



# ***Sharing Strategies, Shaping Tomorrow***

## Indiana Association of Behavioral Consultants Conference Fourteen

October 24 and 25, 2024

Please consider joining us this October. Our goal is to provide continuing education for all those working with people with disabilities who have behavioral challenges. Professionals in related fields, community partners, parents, and students are all welcome to join us and benefit from the knowledge and expertise that this year's presenters will share.

Indiana Association of Behavioral Consultants (INABC) is the primary trade association in the state of Indiana founded for professionals who provide behavioral supports to people with developmental disabilities. This non-profit association was founded in 2003 to develop and maintain a unified voice and representation to state and federal agencies.

INABC is an eclectic association and its membership includes professionals with degrees and training from a variety of human services specialties.

The majority of our members have master's or doctoral degrees in psychology, social work, behavior analysis or special education. Association membership is open to all, regardless of experience, degree, certification or licensure.

INABC exists to serve the interests of its members and behavioral support providers within individuals' homes, communities, schools and treatment centers. Our commitment to both membership and our partners is to build a thriving profession based on best practice, effective standards, and ethical leadership.

If you are not already an INABC member, we look forward to meeting and building a relationship with you. You are welcome to become a member at the time of registration and receive a discounted conference fee.



### **Reserve Your Room:**

*Courtyard Muncie  
at Horizon Convention Center  
601 South High Street  
Muncie, IN 47305  
(765) 287-8550*

*Rooms are available for the nights of October 23 and 24. Reserve before October 9 and receive a special discounted rate.*

*if reserving by phone, please request the "INABC Annual Conference" room block or [book your stay online](#)*

### **Parking:**

*To avoid the potential of being towed, please park only in the surface lot or the parking garage to the west of the convention center.*

# Agenda

## THURSDAY, OCTOBER 24

**7:30 - 8:30 a.m.**

*Registration and Breakfast*

**8:30 a.m.**

Membership Meeting

*Committee Reports, Board Election,  
INABC Awards, Liaison Report*

**9:45 a.m.**

Kelly Hartman

*What's Shaping Tomorrow*

**10:45 a.m.**

*Break and Sign-In*

*for BDS District Collaboration*

**11:00 a.m.**

BDS District Collaboration

**12:00 - 1:15 p.m.**

*Lunch followed by Sign-In*

*for Keynote*

**1:15 p.m.**

Russell Lehmann

*Keynote, to be followed by a book signing*

**3:15 p.m.**

*Break, Snack and Sign-In*

*for Erskine Green (EGTI) Presentation*

**3:30 p.m.**

EGTI Presentation

## FRIDAY, OCTOBER 25

**7:30 - 8:15 a.m.**

*Registration and Breakfast*

**8:15 - 9:30 a.m. (Breakout Session 1)**

Nick Green

*Fit for Life: Behavioral Strategies for  
Personal and Client Wellness*

Katie Jasnieski and Detective Sgt. James Lear

*Crisis Intervention, Identifying the Role of Clinicians  
and Law Enforcement During a Crisis*

**9:30 a.m.**

*Break and Sign-In for Breakout Session 2*

**9:45 - 11:00 a.m. (Breakout Session 2)**

Jim Wiltz and Kelly Hartman

*Dual Diagnosis and Positive Approaches*

Macy Pohl Kohnen and Stephanie Garner

*Down Syndrome and Alzheimer's Disease*

**11:00 a.m.**

*Break and Sign-In for Breakout Session 3*

**11:15 a.m. - 12:30 p.m. (Breakout Session 3)**

Kathy Davidson Lawrence

*Psychiatric Medication Management and  
Collaboration*

Cierra Hazelett

*Diversity for People We Support*

**12:30 - 1:30 p.m.**

*Lunch, Election Results,*

*and Sign-In for Breakout Session 4*

**1:45 - 3:00 p.m. (Breakout Session 4)**

Jess Littrell

*Occupational Therapy Sensory Strategies*

Pamela McCoy and Brian Kriebel

*Bereavement in the I/DD Population*

**Wi-Fi Network: HCC-Public // Password: Horizon#HCC!**

CEU Certificate / Session Attendance requires onsite sign-in or the use of onsite QR codes.

