work we do? In this keynote, we'll acknowledge the difficulties and cheer the awesomeness, while we look at ways to keep our person-centered north star in focus.

Future of Adult Guardianship

Presented by: Lisa Wawrzonek

Guardianship and conservatorship have been a hot topic for all the wrong reasons as of late. The Alaska Court System is ready to change that focus with our Guardianship Improvement Project. This session will cover the areas of improvement ACS is focusing on and supports that can assist you.

Brain Based Supports for People Experiencing FASD and Other Neurobehavioral Conditions

Presented by: Teagan Presler

Working with people who experience Fetal Alcohol Spectrum Disorders and other neurobehavioral conditions can be challenging. Often, our go-to toolbox does not work! In this session, we will be exploring we traditional interventions tend to not be effective, while exploring ways to effectively work with these consumers. Effective interventions decrease staff burnout, increase engagement in services, reduce frustration and help everyone feel success.

Building Connections to Community - A Path to Thrive Not Just Survive! - Part 1

Presented by: Michele Girault and Robin Siverson

The benefits of connection have been well documented: physical and mental health enhanced, anxiety lowered, resiliency cultivated, and life extended. These two sessions will focus on the crucial role of DSP's and Care Coordinators to prioritize relationship building, beyond "paid relationships," to assure people have opportunities to develop meaningful connections.

Alaska Core Competencies #1 Working with Others – Part 1

Presented by: Riki Chapman

Part 1 will introduce participants to Adverse Childhood Experiences and discuss how this affects caregiving partnerships. We will also discuss the skills required to be an effective listener and communicator.

Embarrassing or Empowering? - Supporting People with Intellectual and Developmental Disabilities Around Challenging Sexual Health Topics

Presented by: Sondra LeClair and Kelley Hartlieb

Providing accurate information about sexual health is essential when supporting individuals with I/DD. How do you cut through the discomfort of this challenging topic so you can have meaningful conversations? In this session, we will address difficult subjects such as masturbation and pornography. You will walk away with recommendations and resources to build your confidence as you help others to increase their sexual health understanding and minimize their risks.

Alaska Core Competencies #1 Working with Others – Part 2

Presented by: Betsy Chivers

Part 2 discusses the skills needed to build effective working relationships with a Recipient and care team; covering what is expected of a DSP in ways of collaborating and maintaining boundaries.

Core Messages: What Everyone Should Know About Prenatal Alcohol Exposure

Presented by: Tami Eller and Teri Tibbett

This presentation offers an introduction to nine essential messages about prenatal alcohol exposure—including definitions, impacts, prevalence, common characteristics, diagnosis and early intervention, strategies for success, and advocacy. It offers basic information, strategies on how to share, how to build accommodations to those impacted and resources for further education.

Making Time to Support Our Most Vulnerable

Presented by: Rain Van Den Berg and Erin LoPorto

For many of our most vulnerable clients, having someone slow down to offer thorough support can make a huge difference. Using presentation and discussion, we will explore strategies to free up time, as well as ways to better connect in the time we have.

DAY 2 – Thursday, April 14

Keynote by Laura van Dernoot Lipsky

Navigating Amidst Overwhelming Times – Whether Because of Trauma, Crises, or Really, Really Hard Days

This presentation and discussion will offer practical tools to help us sustain, individually and collectively, in the face of trauma and secondary trauma. Whether this is related to our work, our personal lives, the pandemic, systematic oppression and structural supremacy surfacing in exceedingly painful ways, or the unfolding of the climate crisis we will discuss what the consequences are, as well as strategies for sustaining ourselves and each other. This will be interactive so please come with questions or topics you'd like to cover.

Alaska Core Competencies #2 Assessing Strengths and Needs – Part 1

Presented by: Riki Chapman

Part 1 will cover the basics of information gathering, focusing on identifying personal values, goals, and priorities. We will discuss what strengths look like and how to find resources to support those strengths.

