SPRING CONFERENCE

EMBASSY SUITES HOTEL, DUBLIN, OHIO

8:00am — 11:00am Check-In, Introductions & Welcome, Opening Remarks & Keynote Presentation

8:00am – 9:00am Conference Check-In

9:00am – 10:00am Introductions, Welcome & Opening Remarks

Janice Hall – Chairperson, Board of Directors, Ohio Provider Resource Association

1 OPRA Updates

Mark Davis – President, Ohio Provider Resource Association

This session provides timely updates to all Conference attendees on OPRA's newly adopted strategic plan, member services, legislation, employment services, and special projects. The presentation includes an overview of what OPRA is doing to improve DD systems in Ohio and nationally.

10:00am – 11:00am Keynote Presentation

2 Through the Crystal Ball

Barbara Merrill – CEO, ANCOR; Alexandria, VA

The disability community is in the midst of a tremendous transformation that challenges us to reexamine long held beliefs, and to take on more and more risk - and do it with less and less. Are we experiencing natural, inevitable evolution that will transform supports and services, or are we being asked to trust in a philosophy that may leave people behind? Ms. Merrill gives the audience a lively look at where we've been, shares predictions for where we're heading, and advises how we can shape that direction.

11:00am — 11:20am Morning Break Please visit exhibits.

11:20am — 12:20pm Morning Sessions

3 Ohio Budget Update

Mark Davis – President, Ohio Provider Resource Association

Jeff Davis – Director of Government Relations, Ohio Provider Resource Association

This session provides insight and guidance into the State of Ohio 2016-2017 budget - the potential gains and obstacles that we as an industry could be facing and the coordinated efforts that must be presented to the State and Legislatures to ensure our voices are heard.

4 Your Team

James Breen – Staff Development Coordinator, Community Options/Concepts, Inc.; Mason, OH

Mr. Breen presents techniques for building and maintaining a team, and participants: are taught the value of hiring with purpose; identify with the frustration of ineffective trainings and what they can do on their level to make significant improvements; develop communication skills to praise and constructively critique their peers and support staff; gain an understanding that the best training comes from peer mentoring; and discuss generational differences in learning and approach to their work environment. This session is a specific guide to picking staff, molding staff, and - most important - keeping staff.

5 **Overview of Rule 5123:2-2-06: Behavior Support Strategies that Include Restrictive Measures — Part 1** *Kevin Metz – Director, Statewide Operations, OADSPaths; Cincinnati, OH*

In this three-part presentation, participants learn about the cultural shift required by the new Behavior Support Strategies Rule. This first segment explores the rule language, compares the old rule and the new rule, and explains how DODD intends to support organizations' work as processes are changed to meet the requirements of the rule. In addition, participants learn about Person-Centered Planning as it relates to the development of behavior support strategies.



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2

6 I Want to Run a Business!...Oh, Really?!?

David Ellison - Owner/President, Ellison Management & Training; Westerville, OH

Do you want to be on an island with no friends? Do you want to create processes, more than get to know people? Do you want to live in a world where productivity data is your best friend - and maybe your only friend? If you answered "yes" to each of these questions, then skip this session, or please come in and help lead it! If you answered "no" to any of these questions, then either come to this session, or please step down from your position in business leadership! Join Mr. Ellison as he presents on why the answers to these questions are important, and why leaders need to know what leading and running a business is really all about.

7 Taking the ODD Out of Working with the OOD

Justin Blumhorst – COO, Capabilities, Inc.; St Marys, OH

Bill Blumhorst - CFO, Capabilities, Inc.; St Marys, OH

A panel of staff members from Capabilities, Inc., with experience in providing, managing, administrating, and billing services to Opportunities with Ohioans with Disabilities (OOD) discusses how to access, navigate, and receive reimbursement for VR services. Tips are discussed that will help all DSPs build relationships with this valuable resource.

12:40pm — 1:40pm Luncheon

2:00pm — 3:00pm Early Afternoon Sessions

8 HCBS Regulations

Mark Davis – President, Ohio Provider Resource Association

This session delivers an informed conversation on the current and future modifications to the HCBS Regulations that are affecting the daily operations of providers and the services delivered to individuals with I/DD in Ohio. Mr. Davis presents an analysis of Ohio's transition plan, submitted to CMS in March 2015.

