



# HEALTH & WELLBEING IN DEVELOPMENTAL DISABILITIES

**Engaging Health Care Professionals** 

November 29-30, 2017

University of Toronto Conference Centre
89 Chestnut Street | Toronto, Ontario

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3:15		2:15	2:00		1:00	11:30		10:30	10:00	8:45	8:30	7:00	IIme
Break	Room	Workshop Session C	Break	Room	Workshop Session B	Lunch	Room	Workshop Session A	Break	Plenary A	Intro A	Arrival	Agenda
Time to move between workshop rooms	Armoury	W13 – Evidence-Based Parent Training Intervention To Teach Safety Skills to Children with Autism	Time to move between workshop rooms	St. David	W7 – An Introduction to the Report of the Ontario Association for Behaviour Analysis' (ONTABA) "Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners, and Policy Makers"	Time to view Posters & Exhibits	Terrace	W1 – Interprofessional Biobehavioural Assessment and Treatment of Mental Health Symptoms in youth with ASD and ID	Time to view Posters & Exhibits	Put Your Air Mask On First: Red Room: Colony Ballroom	Welcome/Intro – Emcees Danie	Registration & Breakfast – Room: Foyer and Giovanni	
p rooms	Terrace	W14 – Innovative learning and teaching strategies in training the next generation of psychiatrists: learners' perspective on developmental disability education	p rooms	Elm	W8 – Developing an indepth case study for health professional education: A Community – University Partnership	Time to view Posters & Exhibits; Lunch served at 12:00pm – Rooms: Colony Ballroom West &	Lombard	<b>W2</b> – Educating the Physicians and Health Care Professionals of Tomorrow; A Program model of the Developmental Disabilities Program in the Department of Psychiatry at the Schulich School of Medicine & Dentistry at Western University	Time to view Posters & Exhibits – Rooms: Colony Ballroom West & Giovanni	Put Your Air Mask On First: Reducing stress and promoting positive adult development in parents of children with developmental disabilities – Elisabeth Dykens Room: Colony Ballroom	Welcome/Intro - Emcees Daniel Beimers and David Hill - Room: Colony Ballroom	n: Foyer and Giovanni	
	St. Patrick	w15 - Practical outcomes of a needs assessment examining the priority health and social needs of adults with developmental disabilities in complex situations		Armoury	W9 — Conscious Care and Support: a complementary model of support to enhance best practices in Ontario		Armoury	W3 – Flexible Assertive Community Treatment (FACTT- DD) as an Innovative Interprofessional Mental Health Model for persons with Dual Diagnosis	k Giovanni	ve adult development in paren	Colony Ballroom		
	St. David	W16 – Supported decision-making in practice for people with profound intellectual disabilities		Terrace	<b>W10</b> – Grieving Together – A Peer Support Model	Giovanni	Elm	W4 – When walking in my shoes beats walking beside me: Mothers talk about taking an active role in developing and delivering interventions to other families		its of children with developm			
	Elm	W17 - Election's Canada Accessibility Services: How we are making voting more accessible for all Canadians		Lombard	W11 – What's a Behavioral Phenotype? Lessons from Prader-Willi, Williams and Down syndromes		St. David	W5 – Consensus Guidelines for the Care, Support and Treatment of People with a Developmental Disability and Challenging Behaviours		<b>iental disabilities</b> – Elisabe			
		N/A		St. Patrick	W12 – Improving primary care for adults with developmental disabilities: Tips from the front-line		St. Patrick	W6 — Supporting Individuals with Complex Medical Needs in Community		eth Dykens			

DAY 2 - November 30, 2017												DAY 1			
3:45	3:30	2:15	2:00		1:00	11:30		10:30	10:00	8:45	8:30	7:30	4:30		3:30
Depart	Closing	Plenary C	Break	Room	Workshop Session F	Lunch	Room	Workshop Session E	Break	Plenary B	Intro B	Arrival		Room	Workshop Session D
Day 2 is over	Closing Remarks – Emcees Da	Success, Obstacles and the Ro Panelists: William Cutbush, Ci	Time to move back to plenary room	Lombard	<b>W28</b> – Evidence Based Skill Building for Children with Down Syndrome	Time to view Posters & Exhibits	Lombard	W22 — Introducing ChYMH- DD: Children's Mental Health Assessment- Developmental Disabilities	Time to view Posters & Exhibits	Self-determination and Well-B	Welcome/Intro – Emcees Danie	Registration & Breakfast - Rooms: Foyer & Giovanni /	Day 1 is over	Armoury	W18 – Speech Language Pathology Services for People with DD – We Do More than You Think!
	Closing Remarks – Emcees Daniel Beimers and David Hill – Room: Colony Ballroom	Success, Obstacles and the Road Forward: A look at interministerial collaboration in developmental services – Room: Colony Ballroom Panelists: William Cutbush, Cindy Dodd, Wade Durling, Barbara Simmons; Moderator: Sandy Stemp	oom	Terrace	<b>w29</b> – ConnectABILITY.ca – A Collaboration supporting Individuals with developmental disabilities across Ontario	Time to view Posters & Exhibits; Lunch served at 12:00pm – Rooms: Colony Ballroom West &	Elm	w23 – Needles, boo-boos and tummy aches: Pain, adaptive functioning, and lessons learned on the road to developing and evaluating an interactive pain education program for respite workers	s – Rooms: Colony Ballroom West & Giovanni	Self-determination and Well-Being for People with Profound Intellectual Disabilities –	Welcome/Intro – Emcees Daniel Beimers and David Hill – Room: Colony Ballroom			Terrace	W19 – You Want Us To Organize What?!?!? A Panel on Developing Effective Staff Education Events
	n: Colony Ballroom	rial collaboration in developme Simmons; Moderator: Sandy S		St. Patrick	W30 – Innovative Approaches to Increasing the Health and Wellbeing of ALC Individuals- Understanding more about who gets stuck in hospital, and how to bring systems and services together to support them successfully.		St. Patrick	w24 – An interprofessional approach to address a complex barrier to health care in people with developmental disabilities who refuse to leave the safety of home	& Giovanni	Micha	Colony Ballroom	Breakfast with H-CARDD - Room: Terrace		St. Patrick	w20 – When Adults with Developmental Disabilities go to the Psychiatric Emergency Department: Who goes and how can we help?
		a <b>ntal services</b> – Room: Colon temp		Elm	W31 – From Client to Citizen, Health Equity Begins At Home	Giovanni		<b>W25</b> – Workshop Cancelled		el Bach – Room: Colony Ballroom		се		St. David	W21 – It takes a village to raise a child: A discussion of pregnancy, prenatal care, and parenting in individuals with intellectual disabilities
		y Ballroom		Armoury	W32 – Mobilizing Compassion in Healthcare: Experience Compassion in Action with Curriculum of Caring		Armoury	W26 – World Café Discussion & Networking Session – Emerging Issues in Developmental Disabilities		om					N/N
				St. David	W33 – Special Olympics Ontario Healthy Communities: Fostering a network of healthcare professionals well versed in the techniques to treat people with intellectua disabilities		St. David	W27 – Oral Health Care For Persons with Developmental Disabilities – The Past, Present and Future; Pioneering A New Approach							N/A

## Welcome

We are very pleased to welcome you to Toronto and to our fourth biennial Health and Wellbeing in Developmental Disabilities conference! This conference complements and alternates with the biennial Health and Wellbeing Conference that happens in Vancouver.

This event brings over 200 health care professionals, students, educators, caregivers of individuals with developmental disabilities, social workers, academic researchers, and strategic decision makers from across Canada and provides a forum for collective discussion and learning and sharing of professional knowledge and best and emerging practices. We believe this engagement has significant potential to impact you and to impact the health and wellbeing across the life span of persons with a developmental disability. And so we encourage your active participation and discussion.

Focus at this forum will include discussion on: effective practices to improve health and wellbeing across the lifespan, how interprofessional collaboration can improve the delivery of health care, innovative and emerging practices and outcomes in the assessment and treatment of complex needs, and the role of community health care in providing appropriate care.

The success of this event comes from the leadership of the Community Networks of Specialized Care and the time and efforts and devotion from our Steering, Program, and Marketing Committee members along with the contributions from our sponsors. A special thank you is expressed as well to Continuing Education and Professional Development, Faculty of Medicine, and University of Toronto, for their support in the planning of this event.

In keeping with the spirit of the conference and our efforts to reach out to students and health care professionals, sessions have been approved for continuing education credits from the College of Family Physicians of Canada, the Royal College of Physicians and Surgeons of Canada and the American Medical Association.

We look forward to an exciting and inspiring conference and the opportunity to network with our colleagues locally, nationally, and from abroad!

Wade E Durling, CEO, Ongwanada Community Networks of Specialized Care Lead – Eastern Ontario On behalf of the Health and Wellbeing Conference Steering Committee

Follow us on Twitter @HWDDConf to get updates and to continue to get great resources after the event. Follow #HWDD2017 to re-tweet, share, like, and comment on content posted leading up and during to the conference.

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# Goals, Outcomes & Accreditation

### Goals

The Health and Wellbeing Conference provides a forum for over 200 health care professionals, students, educators, caregivers of individuals with developmental disabilities, social workers, academic researchers, and strategic decision makers from across Canada to help improve the health and wellbeing of people with developmental disabilities.

### **Outcomes**

After participating in this conference, participants will be able to discuss the health and wellbeing across the life span for persons with a developmental disability in terms of:

- Effective practices to improve health and wellbeing
- How interprofessional collaboration can improve the delivery of health care
- Innovative and emerging practices and outcomes in the assessment and treatment of complex needs
- The role of community health care in providing appropriate care.

