



WORKSHOPS

8:30 AM-3:05 PM

Ground Floor & 3rd Floor (see Inside)

KEYNOTE SPEAKER

Patrick Gorman

10:40 AM-11:40 AM

Ground Floor, Dewberry Hall

BOOK SALE

10:00 AM- 3:00 PM

GMU Bookstore, 1st Floor

RESOURCE FAIR

More than 40 organizations and post secondary institutions are represented

8:00 AM-2:30 PM

Ground Floor, lobby

FUTURE QUEST

www.futurequestgmu.org



Sponsored by the Virginia Department of Education's Region IV Training & Technical Assistance Center and the Northern Virginia Transition Coalition www.novatransition.org

Session Time	Dewberry Hall	Room A 3rd floor	Room B 3rd floor	Room C 3rd floor	Room D 3rd floor
Session 1 8:30 - 9:20		COLLEGE Psychoeducational Testing: Understanding Results for College-Recommendations, Strategies, and Accommodations	COLLEGE Finding a Good Fit for Students Who Learn Differently	COLLEGE Successful Transition from High School to College for Students with Learning Disabilities	LIFE PLANNING Waiver Redesign and CSB Services
Session 2 9:30 - 10:20		COLLEGE Learn About Disability Services from College Counselors	COLLEGE Dealing with Physical and Mental Health Challenges at College: A Panel Discussion	COLLEGE Portrait of an ADHD Graduate: Harness your Superpowers	LIFE PLANNING Supplemental Security Income-Mythbusters
Keynote Session 10:40 – 11:40	Welcome Dr. Mary V Kealy, Director VDOE Training & Technical Assistance Center George Madon University			Patrick Gorman Keynote Speaker	
Lunch 11:40 -1:00					
Session 3 1:10 – 2:00	SELF-ADVOCACY Young Adults Share High School, College and Work Experiences: A Panel Discussion	COLLEGE Transition for Diverse Learners: Tips for Making the Process Seamless	COLLEGE Adulting for College: Five Tips for Success	COLLEGE Organize Your Life with Google!	LIFE PLANNING Apps for Life Skills
Session 4 2:15 – 3:05	SELF-ADVOCACY Be Determined for Your Future: Career and Workplace Readiness Skills	COLLEGE NVCC to a Four-Year College		COLLEGE Dual Enrollment through NVCC	LIFE PLANNING Estate Planning & Guardianship for Individuals with Disabilities

Room E 3rd floor	Room F 3rd floor	Room G 3rd floor	George's 3rd floor	Bistro Ground floor
<p>EMPLOYMENT</p> <p>Extended session (8:30 – 10:20)</p> <p>Finding the Career that Matches Me</p>	<p>AUTISM</p> <p>Executive Functioning and Emotional Regulation for Young Adults with Autism</p>	<p>SELF-ADVOCACY</p> <p>Parents' Role in College</p>	<p>SELF-ADVOCACY</p> <p>Anxiety: Transitioning to Life After High School</p>	<p>EMPLOYMENT</p> <p>Learn Job Skills Through a Volunteer Experience</p>
<p>Continued</p>	<p>AUTISM</p> <p>Executive Functioning and Emotional Regulation for Young Adults with Autism (Session repeated)</p>	<p>SELF-ADVOCACY</p> <p>Students with Disabilities: From High School to College</p>	<p>COLLEGE</p> <p>Adaptive Skills Training for Students with Disabilities Transitioning to College</p>	<p>ALTERNATE POST HS</p> <p>Immigration Issues Regarding Postsecondary Planning</p>

Patrick Gorman will draw from his experience as a young adult with a disability to deliver the keynote presentation in Dewberry Hall. He will share his strategies for success with young people and their families to encourage all to reach for and attain their goals.

