



ANNUAL FAMILY CONFERENCE

April 14-15, 2023

Fantasyland Hotel, Edmonton, AB

Families the **HEART** of
community

Inclusion Alberta



WORKSHOP

Friday, April 14 | 9 am – 4:30 pm

Trauma Informed Support and the Path to Healing

Presenter: Karyn Harvey, Ph.D. Director, Training and Program Development, Park Avenue Group, Baltimore, Maryland

Historically individuals with developmental disabilities identified as having behavioural challenges were not treated and supported with the understanding that as human beings their behaviour was a reflection of trauma and the impact of that trauma on their emotional well-being and sense of self. Individuals with developmental disabilities experience more trauma in their lives than those without disabilities being more vulnerable to loneliness, exclusion and rejection including abuse and violence, for example, from being placed in seclusion or subjected to physical restraints. It is essential we all learn to a greater degree the sources of trauma and its effects in the lives of persons with developmental disabilities, how to prevent trauma and more importantly, how to enable individuals to move through healing to living lives of belonging and inclusion.

This engaging workshop will provide a critically important view of trauma from the very perspective of the lives of people with development disabilities. Karyn will explore the sources of trauma and the effects of that trauma on both a biological and psychological level. Loneliness and the lack of a positive self-identity have only more recently been recognized for the trauma they produce and what is needed to either prevent or remedy these

effects. Karyn will also share and explore with participants key ingredients for healing on both a programmatic as well as individual level. The positive identity approach to healing she developed will be introduced and illustrated via case studies.

This workshop will be of value and interest to everyone who supports and works with individuals with developmental disabilities wherever that support takes place, those responsible for the provision and/or funding of community services, as well as allied professionals, family members, friends, and persons with developmental disabilities.

*Karyn Harvey has worked as a clinician in the field of intellectual disabilities for over 35 years. She has her Ph.D. in Applied Developmental Psychology from the University of Maryland. She has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD and two books. Her first book, *Positive Identity Development* was published in 2009 and *Trauma – Informed Behavioral Interventions*, published in 2011.*

*Her third book, *Trauma and Healing* will be released in 2023 by AAIDD (American Association on Intellectual and Developmental Disabilities). She is the Director of Program Development and Training for the Park Ave Group practice where she does both individual and group therapy with people with intellectual disabilities. In addition, she regularly conducts trainings on trauma-informed support for people with IDD, trauma-informed leadership, and trauma-informed behavioral interventions for both state, provincial and individual organizations throughout the US and Canada.*

For more information visit karynharvey.org.

President's Reception

Friday night, from 7pm – 9pm, Inclusion Alberta hosts its annual President's Reception. Join us at this motivating celebration of community inclusion where we will honor individuals and organizations that have made extraordinary contributions to the lives of children and adults with developmental disabilities. Many find the President's Reception to be an inspiring celebration of community inclusion.

Family Celebration Dance

Join us on Saturday evening from 7:30 to 11:00 pm in the Fantasyland Hotel Ballroom for a 'funtastic' family dance, finger foods and celebration. Even if you don't like to dance, it's a great opportunity to connect and celebrate. A spectacular band will keep everyone entertained and active. Although there will be entertainment for children, parents are responsible for their supervision – Childcare and Teen Club are not provided. If you wish to attend this event, please indicate this on the registration form. Please note dinner will NOT be provided but snacks, finger foods and soft drinks will be available along with a cash bar. For dinner there are numerous restaurants and a food court in the mall if you'd like something to eat before the family celebration dance.



Friday, April 14 | 9 am – 4:30 pm

WORKSHOP

Including Students with Developmental Disabilities and ASD in STEM Using a Universal Design for Learning (UDL) Framework

Presenter: Vicki Knight, Ph.D., Associate Professor, Researcher, Director of The Centre for Interdisciplinary Research and Collaboration in Autism (CIRCA), University of British Columbia

This interactive workshop by Dr. Knight will focus on practical methods for teaching Science, Technology, Engineering, and Math (STEM) across grade levels to students with developmental disabilities and ASD in inclusive classrooms through the lens of Universal Design for Learning (UDL). The “three block model” of UDL includes methods for building classroom climate and school-based social and emotional skills, including developing students’ sense of belonging / connectedness, social skills and understanding related to interpersonal connections, and ability to work collaboratively with others.

