

THE HELP GROUP'S

Advance LA

2019 Conference

# SQUARE PEG—ROUND HOLES

*dare to be different*

May 10, 2019

American Jewish University, Los Angeles, CA

**Cutting-Edge Research & Best Practices for Neurodiverse Young Adults**  
A Day of Inspiration, Knowledge, and Action for Parents, Professionals, & Young Adults



## FEATURING:

**Steve Silberman**

*Award-winning author of NeuroTribes: The Legacy of Autism & the Future of Neurodiversity*

**Anthony L. Rostain, M.D., M.A.**

*Professor of Psychiatry and Pediatrics and co-author of The Stressed Years of Their Lives*

**B. Janet Hibbs, Ph.D., MFT**

*Family psychologist and co-author of The Stressed Years of Their Lives*

[advancela.org](http://advancela.org)

## 2019 CONFERENCE

The Help Group's 2019 Advance LA Conference, *Square Peg—Round Holes: Dare to be Different* will feature internationally prominent experts whose research and practice support young people with autism, learning differences and ADHD in their transition to college, the workplace, and beyond. This year's conference theme will focus on the many strengths neurodiverse young adults can harness as they transition to adulthood.

## NEW TRACK

There are four sessions (Track D) covering **Dialectical Behavior Therapy** (DBT). DBT combines cognitive-behavioral therapy and mindfulness approaches to help people understand, accept, and change patterns of living that cause suffering. Sessions will focus on the application of DBT in four areas – mindfulness, emotion regulation, family interventions, and interpersonal relationships.

## ADVANCE LA

**Advance LA** was created to address the unique challenges and needs of the 18+ population and help answer the question, "What happens next?" Through a range of programs and services, we support individuals who want to move forward in their lives but may need additional tools and guidance due to social or learning differences.

Programs and Services Include:

- One-on-One Coaching
- Social Clubs for Teens and Young Adults
- Parent-to-Parent Support Groups
- Workshops for Teens & Young Adults
- Conferences & Workshops for Parents and Professionals

## SCHEDULE

7:00am – 8:00am

Registration, Continental Breakfast & Exhibitors

8:00am – 8:15am

Opening Proceedings

### MORNING KEYNOTE ADDRESS

8:15am – 9:15am

**Neurodiversity: Great Minds Don't Always Think Alike**

**Steve Silberman**, *New York Times* best-selling author of *NeuroTribes: The Legacy of Autism and the Future of Neurodiversity*; Award-winning science writer featured in *Wired*, *The New Yorker*, *The MIT Technology Review*, *Nature*, and *Salon*

Choose one topic per session

### SESSION 1

9:25am – 10:30am

**A. Six Super Skills: Building Executive Functioning to Dream It and Do It**

**Lara Honos-Webb, Ph.D.**, Clinical Psychologist and author of *The Gift of ADHD*, *The Gift of Adult ADD*, *The ADHD Workbook for Teens*, *Brain Hacks* and *Listening to Depression*; Founder of the popular resource website, [addisagift.com](http://addisagift.com)

**B. Gender Dysphoria: A Deeper Dive Beyond the Diagnosis**

**Aydin Olson-Kennedy, LCSW**, Executive Director of the Los Angeles Gender Center; Co-Founder of the Stonewall Alliance Center Community Counseling Program; Co-Founder of the Transgender Task Force at California State University, Chico

**Johanna Olson-Kennedy, M.D.**, Medical Director of The Center for Transyouth Health and Development; Associate Professor of Clinical Pediatrics at Keck School of Medicine, USC; Clinician Researcher at Children's Hospital, Los Angeles

**C. Empathy and Neurodiversity**

**Jenara Nerenberg, M.S.**, Founder of The Neurodiversity Project; Author of the soon to be released book, *Divergent Mind*; Contributing writer, UC Berkeley Greater Good Science Center, Garrison Institute; Former contributor/correspondent at CNN and *Fast Company*

**D. Mindful Parenting (Dialectical Behavior Therapy Track)**

**Sasha Ginsburg-Gutstein, LCSW**, Co-Founder and Executive Director of Westside DBT (Dialectical Behavior Therapy); Faculty in UCLA's Department of Social Welfare

**Erin Lotz, LCSW**, Co-Founder and Clinical Director of Westside DBT (Dialectical Behavior Therapy) specializing in mindfulness psychotherapy for adolescents and adults