### **Accreditation**

This conference is sponsored by Continuing Professional Development and the Department of Psychiatry, Faculty of Medicine, University of Toronto.

### The College of Family Physicians of Canada

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to 10.0 Mainpro+ credits.

## Royal College of Physicians and Surgeons of Canada

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance

of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of 10.0 hours (credits are automatically calculated).

### The American Medical Association

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits<sup>TM</sup>. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.ama assn.org/go/internationalcme

### **European Union for Medical Specialists (EUMS)**

Live educational activities, occurring in Canada, recognized by the Royal College of Physicians and Surgeons of Canada as Accredited Group Learning Activities (Section 1) are deemed by the European Union of Medical Specialists (UEMS) eligible for ECMEC®.

### Letters of Accreditation/Attendance

Letters of accreditation/attendance will be available online following the conference. Participants will be emailed information within two weeks post-course specifying how to obtain their Letter of Accreditation/Attendance online.

Should you have any questions, please contact:

### Continuing Professional Development

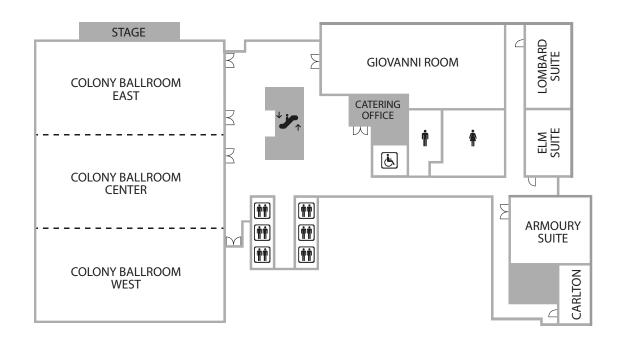
Faculty of Medicine, University of Toronto 500 University Avenue, Suite 650 Toronto, ON M5G 1V7 416.978.2719 / 1.888.512.8173 facmed.registration@utoronto.ca www.cpd.utoronto.ca

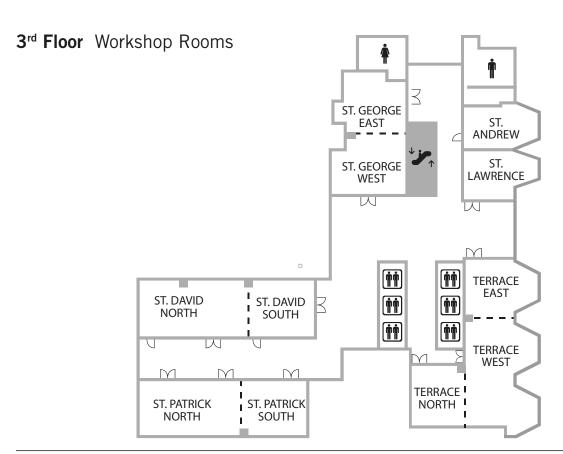
# Faculty & Committee Disclosure

It is the policy of University of Toronto, Faculty of Medicine, Continuing Education and Professional Development to ensure balance, independence, objectivity, and scientific rigor in all its individually accredited or jointly accredited educational programs. Speakers and/or planning committee members, participating in University of Toronto accredited programs, are expected to disclose to the program audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing education program. This pertains to relationships within the last **FIVE** (5) **years** with pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the presentation topic. The intent of this policy is not to prevent a speaker with a potential conflict of interest from making a presentation. It is merely intended that any potential conflict should be identified openly so that the listeners may form their own judgments about the presentation with the full disclosure of facts. It remains for the audience to determine whether the speaker's outside interests may reflect a possible bias in either the exposition or the conclusions presented.

# Floor Plans

2<sup>nd</sup> Floor Plenary Room, Workshop Rooms, Posters, Refreshments, Exhibits





Wednesday, November 29, 2017

0700	Registration & Continental Breakfast	Foyer & Giovanni Room
0830	Welcome – Emcees: Daniel Beimers and David Hille	Colony Ballroom
0845	Plenary A	Colony Bunicom
0043	Put Your Air Mask On First: Reducing stress and promoting positive adult deve in parents of children with developmental disabilities Elisabeth Dykens	elopment
1000	Refreshment Break with Exhibitors	Giovanni Room
	Time to view Posters	Colony Ballroom West
1030	Workshop Session A	
	<b>W01</b> Interprofessional Bio-behavioural Assessment and Treatment of Mental Health Symptoms in youth with ASD and ID  Alvin Loh; Nicole Aliya Rahim; Anupam Thakur	Terrace
	<b>W02</b> Educating the Physicians and Health Care Professionals of Tomorrow; A model of the Developmental Disabilities Program in the Department of Psychia at the Schulich School of Medicine & Dentistry at Western University  Sarah O'Flanagan	-
	<b>W03</b> Flexible Assertive Community Treatment (FACTT-DD) as an Innovative Interprofessional Mental Health Model for persons with Dual Diagnosis Susan Farrell; Kate Baker	Armoury
	<b>W04</b> When walking in my shoes beats walking beside me: Mothers talk about taking an active role in developing and delivering interventions to other familie Amy Baskin; Kelly Bryce; Lee Steel; Sarah Waldman, Edna Elaine Obillo	s Elm
	<b>W05</b> Consensus Guidelines for the Care, Support and Treatment of People wit a Developmental Disability and Challenging Behaviours  Tara Hyatt; Jennifer Altosaar; Lisa Holmes; Jo-Ann Trahan	h St. David
	<b>W06</b> Supporting Individuals with Complex Medical Needs in Community <i>Phemie Guttin; Victoria Webber</i>	St. Patrick
1130	Time to View Posters & Exhibits Colony Ballroom	n West & Giovanni Room
1200	Lunch (provided)	Colony Ballroom
	Coffee & Dessert with Exhibitors	Giovanni Room

Location

## Location

1300	Workshop Session B	
	<b>W07</b> An Introduction to the Report of the Ontario Association for Behaviour Analysis' (ONTABA) "Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners, and Policy Makers	St. David
	Stasia Rossinsky; Adrienne Perry; Julie Koudys	
	<b>W08</b> Developing an in-depth case study for health professional education: A Community – University Partnership	Elm
	Lynn Cockburn; Sandee Moore; Denise DuBois	
	<b>W09</b> Conscious Care and Support: a complementary model of support to enhance best practices in Ontario  Peter Marks	Armoury
	<b>W10</b> Grieving Together – A Peer Support Model	Terrace
	Shallen Jackson; Melissa Reinhardt; Donna Lee	
	<b>W11</b> What's a Behavioral Phenotype? Lessons from Prader-Willi, Williams and Down syndromes  Elisabeth Dykens	Lombard
	W12 Improving primary care for adults with developmental disabilities: Tips from the front-line	St. Patrick
	Janet Durbin; Ian Casson; Laurie Green	
1400	Time to move between workshop rooms	
1415	Workshop Session C	
	<b>W13</b> Evidence-Based Parent Training Intervention to Teach Safety Skills to Children with Autism	Armoury
	Sarah Kupferschmidt	
	<b>W14</b> Innovative learning and teaching strategies in training the next generation of psychiatrists: learners' perspective on developmental disability education	Terrace
	Chien-Shun Chen; Matt Boyle; Amanda Sawyer; Natasha Fernandes; Alon Coret; Muhammad Irfan J	iwa
	<b>W15</b> Practical outcomes of a needs assessment examining the priority health and social needs of adults with developmental disabilities in complex situations	St. Patrick
	Angie Gonzales; Kristin Dobranowski; Carly McMorris; Johanna Lake; Yona Lunsky; Robert Balogh	

**W16** Supported decision-making in practice for people with

profound intellectual disabilities

Michael Bach

St. David

### Location

	W17 Election's Canada Accessibility Services:  How we are making voting more accessible for Canadians of all abilities	Elm
	Juan Melara-Pineda	
1515	Time to move between workshop rooms	
1530	Workshop Session D	
	<b>W18</b> Speech Language Pathology Services for People with DD – We Do More than You Think!	Armoury
	Heather Morgan; Sarah Dennis; Joanne St-Denis	
	<b>W19</b> You Want Us To Organize What?!?!? A Panel on Developing Effective Staff Education Events	Terrace
	Brenda Quinlan; Jo Anne Nugent; Kerry Boyd; Megan Primeau	
	<b>W20</b> When Adults with Developmental Disabilities go to the Psychiatric Emergency Department: Who goes and how can we help?	St. Patrick
	Natasha Fernandes; Amanda Sawyer; Anna Durbin; Yona Lunsky	
	<b>W21</b> It takes a village to raise a child: A discussion of pregnancy, prenatal care, and parenting in individuals with intellectual disabilities	St. David
	Jennifer Allen; Deborah Bluestein; Alma Disha; Janet Vogt	
1630	Adjourn	

## Thursday, November 30, 2017

### Location

0730 Registration & Continental Breakfast Foyer & Giovanni Room Breakfast with H-CARDD Terrace Room **Welcome** – Emcees: Daniel Beimers and David Hill 0830 Colony Ballroom 0845 Plenary B Self-determination and Well-Being for People with Profound Intellectual Disabilities 1000 Refreshment Break with Exhibitors Giovanni Room Time to view Posters Colony Ballroom West 1030 Workshop Session E W22 Introducing ChYMH-DD: Children's Mental Health Assessment -Developmental Disabilities Lombard Katharine Moody; Laura Lambert **W23** Needles, boo-boos and tummy aches: Pain, adaptive functioning, and lessons learned on the road to developing and evaluating an interactive pain education program for respite workers Elm Lara Genik W24 An interprofessional approach to address a complex barrier to health care in people with developmental disabilities who refuse to leave the safety of home St. Patrick Angela Gonzales; Danielle Woodyatt; Josie Costantiello, Ana Offenheim W25 Workshop Cancelled W26 World Café Discussion & Networking Session - Emerging Issues in Developmental Disabilities Armoury Megan Primeau **W27** Oral Health Care for Persons with Developmental Disabilities – St. David The Past, Present and Future; Pioneering a New Approach Alison Sigal; Michael Sigal 1130 Time to View Posters & Exhibits Colony Ballroom West & Giovanni Room 1200 Lunch (provided) Colony Ballroom Coffee & Dessert with Exhibitors Giovanni Room