Vicki will demonstrate how to include students with disabilities in STEM courses and curriculum within the planning, instructional, and assessment stages, using both innovative and “tried and true” methods. She will highlight a step-by-step model of instruction that can be used throughout all grade levels and inclusive classrooms. Teachers, educational assistants, administrators and parents will walk away with a deeper understanding of how UDL can be applied to enable inclusion in STEM, from developing the “big ideas”, essential questions, and goals for all students in the classroom using unit and lesson plans. Ready-made resources, lesson plans, and assessments/rubrics will be shared along with videos, discussions, and role-playing.

Victoria (Vicki) Knight, Ph.D., is an Associate Professor in Special Education at the University of British Columbia and Director, Centre for Interdisciplinary Research and Collaboration in Autism (CIRA). Vicki has more than 25 years of experience working with students who have

autism spectrum disorder (ASD) and other developmental disabilities (DD). Dr. Knight began her career as an educational assistant in a fully inclusive setting and then obtained her master’s degree from the University of Northern Colorado so she could become a teacher working in inclusive environments. Dr. Knight became especially interested in the strength-based approach and witnessed how students with ASD and DD could excel in science, technology, engineering, and math (STEM). Wanting to better understand how students with ASD and developmental disabilities could be successfully included in STEM related subjects and what teachers could do to enable that success, Vicki obtained her doctoral degree. Her research interests include: (a) promoting learning of academic content, especially in the areas of science, technology, engineering, and math (STEM); (b) evaluation of the collateral benefits of inclusion in academics and applied sciences, and (c) evaluation and dissemination of evidence-based practices for students with disabilities. Dr. Knight was recently presented with a Research Award by the Council for Exceptional Children, Division of Autism and Developmental Disabilities for her impact and innovation in the field of ASD. She has published over 40 peer reviewed articles and presents internationally on these topics.

Two of Dr. Knight’s published research papers are: Knight, V., Wood, A. L., McKissick, B., & Kuntz, E. (2019). Teaching science content and practices to students with intellectual disability and autism. *Remedial and Special Education*, 1-14. Advanced online publication doi.org/10.1177/0741932519843998 and Knight, V., Collins, B., Spriggs, A., Sartini, E., & MacDonald, M. J. (2018). Teaching scripted and unscripted science lessons to children with intellectual disabilities and autism. *Journal of Autism and Developmental Disorders*, 48(7).

Children and Teens Welcome

Childcare and Teen Club have been a part of the Family Conference since its inception. Each day will be a new adventure filled with fun, inclusive play and hands-on experiences. The staff are quality caregivers/play consultants who will add a touch of magic to the day, while parents participate in the conference. A limited number of childcare spaces are available for children 12 and under and Teen Club spaces for children aged 13 to 19. When purchasing your Conference ticket(s) online, you will be able to purchase Childcare/Teen Club programming at a cost of \$25 per day per child or teen. Spaces are limited and will be filled on a first-come basis.



OPENING PLENARY

Saturday, April 15 | 9 am – 10 am

Inclusion Begins and Ends with Relationships

Presenters: Vicki Knight, Ph.D., Associate Professor, Researcher, Director of The Centre for Interdisciplinary Research and Collaboration in Autism (CIRCA), UBC and Karyn Harvey, Ph.D., Director, Training and Program Director, Park Avenue Group, Baltimore, Maryland

This year's two Keynote Speakers in sharing this Plenary session will address how relationships are the fundamental building blocks upon which inclusion, a sense of belonging and a positive self-identity is built and sustained, whether in the classroom, at home, in the

community or the workplace. They will illustrate how all of us, whether as students, teachers, community members, co-workers, support staff or family members, have a critical role to play in ensuring belonging and a meaningful life.

