Connecticut LEND: Leadership Education in Neurodevelopmental and Related Disabilities

https://ctlend.uconnucedd.org

9/25/26 – LEND SEMINAR 4-MCH Foundations: Self Knowledge and Self Care				
TIME	**TOPIC**	**PRESENTERS**	**OBJECTIVES**	**READING ASSIGNMENTS**
8:30am	Reading Groups	**All**	• Describe your personal and professional strengths and style • Describe the history of the disability movement • Describe how the social understanding of ID and DD has changed over time • Identify key events in the history of IDD movement • Identify landmark legislation that defined the history of the disability movement • Describe examples of research-based strategies to enhance health and well-being	Brown, I., Radford, J. P., & Wehmeyer, M. L. (2017). Historical overview of intellectual and developmental disabilities. In M. L. Wehmeyer, I. Brown, M. Percy, K. A. Shogren & W. L. A. Fung (Eds.), *A comprehensive guide to intellectual and developmental disabilities* (2nd ed., pp. 19-34). Baltimore, MD: Brookes. Coombs, N. C., Meriwether, W. E., Caringi, J., & Newcomer, S. R. (2021). Barriers to healthcare access among US adults with mental health challenges: A population-based study. *SSM-population health*, *15*, 100847. https://doi.org/10.1016/j.ssmph.2021.100847 Humphreys, B. P., Kurtz, A. J., Portrie, C., Couse, L. J., & Hajnaghizadeh, F. (2018). Advancing leadership skills: A Multiyear examination of LEND trainee self-efficacy growth. *Maternal and Child Health Journal*, *22*(10), 1377–1383. https://doi.org/10.1007/s10995-018-2582-2 Kapoor, V. G., Bray, M. A., & Kehle, T. J. (2010). School-based intervention: Relaxation and guided imagery for students with asthma and anxiety disorder. *Canadian Journal of School Psychology*, *25*(4), 311-327. https://doi/10.1177/0829573510375551 Shankar, N. L., & Park, C. L. (2016). Effects of stress on students' physical and mental health and academic success. *International Journal of School & Educational Psychology, 4*(1), 5–9. https://doi.org/10.1080/21683603.2016.1130532
9:00am	Large Group Discussion	**All**		
9:15am	True Colors and How Your Personality Traits Affect Your Life and Leadership	**Darla Gundler** UConn UCEDD		
12:00pm	Lunch			
1:00pm	Research on Mind-Body-Health Connections: Tools and Practice for Faculty and Students, Now and the Future	**Melissa Bray, PhD** Chair of School Psychology, Neag School of Education, UConn **Cheryl Maykel, PhD** Associate Professor of Practice and Director of Clinical Training in School Psychology Clark University, Worcester, MA		
4:00pm	Adjourn			