

THE HELP GROUP'S

Advance LA

# THRIVING THROUGH TRANSITIONS

Finding **Strengths** in Differences

— CONFERENCE —

**May 18, 2018**

American Jewish University, Los Angeles, CA

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

FEATURING

**Dan Siegel, M.D.**

*Author, Speaker and Clinical Professor of Psychiatry  
UCLA School of Medicine*

and

**Robert Koegel, Ph.D. and Lynn Koegel, Ph.D.**

*Clinical Professors of Psychiatry and Behavioral Sciences  
Stanford University*

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

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

## 2018 CONFERENCE

The Help Group's 2018 Advance LA Conference, *Thriving Through Transitions: Finding Strengths in Differences* 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 neurodiversity and the many strengths young adults can harness as they transition to adulthood.

## 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. The goal is to help prepare young people for a successful future.

**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.

**club l.a.:** a popular social community that offers monthly events geared to enhance social skills, promote connections to others with similar interests, and develop long-lasting friendships for young adults ages 18–35.

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

## SCHEDULE

**7:00am – 8:00am**

**Registration, Continental Breakfast & Exhibitors**

**8:00am – 8:15am**

**Opening Proceedings**

### KEYNOTE ADDRESS

**8:15am – 9:45am**

**Dan Siegel, M.D. – Brainstorm: The Power and Purpose of the Teen and Young Adult Brain**

**Dan Siegel, M.D.**, Clinical Professor of Psychiatry at the UCLA School of Medicine; Founding Co-Director of the Mindful Awareness Research Center at UCLA; Executive Director of the Mindsight Institute; *New York Times* Bestselling Author

**Choose one topic per session**

### SESSION 1

**9:55am – 11:10am**

**A. The Next Frontier: Neurodiversity in the Workplace**

**Lindsey Sterling, Ph.D.**, Licensed Clinical Psychologist; Assistant Professor at California State University, Long Beach; Clinical Psychologist at The Weichman Clinic at Hoag Neuroscience Institute

**B. Thriving Through Friendships: Improving Outcomes for Young Adults with Autism Spectrum Disorder**

**Elizabeth Laugeson, Psy.D.**, Founder and Director of the UCLA PEERS Clinic; Licensed Clinical Psychologist; Associate Clinical Professor at the UCLA Semel Institute for Neuroscience and Human Behavior; Training Director for the UCLA Tarjan Center for Excellence in Developmental Disabilities; Author of *PEERS for Young Adults: Social Skills Training for Adults with Autism Spectrum Disorder and Other Social Challenges*

**C. Finding Strength in Diversity: Crafting a New Narrative**

**Michelle Bee, LMFT**, Director of Advance LA; Licensed Psychotherapist with over 10 years of experience in the delivery and service of mental health care; Co-chair of the California Association of Marriage and Family Therapists Expressive Arts Committee; Author of *Searching for SHE In the Poet-Tree of Life*

**D. Gender Dysphoria: Beyond the Medical and Mental Health Diagnosis – Part 1**

**Aydin Olson-Kennedy, MSW, ACSW**, Executive Director, Los Angeles Gender Center; Co-founder, Stonewall Alliance Center Community Counseling Program; Co-founder, Transgender Task Force at California State University, Chico

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

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## SESSION 2

### 11:20am – 12:35pm

#### A. Gender Dysphoria: Beyond the Medical and Mental Health Diagnosis – Part 2

**Aydin Olson-Kennedy, MSW, ACSW**, Executive Director, Los Angeles Gender Center; Co-founder, Stonewall Alliance Center Community Counseling Program; Co-founder, Transgender Task Force at California State University, Chico

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

#### B. Panel Discussion – "Our Stories: Strengths in Differences"

**MODERATOR: Jason Bolton, Psy.D.**, Vice President of Programs at The Help Group

**Tom Iland, CPA**, Author of *Come to Life: Your Guide to Self-Discovery*; Certified Public Accountant; Distinguished Toastmaster; Board Member of Autism Speaks, The Art of Autism, and Junior Chamber International

**Emily Ann Iland, M.A.**, Adjunct Professor in the Department of Special Education at California State University, Northridge; Author; President of the Autism Society of America, Los Angeles; Founder of the Santa Clarita Autism Asperger Network

**Jessica McCabe**, Actress and Writer; Creator and Host of the "How to ADHD" YouTube channel; Presenter of the popular TED Talk, "Failing at Normal: An ADHD Success Story"

**Lydia X. Z. Brown**, Disability Justice Advocate and Organizer; Founding Board Member of the Alliance for Citizen Directed Services; Board Member of the Autism Women's Network; Writer and Public Speaker who was honored by The White House in 2013; Public Interest Law Scholar at Northeastern University School of Law

#### C. Connecting the Dots: Employer Perspectives on Creating Meaningful Employment Opportunities for Young Adults with Diverse Needs