### CEU Availability

Thursday:

What's Shaping Tomorrow? (1.0)

BDS Collaboration (1.0)

Keynote Address (2.0)

EGTI Presentation (1.0)

Friday:

Breakout Sessions (1.25 each)

Category 1 Continuing Education Units (CEUs) are available to INABC through the Health Professions' Bureau for Continuing Education by the Indiana Social Worker, Marriage and Family Therapist, and Mental Health Counselor Board for: LSW, LCSW, and LMHC.

The 2024 INABC Conference agenda offers participants a maximum of 10 CEUs. Please note that all licensed clinicians are individually responsible for 1) judging the relevance of each session to their own individual professional practice and, 2) maintaining their own certificate of attendance.



**Erskine Green Training Institute**

***founded by:***  
***The Arc of Indiana Foundation***

Erskine Green Training Institute (EGTI), founded by The Arc of Indiana Foundation, is the first of its kind postsecondary vocational training program in the country. Opened in 2016, EGTI provides training in hospitality, food service, healthcare, and inventory distribution.

Housed within the Courtyard by Marriott in Muncie, Indiana, the program provides a uniquely personalized training experience for each student. During the 10 – 13 week training sessions, students attend class, master key job skills, and gain valuable work experience through an internship.

In addition to hands-on job training, the curriculum addresses critical soft skills like appropriate workplace etiquette, teamwork, taking direction, and effective communication skills.

EGTI’s programming is designed for individuals whose academic, social, communication, and adaptive skills are affected due to a disability. Most applicants would have received special education services in the K-12 setting and exited their secondary school with a diploma, GED, or certificate of completion. Students must be 18 years or older at the start of the training session.

Upon completion of the program, students leave with a certificate, resume, practiced interview skills and a list of open positions in the

community they are returning to after graduation. More importantly, they leave connected to the EGTI team and other resources, including an alumni group, for ongoing support and information.

EGTI is enjoying tremendous success. Every aspect of the program is designed to promote not only employment skills but also increased self-esteem and confidence. Over 80% of EGTI graduates have secured employment in communities throughout Indiana.

Prospective students and their families are encouraged to visit EGTI by registering for one of the monthly general tours. Individual tours can be scheduled by contacting [info@egti.org](mailto:info@egti.org).



**Russell Lehmann**

**Speaker ■ Poet ■ Advocate**

**Russell Lehmann** is a charismatic activist, motivational speaker, and acclaimed author and poet for autism, mental health, and disabilities. He captivates audiences with his powerful message of acceptance and resilience. Lehmann's work has had a positive and life-changing impact on many, and his advocacy and activism have helped to increase understanding and support for individuals in the disability community.

Russell's talent lies in several areas, showcasing his diverse skills and abilities to deliver impactful, educational, and encouraging presentations that incorporate a range of emotions and perspectives, including significant elements of candor and humor. Russell has emerged as a beacon of inspiration. He shares his intense and painful personal journey of being diagnosed with autism at the age of 12 after 5 weeks in a lockdown psychiatric ward for severe OCD and phobias. These struggles, on top of a lack of support, compassion, and understanding led him to withdraw from the world for the next 15 years resulting in prevalent isolation.

Russell has transformed his unique experiences into a compelling narrative that challenges stereotypes, fosters understanding, and shifts perspectives. Russell is a dynamic and engaging keynote speaker who captivates audiences with his authentic storytelling. His keynotes leave a lasting impact, offering deeply reflective insights into the complex world of autism and mental health, while encouraging empathy, sincerity, and inclusivity.

A powerful poet, Russell performs spoken word throughout each presentation that presents a unique vehicle to the audience to provoke deep thoughts. Russell's multifaceted talents have allowed him to reach a wide audience and make a significant impact in the numerous areas of inequity throughout society, and his ability to engage and inspire audiences showcases a talent for connecting with people on a deep and meaningful level.