9 The Good Life

Willie Jones – Positive Culture Initiative Coordinator, Ohio Association of County Boards; Worthington, OH *Pete Moore* – Service Initiatives Director, Ohio Association of County Boards; Worthington, OH Variance and Variance Control of County Boards; Worthington, OH

Various panelists representing Ohio provider agencies

A panel of Good Life Facilitators share an overview of the Good Life Facilitator training and examples of real life applications. The panel also shares outcomes from using the tools and Good Life concepts.

10 Business Associates and HIPAA - Who? What? Why Care? - Part 1

Dean Maynard Boland - Attorney, CHP, CFE, DLM Legal; Chagrin Falls, OH

In September 2013, HIPAA regulations changed significantly. Now, not only are health care providers obligated to comply with HIPAA, but they are obligated to ensure their business associates are also in full compliance with HIPAA. Business associates themselves - that is, law firms, accountants, IT companies, etc. - are now directly liable under HIPAA as well, which is a big change in focus regarding data security and privacy.

11 Overview of Rule 5123:2-2-06: Behavior Support Strategies that Include Restrictive Measures - Part 2

Jerri Elson - Executive Director, Muskingum Residentials, Inc.; Zanesville, OH

In this three-part presentation, participants learn about the cultural shift required by the new Behavior Support Strategies Rule. In this second segment, participants explore the restricted and prohibited measures clearly prescribed in the rule, and learn about developing behavior support strategies with restrictive measures. In addition, participants learn the kinds of assessments the rule requires and who can perform them.

12 The Workforce Puzzle - Part 1

Melissa Skaggs – Vice President, TBC Services & Provider Resources Group; Reynoldsburg, OH

Monica Armstrong – Consultant, Provider Resources Group; Reynoldsburg, OH

This two-part presentation looks at how the five active generations are effecting the workplace today and how to get these generations connecting with each other. This fun and informational series examines the current separate elements of the workforce, how to blend them together for effective communication, and how to keep each one motivated while respecting generational differences. Each segment of the series includes video and exercises that participants can take back to their organizations and implement with staff right away.

13 ISP Goals & Methodologies for the "Modern Family"

Karen Blumhorst - CEO, Capabilities, Inc.; St Marys, OH

Katie Blumhorst – Compliance Director, Capabilities, Inc.; St Marys, OH

By looking at specific service and skill development goals for ABC's "Modern Family," direct service providers learn how to shift their own HPC, day habilitation, and vocational habilitation methodologies to support people exploring and seeking community employment. This session reviews service goals from active ISPs that could have supported "Claire Dunphy's" return to the workforce and "Mitchell Pritchett's" exploration of non-profit employment. Direct service providers learn practical tips using existing service goals and skill development goals that can be directly applied to encouraging people in residential, day habilitation, and supported employment small group (enclave) environments.

3:00pm – 3:30pm Afternoon Break

Please visit exhibits.

3:30pm – 4:30pm Late Afternoon Sessions

14 ACA/Medicaid Expansion: Impact on Ohio Healthcare Programs

Than Johnson – CEO, CRSI; Urbana, OH

Scott DeLong – President, CRSI; Urbana, OH

Ron Hammond – Vice President, Human Resources, Echoing Hills Village, Inc.,; Warsaw, OH

David Fuller – Senior Vice President, Employee Benefits, Neace Lukens; Louisville, KY

Session leaders discuss the impact of the ACA and Medicaid expansion on healthcare costs and benefits for the workforce and organizations within Ohio's DD industry.

15 Direct Care Wage Campaign

Jeff Davis – Director of Government Relations, Ohio Provider Resource Association

This session discusses OPRA's continuing effort to improve the lives of those who provide direct care by giving them a living wage. Arguably there is no more important position in Ohio's DD system then Direct Support Professionals and Front Line Supervisors. OPRA has been the strongest voice to speak on behalf of those the system depends on the most. Find out how you can help advocate now and in the future. This group effort can make the difference.

16 Business Associates and HIPAA - Who? What? Why Care? - Part 2

Dean Maynard Boland – *Attorney, CHP, CFE, DLM Legal; Chagrin Falls, OH* Continued from Session 10.

17 Overview of Rule 5123:2-2-06: Behavior Support Strategies that Include Restrictive Measures - Part 3

Deedra Olney – OADSPaths Credentialing Coordinator, OADSPaths; QIDP, Heinzerling Foundation; Cincinnati, OH In this three-part presentation, participants learn about the cultural shift required by the new Behavior Support Strategies Rule. In this final segment, participants discuss trauma-informed care and the environment, and the role they play in developing behavior support strategies. Participants also discuss the responsibilities of the QIDP, SSA, Human Rights Committees, and DODD.

