The Help Group's
Advance LA
Resilience Conference 2014

Friday May 2, 2014

Presenting Cutting-Edge Research and Best Practices for Young Adults with Autism, Learning Differences and ADHD

Located At
American Jewish University - Los Angeles, California
2014 CONFERENCE

The Help Group’s 2014 Advance LA Conference, RESILIENCE, features nationally prominent experts who are focusing their research and practice on how to best support young people with autism, learning differences and ADHD in their transition to college, the workplace and beyond. We look forward to your joining us for a stimulating, informative and thought provoking day.

“Each year, the Advance LA conference provides the latest thinking on how best to support and serve young adults transitioning into college, employment and independent living. I attend every year and always come away with something new.”

- Rita S. Eagle, Ph.D.
Clinical Psychologist

FRIDAY SCHEDULE, MAY 2ND
All sessions will take place on the University’s Lower Campus

7:00 AM-8:00 AM
REGISTRATION, CONTINENTAL BREAKFAST AND EXHIBITORS

8:00 AM-8:15 AM
OPENING PROCEEDINGS

8:15 AM-9:30 AM
KEYNOTE ADDRESS
Boosting Resilience in Young Adults, Parents, and Professionals
ANDREW SHATTÉ, PH.D.
Professor, College of Medicine at University of Arizona; Brookings Institution Fellow; Former Professor of Psychology at University of Pennsylvania; Founder and President of Phoenix Life Academy; Chief Science Officer at meQuilibriuim; Co-author of The Resilience Factor.

ADVANCE LA

Advance LA is dedicated to providing resources, support and training to teens and young adults with autism, learning differences, ADHD, executive functioning challenges and social/emotional issues. Our services include:

Transitional Living Program: a supportive living program located on a college campus providing young adults with experiences and opportunities to learn and practice the skills necessary to be successful in adult life.

One-on-One Coaching: an individualized coaching program designed to help young adults achieve success in the community and strengthen their executive functioning and independent living skills, expand their social connections, support their academic or vocational goals and focus on health and wellness.

Social Clubs: facilitated activities geared to enhance social skills, promote connections to other young people with similar interests, and develop long-lasting friendships.

Other services include workshops for young adults, parents, professionals; parent and family coaching and college or career planning.
1A Using the Science of Hope, Self-Compassion, Mindfulness, & Gratitude to Build Resilience
VICKI ZAKRZEWSKI, PhD
Education Director at the Greater Good Science Center at University of California, Berkeley; Author of the Greater Good online magazine Education Channel.

1B The FASTMINDS Approach To Thriving with ADHD
CRAIG B.H. SURMAN, MD
Assistant Professor of Psychiatry at Harvard Medical School; Scientific Coordinator of the Adult ADHD Research Program at Massachusetts General Hospital; Co-author of FAST MINDS: How To Thrive If You Have ADHD (Or Think You Might).

1C Building Resilience through Behavior Support in the Work Place for Young Adults with Autism
CAROL SCHALL, PhD
Director of Virginia Autism Resource Center at Virginia Commonwealth University; Author of Autism and the Transition to Adulthood: Success Beyond the Classroom.

11:10 AM-12:40 PM

2A Building a Meaningful Life: Helping Youth with Exceptional Needs Find Hope, Health, and Happiness
AMY-JANE GRIFFITHS, PhD, NCSP, BCBA
Assistant Clinical Professor and Licensed Clinical Psychologist at Chapman University and University of California Irvine’s School of Medicine; Director of the Families and Schools Together program at the Center for Autism and Neurodevelopmental Disorders.

2B Pharmaceutical Management for Young Adults with ADHD and Executive Functioning Challenges
DAVID FEIFEL, MD, PhD
Professor, Department of Psychiatry and Neurosciences Program; Director, UCSD Adult ADHD Program; University of California, San Diego.

2C Transition to Independence and Employment for Youth and Young Adults with ASD
CAROL SCHALL, PhD
See above

2D Life After High School: Building Resilience in Young Adults
SARITA FREEDMAN, PhD
Author of Developing College Skills in Students with Autism & Asperger’s Syndrome; Licensed Clinical Psychologist in Calabasas, California.

2:00 PM-3:30 PM

3A Adaptive Behavior, Resilience and Adult Competence
DR. PETER GERHARDT, EdD
Chairman of the Scientific Council for the Organization for Autism Research; Consultant and Guest Lecturer on issues facing adults with autism and other developmental disabilities.