YOUTH FOR INCLUSION

Saturday, April 15 | 9 am – 4:30 pm

(ages 16-22)

Youth for Inclusion is a youth-led initiative committed to amplifying the voice and experience of youth with developmental disabilities and exploring the power of collective advocacy and leadership in contributing to the broader movement for inclusion. Youth participants will participate in the opening plenary conversations

and join concurrent sessions from the larger conference. During the afternoon, participants will join sessions specifically for youth. Participants will explore leveraging their personal networks to advance the agenda of inclusion, heightening consciousness and informing social change within our spheres of influence. Topics for sessions

will include deinstitutionalization, inclusive employment and advocacy. We welcome youth with and without disabilities committed to social justice, action, advocacy, and inclusion to join us for this day!

Lunch is provided but space is limited so please ensure any interested youth complete the necessary Registration Forms.

The Closing Plenary will follow the Afternoon Sessions (see page 6).

CLOSING PLENARY

Saturday, April 15 | 3:15 Pm – 4:30 pm

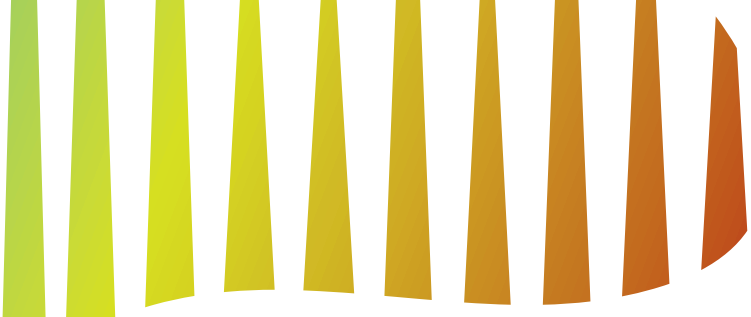
Celebrating the impact of the Family Leadership Series Provincially and Nationally

Moderator: Trish Bowman, Inclusion Alberta CEO

The first Family Leadership Series was held in 1999 with close to 600 family members, inclusive of individuals with developmental disabilities, participating to date, learning, sharing stories, and taking action. The Series, which consists

of 5 weekends over 8 months was conceived and developed with the purpose of enabling families to become more effective advocates with respect to their own family and to strengthen the leadership of our multi-generational collective efforts to advance social change. The value and power of the Series has been shared internationally, and Inclusion Canada has now chosen to support the Series to be offered to families across the country. Inclusion New Brunswick is the first province to have delivered the Series with the support of Inclusion Canada.

This Closing Plenary will highlight the life-changing sustained impact of the Series across its over 20 year history and its potential impact for Canadian families across the country. Sharing their stories will be family participants from the very first Series and more recent participants. We are also very excited to have with us a young family from Inclusion New Brunswick to share their experience as one of the first families to attend the series outside of Alberta.



Saturday, April 15 | 10:30 am – 12 pm

Fostering Belonging and Resiliency in the Lives of Individuals with Developmental Disabilities and their Families

Presenter: Karyn Harvey, Ph.D. Director, Training and Program Development, Park Avenue Group, Baltimore, Maryland

Individuals with developmental disabilities and their families face many challenges over the course of their lives. However, belonging and the capacity to be resilient in addressing both anticipated and

MORNING SESSIONS

unanticipated challenges can be immensely helpful in maintaining a positive identity and emotional well-being. Belonging is a feeling of being valued, wanted and connected. Belonging fosters resilience which can be described as the capacity to cope successfully when things don't go well. In this session Karyn will outline the 10 key dimensions that must be prominent in an individual and family's life for true belonging to foster resilience: present, invited, welcomed, known, accepted, supported, heard, befriended, needed, and loved.

First Nations People with Developmental Disabilities and their Families: Challenges and Possibilities

Presenters: Arnold Fox, Director, Blood Tribe Social Development and Tracy McHugh, Siksika Nation Tribal Councillor

Persons with disabilities face numerous hardships when it comes to equality in all facets of living an inclusive high quality of life. To date, many positive changes have

been made towards ensuring a standard quality way of life for the Canadian disabled population. However, First Nations persons with disabilities continue to face discrimination and racism throughout all levels of government. We see this through the denial of certain benefits based on where our people reside, lack of dollars and supports for inclusive education, community living, and employment, to name a few. Join us to discuss the current challenges, recent breakthroughs, and collaborative plans First Nations peoples and their communities in Alberta have been developing.