<https://russl.co/>



**Nick Green, Ph.D., BCBA**  
**BehaviorFit**

***Fit for Life: Behavioral Strategies for Personal and Client Wellness***

**Nick Green, Ph.D.**, is a Board-Certified Behavior Analyst (BCBA), spearheads BehaviorFit, dedicated to improving health and fitness with Applied Behavior Analysis (ABA). He founded BehaviorFit in 2015 and grew it from a blog to now offer personalized coaching, advanced coursework, and business consulting services.

With graduate training from the Florida Institute of Technology and the University of Florida, Nick applies behavioral psychology to individual health and fitness behavior change and is an expert in organizational behavior management – science applied to the workplace. His career spans

clinical work, organizational improvement, project management, product development, data analytics and dashboard design, and creative storytelling.

As CEO, Nick ensures BehaviorFit's evidence-based recommendations are personalized to each individual. Beyond work, he enjoys training his dog, Pete, and pursuing interests in productivity, photography, and Olympic weightlifting. Nick's passion for sports like running, wrestling, golf, and baseball mirrors his dedication to physical activity and personal growth. Through BehaviorFit, he empowers individuals to achieve fitness goals, one behavior at a time.

In this presentation, we explore the impact of behavioral science on enhancing health and fitness for practitioners and their clients. This dual-focused approach, rooted in behavior analysis principles, provides behavioral consultants with strategies to improve their own wellness while supporting clients' health and fitness goals. The first segment focuses on self-care for behavioral consultants,

addressing common obstacles to a healthy lifestyle and offering evidence-based techniques to overcome them. Strategies such as goal setting, self-monitoring, and reinforcement will be discussed to establish sustainable health habits, emphasizing the importance of modeling these behaviors to enhance professional credibility.

The second segment shifts to client care, demonstrating how behavioral consultants can design and implement personalized fitness and wellness programs. Using functional assessments, behavior intervention plans, and data-driven decision-making, practitioners can create effective fitness routines that ensure long-term adherence and positive health outcomes.

Attendees will learn how to integrate behavioral principles into health and fitness routines, benefiting both personal well-being and professional practice.



**Katie Jasnieski, LMHC**  
**Chief Clinical Officer,**  
**Swanson Center**



***Detective Sgt. James Lear***  
***Assistant Chief of Detectives,***  
***La Porte County Sheriff's Office***

***Crisis Intervention – Identifying  
the Role of Clinicians and Law  
Enforcement During a Crisis***

**Katie Jasnieski** currently serves as the Chief Clinical Officer at the Swanson Center in LaPorte County. She is a Licensed Mental Health Counselor. Crisis response and advocacy have been the focus of Katie's career as she had worked over 20 years in acute psychiatric care, participated as a member on several LaPorte County crisis teams and is currently the LaPorte County Mental Health Coordinator for the Crisis Intervention Team. Katie has been committed to building community relationships and partnerships to address the mental health needs of the community.

**Detective Sgt. James Lear** has been with the La Porte County Sheriff's Office since 2013. He is currently assigned as the Assistant Chief of Detectives. Sgt. Lear was La Porte County's first Law Enforcement Crisis Intervention Team Coordinator, and together with other community partners has grown the La Porte County CIT program to over 100 sworn law enforcement. Sgt. Lear's mission to bridge the gap between law enforcement and the mental health community to ensure those who are in need of help can obtain it.

**Session Outline:**

- Understand the needs, characteristics, and strengths of individuals with autism and apply them to intervention strategies when working with individuals in crisis.
- Use a person centered and trauma informed approach when responding to a person in crisis.
- Interpret distress behaviors and address the cause of the behavior to de-escalate the situation.
- Assess risk of behavior and identify preventive strategies to mitigate risk.
- Manage your own emotional responses to crisis situations.
- Use your communication skills to be supportive and strengthen your interventions.
- Identify what clinicians can do to support law enforcement when responding to an individual in crisis.
- Identify a process for support and learning at the end of a crisis situation and preparing for the next crisis.





