

THE HELP GROUP'S

**Advance LA**

Preparing neurodiverse young adults for a successful future



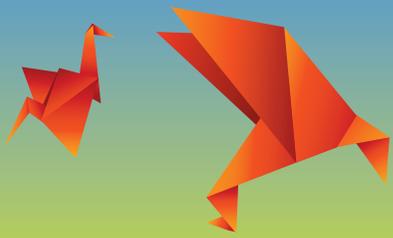
2020 Conference

# IMAGINING POSSIBILITIES

Cutting-Edge Research & Best Practices  
for Neurodiverse Young Adults

**FRIDAY, MAY 8<sup>TH</sup>**

A Day of Inspiration, Knowledge, & Action  
for Parents, Professionals, & Young Adults



## 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 Club for Teens and Young Adults
- Job Coaching
- Vocational Opportunities at The Help Group's Social Enterprise
- Parent-to-Parent Support Groups
- Enrichment Classes for Teens and Young Adults
- Conferences & Workshops for Parents and Professionals

## IMAGINING POSSIBILITIES CONFERENCE

The Help Group's 2020 Advance LA Conference, *Imagining Possibilities* features 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 focuses on the many strengths neurodiverse young adults can harness as they transition to adulthood.

## DBT TRACK OPTION

There will be four sessions (Track A) 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.

## SCHEDULE Choose one topic per session

**7:00am – 8:00am**

**Registration, Continental Breakfast & Exhibitors**

**8:00am – 8:15am**

**Welcome and Orientation**

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### MORNING KEYNOTE ADDRESS

**8:15am – 9:15am**

**The "Yes Brain" Grown Up: Cultivating Courage, Curiosity & Resilience into Young Adulthood**

**Dan Siegel, M.D.**, a Clinical Professor of Psychiatry at the UCLA School of Medicine, Founding Co-Director of the Mindful Awareness Research Center at UCLA and Executive Director of the Mindsight Institute. The Mindsight Institute focuses on the development of mindfulness, teaches insight, empathy, and integration of individuals, families, and communities.

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### SESSION 1

**9:25am – 10:30am**

**A. (DBT) Fostering Self-Regulation and Self Esteem in Young Adults**

**Sasha Ginsburg-Gutstein, LCSW**, the Co-Founder & Executive Director of Westside DBT; Faculty in UCLA's Department of Social Welfare.

**Erin Lotz, LCSW**, the Co-Founder & Clinical Director of Westside DBT specializing in mindfulness psychotherapy for adolescents and adults.

**B. The Importance of Building a Sense of Belonging in LGBTQ+ Youth**

**Bryan Scheihing, LMFT**, is the Program Director of The Help Group's Kaleidoscope LGBTQ+ program. He is a licensed therapist with experience working with marginalized minority groups through promoting awareness, acceptance, and empowerment.

**C. Hope as a Skill: Understanding and Treating Suicide Risk in America**

**M. David Rudd, Ph.D.**, is a licensed and board certified psychologist with extensive clinical experience, with a particular focus on the treatment of suicidality. His most recent book is *Brief Cognitive-Behavioral Therapy for Suicide Prevention*.

**D. Autism at Work: Creating and Scaling Autism Hiring Initiatives**

**Hala Annabi, Ph.D.**, investigates diversity and inclusion initiatives aimed at recruiting, retaining, and advancing autistic tech professionals. She recently published "Autism @ Work Playbook," a resource for employers who are interested in developing hiring programs for those on the autism spectrum.



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## SESSION 2

### 10:40am – 11:45am

#### A. (DBT) Emotion Regulation: Learning to Love ALL of Your Emotions

**Sasha Ginsburg-Gutstein, LCSW**, the Co-Founder & Executive Director of Westside DBT; Faculty in UCLA's Department of Social Welfare.

**Erin Lotz, LCSW**, the Co-Founder & Clinical Director of Westside DBT specializing in mindfulness psychotherapy for adolescents and adults.

#### B. Supporting Transgender Autistic Teens & Young Adults: Meeting Realities with Hope and Courage

**Finn Gratton, LMFT, LPCC**, is a somatic psychotherapist who works at the intersection of trauma, neurodiversity, and sexual and gender minorities.