The Need for Vigilance and Advocacy: Current and ongoing risks to inclusion

Presenters: Bruce Uditsky, M.Ed., Inclusion Alberta CEO Emeritus and Trish Bowman, Inclusion Alberta CEO

While there is increasing public awareness of the pernicious harm of racism in its many forms, public understanding of the comparable harms posed by ableism in its many and at times subtle guises, goes unrecognized. There is an overwhelming body of

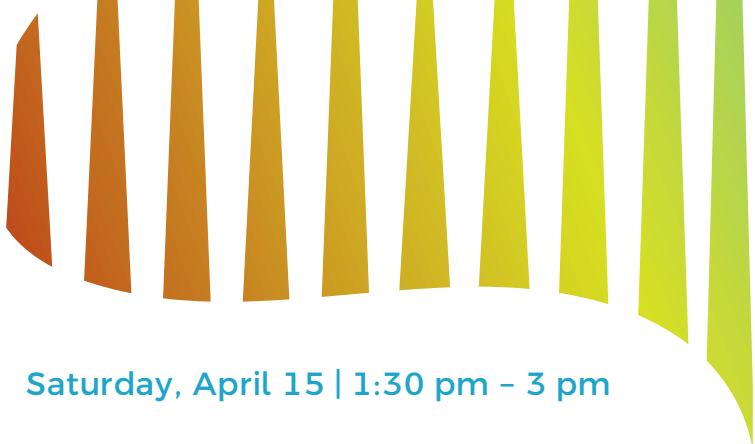
research and lived experience as to the benefits of an inclusive life and the power of immersion to that end in the normative pathways of family and community life. Yet, the segregation and congregation of individuals with developmental disabilities continues unabated with new and old forms of segregation continuing to appear and reappear often claiming to either be inclusive or a form of community. In this session we will call attention to several continuing and near future serious threats to inclusion and actions to be considered in opposition to these forces and developments.

Finding Your People: Intentional Efforts to Facilitate Relationships

Presenters: Dave, Kathy and Cole Gunderson, Billie Jack, Executive Director of Advocacy and Family Initiatives, and Catherine Oakleaf, Director of Advocacy and others

Meaningful, freely given relationships are one of life's true joys. Whether it's a best friend, a life partner or a gym buddy, we are all born to seek connection with others. Having meaningful relationships is an essential

and intimate part of everyone's daily life, which is no less true for individuals with developmental disabilities. Relationships and friendships encourage individual expression, dreams and passions and provide necessary natural support. Families, in their intentional effort to engage the community to ensure membership and belonging, create the conditions for relationships and friendships to emerge. Through the power of holding a vision for their family member with a developmental disability, this session will explore some deliberate actions families have taken for relationships to flourish.



AFTERNOON SESSIONS

Saturday, April 15 | 1:30 pm – 3 pm

Including Students with Developmental Disabilities in Academic Subjects

Vicki Knight, Ph.D, Associate Professor, Researcher, Director of The Centre for Interdisciplinary Research and Collaboration in Autism (CIRCA), University of British Columbia

Dr. Knight will illustrate how inclusion in academics and the school community can be accomplished using the “three block model” of Universal Design for Learning. Too often parents are told their child can’t be meaningfully included in academic subjects, learn alongside their peers without disabilities and form friendships. Using videos and other resources Vicki will illustrate how inclusion in academics can be realized across grades and subjects.

The Growing Landscape of Inclusive Post-Secondary Education: Promising Possibilities

Presenters: Dave Gunderson, parent, Shawna Francis, Director – Inclusive Post-Secondary Education, Inclusion Alberta, and others

In over 35 years of partnering with post-secondary institutions across the province, the opportunities for learners with developmental disabilities in higher education remain endless. What initially began as a

group of families desiring more for their family members with developmental disabilities after high school has grown to over 20 post-secondary institutions across Alberta offering the opportunity for students with developmental disabilities to continue their education. This panel session will provide a brief overview of inclusive post-secondary education supports and share stories from families, faculty, and others committed to ensuring that students with developmental disabilities have every opportunity to experience all that post-secondary education has to offer.

Sustaining the Vision: What will happen when I’m gone?