Behind Registration

Quiet Room

8:30 AM-3:00 PM

Gold Room

Youth Activities

8:30 AM-12:30 PM

<p>EMPLOYMENT</p> <p>Customized Employment Through Entrepreneurship: A Panel Discussion</p>	<p>AUTISM</p> <p>Self-Management Skills</p>	<p>SELF-ADVOCACY</p> <p>Ending the Silence: Education and Hope for Mental Health</p>	<p>SELF-ADVOCACY</p> <p>How Parents Can Help Their Child Develop Self-Advocacy</p>	
<p>EMPLOYMENT</p> <p>Level Up: Tips and Tricks to Get Your First Job</p>	<p>AUTISM</p> <p>Increasing Social Skills for Postsecondary Success</p>	<p>SELF-ADVOCACY</p> <p>Disability Disclosure: Collaborating with Your Employer to Thrive in the Workplace</p>	<p>SELF-ADVOCACY</p> <p>Living Sober: Navigating Life after High School Without Using Drugs or Alcohol</p>	

Session 1: 8:30 AM – 9:20 AM

Room A

Psychoeducational Testing: Understanding Results for College-Recommendations, Strategies, and Accommodations

Rachna Varia, Ph.D., Licensed Clinical Psychologist, Co-Founder of Mind Well Psychology

Dr. Varia will discuss different areas assessed in psychoeducational testing and what it means in real life, for both the classroom and learning strategies. Psychoeducational testing can be a powerful tool to understand a student's unique profile. As teens transition to young adulthood, they should know their specific strengths and weaknesses. Dr. Varia will discuss specific learning disabilities, such as dyslexia, dysgraphia and ADHD, and how students will be transitioning from rights under IDEA to ADA.

Room B

Finding a Good Fit for Students Who Learn Differently

Judith Bass, CEP, Founder of Bass Educational Services, LLC

Have you ever wondered how to narrow down the list of colleges for a student with learning differences? This presentation will provide an overview of the college planning process and how it differs from that of a neurotypical student. Topics include: fostering independence, developing self-advocacy skills, timing and nature of psychoeducational testing, and determining specific ways that colleges can meet the needs of students who learn differently. The presentation will conclude with a 15-minute question and answer period to address any issues not discussed or that need further clarification.

Room C

Successful Transition from High School to College for Students with Learning Disabilities

William N. Presutti, M.S., LDT/C, Regional Center for Learning Disabilities, Fairleigh Dickinson University

This workshop focuses on the major differences between high school and college for students with learning disabilities and how to prepare for these changes. Strategies for a successful transition, based on the work of the Regional Center for Learning Disabilities, will be shared.

Room D

Waiver Redesign and CSB Services

Lucy Beadnell, Director of Advocacy, The Arc of Northern Virginia

Lucy will discuss what Developmental Disability Medicaid Waivers are, what they offer, how to apply, and how to navigate the waiting list and service utilization. Lucy will spend time focusing on the 2016 redesign of the waiver system and how that has changed the services offered, as well as the roll out of managed care in Virginia Medicaid and how that affects waivers now. This session is appropriate for anyone just learning about waivers, someone applying for waivers, people on the waiting list, and individuals utilizing waivers already.

Room E

*Finding the Career That Matches Me

Lisa Blakeney, M.A., Certified Vocational Evaluator, Vocational Validation, LLC

Janelle Ellis, Ed.S., CVE, Coordinator of Career and Transition Services, Fairfax County Public Schools

An important factor that leads to success in life is feeling good about one's work and career choices. This session will help you identify the importance of matching your temperament, personality, and preferences with your strengths when setting career goals for your future.

***Extended Session: 8:30-10:25**

Executive Functioning and Emotional Regulation for Young Adults with Autism

Paul Cavanagh, Ph.D., Senior Director, Vocational Independence Program, NYIT

This presentation will provide background on the conceptualization of the components of executive functioning attributes, particularly as defined by Dr. Russell Barkley. Of the five components of executive functioning identified by Dr. Barkley, we will discuss the importance of the inhibition of behavior and emotional control for the development of independence for young adults with autism. The presenter will outline the model used by the NYIT Vocational Independence Program to develop executive functioning skills as part of an overall Positive Behavioral Interventions and Strategies approach to curriculum development.

Parents' Role in College

Dr. Joan Ehrlich, Coordinator, Interpreter Services Office and Adjunct Professor, Early Childhood Education, Northern Virginia Community College
Anmarie Kallas, Disability Support Services Counselor, Northern Virginia Community College

The transition from high school to college can be a time full of excitement, joy, trepidation, and stress. Parents can play a very important role in their child's college education, but it is very different from the one they had during the K-12 years. Come find out how the laws that protect individuals with disabilities change from K-12 to college, and how you can continue to be an advocate for your sons and daughters and assist in their college success.