**Jim Wiltz, PhD, HSPP**  
**Kestrel Behavioral Health**



**Kelly Hartman, MA**  
**ViaQuest Community Solutions,**  
**INABC Professional Liaison**

### ***Dual Diagnosis and Positive Approaches***

Born and raised in Indiana, **Jim** earned a bachelor's degree in Psychology from IU and graduate degrees from Ohio State. He has worked with people with I/DD since 1994 in a variety of positions, including as a Direct Support Professional (DSP), a Group Home Manager, a community-based Behavior Clinician (BC), and a Director of a Crisis Service. He also has been a senior administrator for three large service providers. Most recently, Jim co-founded Kestrel Behavioral

Health. Through Kestrel, he was awarded a \$500,000 grant from Indiana's Division of Disability Services (DDRS) to improve Level 1 supervision of Behavior Support Services. Dr. Wiltz is a licensed Psychologist in Indiana and serves on Boards of Directors for the National Association for the Dually Diagnosed (NADD), INARF, and Bloomington's Down Syndrome Family Connection.

**Kelly** is a state leader in behavioral health and advocacy for people with intellectual/developmental disabilities and dual diagnosis. In addition to her work with Outside the Box and ViaQuest Community Solutions as a service provider in the Medicaid Waiver program, she currently serves as co-chair for the Fishers Advisory Committee on Disability, and is a Governor appointee to the Advisory Council for the state's Division of Disability and Rehabilitative Services, and serves the Indiana Association of Behavioral Consultants as the Professional Liaison. In her nearly 35 year career of supporting people -- she has always maintained a focus on individual's capabilities, not their disabilities. In her passion to help people achieve better outcomes in life -- she believes in building on what a person CAN do through teaching a non-aversive, person-centered approach to personal success.

### **Session Outline:**

- Foundational Training on the basics of Dual Diagnosis within a Person-Centered context including an overview of diagnostic overshadowing.
- Training to include the PERMA concept (**P**ositive Emotion, **E**ngagement, **R**elationships, **M**eaning, and **A**ccomplishment) from positive psychology.
- Trauma identification and treatment -- How individuals are affected / How DSPs often are as well, and what can be done about it.
- Focus on helping Individuals live their best lives rather than trying to "fix" behavior.



**Dr. Macy Pohl Kohnen**  
**Down Syndrome Indiana**



**Stephanie Garner, MS**  
**Down Syndrome Indiana**

***Down Syndrome  
and Alzheimer's Disease***

**Dr. Macy Pohl Kohnen** was appointed the Executive Director of Down Syndrome Indiana in 2023 and has been with the organization since 2019. Macy graduated from Indiana University Indianapolis with her bachelor's in Health Sciences, certified in both Dietetics and Rehabilitation and Disability. Macy completed her doctorate in Occupational Therapy and masters in Aging Studies at the University of Indianapolis. Macy is deeply connected in the community

having served as a 500 Festival Princess, awarded the William M. Plater Civic Engagement Medallion, and serves on the Lawrence Advisory Council on Disabilities. Macy is a passionate advocate and participates on several committees and leadership groups focused on advocacy, awareness, and program development. Being a dynamic civic-minded leader, Macy invests her time in enhancing the lives of individuals with Down syndrome through leadership, fundraising, and development. Macy resides outside of Indianapolis with her husband Lucas

**Stephanie Garner** graduated from Franklin College with her undergraduate degree in psychology and from Indiana University with a Masters in Kinesiology. She has work and volunteer experience with children with intellectual and developmental disabilities who have significant behavioral challenges. She has a passion for working with individuals with intellectual and developmental disabilities and loves being part of the team at Down Syndrome Indiana. Stephanie became involved with Down Syndrome Indiana after the birth of her daughter, Lily, who just happens to have an extra chromosome. She resides in Plainfield with her husband and daughter.

