Please note that this program is subject to change.

**ALC of FASD Changemakers**

**TEEN AND ADULT PROGRAM**

3 DAYS during the MAIN CONFERENCE

MOVES BETWEEN MAIN CONFERENCE BALLROOM (everyone) AND ADULT PROGRAM BALLROOM (teens and adults)

Myles Himmelreich, CJ Lutke, Emily Hargrove, Katrina Griffin, Justin Mitchell, Anique Lutke, Maggie May, Jacob Dedman, Jessica Birch, Nury van Beers, Kim Doktor, Byron Jones, Gina Schumaker, Shannon Butt, Justin Shepherd, Tonje Hognerud

**Proposed Program Order**

**PRE-CONFERENCE DAY (1 of total conference) Thursday, April 11th**

7:00 – 8:00 PM  
Meet and Greet  
All ALC

702 Clearwater  
For teens and adults only

**DAY ONE (2 of total conference) Friday, April 12th**

8:30 – 10:00 AM  
Welcome and opening remarks  
Original ALC: Myles, CJ, Emily, and Kat

Regency Ballroom  
For everyone

Nothing about us without us  
Maggie May

**Mini Keynote – Life as I Live It**

Plenary: Quality of Life – Equality vs Equity  
CJ Lutke, Kat Griffin

What Really Matters? Life as We Live it  
Myles Himmelreich, Emily Hargrove, Anique Lutke

10:00 – 10:30 AM  
Break (coffee in program room)
<table>
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<tr>
<th>Time</th>
<th>Location</th>
<th>Event Description</th>
<th>Panelists</th>
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| 10:30 – 12:00 noon | 702 Clearwater | **Moderator: CJ L.** This Is Me – Finding My Voice Panel  
*For teens and adults only* | CJ Weber, Rebecca Tillou, Kim Dokter, Justin Shepherd, Sean Patrick Bousquet, Shelby DeRose, Byron Jones |
| 12:00 – 1:00 PM    | 702 Clearwater | Lunch (provided for those with FASD)                                                |                                                                          |
| 1:00 – 2:30 PM     | 702 Clearwater | **Moderator: Emily H.** Adult Health Survey 3 Site Project  
*(with quick review of original ALC SURVEY)*  
*For teens and adults only* | Dr. Claire Coles, Dr. Joanne Weinberg, Emily |
| 2:30 – 3:00 PM     |              | Break                                                                              |                                                                          |
| 3:00 – 3:10 PM     | Regency Ballroom | Nothing about us without us  
*For everyone*  
**Mini Keynote** – The Health of Adults with FASD: What Can We Expect? | Shannon |
| 3:15 – 5:00 PM     | 702 Clearwater | **Moderator: Kat G.** Health Coach App  
*For teens and adults only* | Dr. Christie Petrenko, CJ, Kat, Emily Maggie |

**TWO (Day 3 of total conference) Saturday, April 13th**

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<th>Time</th>
<th>Location</th>
<th>Event Description</th>
<th>Panelists</th>
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</table>
| 8:30 – 8:40 AM     | Regency Ballroom | Nothing about us without us  
**Mini Keynote** – Housing – the Absence of Which is the Absence of Everything  
*For everyone* | Justin S. for Justin M. |
| 8:45 – 10:00 AM    | 702 Clearwater | **Moderator: Maggie M.** Disability is NOT a Bad Word: Coming to Terms with FASD  
*For teens and adults only* | Gina, Justin S, Jessica, CJ, Emily, Maggie |
| 10:00 – 10:30 AM   |              | Break (coffee in program room)                                                    |                                                                          |
10:30 – 12:00 noon

**Moderator:** Shannon B.

**702 Clearwater**

Acceptance Commitment Therapy

What the Heck is That? And Does It Help?

Shannon, Kim, Jessica

**OR**

*For teens and adults only*

Angela Geddes, MSW

10:30 – 12:00 noon

**Moderator:** Myles H.

**601 Hoh**

Explaining Police Interviews

What You Need to Know

Dr. David Gilbert

*For teens and adults only*

12:15 – 1:30 PM

Lunch (NOT provided)

1:30 – 3:00 PM

**Moderator:** Shannon B. & Jessica B.

**702 Clearwater**

Always Overwhelmed? Feeling On Edge?

The Problem with Sensory Stuff

Nury, Jessica, Shannon, Anique

*For teens and adults only*

3:00 – 3:30 PM

Break (in program room)

3:30 – 3:40 PM

**Regency Ballroom**

Nothing about us without us

Nury

**Mini Keynote** – *Life with FASD in the Rest of the World: Don’t Forget About Us – We’re Here Too*

*For everyone*

3:45 – 4:30 PM

**Moderator (men):** Myles H.

**Moderator (women):** Kat G and CJ L.

**702 Clearwater**

Ask Us Anything about FASD

Men: Justin, Myles

Women: CJ, Maggie, Gina, Kat, Emily

*For teens and adults only*

5:15 – 8:00 PM

**702 Clearwater**

Pizza dinner (provided) for those with FASD

Rehearsal for closing; preview videos, etc.

*For teens and adults only*

**DAY THREE (Day 4 of total conference) Sunday, April 14th**

8:30 – 8:40 AM

**Regency**

Nothing about us without us

**Mini Keynote** – *Epigenetics in FASD:*

Gina

*What We Want to Know;*

*What We NEED to Know*

*For everyone*
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:40 – 9:40 AM</td>
<td>702 Clearwater</td>
<td>Moderator: Gina S. It’s the Rest of Your Life: What You Need to Know</td>
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<td>All ALC roundtable What We Wish We Had Known!</td>
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<td>8 Keys Movie from Alaska -</td>
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<td>For teens and adults only</td>
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<td>9:40 – 10:10 AM</td>
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<td>Break in the room to continue</td>
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<tr>
<td>10:10 – 11:40 AM</td>
<td>702 Clearwater</td>
<td>Moderator: Maggie M. How to Become a FASD Changemaker</td>
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<td>All ALC Coffee House discussion on advocacy and making a change</td>
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<td>For teens and adults only</td>
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<tr>
<td>11:40 – 12:40 PM</td>
<td>702 Clearwater</td>
<td>Lunch (provided for those with FASD)</td>
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<td>Meet for Closing Ceremonies Preparation</td>
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<td>For teens and adults only</td>
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<tr>
<td>12:40 – 12:50 PM</td>
<td>Regency Ballroom</td>
<td>Nothing about us without us</td>
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<td>Mini Keynote – The Plight for What is Right</td>
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<td>Jessica For everyone</td>
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<td>12:50 – 1:50 PM</td>
<td>Regency Ballroom</td>
<td>Closing Plenary in main conference (All stay for this)</td>
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<td>For everyone</td>
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<td>1:50 – 3:30 PM</td>
<td>Regency Ballroom</td>
<td>Master of Ceremonies: Justin S.</td>
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<td>Reading of the Star Thrower and All ALC Starfish Award Presentations -</td>
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<td>1 adult with FASD and 2 professionals chosen by ALC for their dedication and work in FASD for adults</td>
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<td>NOTE: Those chosen do NOT know ahead of time.</td>
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<td>Closing Ceremonies with closing videos including:</td>
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<td>What Does It Take to Become a FASD Changemaker?</td>
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<td>Reading of the FASD Gratitude</td>
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<td>All teens and adults who want to take part do so</td>
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