

Dear professional, family member, friend or individual on the autism spectrum:

The purpose of this conference and the collaboration between AHA and CHI is to address the educational, social and behavioral issues pertaining to individuals with autism spectrum disorders (ASD). Our internationally known speaker will present current and effective strategies for higher functioning individuals on the autism spectrum from childhood through adulthood. The overarching goal of CHI is to be a leader in promoting the health and well-being of people living on the autism spectrum, their families, caregivers and communities at large. We have made this a priority of the center and we hope our work with AHA will continue to lead us in that direction.

Elizabeth Cohn, Ph.D., R.N.
Executive Director
Center for Health Innovation (CHI)

Pat Schissel, M.S.W. '95, LMSW
Executive Director
Asperger Syndrome and High Functioning Autism Association (AHA)
Conference Coordinator

ABOUT THE CENTER FOR HEALTH INNOVATION (CHI)

The Center for Health Innovation serves as a regional resource and academic partner to communities seeking to promote a culture of health across Long Island. We define health as more than physical well-being, or absence of disease or injury. It is a constellation of factors—economic, social, political, ecological, cultural, psychological and physical—that make up healthy, high-quality lives for individuals and communities. Core to our mission is promoting optimal life and health for those living on the spectrum and their families.

ABOUT THE ASPERGER SYNDROME AND HIGH FUNCTIONING AUTISM ASSOCIATION (AHA)

The Asperger Syndrome and High Functioning Autism Association (AHA) serves individuals with Asperger syndrome and related conditions, their families and the professionals who serve them, providing crucial resources and support as they face challenges, build on their strengths and fulfill their potential. Founded in 1988 and based on Long Island, New York, with a satellite office in New York City, AHA is directed by a dedicated volunteer executive board and expert professional advisory board. AHA's services reach nearly 10,000 people annually through one-to-one phone and e-support, more than a dozen monthly support meetings, a highly informative weekly AHA e-newsletter, family recreation events, biannual education conferences, a biannual print publication, *On the Spectrum*, and signature fund-raisers such as its annual ROCK 'N' BOWL for Autism. By maintaining efficient administrative practices, 90 percent of every dollar donated to AHA goes directly to providing and expanding its services.

Conference registration includes a handbook containing materials from the presenter. A continental breakfast and lunch are also included. Agency, school, camp, recreation and other service provider representatives will be available with information at our Resource Walkway. Books will be available for purchase the day of the conference. Dr. Attwood will be available to sign his books.

Should you, or your guests, require an accommodation based on a disability, or need to request an ASL interpreter, please contact the Office of Disability Support Services by phone at 516.877.3145 or email at DSS@adelphi.edu. Please allow for a reasonable time frame prior to the event; we suggest a minimum of five business days.

SCHEDULE OF EVENTS

Check-in, bookstore, resources and continental breakfast

8:15 a.m.–8:45 a.m.

Greetings from Adelphi and AHA

8:45 a.m.–9:00 a.m.

CHI Director Elizabeth Cohn, Ph.D., R.N., and AHA Executive Director Pat Schissel, M.S.W. '95, LMSW

A DAY WITH DR. TONY ATTWOOD



TONY ATTWOOD, PH.D., is a clinical psychologist who has specialized in autism spectrum disorders since he qualified as a clinical psychologist in England in 1975. He currently works in his own private practice and is also an adjunct professor at Griffith University, Queensland, Australia, and senior consultant at the Minds and Hearts clinic in Brisbane. His book *Asperger's Syndrome: A Guide for Parents and Professionals* has sold over 350,000 copies and has been translated into more than 25 languages. His subsequent book, *The Complete Guide to Asperger's Syndrome*, was published in October 2006 and is one of the primary textbooks on Asperger's syndrome. He has several subsequent books, published by Jessica Kingsley Publishers, Future Horizons, Inc., and Guilford Press.

Dr. Attwood has been invited to be a keynote speaker at numerous international conferences. He presents workshops and runs training courses for parents, professionals and individuals with Asperger's syndrome all over the world and is a prolific author of scientific papers and books on the subject.

Dr. Attwood has worked with many thousands of individuals of all ages with Asperger's syndrome or autism spectrum disorder.

MORNING PRESENTATION

9:00 a.m.–10:30 a.m.

"EMOTIONAL REGULATION IN CHILDREN AND EARLY ADOLESCENCE"

Tony Attwood, Ph.D.

Children and adolescents on the autism spectrum struggle with the development of emotional regulation and expression, their understanding of the impact this may have upon emerging social relationships, as well as behavioral and emotional control skills. This presentation focuses on the educational, psychological and social impact of these struggles, and will identify potential interventions across home, school and community settings.

Participants will learn to:

- Define emotional regulation and expression difficulties in children and adolescents on the autism spectrum.
- Identify the educational, psychological and social impact these challenges present to students with ASD.
- Describe interventions that can be implemented in various settings, including home, school and community.

Resource Walkway and book signing

10:30 a.m.–11:00 a.m.

CONTINUATION OF MORNING SESSION

11:00 a.m.–12:15 p.m.

"EMOTIONAL REGULATION IN CHILDREN AND EARLY ADOLESCENCE"

Lunch, Resource Walkway and book signing

12:15 p.m.–1:15 p.m.

AFTERNOON PRESENTATION

1:15 p.m.–2:45 p.m.

“EMOTIONAL REGULATION IN ADULTHOOD”

Tony Attwood, Ph.D.

As individuals on the autism spectrum age, dysregulation evolves. When undiagnosed or unsupported, adults on the spectrum risk losing life opportunities in response to the presentation of emotional and behavioral dysregulation. Furthermore, emotional regulation challenges impact anxiety levels, mood stability, quality of life and independence. In adulthood, society is even less forgiving of dysregulated behavior and the consequences can be significant and can include depression, anxiety and suicidal ideation. The presentation will describe this evolution and potential interventions and accurate assessment will be discussed.