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## SESSION 2

### 10:40am – 11:45am

#### A. Managing Peer Conflict and Rejection for Young Adults with ASD: The UCLA PEERS Program

**Elizabeth Laugeson, Psy.D.**, Founder and Director of the UCLA PEERS Clinic; Licensed Clinical Psychologist; Associate Clinical Professor in the Department of Psychiatry and Biobehavioral Sciences at the UCLA Semel Institute

#### B. Virtual Interview Training for Transition-Age Youth with Autism Spectrum Disorders

**Matthew Smith, Ph.D., MSW, MPE, LCSW**, Associate Professor of Social Work at the University of Michigan; Recipient of an NIH grant to adapt a virtual reality job training program for people on the autism spectrum

#### C. Rethinking the Role of Shame in Addiction

**Adi Jaffe, Ph.D.**, Founder of IGNTD, a wellness startup that offers a groundbreaking online course for addiction; Author of *The Abstinence Myth*; Contributing writer for *Psychology Today* and *All About Addiction*; Lecturer at UCLA

#### D. Who's in Charge? Me or My Emotions? (Dialectical Behavior Therapy Track)

**Sasha Ginsburg-Gutstein, LCSW & Erin Lotz, LCSW**  
For bios, see Session 1-D

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## LUNCH SESSION

### 11:50am – 12:50pm

#### Living Well in the Face of Life's Most Challenging Moments

**Rabbi Sherre Hirsch**, Nationally-recognized spiritual leader; Author of *Thresholds: How to Thrive Through Life's Transitions to Live Fearlessly and Regret Free* and *We Plan, God Laughs*

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## AFTERNOON KEYNOTE ADDRESS

### 1:00pm – 2:15pm

#### The Stressed Years of Their Lives: College and the Launch to Adulthood for Neurodiverse Youth

**Anthony L. Rostain, M.D., M.A.**, Co-author of *The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years*; Professor of Psychiatry & Pediatrics, Director of the Adult Neurodevelopmental Program, & Medical Director of the ADHD Treatment and Research Program at the University of Pennsylvania Perelman School of Medicine; Co-Director of the Pediatric Neurodevelopmental Psychiatry Service at The Children's Hospital of Philadelphia

**B. Janet Hibbs, Ph.D., MFT**, Co-author of *The Stressed Years of Their Lives: Helping Your Kid Survive and Thrive During Their College Years*; Family psychologist and recognized authority on parent-child & family relationships

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## SESSION 3

### 2:25pm – 3:30pm

#### A. Treating Anxiety in Young Adults Using Cognitive-Behavioral Therapy

**Margaret Distler, M.D., Ph.D.**, Associate Director of UCLA's Anxiety Disorders Clinic; Psychiatrist at UCLA and the West Los Angeles VA Medical Center; Associate Medical Director of the UCLA Aftercare Program with a focus on treating patients with first-episode schizophrenia

#### B. Our Neurodiverse Friendship: How Two Unlikely Friends Learned to Beat Loneliness, Form Lasting Connections, and Create a Place Where Everyone Could Belong

**Daniel Wendler, M.A.**, Best-selling author of *Improve Your Social Skills* and *Level Up Your Social Life*; Two-time TEDx speaker; Doctoral student in clinical psychology and autistic self-advocate  
**Kyler Shumway, M.A.**, Author of *The Friendship Formula: How to Say Goodbye to Loneliness and Discover Deeper Connection*; Doctoral student in clinical psychology

