



**January 2012 – November 2012**

**Bowling Green Region Lecture Series for Direct Support Professionals**

**This is an opportunity for continuing education for Direct Support Professionals to enhance their knowledge and skills in innovative approaches and best practice in the support of people with developmental disabilities. All lectures will be held at 380 Suwannee Trail Street Bowling Green, KY 42103**

**First Quarter**

**February 28, 2012**

**Date and Title: January 28: *Stress Management and You***

**Time: 9:00 AM – 12:30 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street  
Bowling Green, KY 42103**

**Description: *Stress Management and You***

This session will explore stress, how it impacts health and offer strategies to manage stress in the workplace. Highly interactive, this session will focus on taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxations, and fun- plus the resilience to hold up under pressure and meet challenges head on.

**Presenter: Amy Tylicki, MA**

Serves as trainer for the Center for Training and Development since 2001 and delivers a wide range of classes at the WKU Center for Training & Development (CTD) provides employee training programs for businesses and industries in South Central Kentucky. Our professional trainers are well versed on traditional as well as new topics and are experienced in working with adult learners.

**March 29, 2012**

**Date/Title: 29 March: *Introduction to Intellectual Disability that Co-occurs with Mental Health Needs***

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street  
Bowling Green, KY 42103**

**Description: This training is intended for DSPs that provide services and supports to individuals with ID that co-occur with mental health issues. The presenter will discuss a variety of topics including: recognizing symptoms of mental illness in people with ID, dealing with challenging behaviors, assessment and treatment of common**

psychiatric disorders associated with ID, using psychosocial interventions to reduce stressors that can trigger or exacerbate psychiatric disorders or behavioral problems, and the benefits of team treatment planning for crisis prevention.

**Presenter: Beth C Richardson, M Ed**

Beth has worked in the field of disabilities for over 35 years. In Ohio, she was active in the inception of identifying and developing services and supports for people that had ID that co-occurred with mental health issues on the local and state level. In the late 90's, Beth collaborated with the Hamilton County Mental Health Board, Hamilton County Developmental Disabilities Board, Ohio Dept of DD and Mental Health and Interface Project located at Cincinnati Children's Hospital to build and operate a residence for people with ID co-occurring with mental health issues.

**.Second Quarter**

**April 26, 2012**

**Date/Title: 26 April: Communicating Effectively-Easier Said Than Done!**

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street**

**Bowling Green, KY 42103**

**Description:** The purpose of this workshop is to examine the interpersonal communication process with a strong focus on listening, noise and emotion management. The workshop is designed to be interactive with a variety of group exercises. The primary objectives of the workshop are:

The participants will gain a better understanding of the communication process and the barriers to effective listening, learn strategies to enhance listening and reduce "noise", and become more aware of the role emotions play when communicating and of a 5 step model for emotion management.

**Presenter: Scott Taylor, Western Kentucky University**

Scott serves as the Assistant to the Vice President for Student Affairs at Western Kentucky University. His experiences include over 33 years of working in student development and leadership training. He works as a facilitator for WKU's Office of Training and Development and taught as an adjunct instructor for the Communications Department. Most of Scott's training relates to leadership, team concepts and interpersonal skill development. He enjoys the outdoors walking with his yellow lab and is an avid college football fan!

**May 30, 2012**

**Date/Title: 30 May: Positive Behavior Supports for People with ID who use Challenging Behaviors**

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street**

**Bowling Green, KY 42103**

**Description:** This session will focus on Positive Behavior Support (PBS) a process for understanding and resolving the problem behavior people use that is based on values and empirical research. It offers an approach for developing an understanding of why the individual engages in problem behavior and strategies for preventing the occurrence of such behavior(s). Positive behavior support offers a holistic approach that considers all factors that impact on a person and his/her behavior. It can be used to address problem behaviors that range from aggression, tantrums, and property destruction to social withdrawal and more.

