

The Connecticut Association of Private  
Special Education Facilities

Presents

*Making the Most of  
Who We Are...  
CAPSEF Learns  
Through Laughter*

Featuring National Speaker  
Dr. Joyce Saltman

Wednesday, March 25, 2009  
7:30 am - 4:30 pm

Holiday Inn Conference Center  
3580 East Main Street  
Waterbury (Cheshire), 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.

“A great deal of ‘behind-the-scenes’ activity on the part of the CAPSEF Executive Board has benefited private facilities tremendously over the years. Often not clearly understood or simply set aside by law makers concentrating on public school interests, private facilities become a force to be reckoned with through CAPSEF’s diligence and proactive efforts. If you have an interest in supporting the future of private special education facilities in Connecticut, I strongly urge you to become active with CAPSEF!”

*-Jay Brown, Northwest Village School/Wheeler Clinic*

## Conference Information

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Registration is limited and enrollment in specific workshops is on a first-come, first-serve basis. Register early for the workshops of your choice.

Registration Fee includes: Continental Breakfast, Lunch, Conference Materials, Keynote Session, Workshops and CEU’s.

Registration Packets will be available at the conference.

If you wish to receive CEU’s, you must include your name and social security number (last four digits).

Registration confirmations will NOT be mailed!!

### Agenda Wednesday, March 25<sup>th</sup>

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7:30 am - 8:00 am	Registration, Continental Breakfast & Vendor Networking
8:00 am - 8:15 am	Klingberg African Drummers, Welcome & Introductions
8:15 am - 10:00 am	Morning Keynote - <i>Dr. Joyce Saltman</i>
10:00 am - 10:30 am	Vendor Networking
10:30 am - 12:00 pm	Morning Breakout Sessions
12:00 pm - 2:00 pm	Luncheon & Apple Awards Ceremony
2:00 pm - 3:30 pm	Afternoon Breakout Sessions
3:30 pm - 4:30 pm	Cocktail Reception (Raffles/Door Prizes)

# Laughter: Rx For Survival

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## Keynote Speaker: Dr. Joyce Saltman

Joyce Saltman is a professor of Special Education at Southern Connecticut State University in New Haven, CT. She chose to receive her doctoral degree from Columbia, because she loved the color of their doctoral gown. It was no small feat that she was able to persuade her mentor to allow her to write her dissertation on "Humor in Adult Learning." She also holds four graduate degrees in the fields of Special Education and Counseling. Joyce's innovative teaching style has led to the development of a graduate course entitled, "The Enhancement of Learning Through Humor," as well as a summer institute called, "Healing, Education Laughter and Play (HELP). In her previous life, her spirit of adventure led her to

appear as a stand-up comedienne for dozens of organizations and clubs, including Dangerfield's and Good Times in New York City. Unrelated to her comedic life, she is an elected member of the Executive Board of the International Society of Humor Studies.

Her experience in the areas of education, therapy and comedy has provided an outstanding background for her research on "The Therapeutic Value of Laughter." Since 1983, when Joyce began lecturing on "Laughter," she has been interviewed by national radio and TV personalities. Joyce has appeared on ABC News in New York, P.M. Magazine, the Regis Philbin Morning Show, For Kid's Sake, and an ABC Special entitled "The Mind As Powerful Medicine." Her dynamic seminars and articles, always peppered with humor, address such topics as dealing with difficult people, laughter as therapy, parenting, and relationships. In addition to articles published in popular magazines, her article on "Humor and Disabilities" appeared in the Disability Studies Quarterly, in 1990. Her book "*Sing a Celebration*" was published by Ivory Tower Press in Fall, 1988. Most recently, her story entitled, "Dearest Last Born" appeared in the 1999 book *Chocolate for a Mother's Heart* compiled by Kay Allenbaugh. In addition, Joyce's article, "Lighten up for Training" was published in the Nov/Dec 1996 Connecticut Yankee and American Society for Training and Development. Joyce is presently working on a book to help teachers and parents incorporate humorous activities with kids. Intermittently referred to as the "Guru of Laughter," and "The Chubby Broad from Brooklyn," Joyce helps people lighten up wherever she goes!