Anxiety: Transitioning to Life after High School

Neil McNerney, M.Ed., LPC

Dealing with anxiety at any age is difficult, but the added stressors of moving on from high school can make this time of life more difficult. Join licensed professional counselor, Neil McNerney, as he shares specific techniques and activities he uses with his young adult clients to calm fears and worries.

Learn Job Skills through a Volunteer Experience

Emily Swenson, Deputy Director, Volunteer Fairfax

Volunteering can be a great way to forge new relationships, gain personal satisfaction and social status, hone marketable skills, and for networking opportunities. Learn about how a potential volunteer opportunity can help build your skills. We will discuss what to think about before embarking on this journey, the parent's role, what to consider to make this opportunity a success, and how to get started.

Activity Room for Youth 8:30 a.m. – 12:30 p.m.

Come enjoy hands-on activities about employment and assistive technology! Drop by anytime between 8:30 a.m. and 12:30 p.m.



Session 2: 9:35 AM-10:20 AM

Room A

Learn about Disability Services from College Counselors

Tracy Bell, Disability Counselor, Northern Virginia Community College

Naomi Martinez-Jones, Director, Disability Services, George Mason University

This will be an interactive session where participants will have an opportunity to ask questions and put a face to disability support services from area colleges. The presenters will describe typical services offered at college and universities for students with disabilities and answer your questions.

Room B

Dealing with Physical and Mental Health Challenges at College: A Panel Discussion

Judith Bass, CEP, Founder of Bass Educational Services, LLC

Sarah Harte, LICSW, Director, The Dorm DC

Annie Tulkin, Founder and Director, Accessible College

For students who are dealing with physical disabilities and/or mental health issues, finding a college that will provide the appropriate level of services and accommodations can be challenging. This panel will discuss ways to evaluate a college's disability and mental health services before the student enrolls, as well as accessing resources once the student is on campus. Our panelists will provide information on the importance of self-advocacy, accessing on-campus and community resources, types of accommodations available, residential housing needs, and academic and study skills support. Attendees will come away with practical strategies for achieving a smooth transition to college and a successful college experience.

Room C

Portrait of an ADHD Graduate: Harnessing Your Superpowers

Patricia Hudak, PCC, BCC, Founder & Certified ADHD/EF Coach, PathFinder Coaching & Tutoring, LLC

This session focuses on ways students, parents, and teachers can work together to prepare students with ADHD to be successful in the 21st Century workforce. Topics will include identifying and building on existing strengths, strategies for developing executive functioning skills, and a discussion of ways students can enter the next chapter of their lives with confidence – independent and self-motivated!

Room D

Supplemental Security Income – Mythbusters!

Marilyn Morrison, Virginia ACCSES Community Work Incentives Coordinator

Fear of losing benefits or costly paybacks often persuades students and families to limit employment earnings or, more commonly, not to enter the labor force. However, students can work by utilizing SSA work incentives and Virginia's MEDICAID WORKS, new ABLE NOW accounts, and SSA's Ticket to Work programs. Learn how to utilize these and other programs and to work and navigate through the complicated state and federal disability benefits systems. This session will touch on initial eligibility, the differences between SSI, SSDI, Medicaid and Medicare and the basic working rules, as well as the current financial incentive programs.

Room F

Executive Functioning and Emotional Regulation for Young Adults with Autism

Paul Cavanagh, Ph.D., Senior Director, Vocational Independence Program, NYIT

This presentation will provide background on the conceptualization of the components of executive functioning attributes, particularly as defined by Dr. Russell Barkley. Of the five components of executive functioning identified by Dr. Barkley, we will discuss the importance of the inhibition of behavior and emotional control for the development of independence for young adults with autism. The presenter will outline the model used by the NYIT Vocational Independence Program to develop executive functioning skills, as part of an overall Positive Behavioral Interventions and Strategies approach to curriculum development.

