

The Connecticut Association of Private  
Special Education Facilities

Presents

*Evidence Based Practice:  
Differentiating Strategies for  
Common Issues*

Featuring

**KEYNOTE SPEAKERS**

*Mary E. "Betsy" Donovan, BS, MS*

*Kitty Clemens, LCSW*

*Cedarhurst School*

**Wednesday, March 20, 2019**

**7:30 am - 3:30 pm**

**Farmington Marriott**

**15 Farm Springs Road - Farmington, CT**

# About The CT Association of Private Special Education Facilities

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The Connecticut Association of Private Special Education Facilities is a voluntary association of state approved private schools which provides quality, cost effective, special education and related services to the special needs of children and adolescents of Connecticut. Those services focus on social, emotional, academic and vocational programs designed to enable students to succeed in the least restrictive environment. CAPSEF schools work with families, public schools, state agencies, other caretakers and providers to implement model programs that enhance each student's ability to succeed while assisting caregivers to help children in need. The Association provides its members with a voice to represent interests to the State Department of Education, Bureau of Special Education, ConnCASE and other agencies, as well as legislative and advocacy groups. CAPSEF represents more than 40 schools and agencies, which annually serve over 4,000 students and families.

## 2019 Conference Information

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Registration Fee includes: Continental Breakfast, Lunch, Conference Materials, Parking and Keynote Session.

Certificates of Attendance will be available after the conference at the registration area, if needed.

Registration confirmations will be emailed - be sure to put your email address on the registration materials!!

### Agenda Wednesday, March 20th

7:30 am - 8:15 am	Registration/Continental Breakfast
8:15 am - 8:30 am	Welcome & Introductions
8:30 am - 10:00 am	Keynote Speakers - Mary E. "Betsy" Donovan Kitty Clemens, LCSW
10:00 am - 10:30 am	Break
10:30 am - 11:45 am	Mid-Morning Breakout Sessions
12:00 pm - 1:00 pm	Luncheon & Apple Awards Ceremony
1:00 pm - 3:30 pm	Afternoon Breakout Sessions
3:30pm	Adjourn

# 2019 CAPSEF Keynote Speakers

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## *Chronic Truancy & Mental Health: Enhancing Engagement*

Mental health issues impacting school engagement and attendance  
with a focus on successful interventions.



Mary E. "Betsy" Donovan, B.S., M.S. and 6th Year, S.C.S.U.  
Director, The Cedarhurst School



Kitty Clemens, LCSW  
Clinical Services Supervisor, Cedarhurst School

# 2019 CAPSEF Mid-Morning Sessions

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1. **How to Blend Sensory Objectives with Classroom Academic Curriculum – *Beth Sorrentino, OT – The Gengras Center.*** This presentation will address concerns for the elementary to middle school academic planning of the multiply disabled child. A discussion on Sensory Processing Disorder, and how it relates to the classroom, will begin the lecture. Questions regarding how to best provide academics in a multi-sensory environment will be discussed. Participants will engage in an interactive discussion as well as view sample lessons, sensory strategies and modalities during this presentation.
2. **Applying a Trauma-Sensitive Lens to De-escalation: Cultivating Safe and Supportive School Environments – *Erin K. Dunn, PhD and Ravit R. Stein, PhD, BCBA-D - EASTCONN.*** The presentation will begin with a brief overview of trauma, its prevalence in children, and impacts on schools and classrooms. Participants will also learn common symptoms or signs of trauma exposure that may be present in students. The session will provide an overview of the seven stages in the cycle: *calm, trigger, agitation, acceleration, peak, de-escalation, and recovery.* Individuals have unique cycles of escalation with each person demonstrating a different level of tolerance to triggers and agitation before moving into the more intense stages of acceleration and peak. In line with this, children who have experienced a traumatic event may present with different escalation cycles than students who have not. For example, a child may develop post-traumatic symptoms of hypervigilance which make them more sensitive to triggers. Therefore, smaller triggers or events that would not typically have an impact on another student may lead to a significant increase in problem behaviors for a student who has experienced trauma.
3. **Behavior 101: Terminology, Data Collection, and Functions – *Sheila M. Collier, MS, BCBA, LBA and Michele Sims, MS, Ed, BCBA, LBA - Benhaven School.*** This presentation gives an overview of behavior intervention and support plans and the component parts. A variety of topics will be discussed, including how to discriminate between an incident and an episode, onset vs offset, and how behaviors are defined. General guidelines about things to remember once the functions of behaviors have been determined by a BCBA.
4. **Knowledge is Power: How Relationship & Sexuality Education Can help Keep Students with Development Disabilities Safe – *Katie Hanley, LMSW – Oak Hill School.*** Sexual assault has dominated the news cycle. This issue can no longer be ignored. Often left out of this conversation, though, is that people with intellectual and developmental disabilities (IDD) are sexually assaulted at a rate seven times higher than those without disabilities. That's right – seven times. Truly an epidemic. Join us for an empowering conversation about how to promote sexual health and healthy relationships for students with IDD.

