



Pennsylvania Department of Human Services

You are invited to participate in the Department of Human Services' (DHS)

STATEWIDE POSITIVE APPROACHES & PRACTICES MEETING

Jointly hosted by
The *Office of Mental Health and Substance Abuse Services (OMHSAS)*
and the *Office of Developmental Programs (ODP)*

This quarterly meeting aims to provide the most recent research and resources for people with mental health and behavioral challenges, intellectual disabilities, autism, and other developmental disabilities to live an everyday life.

Date: May 15, 2025

Time: 10:00 am – 3:00 pm

Location: Online – Zoom Webinar

MORNING SESSION: *Walk. Run. Dance. Play. What's Your Move? Promoting Physical Activity with the Move Your Way® Campaign*

SESSION DESCRIPTION: During this presentation, attendees will learn about the Physical Activity Guidelines for Americans and how professionals serving Pennsylvanians with intellectual disabilities, autism, and behavioral health needs can integrate physical activity promotion into their work. Attendees will learn how to use the Move Your Way® campaign to reach people of all abilities with approachable and motivating physical activity messages. The session will also highlight practical strategies and innovative approaches that states and communities have used to implement the campaign.

PRESENTERS:

- **Malorie Polster, MPH, CHES** is a Physical Activity Advisor at the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS). As part of her work, she supports the implementation of the National Youth Sports Strategy and the Physical Activity Guidelines, and she serves as a subject matter expert for the Move Your Way® campaign.
- **Ted McCarthy** is a Public Affairs Specialist in the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS). Ted provides communications and media relations support for several of ODPHP's public health initiatives, including Move Your Way® and the Dietary Guidelines for Americans, as well as the work of the President's Council on Sports, Fitness & Nutrition (PCSFN).

- **Joseph Hart, BSN, RN** is a Nursing Administrator with the Office of Developmental Programs (ODP), currently serving as the lead for state health initiatives. Approximately 12 years at Polk, he served as an RN, RNS, Nurse Manager and Director of Clinical Services.

AFTERNOON SESSION #1: Unlocking Potential: An Overview of Special Olympics Pennsylvania's Community Sport, Health & Fitness, and In-School Programs

SESSION DESCRIPTION: Join representatives from Special Olympics Pennsylvania for an insightful overview of our comprehensive programs. Explore the diverse community sports offerings, learn about our crucial health and fitness initiatives, and discover our impactful in-school programming. This session will highlight how Special Olympics PA is making a tangible difference in the lives of athletes and their communities.

PRESENTERS:

- **Charla Stein, RD, LDN** has dedicated the past four years to Special Olympics Pennsylvania as their Healthy Communities Coordinator. A registered dietitian with over two decades of licensure in Pennsylvania, Charla brings a wealth of experience from diverse healthcare and education settings. Her background includes inpatient hospital care, outpatient counseling, and school-based nutrition education.
- **Chelsea Hammell** is the Vice President of Mission Integration at Special Olympics Pennsylvania and spearheads impactful initiatives that empower athletes to achieve their full potential. For the past decade, Chelsea has been instrumental in developing an organization-wide strategy focused on enhancing the overall health and fitness of athletes.
- **Lisa Barbour** has been an integral part of the Special Olympics community for 36 years, demonstrating a remarkable commitment to the movement. For the past 25 years, Lisa has served as an inspiring athlete leader, making significant contributions to the organization.

AFTERNOON SESSION #2: What's Strong with You? A Shift to Resiliency Informed Care

SESSION DESCRIPTION: At Shared Wellness, resilience, viewed through the lens of polyvagal theory, is not just about bouncing back from adversity. It's about developing a flexible nervous system that can navigate stress while maintaining a sense of safety and connection. Shared Wellness creates trauma informed environments that send clear cues of safety, an essential part of healing. Through holistic and mindful practices, structured routines, nutrition, gratitude, and interoception awareness, we support individuals and one another to learn to self-regulate or nervous systems and build lasting resilience. Education further empowers individuals to understand and care for their own well-being, making resilience a lived and sustainable experience.

PRESENTERS:

- **Dr John Thvedt**, Psychologist/CEO, Shared Wellness, has over 40 years as a licensed psychologist in the Intellectual and Developmental Disabilities (IDD) field. He has served as

clinical director, behavior specialist, therapist, consultant and CEO for non-profit organizations across the US. He is the original co-founder of Shared Support Concepts, subsequently Shared Support Inc., and currently, Shared Support South.

- **Christine Martin**, President and Executive Director, Shared Wellness, has thirty-eight years of experience in the Intellectual and Developmental Disabilities (IDD) field, Chris Martin has held various roles spanning Direct Support, Management, and Executive positions. She is the original co-founder of Shared Support Concepts, subsequently establishing Shared Support Inc., and currently presides over Shared Support South.
- **Riki Geyer**, Clinical Director, Shared Wellness, has been working to support individuals with Developmental Disabilities and Behavioral Health needs for 20+ years. During this time Riki has had a variety of roles building programs, facilitating trainings, supporting staff at all levels, analyzing data and collaborating with system partners.

AGENDA

10:00am - 10:05am **Welcome and Announcements**

10:05am – 11:30am **Move Your Way**

11:30am – 12:00pm **Lunch**

12:00pm – 1:30pm **Special Olympics**

1:30pm – 1:45pm **Break**

1:45pm – 2:55pm **Shared Wellness**

2:55pm - 3:00pm **Survey and End of Day Reflection**

TO REGISTER: https://us02web.zoom.us/webinar/register/WN_JwNSBFHFQrK-jCd5pxpZ5w

The Zoom link for joining the session will be sent to the email you used to register. This link will be unique to your registration. Please do not share this link.

Questions? Email: PATraining@columbusorg.com

Certificates of Attendance are not issued for Statewide Positive Approaches and Practices Meetings.