### Location

1300	Workshop Session F								
	<b>W28</b> Evidence Based Skill Building for Children with Down Syndrome <i>Nicole Neil</i>	Lombard							
	<b>W29</b> ConnectABILITY.ca – A Collaboration supporting Individuals with developmental disabilities across Ontario	Terrace							
	Don Murray; Jason Maher								
	<b>W30</b> Innovative Approaches to Increasing the Health and Wellbeing of ALC Individu Understanding more about who gets stuck in hospital, and how to bring systems and services together to support them successfully	als- St. Patrick							
	Jennifer Altosaar; Elizabeth Lin; Leo Edwards; Heather Hrobsky; Melanie Randall; Angela Gonzales; Yona Lunsky								
	<b>W31</b> From Client to Citizen, Health Equity Begins At Home	Elm							
	Susan Beayni; Linda Till								
	<b>W32</b> Mobilizing Compassion in Healthcare: Experience Compassion in Action with Curriculum of Caring	Armoury							
	Kerry Boyd; Mendelt Hoekstra; SpotLight Drama and Momentum Choir Representatives; Tom Archer; Karen Hodgson; Alon Coret								
	<b>W33</b> Special Olympics Ontario Healthy Communities: Fostering a network of healthough professionals well versed in the techniques to treat people with intellectual disabilities	care St. David							
	Shafeeq Armstrong, Zachary Brown, Leigh Caplan, Ilana Clark, Ryan Colpitts, Judith Andrea Eversley, Kathleen Lai, James Noronha, Yi Wen Shao, Karla Williams								
1400	Refreshment Break	Giovanni Room							
1415	Plenary C	Colony Ballroom							
	Success, Obstacles and the Road Forward: A look at interministerial collaboration in developmental services								
	Panelists: William Cutbush, Cindy Dodd, Wade Durling, Barbara Simmons Moderator: Sandy Stemp								
1530	Closing Remarks - Emcees: Daniel Beimers and David Hill								
1545	Adjourn								

### **Emcees**



### **Daniel Beimers**

Daniel has been a member of New Vision Advocates (NVA) for the past 5 years. Daniel is a strong advocate for people with developmental disabilities and an experienced speaker and presenter, speaking at conferences and within our community to educate others about the issues important to people with developmental disabilities. In 2013, Daniel was the recipient of the Queens' Diamond Jubilee metal for his dedication to advocating for people with developmental disabilities. Daniel currently works as a crossing guard in his home town of Strathroy.



### David Hill

David has been a member of New Vision Advocates (NVA) for the past 6 years. He is currently the co chair of the group, elected by the members last November. David is an active speaker and presenter, giving presentations to DSW students at Fanshawe College and at the OADD and CLO conferences. He is also a member of Community Living London's Advocacy Committee and sits on the Board of Community Living London. Along with being an active member of NVA, David is also a Special Olympic athlete and long-time volunteer at the Glendale nursing home and works at Windsor Factory supply in London.

### **Plenary Speakers**



### Michael Bach Phd

Managing Director, IRIS – Institute for Research and Development on Inclusion and Society Adjunct Professor, Disability Studies, Ryerson University Toronto, Ontario, Canada

Michael Bach is Managing Director of IRIS – Institute for Research and Development on Inclusion and Society, and Adjunct Professor in Disability Studies at Ryerson University. For the past 30 years, he has undertaken research and development in Canada and internationally on ways to advance the full inclusion and human rights of persons with intellectual disabilities. His publications cover disability theory, policy and practice in a range of areas including legal capacity, education, employment, and individualized funding and delivery of community-based supports. He has recently completed an Open Society Foundations Fellowship, which continued his international comparative research on the right to legal capacity for people with significant intellectual disabilities.



### Elisabeth Dykens PhD

Annette Schaffer Eskind Chair Director, Vanderbilt Kennedy Center Professor, Psychology and Human Development, Psychiatry, and Pediatrics Nashville, Tennessee, USA

Elisabeth Dykens, PhD, is Director of the Vanderbilt Kennedy Center for Research on Human Development, a Eunice Kennedy Shriver Intellectual and Developmental Disabilities Research Center; and she is Co-Director of the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities. She is Annette Schaffer Eskind Chair and Professor of Psychology, Psychiatry, and Pediatrics at Vanderbilt University.

Dr. Dykens received a PhD in clinical psychology from the University of Kansas. She completed a predoctoral internship and a postdoctoral fellowship at Yale University's School of Medicine, Child Study Center. She served on the junior faculty at the Yale Child Study Center for seven years. In 1995, she joined the faculty of University of California Los Angeles where she was Associate Professor and then Professor-in-Residence at the Neuropsychiatric Institute, and Associate Director for Research and Training at UCLA's Tarjan Center for Excellence on Developmental Disabilities. She directed the UCLA Lili Claire Family Resource Center and was Co-Director of out-patient clinics for persons with both intellectual disabilities and mental health concerns. She joined the Vanderbilt University faculty in 2003.

Dr. Dykens's research examines psychopathology and areas of strength in persons with intellectual and developmental disabilities, especially those with genetic syndromes. Her studies focus on the development and correlates of psychopathology and behavioral problems in Prader-Willi syndrome, Williams syndrome, and Down syndrome. These include marked obsessive-compulsive behaviors in Prader-Willi syndrome, heightened anxiety in Williams syndrome, and increased withdrawal and depression in Down syndrome. Dykens also examines profiles of neurocognitive and adaptive strengths and weaknesses in these disorders, and how these unusual profiles refine treatment and shed light on typical development. A related area of research is stress, coping, and positive outcomes in families of persons with developmental disabilities.

### **Plenary Panelists**



### William Cutbush

William Cutbush has been with the Ombudsman's Office since 2008. Beginning his career as an Early Resolution Officer, he became an Investigator in 2010, and moved to the Special Ombudsman Response Team since 2012. He has participated in investigations into the adequacy of the HNHB LHIN's community engagement, the use of force in the corrections system, and the de-escalation training of Ontario police services. He was the lead investigator on the investigation of MCSS' provision of developmental services to adults with developmental disabilities in situations of crisis. In 2017, William moved into an acting role as Manager of Investigations.

In 2004, William attended law school at the University of Toronto, where he was also worked with the Journal of Law and Equality, becoming Editor in Chief in 2006. Prior to attending law school, William taught courses at the University of Toronto and McMaster University on World Religions, Indian Buddhism, and Sanskrit Literature while attending graduate programs in the academic study of religion at McMaster University, specializing in medieval Sanskrit literature.



### Cindy Dodd

Cindy Dodd is a Registered Nurse and has worked within the home care sector for 18 years. She is currently a senior manager at Central Local Health Integration Network (LHIN) Home and Community Care Division. Part of her portfolio is responsibility for their developmental disabilities team. Cindy is also enrolled in a Masters program at Ontario Institute for Studies in Education of the University of Toronto (OISE/UT).

### **Plenary Panelists**



### Wade Durling

Wade Durling has worked in the Developmental Services (DS) Sector for most of his career in Nova Scotia, PEI, and Ontario. He is currently the CEO at Ongwanada in Kingston and has held 2 other roles in Ontario: COO at Bethesda in Niagara and Executive Director of Cochrane Temiskaming Resource Centre in Timmins. He is a graduate of Acadia University in Science and Education and has additional courses from UPEI in business and conflict resolution studies. He completed a Long Term Care Management Certificate through the Canadian Healthcare Association and most recently completed a one-week Senior Executive Level training program at the Ivey School of Business through the Community Shift Program.

Mr. Durling has additional training in administration, human resources, data management, and individual and other planning and assessment techniques, non-aversive and behavioral approaches and supports and crisis intervention.

He is active provincially in the DS sector including participation on the Provincial Network, OADD, Great Lakes Society, and with provincial committees including the Provincial HR Committee, Quality Assurance Measures, Performance Measurement Framework, and the Transformation Strategy Steering Committee.



### **Barbara Simmons**

Barb Simmons is currently the Director of the Community and Developmental Services Branch, Social Policy Development Division, Ministry of Community and Social Services, responsible for policy and program design for developmental services, violence against women programming and indigenous healing and wellness initiatives.

Barb has over 20 years of experience in the Ontario Public Service, and has held a variety of jobs related to training and employment, including stints at Cabinet Office as Senior Policy Advisor for Education and Training, as Director of the Apprenticeship Reform Project, and held several executive positions at the Ministry of Training, Colleges and Universities (now called Advanced Education and Skills Development). She's most proud of her stint as the Director of Program Integration with the Transition Management Office, where she played a key role in the successful transfer of over 500 staff and \$525M of federal training and employment programs to Ontario.

Barb has a degree in Fine Arts from York University, is married to Alison, and has two children, Annie and Alec, with whom she never gets to spend enough time.