#### C. Gender Non-Conforming Youth and Autism Spectrum Disorder

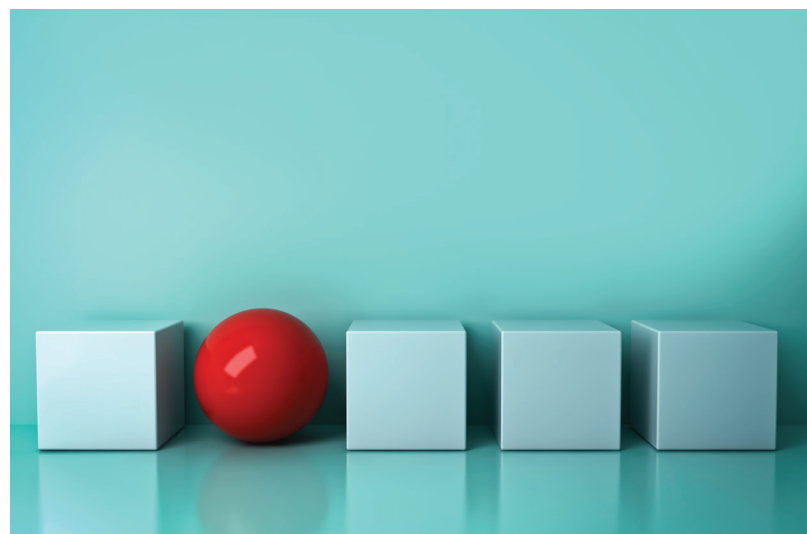
**Jason Bolton, Psy.D.**, Vice President of Programs at The Help Group; Executive Board Member of the California Association of Private Special Education Schools and Agencies  
**Bryan Scheiing, LMFT**, Coordinator of The Help Group's Kaleidoscope LGBTQ+ program; licensed psychotherapist with experience serving marginalized minority groups to promote awareness, acceptance, and empowerment

#### D. Treating Family Systems Using DBT (Dialectical Behavior Therapy Track)

**Sasha Ginsburg-Gutstein, LCSW & Erin Lotz, LCSW**  
For bios, see Session 1-D

#### E. Helping Your Special Needs Young Adult Find Their Unique "Why"—The Path to a Successful Future

**Lara Fielding, Psy.D.**, Author of *Mastering Adulthood: Go Beyond Adulthood to Become an Emotional Grown-Up*; Supervisor Psychologist at the UCLA Department of Psychology and Adjunct Professor at Pepperdine Graduate School of Education and Psychology



## SESSION 4

3:40pm – 4:45pm

### A. Cutting Edge Psychopharmacology (Classical & Holistic) of ASD in Neurodiverse Young Adults

**Lance Steinberg, M.D.**, Child and Adolescent Psychiatrist; Assistant Clinical Professor at UCLA (Geffen) School of Medicine; National Speaker at CHADD (Children and Adults with ADHD), the Tourette's Society of America, and the OCD Foundation

### B. Autism in the Workplace—Strategies for Success in Tech Fields

**Moderator: Ellis Crasnow, Ph.D.**, Director of STEM Education at The Help Group; International speaker on special education, emerging technologies, STEM education, and neurodiversity in the workplace  
**Rebecca Beam**, Managing Director of auticon U.S., an IT consulting firm headquartered in Germany that employs people on the autism spectrum by matching their unique cognitive abilities with job requirements of leading technology companies

**Angel Miles Nash, Ph.D.**, Assistant Professor at Chapman University's Donna Ford Attallah College of Educational Studies; Researcher focusing on the role of school leaders in securing equitable access to STEM education for underserved student populations

**Melissa Toler, M.S.**, Director of Autism Specificity at Coding Autism; Registered Behavior Technician working with transition aged individuals diagnosed with ASD; Certified Supported Employment Specialist and job skills trainer

### C. Community Resources: Supporting Greater Independence for Young Adults

**Moderator: Heather Humphrey, M.A., LMFT**, Director of Adult and Vocational Services at The Help Group; State Chair of the Business, Education & Labor Committee for the California Department of Education  
**Loreena Garcia, MPA**, Client Services and Outreach Manager for ETTA  
**Malahat Mansouri**, Senior Vocational Rehabilitation Counselor at the State Department of Rehabilitation  
**Nazanin Nejad**, Certified Work Incentives Planner at the California Department of Rehabilitation

### D. You Mean You Can't Read My Mind? Getting Your Needs Met and Factors that Get in the Way (Dialectical Behavior Therapy Track)

**Sasha Ginsburg-Gutstein, LCSW & Erin Lotz, LCSW**

For bios, see Session 1-D

## REGISTRATION INFORMATION

### Professionals Receiving CE Credits

Early Bird (through March 31)..... \$150

Standard Rate (after March 31)..... \$165

### Parents, Professionals and Others Not Receiving CE Credits

(Vendor #PL0230 for Regional Center)

Early Bird (through March 31)..... \$100

Standard Rate (after March 31)..... \$120

### Students

Early Bird (through March 31)..... \$70

Standard Rate (after March 31)..... \$80

## REGISTER ONLINE



[www.advancela.org/advance-la-conference](http://www.advancela.org/advance-la-conference)