Students with Disabilities: From High School to College

Betsy Trice, Attorney-Advisor, Office of Civil Rights, U.S. Department of Education

The mission of the Office for Civil Rights, U.S. Department of Education, is to ensure equal access to education. An important priority is increasing access to higher education for students with disabilities. The presenter will discuss the differing rights and responsibilities of students and schools under federal laws at high school and college.

Adaptive Skills Training for Students with Disabilities Transitioning to College

Dr. Sajjad Khan, Ph.D., LCSW

Recent data suggests that a large proportion of special needs students transitioning to college are underprepared for the numerous challenges that accompany the first-year experience. These can include challenges in receiving reasonable accommodations, self-disclosure of disabilities, self-advocacy, time management, self-regulation of core symptoms, and navigating the peer environment. Targeted training in executive function skill development, self-regulation and mindfulness, and social skills coaching can provide foundational adaptive skills to help curtail many of these inherent challenges.

Immigration Issues Regarding Post-Secondary Planning

Lynelle Palencia, Employment and Transition Representative, Fairfax County Public Schools

The needs of immigrant students, as well as U.S. - born students with immigrant parents, are changing. This workshop will include the challenges and issues associated with transition planning and navigating the postsecondary process, as well as applying for FAFSA and other resources.



Keynote: 10:40AM - 11:40AM | Patrick Gorman

Lunch: 11:40 AM – 1:00 PM

Session 3: 1:10 PM – 2:00 PM

Young Adults Share High School, College and Work Experiences: A Panel Discussion

Come listen to young adults with disabilities share their experiences and their journeys from high school through college. Learn through their experiences how to best advocate for yourself and for your needs now and in the future. Speakers will talk about what helped them most in high school to transition to where they are now in life, the most significant hurdles they encountered, and how they overcame them.



Transition for Diverse Learners: Tips for Making the Process Seamless

Kathryn Dooley, Instructional Coordinator, Northern Virginia Community College

This workshop will offer tips for college success for diverse learners. Expectations and disability laws differ between secondary and post-secondary settings. It is important for students to understand confidentiality laws to which colleges adhere as well as learn to self-advocate and to communicate their needs. In addition, the workshop will address IDEA vs. ADA in detail, important considerations to take into account when choosing a college or university, and disability documentation 101.

Adulting for College: Five Tips for Success

MaryAnn Raybuck, M.S.W., LCSW

Except for reading, writing and tests, there are few similarities between being a college student and being a high school student. The gap can seem even wider for students with disabilities. We find that students are often unprepared for the expectations of college, thinking that freshman year is just 13th Grade. Learn what you need to know to be successful in your transition to college. Topics include: 1. Self-Advocacy 2. Taking Control of Your Academics. 3. Asking for Help 4. Promoting Physical and Emotional Health 5. Staying Positive.

Organize Your Life with Google!

Dr. Melissa Hartman, Ed.D., Special Education Teacher, Loudoun County Public Schools

Did you know you could use Google apps to plan, track, present, remind, and organize and so much more for free! If you need accessibility tools, Google has those too! Whether you are planning for college or work, these tools can help! Come check it out!

Apps for Life Skills

Judie Lieberman, Assistive Technology Resource Teacher, Fairfax County Public Schools

Come and check out ideas for using iOS Apps to increase student independence at school, home and the workplace. Both free and paid apps will be explored.

Customized Employment through Entrepreneurship: A Panel Discussion

Moderated by Joel Freidman, Management Analyst/Self-Directed Services

There are many parents who are taking their students' futures into their own hands! Join this group of innovative individuals as they present several entrepreneurship models and existing community businesses that have helped individuals with disabilities. This model is helping students thrive and grow in the work force as they move into adulthood.

Self-Management Skills

Karen Berlin, M.Ed., BCBA, LBA

Self-management skills increase self-reliance and independence and promote lifelong success. They can be used to improve academic performance, productivity, time- on-task, or decrease behaviors interfering with success. This break-out session will provide step-by-step instructions for students to use self-monitoring strategies within their current or postsecondary settings.

"Ending the Silence": Education and Hope for Mental Health

NAMI

This interactive presentation helps teens and young adults learn about mental health conditions, including information on warning signs and steps they can take to find support for themselves or their friends. The presentation features a personal story of a young adult living well with a mental health condition. Audience members have the opportunity to ask questions throughout the presentation and gain a deeper understanding of an often-stigmatized topic. Information about NAMI Northern Virginia's local education and support programs will also be available.