Finn is the author of *Supporting Transgender Autistic Youth and Adults*. They identify as autistic and non-binary transgender.

#### C. Beyond Medication: Transcranial Magnetic Stimulation (TMS) and the Future of Psychiatry

**Mindy Werner-Crohn, M.D.**, is a board-certified psychiatrist who treats children, adolescents, and adults in her Calabasas private practice, Blue Sky Psychiatry. She was one of the first psychiatrists in this region to provide TMS, a groundbreaking technology that has been approved by the FDA for treatment-resistant depression and OCD. She is currently the consultant for Community Psychiatry's TMS centers in Calabasas & Simi Valley.

#### D. Autism in the Workplace: Creating Positive Employment Outcomes for Generation A

**Amy Jane Griffiths, Ph.D., NCSPP**, is a licensed psychologist and Assistant Professor of Clinical Counseling in the Attallah College of Educational Studies at Chapman University. Her research and clinical work focus on improving educational and employment outcomes for individuals with exceptional needs.

#### E. Divergent Minds Thriving in Adulthood

**Jenara Nerenberg** is the author of the highly-anticipated *Divergent Mind*, hailed as "extraordinary, jaw-dropping" by *Library Journal* and praised by *NY Times* bestselling authors Steve Silberman as "enormously important," and "eye-opening" by Mary Pipher. She is an award-winning journalist with UC Berkeley and Garrison Institute, founder of The Neurodiversity Project, and an alumni of Cal and Harvard.

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## LUNCH BREAK

### 11:50am – 12:50pm

Outdoors on the Chan Soong-Shiong Patio

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## SESSION 3

### 1:00pm – 2:15pm

#### We Are In This Together

**Rabbi Sherre Hirsch** is a 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*.

#### Young Adult Panel

**Moderator: Jason Bolton, Psy.D.**, is the Vice President of Programs at The Help Group and an Executive Board Member of the California Association of Private Special Education Schools & Agencies (CAPSES).

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## SESSION 4

### 2:25pm – 3:30pm

#### A. (DBT) Effective Communication

**Carissa Gallardo, M.A., LMFT**, is the 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.

**Pam Jacobson, M.A., LMFT**, works as a Dialectical Behavioral Therapist at Westside DBT and has received training in both Cognitive Behavioral Therapy and DBT.

#### B. At the Intersection of Gender, Sexuality, and Autism: Best Practices for Parents and Clinicians

**Eva Mendes, LMHC, NCC**, is a sought after Aspergers/autism specialist. She is an author, psychotherapist, and couples' counselor in the Boston area. Eva works with clients nationwide and internationally. Her clients are typically couples where one or both partners have Asperger Syndrome, or LGBTQ+ individuals with autism spectrum disorder.

#### C. Adult ADHD from Chaos to Concentration— Proven Techniques for Harnessing Strengths, Getting into the Zone, and Finding Success on Demand

**Phil Boissiere, LMFT**, is a Silicon Valley ADHD specialist, author of *Thriving with Adult ADHD*, creator of the Beyond Focused for Adult ADHD video program, and Co-Founder of the Elite Focus Clinic.

#### D. The Two Faces of Autism: Strengths, Weaknesses, and Pathways to Success for Young Adults

**Ellis Crasnow, Ph.D.**, is Director of STEM Education at The Help Group. He is an international speaker on STEM education, special education, emerging technologies, and neurodiversity in the workplace.



## SESSION 5

### 3:40pm – 4:45pm

#### A. (DBT) Parenting Dialectical Dilemmas— Taking a Middle Path

**Carissa Gallardo, M.A., LMFT**, is the 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. **Pam Jacobson, M.A., LMFT**, works as a Dialectical Behavioral Therapist at Westside DBT and has received training in both Cognitive Behavioral Therapy and DBT.

#### B. Tips and Tricks for Dating and Romantic Relationships That Actually Work

**Vindia Fernandez, Ph.D.**, completed her internship and postdoctoral fellowship in the neuropsychology training program at the UCLA Semel Institute. As a recipient of the Ruth L. Kirschstein National Research Service Award from the National Institute of Health, Dr. Fernandez studies language and neurocognitive functioning in young adults with schizophrenia.

