

Register Here or Online at  
 www.mainstreamingmedicalcare.org  
 Registration deadline: May 16, 2014

PLEASE PRINT

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Affiliation/Title \_\_\_\_\_  
 APN-C License # and state code,  
 if applying for AANP CE credits \_\_\_\_\_  
 Agency and Address \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_

**REGISTRATION FEE**

Please make checks payable to: *The Arc of NJ*

- \$65 includes Continental Breakfast and materials. (If having lunch on your own, restaurants and a food court are available at Forrestal Village.)
- \$95 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 (limited availability—first come, first served—medical students, residents, or others in need; call Beth Moffitt at 732-246-2525 ext. 35 before registering).

**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 \_\_\_\_\_  
 Sign language interpreter. Request by May 1st. \_\_\_\_\_  
 Refund Policy: Refunds will not be given for cancellations made after **May 22, 2014** 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.

<b>1<sup>ST</sup> CHOICE</b>	<b>2<sup>ND</sup> CHOICE</b>
a.m. 1 2 3 4 5	a.m. 1 2 3 4 5
p.m. 6 7 8 9 10	p.m. 6 7 8 9 10

**PLEASE MAIL OR FAX THIS FORM TO:**

Mainstreaming Medical Care  
 25th Annual Conference - The Arc of New Jersey  
 985 Livingston Avenue  
 North Brunswick, NJ 08902-1843  
 Fax: 732-214-1834

**THE ARC AND MAINSTREAMING MEDICAL CARE**

Established 65 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**

The primary objectives of this conference are:

- 1) To increase knowledge about new programs and policies for children and adults with developmental disabilities who receive services from the NJ Dept. of Children and Families or the NJ Department of Human Services.
- 2) To increase knowledge about health and mental health services for persons who have been diagnosed as having both an intellectual disability and a mental health disorder.
- 3) To increase knowledge of state-of-the-art services and treatment modalities to improve the medical and dental health of persons with intellectual and other developmental disabilities.

**AUDIENCE**

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

**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)**. Determination of credit is pending.

This program is pending CE approval with the **American Academy of Nurse Practitioners (AANP)** and the **Commission for Case Manager Certification (CCMC)**.

**Directions to the Westin Princeton 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 **Beth Moffitt** by phone: **732-246-2525, ext. 35** or email: **bmoffitt@arcnj.org**. The Westin is offering a discounted room rate of \$199 for the evening of May 29th. To reserve a hotel room, call 609-452-7900 and indicate that you will be attending The Arc of New Jersey's conference. **THIS DISCOUNT RATE IS AVAILABLE UNTIL APRIL 30, 2014.**

Pre-Sort  
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 New Brunswick, NJ  
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25<sup>th</sup> Annual Conference on Medical Care  
 May 30, 2014  
 Space is limited - register today!  
 Exhibiting Opportunities Available

  
 Mainstreaming Medical Care  
 985 Livingston Avenue  
 North Brunswick, NJ 08902



**25<sup>th</sup> ANNUAL CONFERENCE**  
 ON MEDICAL CARE FOR PERSONS  
 WITH DEVELOPMENTAL DISABILITIES  
 PROMOTING QUALITY HEALTHCARE



**FRIDAY MAY 30, 2014**

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

**SPONSORED BY:**  
 MAINSTREAMING MEDICAL CARE  
 (A PROGRAM OF THE ARC OF NEW JERSEY)

**IN COOPERATION WITH:**  
 NJ DEPARTMENT OF CHILDREN AND FAMILIES  
 NJ DIVISION OF DEVELOPMENTAL DISABILITIES  
 NJ DIVISION OF MEDICAL ASSISTANCE  
 AND HEALTH SERVICES

**WITH AN EDUCATIONAL GRANT FROM:**  
 HORIZON NJ HEALTH

## CONFERENCE SCHEDULE

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

**9:00 – 9:15**  
**WELCOME AND OPENING REMARKS**

**Robert Hage**,  
*President, The Arc of New Jersey*  
**Thomas Baffuto**,  
*Executive Director, The Arc of New Jersey*  
**Leone Murphy, RN, MS, CS**,  
*Chair, Mainstreaming Medical Care Advisory Board*  
**Beverly Roberts, M.Ed.**,  
*Director, Mainstreaming Medical Care Program, The Arc of New Jersey*

### PLENARY SESSION 9:15 – 11:30

**9:15 – 9:30**  
**INTRODUCTORY REMARKS**

**Jennifer Velez, Esq.**, *Commissioner, New Jersey Department of Human Services*

### MORNING KEYNOTE ADDRESS 9:30 – 10:30 *Young Adults with Developmental Disabilities and Chronic Conditions of Childhood – is the Adult Health Care System Ready for Them?*

**Cynthia Peacock, MD, FACP, FAAP** has a special interest in educating adult health care providers on the care of adults who have disabilities and complex conditions that originated in childhood. Dr. Peacock has several significant affiliations: Associate Professor of Medicine, Medicine Residency Associate Program Director, Transition Medicine Clinic Medical Director, Texas Children's Hospital Director of Adult Transition Medicine Program, and Texas Children's Health Plan Associate Medical Director. She has worked with the Texas Council for Developmental Disabilities, and is a board member for The Arc of Texas.