Presenters: Karen Bartell, parent; Peter & Emily Harvey, family members; Sherri Husch Foote, parent, Wendy McDonald, Chief Operating Officer and parent; Dorris Bonora, Partner at Dentons

For parents of a child with developmental disabilities, this is an ever-present, often unspoken question that haunts us. How will we ensure a life of meaning and safety continues when we’re gone? Who will support

our family members to carry on the hard-fought vision of community inclusion and valued participation? What can we do to safeguard our family member’s life when we are no longer here to advocate for and shepherd the vision? While it is impossible to entirely know and guarantee the future, this panel session will provide an overview of some practical steps that can be considered, conversations to be had, and different approaches families have used to try and ensure a life of inclusion, meaning and belonging for their family member is sustained into the future.

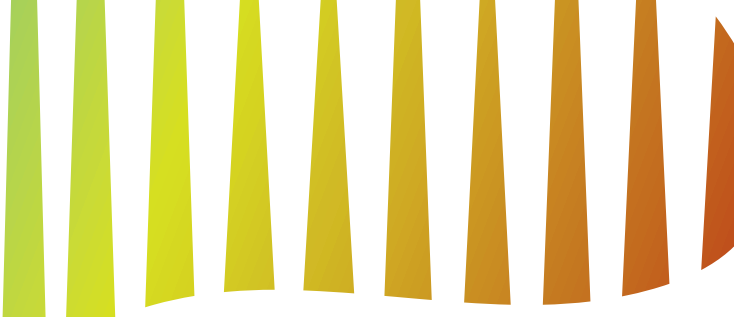
The Election and Beyond: The Inclusion Movement’s Power for Systemic Change

Presenters: Philip Ney, M.P.A., Director of Community Engagement and Public Affairs, Inclusion Alberta, and Bruce Uditsky, M.Ed., Inclusion Alberta CEO Emeritus

When you or your family member experiences inclusion today you are standing on the shoulders of previous generations who fought for community-based and family directed supports. Our movement has achieved much by coming together to advocate collectively. And while the long-term changes we continue to seek are not

entirely dependent on election outcomes, elections are “can’t miss” critical opportunities to inform and influence candidates who will soon be leaders in government.

This session presents six issues with proposed solutions Inclusion Alberta is asking political parties and candidates to address. To enable you to add your voice more effectively to our movement for systemic change, we will share strategies you can employ to influence candidates now and, as importantly, politicians into the future. We will also share how you can use your story as an advocacy strategy to help leaders deepen their understanding of the issues and the necessity to take action.



FAMILY CONFERENCE PRICING

Please visit inclusionalbarta.org to purchase your Conference ticket(s) online. Ticket prices are inclusive of service fees.

