

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Illinois Chapter



Promoting Interprofessional
Support of Children, Families,
and Communities.

9^h ANNUAL ABC CONFERENCE

Advocating for children's health, Behavioral/developmental health, and Complex health needs

*You Don't Have To Be A Therapist To Be Therapeutic:
Building Resilience in Children, Families, Communities, and
Ourselves*

Hosted by the Illinois Chapter, American Academy of Pediatrics

Friday, November 16, 2018

MORAINÉ BUSINESS AND CONFERENCE CENTER

(Building M)

9000 W College Parkway

Palos Hills, IL 60465



ABOUT THE ABC CONFERENCES

The first ABC Conference in 2010 was organized by The University of Chicago, Illinois Chapter of the American Academy of Pediatrics (ICAAP), Almost Home Kids and the Illinois LEND (Leadership, Education in Neurodevelopmental Disabilities) program at the University of Illinois at Chicago. The earliest conferences focused on evidence-based and concrete strategies to address the struggles primary care and other health care providers encounter related to Autism, Behavioral Challenges, and Complex Medical Needs (ABC). Since 2013, the ABC Conferences have offered ample exhibit opportunity for non-profit and for-profit organizations to share resources and information about their services.

For the first time in 2014, the conference focus was expanded to bring together additional providers from allied health, home visiting, child care and early education, Early Intervention, special education, and other fields.

The original conference “ABC” (Autism, Behavior, and Complex Medical Needs) has expanded to “**Advocating** for children’s health, **B**ehavioral health, and **C**omplex health needs”. This is consistent with the evolution of American Academy of Pediatrics policies and priorities as well as our broader understanding of “special needs” children to include children who have experienced trauma, adversity, and negative social determinants of health. This expansion enables ICAAP to deliver additional significant information important to child-serving professionals concerned about autism and related developmental delays, behavioral health, and complex medical needs.

ABC Conference participants can expect to learn about the broad landscape of services and programs that are available to support children with special needs from birth through childhood, and develop skills to make effective referrals and partner with other agencies and systems. Each track (A, B, and C) features sessions that converge with different systems, developmental services, medical interventions, and innovative partnerships that benefit children served across interprofessional groups. The keynote sessions address the overall theme of the conference.

ABOUT THE 9TH ANNUAL ABC CONFERENCE

Children and families from all demographic and socioeconomic backgrounds in Illinois experience trauma, adversity, and chronic stress. Social determinants such as where we live, work, and play, can further exacerbate positive or negative physical, emotional, and behavioral health issues. The critical factor that determines if a child, family, and/or community can manage trauma, adversity, and chronic stress successfully is **resilience**: the process by which the child, family, and/or community moves through a traumatic/stressful event, utilizing various protective factors for support, and returning to “baseline” in terms of an emotional and physiologic response to the stressor.

Caregivers and other support systems – including child serving professionals – have the unique opportunity to bolster key protective factors for children and families to prevent long-term negative outcomes. Those critical protective factors¹ include:

1. **Caregiver Resilience**
2. **Social Connections**
3. **Concrete Support in Times of Need**
4. **Knowledge of Parenting and Child Development**
5. **Social and Emotional Competence of Children**

Protective factors are only one tool used to build resilience. The 9th Annual ABC Conference will deliver additional valuable information about how to build resilience in children, families, communities, and ourselves, and advocate for those we serve.

LEARNING OBJECTIVES

At the conclusion of the conference, participants, in the context of their work, will be better able to:

1. Recognize opportunities for building resilience in children, families, communities, and ourselves
2. Identify techniques for building resilience that can enhance the lives of children, families, communities, and ourselves
3. Incorporate resilience-building techniques using an interprofessional approach when serving children, families, and communities

TARGET AUDIENCE

The target audience for the ABC conference includes primary care providers and their teams, including pediatricians, family physicians, nurse practitioners, physician assistants, and allied health care professionals including nurses, therapists, and social workers. In addition, providers from other settings including early care and education, special education, home visiting, community service providers, legal aid, and more are encouraged to attend. The conference will offer ample opportunity for attendees to network with like-hearted and like-minded professionals from multiple child-serving systems that have a stake in the lives of children, families, and communities.