# **Conference Committees**

### **Steering Committee**

**Alvin Loh**; Development Pediatrician/Chief of Staff, Surrey Place Centre

Camille Bigras; Health Care Facilitator

– Northern Ontario, Community

Networks of Specialized Care

**Claudine A. Cousins**, MA, CHRL; Executive Director, Central District, Christian Horizons

**Dara Abells**, MD, CCFP; Family Physician, Forest Hill Family Health Centre and ISAND

**Joanne Savage**; Developmental Services Supervisor, York Support Services Network

**Lisa Holmes**; Coordinator – Eastern Ontario, Community Networks of Specialized Care

**Megan Primeau**, MSc; Tri Region Education and Research Coordinator – Central Ontario, Community Networks of Specialized Care

Nancy Bush; Event Planner, Centre for Continuing Professional Development, Faculty of Medicine, University of Toronto

**Sandy Stemp**; Chief Operating Officer, Reena

**Sue Benko**; Education Coordinator – Southern Ontario, Community Networks of Specialized Care

**Tara Hyatt**; Coordinator – Central Ontario, Community Networks of Specialized Care

**Wade Durling**; CEO, Ongwanada; Lead – Eastern Ontario, Community Networks of Specialized Care

### **Program Committee**

**Alma Disha**; Application Assessor DSO Toronto Region, Surrey Place Centre

**Amy Lays**; Resource Assessment Worker, Service Coordination for People with Developmental Disabilities

**Anna Przednowek**, MSW, M.ADS, RSW; PhD Candidate, Carleton University, School of Social Work

**Christina Hall**, DSW; Program Manager, CHOICES

**Dori Zener**, MSW, RSW; Individual, Couple and Family Therapist Specializing in the Autism Spectrum

**Shahin Shooshtari**; Associate Professor, Community Health Sciences Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba; Researcher, St. Amant Research Centre

**Megan Primeau**, MSc; Tri Region Education and Research Coordinator – Central Ontario, Community Networks of Specialized Care

Renee Lopes Lieu, M. Cl.Sc. (OT); Occupational Therapist, Vancouver Coastal Health

**Rosemary Condillac**; Assistant Professor, Centre for Applied Disability Studies, Brock University

**Sarah O'Flanagan**; Program Coordinator, Western University

**Sue Benko**; Education Coordinator – Southern Ontario, Community Networks of Specialized Care

Susan Farrell, Ph.D., C.Psych.; Clinical Director, Community Mental Health Program, Director of Training, Predoctoral Residency Program in Clinical Psychology, Associate Professor, Department of Psychiatry, Faculty of Medicine, Clinical Professor, School of Psychology, Faculty of Social Sciences, University of Ottawa **Tom Archer**; Health Care Facilitator – Southern Ontario, Community Networks of Specialized Care

**Tracy Smyth**; Manager, Community Living Supports, Community Living Mississauga

**Ullanda Nicole Niel**, MD, CCFP, Family Physician, Scarborough Centre for Healthy Communities

**Vikram Dua**; Child & Adolescent Psychiatrist, Psychiatrist-in-Chief Assistant Professor, Department of Psychiatry, University of Toronto, Surrey Place Centre

Yona Lunsky; Director of the Health Care Access Research and Developmental Disabilities (H-CARDD) Program, Centre for Addiction and Mental Health

### **Marketing Committee**

**Heidi Diepstra**, PhD; Research Associate, Developmental Disabilities Primary Care Program (DDPCP), Surrey Place Centre

**Madelaine Ressel**; Research Assistant working in the Developmental Disabilities Lab, University of Ottawa

**Megan Primeau**, MSc; Tri Region Education and Research Coordinator – Central Ontario, Community Networks of Specialized Care

**Nicole Cooper**; Coordinator, Communications, Ongwanada

Renice Jones; Manager, Marketing and Communications, Faculty of Medicine, University of Toronto

**Sean Newton**; Health Care Facilitator

– Eastern Ontario, Community

Networks of Specialized Care

**Tom Archer**; Health Care Facilitator – Southern Ontario, Community Networks of Specialized Care

# **Advertisements**

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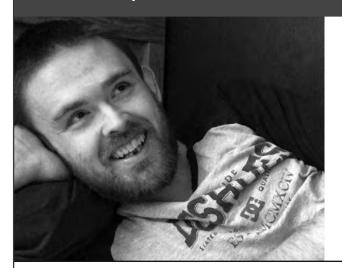




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### **MARK YOUR CALENDAR**

# 2018 Health and Wellbeing in Children, Youth, and Adults with Developmental Disabilities Creating Partnerships



### November 7-9, 2018 | Sheraton Vancouver Airport Hotel

The term developmental disabilities (DD) refers to individuals with intellectual disability, autism spectrum, fetal alcohol spectrum and related neurodevelopmental genetic syndromes. Children, youth, and adults with DD are vulnerable to high rates of general health and mental health concerns. This interactive 2018 conference will focus on practical strategies and partnerships to optimize their potential. Our goal is to help clinicians and caregivers learn effective ways to work with individuals with DD, and their families, in partnership to improve their quality of life experience. The conference will also provide educational and informative psychiatric, behavioural, mental health, and complex physical health updates specific to individuals with DD, and showcase best practices in the field. This conference will engage health care providers and educators from a wide range of professional disciplines in knowledge transfer and interdisciplinary collaboration.

### **Learning Objectives**

- Review evidence based clinical best practices in physical, mental health and education for individuals with DD
- Explore new research in physical, mental health and education for individuals with DD
- Identify core issues and challenges facing individuals with DD and their families
- Consider ways to build partnerships to maximize health and wellbeing
- Develop connections, share knowledge and common experiences with individuals and service providers involved in the field of DD

Feedback from 2016

It was great to have an opportunity to meet others working with adults with DD. I thought the whole conference was amazing from the venue to the learning opportunities.

### **Location and Accommodation**

### Sheraton Vancouver Airport | Richmond, BC

A special rate of \$150.00 + taxes has been set aside for conference participants. Book your accommodation today to avoid disappointment. Specify that you are booking under the Health and Wellbeing Conference 2018 and call +1-800-663-0299 to reserve now and save! Rooms need to be booked by October 10, 2018.

Interprofessional Continuing Education

For more information and conference updates

# **Plenary Abstracts**

### Wednesday, November 29, 2017 8:45 AM – 10:00 AM

Plenary A

Put Your Air Mask On First: Reducing stress and promoting positive adult development in parents of children with developmental disabilities

Elisabeth Dykens PhD
Annette Schaffer Eskind Chair
Director, Vanderbilt Kennedy Center
Professor, Psychology and Human Development,
Psychiatry, and Pediatrics, Nashville, Tennessee, USA

Parents of children with intellectual or developmental disabilities experience more stress than parents of typically developing children, as well as more depression, anxiety, and health and mental health problems. Even so, disability policies and practices focus primarily on the affected individual, which may include teaching parents specific child-rearing strategies. This presentation describes a decidedly different approach in which parents are equipped with tools to reduce their stress and mental ill health. Findings will be presented from our randomized, comparative effectiveness trial using mindfulness versus positive psychology interventions to reduce parental stress and enhance adult development. Implications for research, practices, and policies will be discussed.

### Thursday, November 30, 2017 8:45 AM – 10:00 AM

Plenary B

# Self-determination and Well-being for People with Profound Intellectual Disabilities

Michael Bach Phd

Managing Director, IRIS – Institute for Research and
Development on Inclusion and Society

Adjunct Professor, Disability Studies, Ryerson
University, Toronto, Ontario, Canada

Opportunity to exercise self-determination – or power over one's life – is recognized as a key determinant of

health and well-being. But what does the exercise of self-determination mean when it comes to people with profound intellectual disabilities, and what does it require? With recognition in the UN Convention on the Rights of Persons with Disabilities of the right to legal capacity without discrimination based on disability, growing questions and concerns about what this means for people with significant intellectual, cognitive and psychosocial disabilities. This presentation will explore how we can construct a coherent philosophical and legal pathway to grounding and to supporting the right to legal capacity and self-determination for people with profound intellectual disabilities. Challenges to be contended with in advancing this pathway into law, policy and practice will be highlighted.

### 2:15 PM - 3:30 PM

Plenary C

### Success, Obstacles and the Road Forward: A look at interministerial collaboration in developmental services

Panelists: William Cutbush<sup>1</sup>, Cindy Dodd<sup>2</sup>, Wade Durling<sup>3</sup>, Barbara Simmons<sup>4</sup> Moderator: Sandy Stemp<sup>5</sup>

- 1 Ombudsman Ontario; 2 Central Local Health Integration Network (LHIN) Home and Community Care Division;
- 3 Ongwanada; 4 Ministry of Community and Social Services;

5 Reena.

Our panelists will share their unique perspectives about effective interministerial collaboration, looking at factors that have enabled success, obstacles faced, and ideas for the future. Participants will have opportunities to ask questions, as well as engage in discussion and share their own experiences. Our hope is that participants will leave with new ideas and resources to help them build and contribute to effective collaborations across sectors and ministries.

### Wednesday, November 29, 2017

*Workshop Session A* **10:30 AM – 11:30 AM** 

### W01

### Interprofessional Bio-behavioural Assessment and Treatment of Mental Health Symptoms in Youth with ASD and ID

Alvin Loh<sup>1</sup>, Nicole Aliya Rahim<sup>2</sup>, Justine Wiegelmann<sup>3</sup>, Anupam Thakur<sup>2</sup>

1 Surrey Place Centre, Toronto, ON, Canada; 2 Surrey Place Centre, ON, Canada; 3 Geneva Centre for Autism, ON, Canada

This presentation will highlight the need for a bio-behavioural and developmental approach to the assessment and treatment of individuals with autism, intellectual disability and mental health concerns. A case study of pre-teenage boy whose anxiety presented as symptoms of catatonia and psychosis will illustrate the importance of collaboration between medical, physical and mental health, and behavioural service sectors to effectively treat individuals with complex needs. Other case studies illustrating the biobehavioural and developmental approach will also be presented. A service map will highlight specific components of the assessment and treatment involving medical and behavioural teams across two agencies.