3B Connecting Adolescents and Young Adults to Learning Mindfulness (CALM)
ELISHA GOLDSTEIN, PhD AND STEFANIE GOLDSTEIN, PhD
Co-creators of the Connecting Adolescents to Learning Mindfulness (CALM) program for teens and tweens; Licensed Clinical Psychologists in the West Los Angeles area, specializing in adults, teens, couples and families.

Dr. Elisha Goldstein is the author of The Now Effect and A Mindfulness-Based Stress Reduction Workbook.

3C Creating Resilient College Students on the Autism Spectrum
JANE THIERFELD BROWN, EdD
Assistant Clinical Professor at Yale Child Study at Yale Medical School; Director of College Autism Spectrum; Director of Student Services at University of Connecticut School of Law; Co-author of Student with Asperger’s: A Guide for College Professionals, The Parent’s Guide to College for Students on the Autism Spectrum, and Behavior Management and Self-Regulation.

3:40 PM-5:10 PM

4A Sexuality Education of Individuals with ASD
PETER GERHARDT, EdD
See above

4B Students Who Fail at School But Succeed at Life: Rising Above a Difficult Past
MARK KATZ, PhD
Director of Learning Development Services in San Diego, California; Author of On Playing a Poor Hand Well: Insights from the Lives of Those Who Have Overcome Childhood Risks and Adversities; Licensed Clinical Psychologist in San Diego, CA.

4C The Challenges Associated with Transition from Adolescence to Adulthood: The Impact of Comorbidity on Successful Functioning
LINDSEY STERLING, PhD
Licensed Clinical Psychologist and Clinical Instructor at UCLA Semel Institute for Neuroscience and Human Behavior - Department of Psychiatry and Biobehavioral Sciences.
The Help Group is pleased to offer continuing education credits for the Advance LA Resilience Conference. According to the guidelines set forth by accrediting organizations, professionals seeking credit must sign in prior to the first session of the morning and must sign out at the conclusion of the day. Check your professional accrediting organization for total number of credits. No partial credits can be given.

**Psychologists**
The Help Group is approved by the American Psychological Association to sponsor continuing education for psychologists. The Help Group maintains responsibility for the program and its content. This course is eligible for up to 8 hours of continuing education credits. (Provider #1444) Friday, 8:00am-5:10pm = 8 CE credits.

**Occupational Therapists**
The Help Group is approved by The American Occupational Therapy Association, Inc. (AOTA) to assign Continuing Education units for occupational therapists. This course is eligible for up to .7 CE units. The assignment of AOTA CE units does not imply endorsement of specific course content, products or clinical procedures by AOTA. (Provider # 6193) Friday, 8:00am-5:10pm = .7 CE units

**Speech-Language Pathologists**
This course meets the qualifications for up to 8 hours of continuing professional development credits for Speech-Language Pathologists as required by the California Speech-Language Pathology & Audiology Board. (Provider# PDP86) Friday, 8:00am-5:10pm = 8 CPDs

**Social Workers and Therapists**
The Help Group is an accredited provider for continuing education credits for MFTs, LPCCs, LEPs, and LCSWs. This course meets the qualifications for up to 8 hours of continuing education credits as required by the California Board of Behavioral Sciences. (Provider # PCE940) Friday, 8:00am-5:10pm = 8 CE hours.

**Behavior Analyst Practitioners**
The Help Group is an approved provider of Type 2 Continuing Education units by the Behavior Analyst Certification Board for BCBAs, BCaBAs and BCBA-Ds. The following sessions (1C, 2A, 3A and 4A) qualify for Type 2 CEUs. (Provider # OP-12-2163) Each session qualifies for 1.5 CE units. Friday = 6 CE units.

**Certificates of Attendance**
The Help Group provides Certificates of Attendance at the conclusion of the program for attendees (including teachers). If you would like a certificate, please stop by the registration table at the end of the day to pick up one.

If you have questions please contact Tamika at tdecambra@thehelpgroup.org, or call 818-779-5198.