¹ Strengthening Families™ Protective Factors Framework



CONFERENCE PLANNING COMMITTEE

Thank you to the planning committee for their expertise, time, and support to ensure a high-quality, educational event:

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DISCLOSURES

These planners, speakers, content reviewers, and staff have no relevant financial relationships to disclose

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ACCREDITATION AND CREDIT DESIGNATION STATEMENTS

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REGISTERED NURSE CONTINUING EDUCATION PRE-APPROVED SPONSOR INFORMATION

Any conference that provides approved Continuing Medical Education (CME) as authorized by the Illinois Medical Practice Act is considered a 'pre-approved' RN CE sponsor. For more information:

http://nursing.illinois.gov/PDF/2015-04_IL_RN_CE_Relicensure_FAQ.pdf



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AGENDA

TIME	EVENT	ROOM
7:15–8:00am	SIGN-IN/REGISTRATION AND BREAKFAST	Lobby/ MR 1/2/3
8:00–8:15am	WELCOME AND OPENING REMARKS	MR 1/2/3
8:15–9:15am	KEYNOTE ADDRESS: Advocacy Begins at Work: Using our Expertise and Experience to Impact Policy <i>Channing Petrak, MD, FAAP; OSF Peoria</i>	MR 1/2/3
	15 MIN BREAK	
9:30–10:30am	BREAKOUT SESSION 1:	
A1	<i>Building Resilience in Growing Families through Home Visiting: The Rush ACE-HV Initiative</i> <i>Gina Lowell, MD, MPH, FAAP; Rush University Children's Hospital</i>	MR1
B1	<i>Children's views on health, well-being, and nutrition: How sociology adds value to clinical practice</i> <i>Anne Scheer, PhD, Office of Population Science and Policy, SIU School of Medicine</i>	MR2
C1	<i>Volunteers as Integral Members of the Healthcare Team</i> <i>Edith J. Chernoff, MD, FAAP, DACMG & Adam Spencer, MDiv; La Rabida Children's Hospital</i>	MR3
	REFRESHMENT BREAK	
10:45–11:45am	BREAKOUT SESSION 2:	
A2	<i>Home Visiting with the Baby TALK Approach: How Relationships Make a Difference for Families</i> <i>Karen Dennis; Baby TALK</i>	MR1
B2	<i>Exploring Parent to Parent: Peer Support for Parents of Children with Disabilities</i> <i>Robin Dodds, PhD; Parent to Parent of Illinois</i>	MR2
C2	<i>Pediatric Epilepsy & Neuropsychological Conditions</i> <i>Takijah Heard, MD; NorthShore University HealthSystem</i>	MR3
11:45–12:15pm	LUNCH/ VISIT EXHIBITORS	
12:15–1:15pm	KEYNOTE ADDRESS: You Don't have to Be a Therapist to be Therapeutic <i>Sarita Sashington, BA; Be Strong Families</i>	MR 1/2/3
	15 MIN BREAK	
1:30–2:30pm	BREAKOUT SESSION 3:	
A3	<i>Building Parents' Capacity to Advocate for Their Child in IEP Meetings</i> <i>Jacqueline Ross JD, MST; Equip for Equality</i>	MR1
B3	<i>Empathy, Validation and Creating A Safe Environment for Families</i> <i>Gene Liebler, LCSW; La Rabida Children's Hospital</i>	MR2
C3	<i>Overcoming Orthopedic Challenges in Childhood</i> <i>Verena M. Schreiber, MD; NorthShore Orthopaedic Institute</i>	MR3
	REFRESHMENT BREAK	
2:45–3:45 pm	KEYNOTE ADDRESS: Nirvana through Nerdism: A Geek's Guide to Mindfulness When Working with People with Challenging Behavior <i>John Pingo, PhD, BCABA-D; Goldie B. Floberg Center</i>	MR 1/2/3
3:45–4:00pm	RAFFLE DRAWING & CLOSING REMARKS	MR 1/2/3



