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29th Annual Conference on Medical Care
June 1, 2018
Space is limited - Register today!
Exhibiting Opportunities Available


The Arc
of New Jersey
Mainstreaming Medical Care
985 Livingston Avenue
North Brunswick, NJ 08902


The Arc
of New Jersey

29th ANNUAL CONFERENCE
ON MEDICAL CARE FOR PERSONS
WITH INTELLECTUAL &
DEVELOPMENTAL DISABILITIES
PROMOTING QUALITY HEALTHCARE

FRIDAY, JUNE 1, 2018

**WESTIN PRINCETON
FORRESTAL VILLAGE ~ PRINCETON, NEW JERSEY**

SPONSORED BY:
MAINSTREAMING MEDICAL CARE
A Program of The Arc of New Jersey

- IN COOPERATION WITH:**
- NJ DIVISION OF DEVELOPMENTAL DISABILITIES
 - NJ DIVISION OF MEDICAL ASSISTANCE AND
HEALTH SERVICES

- WITH EDUCATIONAL GRANTS FROM:**
- HORIZON NJ HEALTH
 - AMERIGROUP COMMUNITY CARE

Register Below or Online

www.mainstreamingmedicalcare.org

Registration Deadline: Friday, May 18, 2018

PLEASE PRINT

Name _____

Phone _____

Affiliation/Title _____

Agency _____

Address _____

E-Mail Address _____

REGISTRATION FEE

Please make checks payable to: The Arc of New Jersey

- \$75 includes Continental Breakfast and Materials. (If having lunch on your own, restaurants and a food court are available at Forrestal Village.)
- \$100 includes Lunch, Continental Breakfast and Materials.
- Provider Agency Discount: For every 4 registrations from the same non-profit agency, 5th employee attends free (discount applies only to registrants selecting the same registration option: either "lunch" or "no lunch"; please send all registrations together).
- Scholarship, no lunch (limited availability -first come, first served- medical students, residents, or others in need). If registering for scholarship, please call Jennifer Lynch at 732-784-6397. Must be pre-approved.

MEAL CHOICE

If having Conference Luncheon, please select one:

Chicken Vegetarian Special dietary request. Please specify: _____

PAYMENT INFORMATION

Visa MasterCard Discover American Express

Credit Card # _____

Signature _____

Exp. Date _____ C V V# _____

Sign language interpreter. Request by May 1st _____

Refund Policy: Refunds will not be given for cancellations made after May 18, 2018, or for no-shows.

Workshop Choices

Please circle the number of your

1st choice a.m. and p.m., and 2nd choice a.m. and p.m.

Early registration is advised to assure your first choice of workshops.

1ST CHOICE

A.M. 1 2 3 4 5 6

P.M. 7 8 9 10 11

2ND CHOICE

A.M. 1 2 3 4 5 6

P.M. 7 8 9 10 11

THREE CONVENIENT WAYS TO REGISTER!

Online at www.mainstreamingmedicalcare.org

Mail or Fax this form to:

Mainstreaming Medical Care

29th Annual Conference - The Arc of New Jersey

985 Livingston Avenue

North Brunswick, NJ 08902-1843

Fax: 732-784-6397

The Arc and Mainstreaming Medical Care

Established 69 years ago, The Arc of New Jersey is a private not-for-profit organization affiliated with The Arc of the United States and committed to enhancing the quality of life of children and adults with intellectual and developmental disabilities and their families through advocacy, empowerment, education and prevention. The Arc of New Jersey is comprised of a state office and local county chapters serving all 21 NJ counties. Mainstreaming Medical Care is a special program of The Arc of New Jersey that advocates for accessible, quality health care for individuals with intellectual and developmental disabilities in New Jersey. Funding for the program is provided by the New Jersey Division of Developmental Disabilities, and is also made possible through grants and other private donations.

Conference Objectives

1. To provide information on successful health care models for assessing and treating individuals with intellectual and developmental disabilities (I/DD), including individuals in crisis.
2. To increase knowledge of state-of-the-art treatment for individuals with I/DD who have medical, dental or behavioral health challenges.
3. To increase knowledge of best practices in caring for individuals with I/DD who are aging, including making decisions about medical interventions near the end of life.
4. To increase knowledge about Medicaid, Medicare, and the NJ Division of Developmental Disabilities (DDD).