**Session Outline:**

- Down syndrome 101
- Alzheimer's Disease
- The Ds/Alzheimer's Connection
- Signs and Symptoms in Patients with Ds
- Evaluating Changing Behaviors
- Differential Diagnoses
- Stages of Alzheimer's in Patients with Ds
- Strategies for Supporting Patients with Ds/Alzheimer's
  - Meaningful Activities
  - Communication
  - Behavior
  - Pain
- Strategies for Supporting Caregivers
- Prevention Strategies





**Kathy Davidson Lawrence, LCSW**  
**Opportunities for Positive Growth**

***Psychiatric Medication Management and Collaboration***

**Kathy** is a licensed clinical social worker in Indiana & Ohio with 16 years of professional work experience. She has over 30 years of experience of helping others, including extensive experience working with people with disabilities, their families, and their caregivers. She is the owner and mental health therapist of Encompass Behavioral Group, and works with Opportunities for Positive Growth as a Registered Behavioral Consultant and Clinical Team Lead. She has also worked at Gallahue Mental Health as a Community Based Therapist working with people with Serious Mental Illness as well as other social service agencies throughout the years.

**Session Outline:**

- Roles & Responsibilities / Who attends psychiatric medication appointments and why.
- Best Practices and Expectations
- What do I know? How can the role of the BC can help be continuity thread for those they support.
- Balance / Professional response between being pushy vs. intimidated by teams/prescribers.
- Pivot / How to navigate the psychiatrist shortage.
- Resources / Effective reference websites, apps, and medication verification.
- Challenges and success stories.



**Cierra Hazelett, MS**  
**DDSi**

***Diversity for People We Support***

**Cierra** is a leading expert in inclusive education, training, and modification for behavior support, currently serving as the Senior Behavior Consultant in Hancock County for Developmental Disabilities Systems Incorporated. She holds a Master's

in Applied Behavior Analysis, and in January, will begin a Psy.D. program with a focus on clinical psychology, furthering her expertise in behavioral health and inclusive practices.

With over ten years of international experience and four years in developing and implementing behavior support strategies for individuals with disabilities, she has a deep understanding of both the challenges and solutions in this field.

As chair of the Diversity Committee, Cierra is committed to fostering environments that are supportive and inclusive of individuals with disabilities. Dedicated to creating environments where individuals

with disabilities are fully supported and included, her approach integrates evidence-based behavior support strategies with a strong commitment to DEI principles.

At this conference, she will share her expertise on integrating Diversity, Equity, and Inclusion (DEI) principles with effective behavior support strategies for individuals with disabilities, offering practical insights and actionable strategies for creating inclusive environments that support diverse needs.



**Dr. Jessica Littrell,  
OTD, OTR/L, CAS  
Opportunities for  
Positive Growth**

***Occupational Therapy,  
Sensory Strategies***

**Dr. Jess** was born and raised in Salt Lake City, Utah. After moving to Indiana, she earned her bachelor's degree in psychology from Indiana University Kokomo. She then went on to attain her doctoral degree in Occupational Therapy from Indiana Wesleyan University. Throughout her graduate education, she gained clinical skills working in settings such as skilled nursing facilities, pediatric outpatient clinics, juvenile detention centers, orthopedic clinics, and rural Alaskan settings. Dr. Jess is currently the director of Occupational Therapy at Opportunities for Positive Growth, Inc. as well as an Indiana First Steps Provider.

Dr. Jess has 10+ years of experience working with children and adults who have learning differences. As a board-certified Occupational Therapist and Certified Autism Specialist, her expertise spans a wide range of areas, including executive processing dysfunction, sensory processing dysfunction/sensory integration, feeding/oral motor approaches such as AEIOU, attention/concentration dysfunction, visual processing dysfunction, primitive reflex integration. Therapeutic listening, Handwriting Without Tears, mental health, typical/atypical infant/child development, and behavioral interventions. Dr. Jess' diverse background allows her to address the unique needs of individuals across the lifespan, from developmental delays to mental health and wellness dysfunction.

As an occupational therapist, she has collaborated with many other professionals such as speech therapists, physical therapists, developmental therapists, board-certified behavior analysts, music therapists, behavior specialists, teachers, employment specialists, direct support professionals, psychologists, vision therapists, etc. Dr. Jess has enjoyed her role as a mentor and student fieldwork clinical instructor to many students

throughout her career. She has a passion for advocating for non-traditional occupational therapy settings that serve a diverse population.

