

## 2023 ICPN Conference Schedule - Springfield From Surviving to Thriving

TIME	ROOM	Session Information
8:00 a.m. - 8:30 a.m.	West Plaza Lobby	<b>Registration</b> Coffee Available until 11:45 a.m.
8:30 a.m. - 8:45 a.m.	Plaza EFG 1 <sup>st</sup> Floor	<b>Welcome by Amie Burke, BCBA and Kim Shontz, LCSW, ICPN Directors</b> <i>Message from DHS-DDD Interim Director Sarah Myerscough-Mueller</i>
8:45 a.m. - 10:00 a.m.	Plaza EFG 1 <sup>st</sup> Floor	<b>A River Flows Through Us: Some Paddling Lessons from Positive Psychology</b> <b><i>Thane Dykstra, Ph.D.</i></b>  No matter how full the river is, it still wants to grow. -African Proverb  The Positive Psychology movement was founded by Martin Seligman in 1998. In contrast with mainSTREAM psychology which has focused extensively on mental illness, maladaptive behavior, and negative thought patterns, Positive Psychology is centered on “the good life” and the factors that promote well-being. The session will focus on key domains that are relevant to well-being as identified by Seligman in his 2011 book, Flourish. These areas include: Positive Emotion, Engagement, Meaning, Relationships, and Accomplishment (PERMA). Contemporary researchers have also emphasized the importance of lifestyle habits related to physical health. The session will provide an overview of Positive Psychology and will walk paddle attendees through Positive Psychology interventions that may be useful to persons with intellectual and developmental disabilities and those who support them.
10:00 a.m. - 10:15 a.m.	<b>BREAK-</b> Coffee & water available	
10:15 a.m. - 11:45 a.m.	Plaza EFG 1 <sup>st</sup> Floor	<b>To Your Health!</b> <b><i>Barb Bancroft, RN, MSN, PNP</i></b>  Most of us are so focused on taking care of business endeavors and taking care of others, that we neglect to consider our own health as a priority. In this entertaining and educational presentation, Barb Bancroft will discuss the most important health concerns in today's workforce and the implications of self management. Topics include the use of humor and sunlight in boosting the immune system, the prevention of cardiovascular disease with therapeutic lifestyle changes, stress reduction techniques, and the importance of regular check-ups with your health care professional. Barb cleverly incorporates the latest research findings on dietary influences and how to easily incorporate changes into your everyday routine. You will not only leave the seminar laughing your way to a healthier lifestyle, but you will take home practical pearls for health maintenance.
11:45 a.m. - 12:45 p.m.	<b>LUNCH</b> - Plaza HI 1 <sup>st</sup> Floor	