18 The Workforce Puzzle - Part 2

Melissa Skaggs – Vice President, TBC Services & Provider Resources Group; Reynoldsburg, OH *Monica Armstrong* – Consultant, Provider Resources Group; Reynoldsburg, OH Continued from Session 12.

19 Employment First: Job Seeker & Family - Toolkit & Web Course

Stacy Collins – Project Manager, Ohio DODD; Columbus, OH

Participants are introduced to the Employment First interactive, electronic toolkit and web course that was developed to educate job seekers and their families about the supported employment process. Participants see a live demonstration of the two systems and learn how they can be implemented in daily practice.

20 After the Auto Accident: Client Safety & Claim Submission

Kelly Sirk – Risk Management Services Consultant, Philadelphia Insurance Companies; Cincinnati, OH

Eric Hill – Claims Specialist, Philadelphia Insurance Companies; Cincinnati, OH

Are your employees trained on what to do in the event of collision? In this session, participants learn how to prepare their employees to respond safely to the environment and people around them following an automobile accident, including how to secure the area to help ensure client safety. Participants develop techniques on what claims information to gather and how to interact with third parties, witnesses, and authorities. The group engages in situation studies such as hit-and-runs, hitting stationary objects, multiple-car involvement, and others.

8:00pm – 11:30pm OPRA Party

Please join us in the Ballroom!



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2015 Spring Conference

Tuesday, April 7, 2015										
8:00am - 9:00am	Conference Check-In OPRA Check-In Tables									
9:00am 10:00am	1 Introductions & Welcome: Janice Hall – Chairperson, Board of Trustees, OPRA OPRA Updates: Mark Davis – President, OPRA Ballroom									
10:00am – 11:00am	2 Keynote Presentation: Through the Crystal Ball Barbara Merrill – CEO, ANCOR Ballroom									
11:00am - 11:20am	Morning Break – please visit exhibits									
Track	Policy	Program Directors	Human Resources	Direct Support	Business	Employment				
11:20am – 12:20pm	3	4		5	6	7				
	Ohio Budget Update	Your Team		Overview of 5123:2-2-06 Behavior Support Part 1	l Want to Run a Business! Oh, Really?!?	Taking the ODD Out of Working with the OOD				
	Mark Davis Jeff Davis	James Breen		Kevin Metz	David Ellison	Justin Blumhorst Bill Blumhorst				
12:40pm -	Luncheon Ball									
1:40pm	Luncheon B 8 9 10 11 12 13									
2:00pm – 3:00pm	o HCBS Regulations	The Good Life	Business Associates and HIPAA Who? What? Why Care? Part 1	Overview of 5123:2-2-06 Behavior Support Part 2	The Workforce Puzzle Part 1	ISP Goals & Methodologies for the "Modern Family"				
	Mark Davis	Willie Jones Pete Moore Panel	Dean Boland	Jerri Elson	Melissa Skaggs Monica Armstrong	Karen Blumhorst Katie Blumhorst				
3:00pm - 3:30pm	Afternoon Break – please visit exhibits Exhibit Floor									
	14	15	16	17	18	19				
3:30pm – 4:30pm	ACA/Medicaid Expansion: Impact on Ohio Healthcare Programs	Direct Care Wage Campaign	Business Associates and HIPAA Who? What? Why Care? Part 2	Overview of 5123:2-2-06 Behavior Support Part 3	The Workforce Puzzle Part 2	Employment First: Job Seeker & Family Toolkit & Web Course				
	Panel	Jeff Davis	Dean Boland	Deedra Olney	Melissa Skaggs Monica Armstrong	Stacy Collins				
	20									
	20 Philadelphia Insurance Companies: After the Auto Accident: Client Safety & Claim Submission Kelly Sirk and Eric Hill									
8:00pm – 11:30pm	OPRA Party Ballroom									

