

Join us for the 36th Annual
SPIN CONFERENCE

"It's a Marathon, Not a Sprint: Part 1"

Zoom Link on "Conference" tab of website

OCTOBER 22, 2022





9:00 am - 12:30 pm

Register for FREE at www.spinconference.org

PROGRAM GUIDE

How to Zoom the 2022 SPIN Conference

Your step by step guide to have a successful day of learning, connecting and virtual gathering.
 Conference Day is Saturday October 22, 2022. Visit our website spinconference.org to get started.

Register 	Virtual Backpack 	Live Workshops 	Recorded Workshops 	More Resources 
<p>Register to Attend</p> <ul style="list-style-type: none"> Please register for the conference by visiting www.spinconference.org and click on the "SPIN Conference" tab. Fill out the Google form and submit. A confirmation email will be sent to you in a day or two confirming your registration. You're all set! This year, there is no cost for the SPIN Conference! On Conference Day, go to spinconference.org, click on the "Conference" tab and click the Zoom link. 	<p>Download Resources</p> <ul style="list-style-type: none"> Visit the conference webpage, click on the "Family Resources" tab. Click on the links to download the 2022 Resource Guide, SPIN Infographics and more. This is where you will find a digital copy of the wildly popular "Parent's Guide to Special Education". On Conference Day, workshop handouts and materials will be found on this page for you to download. 	<p>Attend Live Workshops</p> <ul style="list-style-type: none"> On conference day, visit www.spinconference.org and click on the "SPIN Conference" tab by 9 am. We will be showcasing 3 live workshops that will run back to back. <ul style="list-style-type: none"> 9:15 - Managing Stress 10:15 - Mindfulness 11:15 - Mapping Your Supports All workshops will be recorded and posted on the spinconference.org website a few weeks after Conference Day, so you can rewatch or catch the ones you missed. 	<p>Watch Past Workshops</p> <ul style="list-style-type: none"> The pandemic caused SPIN to pivot to a virtual conference in 2020. Watch recorded workshops from the 2020 & 2021 conferences plus our spring 2021 workshops on transition. You can also watch pre-recorded workshops on financial planning and Extended School Year. Visit SPINHawaii.org for conference materials, slides and handouts before 2020. 	<p>Explore More Resources</p> <ul style="list-style-type: none"> Click on the "Community Resources" tab to find helpful organizations in our community. These are the organizations you might find at a SPIN Resource Fair. Don't forget to visit SpinHawaii.org for even more resources, including infographics, apps for keiki, past and current SPIN Newsletters and our events page. Please remember to Be Kind, Be Considerate and Be Respectful to one another.



If you need help on Conference Day, call (808) 586-8126 for tech support.
 If you need help before Conference Day, call or email spin@doh.hawaii.gov



SCHEDULE OF EVENTS

Zoom Link on "Conference" tab of website



9:00 - Opening Number

9:05 - Welcome & Housekeeping

9:15 - 10:10 - 1st Race: Managing Stress

5 Minute Break

10:15 - 11:10 - 2nd Race: Mindfulness

5 Minute Break

11:15 - 12:10 - 3rd Race: Support Mapping

12:10 - 12:30 - Prizes/Additional Questions



SPIN'S GOLDEN RULES

FOR A GREAT ZOOM CONFERENCE

- All workshops are in a Zoom Room. Please keep your sound muted. Video can be on or off.
- Please use the CHAT function to ask questions.
- Be kind. Be considerate. Be respectful.

MAHALO TO OUR SPIN ADVISORS!

Abigail George - Developmental Disabilities Division (DDD)

Amy Ruhaak - Office of Student Support Services (DOE)

Anthony Akamine - Office of Elections

Daintry Bartoldus - DD Council

Hannah Diaz - Community Member

Helena Pontillas - Shriners Children's Hawaii

Jackie Jackson - Hawaii Families as Allies

Dr. Jeffrey Okamoto - Kapiolani Hospital for Women & Children

Kiriko Takahashi - UH Center on Disability Studies

Merlene Jose - Shriners Children's Hawaii

Michelle Manfredi - Parent Advocate

Renee Manfredi - Self-Advocate

Sarah Man - Parent Advocate

Sheri Umakoshi - Early Intervention Section (DOH)

Steven Vannatta - Community Children's Council Office (DOE)

Susan Wood - Leadership Education in Neurodevelopmental & Related Disabilities (LEND)

Tina King - Leadership in Disabilities & Achievement of Hawaii



Marathon Workshop #1



Resilience for the Long Run: Understanding & Managing Stress

Presented by: Dr. Matthew Wappett

This fun and informative session will review the most recent science on the physical, psychological, and social impacts of chronic stress and will introduce participants to several simple self-care strategies that participants can use to manage stress and promote mental health. This presentation will help participants understand the correlation between stress and mental health and how we can use the body to calm the brain and how we can use our brains to calm our bodies. Participants will leave with an understanding of the mind/body connection and several actionable strategies to support their mental health and overall resilience.

Dr. Matthew Wappett is the Executive Director of the Center for Persons with Disabilities at Utah State University. He is also a researcher, writer, and an educator in leadership, stress management and inclusion. His approach to "Compassionate Leadership" has been implemented in many organizations and classrooms, and is informed by his background in disability studies and as a whitewater guide. Dr. Wappett's work is also focused on the effects of laughter as a stress management technique and a tool to create inclusion.