**Amy Griffiths, Ph.D., NCSP, BCBA-D**, Co-founding Director of the Thompson Policy Institute; Assistant Professor of Clinical Counseling at Chapman University; Nationally Certified School Psychologist; Licensed Clinical Psychologist

#### D. Toward Sustainable Happiness: Uncovering Our Greatest Strengths in the Midst of Life's Challenges

**Elisha Goldstein, Ph.D.**, Co-founding Director of The Center for Mindful Living in West Los Angeles; Psychologist; Speaker; Author of *Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion*

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## LUNCH SESSION

### 12:45pm – 1:45pm

#### Every Soul is Uniquely Blessed

**Rabbi Naomi Levy**, National bestselling author of *To Begin Again*, *Talking to God*, *Hope Will Find You* and *Einstein and the Rabbi*; Founder of Nashuva, a groundbreaking Jewish spiritual outreach movement; Named one of the top-fifty rabbis by Newsweek; Has appeared on The Oprah Winfrey Show, the Today Show and NPR

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## SESSION 3

### 2:00pm – 3:15pm

#### Decreasing Barriers to Education and Employment for Young Adults with ASD

**Robert Koegel, Ph.D.**, Founding Director of the Koegel Autism Center at UC Santa Barbara; International authority in the area of autism, publishing over 200 articles and papers, and six books; Distinguished Professor; Senior Researcher at Stanford University School of Medicine; Recipient of numerous multi-million dollar research and training grants from NIH, NIMH, and DOE

**Lynn Koegel, Ph.D.**, Founding Clinical Director of the Koegel Autism Center at UC Santa Barbara; Co-author and Co-editor of major textbooks on autism; Co-author of the best-selling book, *Overcoming Autism: Finding the Answers, Strategies, and Hope that Can Transform a Child's Life*; Developed and published procedure manuals used in school districts throughout the world; Clinical Professor at Stanford University School of Medicine

Drs. Robert and Lynn Koegel were the first recipients of the Sesame Street Children's Television Workshop Award for brightening the lives of children

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## SESSION 4

### 3:30pm – 4:45pm

#### A. Finding Strengths in Differences: The Power of a STEM Education

**Ellis Crasnow, Ph.D.**, Director of STEM Education at The Help Group; International speaker on STEM education, special education, emerging technologies, and neurodiversity in the workplace; Prior to his role in education, Dr. Crasnow was a successful entrepreneur

#### B. Parents – Think and Rethink: Emotional Regulation While Parenting Teens and Young Adults with Autism

**Yael Enav, Ph.D.**, Clinical Psychologist with over 15 years of experience working and treating in Israel and the U.S.; Study lead at Stanford University's Psychophysiology Lab, focusing on emotion regulation within children with ASD and their parents; Currently working at Stanford University's Faculty Help Center and in private practice in Palo Alto

#### C. Wired and Tired: Electronic Fast as the Missing Link in Treating ADHD, ASD and Depression in Teens and Young Adults

**Victoria Dunckley, M.D.**, Board-certified Child, Adolescent and Adult Psychiatrist; Author, *Reset Your Child's Brain: A Four Week Plan to End Meltdowns, Raise Grades and Boost Social Skills by Reversing the Effects of Electronic Screen Time*

#### D. Next Generation Interventions: Moving Beyond Behaviors to Cognitions (Executive Functioning and Social Cognitive Skills) for Teens and Adults

**Mary Baker-Ericzén, Ph.D.**, Licensed Psychologist; Director, Intricate Mind Institute; Adjunct Faculty, Marriage and Family Therapy Program and Clinical Faculty, Department of Psychiatry, University of California, San Diego

Register online at [www.advancela.org](http://www.advancela.org)

or complete this form and mail your registration and payment to

The Help Group – Advance LA • 13130 Burbank Blvd, Sherman Oaks, CA 91401 • T 818.779.5165

Early Bird Rates through April 7 • Standard Rates after April 7

Choose one topic per session

SESSION 1 (9:55am – 11:10am)

- A. The Next Frontier: Neurodiversity in the Workplace
B. Thriving Through Friendships: Improving Outcomes for Young Adults with Autism Spectrum Disorder
C. Finding Strength in Diversity: Crafting a New Narrative
D. Gender Dysphoria: Beyond the Medical and Mental Health Diagnosis – Part 1

SESSION 2 (11:20am – 12:35pm)

- A. Gender Dysphoria: Beyond the Medical and Mental Health Diagnosis – Part 2
B. Panel Discussion – “Our Stories: Strengths in Differences”
C. Connecting the Dots: Employer Perspectives on Creating Meaningful Employment Opportunities for Young Adults with Diverse Needs
D. Toward Sustainable Happiness: Uncovering Our Greatest Strengths in the Midst of Life’s Challenges

SESSION 3 (2:00pm – 3:15pm) \*All Attendees

- Decreasing Barriers to Education and Employment for Young Adults with ASD

SESSION 4 (3:30pm – 4:45pm)

