

THE HELP GROUP'S

Advance LA

Preparing teens and young adults with  
diverse challenges for a successful future



Advance LA's 2017 Conference

**#CONNECT**

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

**FRIDAY, MAY 5**

Bringing together parents and professionals  
for a day of inspiration, knowledge and action

# 2017 CONFERENCE

The Help Group's 2017 Advance LA Conference 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 diverse challenges have the same need for connection and belonging as their typical peers, even though their neurodevelopmental differences might keep them from experiencing fulfilling connections intellectually and interpersonally. Our speakers will discuss ways to encourage and guide our young adults as they connect to themselves, to others, and to their academic and vocational pursuits in order to create meaningful and rewarding lives; as well as address the needs of those who support the young people in their journey.

**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.

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**7:00 AM - 8:00 AM** REGISTRATION, CONTINENTAL BREAKFAST & EXHIBITORS

**8:00 AM - 8:15 AM** OPENING PROCEEDINGS

**8:15 AM - 9:45 AM** KEYNOTE ADDRESS  
**THE SCIENCE OF CONNECTION FOR YOUNG ADULTS WITH DIVERSE CHALLENGES**

**AMY BANKS, MD** Director of Advanced Training at the Jean Baker Miller Training Institute, Wellesley Centers for Women, Wellesley College; Author of *Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships*

**12:45 PM - 1:45 PM** LUNCH  
**TO SIRI WITH LOVE: HOW ASD TEENS AND YOUNG ADULTS USE TECHNOLOGY TO CONNECT**

**JUDITH NEWMAN, JOURNALIST** Author of the new 2017 memoir *To Siri, With Love*, after the popular New York Times article of the same name; Columnist for the New York Times Book Review; Writer for Vanity Fair, National Geographic, AARP

## SELECT A DAY LONG TRACK OR CHOOSE INDIVIDUAL SESSIONS

### TRACK A ACADEMICS & CAREER

**9:45 AM - 11:00 AM**

#### **1A REAL WORLD SKILL BUILDING: SUPPORTING INDIVIDUALS WITH ASD IN THE TRANSITION FROM SCHOOL TO WORK**

**CAROL SCHALL, PhD**, Co-Director of the Virginia Commonwealth University Autism Center for Excellence; Director of the Virginia Autism Resource Center; Principal Investigator for the Community Based Functional Skills Assessment for Transition Aged Youth with Autism Spectrum Disorders; Author of *Autism and the Transition to Adulthood: Success Beyond the Classroom*

**11:15 AM - 12:30 PM**

#### **2A CONNECTION, COLLABORATION, AND CO-CREATION: DEVELOPING MEANINGFUL EMPLOYMENT OPPORTUNITIES FOR YOUTH WITH DIVERSE NEEDS**

**AMY GRIFFITHS, PhD**, Co-founding Director of the Thompson Policy Institute; Assistant Professor of Clinical Counseling, Chapman University; Nationally Certified School Psychologist

**2:00 PM - 3:15 PM**

#### **3A COLLEGE AND CAREER: PREPARING TEENAGERS AND YOUNG ADULTS FOR SUCCESS IN POST HIGH SCHOOL ENDEAVORS**

**MODERATOR: BONNIE AUERBACH, PhD**, Clinical Director, Advance LA  
**PANELISTS: JESSICA ROMEYN, PsyD**, Therapeutic Solutions for Adolescents and Young Adults; Educational Consultant, IECA  
**TERI SOLOCHEK, PhD, CEP**, Solochek and Associates, Educational Consultant, IECA

**LAUREN LEAVITT, MS Ed**, Education Resources Consultants, Post-Secondary Placement Specialist for Students with Learning Disabilities

**3:30 PM - 4:45 PM**

#### **4A CUTTING-EDGE MARKET-BASED TRAINING AND EMPLOYMENT OPPORTUNITIES FOR YOUNG ADULTS ON THE SPECTRUM: STEM, CYBERSECURITY, TECHNOLOGY AND ANIMATION AND VISUAL EFFECTS**

**MODERATOR: JASON BOLTON, PsyD**, Vice President of Programs, The Help Group

**PANELISTS: ERNIE MERLAN**, Executive Director at Exceptional Minds; CEO of Merlán Creative Studio

**YUDI BENNETT, MA**, Director of Operations, Exceptional Minds; Directors Guild of America Frank Capra Lifetime Achievement Award Winner; Distinguished member of the Academy of Motion Picture Arts & Sciences