## Keynote Presentation:

This seminar will deal with the physiological benefits of laughter, studies on the mind-body connection, and practical (plus some not-so-practical!) suggestions on ways to bring more laughter into your life. The lecture combines scientific data with comedy, in an effort to provide a mirth-provoking educational experience. Upon completion of this workshop, the participant will be able to describe several methods of using humor as a form of communication and to cope with stress; identify social, psychological, and physiological benefits of laughter; identify the techniques for the use of humor as a therapeutic tool; and use humor to maintain a healthy perspective in his/her own daily life.

## Morning Breakout Sessions 10:30 am - 12:00 pm

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- 1. Mirth - Provoking Activities for the Classroom or Workplace - Dr. Joyce Saltman** This session, which is a perfect follow up to "Laughter: Rx for Survival", is strictly experiential in nature. Members will participate in activities designed to promote laughter and creativity in the classroom or workplace. Participants will: review literature for children employing humor and take part in activities designed to encourage laughter and learning.
- 2. Understanding Psychosis in Children and Adolescents - Dr. Larry Haber, Institute of Living.** What you need to know about severe mental illness when it emerges in childhood and adolescence. Workshop will cover signs and symptoms with particular emphasis on cognitive functioning. The workshop will also touch on interventions and family issues.
- 3. Introduction to Assistive Technology & Services - Amy Rubin Mindell, NEAT Center at Oak Hill.** This session is designed to provide participants with an overview of assistive technology. Participants will learn about the assistive technology continuum from low to high tech, assistive technology services, and how assistive technology can help students with a range of disabilities in educational settings.
- 4. Adventure Education (AM) - Doug Belliveau, The Children's Home of Cromwell.** This workshop will focus on increasing educators "toolbox" of activities to use with classrooms, groups and peer mediation programs. The activities presented will range from quick games utilized to refocus or reengage distracted students after transitions to problem solving initiatives that can introduce or reinforce curriculum learning. Topics covered include kinesthetic learning, teambuilding, metaphor development and behavior management. This will be an active workshop, so come ready to play!
- 5. Meeting the Challenge of IDEA: Implementing Positive Behavioral Supports with students for whom school-wide systems were not successful - Patrick Queenan, Ph.D. , Assistant Executive Director and Korey Roden, Behavior Specialist of Devereux Glenholme.** Managing disruptive behavior in school settings appears to be an ever-increasing concern that affects the learning of all children within a classroom. The disruptive child is at increased risk of academic failure and other negative outcomes. Fortunately, the Positive Behavior Support (PBS) approach gives direction for educators and educational institutions in how to address problem behaviors on school-wide, smaller group, and individual levels. The Glenholme School has implemented the PBS approach with great success as demonstrated by indices developed to identify and intervene with students who failed to respond to a school wide behavioral approach. A Glenholme study sought to establish a protocol for identifying when the universal level PBS interventions are not working (e.g., how to identify the non-responders within the population), why they are not working, and how to address the needs of these non-responders to treatment. Using study data, the presenters will discuss the steps a school can take to implement this approach.
- 6. Adolescent Sexuality and Asperger's Syndrome" - Leslie Lothstein, PhD, Institute of Living.** What is normal and what is not? How can normal social relationships be encouraged? Attendees will understand the range of sexual behaviors typical for students diagnosed with Asperger's Syndrome; will be able to discern means of identifying appropriateness of behavior and will be able to develop strategies to use with students to encourage appropriate sexual behaviors.
- 7. Snack Shack: Running a Profitable, Yet Educational Business - Jeff Dutko, Gengras Center.** This workshop will give Special Education teachers a framework to design and implement a fundraising activity that utilizes students' academic objectives in an authentic setting. Teachers will be provided with techniques to enhance their student's academic achievements, social behavior and physical development, as well as their own feelings of self-worth in the school community.
- 8. Stop! Sit Still! How Movement Helps Us Learn - Catherine Risigo -Wickline, Therapy Unlimited.** When we were kids we used to walk to school. We carried all our heavy books and belongings home, threw them on the kitchen table, and ran outside to play until our parents called us in for dinner. Today that has all changed. Today's children are leading low-activity lifestyles with TV, video games, outdoor play and much less movement

throughout the school day. In this session, participants will understand the impact that the development of motor skills in physical activity has on learning and how to incorporate movement and physical activity into your busy school day.