- A. Finding Strengths in Differences: The Power of a STEM Education
B. Parents – Think and Rethink: Emotional Regulation While Parenting Teens and Young Adults with Autism
C. Wired and Tired: Electronic Fast as the Missing Link in Treating ADHD, ASD and Depression in Teens and Young Adults
D. Next Generation Interventions: Moving Beyond Behaviors to Cognitions (Executive Functioning and Social Cognitive Skills) for Teens and Adults

LUNCH (Breakfast is also included)

- Vegetarian Non-Vegetarian

ATTENDEE DIRECTORY

As a resource for registrants, we are putting together a directory of conference attendees that will be distributed following the event. If you wish to be included in this directory, please opt in below and ensure your name, job title, company and email address are accurate as these will be the fields included in this directory.

- Yes, include me in the attendee directory
No, don't include me in the attendee directory

How did you hear about us?

- Attended a prior conference Advance LA Website Help Group Website
Social Media Email Mailing Advertisement (online)
Advertisement (print) Other

Registration form fields: FIRST NAME, LAST NAME, COMPANY NAME, JOB TITLE, STREET ADDRESS, CITY, STATE, ZIP CODE, HOME PHONE, CELL PHONE, EMAIL

PROFESSIONALS RECEIVING CE CREDITS

- Early Bird (through April 7)... \$150
Standard Rates (after April 7)... \$165

CONTINUING EDUCATION CATEGORY

- Psychologist (6.5 CEs) MFCC/MFT (6 CEs)
LCSW (6 CEs) Speech-Language Pathologist (6.5 CPDs)
Occupational Therapist (0.6 CE units)

License Number

PROFESSIONALS NOT RECEIVING CE CREDITS

- Early Bird (through April 7)... \$100
Standard Rates (after April 7)... \$120

PARENTS & OTHERS

- Early Bird (through April 7)... \$100
Standard Rates (after April 7)... \$120

Are you paying through a Regional Center? Yes No

If yes, please provide the following information (vendor number PL0230):

REGIONAL CENTER

CHILD'S NAME

STUDENTS

- Early Bird (through April 7)... \$70
Standard Rates (after April 7)... \$80

SCHOOL ATTENDING MAJOR/PROGRAM (Bring ID on day of conference)

PAYMENT (Make check payable to: The Help Group)

Charge my: Visa Mastercard Amex

CARD NUMBER EXP. DATE SECURITY CODE

CARDHOLDER'S NAME

SIGNATURE





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## CONTINUING EDUCATION

The Help Group is pleased to offer the following continuing education credits for the 2018 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.

### 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 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 .6 CE units. 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

The Help Group is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. The Help Group (Provider #64310) 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.

*\*Breaks and Lunch are not counted towards CE Credit*

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

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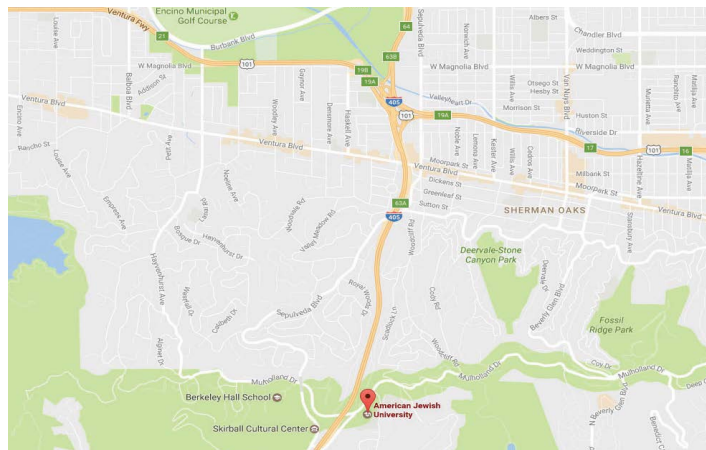
## LOCATION

**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: **AdvanceLA2018**



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Program information, learning objectives and online registration available at [www.advancela.org](http://www.advancela.org). The Help Group is committed to making the 2018 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 2018 Conference. Refunds will be made if a written request is received by May 4, 2018. Registration fees will be refunded less a \$25.00 processing charge. No refunds will be made after May 4, 2018.

THE HELP GROUP'S

# Advance LA 2018 Conference

Administrative Offices  
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THE HELP GROUP'S  
Advance LA  
2018 Conference

THRIVING  
THROUGH TRANSITIONS

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**

Michelle Bee, LMFT – *Director, Advance LA*  
Dr. Bonnie Auerbach – *Clinical Director, Advance LA*  
Dr. Diane Flannery – *Conference Director*  
*Senior Director of Strategy & Design, The Help Group*

**Contact**

advancela@thehelpgroup.org | 818.779.5198  
www.advancela.org | www.thehelpgroup.org

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 and emotional challenges.



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