



Annual Spring Conference Information

May 16 & 17, 2019

Holiday Inn & Suites, St. Cloud, MN

Thursday, May 16

7:30 – 8:50 Breakfast in pool area

8:15 Registration



For your convenience, Cashé' software company will have a booth during our workshop. Stop in and find out what they have to offer your facility.

9:00 – 11:15 Person Centered Progress - Mark Winters, STAR Services

Too often a person's goals, choices, and plans are abandoned; sometimes, as soon as the team leaves the meeting. How can we structure meetings to promote success? How can we move from a "nice idea" to momentum and action? When we encourage people to dare to dream, we need truth in our commitment to help. Learn what you can do to continue the momentum after meetings, why plans fall apart, and how to honor people's choices to make dreams a reality.

9:00 – 11:15 Service Intensity Application - Dede Hauck, Merrick

Since banding began in 2014, Dede has gathered a great deal of information about average staff to client ratios, upward banding, tools and processes to get service intensity changes and rate exceptions so she can continue to provide services to her clients with very high needs. Dede has met with numerous case managers, county supervisors and DHS personnel, and she plans to share some of her experiences and information for the benefit of other providers. She has found that there really is no road map and nobody to tell you how to do it. Do not ask permission, just go for it and do not apologize for trying to fund services that people want and need and you are already providing.

9:00 – 11:15 Beyond Hand-Washing and Germ Phobias: The Many Facets of Obsessive-Compulsive Disorder (OCD) and How to Address Them – Alison Dotson, OCD Twin Cities

Awareness of Obsessive Compulsive Disorder (OCD) has been growing steadily over the past decade, but we still have a long way to go: People with who struggle with obsessions and compulsions are still misdiagnosed-- and even when the diagnosis is right, the treatment is not. How can we go beyond the obvious symptoms such as excessive hand-washing and address invisible symptoms as well? Alison Dotson will share part of her own experience with undiagnosed OCD as well as explain how individuals can get help even when proper treatment is not readily accessible. Learn how the disorder can manifest in sometimes unexpected ways and how to support individuals on their journey toward recovery.

9:00 – 11:15 Communication Strategies for Alzheimer's and Dementia - Kate Selseth

By the end of today's program, you will be able to:

- Explain the communication changes that take place throughout the course of the disease.
- Decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person.
- Identify strategies to connect and communicate at each stage of the disease.

11:30 – 1:15 *Lunch – located on the volleyball courts. Musical entertainment, **The Last Band**, provided by artists from CHOICE Unlimited of Duluth, Minnesota.*



The music performance will be followed by the DSP Awards Presentation.



1:30 – 4:00 Mapping things out: Exploring Person- Centered Planning Methods- Mark Winters, STAR Services: Your services are person-centered but does it need to go one step further? Explore when and why a formal person-centered planning process might be beneficial and the various methods used to facilitate planning. Hear real success stories from the multiple planning methods and how lives have been changed.

1:30 – 4:00 1:30-4:00 Serving Others - Ted Schick, Schick Corporate Learning

In this fun and informative presentation, we discuss the work we do as we serve others--- from what motivates us to serving on our teams to taking care of ourselves. While our profession gives us purpose, we can be challenged with team dynamics and communication while remembering to put ourselves on our "To-Do" list. Learn and laugh in this enlightening presentation as we examine the work we do.



1:30 – 4:00 Take a Walk Around the Thinking Block - Wanda Grew – Jasken, EDGE Consulting, LLC.

For Individuals and teams, decision making can take a lot of time, thought, and effort. In this fast-paced, production-focused, multi-tasked world, we do many things habitually. The same often applies to our thinking. The result can be hasty, flawed decisions and poor outcomes. This negatively impacts team dynamics, personal and professional goals, and the bottom line. How can we train ourselves to think more efficiently, broaden our perspectives and generate timely, positive outcomes? In this session we:

- Explore our own thought processes and those of others
- Learn a practice of analyzing others' view points and challenges our own habitual thought process
- Commit to exercise and strengthen our ability to think as individuals and within teams
- Identify how thought processes impact feelings and actions
- Realize the advantages of understanding how thought processes relate to communication styles and giving feedback
- Discover how we can apply core concepts individually and within teams

1:30 – 4:00 Social Media Enhances Business - Sarah Crumrine, Minnesota Council of Nonprofits

“Do you want to get into social media for your organization but not sure where to start? Still confused by what exactly a hashtag is? Join us for this session all about social media. We will go over all of the basics! You'll learn about each of the social media channels and which may be the best fit for your organization. We will also go over some best practices for doing social media, tips for increasing your fans and followers, and what to do when something goes wrong. If you're new to all things social, let us help you get started!”

GOLF Following the last session on Thursday, May 16th there will be a golf outing at Angushire Golf Club. Green fees will be on your own and paid at the course. Please sign up at the registration table. Contact Mike Burke with any questions.

Dinner on your own.



7:00 – 10:00  **Hospitality Room. Sponsored by Praba from Cashe' Software.** It will be near the volleyball courts.

Friday, May 17

6:45 – 7:50 Breakfast in pool area

8:00 – 10:20 Employee Onboarding: An Investment in Retention – facilitated by Wanda Grew-Jasken, EDGE Consulting, LLC.

Employee Onboarding is a critical component of hiring. Bringing new employees on board is a major expense. Employee turnover increases that expense. Commit to turning your organization's onboarding plan into a secure investment in retention. Increase productivity, produce a happier and more talented workforce, and take measures to retain employee skills, knowledge, and value within your organization.



8:00 – 10:20 Understanding Autism and Effective Support Strategies - Eric Ringgenberg, Autism Association of Minnesota

Learn common characteristics and challenges associated with autism spectrum disorder (ASD) and review universal support strategies to foster communication, socialization, and self-regulation skills in order to best support individuals on the spectrum.

8:00 – 10:20 Developing Employment Services and Capacity - Dan Rietz/MOHR and APSE

This presentation will focus on:

- Solutions to best manage through a change in funding systems and create internal capacities for greater employment development. Both systematic and specific ideas will be identified to help organizations move from daily rates to hourly rates
- Success stories from around the state of exemplary practices in Exploration and Development with practitioners and program participants sharing their experiences
- Strategies for organizational changes to increase employment opportunities

10:30 – 11:45 Key Note Speaker – Joy through the Journey - Brenda Elsagher

In this fun presentation, Brenda Elsagher, National Speaker, Author, and Comedian will help us see how we are surrounded by humor, (we just have to look for it) and how laughter can make us healthier and able to cope with stress, aggravation and challenging moments. Brenda brings a genuine, uplifting message, and reminds us that each day only has 24 hours and what we do with each hour can change our life or that of another.



Brenda
ELSAGHER
living and laughing

11:45 – 11:50 Closing Comments – Julie Johnson / Jo Bittner

Please be sure to fill out an evaluation and have a safe travel home.