



Dual Diagnosis Professional Conference Series

Living the D.R.E.A.M! Creating a Culture of Health and Wellness for All

*Drink Water, Relaxation and Mindfulness, Eat Healthy,
Awareness of Health Risks, Move Your Body*

December 4, 2024, 9:00 am – 12:00 pm

What is the Dual Diagnosis Professional Conference Series?

The Department of Human Services' **Office of Developmental Programs (ODP)** and the **Office of Mental Health and Substance Abuse Services (OMHSAS)** are pleased to announce the Dual Diagnosis Professional Conference Series, which offers presentations focused on supporting individuals with intellectual disabilities and autism (ID/A) and mental health needs. The selected presenters share their expertise on best and promising practices as well as provide general knowledge. Session topics, which focus on increasing capacity to serve individuals with dual diagnosis in the community, are chosen based on identified needs and with input from the field of professional stakeholders.

- The invited audience of all professional stakeholders, including direct and clinical supporters for individuals with ID/A are encouraged to attend.
- Registration is required and at no charge to attendees.
- Three (3) hours of training credit and a certificate of achievement is provided.

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DESCRIPTION

SPIN will provide a historical overview of how they created a culture of health and wellness engaging all stakeholders in living a healthy lifestyle. Presenters will showcase SPIN's mission of inclusive and holistic meaningful activities in the community and SPIN Community & Fitness, a gathering and welcoming place for the whole community. The D.R.E.A.M team model including: the vision and purpose, elements of "Living the D.R.E.A.M." and lessons learned for successful incorporation into everyday lives will be featured.

Through sharing values and success stories, SPIN will spotlight the investment and impact the D.R.E.A.M. Team model has contributed to a healthy lifestyle for people with intellectual disability and autism, employees, families and the community. Various physical, mental, emotional, spiritual wellness programs will be highlighted especially supporting people with dual diagnosis. SPIN will present its most recent partnership with the Office of Developmental Program's Move Your Way Campaign!

PRESENTERS

Judy Dotzman, President and CEO, SPIN

Judy began in the field as a Direct Support Professional (DSP) and then as a Therapeutic Recreation Specialist. She holds a Master of Education from Temple University. Judy has been supporting the growth and development of people with intellectual and developmental disabilities and autism since her employment at SPIN in 1986.

Judy is a PAR Board Member, and she serves on the Board of William Penn Human Services and Temple University Advisory Council.

Judy's dedication to her work highlights her investment in leadership at all levels and that partnering and investing in people can provide unique opportunities for everyone to reach their fullest potential, share their strengths with others and create a culture of belonging.

Colleen Horcher, Division Director, Health Services

Colleen graduated from Gwynedd Mercy College and has been a registered nurse for 18 years with 10+ years working with individuals with intellectual disabilities and autism. Colleen leads the health services department for all SPIN locations, ensuring top quality care and promoting optimal health outcomes. Colleen is the Co-chair of the D.R.E.A.M Team.

Laura Silsby, Division Director, Community Participation Supports (CPS)

Laura holds a Master's Degree in Education from Arcadia University. She began her career at SPIN 14 years ago as an Employment Specialist before holding management positions in Employment and CPS. Laura leads a team to support people with developmental disabilities to increase independence, enhance skills, improve quality of life, explore employment opportunities and become meaningful members of their communities. Laura serves as PAR's co-chair for the 2380/2390 committee. She has been helping implement and co-leading the D.R.E.A.M Team.

Stephanie Clifton, Self-Advocate

Jennifer Thompson, Lead Direct Support Professional

HOW TO ATTEND

REGISTRATION LINK: [Dual Diagnosis Professional Conference Series](#)

The session will be offered virtually, via the Zoom© platform. To participate, you will need access to a computer that meets the Zoom system requirements. Read about [Zoom Technology Requirements](#) to be able to participate in the session.

For questions on registration, email: patraining@columbusorg.com