

# HILIBRAND AUTISM SYMPOSIUM

## ELEVENTH ANNUAL UJA-FEDERATION OF NEW YORK HILIBRAND AUTISM SYMPOSIUM

Fostering Independence and Enhancing Well Being for Adults with ASD: Managing Anxiety, Exploring Housing Models and Participating in Sports

### PROGRAM

#### 8:30 – 9:00 AM BREAKFAST AND REGISTRATION

#### 9:00 – 9:15 AM WELCOME AND INTRODUCTIONS

**Carol Corbin**, Chair of Caring Department's Community Inclusion Subcommittee

**Alex Roth-Kahn**, Managing Director, Caring Department

#### 9:15 – 10:00 AM FEATURED SPEAKER

**Paul Kotler**, Self-Advocate, Blogger, College Student  
*The Diverse Appearance of Autism*

Paul Kotler is a college student, blogger, autism advocate, and educator focused on expanding acceptance and understanding of the autism community. He is an advocate for multiple ways of language, from oral communication to sign language to typing, and everything in between.

#### 10:00 – 10:15 AM BREAK

#### 10:15 – 12:15 PM KEYNOTE SPEAKER

**Roma Vasa, M.D.**, Associate Professor of Psychiatry and Behavioral Sciences, John Hopkins University School of Medicine

*A Clinical and Research Talk on Anxiety in Autism Spectrum Disorder*

Anxiety disorders are one of the most common psychiatric conditions affecting individuals with autism spectrum disorder (ASD). These disorders can be severely impairing, disrupt educational programming and family life, and contribute to irritability and serious mental health disturbances. Long-term anxiety can affect residential planning and limit employment opportunities. This session will provide clinical and research updates regarding the management of anxiety in individuals with ASD.

#### 12:15 – 1:00 PM LUNCH

#### 1:00 – 2:00 PM

**Lara Stolman**, Filmmaker

A Talk and Excerpts of the Award-Winning Film, *Swim Team*

*Swim Team* is the story of a family with a son on the autism spectrum who takes matters into their own hands and forms a competitive swim team, the Jersey Hammerheads. The film chronicles their extraordinary rise while documenting their training with high expectations and zero pity. Producer and director, Lara, will show excerpts of the film and comment on the production and reception.

#### 2:00 – 2:15 PM BREAK

#### 2:15 – 4:00 PM PANEL ON HOUSING MODELS

**Linda Bialick**, Founder, Jewish Housing and Programming (J-HAP)

**Elliot Frank**, President, Autism Housing Development Corporation of Pittsburgh


**Mary Chris Semrow**, Consultant to Families, Specialized Housing Inc.

Moderator: **Gail Levinson, M.A.**, Former Executive Director, Supportive Housing Association of New Jersey

This panel features various housing models that are currently available throughout the U.S. for young adults with autism. Learn how each organization created its model, solidified funding and recruited participants.

#### 4:00 PM CLOSING REMARKS



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