# 2019 CAPSEF Afternoon Sessions

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5. **Standing in the Shoes of Others: Activities to Boost Empathy and SEL Outcomes – Justin McGlamery – Focus Your Locus Teambuilding Training & Development.** It has been said, “You can learn more from a person in an hour of play than you can in a lifetime of work.” Workshop participants will experientially learn a variety of icebreakers, cooperative games, and problem solving activities, as well as effective reflection/processing techniques and curriculum development ideas for selecting and sequencing activities for optimal social-emotional learning outcomes with groups to contribute to creating a positive and safe classroom climate and culture.
6. **Anxiety in Children and Adolescents: What, Why, and How – Dr. Jeffrey Landau.** Dr. Landau will discuss the physiological processes in anxiety in children and adolescents to be able to further explore why it happens and how it exhibits and how we can treat it. All participants will be able to understand the physiological background of anxiety; identify different symptoms of anxiety; identify options to interventions and treatments of anxiety.
7. **Collaborate to Educate: Transdisciplinary Approach for Positive Student Engagement – Jennifer Pickett, MS; Joslyn Joseph MS; Aileen Panarella SLP; Michael Champlin, MSW – Oak Hill School.** This course will cover the transdisciplinary approach that is implemented at Oak Hill School. Oak Hill uses this model for students with a wide range of needs including students with significant medical concerns and students with mental health needs. We will provide an outline for incorporating attachment based clinical models, behavioral interventions, and alternative and augmentative communication techniques into the special education environment to meet the needs of the whole child.
8. **Children and Adolescents with Problematic Sexual Behaviors: Who are they and How Can We Help? – Dr. Stephanie Bozak – Boys & Girls Village.** Youth who engage in problematic sexual behavior present unique challenges to school settings. Participants in this breakout session will be presented with an overview of problematic sexual behavior and learn to recognize the diversity and heterogeneity of sexually abusive youth. By learning about the differences between students and youth who engage in problematic sexual behavior, participants will also begin to learn how to address these behaviors in order to best meet the needs of the youth while ensuring the safety for the larger community.
9. **How to Better Work in Partnership with the Parents of Your Students – Attorney John Flanders - CPAC.** Many apparent conflicts between parents and educators spring from their often-mutual misunderstanding of each other’s positions or the reasons for their actions. Different experiences, perspectives, and motivating factors leave parents and educators alike shaking their heads and wondering “Why don’t they understand?”. This session will explore the perspectives that many parents bring to educational decision making, what they want, what they see and what they mean. It will also look at the rules under which educators and families interact and when working on the letter of the law sets us up for failure, and where the spirit of the law can reduce the chances for mis-communication and conflict. We will explore strategies to help parents feel like part of the team and to make them effective, informed participants in the education process.

# 2019 Conference Attendee Registration

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*CAPSEF PD Conference - March 20, 2019* - conference attendee registration includes entrance to keynote session, conference materials, continental breakfast, lunch, and parking. Attendee registrations must be received by Friday, *March 13, 2019*. **No refunds for cancellations or "no-shows" will be accepted.**

- Member:** \$135.00 = \$ \_\_\_\_\_
- Non-Member Pricing:** \$160.00 = \$ \_\_\_\_\_
- Lunch only:** \$55.00 \_\_\_\_\_ # attending: \_\_\_\_\_ = \$ \_\_\_\_\_
- Total Amount: \$ \_\_\_\_\_

*For multiple attendees please copy and attach  
(PLEASE PRINT/TYPE **CLEARLY**)*

Attendee Name: \_\_\_\_\_

School / Organization Name: \_\_\_\_\_

Email: \_\_\_\_\_

(to be used for confirmations only)

**I would like to sign up for:**

Session AM # \_\_\_\_\_ (first choice) AM # \_\_\_\_\_ (second choice)

Session PM # \_\_\_\_\_ (first choice) PM # \_\_\_\_\_ (second choice)

**LUNCH: Deli Buffet**

**Special Dietary Needs:** \_\_\_\_\_

Please make checks payable to CAPSEF and mail or fax registrations to:  
701 Hebron Avenue - Third Floor, Glastonbury, CT 06033  
Phone: 860.525.1318 Fax: 860.541.6484  
[www.capsef.org](http://www.capsef.org)

# 2019 CAPSEF Apple Award Form

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To be presented at the

**2019 CAPSEF Professional Development Conference  
Wednesday, March 20, 2019**

**Name of Nominee:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Nominated by:** \_\_\_\_\_

**The cost of each award is \$45.00 by Wednesday, March 11, 2019.**

**The cost of each award after Wednesday, March 11, 2019 is \$60.00.**

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**Check the appropriate box:**

- Nominee will be registered for the conference.**
- Nominee will not be registered for the conference, but will attend lunch only (enclose additional \$55.00).**
- Nominee will not be participating at all. (to be picked up at conference – no shipping)**

**Amount enclosed: \$** \_\_\_\_\_

Please use a **SEPARATE** check for awards.

Please make checks payable to CAPSEF and mail or fax form to:  
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Phone: 860.525.1318 Fax: 860.541.6484