**Presenter: Ann M. Skinner, MA, Director of Residential and Clinical Services with Apple Patch Community, Inc. in Crestwood, KY.**

Ann has over 28 years of experience in the field of developmental disabilities as a behavior analyst and administrator for both private and state run ICF/MR's as well as Community based service in the state of Ohio and Kentucky. Ann has taught on the college level instructing students in Applied Behavior Analysis. She is founding member of the Kentucky Association of Behavioral Support (KABS) which was then absorbed by the newly formed KY Association of Applied Behavior Analysis; and served on its board. She is presently a board member for the Kentucky Association of Private Providers (KAPP).



**Summer Break... See you in August**

**Third Quarter**

**August 28, 2012**

**Date/Title: 28 August: Coming to Agreement: Conflict Resolution**

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street**

**Bowling Green, KY 42103**

**Description:** Life most people, you occasionally find yourself in conflict- with friends, co-workers, your spouse or kids. No matter how interpersonally competent you are, or how easy-going you are, you will inevitably find yourself in conflict. People will not always agree with you, and you will not always agree with others. This session will focus on strategies to resolve conflicts positively.

**Presenter: Scott Taylor**

Scott serves as the Assistant to the Vice President for Student Affairs at Western Kentucky University. His experiences include over 33 years of working in student development and leadership training. He works as a facilitator for WKU's Office of Training and Development and taught as an adjunct instructor for the Communications Department. Most of Scott's training relates to leadership, team concepts and interpersonal skill development. He enjoys the outdoors walking with his yellow lab and is an avid college football fan!

**September 25, 2012**

**Date/Title: 25 September: Because we all need a Laugh!**

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street**

**Bowling Green, KY 42103**

**Description:** Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and

laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

**Presenter: To Be Announced**

#### Fourth Quarter

October 23, 2012

**Date/Title: 23 October: Avoiding Burnout through Personal Energy Management**

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street  
Bowling Green, KY 42103**

**Description:** Most Direct Support Professionals and the agencies they are working for are experiencing financial strain. That means almost everyone is called upon to do more with less—less money, less help, and if we aren't careful, less enthusiasm. We don't have much control over the daily demands and stressors. Our only area of control is how we will personally respond to those demands. The phrase stress management can be misleading because it implies that we can somehow control the stressors coming at us. The fact is, we usually can't. We can't control the economy, or the political climate or the families of our consumers. The fact is we cannot control anything but ourselves—on a good day. That is why it is preferable to think in terms of personal energy management.

This session will take Mark Berman's, PhD. 13 keys to managing personal energy through intellectual, emotional and physical energy.

**Presenter: Beth C Richardson, M Ed**

Beth is the Director of Training and Leadership with The Council and the Training and Leadership Coordinator for SPEAK. Beth began her career working as a direct support professional in a state institution pre" institutional" reform followed by over 30 years of experience working with people with disabilities and their families, direct support professionals and other professional and management level employees. Before coming to the CMR, Beth worked as a CEO to several non-profits that provided services and supports to people with disabilities in Ohio and Kentucky.

November 16, 2012

**Date/Title: 16 November: Promoting the Dignity of Risk and Supporting (and accepting) Personal Choice**

**Time: 9:00 AM – 12:00 PM**

**Location: LifeSkills Corporate Office (2<sup>nd</sup> floor)**

**380 Suwannee Trail Street  
Bowling Green, KY 42103**

**Description:** Choice is a fundamental value of people and is vital to having the quality of life someone wants. DSPs and their agencies must balance the choices people they support make with the risks involved. A positive approach to risk requires person centered thinking. This session will help determine how to balance meeting the demands of health and safety while ensuring the choices people are making are valued and honored.

**Presenter: Beth C Richardson, M Ed**

Beth is the Director of Training and Leadership with The Council and the Training and Leadership Coordinator for SPEAK. Beth began her career working as a direct support professional in a state institution pre" institutional" reform followed by over 30 years of experience working with people with disabilities and their families, direct support professionals and other professional and management level employees. Before coming to the CMR, Beth

worked as a CEO to several non-profits that provided services and supports to people with disabilities in Ohio and Kentucky.

**Wishing you all a wonderful Holiday Season!!**

**See you in 2013!**