2015 Spring Conference

Wednesday, April 8, 2015										
8:30am - 9:00am	Conference Check-In OPRA Check-In Tables									
9:00am - 10:00am	21 Keynote Presentation: State of the State John Martin – Director, Ohio DODD Ballroom									
10:00am - 10:15am	Early Morning Break – please visit exhibits Exhibit Floor									
Track	Policy	Program Directors	Human Resources	Direct Support	Business	Health Care				
	22	23	24	25	26	27				
10:15am – 11:15am	It's NOT What's in the ISP that Counts!	I/DD & Trauma- Informed Care: What Science Is Telling Us Part 1	Changes in the Unemployment Arena & Appeal Process	You Have the Power to Make a Difference	All About that DATA "bout that DATA "bout that DATA No TROUBLE! Part 1	Improved Patient Outcomes & Reduced Side Effects through Compounding Pharmacy				
	Tom Speaks Greg LaForme	Lara Palay Kevin Aldridge	Charlene Burchfield	Scott Osterfeld Jessi Hutson	Melissa Skaggs David Ellison Monica Armstrong	Jessica Sabine Josh Stanton				
11:00am - 11:15am	Late Morning Break	- please visit exhibits								
	28	29	30	31	32	33				
11:15am – 12:15pm	ICF/IID Industry Update	I/DD & Trauma- Informed Care: What Science Is Telling Us Part 2	Millennials: Managing, Motivation & Retention Strategies	Developing Relationships through Respect & Positive Culture Principles	All About that DATA "bout that DATA "bout that DATA No TROUBLE! Part 2	Autism: Staff Training to Support Adults on the Spectrum				
	Denise Gadomski	Lara Palay Kevin Aldridge	Tom Speaks Greg LaForme	Brenton Martin	Melissa Skaggs David Ellison Monica Armstrong	Gail McPeake				
12:35pm – 1:45pm	Annual Awards Luncheon Ballroom									
	34	35	36	37	38	39				
2:00pm – 3:00pm	The Numbers behind DODD's Proposed Budget Increase	Responding to Conflict	Top 10 Questions You Should Be Asking About the ACA Part 1	Relaxation through Gentle Massage	Taking Care of Business Taking Care of Life	Nursing Services in the Waiver World				
	Gary Brown Anita Allen	John Schmieding	Dave Petno	Ann Cahalan Deedra Olney	Monica Armstrong Melissa Skaggs	Donna Patterson				
3:00pm - 3:30pm	Afternoon Break – please visit exhibits									
3:30pm – 4:30pm	40	41	42	43	44	45				
	Federal Updates	Legislative Advocacy by Self Advocates	Top 10 Questions You Should Be Asking About the ACA Part 2	Preventing & Managing Stress, Burnout & Secondary Trauma	Change Starts at the TOP!	How Technology Can Track Wellness to Improve Health Outcomes				
	Mark Davis	Christine Brown Lee Butcher	Dave Petno	Nancy Moore	Melissa Skaggs	Geoff Cooper Gail McPeake				

8:30am – 9:00am

Conference Check-In

9:00am – 10:00am Keynote Presentation

21 State of the State

John Martin – *Director, Ohio DODD; Columbus, OH* Director Martin provides updates on budget and initiative items for DODD and Medicaid.

10:00am — 10:15am Early Morning Break Please visit exhibits.

10:15am — 11:15am Early Morning Sessions

22 It's NOT What's in the ISP that Counts!

Tom Speaks – Principal, The Impact Group; Hudson, OH

Greg LaForme – Special Consultant, The Impact Group; Hudson, OH

Participants identify at least three service expectations for their staff, and at least one specific behavior for staff to use when dealing with individuals served and families. Participants also develop at least two elements of a positive business environment that will assist agency growth, and at least two strategies to assist in the retention of quality staff. Third, participants learn how branding can set one agency above others.

23 I/DD & Trauma-Informed Care: What Science Is Telling Us - Part 1

Lara Palay – Managing Partner, Aldridge Palay Group; Westerville, OH

Kevin Aldridge – Managing Partner, Aldridge Palay Group; Westerville, OH

Individuals with developmental disabilities are at risk for trauma, and for devastating effects from the resulting stress. In turn, the challenging behavior caused by this emotional stress can put individuals and staff at risk. This session reviews the incidence of trauma for this population, and the emotional and neurological impact of trauma. We introduce recent brain science and neuroplasticity, as well as key factors of neural integration, and the milieu and relational interventions that promote this. We discuss trauma-informed care and practical strategies, ranging from direct service professionals and managers to directors. After this presentation, participants will be able to: identify the causes of and vulnerabilities to traumatic stress for individuals with developmental disabilities; understand the impact of repeated trauma on the brain; formulate effective behavioral and relational interventions to promote post-traumatic growth and enhance neural integration; and build agency-wide strategies and leadership-level initiatives for trauma-informed care.

