



KEYNOTE SPEAKERS



CAPT JOSEPH HIBBELN, MD, USPHS

CAPT Joseph R. Hibbeln, MD is Acting Chief, Section on Nutritional Neurosciences, Laboratory of Membrane Biophysics and Biochemistry, NIAAA, NIH; a board-certified psychiatrist with 26 years of service as a physician-scientist. CAPT Hibbeln is internationally recognized as pioneering the field of omega-3 fatty acids in psychiatric disorders and for playing a central role in the emerging field of nutritional psychiatry. Nutrition as mainstream in psychiatric research was recognized in his publications in *Lancet Psychiatry* (2015) and the American Psychiatric Association issued treatment guidelines for omega-3 fats (2006, 2011) among his 170 peer reviewed publications. The US Dietary Guidelines for 2015-2020 also recognized that diet quality may affect depressive and neurocognitive disorders, citing his work. CAPT Hibbeln work's balancing the nutritional benefits to the toxicological effects of methyl-mercury of fish consumption in pregnancy created an academic and policy paradigm shift which resulted in the revision of the advice for pregnant mothers issued by the FDA/EPA, by the Dietary Guidelines for Americans issued in 2010 and 2015, and for Dietary Advice for all of Europe (EFSA). CAPT Hibbeln considers the translation of science to practical clinical and public benefits for mental disorders to be of the utmost importance. He has presented briefings to the White House Office of Science Policy, OMB, the Office of the Secretary of Defense, the Defense Medical and Science Boards, numerous Congressional inquiries, the National Academy of Sciences, numerous Federal agencies and to a United Kingdom Parliamentary Inquiry.



ARUNA TUMMALA, MD, AIHM

Aruna Tummala, MD, is a board-certified adult and geriatric psychiatrist and founder of Trinergy Center for Integrative Psychiatry in New Berlin, WI. Dr. Tummala is also board certified in Integrative and Holistic Medicine and is pursuing further education in both Functional Medicine and Ayurveda, the oldest medical system in the world. Dr. Tummala has authored and presented on the topics of mental illness, Ayurveda and integrative approaches to mental illness; to academic audiences both in the United States and abroad. Dr. Tummala was a resident psychiatrist for the Medical College of Wisconsin Affiliated Hospitals, and then a Fellow in Geriatric Psychiatry for the same organization. She received her MD in Psychiatry in 2003 from the Deemed University, National Institute of Mental Health and Neuro Sciences, Bangalore, India. She was recognized for excellence and was the recipient of three awards during her undergraduate medical education at the Vijayanagar Institute of Medical Sciences in Bellary, India.

Integrative Wellness: Pathways to Physical & Mental Health

MARCH 14th & 15th, 2019

WILDERNESS RESORT ■ WISCONSIN DELLS

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CONFERENCE-AT-A-GLANCE

THURSDAY, MARCH 14TH 2019

- 10:00 - 11:30 am **AAIDD-WI Annual Meeting**
(Optional - Open to all AAIDD Members)
- 12:30 - 1:00 pm **Registration**
- 1:00 - 4:00 pm **Keynote Session**
- 4:00 - 6:00 pm **Reception and Poster Symposium**

FRIDAY, MARCH 15TH 2019

- 7:30 - 8:00 am **Registration and Continental Breakfast**
- 8:00 - 8:15 am **Welcome and Opening Remarks**
- 8:15 - 9:45 am **Keynote Session**
- 9:45 - 10:00 am **Break**
- 10:00 - 11:30 am **Breakout Sessions 1**
- 11:30 - 12:30 pm **Lunch and Awards Ceremony**
- 12:30 - 1:30 pm **Breakout Sessions 2**
- 1:30 - 1:45 pm **Break**
- 1:45 - 2:45 pm **Breakout Sessions 3**
- 2:45 - 3:00 pm **Break**
- 3:00 - 4:00 pm **Panel Discussion: Mitigating Barriers
& Concerns to Knowledge Translation**
- 4:00 pm **Conference Conclusion**

REASONS TO ATTEND

PROFESSIONAL DEVELOPMENT:

Develop key skills that will help you in your day-to-day work. Gain vital knowledge of best practices in the field of supporting individuals with IDD.

GLOBAL ACCESS:

Discover new partnerships and resources offered by AAIDD at a international, national and state level.

NETWORKING:

Establish and expand your network of leaders, peers and service providers both at a local and state level.

ADVOCACY:

Translate the knowledge obtained throughout the conference into advocacy efforts to improve the quality of life for individuals with IDD.

VALUE:

AAIDD-WI has a strong reputation both statewide and nationally for delivering essential and applicable topics and bringing high caliber experts to present at this conference at an incredibly reasonable cost to conference attendees.

INSPIRATION:

Leave the conference feeling a renewed sense of excitement for your work in the field of supporting those with IDD. Through your application of concepts learned, inspire your peers, leaders and service providers as an agent of change.