#### C. Suicide Prevention Center Clinical Training: Suicide Risk Assessment, Prevention, and Intervention

**Patricia Speelman, M.A., LMFT**, is the Division Director of the Didi Hirsch Suicide Prevention Center and has worked in Mental Health Services for 25 years. Throughout her career in Mental Health she has given numerous presentations on the topic of suicide prevention, assessment, and intervention at conferences both nationally and internationally.

#### D. Successful Transition to College for Neurodivergent Teens and Young Adults: Seven Essential Skill Areas and How to Develop Them

**Laurie Stephens, Ph.D.**, is the Director of Program Development for The Help Group. She oversees the young adult programs, social skills, after school, and camp programs and the Kaleidoscope program. Dr. Stephens is a highly regarded public speaker and has extensive background in creating and implementing social and transition programs for youth on the autism spectrum.

#### E. The Impact of Anxiety on the Evaluation and Treatment of Neurodiverse Clients

**Jim Varga, M.D., F.A.A.P.** specializes in developmental pediatrics and the evaluation and treatment of children and teens with learning issues. His primary interest and expertise is in the assessment of Attention Deficit Disorder. He has an extensive career working closely with families, schools, and allied professionals, and has supervised medical trainees in the learning disorder clinics at UCLA and at Cedar-Sinai Hospital.

## REGISTRATION INFORMATION

### Professionals Receiving CE Credits

Early Bird (through April 7) .....\$160  
Standard Rate (after April 7) ..... \$175

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

(Vendor #PL0230 for Regional Center)

Early Bird (through April 7) .....\$105  
Standard Rate (after April 7) .....\$125

### Students

(Vendor #PL0230 for Regional Center)

Early Bird (through April 7) .....\$75  
Standard Rate (after April 7) ..... \$85

## REGISTER ONLINE

Scan the QR code with your phone, or visit our website below to register for the Advance LA Conference today.



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



## CONTINUING EDUCATION

The Help Group is pleased to offer the following continuing education credits for the 2020 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**

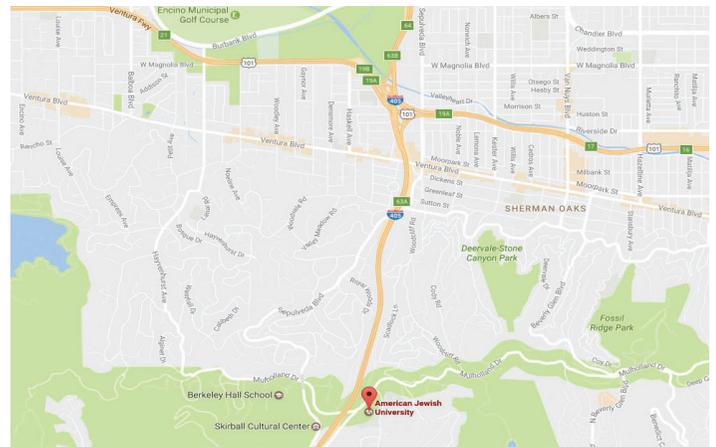
## LOCATION

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 2020 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 2020 Conference. Refunds will be made if a written request is received by April 27, 2020. Registration fees will be refunded less a \$25.00 processing charge. No refunds will be made after April 27, 2020.

THE HELP GROUP'S

# Advance LA 2020 Conference

Administrative Offices  
13130 Burbank Boulevard | Sherman Oaks, CA 91401

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U.S. POSTAGE  
**PAID**  
PERMIT NO. 718  
Van Nuys, CA



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2020 Conference

IMAGINING  
POSSIBILITIES

**Advance LA** prepares neurodiverse teens and young adults for a successful future. Qualified staff and coaches provide resources, support, and training based on individual needs in several key areas, including executive functioning, internships and careers, life skills, social connections, academic support, and health and wellness.

Advance LA inspires personal growth and development, offers a sense of mastery and accomplishment, and allows each client to live a fulfilling and meaningful life.

**Advance LA Administration**

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*

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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## Advance LA

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