

Advance LA's 2015 Conference

THE SCIENCE OF HAPPINESS

PURPOSE. CONNECTION. OPTIMISM. GRIT.

Cutting-Edge Research and Best Practices
for Young Adults with Special Needs

Friday, May 1st

www.thehelpgroup.org | www.advancela.org



ABOUT

2015 CONFERENCE

The Help Group's 2015 Advance LA Conference, The Science of Happiness, features nationally prominent experts whose research and practice support young people with autism, learning differences and ADHD in their transition to college, the workplace and beyond.

Young people with special needs experience the same benefits of positive emotions as their typical peers. Happiness broadens focus and expands thinking, improves the ability to problem-solve, builds physical, intellectual and social skills, counteracts negative emotions, increases creativity and boosts the immune system.

Happiness is not only intrinsic, it can be learned. Our speakers will be presenting practical ways to foster and maintain happiness through the development of purpose, connection, optimism, and grit.

Advance LA

Advance LA serves teens and young adults with a wide range of needs including learning disabilities, autism spectrum disorder, executive functioning difficulties, ADHD, and other social or emotional issues.

Transitional Living: supported living on a college campus preparing young adults ages 18-29 for the transition to college, the workforce, or increased independence.

One-on-One Coaching: designed to help young adults achieve success in the community and strengthen their executive functioning and independent living skills, expand their social connections, support their academic or vocational goals and focus on health and wellness.

Social Clubs: geared to enhance social skills, promote connections to others with similar interests, and develop long-lasting friendships.

Other services include workshops for young adults, parents and professionals; parent and family coaching; college and career planning.

FRIDAY, MAY 1ST

SCHEDULE

7:00 AM - 8:00 AM

REGISTRATION, CONTINENTAL BREAKFAST & EXHIBITORS

8:00 AM - 8:15 AM

OPENING PROCEEDINGS

8:15 AM - 9:30 AM



KEYNOTE ADDRESS

The Science of Happiness

SONJA LYUBOMIRSKY, PhD

Professor of Psychology, University of California, Riverside; B.A. from Harvard University and Ph.D. in Social Psychology from Stanford University; Author of best-selling book, *The How of Happiness: A Scientific Approach to Getting the Life You Want* and recently published *The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does*.

9:45 AM - 11:00 AM



OPTIMISM

Optimism, Hope, & Perseverance: Skills to Boost Your Positivity

ANDREW SHATTÉ, PhD

Research Professor College of Medicine, The University of Arizona; Fellow, Brookings Institution; Chief Science Officer, meQuilibrium; Chief Knowledge Officer, FINAO Nation; Co-author of *The Resilience Factor: Seven Essential Skills For Overcoming Life's Inevitable Obstacles* and *meQuilibrium: 14 Days to Cooler, Calmer, and Happier*.

CONCURRENT SESSIONS:
SELECT ONE

GRIT

1:50 PM - 3:20 PM

CONNECTION
11:10 AM - 12:40 PM

2A Executive Functioning: Building Internal Scaffolding for the Young Adult

ANTHONY ROSTAIN, MD, MA

Professor of Psychiatry and Pediatrics, University of Pennsylvania; Director, Adult Developmental Disorders Program; Director, Children's Hospital of Philadelphia Behavioral Health Center's Developmental Neuropsychiatry Program.

2B Social Connections: Making Friends and Dating for Young Adults on the Autism Spectrum using the PEERS Method

LIZ LAUGESON, PsyD

Assistant Clinical Professor, UCLA Semel Institute; Founder and Director, UCLA PEERS Clinic; Director, The Help Group - UCLA Autism Research Alliance.

2C The Mind-Body Connection: Supporting the Development of Self-Compassion through Mindfulness

SHAUNA SHAPIRO, PhD

Professor of Counseling Psychology, Santa Clara University; Clinical psychologist and internationally recognized expert in mindfulness.

2D Progress in Millimeters: Parenting the Young Adult

BONNIE AUERBACH, PhD

Clinical Director, Advance LA Program; 30 years experience working with adolescents, young adults, and their families.