**ELLIS CRASNOW, PhD**, Director, STEM<sup>3</sup> Academy and STEM Education, The Help Group; Entrepreneur; Speaker

**KEVIN PELPHREY, PhD**, Director of Autism and Neurodevelopmental Disorders Institute, George Washington University; Director, NIH Postdoctoral training program; Carbonell Family Professor; Speaker

## TRACK B RELATIONSHIPS

9:45AM-11:00AM

### **1B** TRANSITION TO ADULthood: SUCCESSFUL EVIDENCE BASED INTERVENTIONS AND RESEARCH SUPPORTING FAMILIES OF INDIVIDUALS WITH AUTISM SPECTRUM DISORDER

**JULIE LOUNDS TAYLOR, PhD**, Assistant Professor of Pediatrics and Special Education, Vanderbilt Kennedy Center Investigator, Vanderbilt University Medical Center

11:15AM-12:30PM

### **2B** TETHERED TO TECHNOLOGY: THE GOOD, THE BAD, AND...THE (POTENTIALLY) UGLY

**DON GRANT, MFA, CCDC, PhD**, Media Psychologist; Technology Addiction and Chemical Dependency Counselor; Committee Chair of the American Psychological Association (Division 46) "Device Management" Committee

2:00PM-3:15PM

### **3B1** COMPASSION FATIGUE: STAYING MOTIVATED AND ENERGIZED WHEN WORKING WITH YOUNG ADULTS WITH CHRONIC ISSUES

**TERRY EAGAN, MD**, President and Chief Medical Officer for The Eagan Institute; Assistant Clinical Professor, Department of Psychiatry and the Behavioral Sciences University of Southern California College of Medicine; Senior Fellow at Meadows Behavioral Healthcare

### **3B2** LGBTQAI ISSUES FOR NEURO-DIVERSE YOUNG ADULTS

**MODERATOR: HOLLY DANIELS, PhD, LMFT**, Director, Advance LA, The Help Group

**PANELISTS: JESI HARRIS**, RISE Training & Coaching Instructor; Systems of Care Advocate

**MIKE MCCORMACK**, RISE Training & Coaching Instructor; DCFS Educator

**ARIEL BUSTAMANTE**, RISE Training & Coaching Instructor; former Liberty Hill Leader to Watch and American Bar Association Panelist; ACLU of Southern California

3:30PM-4:45PM

### **4B** NAVIGATING THE DATING WORLD FOR YOUNG ADULTS WITH DIVERSE CHALLENGES

**ELIZABETH LAUGESON, PsyD**, Founder and Director of UCLA PEERS Clinic; Director of The Help Group—UCLA Autism Research Alliance; Assistant Clinical Professor, UCLA

## TRACK C DIAGNOSTIC CONSIDERATIONS & INTERVENTIONS

9:45AM-11:00AM

### **1C** IT'S COMPLICATED: HELPING YOUNG ADULTS WITH CO-OCCURRING SUBSTANCE ABUSE DISORDER AND NEURODEVELOPMENTAL ISSUES SUCH AS ASD

**ORIANA MURPHY, LCSW, CADCI** Associate Executive Director, Sober College School of Addiction Studies; Director of Recovery Services

**AIMEE NOEL, LCSW** Clinical Director and Research Director, Sober College

11:15AM-12:30PM

### **2C** DEPRESSION, ANXIETY, AND NEURODEVELOPMENTAL CHALLENGES: THE IMPACT OF COMORBIDITY ON SUCCESSFUL TRANSITIONING INTO ADULthood

**LINDSEY STERLING, PhD**, Licensed Clinical Psychologist; Assistant Professor at California State University Long Beach; Private Practice at The Weichman Clinic at Hoag Hospital.

2:00PM-3:15PM

### **3C** AUTISM AND YOUNG WOMEN: NEW RESEARCH AND BEST PATHS FORWARD

**KEVIN PELPHREY, PhD**, Director of Autism and Neurodevelopmental Disorders Institute, George Washington University; Director, NIH Postdoctoral training program; Carbonell Family Professor; Speaker

3:30PM-4:45PM

### **4C** ADHD AND ATTACHMENT: CURRENT DIAGNOSIS AND TREATMENT APPROACHES FOR TEENS AND YOUNG ADULTS

**CARL FLEISHER, MD**, Assistant Clinical Professor, UCLA; Associate Physician, UCLA Health; Private Practice Psychiatrist; Harvard Medical School MD