24 Changes in the Unemployment Arena & Appeal Process

Charlene Burchfield – *Claims Manager, Equifax Workforce Solutions; Hilliard, OH*

This presentation identifies changes in state unemployment requirements, as well as the federally mandated UI Integrity initiative. Possible penalties for non-compliance are also addressed.

25 You Have the Power to Make a Difference

Scott Osterfeld – Community Outreach Coordinator, Butler County Board of DD; Hamilton, OH

Jessi Hutson - Community Outreach Associate, Butler County Board of DD; Hamilton, OH

This presentation tells the story about people working together in big and small ways to make a difference. Participants learn how to D.R.I.V.E. change by understanding 5 key actions: D = Discover your passion; R = Realize you have the power to change the world; I = Invite others to join you on a road trip of change; V = Visualize a new destination together; E = Enjoy the ride. Participants develop a "Power-Ade" to keep them motivated (simple, personal strategies to help stay focused on the goal). Participants demonstrate "the art of the ask" to persuade others to join them on a new road of change, and describe the concept of a "mosaic map."

26 All About that DATA - 'bout that DATA - 'bout that DATA - No TROUBLE! - Part 1

Melissa Skaggs – Vice President, TBC Services & Provider Resources Group; Reynoldsburg, OH

David Ellison – Owner/President, Ellison Management & Training; Westerville, OH

Monica Armstrong - Consultant, Provider Resources Group; Reynoldsburg, OH

Join this session for a real look at how data can and should drive effective decision-making every day inside agencies, at all levels. We spend time looking at why we should use data, how to get good data - and know if you have bad data - how to train staff to look at data, and of course, how to make decisions using the data. We expand our panel in the second hour to include people from businesses that use data to drive their organizations every day. This is an interactive session, so come ready to learn and participate.

27 Improved Patient Outcomes & Reduced Side Effects through Compounding Pharmacy

Jessica Sabine – Account Executive and Director, Sales & Marketing, Coler LTC; Zanesville, OH

Josh Stanton – Pharmacist in Charge, Shrivers Pharmacies; Zanesville, OH

Coler LTC Pharmacy presents the benefits and improved patient outcomes of Compounding Pharmacy: having medications compounded into liquids and creams can ease, improve, or eliminate many side effects for patients. We focus on problem solving, and use patient examples. Coler's Compounding Pharmacist works directly with physicians to develop custom formulas for patients who have difficult symptoms to treat. Among them: stomach upset when taking oral medication; reluctance to take the medication due to its taste; issues with the route of administration, such as difficulty swallowing pills; allergy, sensitivity, or other aversion to ingredients, including flavors or dyes, lactose, sugar, alcohol, gluten, or casein; requiring a different dose of medication than that which is available from a manufacturer; difficulty keeping track of multiple medications; patients who need a medication that has been discontinued by the manufacturer; and patients who don't want to take medication at all.

11:00am – 11:15am Late Morning Break Please visit exhibits.

11:15am – 12:15pm Late Morning Sessions

28 ICF/IID Industry Update

Denise Gadomski – CPA, Partner, Plante Moran, PLLC; Cleveland, OH

We continue to see many changes in the industry that specifically impact ICF providers. We are in the middle of Ohio's biennium budget process, and this session shares the current budget discussions and their related reimbursement impact on ICF providers. We provide a current update on the ICF downsizings and process, and any new developments specifically related to additional funding.

29 I/DD & Trauma-Informed Care: What Science Is Telling Us - Part 2

Lara Palay – Managing Partner, Aldridge Palay Group; Westerville, OH *Kevin Aldridge* – Managing Partner, Aldridge Palay Group; Westerville, OH Continued from Session 23.

30 Millennials: Managing, Motivation & Retention Strategies

Tom Speaks – Principal, The Impact Group; Hudson, OH

Greg LaForme – Special Consultant, The Impact Group; Hudson, OH

Regarding the "millennial" staff at your organization, ask yourself: are we having a hard time connecting with and communicating them? Do we know what motivates them? Are our traditional management techniques not working? Do we have retention issues? This session provides specific strategies to assist you with: communicating and connecting with Millennials; motivating Millennials; managing Millennials; and retaining Millennials.