CRYSTAL LEE, PsyD

Licensed Psychologist; Assistant Director, The Help Group's Advance LA Program.

12:50 PM - 1:40 PM

LUNCHEON PROGRAM

happiness IS ONE OF THE MOST **salient and significant** DIMENSIONS

OF HUMAN EXPERIENCE AND EMOTIONAL LIFE.

NOT ONLY DOES **happiness** YIELD NUMEROUS REWARDS FOR THE INDIVIDUAL, IT MAKES FOR A **better, healthier, stronger society.**

- KEYNOTE SPEAKER,
DR. SONJA LYUBOMIRSKY

3A Utilizing Medication and Cognitive-Behavioral Therapy for Young Adults with ADHD

ANTHONY ROSTAIN, MD, MA

See 2A.

3B Smart Change: Tools to Create New and Sustainable Habits

ART MARKMAN, PhD

Annabel Irion Worsham Centennial Professor of Psychology and Marketing, University of Texas at Austin; Founding Director, Program in the Human Dimensions of Organizations.

3C The Importance of Self-Control and Grit

BRIAN GALLA, PhD

Postdoctoral Fellow in Angela Duckworth's grit lab at the University of Pennsylvania focusing on noncognitive skills.

3D Uncovering Happiness: Developing a Naturally Anti-Depressant Brain and Boosting Grit

ELISHA GOLDSTEIN, PhD

Co-Founder, The Center for Mindful Living; Co-developed CALM (Connecting Adolescents to Learning Mindfulness).

PURPOSE

3:30 PM - 5:00 PM

4A The Role of Purpose in the Transition to Adulthood

JENNI MARIANO, PhD

Associate Professor, University South Florida Sarasota-Manatee; Member, Advisory Council of Echoing Green.

4B Managing the Successful Transition from High School to College for Young Adults with Challenges

LISA KING, M.Ed

Co-Director, College Autism Spectrum; Director, Higher Education and Autism Spectrum Disorders, Inc.

4C How STEM is Opening Doors: Discovering Purpose and Opportunity for Individuals on the Spectrum

PANEL MODERATOR: ELLIS CRASNOW, PhD

Director of STEM (Science, Technology, Engineering, Mathematics) Education, Village Glen School.

PANELISTS:

ANTHONY B. MADDOX, PhD

Professor of Clinical Education University of Southern California Rossier School of Education; Research Fellow, Annenberg Innovation Laboratory.

THORKIL SONNE

Founder and owner of Specialisterne which assesses, trains and employs individuals with autism in technically oriented jobs.

MARIA NICOLACOUDIS, MA

Executive Director, EXPANDability; Chair, California Committee for the Employment of Persons with Disabilities.

4D Supporting the Transition from School to Adult Life: Employment for Individuals with Special Needs

LAURA OWENS, PhD

Associate Professor University, Wisconsin-Milwaukee Exceptional Education Department; Director/Founder, Creative Employment Opportunities, Inc.; President, TransCen, Inc.

SCHEDULE



CEUS

The Help Group is pleased to offer continuing education credits for the 2015 Advance LA Conference, The Science of Happiness. According to the guidelines set forth by accrediting organizations, professionals seeking credit must sign in prior to the first session of the morning and must sign out at the conclusion of the day. Check your professional accrediting organization for total number of credits. No partial credits can be given.

Psychologists

The Help Group is approved by the American Psychological Association to sponsor continuing education for psychologists. The Help Group maintains responsibility for the program and its content. This course is eligible for up to 7 hours of continuing education credits. (Provider #1444) **7 CE credits.**

Occupational Therapists

The Help Group is approved by The American Occupational Therapy Association, Inc. (AOTA) to assign Continuing Education units for occupational therapists. This course is eligible for up to .7 CE units. The assignment of AOTA CE units does not imply endorsement of specific course content, products or clinical procedures by AOTA. (Provider #6193) **.7CEunits.**