Mental Health Essentials for Older Adults

Presented by: Betsy Chivers

This presentation will include an introduction to the prevalence of mental health and substance disorders relating to older adults, including the stigma of aging and typical aging and changes that occur in this process. There will be discussion on recognizing and responding to signs and symptoms of depression, suicidal thoughts and gestures, self-injury and anxiety. Included in this break-out session will be resources and support for older adults and caregivers.

Fearless Creativity in Weaving Beauty and Technology

Presented by: Doug and Amy Modig

There is a resurgence in finding and using traditional methods and learning about the many forms of trauma, both historical and present day. Discussions will be facilitated utilizing the process called 49 Days of Ceremony. All participants will be welcomed to share personal stories of historical care and healing. Included will be the importance of respecting a patient's history and his/her understanding of wellness so a clearer plan of care can be developed and how to create a story to develop a diagnosis based on the patient's history, culture, and environment. Finally, we will discuss how difficult this process is as they are out of the context of most training provided by schools and colleges.

Alaska Core Competencies #2 Assessing Strengths and Needs – Part 2

Presented by: Betsy Chivers

Part 2 will cover identifying problems, triggers, stressors and problem solving; how to communicate results from care giving, treatments and other interventions and the basics of reassessment.

Access for All! Ensuring Communication and Assistive Technology Access for Individuals Who Experience Hearing Loss or Deafness

Presented by: Sharon Miranda, Tiffany Wilson, and Michael Merritt

Are you working with someone who is Deaf, Hard of Hearing or DeafBlind? Whether you are a Direct Support Professional or Care Coordinator, we have helpful information and resources to share about etiquette, communication strategies and assistive technology that will benefit both you and your client with hearing loss or deafness.

Adult Protective Services for Direct Service Professionals

Presented by: Dee Ellen Grubbs, Tamara Hunter, and Mason Campbell

This session will present an overview of Alaska Adult Protective Services, with an emphasis on the role of Direct Service Professionals. In addition to didactic instruction, APS Supervisors will share their real-life experiences to help participants learn the conditions that should prompt them to file a Report of Harm.

Day 3 – Friday, April 15

Keynote by Anthony Newman and Lynne Keilman-Cruz

Quality Services and Legislative Process

This presentation will cover partnerships across all service providers. We will ask and answer “Quality - What is it all about?” We will also talk about the legislative process as it pertains to senior and disabilities services and review this year’s session.

Alaska Core Competencies #4 Providing Services – Part 1

Presented by: Riki Chapman

Part 1 will cover the basics of implementing the Plan of Support; how to conduct outreach and engagement. We will cover maintaining safety for both caregiver and care recipient. We will discuss what a therapeutic environment looks like and skills on emotional and physical support.

Re-thinking Challenging Behavior: A Neurological Approach

Presented by: Randy Jones

Understanding that people can only do what our brains are “physically” able to perform removes the shame and blame, allowing us to focus on cognitive thinking skills and not on behavior or task.

Supporting Individuals with TABI: Accommodations and Adaptations

Presented by: Tori Phipps and Guylene Derry

Independent living looks different for everyone. It may look like utilizing accommodations, adaptations, and assistive technology to enhance independence and quality of life for those with TABI. Daybreak and Assistive Technology of Alaska have partnered to educate attendees on the various services and solutions available to support independence.

Alaska Core Competencies #4 Providing Services – Part 2

Presented by: Riki Chapman

Part 2 will cover how to integrate teaching and training into daily care giving. We will cover skills in supporting problem solving and review preventions and interventions to crisis. We will finish up with a discussion on group activities and promoting health and wellness.

What's the Big Deal with Regulations?

Presented by: Delight Mell, Kara Thrasher-Livingston, and Cassandra Lynch

What are regulations and why do they matter to me? Where do I find them and how can I use them? The SDS Training team wants to help empower you to explore, use, and change regulations.

Flourishing Through Change

Presented by: Renee Georg

Positive psychology teaches us how to find and build upon strengths to increase satisfaction and well-being. Benefits include preventing burnout and decreasing the negative impacts of chronic stress. This interactive workshop will review updated research and interventions for ourselves and others, so we can thrive in any situation.