Audience

This conference is for everyone who is concerned about providing quality health care to individuals with intellectual and developmental disabilities including: health and mental health professionals; administrative and direct care staff at agencies providing services to persons with intellectual and developmental disabilities; family members; social workers; HMO representatives; and employees of the New Jersey Department of Human Services.

Accreditation

Everyone who attends will receive a Certificate of Attendance. Certificates of Attendance will only be distributed at the end of the afternoon workshops.

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP), Developmental Disabilities Nurses Association (DDNA) and The Commission for Case Managers Certification (CCMC). Determination of credit is pending.

Directions to the Westin Princeton at Forrestal Village

201 Village Boulevard • Princeton, NJ 08540 • (609) 452-7900

The Westin Princeton is located in the Forrestal Village, on Southbound Route 1 in Princeton, NJ. Please note: Whether you are traveling north or south on Route 1, use the exit marked "Forrestal Village".

For directions, please contact Jennifer Lynch
Phone # 732-784-6397 or email jlynch@arcnj.org.

8:00 – 9:00 REGISTRATION, CONTINENTAL BREAKFAST AND EXHIBITS

9:00 – 9:15 WELCOME AND OPENING REMARKS

Joanne Bergin

President, The Arc of New Jersey

Thomas Baffuto

Executive Director, The Arc of New Jersey

Leone Murphy, APN

Chair, Mainstreaming Medical Care Advisory Board, The Arc of New Jersey

Beverly Roberts, M.Ed.

Director, Mainstreaming Medical Care Program, The Arc of New Jersey

PLENARY SESSION 9:15 – 11:30

9:15 – 9:45 INTRODUCTORY REMARKS

Carole Johnson, Commissioner, New Jersey Department of Human Services

MORNING KEYNOTE ADDRESS 9:45 – 10:45

Addressing the Healthcare Crisis for People with Intellectual and Developmental Disabilities (I/DD)

Matthew Holder, MD, MBA is an international leader in the emerging field of Developmental Medicine, the medical care of adults with intellectual and developmental disabilities. He serves as the Chairman of the Medical Advisory Committee for Special Olympics International and is the Immediate Past President of the American Academy of Developmental Medicine and Dentistry (AADMD). Dr. Holder is the Chief Executive Officer of the Lee Specialty Clinic in Louisville, Kentucky, an interdisciplinary patient care, teaching, and research clinic focused exclusively on adults and transitioning adolescents with I/DD.

The healthcare system in the US continues to fall short with respect to producing equitable health outcomes for individuals with I/DD. Lack of provider education and lack of attention to health system design are two major factors that have contributed to this unfortunate state of affairs. Dr. Holder will discuss some initiatives that are currently attempting to address these issues and he will also discuss the creation and operation of the Lee Specialty Clinic - an inspirational model of care that is changing the healthcare landscape in Louisville, KY.

10:45 – 11:30 UPDATES FROM THE NJ DEPARTMENT OF HUMAN SERVICES

NJ FAMILYCARE/MEDICAID:

Meghan M. Davey, Director, NJ Division of Medical Assistance and Health Services

NJ DIVISION OF DEVELOPMENTAL DISABILITIES:

Jonathan Seifried, Acting Assistant Commissioner, NJ Department of Human Services, Division of Developmental Disabilities

BREAK 11:30 – 11:45

MORNING WORKSHOPS 11:45 – 1:00

1. HELPING THE PATIENT IN CRISIS – INTERDISCIPLINARY LESSONS LEARNED

Speaker: Matthew Holder, MD, MBA, Chief Executive Officer, Lee Specialty Clinic, Louisville, KY

Patients with I/DD who find themselves in crisis are a few short steps away from facing dire social, environmental or physical consequences. These consequences are not only bad for the individual, they are often extraordinarily expensive for the supporting health system. The purpose of this session is to describe a successful interdisciplinary model of assessing and addressing the needs of patients in crisis. The presenter will provide real examples of crisis cases, the process by which the individuals were assessed and the steps that were taken to address these crises.