How Parents Can Help Their Child Develop Self-Advocacy

Dr. Linda McKenna Gulyn, Professor of Psychology, Marymount University

George's

The world beyond the close supervision and structure of school and family can be a scary one for parents! As emerging adults, our children must separate from us as they enter postsecondary educational and vocational settings. Our task is to support their ability to make decisions, solve problems, and advocate for themselves. In this interactive workshop, we will consider: 1) The identity formation process of our emerging adults, 2) Balancing exploration and risk-taking with the "secure base" of family, and 3) Cultivating our emerging adult's professional interaction skills in college and in the workplace.

Session 4: 2:15 PM – 3:05 PM

Be Determined for Your Future: Career and Workplace Readiness Skills

Nancy Anderson and Janet Ratzlaff, Region IV I'm Determined Coordinators, Virginia Department of Education's Training and Technical Assistance Center, George Mason University (GMU), I'm Determined Youth Leaders and Parent Summit Leaders

Dewberry Hall

Virginia Department of Education's (VDOE) I'm Determined (<http://www.imdetermined.org/>) project promotes self-determination skills among youth with disabilities in grades K-12. Research shows that youth with disabilities who develop higher levels of self-determination have improved life outcomes. Self-awareness, self-advocacy, goal setting, and choice making are among the skills that youth develop through the I'm Determined project. The Region IV I'm Determined coordinators will present an overview of the project, as well as resources for parents, youth, and educators who support youth to become successful, self-determined adults. I'm Determined Youth Leader(s) and their parent(s) will share how becoming more self-determined has been important in all aspects of their lives.



Northern Virginia Community College to a Four-Year College
Thomas Chalk, Transfer Advisor, Northern Virginia Community College

This presentation will help prospective college students understand the transition from high school to a community college, as well as the transfer process to a four-year university.

Dual Enrollment through Northern Virginia Community College
Kristin Carter and Diego Aliaga, Faculty, Northern Virginia Community College

This presentation will outline the key steps and procedures students must follow to get enrolled in on-campus dual enrollment courses. It will consist of a short presentation with time for questions and answers.

Estate Planning and Guardianship for Individuals with Disabilities
Michael D. Toobin, Attorney-at-Law

Families with a member with special needs face many unique challenges. Understanding the various legal issues is critical for planning. These include estate planning issues and guardianship. This workshop will include the following topics: the need to plan—it must be in writing; basic estate planning—what documents everyone must have, including wills, powers of attorney, and medical directives; special needs estate planning, including the various special needs trusts—there are more than just one; guardianship, conservatorship and alternatives to these legal proceedings—protecting our young adults.

Level Up: Tips and Tricks to Get Your First Job
Naina Chernoff and Amanda Rioux, Hire Autism Associates

Are you a teen looking for your first job? Do you want to “level up” from being a kid to becoming an independent, young adult? We know it can be challenging to find your first job on your own. This workshop will provide you with tips and show you some tricks to begin your job search. We will discuss ways to build experience, create a resume and identify opportunities.

Increasing Social Skills for Postsecondary Successes
Karen Berlin, M.Ed., BCBA, LBA

Just as “behind the wheel training” is required for students who are learning to drive, increased practice opportunities are essential for students learning to navigate the social world. This session will describe how to incorporate student interests and strengths in meaningful practice activities so that they can benefit from ample practice to apply and generalize the social skills and strategies they need for postsecondary success.

Disability Disclosure: Collaborating with your Employer to Thrive in the Workplace
Matthew Barkley, Director of Disability Services Planning and Development, Fairfax County Government

For individuals with hidden disabilities, there are many issues to consider when talking with an employer about workplace accommodations. This session will provide you with strategies to use when talking to an employer about your disability, so that you will be able to succeed at your job, even in the most challenging workplace scenarios. We will discuss all the factors that should be considered before deciding whether to disclose your disability, how to do so appropriately, and how civil rights laws can help you secure the accommodations you need to excel in your career. The information presented is relevant to the postsecondary education environment, as well.

