



Hot Topics for Staff in Down Syndrome Associations

March 2, 2023

1:00 – 4:00 pm

New this year! This workshop is especially for staff members—fundraising, programs, marketing, etc. There will be something for everyone and this workshop offers an opportunity to build your professional network, learn something new, share your successes and challenges. Each of the Hot Topic presenters below will speak for 30 minutes. At 2:30pm these presentations will be followed by facilitated roundtable discussions. Attendees will leave with great takeaways for their individual organization.

Selfish or Self-Care? Looking Out for Yourself and Your Selfless Team While Supporting Families in Crisis – Heather Barnes

Compassion fatigue is real and runs rampant in the nonprofit sector, especially as we support our families who are often dealing with life and death issues. This Hot Topic will explore new strategies and coping skills so that you can learn to identify your own workplace stressors, end self-deprecating talk, build communicative workplace structures to better support one another, and calmly deal with crisis and change at any level in your organization.

Healthy, Growing Bodies – Meg Reynolds

This class will be a bird's eye view over the sexuality/puberty courses offered by the Rocky Mountain DSA and the resources available for families including puberty, boundaries and privacy. Presenter will also share the details on how to become a local sexuality educator for your association.

The ABCs of Small Fundraising Event Management – Amy Drow

This hot topic will give attendees the basics of managing a small fundraising event—whether a house party, breakfast fundraiser, silent/live auction, etc. It will NOT cover Buddy Walk™ events management since the weekend will offer many options specific to large fundraising walks.

Adulthood is Coming: what do your DSA adult programs look like and are you ready? – Brian Chicoine, MD & Katie Frank, PhD, OTR

This hot topic, which will be led by the medical director and occupational therapist for the Adult Down Syndrome Center (IL), will provide strategies that your organization can use in developing and facilitating programs for teens and adults. In this session, attendees will learn common characteristics of individuals with Down syndrome and how to utilize those in developing respectful and successful programs for individuals with Down syndrome as they age and seek more independence.

Keeping it Together in a Post-Covid World – Tara Moore, MSW

Let's talk more about burnout and compassion fatigue and discuss ways to help re-engage a burned-out board, staff, and volunteer base.