Since 1989 when transition health care was first brought to the nation's attention by Surgeon General Dr. C. Everett Koop, MD, little progress has been made in the past two decades to develop a system that provides health care transition and quality health care for young people with disabilities and chronic conditions. This keynote presentation summarizes what we know and how we can do better.

**10:30 – 10:50**  
**UPDATE ON THE NJ DIVISION OF DEVELOPMENTAL DISABILITIES**  
**Elizabeth M. Shea**, *Assistant Commissioner, NJ Department of Human Services*

**10:50 – 11:10**  
**UPDATE ON NJ FAMILYCARE/MEDICAID**  
**Valerie J. Harr, MA**, *Director, NJ Division of Medical Assistance and Health Services*

**11:10 – 11:30**  
**UPDATE FROM THE NJ DEPARTMENT OF CHILDREN AND FAMILIES**  
**Elizabeth Manley, LSW**, *Director, Children's System of Care*

**BREAK: 11:30 – 11:45**

### MORNING WORKSHOPS 11:45 – 12:45

**1. MANAGED MEDICAID PLANS: REDUCING COST AND PROVIDING QUALITY OF CARE, CAN THEY DO IT?**

**Speaker: Cynthia Peacock, MD, FACP, FAAP.**  
Dr. Peacock is the keynote speaker and will be presenting this workshop. Lack of care coordination often leads to over-treatment of patients and increased cost. Managed care organizations in Texas and other states are delivering integrated care, held to increasingly rigid quality metrics and performance measurements, providing members increased access to medical homes while maintaining cost savings. Consumers will need to know which plan is best for them and what to look for.

**2. INTENSIVE SYSTEMS THERAPY: A COGNITIVE BEHAVIOR THERAPY MODEL FOR TREATMENT OF INDIVIDUALS WITH INTELLECTUAL DISABILITY**

**Speaker: Constance M. Romer-Quirin, M.S., Psychologist**  
Intensive Systems Therapy is a cognitive model for treatment of volatile behavior in individuals with Intellectual Disability. It is person centered, interdisciplinary, wellness oriented, and trauma informed; it is accessible to all support professionals. This cognitive behavior therapy model has been used in several states for over ten years in a wide range of settings for a variety of issues involving a poor fit between an individual and his/her environment.

**3. LEGAL GUARDIANSHIP AND ALTERNATIVES TO GUARDIANSHIP FOR INDIVIDUALS WITH I/DD: HOW TO DECIDE WHAT APPROACH IS BEST FOR EACH INDIVIDUAL?**

**Speakers: Mary Ann Olsen, Esq., Attorney and former nurse and Adam P. Wilson, Esq., Attorney with Hinkle, Fingles & Prior**  
When individuals turn eighteen, they are emancipated from their parents and presumed to be capable of managing their own affairs. However, individuals with intellectual and developmental disabilities are often unable to critically assess situations and make informed decisions about their own best interests. As such, many require a legally appointed surrogate decision-maker to act on their behalf. In New Jersey, there are a number of different options for surrogate decision-making. This workshop will outline these options and provide some guidelines for determining when each option is appropriate.

**4. AGING AND ALZHEIMER'S DISEASE IN ADULTS WITH DOWN SYNDROME**

**Speaker: Sharon J. Krinsky-McHale, Ph.D., Research Scientist, Head, Laboratory of Cognition & Development, Department of Psychology, New York State Institute for Basic Research in Developmental Disabilities, Staten Island, NY**  
Adults with Down syndrome are living into their 50s, 60s, and some even into their 70s. Dr. Krinsky-McHale's talk will focus on changes in functioning that are associated with "typical" aging, Alzheimer's disease, and "mild cognitive impairment," defined as a stage where individuals do not have dementia, but are showing something more than "typical" aging. She will share current thinking on the connection between Alzheimer's disease and people with Down syndrome including risk factors and impact.

**5. SUCCESSFUL DENTAL VISITS FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES**

**Speaker: Purnima Hernandez, DDS, MA, BCBA**, *Private dental practice in Bergen County; family representative on the NJ Council of Developmental Disabilities, and member of the Board of Disability Rights NJ*  
Oral healthcare is necessary throughout the lifetime of an individual. Dental exams are challenging events for many individuals with developmental disabilities who are fearful of the dentist's office. This presentation will discuss issues and suggest strategies -- including behavioral strategies -- that have resulted in successful dental experiences for individuals with developmental disabilities.

**LUNCH: 12:45 – 1:45**

**AFTERNOON KEYNOTE ADDRESS 1:45 – 2:15**  
*A Self-Advocate Describes Her Own Health Care Experiences*

**Diana M. Stolfo** age 32, is a Self-Advocate speaker and resident of Orchard Commons in Allendale, NJ where she lives independently. In addition to her advocacy, Diana maintains a well-rounded career, holding part-time positions at The Gap, as a Sales Associate; ECLC School, as a Clerical Assistant; and at Our Lady of Mt. Carmel Church, as a Receptionist. Ms. Stolfo gave a presentation at the United Nations, at their first celebration of World Down Syndrome Day in 2012. She has received several awards, including The Arc of New Jersey's Bill Sackter award -- an honor given to a self-advocate who is a role model and mentor to people with disabilities about how they can achieve their goals in life.