Dr. Jess' favorite thing about occupational therapy is to see individuals achieve dreams that they would have otherwise deemed impossible before receiving therapy. Dr. Jess enjoys volunteering with the special needs ministry at her church and as a hospice volunteer. Outside of work, Dr. Jess enjoys spending time outdoors with her family, reading, crafting, and gardening.

#### **Session Outline:**

- What is Sensory Integration
- What is Sensory Processing Disorder
- Eight Senses
- Sensory Terms
- Sensory "diet"
- Screening Tools/Referral Process
- Determining Sensory Redirection/ Adaptations
- Intervention Tools
- Case Study Examples
- Resources to Learn More



**Pamela McCoy, MA, LMHC**  
ViaQuest Community Solutions



**Brian Kriebel, MS, LMHC**  
Kestrel Behavioral Health

### ***Bereavement in the I/DD Population***

**Pamela** received her Master of Arts in Mental Health Counseling in 2014 at Indiana University Purdue University Columbus and is a Licensed Mental Health Counselor (LMHC). She has received much of her clinical training working with those diagnosed with I/DD and dual

diagnoses, and has planned and organized groups for those diagnosed with I/DD, teaching DBT skills adapted for those who are diagnosed with Autism or I/DD.

During graduate school Pamela researched Bereavement and death for those diagnosed with I/DD, planning and creating a group for those who had experienced death and loss. She went on to apply interventions she learned with the various clients she works with as a Behavior consultant and therapist to help support them in the process of grief, loss and transitions presenting this work with a co-worker at two conferences. Pamela was later trained on a trauma intervention called PC Counting, adapting this intervention for those diagnosed with Autism and I/DD presenting the technique at the NADD national conference. She adapts interventions (e.g., CBT, DBT, play) based on the client's need, working with children, their families and adults. collaboration between schools and families and feels that it is vital for all individuals serving people with disabilities have access to quality information on how to do so.

A lifelong Hoosier, **Brian** has served individuals with Intellectual and Developmental Disabilities (I/DD) for over 10 years, with experience as a DSP, Behavior Clinician, and the Residential Director of a large group home program. He has a Master's degree in Mental Health Counseling and is a Licensed Mental Health Counselor (LMHC).

Brian currently serves on the Indiana Association of Behavior Consultants (INABC) Board of Directors. He is Kestrel's Executive Director and oversees all its operations. In addition to spending time with his wife and young son, Brian enjoys fishing, hiking, and landscaping.

### **Educational Objectives:**

- Identify symptoms that commonly present in grieving individuals with I/DD.
- Identify assessment tools and interventions for supporting individuals with I/DD through the grieving process.
- Learn how to utilize interventions that are specific to individuals with I/DD.



# INABC Conference Fourteen

Early Bird registrations will be accepted through August 31, and all other registrations will be accepted through the date of the conference.

**\*\* Online Registration is also available at [www.inabc.org](http://www.inabc.org) \*\***

Complete the below form by printing clearly, then mail the form and payment to the order of INABC, to:  
 Kim Adkins, % Opportunities for Positive Growth, 683 North 36th Street, Lafayette, IN 47905

Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Select Your Registration Rate:**

***Early Bird Registration (through August 31):***

**October Registration Rates:**

\_\_\_ INABC member (\$199)

\_\_\_ INABC member (\$299)

\_\_\_ Non INABC member (\$249)\*

\_\_\_ Non INABC member (\$349)\*

\_\_\_ Student (\$149)

\_\_\_ Student (\$249)

**September Registration Rates:**

\_\_\_ INABC member (\$249)

*(Vegetarian options will be available during meals and snacks. However, other dietary needs are unable to be met.)*

\_\_\_ Non INABC member (\$299)\*

\_\_\_ Student (\$199)

\* Non-members are welcome to become 2025 members and register for the 2024 conference at the member rate. Please check below to indicate that you wish to become a member while also including \$100 for 2025 membership plus the conference registration fee along with this form.

\_\_\_ I wish to become an INABC Member for 2025 and I have included payment for both membership and the conference.

**\*\* 2024 CEU Certificate Protocol \*\* – To ensure that you receive an accurate accounting of CEU credits, be certain to take advantage of our new QR Code protocol during all sessions.**