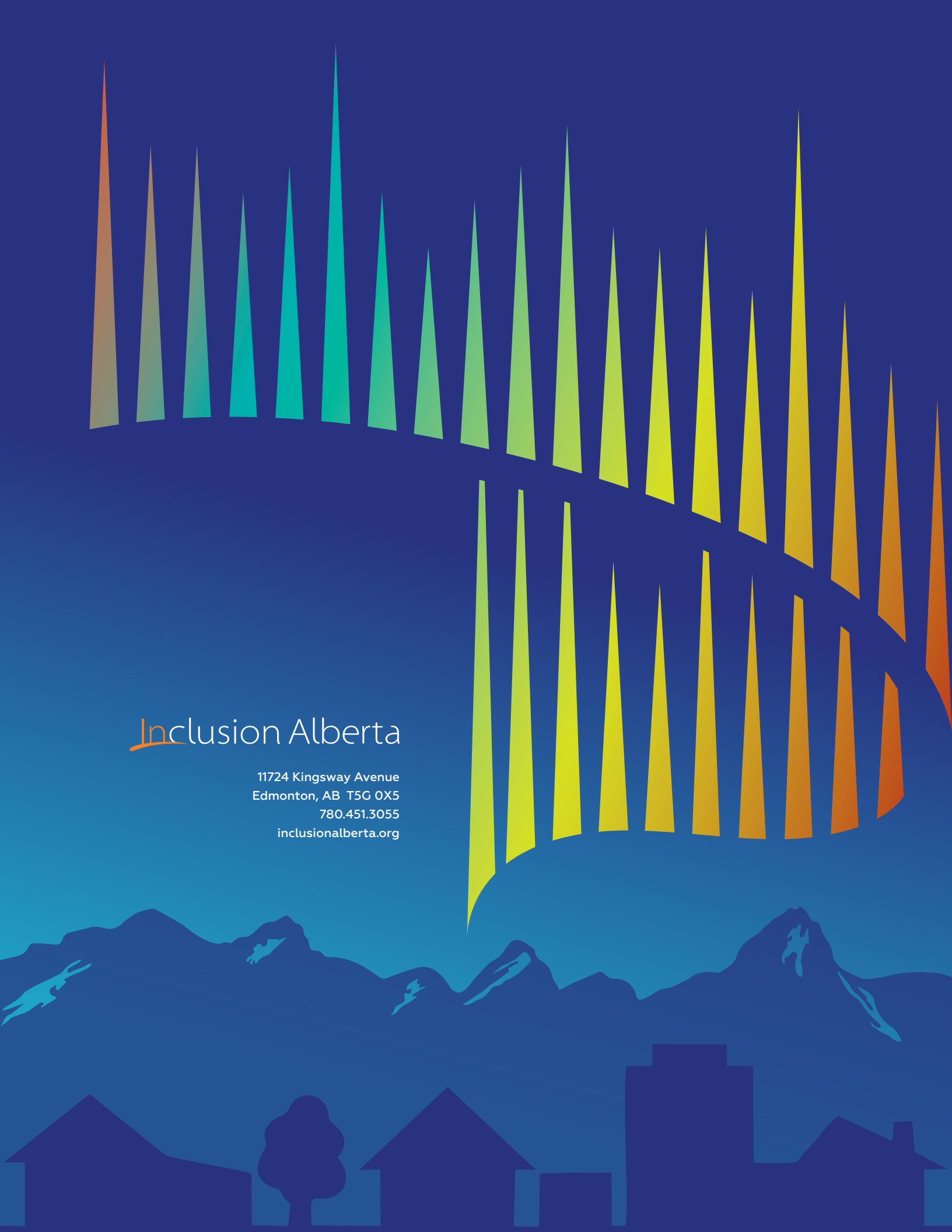
Group pricing available on request. For group pricing inquiries please contact mail@inclusionalbarta.org.

Contact mail@inclusionalbarta.org if you require assistance or are experiencing any barriers in attending the Inclusion Alberta Family Conference, in areas such as (but not limited to) access to technology required to register for the Conference or financial barriers limiting your ability to cover Conference fees.

Hotel Information

For attendees coming from out of town and needing a hotel, Inclusion Alberta has secured special conference pricing at the Fantasyland Hotel (flh.ca). For rates and reservations, please call the hotel at 1-800-737-3783. Callers must mention that they are attending the "Inclusion Alberta Conference" to receive the negotiated rate or provide the group code number 6399333 by March 17th.

Early Bird (until Feb. 28) - Full Conference (INDIVIDUAL)	CA\$230.00
Early Bird (until Feb. 28) - Full Conference (FAMILY)	CA\$330.00
General Admission - Full Conference (INDIVIDUAL)	CA\$280.00
General Admission - Full Conference (FAMILY)	CA\$380.00
Friday Workshop - Karyn Harvey (INDIVIDUAL)	CA\$210.00
Friday Workshop - Karyn Harvey (FAMILY)	CA\$260.00
Friday Workshop - Vicki Knight (INDIVIDUAL)	CA\$210.00
Friday Workshop - Vicki Knight (FAMILY)	CA\$260.00
Saturday only (INDIVIDUAL)	CA\$210.00
Saturday only (FAMILY)	CA\$260.00
Youth for Inclusion Forum	CA\$30.00
Child Care/Teen Club (per day per child/teen)	CA\$25.00

The background features a dark blue gradient. A series of vertical, triangular spikes of varying heights are arranged in a slightly curved line across the upper half. The spikes are colored with a gradient from light blue on the left to yellow and orange on the right. Below the spikes, a dark blue silhouette of a city skyline is visible, including several buildings and a tree. The overall design is modern and abstract.

Inclusion Alberta

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