SESSION DESCRIPTIONS

KEYNOTE SESSIONS

MORNING

Advocacy Begins at Work: Using our Expertise and Experience to Impact Policy

Channing Petrak, MD, FAAP; OSF Peoria

(Session description forthcoming)

NOON

You don't have to be a Therapist to be Therapeutic

Sarita Sashington, BA; Be Strong Families

This session will share information and strategies related to the Strengthening Families Protective Factors, and how we can facilitate the building of resilience in children, families, and communities.

AFTERNOON

Nirvana through Nerdism: A Geek's Guide to Mindfulness When Working with People with Challenging Behavior

John Pingo, PhD, BCABA-D; Goldie B. Floberg Center

Join Dr. John Pingo as he uses humor, pop culture references, and interactive experiential exercises to teach ways to resist subconscious negative narratives and recognize and overcome various types of cognitive bias. A focus on understanding and applying mindfulness and related skills will result in attendees leaving the presentation with a set of mindfulness-based techniques that can be applied to better manage the stresses of working in the human services field.



ADVOCATING FOR CHILDREN'S HEALTH

"A" TRACK SESSIONS

A1: 9:30-10:30am

Building Resilience in Growing Families through Home Visiting: The Rush ACE-HV Initiative

Gina Lowell, MD, MPH, FAAP; Rush University Children's Hospital

The Rush ACE-HV Initiative screens and refers pregnant and parenting women with high ACE scores to evidence-based home visiting programs in their communities utilizing a centralized care coordination approach. Evidence-based home visiting has been shown to decrease rates of postpartum depression, maternal substance use, domestic violence, and child abuse or neglect; these represent 8 of the 10 adverse childhood experiences detected through screening. By identifying women who themselves have experienced multiple ACEs and supporting them with evidence-based home visiting, we aim to prevent the transmission of ACEs from one generation to the next. Since its inception, the initiative has established a strong network of collaborating professional experts including the Ounce of Prevention Fund, the Illinois Maternal Infant Early Childhood Home Visiting program (IL MIECHV) and community partners including seven home visiting agencies from Chicago's West Side. We will report on the outcomes of the initiative's first year of operation.

A2: 10:45-11:45am

Home Visiting with the Baby TALK Approach: How Relationships Make a Difference for Families

Karen Dennis; Baby TALK

This session will discuss, in theory, and in practice, how the relationships around children affect their developmental across domains. It will also give an overview of our Baby TALK Critical Concepts that are a solid foundation for working with families. These Critical Concepts include Building Relationships, Collaboration, Parallel Process and more that are valuable interdisciplinary skills.

A3: 1:30-2:30pm

Building Parents' Capacity to Advocate for Their Child in IEP Meetings

Jacqueline Ross JD, MST; Equip for Equality

The special education process is complex and intimidating to parents. This training, relevant to parents of children with disabilities, school professionals, doctors, therapists, or any professional who serves children with disabilities, will teach important advocacy tools to help parents navigate the special education world more effectively. The training focuses on building parent's capacity to advocate for their children. Rather than having to rely on outside supports, with a few simple, straightforward tools and resources, parents can be equipped with tools that will serve the parent and child for years to come. Parents gain confidence and strength when they realize they can be a driver of their child's academic, social, communicative, and functional progress.



BEHAVIOR/DEVELOPMENTAL HEALTH

"B" TRACK SESSIONS

B1: 9:30-10:30am

Children's views on health, well-being, and nutrition: How sociology adds value to clinical practice

Anne Scheer, PhD; Office of Population Science and Policy, Southern Illinois University School of Medicine

This session focuses on children's own perspectives on health, well-being, and nutrition. Dr. Scheer will present findings from a qualitative pilot study conducted with 5th grade students. What are children's own views about health and well-being? What factors influence them to engage in certain behaviors and refrain from others? What role does social identity play in children's (un)healthy behaviors? Dr. Scheer will discuss the findings of this study and the importance of interprofessional collaboration to help create successful interventions.