### W02

Educating the Physicians and Health Care Professionals of Tomorrow; A Program Model of the Developmental Disabilities Program in the Department of Psychiatry at the Schulich School of Medicine & Dentistry at Western University

Sarah O'Flanagan Western University

The Department of Psychiatry, Schulich School of Medicine & Dentistry is one of only 3 medical schools in Canada with a dedicated division/program devoted to clinical

education and scholarly research in developmental disabilities. Our mandate is clinical teaching (in the Department of Psychiatry, as well as other clinical departments and disciplines across the University and health care sector in London) and the facilitation of, and production of scholarly research. We achieve this through lectures, a series of clinical and research rounds, a DD research day, publication of a Clinical Bulletin and the facilitation of research grants, and producing scholarly research.

### W03

### Flexible Assertive Community Treatment (FACTT-DD) as an Innovative Interprofessional Mental Health Model for Persons with Dual Diagnosis

Susan Farrell<sup>1</sup>, Kate Baker<sup>1</sup>, Robin Pow<sup>1</sup>, Philip Grandia<sup>2</sup>

1 The Royal, Ottawa, Canada; 2 The Royal, Ottawa, ON, Canada

The Flexible Assertive Community Treatment Team for Persons with a Dual Diagnosis (FACTT-DD) is a newly created dual Ministry funded team unique within Canada as a model of interprofessional collaboration to meet the needs of individuals with a dual diagnosis (intellectual disability and mental illness) in the community. This presentation will review the development of FACTT-DD from the initial needs assessments to the modification of an international mental health model to meet the dual diagnosis needs in the region. The model and its evaluation framework will be presented with lessons learned from both the urban and rural FACTT-DD offices.

### W04

### When Walking in my Shoes Beats Walking Beside Me: Mothers talk about taking an active role in developing and delivering interventions to other families

Amy Baskin<sup>1</sup>, Kelly Bryce<sup>2</sup>, Lee Steel<sup>3</sup>, Sarah Waldman<sup>4</sup>, Yona Lunsky<sup>4</sup>, Kenneth Fung<sup>5</sup>, Johanna Lake<sup>6</sup>, Sue Hutton<sup>7</sup>, Edna Elaine Obillo (Parent)

1 Amy Baskin Communications; 2 Surrey Place Centre; 3 Extend-A-Family; 4 Centre for Addiction and Mental Health; 5 Toronto Western Hospital, University Health Network; 6 York University, Centre for Addiction and Mental Health, University of Toronto; 7 Community Living Toronto.

Despite the stress that parents experience raising their children with developmental disabilities, interventions which include them tend to focus on how parents can help their children and not how parents can take care of themselves. In this workshop, we review two recent interventions for parents which included parents in the role of advisor and/or group facilitator. Parents will describe their roles in these interventions, as well as the training they received. They will also reflect on why it was important for them to take on this role, and the impact that participating and facilitating had on them.

### **W05**

### Consensus Guidelines for the Care, Support and Treatment of People with a Developmental Disability and Challenging Behaviours

Tara Hyatt<sup>1</sup>, Jennifer Altosaar<sup>2</sup>, Lisa Holmes<sup>3</sup>, Jo-Ann Trahan<sup>4</sup>
1 Central West Network of Specialized Care; 2 Toronto Network of Specialized Care; 3 Eastern Network of Specialized Care; 4 Northern Network of Specialized Care, ON, Canada

The Community Networks of Specialized Care have coordinated and launched the provincial Consensus Guidelines for the Care, Support and Treatment of People with a Developmental Disability and Challenging Behaviours. This resource provides a foundation for best practices in our sector and can assist direct support professionals, families and caregivers to ensure adults with a developmental disability who show challenging behaviours receive the supports/services they need to live full lives in their communities. This presentation will highlight tools that focus on the health and quality of life for these individuals, including: bio-psychosocial model, primary care assessment, and seeking cross sector partnerships.

### **W06**

# Supporting Individuals with Complex Medical Needs in Community

Phemie Guttin, RN, Victoria Webber, RN The Garth Homer Society

This workshop examines professional and practical issues arising when community agencies support medically fragile

individuals and those with other complex health needs. Topics will include the multiple levels of professional and community care that may be involved, the complexities of authorization for medical procedures, areas of potential conflict among medical specialists, and how agencies can help developmentally delayed individuals navigate healthcare systems that may be unprepared to care for them. It will also focus, with real-life examples, on the inter-professional collaborative dynamic in life and death situations, especially those in which clients decide to take health risks against professional advice.

### Workshop Session B 1:00 PM - 2:00 PM

### W07

An Introduction to the Report of the Ontario Association for Behaviour Analysis' (Ontaba) "Evidence-Based Practices For Individuals With ASD: Recommendations for caregivers, practitioners, and policy makers"

Stasia Rossinsky<sup>1</sup>, Adrienne Perry<sup>2</sup>, Julie Koudys<sup>3</sup>

- 1 Toronto Partnership for Autism Services, Surrey Place Centre;
- 2 York University; 3 Brock University

The Ontario Association for Behaviour Analysis recently released the report of the Ontario Scientific Expert Taskforce for the Treatment of Autism Spectrum Disorders (ASD), entitled "Evidence-based Practices for Individuals with ASD: Recommendations for Caregivers, Practitioners, and Policy Makers". The report reviews and synthesizes recent research evidence and accepted practice guidelines related to effective interventions for individuals with ASD. Based on these data sources, evidence-based interventions for individuals with ASD are identified and recommendations provided. This presentation will provide an overview of the report, describe the process of synthesizing research and practice guidelines, and delineate recommendations based on these data sources.

### **W08**

### Developing an In-depth Case Study For Health Professional Education: A Community – University Partnership

Lynn Cockburn<sup>1</sup>, Sandee Moore<sup>2</sup>, Denise DuBois<sup>1</sup>
1 University of Toronto; 2 Community Living Toronto

The number of older people living with IDD is growing, and health professional students need exposure to their unique experiences. This workshop provides strategies that educators and service providers can use to develop and implement educational materials about complex issues. We describe the process used to develop a successful, in-depth learning experience for Masters occupational therapy students focused on the transition from community living to long term care, and which could be adapted for other groups of learners such as staff or community college students. We used constructivist and transformative learning theories to ground the development of this learning experience.

### W09

# Conscious Care And Support: A complementary model of support to enhance best practices in Ontario

Peter Marks

A Centre for Conscious Care

The need to identify upstream causes of anxiety, agitation and aggression is vital for anyone, including individuals who have an intellectual disability, to live meaningful, inclusive lives. In combination with mental health, traditional medicine and behavioural techniques, this includes examining disciplines of biomedicine, mindfulness, social neurobiology, bilateral and bio-meridian activation, gastrointestinal health, sensory integration, brain coherence, and neurofeedback. Secondly, we must evaluate our effectiveness as supporters and that we bring our "A-Game". When we build key intra-personal skills, we can provide support that is authentically compassionate to ensure that supports and services are offered in a sincere and meaningful way.

### W10

### Grieving Together - A peer support model

Shallen Jackson, Melissa Reinhardt, Donna Lee Dartmouth Adult Services Centre, Dartmouth, NS, Canada

Grief and loss are a part of the experience of being human. Too often, people with ID do not get to participate in typical grieving rituals and frequently have questions, fears or misconceptions about death and loss that go unanswered. The presenters will share their experience with a peer support group for grief that is offered at DASC, in which group members learn about grief, create a safe space to express their feelings, ask questions, and develop skills in supporting each other through the grieving process. A group curriculum and additional resources will be shared to facilitate participants' implementation of similar groups in their own agencies/communities.

### W11

### What's A Behavioral Phenotype? Lessons from Prader-Willi, Williams and Down Syndromes

Elizabeth Dykens

Psychology and Human Development, Psychiatry, and Pediatrics, Nashville, Tennessee, USA

This workshop takes up the issue of how to understand behavioral phenotypes in the broader context of the developmental disabilities field. Key issues remain in understanding how and when phenotypes are important, and how recommendations for syndrome-specific interventions meld with practices and policies in the disability field. As well, phenotypic descriptions have historically emphasized maladaptive behaviors or psychopathology, at the expense of syndromic strengths. The workshop emphasizes the key role of child and adult development in how strengths and problem behaviors change over time in people with Prader–Willi, Williams and Down syndromes.

### W12

### Improving Primary Care for Adults with Developmental Disabilities: Tips from The Front-Line

Janet Durbin<sup>1</sup>, Ian Casson<sup>2</sup>, Laurie Green<sup>3</sup>, Avra Selick<sup>1</sup>, Andrea Perry<sup>4</sup>, Yona Lunsky<sup>1</sup>

Centre for Addiction and Mental Health;
 Department of Family Medicine, Queen's University;
 St. Michael's Family Health Team;
 Baycrest.

Comprehensive health reviews are recommended to improve preventive care and early intervention for adults with developmental disabilities (DD). However implementation requires that staff adapt care delivery to patient needs and abilities. This workshop will report experience of two Ontario family health teams in implementing the health review. Rates of performance of preventive tests will be reported. Team clinicians will discuss delivery challenges and offer practical strategies and tools to increase performance. Self-advocates (patients and caregivers) will provide their perspective on how clinicians can better work with adults with DD. The audience will consider how results apply to their work.