Participants will learn to:

- Define how emotional dysregulation evolves as individuals on the autism spectrum transition into adulthood.
- Identify emotional regulation challenges that may impact anxiety levels, mood stability, quality of life and independence.
- Describe potential interventions and assessments used in the treatment of adults on the spectrum who present with challenges in emotional regulation.

Resource Walkway and book signing

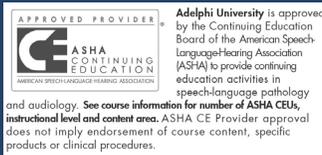
2:45 p.m.–3:15 p.m.

CONTINUATION OF AFTERNOON PRESENTATION

3:15 p.m.–4:30 p.m.

“EMOTIONAL REGULATION IN ADULTHOOD”

CREDENTIALING INFORMATION AND CONTINUING EDUCATION CREDITS



Speech-Language Pathology and Audiology CEUs are available through the American Speech-Language-Hearing Association (ASHA). This course is offered for .6 ASHA CEUs (intermediate level, professional area).



Adelphi University School of Social Work is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0032. This course is offered for 6.0 CEUs.



Autism Specialist CEU hours obtained at the AHA conference can be used toward certification as an Autism Specialist (CAS) with the International Board of Credentialing and Continuing Education Standards (IBCCES). Receive a 20 percent discount off your certification when you use our partner code: AHA. You must register on this form or online.

Attendance information for social workers, ASHA and autism specialist participants:

“New York State Office of the Professions (NYSOP) regulations require that participants must be present for the entire approved educational activity in order to receive a certificate for continuing education credits. There is no accommodations in the State regulations for late arrival, late return from lunch or breaks or early departure. At present, there is no procedure for granting partial credit for approved continuing education events. If there are any changes in State regulation, this policy will be updated accordingly.”

Financial Disclosure Statement: Tony Attwood, Ph.D., has a financial relationship from royalties of the sales of his books and speaker fees.

ADDITIONAL COPIES OF THE CONFERENCE BROCHURE CAN BE DOWNLOADED AT AHANY.ORG.

For further information: ahany.org • conference@ahany.org

Registration Information *(Please copy form and send in separate application for each registrant.)*

Name _____

Address _____ City/State/ZIP _____

Mobile phone _____ Home phone _____

Email _____

Register online at ahany.org. Mail-in registration must be postmarked by October 9, 2016.

- \$125 AHA member/Not-for-profit agency
- \$75 Adelphi faculty
- \$150 AHA Member Professional*
- \$150 Non-AHA member
- \$60 Student
- \$175 Non-AHA Member Professional*
- \$60 Individual on the autism spectrum

**includes fee for CEUs/CE credits (ASHA, SW)*

ASHA No. _____ SW No. _____ Autism Specialist (no AHA, fee to IBCCES)

Students and Adelphi faculty must include a copy of current ID with registration, or mail in if registering online.

Membership Policy: Membership in AHA is a family membership for those residing in the same household. Your membership must be current as of the date of this conference. If you are unsure, contact: conference@ahany.org or 888-918-9198. Your registration will not be processed with incorrect fee.

Refund Policy: A \$25 processing fee will be applied to all refund requests. No refunds after October 3, 2016.

Confirmation Policy: Online registrations automatically receive confirmation. If registering by mail or if further information is required, email conference@ahany.org.

Cancellation Policy: *In the instance of event cancellation, all registrants will be fully reimbursed.*

Dietary Requirements: Lunch includes a variety of sandwiches and salads (including vegetarian and gluten-free options), fruit, cookies and a beverage. We cannot accommodate any other dietary restrictions and there is no discount if you bring your own lunch.

WALK-INS

No walk-ins will be permitted without prior permission. There will be an additional \$25 charge.

REGISTER EARLY—SEATING IS LIMITED.

Payment method, select one:

- Check no. _____
- AMEX Visa MasterCard Discover
- Card no. _____
- Expiration date ____/____ Security code _____
- Signature _____

Purchase orders accepted.

Make checks payable to AHA Association:

Fax 631.608.8920 or mail to:

AHA Association

P.O. Box 916

Bethpage, NY 11714-0916

SCHOLARSHIPS

Partial scholarships are available online at ahany.org or send a stamped, self-addressed envelope to the AHA Association's address, listed above, requesting the form. A registration form must accompany all scholarship requests.

HOTEL ROOMS

For information about local accommodations, visit adelphi.edu/visitors/stay.php.

DIRECTIONS

Participants can reach the conference via the Long Island Rail Road or car. For directions, visit adelphi.edu/visitors/directions.php.

ENCLOSED

Registration fee	\$ _____
Tax-deductible contribution**	\$ _____
Total Included	\$ _____

**Your tax-deductible contribution will be used to provide conference scholarships and/or to further the work of the Asperger Syndrome and High Functioning Autism Association (Inc).



Asperger Syndrome &
High Functioning Autism
Association

P.O. Box 916
Bethpage, NY 11714-0916



A Day with Dr. Tony Attwood

A Day with Dr. Tony Attwood

Saturday, October 15, 2016 • 8:15 a.m.–4:30 p.m.
Ruth S. Harley University Center
One South Avenue
Garden City, New York 11530-0701

conference@ahany.org
ahany.org



A Day with Dr. Tony Attwood

Saturday, October 15, 2016 • 8:15 a.m.–4:30 p.m.

Adelphi University
Ruth S. Harley University Center
One South Avenue
Garden City, New York 11530-0701
conference@ahany.org
ahany.org

AHA Association/Asperger Syndrome and High Functioning Autism Association, Inc.
Annual Fall Conference