B2: 10:45-11:45am

Exploring Parent to Parent: Peer Support for Parents of Children with Disabilities

Robin Dodds, PhD; Parent to Parent of Illinois

Effective peer support is important to the promotion of well-being in parents of children with special health care needs, who may suffer from higher levels of stress due to increased caretaking burden and difficulty navigating systems of care. Parents from culturally/ linguistically diverse communities may bear the effects of additional stressors, such as economic instability, language barriers, limited access to disability-related information, the aftereffects of trauma, and lack of social support. P2P is a peer support program that trains parents of children with disabilities to provide informational and emotional support to other parents who are seeking support through a one-to-one match. P2P matches are driven by the concerns, needs, and priorities of the help-seeking parent and may include assistance in navigating school, social services, and medical systems of care.

B3: 1:30-2:30pm

Empathy, Validation and Creating A Safe Environment for Families

Gene Liebler, LCSW; La Rabida Children's Hospital

This lecture will provide a behavioral health perspective on children and families who have trauma histories or who may present with challenging behaviors. This perspective will then be used to explore discreet ways of engaging with children and families that can support children and families ability to regulate their emotions as well as develop an environment that is experienced as safe for patients, families and staff alike.

How to use empathy to promote the patient experience of validation, and how to provide information in a way that is non-threatening will be the primary focus of the skills component of this lecture. Concrete examples of these skills will be offered and participants will have the opportunity to role play these skills to develop competency, as well as engagement traps to avoid.



COMPLEX HEALTH NEEDS

“C” TRACK SESSIONS

C1: 9:30-10:30am

Volunteers as Integral Members of the Healthcare Team

Edith J. Chernoff, MD, FAAP, DACMG & Adam Spencer, MDiv; La Rabida Children's Hospital

La Rabida Children’s Hospital provides several unique volunteer programs, including outpatient, tutoring, and inpatient support. Outpatient volunteers help parents complete developmental screenings and surveys during primary care visits. Volunteer tutors provide services for patients who need additional support beyond what they can get from the school system; they make weekly commitments in order to support academic gains. In the inpatient setting, the Extra TLC Program supports infants and young children who are spending weeks or months in the hospital. The presenters will describe their experience with children being able to develop more typical social-emotional experiences and thrive in the hospital environment.

C2: 10:45-11:45am

Pediatric Epilepsy & Neuropsychological Conditions

Takijah Heard, MD; NorthShore University HealthSystem

This interactive session looks at the complex health needs of pediatric patients diagnosed with epilepsy, a neurological disorder characterized by recurrent, unprovoked seizures. About 1% of children under age 18 have a diagnosis of epilepsy. Dr. Heard will provide an overview of pediatric epilepsy, including varying degrees, developmental epilepsies, and comorbidities. Dr. Heard will also address the impact of social determinants as well as neuropsychology with related challenges such as tics, depression, anxiety, and embarrassment. Finally, Dr. Heard will speak to ways of building a team of patient helpers in the community – citing success stories, case-based scenarios, and helpful interventions.

C3: 1:30-2:30pm

Overcoming Orthopedic Challenges in Childhood

Verena M. Schreiber, MD; NorthShore Orthopaedic Institute

Families, providers, and the health care systems are challenged by medical complexities in children – orthopedic conditions among them. Dr. Schreiber will explain complex health needs in the pediatric patient with cerebral palsy, congenital foot conditions such as clubfoot, neuromuscular disorders, and/or pediatric trauma. She will also explain treatments for these conditions and available resources for early intervention. In addition, she outlines the importance of a multidisciplinary approach, especially with social determinants of health. By addressing complex orthopedic conditions early, medical professionals will help their patients maintain healthy development into adulthood.