## TRACK D MINDFUL AWARENESS

9:45AM-11:00AM

### **1D** THE POWER OF MINDFULNESS: SETTING THE FOUNDATIONS FOR SUCCESS AND WELL-BEING FOR STRUGGLING YOUNG ADULTS AND THEIR FAMILIES

**ELISHA GOLDSTEIN, PhD**, Co-founder of The Center for Mindful Living in West Los Angeles; Psychologist; Speaker;

**STEFANIE GOLDSTEIN, PhD**, Co-founder of The Center for Mindful Living in West LA; Psychologist and Mindfulness Teacher in private practice

11:15AM-12:30PM

### **2D** MINDFULNESS TRAINING FOR YOUNG PEOPLE WITH DIVERSE NEEDS AND OUTCOMES

**CHARLOTTE REZNICK, PhD**, Author of *The Power of Your Child's Imagination*; Former UCLA Associate Professor of Psychology; Founder of Imagery For Kids: Breakthrough for Learning, Creativity, and Empowerment; Ed. Psychologist

2:00PM-3:15PM

### **3D** TAKING IT TO THE NEXT LEVEL: THE SCIENCE AND PRACTICE OF SELF-COMPASSION VS. SELF ESTEEM

**NATALIE BELL, CML**, Founder of Mindful Wellness; Instructor for UCLA Mindful Awareness Research Center, MARC; Certified teacher of Mindful Self-Compassion at the Center for Mindful Living; Director of Corporate Programs at Unplug Meditation

3:30PM-4:45PM

### **4D** THE POWER OF MINDFULNESS: PUTTING YOUR PRACTICE IN MOTION AND EMBRACING ADULthood

**ELISHA GOLDSTEIN, PhD**, Co-founder of The Center for Mindful Living in West Los Angeles; Psychologist; Speaker;

**STEFANIE GOLDSTEIN, PhD**, Co-founder of The Center for Mindful Living in West LA; Psychologist and Mindfulness Teacher in private practice

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 25 | Standard Rates after March 25

**CONCURRENT SESSIONS** select an OPTION

**OPTION 1 - ALL DAY TRACKS**

- ACADEMICS & CAREER**
- DIAGNOSTIC CONSIDERATIONS & INTERVENTIONS**
- RELATIONSHIPS**
- MINDFUL AWARENESS**

**OPTION 2 - CHOOSE YOUR OWN PROGRAM**

**9:45AM – 11:00AM**

- 1A** Real World Skill Building: Supporting Individuals with ASD in the Transition from School to Work
- 1B** Transition to Adulthood: Successful Evidence Based Interventions and Research Supporting Families of Individuals with Autism Spectrum Disorder
- 1C** It's Complicated: Helping Young Adults with Co-Occurring Substance Abuse Disorder and Neurodevelopmental Issues such as ASD
- 1D** The Power of Mindfulness: Setting the Foundations for Success and Well-Being for Struggling Young Adults and Their Families

**11:15AM – 12:30PM**

- 2A** Connection, Collaboration, and Co-Creation: Developing Meaningful Employment Opportunities for Youth with Diverse Needs
- 2B** Tethered to Technology: The Good, The Bad, and...The (Potentially) Ugly
- 2C** Depression, Anxiety, and Neurodevelopmental Challenges: The Impact of Comorbidity on Successful Transitioning into Adulthood
- 2D** Mindfulness Training for Young People with Diverse Needs and Outcomes

**2:00PM – 3:15PM**

- 3A** College and Career: Preparing Teenagers and Young Adults for Success in Post High School Endeavors
- 3B1** Compassion Fatigue: Staying Motivated and Energized when Working with Young Adults with Chronic Issues
- 3B2** LGBTQAI Issues for Neuro-Diverse Young Adults
- 3C** Autism and Young Women: New Research and Best Paths Forward
- 3D** Taking It to the Next Level: The Science and Practice of Self-Compassion vs. Self Esteem

**3:30PM – 4:45PM**

- 4A** Cutting-edge Market-based Training and Employment Opportunities for Young Adults on the Spectrum: STEM, Cybersecurity, Technology and Animation and Visual Effects
- 4B** Navigating the Dating World for Young Adults with Diverse Challenges
- 4C** ADHD and Attachment: Current Diagnosis and Treatment Approaches for Teens and Young Adults
- 4D** The Power of Mindfulness: Putting Your Practice in Motion and Embracing Adulthood