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**CONFERENCE LOCATION**
American Jewish University
15600 Mulholland Drive, Los Angeles, CA 90077

**COMPLIMENTARY EVENT PARKING**

**HOTEL ACCOMMODATIONS**
To receive the discount, please let the hotel know you are attending The Advance LA Conference

**LUXE SUNSET**
11461 Sunset Blvd.
Los Angeles, CA 90049
310.476.6571

**COURTYARD MARRIOTT**
15433 Ventura Blvd.
Sherman Oaks, CA 91403
818.981.5400

Program information, learning objectives and online registration available at www.advancela.org

All Registrants will receive a flash drive with speaker presentations upon check-in.

The Help Group is committed to making the Resilience 2014 Conference accessible to all individuals. If you anticipate needing assistance while at the conference, please contact Tamika at tdecambra@thehelpgroup.org, or call 818-779-5198.

The Help Group reserves the right to change elements of the Resilience 2014 Conference. Refunds will be made if a written request is received by April 25, 2014. Registration fees will be refunded less a $25.00 processing charge. No refunds will be made after April 25, 2014.
**REGISTER ONLINE AT** [WWW.ADVANCELA.ORG](http://WWW.ADVANCELA.ORG) 

or complete this form and mail/fax your registration and payment to

**The Help Group - Advance LA**
13130 Burbank Blvd - Sherman Oaks, CA 91401  |  PHONE 818.779.5198  |  FAX 818.947.5580

**Early Bird Rates** through April 1  |  **Standard Rates** after April 1

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**CONCURRENT SESSIONS**
select one under each time slot

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<th>Time</th>
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**FRIDAY, MAY 2** (Includes Breakfast & Lunch)

**PROFESSIONALS RECEIVING CEU CREDITS**

- Early Bird (through April 1) .......................................................... $130
- Standard Rates (after April 1) ....................................................... $145

**Continuing Education Category**

- Psychologist
- Speech-Language Pathologist
- MFCC/MFT
- Occupational Therapist
- LCSW
- BCBA (please contact us for information)

**PARENTS & OTHERS**

- Early Bird (through April 1) .......................................................... $85
- Standard Rates (after April 1) ....................................................... $105

If funded by Regional Center our Vendor number is PL0230

**STUDENTS**

- Early Bird (through April 1) .......................................................... $65
- Standard Rates (after April 1) ....................................................... $80

**HOW DID YOU HEAR ABOUT THIS CONFERENCE?**

- Mailing
- Help Group website
- E-mail
- Conference Posting
- Advance LA Website
- Facebook
- Other

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First Name__________________________________________________
Last Name _________________________________________________
Professional (if receiving CE's) License Number
__________________________________________________________________________
Address ____________________________________________________
City_________________________________________________________
State ______________________ Zip Code _______________________
Home Phone ________________________________________________
Work Phone ________________________________________________
Fax _________________________________________________________
Email _______________________________________________________

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**Make check payable to:** The Help Group

Charge my:  
- Visa  
- MasterCard  
- Amex

Card Number ______________________________________________
Exp. Date _____________________ Security Code ______________
Cardholder’s Name (please print)_____________________________
Signature _________________________________________________

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**speech-language pathologist**

**occupational therapist**

**LCSW**

**BCBA (please contact us for information)**

**Psychologist**

**MFCC/MFT**

**LCSW**

**Social worker**

**Other**

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If funded by Regional Center our Vendor number is PL0230

**STUDENTS**

- Early Bird (through April 1) .......................................................... $65
- Standard Rates (after April 1) ....................................................... $80

**MAKE CHECK PAYABLE TO:** The Help Group

Charge my:  
- Visa  
- MasterCard  
- Amex

Card Number ______________________________________________
Exp. Date _____________________ Security Code ______________
Cardholder’s Name (please print)_____________________________
Signature _________________________________________________

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- Mailing
- Help Group website
- E-mail
- Conference Posting
- Advance LA Website
- Facebook
- Other

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Founded in 1975, The Help Group is the largest, most innovative and comprehensive nonprofit of its kind in the United States serving children with special needs related to autism spectrum disorders, learning disabilities, ADHD, developmental delays, abuse and emotional problems.

At Advance LA we offer the answer to one of the most frequently asked questions by parents of teens and young adults with special needs, “What happens next?” Our personalized program provides clients with the experiences and opportunities necessary to lead a successful adult life. We offer the much needed support in several key areas that facilitates a greater level of independence for each of our clients based on their individual needs.

Through our work, we hope to inspire personal growth and development, offer a sense of mastery and accomplishment, and allow each client to “advance” to greater levels of independence.