Speech-Language Pathologists

This course meets the qualifications for up to 7 hours of continuing professional development credits for Speech-Language Pathologists as required by the California Speech-Language Pathology & Audiology Board. (Provider# PDP86) **7 CPDs.**

Social Workers and Therapists

The Help Group is an accredited provider for continuing education credits for MFTs, LPCCs, LEPs, and LCSWs. This course meets the qualifications for up to 7 hours of continuing education credits as required by the California Board of Behavioral Sciences. (Provider # PCE940) **7 CE hours.**

Behavior Analyst Practitioners

The Help Group is an approved provider of Type 2 Continuing Education units by the Behavior Analyst Certification Board for BCBA's, BCaBA's and BCBA-D's. The following sessions (Dr. Shatté, 2B, 3B and 4B) qualify for Type 2 CEUs. (Provider # OP-12-2163) **Each session qualifies for 1.5 CE units. 6 CE units.**

Certificates of Attendance

The Help Group provides Certificates of Attendance at the conclusion of the program for attendees (including teachers). If you would like a certificate, please stop by the registration table at the end of the day to pick up one.

If you have questions please contact Tamika at tdecambra@thehelpgroup.org, or call 818-779-5198

LOCATION

CONFERENCE LOCATION

American Jewish University
15600 Mulholland Drive, Los Angeles, CA 90077

COMPLIMENTARY EVENT PARKING

HOTEL ACCOMMODATIONS

LUXE SUNSET BOULEVARD HOTEL

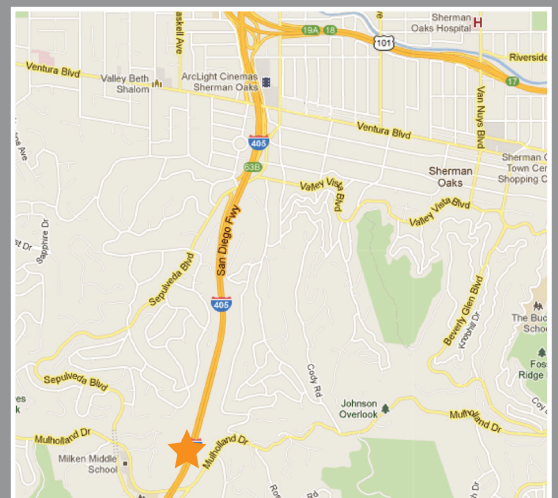
11461 Sunset Blvd.
Los Angeles, CA 90049

Room Rate \$215/night

To receive the special rate, rooms must be reserved by 3/31

For reservations call: 310.476.6571

Group code: ADVANCELA15



Program information, learning objectives and online registration available at www.advancela.org.

All Registrants will receive a flash drive with speaker presentations upon check-in.

The Help Group is committed to making the 2015 Conference accessible to all individuals. If you anticipate needing assistance while at the conference, please contact Tamika at tdecambra@thehelpgroup.org, or call 818-779-5198.

The Help Group reserves the right to change elements of the 2015 Conference. Refunds will be made if a written request is received by April 24, 2015. Registration fees will be refunded less a \$25.00 processing charge. No refunds will be made after April 24, 2015.

or complete this form and mail/fax your registration and payment to

The Help Group - Advance LA

13130 Burbank Blvd - Sherman Oaks, CA 91401 | PHONE 818.779.5198 | FAX 818.947.5580

Early Bird Rates through March 13 | **Standard Rates** after March 13

REGISTRATION

CONCURRENT SESSIONS

select one under each time slot

7:00 AM-8:00 AM REGISTRATION

8:00 AM-8:15 AM OPENING PROCEEDINGS

8:15 AM-9:30 AM KEYNOTE ADDRESS

9:45 AM-11:00 AM - OPTIMISM

- Optimism, Hope, & Perseverance: Skills to Boost Your Positivity

11:10 AM-12:40 PM - CONNECTION

- 2A** Executive Functioning: Building Internal Scaffolding for the Young Adult
- 2B** Social Connections: Making Friends and Dating for Young Adults on the Autism Spectrum using the PEERS Method
- 2C** The Mind-Body Connection: Supporting the Development of Self-Compassion through Mindfulness
- 2D** Progress in Millimeters: Parenting the Young Adult