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KEYNOTE PRESENTATIONS

Thursday, March 14th 2019
1:00 - 4:00 pm

The Importance of Nutrition in Improved Psychiatric and Mental Health Outcomes, Presented By CAPT Joseph Hibbeln, MD, USPHS

A central role for nutrition has been long acknowledged in nearly every field of medicine. However for the brain, defining and implementing nutritional requirements for optimal mental and neurological health is still a field in evolution. Some nutrient deficiencies, such as vitamin B12 and iodine, have obvious neuropsychiatric impacts. While other deficits, for example suboptimal intakes of omega-3 fatty acids may “tilt the balance” and increase risk for depressive disorders and aggressive/ dysregulated behaviors. Persons with IDD are especially vulnerable to nutritional deficiencies and dietary imbalances for many reasons. Adequate and optimal brain nutrition can potentially reduce mood disorders, reduce aggression, improve concentration, improve stress resilience and improve the quality of life of people with IDD and their caregivers. This session will significantly focus on the role of seafood and omega-3 fatty acids in brain health and findings from various clinical trials. Foods and nutrients must not only be good in theory they must be good in the mouths of the people who need them. Thus, practical approaches to introduce new foods rich in brain critical nutrients will be discussed along with religious traditions and strategies to engage dietitians and other health care professional to embrace a collaborative care approach for individuals with IDD.

Friday, March 15th 2019
8:15 - 9:45 am

Integrative Approaches for Individuals with Autism and IDD, Presented By Aruna Tummala, MD, AIHM

Inspired by the realization that conventional psychiatry has become a linear, medication-dependent, symptom-suppression based model, with little to offer the millions of people struggling with mental illness, Dr. Tummala turned to Integrative Psychiatry which fully embraces a patient-centered, collaborative care approach and attempts to find the root cause of a person's problems to achieve overall mental health and balance. Dr. Tummala will present on the broad scope of interventions used in her practice, including diet, exercise, meditation, yoga, nutritional supplements, chiropractic care, Ayurvedic herbs, psychotherapy and careful use of psychiatric medicines. She recognizes that reducing the reliance on psychiatric medicines, reduces the severity and occurrence of side effects, while empowering her patients. Health, harmony and vitality is something she envisions and strives for, in all her patients.

BREAKOUT SESSIONS 1

Friday, March 15th 2019
10:00 - 11:30 am

Session A: Ayurveda - An Introduction, Presented By Aruna Tummala, MD, AIHM

Ayurveda, a Sanskrit term that translates to “knowledge of life”, is the Science of Life and the oldest, continuously practiced, complete, healing system of the world. This ancient art of healing asserts that the science, philosophy and spirituality are all necessary aspects of healthy living. Ayurveda promotes health and longevity and eradicates disease and dysfunction. In this session, Dr Tummala will discuss the need for a change in our healthcare system and introduce the audience to the basic concepts, key features and treatments of Ayurveda. Attendees will gain an understanding on how the Ayurvedic approach customizes preventative wellness to the unique constitution of every individual.

Session B: Diet and Autism, Presented By Bruce Semon, MD, PhD

Dr. Semon is an Adult and Child Psychiatrist who treats people with complex problems using alternative nutrition and homeopathy and has a sub-specialty in treating children and adults living with Autism. In this session, he will discuss use of diet to improve the lives of the people with intellectual and developmental disabilities (IDD). Simple dietary changes can reduce the pain many individuals with IDD experience. Such dietary changes help both the clients and make life easier for their caregivers.

Session C: Optimal Function - Using Sensory to Understand and Support the Individual, Presented By Claudia Meyer, OTR

Just how would you define “difficult”? Is it the person’s behavior? Is it their lack of ability to communicate? Or, is it the predictable reactions to frailties within an individual’s nervous system? Come and explore how sensory helps to support better self-regulation and can provide a means to “dialog” with an individual based on behavioral observations. Methods to decode this language will be discussed as well as strategies that will help to support an individual’s optimal function within their daily routine. Everyone wins when the client who may be perceived as “difficult” can be understood.

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BREAKOUT SESSIONS 2

Friday, March 15th 2019

12:30 - 1:30 pm

Session A: Mindfulness Based Approaches for Health Care Employee Well-being, Presented By Paul Norton, MD

In this two part series, Dr. Norton will demonstrate mindfulness approaches for resilience and emotional regulation. It will be both useful for people who are health care employees as well as people with intellectual and developmental disabilities. The emphasis will be on conscious breathing and body based mindfulness practices.

Session B: Partnership in Wellness, Presented By Lynda Lahti Anderson, PhD, MPH

Wellness is more fun when you do it with someone else! The University of Minnesota has designed the Partnerships in Wellness program with the idea that small changes done consistently can improve health for everyone. It is also recognized that wellness needs to address our physical well-being, mental and emotional well-being, and social-connectedness. Persons with disabilities learn alongside a partner who does not have IDD. Partnerships in Wellness is structured in a way that both partners can learn new skills, information and habits as it relates to their own health and well-being and have fun while doing it.

