

4th Annual 22q11 DS Family Conference
Social Skills for Life (November 11/12, 2017)

Saturday

8:30 – 9:00 **Registration, Child Care Drop-off (Coffee and Muffins available)**
Teen and Young Adult Program begins at 9:00 AM

9:05 – 9:15 **Welcoming Remarks:** Christine MacDonald & Lorraine Sutherns

	Parents of Children with 22q11 DS Hollywood Theatre	Parents of Teens/Young Adults with 22q11 DS Hollywood Theatre	Teens (12 to 17) Rm 3656	Young Adults (18-25) Rm 3656A	
9:15-12:15	Keynote Speaker: Rick Lavoie		9:00 - 10:00 Drama Workshop with a focus on social skills Facilitator: Carrie Hage	9:00 - 10:00 Building Self-esteem through Positive Relationships Facilitator: Leandra Desjardins	
			10:05 - 11:05 Navigating the social scene in middle school and high school. Facilitator: Leandra Desjardins	10:05 - 11:05 Drama Workshop with a focus on social skills Facilitator: Carrie Hage	
			11:05 - 11:15 Snack Break		
			11:15 - 12:15 Embracing 22q11 DS and opportunity to share Facilitator: Cheryl Cytrynbaum	11:15 - 12:15 Embracing 22q11 DS and opportunity to share Facilitator: Andrea Shugar	

12:15 – 1:15 **Lunch Together in the SickKids Atrium Terrace**
1:15 - 1:25 **Child Care Drop off**

	Parents of Children with 22q11 DS Room 1527	Parents of Teens/Young Adults with 22q11 DS Hollywood Theatre	Teens (12 to 17) Rm 3656	Young Adults (18-25) Rm 3656A
1:30 - 3:00	Bullying and Social Well-being (Hollywood Theatre) Presenter: Debra Pepler		Art Making: Theme Based Mixed Media Collage Facilitator: Jennifer Chin	Art Making: Theme Based Mixed Media Collage Facilitator: Sandra Tarantino
3:00 – 3:20	Coffee and Social Break			
3:20 - 4:20	Opportunity for parents to Share Strategies and Successes Topic: Strategies for fostering positive social relations in children with 22q Facilitators: Megan Henze and Leandra Desjardins	Opportunity for parents to Share Strategies and Successes Topic: Strategies for fostering positive social relations in teens/young adults with 22q Facilitator: Maura McClellan	Integrated Teen/Young Adult Session (plus snack break) Share artwork through a gallery walk with Jennifer Chin and Sandra Tarantino	

4:20 – 4:30 **Closing Remarks - end of day one**

5:30 – 9:00 **4th Annual 22q11 DS Family Conference Social Event**

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Sunday

8:45 – 9:15 Registration and Child Care Drop-off

9:15 – 9:20 Recap and Introduction: Christine MacDonald & Lorraine Sutherns

	Parents of Children with 22q11 DS Room 1527	Parents of Teens/Young Adults with 22q11 DS Hollywood Theatre	Teens (12 to 17) Rm 3656	Young Adults (18-25) Rm 3656A
9:20 – 10:00	Panel Discussion: Social Skills / Challenges and Success Stories (teens/young adults with 22q) Hollywood Theatre Moderators: Andrea Shugar and Cheryl Cytrynbaum			
10:00 - 11:00	Final Opportunity for parents to Share Strategies and Successes Informal Group Discussion Facilitator: Cheryl Cytrynbaum	Final Opportunity for parents to Share Strategies and Successes Informal Group Discussion Facilitator: Andrea Shugar	Transition Group for Teens Presenter: Khush Amaria Good 2 Go Transition Program	Building and sustaining a meaningful social network. Facilitator: Lisa Palmer
11:00 – 11:20	Coffee and Social Break			
11:20 - 12:20	<i>The Right Balance</i> - Strategies for improving daily living for individuals with 22q Presenter: Dr Jacob Vorstman Hollywood Theatre		Integrated Teen/Young Adult Session Interactive Game / Scavenger Hunt (supported by volunteers)	

12:20 – 12:30 Closing Remarks: Christine MacDonald, Lorraine Sutherns and Conference Organizing Committee

Presenter Bios:

KEYNOTE Presenter: Rick Lavoie (excerpted from <http://www.ricklavoie.com/aboutrick.html>)

Rick Lavoie served as an administrator of residential programs for children with special needs for 30 years. He holds three degrees in Special Education and holds two Honorary Doctorates in Education from the University of Massachusetts (2003) and Mitchell College (CT – 2007). He has served as a visiting lecturer at numerous universities including Syracuse, Harvard, Manhattanville College, University of Alabama, University of Melbourne and Georgetown. His recent videos “Beyond F.A.T. City: A Look Back, A Look Ahead” and “It’s So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success” are among the most widely distributed films in the educational media.