Workshop Session C 2:15 – 3:15 PM

### W13

### Evidence-Based Parent Training Intervention to Teach Safety Skills to Children with Autism

Sarah Kupferschmidt<sup>1</sup>, Sarah Davis<sup>2</sup>, Kendra Thomson<sup>2</sup> 1 Sarah K Consulting; 2 Brock University, Canada

Nearly half of children with Autism Spectrum Disorder (ASD) elope or wander. Caregivers and service providers can minimize safety threats by teaching a child to respond safely when situations arise when he/she is without supervision. This workshop is all about keeping kids with ASD safe and empowering parents and service providers with clinically proven strategies to mitigate the risk for his/her

child with ASD. This workshop will describe evidencebased procedures to teach help-seeking behaviour to children with autism, and provide opportunities to rehearse the skills and procedures reviewed.

### W14

### Innovative Learning and Teaching Strategies in Training the Next Generation of Psychiatrists: Learners' perspective on developmental disability education

Chien-Shun Chen<sup>1</sup>, Matt Boyle<sup>2</sup>, Amanda Sawyer<sup>3</sup>, Natasha Fernandes<sup>1</sup>, Alon Coret<sup>4</sup>, Muhammad Irfan Jiwa<sup>4</sup>

1 Department of Psychiatry, University of Toronto; 2 Sunnybrook Health Sciences Centre, Department of Psychiatry, University of Toronto; 3 CAMH; 4University of Toronto.

Formal teaching and informal experiences are significant predictors of healthcare learners' intention to work with individuals with developmental disability (DD). However, a gap exists in literature in understanding from learners' perspective how they are best engaged in DD education in psychiatry. This workshop presents a panel of medical students, psychiatry residents, and recent graduates to 1) discuss how they learn and what they want to learn, 2) reflect on impactful learning experiences, and 3) provide concrete examples of innovative strategies in teaching, assessment, and delivery of care. Participants are invited to join the discussion to inform DD curriculum development.

### W15

### Practical Outcomes of a Needs Assessment Examining the Priority Health and Social Needs of Adults with Developmental Disabilities in Complex Situations

Angie Gonzales<sup>1</sup>, Kristin Dobranowski<sup>2</sup>, Carly McMorris<sup>3</sup>, Johanna Lake<sup>4</sup>, Yona Lunsky<sup>5</sup>, Robert Balogh<sup>6</sup>

1 Toronto Network of Specialized Care, Surrey Place Center; 2 University of Ontario Institute of Technology and Centre for Addictions and Mental Health; 3 University of Calgary, School of Applied Child Psychology; 4 York University and Centre for Addiction and Mental Health; 5 Centre for Addiction and Mental Health; 6 University of Ontario Institute of Technology, Faculty of Health Sciences

Ontario adults with developmental disabilities (DD) experience high rates of chronic diseases and use a disproportionate number of health and social services. In 2010, the Ministry of Community and Social Services invested in the Community Networks of Specialized Care and Health Care Facilitator roles, including facilitating linkages to appropriate medical and social services for people with DD. This workshop will explore the priority health and social needs of adults with DD receiving HCF support, and participants will learn how information from the needs assessment could be used to inform decisions about support needs in adults with DD.

### W16

# Supported Decision-making in Practice for People with Profound Intellectual Disabilities

Michael Bach

Ryerson University, ON, Canada

Law reform is advancing in several jurisdictions to implement supported decision making, with a wide range of associated provisions and policies, often resulting in very different outcomes. At the same time both governmental and largely non-governmental actors are putting demonstration initiatives into place to evolve the practice of supported decision making in service delivery settings. This session will explore emerging good practices, and examine ways in which these can be implemented in community service contexts even when law reform has not yet caught up to community leadership.

### W17

### Elections Canada's Accessibility Services: How we are making voting more accessible for Canadians of all abilities

Juan Melara-Pineda, PhD Elections Canada

Evidence from the 2015 federal general election shows that electors with disabilities tended to vote less than electors without disabilities. As a way of promoting accessible elections for Canadians of all abilities, Elections Canada will hold a workshop with professionals supporting electors with disabilities. The goal of the workshop will be to introduce accessibility features including improvements being considered for the 2019 federal general election and to obtain feedback from professionals who play a key role in enabling persons with disabilities lead independent lives. The workshop will focus on finding collaborative ways to promote Elections Canada's accessibility services.

Workshop Session D
3:30 PM - 4:30 PM

### W18

# Speech Language Pathology Services f or People with DD - We do more than you think!

Heather Morgan<sup>1</sup>, Sarah Dennis<sup>2</sup>, Sharon Forgeron<sup>3</sup>, Joanne St-Denis<sup>4</sup>

- 1 Groves Memorial Community Hospital; 2 Surrey Place Centre;
- 3 Bethesda; 4 Community Living North Bay.

A group of SLPs have created a resource to provide information regarding best-practice in working with children and adults with an intellectual disability to supplement other existing practice guidelines. Topics in the document include speech, language, cognition, multi-modal communication, social skills, and dysphagia. This presentation shares the evidence collected to advocate for life-long communication and swallowing services in terms of the valuable role SLPs play in treating individuals with complex needs. The document and this presentation also aim to build capacity among other professionals and encourage collaboration.

### W19

# You Want Us To Organize What?!?!? A panel on developing effective staff education events

Brenda Quinlan¹, Jo Anne Nugent², Kerry Boyd³, Megan Primeau⁴

1 Community Living Association for South Simcoe; 2 Humber College; 3 Bethesda, Thorold, ON, Canada; 4 Educate Facilitate Consulting Services.

Did someone just tell you about a renowned guest speaker they heard and want to bring to your organization? Have you been charged with planning a conference for a new "hot" topic in your practice area? Are you part of a committee who's been offered some new funding for training? Our panelists will share their experiences and keys to success from similar situations, plus share some resources and tools. We will also engage you in self-reflection, sharing, and a bit of planning about how to create and evaluate meaningful education experiences, even with little time, funding, or support.

### **W20**

# When Adults with Developmental Disabilities Go To The Psychiatric Emergency Department: Who goes and how can we help?

Natasha Fernandes<sup>1</sup>, Amanda Sawyer<sup>1</sup>, Juveria Zaheer<sup>2</sup>, Anna Durbin<sup>1</sup>, Yona Lunsky<sup>2</sup>

1 University of Toronto; 2 Centre for Addiction and Mental Health.

This workshop will provide a comprehensive picture of adults with "dual diagnosis" who present to emergency departments (ED). Through a combination of administrative provincial ED visit data and an in depth chart audit from one psychiatric ED, we will summarize what is known about patients who have any ED visits, and patients who make return visits to the ED. We will also reflect upon common reasons for these presentations, what occurs during the visits, their final diagnosis, discharge plan and management. We will show how this information is impacting our education of psychiatry residents around conducting ED assessments.

### **W21**

# It Takes a Village to Raise a Child: A discussion of pregnancy, prenatal care, and parenting in individuals with intellectual disabilities

Jennifer Allen<sup>1</sup>, Alma Disha<sup>2</sup>, Janet Vogt<sup>1</sup>, Anona Zimerman<sup>1</sup>, Deborah Bluestein<sup>1</sup>

1 Surrey Place Centre; 2 Developmental Services - Toronto Region.

Parenting can be a challenging responsibility at the best of times. For parents who have a developmental disability, the challenges are even greater. Research has consistently shown the critical need for provision of adequate supports to contribute to positive outcomes for these parents and their children. The objectives of this workshop are three-fold: 1. To discuss the current challenges faced by parents with developmental disabilities in Canadian society, 2. To identify some of the services currently available in Toronto for these clients, and 3. To draw on the collective experience of workshop participants to brainstorm priorities for advocacy.

### Thursday, November 30, 2017

Workshop Session E 10:30 AM - 11:30 AM

### **W22**

### Introducing ChYMD-DD: Children's Mental Health Assessment- Developmental Disabilities

Katharine Moody, Laura Lambert
Child and Parent Resource Institute (CPRI)

interRAI, known internationally for outcomes focussed assessments for adults, partnered with Ontario's Child and Parent Resource Institute to better understand mental health issues for children and youth. This partnership led to the creation of the interRAI child/youth suite of instruments, notably the Child and Youth Mental Health-Developmental Disability (ChYMH-DD). The ChYMH-DD; a comprehensive needs assessment designed to tell the unique story of a young person with a developmental disability and mental health needs. Outputs include evidence-based Collaborative Action Plans to support improvement in functional areas. Learn how the ChYMH-DD influences care improvements for the client, program, agency and sector.

### **W23**

Needles, Boo-Boos and Tummy Aches: Pain, adaptive functioning, and lessons learned on the road to developing and evaluating an interactive pain education program for respite workers

Lara Genik<sup>1</sup>, C. Meghan McMurtry<sup>2</sup>

1 University of Guelph; 2 University of Guelph; Pediatric Chronic Pain Program - McMaster Children's Hospital

The Let's Talk About Pain program is a novel, interactive, and evidence-based training program designed to educate respite workers about pain, pain assessment and pain management in children with intellectual and developmental disabilities. In this presentation, we will (1) provide an overview about pain in this population of children and its impact on quality of life and (2) explore what we have learned while developing and evaluating the Let's Talk About Pain program. Results from several empirical studies related to the program and the evaluation measures will also be reviewed.