9. **The Language of Connection: Nonviolent Communication PART I, Paul Quin – CCMC.** This workshop will provide the history, purpose, and principles of NVC. It would be presented primarily in lecture and video format, with some personal exploration. Participants will learn the four components of NVC and will identify personal feelings in the present moment.

10. **Math Strategies for the Special Education Classroom – Greg Walsh, M.Ed., The Webb Schools/IOL.** This workshop will focus on development of strategies for math instruction for students working at grade levels 6 – 12, by making mathematics meaningful for students in our special education classroom. Building on real life experiences, these students can make connections to daily activities.

11. **Writing: How to Make Your Class a No-Groan Zone – Janet Alampi, MS.** Few educators would deny that today there are considerable challenges involved in teaching middle and high school students to write effectively. Certainly, technology has become a double-edged sword for adolescents; while electronic means of communication have made it easy to increase the *quantity* of their written messages, these media have definitely *not* served to improve the *quality* of their communication. Parents and educators may find themselves asking: Is it actually possible to teach students to write clearly in an era of email, Facebook, blogging and text messaging? How can we help students who struggle with organizational skills to present their thoughts more cohesively? And are there ways to accomplish this without making writing a drudgery? The answers are: yes, yes, and yes. In this interactive workshop, participants will learn some valuable techniques for achieving these goals.

12. **ADMINISTRATORS ONLY:**

**“HOT TOPICS”:** Donna Cambria, State Department of Education – Bureau of Special Education. This is an opportunity for Education Directors to discuss the latest Hot Topics such as ED Guidelines, a change in the approval process and much more with our Education Consultant, Donna Cambria.

## Afternoon Breakout Sessions 2:00 pm – 3:30 pm

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13. **Up From Failure – Joyce Saltman.** This experiential workshop puts all participants through a "failure" activity, after which they can process the experience and look at ways to enhance self-image. As a result of taking part in this activity, participants will: experience some level of "failure"; discuss emotional response; recognize comparable activities done with students in cognitive tasks; discuss alternative strategies for classrooms which focus on success.

14. **The Many Faces of Defiance - Dr. Richard Beauvais & Dr. Phyllis Beauvais – The Wellspring Foundation.** The defiant child presents many different faces, each of which can require a different type of intervention by a teacher, guidance counselor or parent. This workshop playfully represents some of these defiant faces, explores what lies behind them, and offers some helpful guidelines for teacher, provider and parent response.

15. **Using Jeff Wilhelm’s Drama / Action Strategies to Support Reading – Shauna Benedict - Baier, Raymond Hill School.** In this session, participants will be able to demonstrate literature enactments; learn how to differentiate using a whole class lesson; learn how to engage reluctant readers and recognize social relations and conflict from literature and how it relates to self.

16. **Adventure Education (PM) – Doug Belliveau, The Children’s Home of Cromwell.** This workshop will focus on increasing educators’ “toolbox” of activities to use with classrooms, groups and peer mediation programs. The activities presented will range from quick games utilized to refocus or reengage distracted students after transitions, to problem solving initiatives that can introduce or reinforce curriculum learning. Topics covered include kinesthetic learning, teambuilding, metaphor development and behavior management. This will be an active workshop, so come ready to play!

**17. Healthy Sexuality Groups for At-Risk Youth – Douglas Howard & Lori Puzio, Klingberg Family Centers.**

This interactive, activity-based workshop will focus on strategies for teaching healthy sexuality to at-risk youth in a safe, open environment. Topics will include: the importance of establishing group expectations and goals, as well as profiles of at-risk students (“who they are?”). Also included will be example lesson plans pertaining to critical concepts which will assist with facilitating effective healthy sexuality groups.

**18. The Full Spectrum Art Lesson - Something For Everyone – Anne Sheffield, MA, MFA, The Webb Schools/Institute of Living.** Practical tips on accommodating various abilities in a creative classroom. From stencils to imagination building skills and original expression and access. Each participant will explore a menu of choices for student comfort; integrate diverse approaches to unifying the group; and share successful strategies for inclusive lessons. **(Limited Space Available)**

**19. Play Therapy Goes to School – Julie Nash, PhD, The Webb Schools/Institute of Living.** This workshop is intended to provide a brief overview of play therapy and discussion of its use within the school setting. Special attention will be given to commonly seen behaviors and disorders, including ADHD, anxiety, and mood disorders. Specific examples will be incorporated, as will some hands-on activities. The objectives are: Learn how play therapy can be useful in a school setting and learn play therapy techniques to target specific school-based behaviors.