Jacob A.S. Vorstman, The Hospital for Sick Children

Professor Vorstman trained in both child and adolescent psychiatry (clinic and research) and molecular genetics (research). Starting in 2001, his research focused on the psychiatric and genetic aspects of the 22q11.2 deletion. Between 2004 and 2006 and between April 2016 and June 2017 he worked in the Children’s Hospital of Philadelphia, United States of America. Dr Vorstman and co-workers frequently communicate their observations that are collected in one of the largest neuropsychiatric follow up studies on youth with 22q11DS. Recently this group, situated in Utrecht, the Netherlands, received a large funding to examine the early language characteristics in children with this genetic disorder. Dr Vorstman is an adviser member of 22q11.2 Society and also an executive board member in an international consortium for the study of the behavioral phenotype in the 22q11.2 deletion syndrome, encompassing 22 research sites and funded by the NIMH (\$12M). Following his PhD in 2008 he has worked as an assistant professor and PI at the Brain Center Rudolf Magnus, UMC Utrecht where he supervised four PhD students towards a successful defense of their thesis and continues to supervise several ongoing trajectories in an adjunct appointment. As of September 2017 Dr Vorstman is appointed as an associate professor at the Hospital for Sick Children in Toronto, Canada and Scientist at the SickKids Research Institute.

Debra Pepler

Professor Debra Pepler is a Distinguished Research Professor and her research has changed the way we think about bullying, aggression and other forms of violence, especially among marginalized and alienated young people. She speaks widely to professional and community audiences about children at risk. Dr. Pepler has a strong publication record and has edited five volumes in the past eight years on understanding and addressing children’s aggression, bullying, and victimization. Dr. Pepler has been a Senior Adjunct Scientist at the Hospital for Sick Children since 2001. She has been a member of the Department of Psychology at York since 1988. She was the Director of the LaMarsh Centre for Research on Violence and Conflict Resolution from 1994 to 2002.

Leandra Desjardins

Leandra is a psychology research and clinical fellow at SickKids hospital where she works with children, adolescents, and their parents. Leandra is particularly interested in helping children cope with stress and develop friendships. For the past eight years her research and therapy intervention work has focused on coping, social relationships and cognitive functioning in children diagnosed with cancer. She also works part time at a private practice where she helps children and their families develop strategies to help with mood and anxiety disorders, as well as a range of other internalizing and externalizing challenges. In her spare time, Leandra likes to explore Toronto with friends, cook Italian food, and spend time with her cat, Artemis.

Cheryl Cytrynbaum

Cheryl Cytrynbaum is a genetic counsellor in the Division of Clinical and Metabolic Genetics at The Hospital for Sick Children and has been in practice since 1990. She received a BSc in Human Genetics from McGill University and an MSc in Medical Genetics from the University of Madison, Wisconsin. Cheryl has a special interest in 22q11 Deletion Syndrome and has been involved in the care of individuals with 22q11DS for over 20 years.

Andrea Shugar

Andrea Shugar is a genetic counsellor in the Division of Clinical and Metabolic Genetics at The Hospital for Sick Children and has been in practice since 1992. She received her undergraduate degree from the University of Toronto and her master of science in genetic counselling and biological sciences from the University of Cincinnati. In her current position at The Hospital for Sick Children, Andrea teaches and supervises graduate-level genetic counselling students, provides genetic counselling to pediatric patients and their families, and is involved in the clinic for 22q-11 deletion syndrome. Andrea has a special interest in research ethics and issues surrounding predictive testing for adult-onset disorders, and the multidisciplinary care model.

Lisa Palmer, B.Ed, MSW

Lisa Palmer is a Social Worker in the Dalglish Family Hearts and Minds Clinic. She is also an Ontario Certified Teacher. She has three years of experience working with adults with 22q11.2DS at the Centre for Addiction and Mental Health and the Dalglish Family Hearts and Minds Clinic. Working with the clinic team, she continues to pursue research, educates patients, families and allied health professionals about 22q11.2 DS, assists patients and their families examine psychosocial challenges and concerns and helps find the best available resources. She also facilitates groups and provides counselling and support as requested.

