

CREATIVEOPTIONS

A one-day, energizing conference for people with developmental disabilities and the staff who support them.

Creative Options helps people with significant disabilities reach their potential by bringing direct-support professionals and nationally recognized experts together to learn from one another.

Monday, September 20, 2010

Registration deadline September 7, 2010

Eagan Community Center
1501 Central Parkway, Eagan, MN 55121
651-675-5550

Located near Pilot Knob Road and Yankee Doodle Road off
of interstate 35E

Schedule

Monday, September 20, 2010

8:00 a.m.	Registration
8:30 a.m.	Welcome by Vicki Gerrits, vice president of services, Lifeworks
8:45 a.m.	Keynote by Derrick Dufresne
10:00 a.m.	Break
10:15 a.m.	Breakout session one
11:45 a.m.	Lunch
12:45 p.m.	Breakout session two
2:15 p.m.	Break
2:30 p.m.	Breakout session three

Sponsoring agencies: CHOICE, Inc.; Dakota Communities; Hammer Residence, Inc.; Lifeworks Services, Inc.; Merrick Company, Inc.; and Options, Inc.

Thank you to The CCP Foundation and The Minnesota Governor's Council on Developmental Disabilities for their generous support.



The CCP Foundation



A limited number of rooms are available for Sunday, September 19 at Best Western Dakota Ridge (approximately 1/2 mile from the community center)
3450 Washington Drive, Eagan 55121
651-452-0100

\$79 rate guaranteed through September 3, 2010.
Mention Creative Options when making your reservation to ensure this special rate.

CONFERENCE OVERVIEW

KEYNOTE ADDRESS BY DERRICK DUFRESNE

BEYOND ACCREDITATION - FIVE STAR QUALITY

We can clearly do better. Our “good” is not good enough. And our “wonderful” should move to “great.” For almost 60 years, we have been at this business, with government -sponsored money, trying to move people from being clients to citizens. Federally sponsored community services have been around since the 40s and 50s. We have spent billions and billions of dollars on programs to help people get outcomes that are often poorly measured, poorly defined, and mostly yield compliance rather than quality.

Disability systems can only bring people to three star quality. No matter what we do, no matter what kind of staff we have, if it is disability system-based, it cannot achieve more than three star quality. Three star quality is good. There is “really good,” “sort of good,” “pretty good,” but the adjective is still “good.”

There is a line, however, that delineates and differentiates level four and level five quality. Four and five star quality can only be defined by the community - not by the disability system. It is that line that distinguishes the journey that makes and helps people be better clients or allows people to practice citizenship, their birthright. Citizenship is not anything that we bestow upon people with disabilities. They have it as a result of their birthright.

This presentation will challenge participants to move to Five Star Quality. Specifics strategies and implementation challenges will be addressed.

BREAKOUTS BY DERRICK DUFRESNE

Session One: Don't Waste a Perfectly Good Crisis – Realizing the Promise

10:15 – 11:45 a.m.

The challenges and frustrations of helping people, without exception, to live in the community are real. There are also many things that we have done, often unwittingly, that have made it more difficult for people to experience the promise of community living. A crisis in our economy has caused some to even question the value of the goal of supporting people in the community as “too expensive”. A good crisis can result in new thinking and solutions we have not yet tried. This is a perfectly good crisis that should not be wasted as we re-think the best way to do the best things. This session will challenge many of our preconceived notions about what it takes for people to be successful. It will also challenge us to think beyond our perceived limitations and to develop new possibilities that will enable those who have historically been judged as “too difficult to live in the community” to know that the promise is for them too.

Session Two: Don't Predict the Future - Invent It!

12:45 – 2:15 p.m.

Almost every prediction regarding the limitations of people with disabilities for the last 100 years has been proven dead wrong. First the experts said people with disabilities wouldn't live very long. Then they couldn't learn or recover, and then they couldn't work. And on and on it has gone. People with disabilities don't want us to be pilots, but rather navigators that assist in helping them to get a life - not a program. The problem is that many professionals see the world through the prism of what has been, not what could be. This limits options, possibilities, and potential.

This presentation will challenge participants to “do search” to create the research and the data that can guide services and supports – Practice Based Evidence. We need to be inventing, not preventing, desirable futures for people with disabilities.

Session Three: Loneliness Kills-Friendship Saves: Strategies to Overcome the Disabilities of Poverty and Loneliness

2:30 – 4:00 p.m.

Many people with disabilities grow up in the disability bubble wherein they are able to see and dream about building a desirable future but are not able to touch or live full lives in the community. After 60 years of community programs, there are thousands of individuals who are “in” the community but not “of” it, who are clients but not citizens, and who are isolated within the communities in which they currently reside. This presentation will offer an alternative that is simple to understand but may be the most challenging thing that professionals have ever attempted to do in their careers. It is simple because we utilize these techniques everyday in our own lives. It is difficult because it may require a fundamental change in the way in which we define our jobs, our success, and outcomes. The ultimate goal is for professionals to become “invisible” support and to have everyday citizens move to the forefront and embrace individuals with disabilities as their fellow citizens.