<https://www.matthewwappett.com/>



Marathon Workshop #2



Find Your Peace, Find Your Pace

Presented by: Dr. Thao Le &
Benjamin Chu

Mindful meditation is simple, but it's not always easy to do. This mental exercise allows you to enjoy the present moment without worrying about the past or what is coming in the future. Research has also shown that children who practice mindful breathing have better sleep, higher self-esteem and a sharper focus. Come learn from the master teacher and a devoted student of this practice.



Thao Le, PhD, MPH is professor & chair of Family Consumer Sciences at UH Manoa. She is the author of three children's books, *Mindfulness with Aloha Breath*, *Akahai*, and *Ha'aha'a* that have been disseminated to K-12 teachers, counselors, and social service providers across the islands as a socio-emotional resource. She has also published 3 articles related to mindfulness in Hawaii. Her current project is with HDOA on a USDA-NIFA grant to support the mental health, wellbeing and resiliency of Hawaii farmers, ranchers, and allied ag producers. <https://mindfulaloha.org/>

Benjamin Chu is a PhD Candidate in the Department of Economics at the University of Hawaii at Manoa. Ben has presented with Thao on mindfulness at SPIN conferences in the past, and has been a keynote speaker for the Superhero's of SPIN conference. He is able to speak to how mindfulness helps him stay focused.

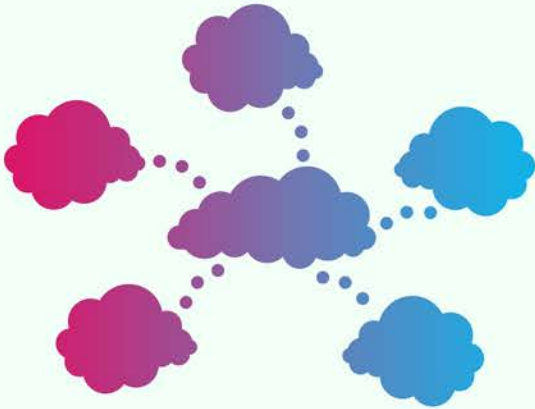


Marathon Workshop #3

Mapping the Course

Presented by: SPIN Advisory Committee

Moderated by: Susan Rocco & Amanda Kaahanui



[Download a Care Mapping template here](#)

Children with disabilities or at risk of disability often need additional or more specialized services than their peers without disabilities in order to be healthy and successful. In this interactive workshop, you will learn the process of Care Mapping to identify and organize the services and supports your child is receiving and identify additional services and supports that may help your child and family.

SPIN's Advisory Committee is made up of a dedicated group of parents and professionals serving families in the disability community. They are each experts in their fields and love providing supports and information to families in Hawaii. Susan Rocco has been the cornerstone of SPIN for 38 years and her inspiration for educational improvements, her son Jason, is 42 years young. Amanda Kaahanui has been with SPIN for 8 years and is the proud mama to a recent Kalaheo graduate, Ikaika. Together our SPIN Advisory Committee has a wealth of experience and compassion and they are excited to share it with you.



EVALUATIONS

Please help us provide feedback to our speakers and improve the SPIN Conference by filling out a short evaluation for each workshop you attend, and an overall conference evaluation at the end of the day.

Workshop 1: Understanding & Managing Stress:

Evaluation Link: <https://forms.gle/jt6qUAvG3AMLHpi18>

Workshop 2: Mindful Meditation

Evaluation Link: <https://forms.gle/AtUdnvkwtsFZQHq9A>

Workshop 3: Support Mapping

Evaluation Link: <https://forms.gle/1aaTx1jZTTSh4Cfa6>

Overall Conference Evaluation:

<https://forms.gle/DuVvjTth3MBWefcq8>



April 22, 2023 SPIN Conference
"It's a Marathon, Not a Sprint - Part 2"



Support for Families

Families who have a child with a disability have unique educational needs. There are several organizations in Hawaii that can help, providing information, support and advocacy for a better school experience.

SPIN

*Special Parent
Information Network*



- Information, referrals and help finding and connecting to community resources
- Annual conference, newsletters & e-blasts
- 808-586-8126
- www.spinhawaii.org
- www.spinconference.org

LDAH

*Leadership in Disabilities
& Achievement of Hawaii*



- Parent Training & Information Center
- Workshops, parent training, advocacy & supports
- Developmental, social emotional, vision & hearing screening
- 808-536-9684
- www.LDAHawaii.org

CCC

*Community Children's
Council*



- Facilitates 17 statewide monthly community meetings
- Offers a safe place to talk about challenges & solutions
- 808-305-0695
- <https://www.hawaiipublicschools.org/ParentsAndStudents/SupportForParents/Pages/CCC.aspx>

Hilopa'a

*Family to Family
Health Information Center*



- Helps families navigate and understand the health care systems in Hawaii
- Download transition workbooks for youth moving from high school to adult life
- 808-791-3467
- www.hilopaa.org

DDC

*Hawaii Statewide Council on
Developmental Disabilities*



- Supports families and individuals with disabilities through legislative and community advocacy
- Statewide meetings provide a safe space to discuss concerns
- 808-586-8100
- www.hiddcouncil.org

SEAC

*Special Education
Advisory Council*



- State Advisory Panel meets monthly to discuss current challenges in special ed
- Public input is welcome to share personal or systemic concerns
- 808-586-8126
- www.seac-hawaii.org

National Resources for Special Education

- <https://www2.ed.gov/about/offices/list/osep/index.html>
- <https://ldaamerica.org/>
- <https://www.wrightslaw.com/>

National Parent-Serving Organizations

- <https://www.pta.org/>
- <https://parents4publicschools.org/>
- <https://www.pacer.org/transition/>

Need additional support? Check out our SPIN Resource Guide in the Family Resource tab at SPINconference.org.