

Call for Proposals
2020 The Arc of Kentucky Annual Conference
Best Practices for People with Intellectual and/or Developmental
Disabilities and their Families
“Gaining an Edge through New Waves of Opportunity”
February 19 & 20, 2020
Crowne Plaza Louisville Airport, Louisville, KY

The Arc of Kentucky is seeking Presentation Proposals for its 2020 Annual Conference. This conference is held in collaboration with Jefferson County Parent Resource Centers, Anderson County Regional Training Center, and The Kentucky Department of Education. **Pre-Conference Sponsorship recognition given to The Autism Society of the Bluegrass and Commonwealth Council on Developmental Disabilities.**

The Arc of Kentucky is accepting proposals that reflect best practices that promote and encourage people with intellectual and/or developmental disabilities to be included in all aspects of school and community life and to assist people in successfully navigating life in school inclusion, community participation, employment and inclusive communities. Target audience includes individuals with disabilities, family members, friends, the elderly, service providers, caregivers, community leaders, advocacy organizations, education professionals, policymakers, etc.

Type of Presentation:

Concurrent Sessions – these are sessions that deliver a presentation about a topic, allowing time for questions and answers. These sessions are available: Wednesday and Thursday - one hour and 15-minute sessions or 2 hour and 30-minute sessions

Topical areas include:

- | | | |
|---------------------------|------------------------|--------------------------------------|
| ◆Housing/Shared Living | ◆Employment/Transition | ◆Inclusive Schooling/Education |
| ◆Assistive Technology | ◆Faith Communities | ◆Leisure/Recreation |
| ◆Aging | ◆Prevention | ◆Medicaid Waivers and State Programs |
| ◆Self-Determination | ◆Community Living | ◆Participant/Self Directed Options |
| ◆Person Centered Planning | ◆Rights/Voting | ◆Transition from School to Community |
| ◆Safety | ◆Grieving/Loss | ◆Stress Management |
| ◆Advocacy | ◆Self/Advocacy | ◆Special Needs Trust/Estate Planning |
| ◆Siblings | ◆Guardianship | ◆Emergency Preparedness |
| ◆SSI/SSDI | ◆Behavior Management | ◆Transportation |
| ◆Relationship Building | ◆Sexuality | ◆Early Childhood (Birth to 5) |
| ◆Diversity | ◆Equity | |

How to Submit Your Proposal for The 2020 Arc of Kentucky Annual Best Practices Conference (See Proposal Application on Page 2)

1). **Proposal Submission Deadline:** Proposals must be emailed, postmarked, or faxed by **November 15, 2019** to be considered as conference content. Mail to: Conference Proposals, The Arc of Kentucky, 706 East Main Street, Ste. A, Frankfort, KY 40601; email: sherri@arcofky.org fax: (502) 875-5225. Questions or additional information, call (800) 281-1272 or (502) 875-5225.

2). **Information to be included in your proposal:**

- ◆Presentation Title
- ◆Presenter and Co-Presenter(s) Information (address, phone, fax, email)
- ◆Presentation Topic and Sub-topic areas
- ◆Presentation Description
- ◆Who is impacted by the presentation (individuals with disabilities, family members, caregivers, providers, educators, etc.)
- ◆How does this presentation address and/or impact important issues in the lives of people with intellectual and/or developmental disabilities, their families and or the communities in which the live.
- ◆Outcomes
- ◆**AV Needs/Each person will need to bring their own laptop. If bringing a MAC computer then please bring an adaptor.**

(SAMPLE)

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Call for Proposal Application

Presenter Name/Title: Nicole Griffith, MSW, CSW

Address: 706 East Main Street · Lexington, Kentucky · 40509-9070

Phone No. 123-123-1234 (cell) Fax No. N/A Email: sherri@arcofky.org.

Title of Presentation: “Pump Your Brakes! Strategies to Help You from Minimizing to Maximizing Your Best Self”

Presenter Topic and Sub-topic area: Secondary Traumatization/Burnout~ Self-Care

Length of Presentation: Wednesday: 1 hr. 15 min. 2 hrs. 30 min.

Thursday: one hour and 15 minutes 2 hours and 30 minutes

Would you be willing to repeat your session? yes no

Description:

This presentation identifies key facets of Secondary Trauma/Burnout and discusses strategies for individuals to learn, understand, and apply professional and personal skills to combat the physical, emotional, and spiritual demands inherent with work. The presentation aims to empower and evoke in participants, a sense of autonomy, meaning and purpose, hope, energy, positivity and motivation.

Outcomes: For Each Participant:

1. To identify and decrease the symptoms, signs, and effects of Secondary Trauma and Burnout inherent with work.
2. To identify and understand the complexity of physical, mental, and spiritual demands inherent with work.
3. To recognize, understand, and use the knowledge of professional/personal skills from a strengths-based perspective, that will ultimately support goal achievement and sustainability of a healthy work/life balance.
4. To be empowered; and ultimately maintain a healthy mind, body, and spirit.

What is the audience level of presentation? beginner intermediate advanced

How does this presentation address and/or impact issues in the lives of people with intellectual and or developmental disabilities, their families and or the communities in which they live? Secondary Traumatization/Burnout affects the physical, mental, and spiritual demands of service providers, over time. Therefore, when individuals including persons with disabilities, caregivers, social/psychological service providers, law enforcement, medical/educational providers etc., experience these symptoms, they become ineffective in both their professional and personal lives, which directly impacts the individuals, their families, and the communities in which they live and serve.

AV Needs: Wireless microphone or Lavalier/lapel microphone, ability to play/show video-clip and PowerPoint Presentation