SELF-ADVOCACY FOCUS BREAKOUTS

Session One: The Art of Work

Presented Julie Guidry and Upstream Arts

10:15 – 11:45 a.m.

Upstream Arts will show you how the arts, including theater, poetry, music and visual arts, can help you explore creative and positive ways of developing work skills, appropriate work relationships, and advocating for yourself in the workplace. Join us for a hands-on approach to using the arts as an everyday tool for positive self expression.

Session Two: Theatre for Life

Presented by Wilbur Neushwander-Frink

12:45-2:15 p.m.

Self-advocacy theatre is a fun and entertaining way for people to share their life experiences with others and with their community. Through the art of theatre, we will sing, dance, perform skits and play a variety of theatre games. Wilbur will share some of the ways in which self-advocates can form their own theatre groups. So come ready to sing, dance and have fun!

Session Three: Living Your Passion

Presented by Evan Smith and Jeff Pearlman

2:30 – 4:00 p.m.

Do you have a passion? Two self-advocates will share how they are using their passions to develop friendships and be a part of and enrich their community with their gifts and passion. Evan Smith will share his passion for storm chasing. Jeff Pearlman will share his passion for travel and running. There will be time to ask questions.

DIRECT SUPPORT PROFESSIONAL FOCUS BREAKOUTS

Session One: Diversity - Can We Talk About It?

Presented by Lissa Jones

10:15 – 11:45 a.m.

As we become more citizens of the globe than of individual countries, we often become more aware of how much we know and understand about other cultures that used to be represented to us in tales from faraway lands, and now, those citizens are now our neighbors, colleagues, and friends. When is it safe to talk about the challenges we face in diversity? Who is safe to talk to about all of those things we want to learn, but

don't want to risk offending others? Join us for a conversation to talk about ways in which we can engage others in our endeavor for cultural competence!

Session Two: Supporting People with Mental Health Concerns

Presented by Craig Carlson

12:45 – 2: 15 p.m.

This session will focus on identifying symptoms of mental health concerns in individuals with developmental disabilities. Factors involved in the creation of these mental health concerns will be discussed as will treatment strategies.

Session Three: Should I Laugh or Should I Cry? Taking a Look Into How We Take Care of Ourselves in a Caregiver Role

Presented by Jenny West

2:30 – 4:00 p.m.

This workshop will help anyone who wants to sustain their hardiness daily whether caring for others or not. By practicing key steps, you can identify your own needs and actually get those needs met. Learn the importance of developing an outlook that will be a source of strength for you. Take simple tools and laughter along the way with you and discover ways to bring you peace of mind anywhere, anytime.

ABOUT THE PRESENTERS

Craig Carlson

Craig Carlson is a M.A. licensed psychologist. He spent the majority of his first 15 years in the human service field as a direct care staff in an ICF-MR . He also worked for several years as a behavior analyst before becoming a psychologist. His work as a psychologist focuses on both providing services to individuals with developmental disabilities and the people who support them as well as working in the area of child and family services. Craig is currently the clinical director for a group of CADI waived homes based in New Ulm, Minnesota. He has presented trainings at ARRM as well as for a number of other groups.

Derrick Dufresne

Derrick Dufresne is the founder and President of Community Resource Associates, Inc. CRA provides training and consultation to those in the field of disabilities – consumers, families, providers, and state and local governmental agencies. He has presented to more than forty thousand people in over forty-eight states since 1982 on topics such as organizational transformation, facility closure, transition, 5 Star Quality, supervision, etc. He is dedicated to promoting full community inclusion for people with disabilities.

Julie Guidry

Julie is the Executive Director of Upstream Arts - an organization that works to enhance the lives of adults and youth with disabilities by fostering creative communication and social independence through the power of arts education. Julie has over 10 years of nonprofit experience in the Twin Cities metro area working with individuals of all abilities including persons with disabilities. She has worked as the staffing director at Wilderness Inquiry and as the director of operations, communications and new programs for Youth Frontiers. She is the former co-chair for the Special Ed Advisory Council for Minneapolis Public Schools and is the Board Treasurer for the South Minneapolis Arts Business Association. Visit Upstream Arts' web site at www.upstreamarts.org.

Lissa Jones

Lissa's passion and love for people is contagious. She engages her audiences with her energy and talent as a public speaker. Through her mastery of written and oral history, she shines light on

issues of disparity, race, poverty, privilege, and oppression. She celebrates the diversity in our lives and believes that every culture matters. Lissa considers it a privilege to be the executive director of African American Family Services and has led the organization for over seven years. The recent focus of her varied talents is on cultural competency training in the public, private, and nonprofit sectors.