31 Developing Relationships through Respect & Positive Culture Principles

Brenton Martin - Training Coordinator, CRSI; Urbana, OH

Session participants gain practical tools to help them develop successful relationships through respect, compassion, and consistency. Attendees also discover how to help empower persons with disabilities by nurturing self-sustainability, equality, and independence.

32 All About that DATA - 'bout that DATA - 'bout that DATA - No TROUBLE! - Part 2 Melissa Skaggs – Vice President, TBC Services & Provider Resources Group; Reynoldsburg, OH David Ellison – Owner/President, Ellison Management & Training; Westerville, OH Monica Armstrong – Consultant, Provider Resources Group; Reynoldsburg, OH Continued from Session 26.

33 Autism: Staff Training to Support Adults on the Spectrum

Gail McPeake – Director, Heathcare Services, Koinonia Homes, Inc.; Independence, OH

For 20 years, kids with autism have been supported with special strategies to improve communication and socialization, self-regulation, and to address sensory needs. As adults, many are looking to providers for supports in employment, day programs, and their homes. Are we ready? What do your staff know about picture schedules, sensory diets, transition strategies, social stories, ABA? This session discusses the challenges, resources, and solutions to help staff become more knowledgeable and effective in providing supports that may assist those with autism to keep moving forward.

12:35pm – 1:45pm Luncheon

Please join us in the Ballroom!

2:00pm – 3:00pm Early Afternoon Sessions

34 The Numbers behind DODD's Proposed Budget Increase

Gary Brown – CPA, Managing Director (Columbus); Brady Ware & Co., CPAs & Business Advisors; Columbus, OH *Anita Allen* – Vice President, Ohio Provider Resource Association

This session dives deep into the Governor's budget, which has proposed a \$316 million increase over the next two years, and lays out the complexities and opportunities associated with this aggressive attempt to realign service options and modernize the DD system. This budget impacts the TDD, SELF, IO and Level 1 Waivers, Private ICF/IIDs, state-operated Developmental Centers, and Day Services in ways meant to transform the system as never before.

35 Responding to Conflict

John Schmieding – Director, Athens Area Mediation Service; Athens, OH

There is a lot of conflict in the world. Interpersonally and within organizations unresolved conflicts lead to many difficulties. All too often, blaming and resentment become the dominant forces. Even more often, people simply give up, ignoring the growing tension and difficulty, with the mistaken hope that it will go away by itself. This is a highly-interactive session on handling conflict productively, with an emphasis on applying listening skills and mediation approaches. Participants: develop an understanding of conflict and the difficulties and opportunities it presents; develop an understanding of key principles in the mediation of conflict; identify barriers to effective listening; and practice effective listening and questioning approaches to move things forward.

36 Top 10 Questions You Should Be Asking About the ACA - Part 1

Dave Petno - Consultant, Accelerated Benefits; Hudson, OH

January 1, 2015, was the beginning of a new phase of the Affordable Care Act (ACA), AKA "Obamacare." On that date, many employers are now subject to new reporting and tracking requirements, and many will become subject to penalties and fines that are defined in the law, passed on March 23, 2010. Many businesses will be turning to their HR Directors and Managers to work through their exposure and new requirements. In this session, Mr. Petno discusses the Top 10 questions that need addressed as soon as possible. Participants are taught the changes that are required by law, identify areas where they are deficient, and determine an action plan to fix the problems. The session pays special attention to any changes that may have occurred in the last 60 days. Among the areas covered are: Employer Penalties (calculating over 50 status and estimating penalties from previous 12 months); Next Taxes and Fees; Variable Employee Status (managing under and over 30 hours per week status); www.healthcare.gov (how it works, and what is the status?); how Subsidies work; Individual Penalties; avoiding the Individual Mandate Penalty (compliance and exemptions); options for Employers (renewing in Community Rating Pool, or out of Community Rating Pool, or as Self-Funded); terminating group coverage and moving to www.healthcare.gov; and Religious Sharing Plans.

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Philadelphia Insurance Companies (PHLY) supports the efforts of OPRA (Ohio Provider Resource Assocation) whose mission is to support and provide advocacy for communitybased service providers to ensure the availability of programs, services and funding adequate to support and assist individuals with developmental disabilities as they strive to achieve a life of increasing independence, productivity and integration.

Wishing You Continued Success Throughout 2015!