2. INNOVATIVE CARE FOR INDIVIDUALS WHO HAVE I/DD AND ARE AGING

Speakers: Elyse Perweiler, MA, MPP, RN, Co-Director, New Jersey Institute for Successful Aging, Rutgers University School of Osteopathic Medicine; **Mobin Chadha, LCSW**, Program Director, S-COPE, Trinitas Regional Medical Center; and **Leone Murphy, APN**, Clinical Administrator, S-COPE, Trinitas Regional Medical Center

The speakers will discuss the cognitive, behavioral and physical changes that occur for individuals who have I/DD and are aging. Participants will learn how to assess these changes and how to individualize their environment, day programs, and living arrangement. Current resources will be presented including: the National Task Group (NTG) on Intellectual Disabilities and Dementia Practices, Assessment Tools, and the Geriatric Workforce Enhancement Project (GWEP) for Extension for Community Healthcare Outcomes (ECHO).

3. ADVANCE CARE PLANNING AND POLST FOR PEOPLE WITH I/DD: A PERSONAL AND PROFESSIONAL PERSPECTIVE

Speakers: Jeanne R. Kerwin, DMH, CT, Manager, Atlantic Health System Palliative Care and Bioethics, Morristown; and **Jane M. Boyle**, Family Member and Legal Guardian

End-of-life care planning is important for all of us and our loved ones; however, it is especially important for vulnerable populations such as those with I/DD who may require non-traditional ways of determining preferences and burdens when making decisions about medical interventions near the end of life. The term "POLST" refers to Physician's Orders for Life-Sustaining Treatment. The speakers will discuss the tools, such as POLST, which are available for such populations and how best to utilize them to assure equal access to excellence in palliative care and end-of-life care for these individuals and their families.

4. TREATING THE INDIVIDUAL WITH ORAL SELF-INJURIOUS BEHAVIORS: AN INTERDISCIPLINARY APPROACH TO PATIENT CARE

Speakers: John Nevins, DO, Chatham Family Medicine, Atlantic Health System; **Evan Spivack, DDS, FAGD**, Special Care Treatment Center, Rutgers School of Dental Medicine; and **Carolyn Driscoll, MS, OTR**, Occupational Therapist, Trinitas Children's Therapy Services

Caring for individuals with oral self-injurious behaviors (SIBs) often requires not just outside-the-box thinking, but also an interdisciplinary approach if a satisfactory outcome is to be achieved. This workshop will present the case of a patient with severe chronic SIB who required medical, dental and occupational therapy intervention to achieve positive, sustainable results, highlighting the importance of inter-professional communication and cooperation.

5. PREVENTION AND TREATMENT OF DIABETES FOR INDIVIDUALS WITH I/DD

Speaker: *Elfie Wegner, ANP-C, Advanced Nurse Practitioner and Certified Diabetes Educator, Overlook Family Medicine, Atlantic Health System*

Everyone should be aware of the health care problems associated with diabetes, including individuals with I/DD and their family members and agency staff. The speaker, who is a Certified Diabetes Educator (CDE), will discuss the prevalence of diabetes; risk factors; the difference between pre-diabetes and diabetes; the importance of diet and exercise; how to determine if an individual with I/DD who is diagnosed with diabetes can do the daily glucose monitoring; management of diabetes, including medications and side effects; and the serious complications of uncontrolled diabetes.

6. H.E.L.P... BEYOND AGING! A UNIQUE ADAPTATION OF THE HOSPITAL ELDER LIFE PROGRAM INTERVENTIONS IN AN ACUTE CARE HOSPITAL TO PREVENT DELIRIUM

Speakers: *Timothy Clyne BA, MSN, RN, CDP, Nurse Manager, Hospital Elder Life Program, Trinitas Regional Medical Center; and Johanna Thomas, BA, CDP, Elder Life Intervention Clinician, Hospital Elder Life Program, Trinitas Regional Medical Center*

This session will address the unique needs of patients with I/DD in the acute care hospital. It will demonstrate how a delirium prevention program can be adapted to help these individuals achieve better outcomes during their hospital stay.

LUNCH BREAK 1:00 – 2:15

AFTERNOON WORKSHOPS 2:15 – 3:30

7. PSYCHIATRIC ISSUES MASQUERADING AS BEHAVIORAL DISTURBANCES

Speakers: *David I. Mayerhoff, MD, Staff Psychiatrist, Developmental Disabilities Center, Overlook Medical Center, Atlantic Health System; and Jeffrey R. Nurenberg, MD, Staff Psychiatrist, Developmental Disabilities Center, Morristown Medical Center, Atlantic Health System*

This workshop will focus on assessment of individuals who have intellectual and developmental disabilities (I/DD) and are exhibiting challenging behaviors. The presenters are two psychiatrists who will illustrate the diagnostic and assessment considerations to determine the etiology of the behaviors. Specific areas of pharmacologic management will be reviewed.