Ms. Stolfo is a Self-Advocate with Down syndrome who has been successful in accessing good health care providers. She will provide a first-person account of her health care experiences, including the challenges she confronted when she "aged-out" of pediatric care and needed to locate physicians who treat adults.

**BREAK: 2:15 – 2:30**

### AFTERNOON WORKSHOPS 2:30 – 3:30

**6. DIAGNOSIS AND TREATMENT OF MEDICAL PROBLEMS THAT OCCUR FREQUENTLY IN ADULTS WITH I/DD**

**Speaker: Catherine Schiano, D.O., Co-Medical Director, The Arc/Mercer Health Care Center**  
This session will focus on the types of medical problems that occur most often for individuals with I/DD who are treated at The Arc/Mercer's Health Care Center, including the individuals' typical symptoms, diagnosis, and treatment. Examples of some of the frequently occurring medical problems are urinary tract infections, diabetes, hypothyroidism, and chronic constipation.

**7. NEW TOOLS IN NEW JERSEY TO ASSIST IN END-OF-LIFE MEDICAL DECISIONS**

**Speaker: Jeanne Kerwin, D.MH, Co-Chair Ethics Committee, Coordinator, Palliative Care Team, Overlook Medical Center**  
This workshop will explore and discuss a structured way to approach end-of-life care decisions for persons with cognitive disabilities. A new tool available in NJ to assure that end-of-life care plans are followed in all settings, POLST (Practitioner Orders for Life-Sustaining Treatment) will be described, along with a review of the State POLST Guidelines for its appropriate use for end-of-life care orders for those with cognitive disabilities or mental illness.

**8. CHANGES IN THE DSM-5 MANUAL: SPECTRUM DISORDER RECONSIDERED**

**Speaker: Lucille Esralew, Ph.D., Clinical Administrator, Statewide Clinical Consultation and Training (SCCAT) and Statewide Clinical Outreach Program for the Elderly (S-COPE), Trinitas Regional Medical Center**  
When the new DSM-5 was published, there were questions and concerns as to whether some people with I/DD who were eligible for behavioral health services in the past would continue to be eligible. The presenter will discuss the changes in the DSM-5, and compare and contrast high functioning spectrum disorder with the separate and new DSM-5 diagnosis of Social Pragmatic Communication Disorder. Differences in diagnoses will be highlighted, and ways to address problems in social interaction and communication will be explained.

**9. THE ARC'S HEALTHMEET PROJECT: PROMOTING IMPROVED HEALTH FOR PEOPLE WITH INTELLECTUAL DISABILITIES**

**Panelists: Robyn J. Blanchard, RN, The Arc Gloucester Agency Nurse; Michael Knox, PhD, Assistant Professor of Pediatrics and Deputy Director, The Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School (RWJMS); Deborah M. Spitalnik, PhD, Professor of Pediatrics and Executive Director, The Boggs Center on Developmental Disabilities, Rutgers RWJMS; and Ann Cameron Williams, PhD, Senior Executive Officer of Research and Innovations, The Arc**

This workshop will provide an overview of the HealthMeet project funded by the US Centers for Disease Control and Prevention (CDC), which focuses on reducing health disparities and increasing the longevity and quality of life for people with intellectual disabilities by providing free health assessments. HealthMeet also provides free training for individuals with intellectual disabilities as well as for health professionals. The workshop will also present the experience of a participating chapter of The Arc and highlights of the results of assessments conducted in year one of the project.

**10. TRANSITIONING YOUTH WITH I/DD TO THE ADULT SERVICE SYSTEM: SSI AND OTHER IMPORTANT ISSUES**

**Speaker: Jerisa Chiumbu-Maseko, CFLE, Director, Planning for Adult Life, The Arc of New Jersey and David Vinokurov, District Manager, Social Security Administration, Trenton, NJ**  
Families and professionals who interact with youth with developmental disabilities in the 16 to 21-year-old age range need training about what needs to be done to plan for a smooth transition to adulthood. The Planning for Adult Life Program provides webinars, free student classes, and parent meetings that help in creating a quality life plan tailored to each youth's unique needs. Social Security Benefits planning -- including applying for Supplemental Security Income (SSI) -- is an essential element for youth with disabilities before they graduate from high school. The District Manager for the Social Security Administration will address what families, educators, and advocates need to know in advance of the Social Security application, such as what documentation and reports are needed to assure a smooth process and what to do if the initial application is denied.

FOR FURTHER INFORMATION, INCLUDING EXHIBITING OPPORTUNITIES, PLEASE CONTACT:  
Mainstreaming Medical Care Program,  
Beth Moffitt

Phone: 732-246-2525, ext. 35 • Fax: 732-214-1834 • email: bmofttt@arcnj.org