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37 Relaxation through Gentle Massage

Ann Cahalan - Occupational Therapist (OTR/L), Heinzerling Foundation; Columbus, OH

Deedra Olney – OADSPaths Credentialing Coordinator, OADSPaths; QIDP, Heinzerling Foundation; Cincinnati, OH Attendees receive explanations and demonstrations of different massage therapy techniques to help individuals relax for increased participation in daily activities. These techniques are simple and appropriate for anyone to provide. Not only are the methods appropriate for individuals served, they can be benefit those attending the session as well! Participants learn several different massage methods to increase relaxation, and discuss their related benefits. Participants identify precautions - that is, when massage should not be performed - and learn how to optimize the environment and the proper set up for effective massage and relaxation practices.

38 Taking Care of Business...Taking Care of Life

Monica Armstrong – Consultant, Provider Resources Group; Reynoldsburg, OH

Melissa Skaggs - Vice President, TBC Services & Provider Resources Group; Reynoldsburg, OH

Can we really work all day long and have a personal life? Work/life balance is something that needs attention every day. This session presents tips and tricks for having the best of both worlds: learn how to say "no" in a way that acknowledges everyone's needs; learn how to know what you value; and learn how to set priorities around those values. Step out of the technology world for an hour and see what happens when you prepare to balance your life!

39 Nursing Services in the Waiver World

Donna Patterson – R.N., Ohio DODD; Columbus, OH

3:00pm – 3:30pm Afternoon Break Please visit exhibits.

3:30pm – 4:30pm Late Afternoon Sessions

40 Federal Updates

Mark Davis - President, Ohio Provider Resource Association

This session provides an update on federal regulations and actions that impact providers and the individuals they serve, including regulations being considered by the US Department of Labor and US Department of Justice actions.

41 Legislative Advocacy by Self Advocates

Christine Brown - Self Determination Specialist, Brown Cooley Associates; Worthington, OH

Lee Butcher – Self Advocate; Marion, OH

This session is presented by individuals currently receiving services provided by Ohio's DD system. Both are Project STIR graduates, and each has taken on leadership roles at local, county, and state levels. The session reviews legislation that they have worked on, and where it is in the process. The presenters explain their own process for self-advocacy, from learning about different issues to expressing their opinions on issues and how they'll be affected.

42 Top 10 Questions You Should Be Asking About the ACA - Part 2

Dave Petno – Consultant, Accelerated Benefits; Hudson, OH Continued from Session 36.

43 Preventing & Managing Stress, Burnout & Secondary Trauma

Nancy Moore – CEO, Moore Development Strategies, LLC; Cincinnati, OH

We take better care of others when we take care of ourselves! This training helps you identify specific tools for taking care of yourself in order to prevent and manage stress, burnout, and secondary trauma. If you have ever said or thought "I'm stressed," "I'm tired," or "I don't think I can do this anymore," and you're looking for strategies to prevent and manage your stress, this training is for you! Session participants: distinguish between stress, burnout, and secondary trauma/vicarious trauma; identify current risk factors and methods for identifying risk factors in others; and identify personalized techniques to manage stress, burnout, and secondary trauma.

44 Change Starts at the TOP!

Melissa Skaggs - Vice President, TBC Services & Provider Resources Group; Reynoldsburg, OH

Are we holding our staff back? Do we hold our agencies back? "Change" is a word accompanied by many emotions, not only for leaders but for staff as well. As we enter an era of tremendous change, leadership must be ready: we have to look within to see where we are. This session looks at change leadership and how it effects not only your agency but the industry, too. The session examines what happens when we don't make changes, or when we don't allow changes to be made. Getting out the way of our staff and letting them make changes shows leadership in ways you never thought possible. A few "Change Agents" may show up during this session - don't miss it!

45 How Technology Can Track Wellness to Improve Health Outcomes

Geoff Cooper - President/CEO, CaraSolva; Boulder, CO

Gail McPeake – Director, Heathcare Services, Koinonia Homes, Inc.; Independence, OH

In general, this session looks at how the entire healthcare team - providers, payer plans, and consumers - can share data to cost-effectively collaborate on improving individual health outcomes. Specifically, the presenter demonstrates to participants how to improve the quality of life and reduce healthcare costs for individuals with I/DD by using simple cost-effective technology innovations. Participants learn the drivers behind the wellness movement, how I/DD providers can be leaders, and specific technologies and techniques for tracking and improving wellness. A case study demonstrates practical steps, taken by a provider, that are having a measurable impact.

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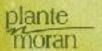
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