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<p><b>12:45 p.m. – 2:00 p.m.</b></p> <p><b>Break Out Sessions</b></p> <p><b>1<sup>st</sup> Floor</b></p>	<p>Plaza A 1<sup>st</sup> Floor</p>	<p><b>The PERMA Model: Tips and Techniques to Foster Positive Relationships</b>  <i>Craig Humphrey, BCBA</i>  <i>Amanda Brott, BCBA</i>            Hope</p> <p>Humans are social beings with a need to make meaningful connections with others. Research shows again and again that relationships have a large impact on the well-being of the people we provide services for. How can we ensure that our relationships with agencies and staff, as well as the relationships with the people we serve, are positive and meaningful? This session will provide practical strategies for cultivating positive relationships for individuals with disabilities as well as approaches for creating a workplace culture that prioritizes connections and relationships.</p>
	<p>Plaza B 1<sup>st</sup> Floor</p>	<p><b>Going with the Flow</b>  <i>Pam Van Hess, M.S.</i>  <i>Gina Brown, M.S.</i>            Trinity Services</p> <p>In this session attendees will be introduced to concepts of positive psychology, specifically “flow” and how it applies in terms of personal growth and service provision. Participants will explore the meaning of flow, define what being in flow is for them and identify how to harness flow opportunities when working with others. Attendees will leave this session thinking about how to build upon their natural talents and interests by maximizing flow states. The presenters will discuss how to assist others in identifying a flow state and engaging in activities that support this process.</p>
	<p>Plaza C 1<sup>st</sup> Floor</p>	<p><b>Power of Moments</b>  <i>Trina Sieling, M.S.</i>            Trinity Services</p> <p>We all have defining moments in our lives; small, meaningful moments that bring us joy and make our lives richer. We remember them for years, even decades. Many are tied to common experiences such as our wedding day, birth of children or starting a new job. Others seem to happen randomly. This session takes a deeper look at powerful peak moments and identifies common traits of peak moments. You’ll learn an EPIC strategy to make richer memories, strengthen connections and bring joy to the lives of your family, friends, employees and to those you support.</p>
	<p>Plaza D 1<sup>st</sup> Floor</p>	<p><b>Mental Toughness: Using Principles of Positive Psychology to Manifest Our Resiliency and Grit</b>  <i>Amie Burke, BCBA</i>  <i>Anna Vvanti, LSW</i>            Hope/ICPN</p> <p>Positive psychology’s goal is to enhance one’s wellbeing. Seems simplistic, right? But what specifically can we do to move towards a happier life for ourselves and for the people we work so hard to support? Depression, anxiety, negativity, disappointment, and sadness are feelings we all experience in today’s world. In positive psychology, we focus on P-E-R-M-A-H to grow within negative conditions and rebalance our wellbeing. Amie and Anna incorporate</p>

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		RESILIANCE and GRIT into this theme. Utilizing positive emotions of resilience to combat stress can move us in a direction of attaining positive mental health. In order to move forward, we must understand the psychological processes most of us engage in that will undermine our resilience. Amie and Anna hope to provide practical, useful tools we can all start using to shift our mindset and begin our journey toward positive thinking. Let's all turn our stress into something positive.
<b>2:00 p.m. - 2:15 p.m.</b>	<b>BREAK</b> -Refreshments available in Plaza EFG	
<b>2:15 p.m. - 2:30 p.m.</b>	Plaza EFG 1 <sup>st</sup> Floor	<b>Closing Remarks</b> by <i>Amie Burke, BCBA and Kim Shontz, LCSW</i> , ICPN Directors
<b>2:30 p.m. - 4:00 p.m.</b>	Plaza EFG 1 <sup>st</sup> Floor	<p><b>Geek Leadership: Lessons on Mindful Management Learned from Slaying Dragons and Turning Towels into Capes</b> <i>John Pingo, Ph.D., BCBA</i></p> <p>An intrepid fellowship of brave adventurers embark on a noble, but harrowing quest against near impossible odds. Most people would think this is the elevator pitch for the next epic fantasy or Sci-Fi movie. For IDD professionals, it's called Monday. We face near intractable problems everyday. Staffing shortages, ever increasing regulatory requirements, and funding pressures are scarier than any monster Hollywood can dream up. Maintaining our sanity and managing with compassion is harder than ever. That's where geek leadership comes in! Join John Pingo, CEO of IDD provider Goldie Floberg and Professional Game Master (seriously, he's a GEEK), for a light-hearted, interactive session of mindful management practices and mental dragon slaying. Learn simple but powerful cognitive-behavioral stress management techniques mightier than any spell or eye lasers. Experiment with unconventional problem solving methods that open new perspectives towards the same old problems. Unleash your inner wizard or superhero and have some laughs while doing it!</p>

*New York Deli Lunch Buffet* – Mixed Greens Salad, Creamy Coleslaw, Sliced Turkey, Honey Ham, Roast Beef, Salami, Assorted Cheeses, Variety of Breads, House-made Potato Chips

*Afternoon Refreshments*- Assorted Dessert Bars & Lemonade

**Wi-Fi Network: IHG ONE REWARDS and Passcode: CROWNEPLAZA.**

**Continuing Education Certificates will be handed out to participants at the conclusion of the day.  
Please have your Conference Evaluation completed.  
THANK YOU FOR SPENDING YOUR DAY WITH US! WE HOPE TO SEE YOU NEXT YEAR.**