## 2019 club l.a. EVENTS CALENDAR

For Young Adults Ages 18-29  
with diverse challenges

RSVP: [meetup.com/ClubLA](https://www.meetup.com/ClubLA)  
[advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org)  
818.779.5198

24 MAY

 Outdoor  
Movie Night

21 JUNE

 Karaoke

19 JULY

 RV  
Arcade

16 AUGUST

 Paint &  
Pop

19 SEPTEMBER

 Bowling

26 OCTOBER

 Halloween  
Party

15 NOVEMBER

 Miniature  
Golf

14 DECEMBER

 Holiday  
Party

# CONTINUING EDUCATION

The Help Group is pleased to offer the following continuing education credits for the 2019 Advance LA Conference. According to the guidelines set forth by accrediting organizations, professionals seeking credit must sign in prior to the morning keynote 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. Course completion certificates will be mailed to attendees after they complete the online course evaluation following the conference.

## 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. **6.25 CE credits**

## Occupational Therapists

The Help Group is approved by The American Occupational Therapy Association, Inc. (AOTA) to assign CEs for occupational therapists. The assignment of AOTA CE units does not imply endorsement of specific course content, products or clinical procedures by AOTA. **0.6 CE units**

## Speech-Language Pathologists

This course meets the qualifications for 6.5 hours of CEs for Speech-Language Pathologists as required by the California Speech-Language Pathology & Audiology Board. **6.5 CPDs**

## Social Workers and Therapists

Course meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Help Group is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for parents, students and professionals. The Help Group maintains responsibility for this program/course and its content. **6 CE hours**

## 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 one up.

*\*Opening Proceedings, Breaks, & Lunch are not counted towards CE Credit*

If you have questions, please contact [registration@thehelpgroup.org](mailto:registration@thehelpgroup.org) or call **818.779.5165**

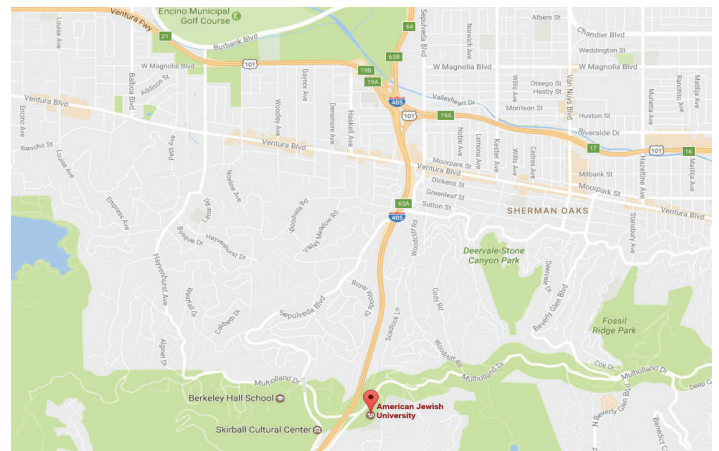
# LOCATION

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

## Complimentary Event Parking

**CONFERENCE PREFERRED HOTEL**  
Luxe Sunset Boulevard Hotel  
11461 Sunset Blvd.  
Los Angeles, CA 90049

For reservations call: **310.476.6571**



Program information, learning objectives and online registration available at [www.advancela.org](http://www.advancela.org). The Help Group is committed to making the 2019 Conference accessible to all individuals. If you anticipate needing assistance while at the conference, please contact [registration@thehelpgroup.org](mailto:registration@thehelpgroup.org), or call **818-779-5165**. The Help Group reserves the right to change elements of the 2019 Conference. Refunds will be made if a written request is received by April 30, 2019. Registration fees will be refunded less a \$25.00 processing charge. No refunds will be made after April 30, 2019.

THE HELP GROUP'S

# Advance LA

## 2019 Conference

Administrative Offices  
13130 Burbank Boulevard | Sherman Oaks, CA 91401

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Van Nuys, CA

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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.

### Program Administration- Advance LA

- Heather Humphrey, M.A., LMFT – *Dir. of Vocational & Adult Services*
- Bonnie Auerbach, Ph.D. – *Clinical Director*
- Jeri Rochman, J.D., M.S. – *Director of Community Outreach*
- Xenia Booker – *Administrative Program Coordinator*

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



[www.thehelpgroup.org](http://www.thehelpgroup.org)



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