Living Sober: Navigating Life after High School without Using Drugs or Alcohol

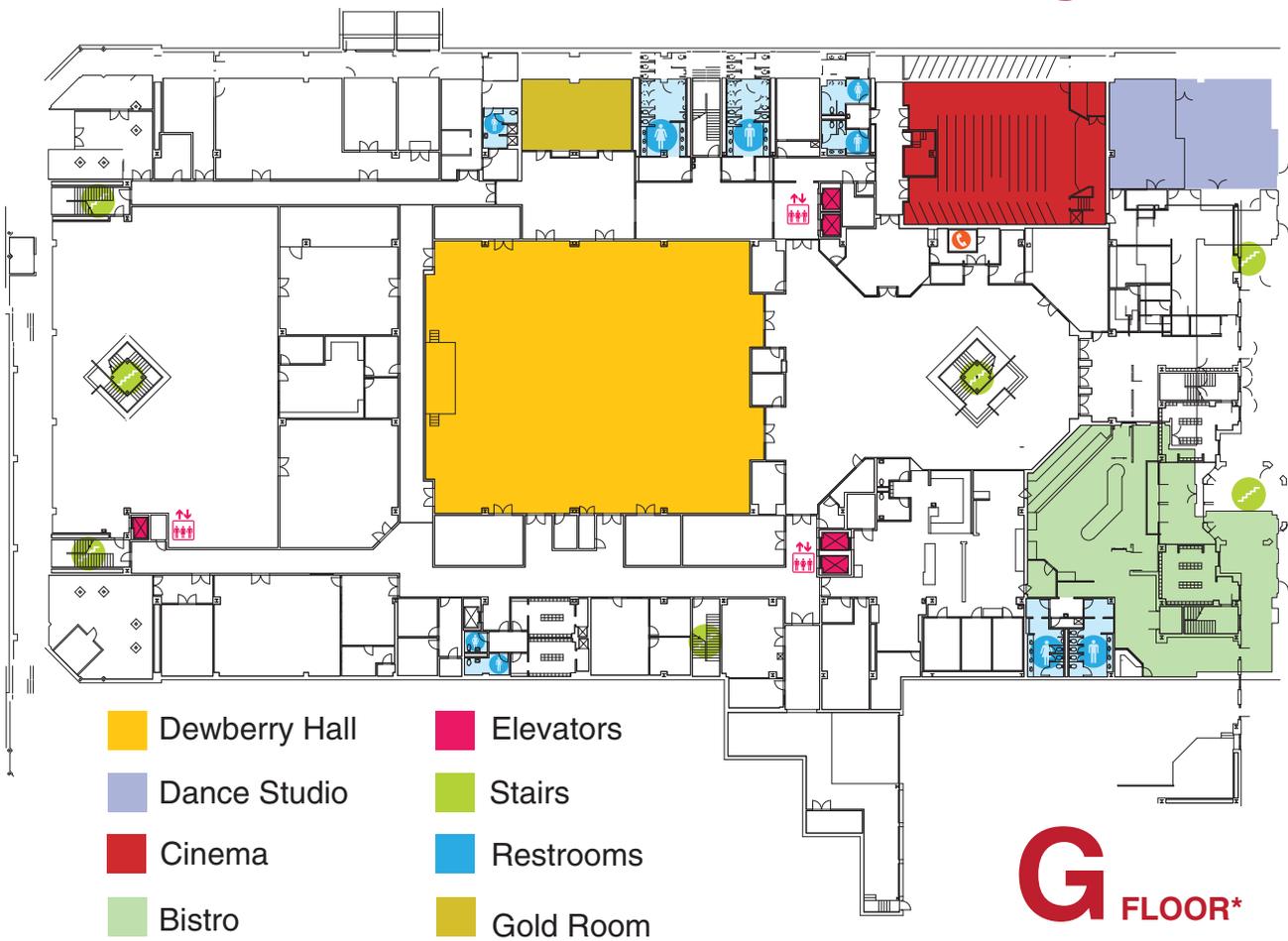
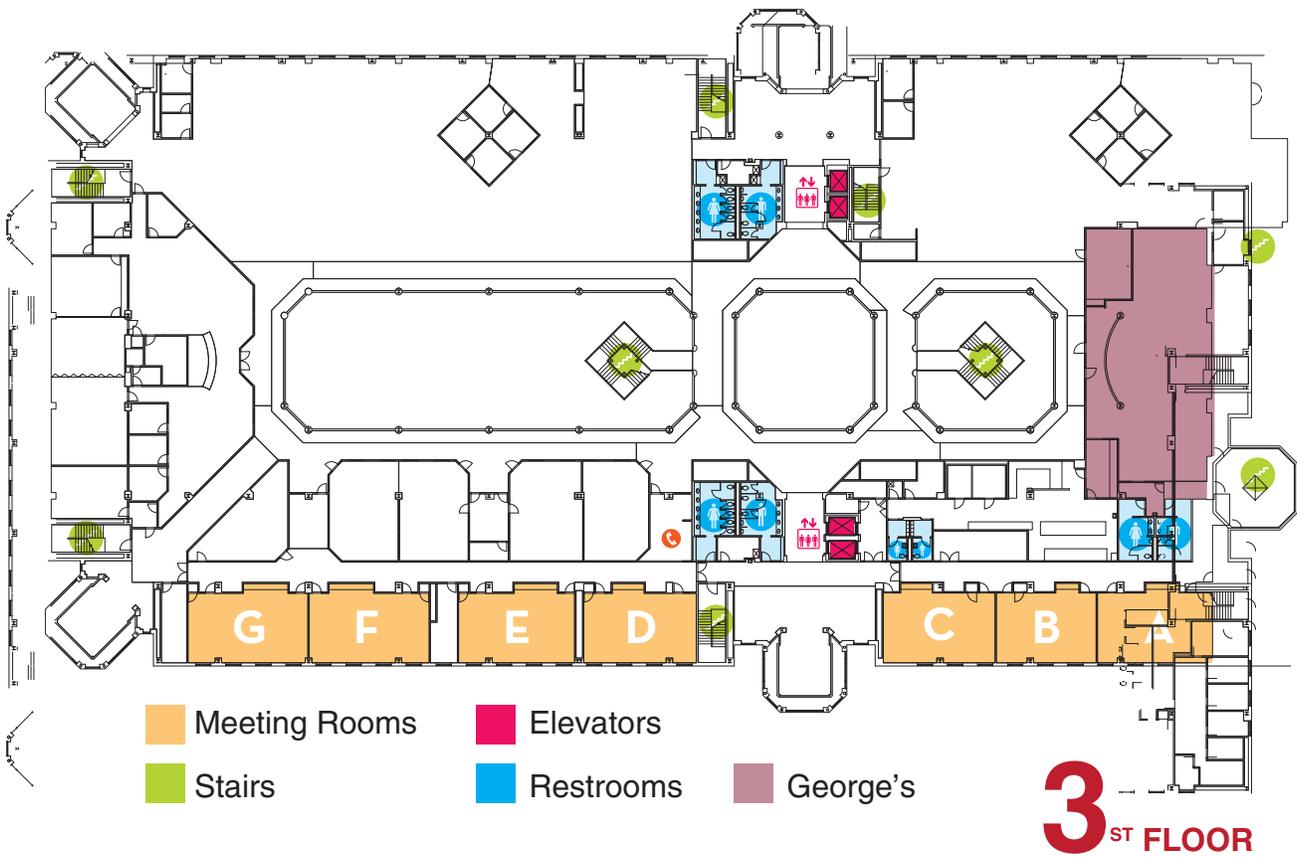
Amy E. Iliffe, M.Ed., LPC, Student Assistance Specialist, Loudoun County Public Schools

Tiffany J. Jones, M.Ed., LPC, CSAC, CMHIMP, Substance Abuse Prevention Specialist, Fairfax County Public Schools

Sam Anthony Lucania, Mental Health and Wellness Speaker and Author

This presentation will begin with a powerful personal story of recovery from Sam Anthony Lucania. The speakers will then discuss current substance use trends among young adults and the connection between anxiety, stress, mental health issues and substance use. The session will focus on warning signs for parents, coping in a healthy way during this transition time, asking for help, and locating resources in the community and at college.





★ The Resource Fair is held throughout the Ground floor.

Registration ★ Food Court ★ Bookstore ★ Quiet Room

1ST FLOOR