12:50 PM-1:40 PM - LUNCH

Parents/Professionals not receiving CEUs

- Vegetarian
- Non-Vegetarian

Professionals receiving CEUs

- Vegetarian
- Non-Vegetarian

1:50 PM-3:20 PM - GRIT

- 3A** Utilizing Medication and Cognitive-Behavioral Therapy for Young Adults with ADHD
- 3B** Smart Change: Tools to Create New and Sustainable Habits
- 3C** The Importance of Self-Control and Grit
- 3D** Uncovering Happiness: Developing a Naturally Anti-Depressant Brain and Boosting Grit

3:30 PM-5:00 PM - PURPOSE

- 4A** The Role of Purpose in the Transition to Adulthood
- 4B** Managing the Successful Transition from High School to College for Young Adults with Challenges
- 4C** How STEM is Opening Doors: Discovering Purpose and Opportunity for Individuals on the Spectrum
- 4D** Supporting the Transition from School to Adult Life: Employment for Individuals with Special Needs

First Name _____

Last Name _____

Professional (if receiving CE's) License Number _____

Address _____

City _____

State _____ Zip Code _____

Home Phone _____

Cell Phone _____

Email _____

FRIDAY, MAY 1 (Includes Breakfast & Lunch)

PROFESSIONALS RECEIVING CEU CREDITS

- Early Bird (through March 13).....\$135
- Standard Rates (after March 13).....\$145

Continuing Education Category

- Psychologist
- Speech-Language Pathologist
- MFCC/MFT
- Occupational Therapist
- LCSW
- BCBA

PARENTS & OTHERS

- Early Bird (through March 13).....\$90
- Standard Rates (after March 13).....\$110

If funded by Regional Center our Vendor number is PLO230

STUDENTS

- Early Bird (through March 13).....\$65
- Standard Rates (after March 13).....\$90

Make check payable to: The Help Group

Charge my: Visa MasterCard Amex

Card Number _____

Exp. Date _____ Security Code _____

Cardholder's Name (please print) _____

Signature _____

HOW DID YOU HEAR ABOUT THIS CONFERENCE?

- Mailing
- Help Group Website
- E-mail
- Conference Posting
- Advance LA Website
- Facebook
- Twitter
- Internet Search
- Other _____

Advance LA's
2015 Conference

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Cutting-Edge Research and Best Practices
for Young Adults with Special Needs

Administrative Offices
13130 Burbank Boulevard | Sherman Oaks, CA 91401

Non-Profit Org.
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PERMIT NO. 718
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THE SCIENCE OF HAPPINESS
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for Young Adults with Special Needs

Founded in 1975, The Help Group is the largest, most innovative and comprehensive nonprofit of its kind in the United States serving children with special needs related to autism spectrum disorders, learning disabilities, ADHD, developmental delays, abuse and emotional problems.



www.thehelpgroup.org



At Advance LA we offer the answer to one of the most frequently asked questions by parents of teens and young adults with special needs, "What happens next?" Our personalized program provides clients with the experiences and opportunities necessary to lead a successful adult life. We offer the much needed support in several key areas that facilitates a greater level of independence for each of our clients based on their individual needs.

Through our work, we hope to inspire personal growth and development, offer a sense of mastery and accomplishment, and allow each client to "advance" to greater levels of independence.

THE HELP GROUP'S
Advance LA
www.advancela.org



For More Information

advancela@thehelpgroup.org | 818.779.5198

www.advancela.org | www.thehelpgroup.org

Help Group Administration

Dr. Barbara Firestone - President & CEO
Dr. Susan Berman - Chief Operating Officer
Dr. Diane Flannery - Senior Director of
Strategy and Design

Advance LA Administration

Jill Rosenberg - Director, MSW
Dr. Bonnie Auerbach - Clinical Director
Dr. Crystal Lee - Assistant Director