8. MOVEMENT DISORDERS IN ADULTS WITH I/DD: WHEN IS IT TOO MUCH OR TOO LITTLE?

Speaker: *Seth M. Keller, MD, Co-Chair, National Task Group on Intellectual Disabilities and Dementia Practices; Chair, Special Interest Group Adult I/DD, American Academy of Neurology; Past President, American Academy of Developmental Medicine and Dentistry*

Adults with I/DD are living longer than ever before and with age comes a number of conditions that may cause a change in body movements. Functional decline, gait immobility, tremors, stiffness and falls may occur and activities of daily living (ADLs) and quality of life may be greatly impacted by these various changes. The presentation will review the classification of movement disorders, an approach to assess functional change and a diagnostic and therapeutic approach that will enable the healthcare practitioner as well as those supporting individuals with I/DD who present with an alternation on movements with age. Tardive dyskinesia, Parkinson's disease, tremors, and spasticity will be covered.

9. ALL BEHAVIOR SERVES A PURPOSE: USING FUNCTIONAL ASSESSMENTS TO UNDERSTAND CHALLENGING BEHAVIOR

Speaker: *Rob Kimmel, MAT, CESP, Training and Consultation Specialist, The Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School*

Challenging behavior exhibited by some individuals with disabilities is often misunderstood and escalates, leading to poor outcomes for the individual as well as the parents, teachers, civil servants, and medical professionals that are only trying to help. Participants in this session will learn about the functions of behavior and how to use functional assessments to understand that challenging behavior. We will use a scenario-based model to showcase the effectiveness of Applied Behavior Analysis (ABA) and Positive Behavior Supports (PBS) interventions, using the results of accurate assessments.

10. WHAT IS A DUAL ELIGIBLE? UNDERSTANDING MEDICAID AND MEDICARE COORDINATION AND THE NJ FAMILY CARE/MEDICAID APPLICATION PROCESS

Speakers: *Mary McGeary, Director, State Health Insurance Assistance Program (SHIP), Division of Aging Services, New Jersey Department of Human Services; and Lauren E. Koenig, NJ FamilyCare Outreach, Division of Medical Assistance and Health Services, NJ Department of Human Services*

This session will review the triggers for Medicare enrollment and how this impacts Medicaid health and prescription benefits. Enrollment choices for individuals with I/DD who have both Medicare and Medicaid coverage will be reviewed. The speakers will explain the reasons why individuals would need to apply for the NJ FamilyCare/Medicaid Aged, Blind, Disabled (ABD) program. For example, an ABD Medicaid application is necessary for persons who need to have DDD services and their Supplemental Security Income (SSI) benefit is ending due to the start of a different type of Social Security benefit. The session will include a demonstration of the new on-line Medicaid application form.

11. ADVOCATING FOR HEALTHY SEXUALITY AND SAFETY FOR PEOPLE WITH I/DD

Speakers: *Tracy A. Higgins, MA, LPC, Co-Founder and Director of Counseling, Finding Your Individuality; and Melissa Keyes DiGioia, CSE, Co-Founder & Director of Education, Finding Your Individuality*

People with intellectual and developmental disabilities should have access to information and services that support the possibility of experiencing healthy relationships and safe sexual experiences free from coercion and violence. This may include information and interdisciplinary services to support experiencing healthy relationships, making consensual decisions about sexual activities, going for a sexual health exam, using a safer sex or contraceptive method, or getting support as a survivor of intimate partner violence or sexual assault. In this session, attendees will explore the importance of advocating for services for people with intellectual and developmental disabilities that promote healthy sexuality and safety.

FOR FURTHER INFORMATION, INCLUDING EXHIBITING OPPORTUNITIES, PLEASE CONTACT:

Mainstreaming Medical Care Program, Jennifer Lynch
Phone & Fax 732-784-6397 ~ Email: jlynch@arcnj.org

Online Registration Now Available!!
www.mainstreamingmedicalcare.org