Wilbur Neushwander-Frink

Wilbur Neushwander-Frink has been working within the self-advocacy movement for 15 years. She gained her early experience in self-advocacy by being involved with People First of New Ulm and their theatre group. Wilbur is the ally director for two theatre groups, The United We Stand Players of New Ulm and Aktion Club Theatre of Mankato. She gives self-advocacy theatre workshops all around the state. Wilbur is the Self-Advocates Minnesota (SAM) Community Organizer for the Southwest region and serves as the Regional Manager for the Arc of Minnesota Southwest. She serves as an ally board member for People First of Minnesota. Wilbur has a Bachelor in Science Degree in Nursing from the University of Wisconsin, Madison and a Masters Degree in Educational Leadership from MSU, Mankato.

Jeffrey Pearlman

World traveler, marathon runner, dedicated employee, wonderful family member. These are all words that describe Jeff and his passions. Jeff has traveled throughout the United States, Israel, and Denmark with family and friends. Determination, passion, and support from his dad helped him accomplish his goal of running a marathon in 2004. Since then he has run marathons in Las Vegas, Boston, The Twin Cities, New York, and Grandma's in Duluth. He will be running his third Twin Cities marathon this fall. Jeff won Lifeworks Personal Achievement Award in 2008.

Evan Smith

Evan is a quick learner when it comes to the power within to direct his journey through life and make positive changes in the world. Four years ago, he went through the training with the Maplewood Emergency Management Department to be a certified volunteer Skywarn Weather Spotter—a long time dream of his. Since then, he has been giving presentations to Rotary, Chamber of Commerce, and self-advocacy groups. In past years, he served in officer positions in the self-advocacy groups hosted at Merrick, Inc. He is a volunteer at the Washington County Library in Woodbury. Currently, he is employed with Principal.

Jenny West

Jenny is the Caregiver Support Educator for the FamilyMeans organization in Stillwater, MN. She has a degree in therapeutic recreation with a focus on serving people with disabilities. She has over ten years experience working with residents and caregiving families in long-term care facilities, and, most recently, she served as the Executive Director of Home Share--St. Croix. Along with her personal experience as a caregiver, Jenny brings simple tools and strategies for everyday life.

CONFERENCE ETIQUETTE

It is difficult to maintain room temperatures that are comfortable for all participants, and conference attendees should be aware that room temperatures will vary throughout the community center. A light sweater or jacket is helpful when room temperatures become too cool. Participants are asked to turn off cell phones and beepers when attending workshops, or to change them to a silent signal if necessary. Please step outside of the room when responding to a page or call.

REGISTRATION: Please use this form or register online at lifeworks.org/creativeoptions

Please copy this form for additional registrants. No shared registrations.

Name _____

Agency _____

Address _____

City, state, zip _____

Daytime phone _____ Evening phone _____

E-mail address _____

COST: (per person including lunch and break items)

Regular rate: \$130

Consumer rate*: \$50

Group rate**: \$100

Walk-in rate: \$160

*Consumer rate: A reduced rate for self-advocates or family members who do not also work in the disability field.

**Group rate: For groups of 10 or more regular attendees from same agency. Must be mailed together.

For information about a PCA rate, please contact Susan Hilden at 651-365-3731 or shilden@lifeworks.org

REGISTRATION AND PAYMENT DEADLINE: TUESDAY, SEPTEMBER 7, 2010

Cancellation policy: Registration fees minus a \$25 administrative fee will be refunded through the registration deadline of September 7, 2010. There is no refund for cancellations received after that date.

Special requests: Vegetarian Lunch Special Accommodations, explain: _____

Payment method:

Check payable to: Lifeworks

Master Card

Visa

American Express

Total Charged \$ _____ Card # _____

Expiration date _____ Name on card _____

Signature _____

Send to: Susan Hilden
Lifeworks Services, Inc.
2965 Lone Oak Drive, Ste 160
Eagan, MN 55121

Phone: 651-365-3731 Fax: 651-454-3174

E-mail: shilden@lifeworks.org

CREATIVE OPTIONS CONFERENCE 2010 SCHOLARSHIP APPLICATION FORM

Date: _____

Name: _____

Phone: _____

Address: _____

City, State, Zip: _____

Agency: _____

- I am a self-advocate requesting a scholarship to cover the cost of attending the Creative Options Conference on September 20, 2010.

I understand that there are a limited number of scholarships available and that they will be awarded on a first-come, first-serve basis.

Questions regarding scholarships should be directed to Vicki Gerrits, 651-365-3734 or vgerrits@lifeworks.org.

Scholarships are provided by a grant from the Minnesota Governor's Council on Developmental Disabilities.