### W24

### An Interprofessional Approach to Address a Complex Barrier to Health Care in People with Developmental Disabilities Who Refuse to Leave the Safety of Home

Angie Gonzales<sup>1</sup>, Danielle Woodyatt<sup>2</sup>, Josie Costantiello<sup>4</sup>, Ana Offenheim<sup>5</sup>

- 1 Toronto Network of Specialized Care, Surrey Place Center;
- 2 Surrey Place Center; 3 Surrey Place Centre; 4 Community Outreach Mobile Dental Hygiene Services (COMDH);
- 5 North York General Hospital

Research shows that people with developmental disabilities (DD) have higher rates of preventable diseases and increased challenges in accessing primary care. Some people with DD experience intolerance for leaving home to be able to access health care. Collaborative, interprofessional and cross-sector strategies assist with creatively addressing health care access issues. This workshop will explore support strategies through the example of a young man with severe DD, genetic syndrome, and complex health care needs, who displayed refusal to leave home, received sup-

port through creative cross-sector, interprofessional teamwork involving developmental sector behaviour therapy, occupational therapy, health care facilitation, and community health care.

### W25

### Workshop Cancelled

### **W26**

### World Café Discussion & Networking Session – Emerging Issues in Developmental Disabilities

Megan Primeau

Educate Facilitate Consulting Services

Join us for a collaborative dialogue around emerging issues in the field of developmental disabilities. This session will help participants to see new ways to make a difference in the lives of individuals with developmental disabilities and to meet people with similar interests in order to expand their network of contacts. The World Café process will involve several rounds of small group conversations where participants can move between tables that focus on different areas of interest. This will be followed by a harvest of the main take-aways from each table, plus a networking activity.

### **W27**

### Oral Health Care for Persons with Developmental Disabilities – The Past, Present and Future; Pioneering a New Approach

Alison Sigal<sup>1</sup>, Michael Sigal<sup>2</sup>

1 Little Bird Pediatric Dentistry, Milton, ON, Canada; 2 Little Bird Pediatric Dentistry, University of Toronto, Faculty of Dentistry, Oakville, ON, Canada

Despite over a half-century of education and public advocacy, individuals with special needs continue to have limited access to oral health care. Dental care continues to be identified as one of their top unmet healthcare needs. Oral health includes all aspects of the oral/craniofacial system

including: chewing, swallowing, airway development and function, speech/communication, esthetics, and taste/pleasure throughout life. The purpose of this workshop is to provide an overview of the comprehensive oral health issues that affect persons with developmental disabilities, the actual and perceived barriers to care, and to present an innovative community model that promotes universal care.

Workshop Session B 1:00 PM – 2:00 PM

### **W28**

# Evidence Based Skill Building for Children with Down Syndrome

Nicole Neil

Western University, London, ON, Canada

Children with Down syndrome display characteristic strengths (e.g., visual processing, social behavior) and deficits (e.g., communication, short-term memory. This workshop will begin with an overview of these characteristics and a discussion of how they impact outcomes for children with Down syndrome. We will overview the evidence base for the effectiveness of behavioral interventions for building skills with learners with Down syndrome and provide step-by-step procedures for implementing the interventions along with video illustrations.

### W29

### ConnectABILITY.ca – A Collaboration Supporting Individuals with Developmental Disabilities Across Ontario

Don Murray, Jason Maher, Community Living Toronto

ConnectABILITY.ca is a free online public self-help library. ConnectABILITY.ca gathers and shares the expertise from across the developmental service sector and other sectors. It is for individuals with developmental disabilities, their families and supports. The people writing the content are staff who are working on the front line delivering supports to individuals and their families. They are sharing their expertise in a 'how to' format that enables others – families, individuals and professionals – to take

action themselves using best practice models. Staff from more than 30 organizations have contributed in the creation of the content presented on ConnectABILITY.ca.

### **W30**

# Innovative Approaches to Increasing the Health and Wellbeing of ALC Individuals - Understanding More About Who Gets Stuck in Hospital, and How To Bring Systems And Services Together To Support Them Successfully

Jennifer Altosaar<sup>1</sup>, Angela Gonzales<sup>1</sup>, Elizabeth Lin<sup>2</sup>, Leo Edwards<sup>3</sup>, Heather Hrobsky<sup>4</sup>, Yona Lunsky<sup>3</sup>, Olivia Shaw<sup>3</sup>, Cynthia Cabrerra<sup>5</sup>, Tammy McCauley<sup>5</sup>, Melanie Randall<sup>6</sup>

1 Toronto Network of Specialized Care; 2 Provincial System Support Program, Centre for Addiction and Mental Health; 3 Centre for Addiction and Mental Health; 4 St. Joseph's Hospital; 5 Griffin Community Support Network; 6 Developmental Services Ontario (DSO) Toronto Region.

The 2016 report, "Nowhere to Turn" flagged the problem of adults with developmental disabilities unable to be discharged from hospital. In order to address this problem, one needs to understand why this happens and for whom, and then design local strategies to assist with timely discharges. This requires partnerships between the health and social services sectors, and between the scientific and practice communities. We will provide an overview of the "ALC problem", by summarizing provincial level H-CARDD research and then illustrate how various hospital and community based partners can work together to better meet the needs of this group.

### **W31**

# From Client to Citizen, Health Equity Begins at Home

Susan Beayni<sup>1</sup>, Linda Till<sup>2</sup>, Jeff Dobbin<sup>3</sup>

1 Partners for Planning; 2 Creative Options Consulting; 3 Partners for Planning & The Planning Network

Access to safe, affordable housing is a key determinant for living a healthy life. Ensuring health equity for individuals with an intellectual disability needing complex care, requires an innovative approach that recognizes and respects

the choice of housing that best meets their social, financial and physical needs. The stories of four individuals demonstrate how leveraging a variety of integrated interprofessional and community partnerships improved their health and wellbeing, while providing a solid foundation for full participation and active citizenship. The success of this approach has far-reaching, cross sector health implications on Canada's aging population in light of the housing crisis.

### **W32**

### Mobilizing Compassion in Healthcare: Experience compassion in action with Curriculum of Caring

Kerry Boyd<sup>1</sup>, Mendelt Hoekstra<sup>1</sup>, SpotLight Drama and Momentum Choir (Representatives)<sup>2</sup>, Tom Archer<sup>3</sup>, Karen Hodgson<sup>1</sup>, Alon Coret<sup>4</sup>

1 Bethesda, Thorold, ON, Canada; 2 SpotLight Drama and Momentum Choir, Thorold, ON, Canada; 3 Southern Network of Specialized Care (SNSC), Hamilton, ON, Canada; 4 University of Toronto

People living with intellectual and developmental disabilities (IDD) report challenges with accessing person-centred healthcare that meets their needs. The Curriculum of Caring (C of C) provides video resources that give a voice to people with IDD, caregivers, and Ontario experts (CommunicateCARE.machealth.ca). C of C is aimed at fostering compassionate, person-centred healthcare. Preliminary research has shown that videos featuring people with lived experience coupled with direct interactions are highly valued by healthcare students and self-advocates. Join us in our movement to mobilize compassion in healthcare by hearing from some of the champions of Curriculum of Caring! Explore the potential for your own realms.

### **W33**

Special Olympics Ontario Healthy Communities: Fostering a network of healthcare professionals well versed in the techniques to treat people with intellectual disabilities

Shafeeq Armstrong, Zachary Brown, Leigh Caplan, Ilana Clark, Ryan Colpitts, Judith Andrea Eversley, Kathleen Lai, James Noronha, Yi Wen Shao, Karla Williams

Special Olympics Ontario

This workshop will explore Special Olympics Ontario's Healthy Athletes and Healthy Communities programs through case studies. These two initiatives provide a framework for health care professionals to engage with Special Olympics athletes through health screenings and long-term care. The newly-developed Healthy Communities initiative aims to address a gap in the current Healthy Athletes program, which lacks prolonged access to health care beyond one-off screenings that take place at Special Olympics tournaments and major games. The Healthy Communities initiative aims to expand access to health care beyond these gatherings and create a network of health care practitioners serving our underserved population.

### P01

### Poster Withdrawn

### P02

# Family Quality of Life When There is More Than One Child with a Developmental Disability

Rebecca Shine, Alexander Patterson, Melissa Rourke, Adrienne Perry

York University

This poster explores whether Family Quality of Life (FQOL) differs in families with multiple children with DD compared to families with only one. Contrary to expectation, families with more than one child with DD reported higher FQOL. Variance in FQOL was accounted for by a number of parent, child, and context factors, but not whether they had multiple children. This research suggests that having two or more children with DD may not add additional caregiving burden, rather it suggests that FQOL may be slightly higher and they may gain a stronger sense of purpose and fulfillment in their lives.

### P03

# Conducting Participatory Photography with Children with Disabilities: A literature review

Isabel Eisen<sup>1</sup>, Wenonah Campbell<sup>2</sup>

1 McMaster University, ON, Canada; 2 McMaster University.

Researchers provide an opportunity for children with disabilities to discuss their health and wellbeing through qualitative research. However, qualitative interviews may not be able to fully capture the experiences of children with disabilities due to the cognitive and linguistic demands. Participatory photography can alleviate these barriers as participant–generated photographs, a nonverbal form of expression, can be combined with interviews that do not rely heavily on verbal abilities. This literature review summarizes best practices in conducting participatory photography with children with disabilities to elicit their perspectives.

### P<sub>0</sub>4

### Developmental Disability Education at the University of Toronto MD Program: Assessing needs & outcomes

Muhammad Irfan Jiwa<sup>1</sup>, Alon Coret<sup>1</sup>, Yona Lunsky<sup>2</sup>, Amanda Sawyer<sup>3</sup>, Violet Atkinson<sup>4</sup>

- 1 University of Toronto; 2 Centre for Addiction and Mental Health;
- 3 CAMH; 4 Central West Network

People with developmental disabilities (DD) have complex health needs and face systemic barriers in the healthcare system. Despite these barriers, there is little emphasis on DD healthcare in medical school. The following study sought to better characterize the educational needs of first- and second-year medical students with regards to DD healthcare, with the aim of training better equipped future physicians. This objective was addressed via two components: a needs assessment survey and student focus groups. The information gathered helped highlight potential ways of enhancing DD training at the University of Toronto MD Program, including more emphasis on communication skills training.