Session C: Movement and the Mind, Presented By Matthew Velissaris, MA, LPC

There is a robust and growing body of evidence demonstrating physical exercise is a powerful tool to prevent and treat a wide range of development and psychiatric disorders. This course will provide a basic overview of the effects of exercise on the brain and mental health; explore basic changes in the structure and function of the brain resulting from aerobic exercise; develop a basic understanding of the evidence supporting aerobic exercise in the treatment and prevention of anxiety, mood and thought disorders, dementia and mild cognitive impairment; and an overview of developing and implementing exercise programs to improve mental health of people with IDD creating a bridge from theory to best practice.

BREAKOUT SESSIONS 3

Friday, March 15th 2019

1:45 - 2:45 pm

Session A: Improving Health in People with IDD Through Mindfulness Based Approaches, Presented By Paul Norton, MD

In this two part series, Dr. Norton will demonstrate mindfulness approaches for resilience and emotional regulation. It will be both useful for people who are health care employees as well as people with intellectual and developmental disabilities. The emphasis will be on conscious breathing and body based mindfulness practices.

Session B: Suicide Prevention and the IDD Population, Presented By Catherine Le Moine, MA, LPC, Connie Podd, BA, CSW and Gary Stark, PhD

Several decades ago it was believed that people with IDD could not have a mental illness. Since the 1970's we have known this is not true. While estimates of the rates of mental illness are quite variable (14-75%), it is thought that people with IDD have at least double the rate of the general population. There has not been much research done on mental illness in this population (especially in the United States) therefore a Suicide Prevention for the IDD Population Workgroup was created in Wisconsin to target this issue. Members of this workgroup will present in order to increase attendees' knowledge and understanding of the problem of suicidal behavioral within the IDD target group. Attendees will leave the session with an action plan on how the information can be used in the assessment process with clients and in developing support services for people with IDD.

Session C: Pharmacological and Biological Treatments in Complementary and Alternative Medicine, Presented By Robert Eisenbart, RN, MSN, FNP

In this session, participants will learn about pharmacological and biological treatment modalities including chelation therapy, enzyme therapy, herbal medicines among others and how these apply within complementary and alternative medicine.

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CONFERENCE FEES

SINGLE DAY

MARCH 14TH

AAIDD Member..... FREE
 Non-AAIDD Member.... \$60
 Student..... \$20*

MARCH 15TH

AAIDD Member..... \$90
 Non-AAIDD Member... \$100
 Student..... \$30*

BOTH DAYS

AAIDD Member..... \$90 Non-AAIDD Member... \$140
 Student..... \$40* Group of 5 or more.... \$90**

* To receive the student rate, you must provide a copy of your Student ID upon registration.

** Group rates apply for five or more registrations from the same organizations. Rate displayed is per person.

HOTEL ACCOMADATIONS

The conference will be held at the Wilderness Resort, 45 Hillman Road, Wisconsin Dells, WI 53965, 608-254-1020.

To make room reservations call: 1-800-867-9453 and indicate you are with the AAIDD-WI Winter Conference at Glacier Canyon Lodge (Reservation# 699902). The following room rates are guaranteed for reservations made by February 14th, 2019 and subject to availability after:

MARCH 13TH & 14TH

Single Room \$82.00
 Double, Triple or Quad Room..... \$99.99

MARCH 15TH

Single, Double, Triple or Quad Room..... \$199.99

CANCELLATIONS

All registration cancellations must be received in writing. Email your cancellation notice to AAIDD-WI at aaiddwi@gmail.com.

- Cancellations received up to 10 business days or more prior to the conference will be refunded the full conference fee.
- Cancellations 4-9 business days prior to the conference will be refunded 50% of the full conference fee.
- Cancellations 1-3 business days prior to the conference, and no-shows, are subject to payment for the full amount.

REGISTRATION SUBSTITUTION

If a registrant is unable to attend the conference for any reason they may substitute, by arrangement with AAIDD-WI, someone else from the same organization.

CANCELLATION BY AAIDD-WI

AAIDD-WI reserves the right to cancel any training course due to insufficient enrollment or unforeseeable circumstances. Notice will be provided with the option to reschedule for a future conference date or to receive a full refund of registration fees.

3 WAYS TO REGISTER

**REGISTRATION DEADLINE:
MARCH 1ST 2019**

ON-LINE

<http://www.aaiddwi.org/>

FAX

Complete registration form available on the AAIDD-WI website and fax to **414-433-1236** (Attn: Dan Drury)

MAIL

Complete registration form available on the AAIDD-WI website and send with check payable to **AAIDD-WI** to:

Options for Community Growth, Inc.
 Attn: Dan Drury
 11823 W. Janesville Rd.
 Hales Corners, WI 53130