**20. Standards Based Activities that Improve Student Engagement - Michael Dietter, MS, M.ED & Denise Congdon, MS Northwest Village School.** This workshop will highlight two field based environmental units that promote student engagement through authentic activities. Each standards based unit is intended to raise awareness in the areas of water quality and conservation, stewardship, and species restoration. Additionally, activities incorporate the use of various technologies and provide multiple entry points for a variety of learners. Content and materials can be modified for elem., middle and high school students.

**21. Bravo! Creating a School Wide Performance: Teaching Drama to Special Needs Students – Deanna Hatikostantis, Gengras Center.** Drama is often *about* collaboration and negotiation, and when it is used in mixed – ability groups it can act as a bridge between children with special needs. We will focus on helping special needs children and teens increase their self-confidence, self-esteem, self-awareness, communication and problem solving by participating in “dramatic education”.

**22. Urban Cultural Sensitivity Training: Hip Hop Non- Stop - Eric Carver, BS.** This model teaches historical lessons through the use of the Four Elements of Hip Hop and applies the philosophy behind those elements to be utilized as a tool in today’s changing world. The Four Elements include: the arts and skills of “Writing” (misunderstood as Graffiti), “B-boying” (misunderstood as Breakdancing), “Turntablism” (misunderstood as “DJ”ing), and “MC”ing/Emceeing (misunderstood as Rap). Hip Hop Non-Stop invites you to be a part of this interactive workshop which will be energized with music and images that are familiar to our youth, especially. Come and experience the culture of Hip Hop while exploring the social implications.

**23. The Language of Connection: Nonviolent Communication PART II, Paul Quin – CCMC.** This workshop would provide activities to explore NVC in use with others. This would emphasize the practical application of material learned in Part I. Participants will discriminate blaming language from the language of connection and will participate in intra-and interpersonal skill building to promote the use of NVC techniques. **(Pre-Requisite PART I)(Limited to 30 participants)**

**24. Assistive Technology Tools for Reading and Writing – Amy Rubin Mindell, NEAT Center at Oak Hill.** This workshop will showcase a variety of reading and writing programs designed to help students with print-based disabilities. Participants will learn about several reading tools to make text accessible, providing features to help with decoding, fluency and comprehension; additionally, resources will be provided on where to obtain text in accessible formats and how to create your own accessible text. Participants will also learn about a range of programs designed to support struggling writers, including word prediction, text-to-speech features, organizational and brainstorming supports, as well as tools that incorporate text and images.

# Directions to the Holiday Inn Conference Center

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3580 East Main Street - Waterbury, CT 06705

