

- 8:15 Registration
- 8:45 Welcome
- 9:00-9:50 Presenters
  - 1 The Power of Self-Advocates
  - 2 On Barriers
  - 3 The Power of Community
- 9:50-11:00 Workshop 1 (pick one)
  - 1A Trauma & Mental Health
  - 1B Human Rights
- 11:00-11:15 Coffee Break
- 11:15-12:25 Workshop 2 (pick one)
  - 2A Sec. 11 & Advocating to SDs
  - 2B Sexual Health
  - 2C IEPs & Language Matters
- 12:25-1:20 Lunch
- 1:10-1:20 Door Prizes
- 1:20-1:40 Start with Strengths
- 1:40-2:50 Workshop 3 (pick one)
  - 3A Strategies for School Refusal
  - 3B Discussion on Class Action
  - 3C Inclusive Education
- 2:50-3:05 Coffee Break
- 3:05-4:35 Student Self-Advocate Panel
- 4:35-4:40 Final Announcements

# WORKSHOP 3

## Strategies for Class & Home for School Refusal (Workshop 3A)

**Gina Fernandez** and **Karisa Teindl** of **Enable Occupational Therapy**

This workshop will explore the relationship between anxiety and school refusal. We will provide a minimum of 3 specific coping strategies for educators (and parents) to use with children and we will provide opportunities for attendees to practice these strategies. There will be extensive discussion and group work as we will utilize role playing and worksheets during this interactive session.



**Gina** is an Occupational Therapist registered with the College of Occupational Therapists in British Columbia, and is on the Registered Autism Service Providers (RASP) list for children. Gina is also a member of the Canadian Association of Occupational Therapists. She graduated from the University of British Columbia with a Master's Degree in Occupational Therapy in 2008, after finishing her Bachelor's Degree in Psychology from Simon Fraser University. Gina has experience in working in the public sector throughout Fraser Health and Vancouver Coastal Health, and has worked in a rural child development centre with the First Nations community. Gina's advanced coursework has included concussion treatment, gait training, upper extremity rehabilitation, wheelchair seating, anxiety reduction skills, Social Thinking and executive functioning. In her spare time, Gina enjoys writing articles for the Canadian Association of Occupational Therapists publication "OT Now!" about her experience in private practice and volunteering abroad in various healthcare settings. Gina is passionate about providing client centered care in a unique, creative setting at her private practice, so you can often find her leading groups for teens and children in the community to work on social skills, emotional regulation, motor skills, and executive functioning, at soccer fields, swimming pools or on the water in a kayak!

**Karisa** is an Occupational Therapist registered with the College of Occupational Therapists in British Columbia and a member of the Canadian Association of Occupational Therapists. She graduated from the University of Alberta in 2017 with a Master's Degree in Occupational Therapy, after completing her Bachelor's degree in Honors Psychology at the University of the Fraser Valley. Prior to becoming an Occupational Therapist, Karisa worked with children and adults with varying physical and cognitive abilities throughout the Fraser Valley. In home and school-based settings, Karisa enabled children and their families to meet goals related to printing, scissor use, dressing, toileting, and play. This experience inspired her to pursue a career in Occupational Therapy (OT). During her OT training, Karisa continued to be passionate about working alongside children and adults with different abilities. She was involved in a number of research projects at the University of Alberta that aimed to promote social inclusion and improve meaningful employment opportunities for individuals with developmental disabilities. Karisa's advanced coursework has included executive functioning and Social Thinking. She enjoys leading groups in the clinic setting such as anxiety reduction groups but is also passionate about providing client centered care in leisure settings, so can often be found leading social skills groups on the basketball courts or while kayaking!



OR

## Discussion on Class Action (Workshop 3B)

**Michelle Boshard**

**Michelle** is a parent of a child who had a traumatic experience in public school, who is now doing Distance Learning. Michelle has an extensive background in non-profit management, community engagement, facilitation and strategic planning, and governmental policy and processes.

Join us for an exploratory discussion of common experiences across school districts which might be connected within a class action lawsuit to improve the education environment for complex learners. Prior to the session, participants will be sent general information and a short survey to assist in facilitating what is sure to be an action packed hour of sharing and hive mind planning.

OR

## Inclusive Education (Workshop 3C)

**Tina Dam** and **Audry Deutschmann** of **Inclusion BC**



This workshop will focus on advocacy with tip, tricks and things to think about as you are advocating both within the education systems and out. You will learn about the hierarchy of the school and the board of education and how to navigate your needs within it.

**Tina** has extensive knowledge about the supports, services and resources that exist in BC for people with intellectual disabilities and their families. She is a problem solver who is passionate about helping people. Before joining Inclusion BC in 2017, Tina spent 8 years supporting people with intellectual disabilities to live full lives in the community.

**Audrey** is the sibling and advocate for her brother with autism. She has a degree in Health and Community Services, with a focus in disability studies. She also volunteers at UVic's Society for Students with a Disability and represents sibling issues on Inclusion BC's Family Advisory Council. Audrey is based in Victoria.