### P05

### Understanding the Health and Wellness Needs of Special Olympics Athletes Living with Intellectual and Developmental Disabilities: A survey study

Amy McPherson, Tamara Yee, Michelle Peters Bloorview Research Institute

Individuals with intellectual and developmental disabilities experience substantial health disparities. This cross-sectional survey explored multiple wellness domains for Special Olympic (SO) athletes aged 7-25 years, using multi-stakeholder perspectives: athletes (n=35), caregivers (n=238), and coaches (n=111). Caregivers and coaches completed online surveys, while athlete surveys were conducted in-person. Athletes required support across intellectual, physical, emotional, social, and occupational wellness domains. However, athletes also showed a number of strengths. The priorities and perspectives of different stakeholders and strengths of individual athletes need

require careful consideration when setting wellness goals with athletes. Study findings will inform the development/evaluation of a individualised wellness intervention.

### **P06**

### How Should We Talk About Obesity and Weight-related Topics with Children with Autism Spectrum Disorders and their Families?

Amy McPherson<sup>1</sup>, Patrick Jachyra<sup>1</sup>, Cathy Petta<sup>2</sup>, Susan Cosgrove<sup>2</sup>, Lorry Chen<sup>2</sup>, Lucia Capano<sup>2</sup>, Moltisanti Lorena<sup>2</sup>, Tara Joy Knibbe<sup>1</sup>, Evdokia Anagnostou<sup>2</sup>

- 1 Bloorview Research Institute;
- 2 Holland Bloorview Kids Rehabilitation Hospital

Children with Autism Spectrum Disorder (ASD) have high rates of obesity, especially if prescribed psychotropic medication. No research has explored how HCPs communicate with children with ASD and their families about this topic. Qualitative interviews were conducted with eight children with ASD (10–18 years), eight parents and five HCPs working in an ASD psychopharmacology clinic, to explore their experiences of discussing weight-related topics in healthcare consultations. Three themes were identified: 1) Layers of complexity; 2) Uncertainties of communication; 3) Wellness over weight. Children, parents and HCPs identified the need to work collaboratively to positively impact the health status of children.

### **P07**

### Satisfaction with School and Specialized Treatments for Children with Severe Developmental Disabilities

Meisha Charles, Adrienne Perry York University

Children with developmental disabilities (DD) are entitled to schooling with suitable supports (Brown & Percy, 2007). The current study aimed to investigate school satisfaction in 185 parents of children with severe/multiple DD, and satisfaction with specialized treatments in schools. It also examined how satisfaction varies as a function of factors like classroom type and diagnosis. Data were parental report from the Great Outcomes for Kids Impacted by

Severe Developmental Disabilities (GO4KIDDS) study about children approximately 4 to 20 years old. Results indicate variability in the levels of satisfaction and have implications for the importance of interprofessional collaboration in school settings.

### **P08**

# Towards Individual-level Indicators of Holistic Support in Developmental Disabilities

Catherine Gormley<sup>1</sup>, Andriana Vinnitchok<sup>1</sup>, Chelsea Brown<sup>1</sup>, Theresa Irving<sup>1</sup>, Courtney Arseneau<sup>1</sup>, Iuliana Baciu<sup>2</sup>, Peter Wyngaarden<sup>2</sup>

1 Wilfrid Laurier University; 2 Christian Horizons

The results of innovative collaborative research between a local University's Community-Based Research Internship program and a developmental services agency are described. Health and holistic support were explored through interviews with people receiving supports and Direct Support Professionals to inform the development of individual-level indicators of holistic support in the delivery of services. This research contributes to effective practices to improve health and wellbeing by providing a conceptual framework for assessing holistic support in developmental disabilities.

### P09

### Barriers Faced by Parents of Children with Developmental Disabilities When Accessing Health Care and Disability Services

Melissa Rourke, Adrienne Perry York University

This poster presents a detailed investigation into the barriers faced by 52 Canadian parents of children with DD when accessing healthcare and disability-related services for their child with DD, in relation to their Family Quality of Life. Parents reported a high number of barriers including those within the service system, within the family, and within the child. However, Family Quality of Life was not significantly predicted by the number of barriers experienced by parents. Results highlight the difficulties parents face when interacting with disability-

related services and are important to consider in planning how best to improve service access for families.

### P10

### Poster Withdrawn

### P11

# What Makes a Good CAP? Research! (How collaborative action plans promote best practices)

Katharine Moody<sup>1</sup>, Laura Lambert<sup>1</sup>, Laura Theall<sup>1</sup>, Shannon Stewart<sup>2</sup>

- 1 Child and Parent Resource Institute (CPRI);
- 2 University of Western Ontario

It is vital to mobilize knowledge, research and evidence into practice with young people to ensure the highest quality support. The interRAI Child and Youth Mental Health and Developmental Disability (ChYMH-DD) assessment provides client-centred outputs called Collaborative Action Plans (CAPs) in 23 areas of potential need that can affect young people's quality of life. CAPs provide evidence-informed guidelines and intervention recommendations. Using CAPs, clinicians can prioritize treatment goals with families and align evidence with intervention. As young people and families use CAPs to guide treatment they will be doing so following best practice for issue-based, rather than diagnosis-based, care planning.

### P12

# From Stress to Support: An examination of adverse life events experienced by children and youth with a developmental disability in Ontario

Katharine Moody<sup>1</sup>, Kim Arbeau<sup>2</sup>

- 1 Child and Parent Resource Institute (CPRI);
- 2 Child and Parent Research Institute (CPRI).

Children and youth with developmental disabilities may experience adverse life events (ALE). In a recent exploration of young people with developmental disabilities who were receiving treatment from mental health agencies, the Child and Youth Mental Health- Developmen-

tal Disabilities (ChYMH-DD) needs assessment was used to identify children who also experienced an adverse life event. This study demonstrates that a majority of the children/youth from the sample experienced potentially traumatic events, with a substantial experiencing multiple ALEs. Bringing these potentially traumatic events to light in clinical discussions can help when starting on a path to improved outcomes.

### P13

### Poster Withdrawn

### P14

# Developmental Disabilities Collaborative Network: An advocacy project

Rageen Rajendram¹, Cohen-Gelfand Sara², William Sullivan³, Yona Lunsky⁴

1 University of Toronto, Faculty of Medicine; 2 Wilson Medical Group; 3 Surrey Place Centre; 4 Centre for Addiction and Mental Health

There are over 66,000 adults with developmental disabilities under the age of 65 in Ontario. While they are as likely to see their family physician as other adults, they are more likely to visit emergency departments and be hospitalized. Through discussions with patients and support staff at the Wilson Medical Group, a Family Health Organization (FHO) in North York, we identified need for more collaboration within health care services. This poster describes the Developmental Disabilities Collaborative Network, a potential web-based initiative run primarily by medical students with specialist input to support physicians in their care of adults with developmental disabilities.

### P15

### Exploring the Development of Independence, Sexuality, and Social Relationships Among Adults with Mild Intellectual Disability in London, ON

Vanessa L. Cox<sup>1</sup>, Treena Orchard<sup>1</sup>, Elizabeth Anne Kinsella<sup>1</sup>, Pamela Cushing<sup>2</sup>

1 Western University, London, Canada; 2 King's University College, Western University, London, Canada

Access to meaningful relationships with others is an important aspect of overall wellbeing, however, adults with intellectual disability (ID) face higher rates of loneliness and social isolation, as well as poorer sexual health when compared to those without ID. Using individual, semi-structured interviews, this qualitative study provides a Canadian context for how adults with mild ID negotiate and maintain socio-sexual relationships such as friend-ships and intimate partnerships. These issues are examined within the context of institutional care environments and parental caregivers, whose influence may affect the adult with mild ID's opportunities to form and maintain meaningful relationships.

### P16

# Centre for Addiction and Mental Health (CAMH) Adult Neurodevelopmental Services: A service and client snapshot

Kristin Dobranowski<sup>1</sup>, Ali Shahrami<sup>1</sup>, Lew Golding<sup>1</sup>, Pushpal Desarkar<sup>2</sup>, Yona Lunsky<sup>1</sup>

- 1 Centre for Addiction and Mental Health;
- 2 Centre of Addiction and Mental Health, Hospital for Sick Children, University of Toronto

In December 2015, CAMH introduced the Adult Neurodevelopmental Services (previously Dual Diagnosis Service) offering highly specialized inter-professional time limited assessments and treatments. Eligible adults with an intellectual disability and/or autism spectrum disorder with mental concerns and/or severe challenging behaviour(s) and their families and care providers may receive services from 1 of 7 different clinics or pathways. ANS has evolved since its inauguration warranting a closer look at the pathways offered and those who have sought and received services. For example, within the 2016/2017 fiscal year ANS served 362 individuals, and their referrals (n~380) doubled from the previous fiscal year.

### **P17**

### Poster Withdrawn

### P18

### Technology Empowering the Health and Wellbeing of People with Developmental Disabilities

Nancy Wallace-Gero, Shelbey Pillon Community Living Essex County

Learn more about the innovative initiative Community Living Essex County launched in August 2016! Smart Support Technology Enabled Services explores various forms of technology that can empower people with disabilities to gain greater control over their lives becoming less reliant on paid supports, realizing significant boosts in overall health and wellbeing. Utilizing a person-directed approach to assessment, engagement and planning is critical in determining "right fit" technology for each individual that corresponds to their unique goals and desired outcomes.

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