Phone: 203.706.1000

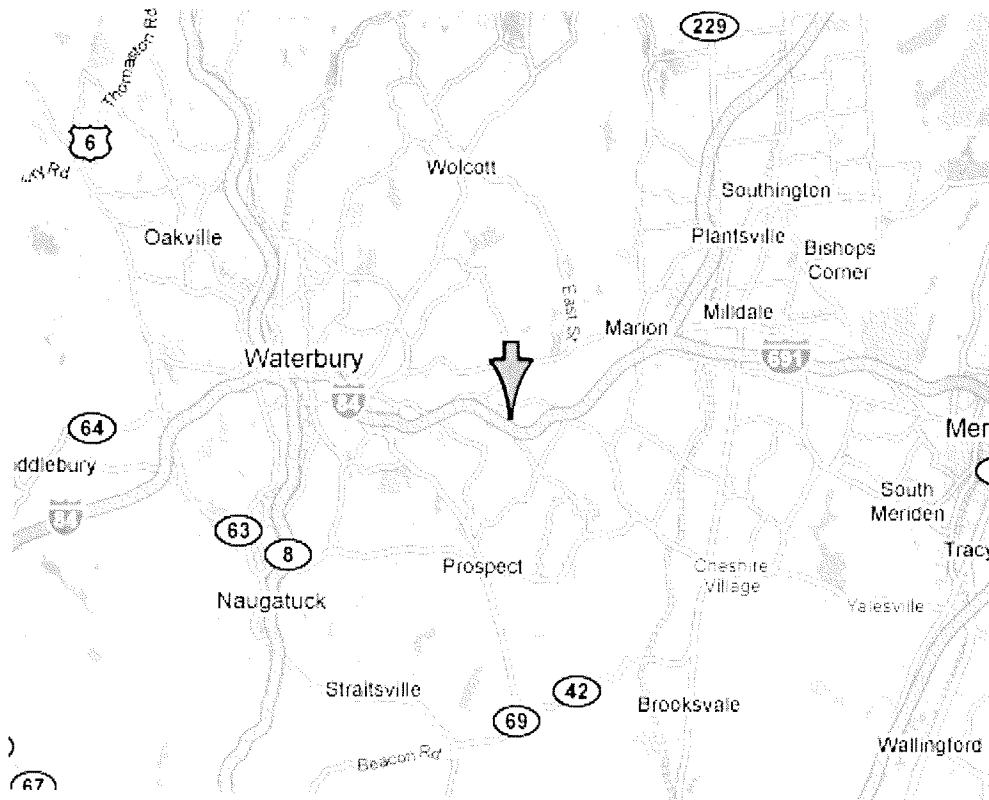
[www.holidayinn.com/waterburycyct](http://www.holidayinn.com/waterburycyct)

## FROM POINTS WEST & SOUTH (NEW YORK):

Take Route 84 East to Exit 25A (Austin Road). Take a left off the exit over Route 84. Take a right 1/4 mile ahead at the light onto East Main Street. The hotel will be immediately on the right.

## FROM POINTS EAST & NORTH (HARTFORD):

Take Route 84 West to Exit 26. Take a right off the exit and the hotel is 3/4 mile on your left.



# CAPSEF Conference Attendee Registration

*Making the Most of Who We Are...CAPSEF Learns Through Laughter* conference attendee registration includes entrance to all educational seminars and keynote, conference materials, continental breakfast, lunch, cocktail reception and CEU's. Attendee registrations must be received by *Wednesday, March 11, 2009*. No refunds for cancellations or "no-shows" will be accepted.

- Member: \$95.00 = \$ \_\_\_\_\_
- Non-Member: \$125.00 = \$ \_\_\_\_\_
- Lunch only: \$45.00 \_\_\_\_\_ # attending: \_\_\_\_\_ = \$ \_\_\_\_\_
- Total Amount: \$ \_\_\_\_\_

CT State Dept. of Ed. Approved CEU's: Yes  No  Last four digits of SS#: \_\_\_\_\_  
(.5 CEU's will be granted)

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

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

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

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_ (must fill out for correspondence purposes)

**Please register me for the following workshops:**

(indicate with # adjacent to workshop description)

**Morning Session: 1<sup>st</sup> \_\_\_ 2<sup>nd</sup> \_\_\_ 3<sup>rd</sup> \_\_\_**

**Afternoon Session: 1<sup>st</sup> \_\_\_ 2<sup>nd</sup> \_\_\_ 3<sup>rd</sup> \_\_\_**

**LUNCH: Italian Buffet \_\_\_ Yes, I need a vegetarian meal.**

**\_\_\_ Yes, I plan to attend the Cocktail Reception at 3:30pm**  
**(free drink – with ticket)**

Please make checks payable to CAPSEF and mail or fax registrations to:  
330 Main Street, Third Floor, Hartford, CT 06106 Phone: 860.525.1318 Fax: 860.541.6484



# CAPSEF Outstanding Educator Award Form

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To be presented at the

2009 CAPSEF Professional Development Conference  
Wednesday, March 25, 2009

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

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

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

The cost of each award is \$45.00 by Monday, March 9, 2009.

The cost of each award after Monday, March 9, 2009 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 \$45.00).

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

Please use a SEPARATE check for awards.

Please make checks payable to CAPSEF and mail or fax form to:  
330 Main Street, Third Floor, Hartford, CT 06106  
Phone: 860.525.1318 Fax: 860.541.6484