Megan Henze

Megan is an occupational therapist and a member of the Good 2 Go team in the Division of Adolescent Medicine at The Hospital for Sick Children. Megan completed her Masters in Occupational Therapy in 2009. Megan has worked primarily with young people with physical disabilities in supporting transitions from pediatric service providers to adult service providers and in the development of life skills. In her current role in the Good 2 Go Transition Program she works to build evidence-based practices that support the transition of youth with special health care needs to the adult health care system. She has a strong interest in strengthening communities that support adolescents with chronic conditions and is passionate about working with youth to help them develop life skills and achieve their goals.

Dr. Khush Amaria

Dr. Khush Amaria received her PhD in clinical psychology from the University of Waterloo, and she completed her predoctoral internship training at Toronto's Hospital for Sick Children (SickKids). In her current role at SickKids, Dr. Amaria serves as the team lead for the Good 2 Go Transition Program, working to build evidence-based practices that support the transition and empowerment of youth. This role includes leading Adolescent Medicine's Transition Clinic, an outpatient program that provides treatment and support for adolescents struggling with transitions issues.

Maura McClellan, MSW, RSW

Maura is a Social Worker in the Division of Clinical and Metabolic Genetics and the Young Families/Young Parents Programs at the Hospital for Sick Children providing psycho-social support and counselling to patients and their families. She uses a strengths-based approach to individual, family and group therapy from a foundation of attachment, narrative, and cognitive behavioural theories. Maura came to the field of social work after a career in community development focusing on social justice issues and received a Master of Social Work degree from Wilfrid Laurier University in 2013. Her areas of expertise include supporting adolescent mental health and fostering secure attachments in parent-infant dyads.

Jennifer Chin

Jennifer is a professional visual artist and educator. She holds a Master of Fine Arts degree (Hons. M.F.A.) from the University of Windsor and an Associate's Diploma (Hons. A.O.C.A.D.) from the Ontario College of Art and Design. She has exhibited her multimedia works across Canada and the US and has lead numerous youth focused, community arts programs across Toronto and Ontario with a variety of organizations such as: Vibe Arts and The Royal Ontario Museum; The Art Gallery of Algoma; The City of Toronto's Cultural Services Department and Canon Canada. She is currently a member of the faculty at the Avenue Road Arts School in Toronto, leading programs in photography and ceramics for adults and youth.

Visit www.jenniferchin.ca to see her studio work, and examples of her community based education projects at: <https://jenniferchinartseducator.wordpress.com>

Sandra Tarantino

Sandra received a Bachelor of Fine Arts through the Ontario College of Art and Design and Bachelor of Education at Western University. She has actively participated in the artistic community as Founder and Director of C1 art space from 2004-2011 and Co-founding Director of AWOL Gallery and Studios from 1996-2012. She is a past recipient of the Ontario Arts Council's Visual Artist Grant (2007, 2005, 2003), Exhibition Assistance Grant (2006, 2005) and Artist in Education Grant (from 2008 to 2012). Teaching all ages in a variety of media including mural creation, mixed media painting and ceramic sculpture, she currently teaches at Avenue Road Arts School and throughout GTA communities and schools with various arts organizations. Tarantino's personal art practice incorporates elements of both painting and sculpture through shaped canvases, ceramic figurative pieces and other mixed media work, which are held in private and corporate collections across Canada, U.S.A and Europe. Visit www.sandratarantino.com for more info.

Carrie Hage BA, MA

Carrie is an actor, artist-educator and facilitator with a specialization in working with youth at risk of social exclusion. After completing her Masters in Applied Theatre at Goldsmith's University, London, UK in 2013, she worked for two years as a youth program coordinator and sensory storyteller for Mencap, UK's leading charity for people with intellectual disabilities. In Toronto, Carrie has collaborated on arts-education projects with Young People's Theatre, Story Planet, PAONE, L'Arche Toronto, Miles Nadal JCC, and the Toronto District School Board. Most recently, with the generous support of the Ontario Arts Council, and of Unity for Autism, Carrie has created and delivered *The Storytelling Project* in partnership with the South Asian Autism Awareness Centre in Scarborough, Ontario.