**LUNCH**

- Vegetarian
- Non-Vegetarian

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Professional (if receiving CE's) License Number \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**FRIDAY, MAY 5** (Includes Breakfast & Lunch)

**PROFESSIONALS RECEIVING CEU CREDITS**

- Early Bird (through March 25).....\$150
- Standard Rates (after March 25).....\$165

**Continuing Education Category**

- Psychologist
- Speech-Language Pathologist
- Occupational Therapist
- Social Worker and Therapist
- Behavior Analyst Practitioner

**PARENTS & OTHERS**

- Early Bird (through March 25).....\$100
- Standard Rates (after March 25).....\$120

If funded by Regional Center our Vendor number is PL0230

**STUDENTS**

- Early Bird (through March 25).....\$70
- Standard Rates (after March 25).....\$80

**Make check payable to: The Help Group**

Charge my:  Visa  MasterCard  Amex

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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 \_\_\_\_\_

# CEs

If you have questions please contact **Advance LA** at [advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org), or call **818-779-5198**

The Help Group is pleased to offer continuing education credits for the 2017 Advance LA Conference. 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. Sessions are 75 minutes each.

## 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 6.5 hours of CEs.

**6.5 CE credits.**

## Occupational Therapists

The Help Group is approved by The American Occupational Therapy Association, Inc. (AOTA) to assign CEs for occupational therapists. This course is eligible for up to .6 CE units. The assignment of AOTA CE units does not imply endorsement of specific course content, products or clinical procedures by AOTA. **.6 CE units.**

## Speech-Language Pathologists

This course meets the qualifications for up to 6 hours of CEs for Speech-Language Pathologists as required by the California Speech-Language Pathology & Audiology Board.

**6 CPDs.**

## Social Workers and Therapists

The Help Group is an accredited provider for CEs for MFTs, LPCCs, LEPs, and LCSWs. This course meets the qualifications for up to 6.5 hours of continuing education credits as required by the California Board of Behavioral Sciences.

**6.5 CE hours.**

## Behavior Analyst Practitioners

The Help Group is an approved provider of Type 2 CEs by the Behavior Analyst Certification Board for BCBA, BCaBAs and BCBA-Ds. The following sessions qualify for **1.5 CE units sessions: C. Schall and L. Laugeson.**

## 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.

\*Breaks and Lunch are not counted towards CE Credit

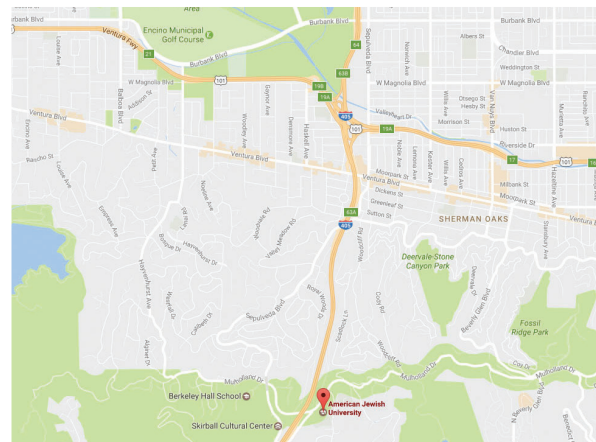
## LOCATION

**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  
Group code: AdvanceLA2017



Program information, learning objectives and online registration available at [www.advancela.org](http://www.advancela.org). All Registrants will receive a flash drive with speaker presentations upon check-in. The Help Group is committed to making the 2017 Conference accessible to all individuals. If you anticipate needing assistance while at the conference, please contact [advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org), or call 818-779-5198. The Help Group reserves the right to change elements of the 2017 Conference. Refunds will be made if a written request is received by April 28, 2017. Registration fees will be refunded less a \$25.00 processing charge. No refunds will be made after April 29, 2017.

# Advance LA's 2017 Conference

Administrative Offices  
13130 Burbank Boulevard | Sherman Oaks, CA 91401

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Van Nuys, CA

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**#CONNECT**

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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 disorders, learning disabilities, ADHD, developmental delays, abuse and emotional challenges.



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.

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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.



For More Information  
advancela@thehelpgroup.org | 818.779.5198  
www.advancela.org | www.thehelpgroup.org

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### Help Group Administration

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

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### Advance LA Administration

Dr. Holly Daniels - Director  
Dr. Bonnie Auerbach - Clinical Director