

Money Follows the Person (MFP) Initiative Dual Diagnosis Professional Conference Series

Mindfulness Tools and Movement Practices

Presented by Marissa Vogel and Megan Sicheri

Intended Audience: Clinical Professionals including those in training, State Center and State Hospital Staff, Supports Coordinators and Provider Staff including Direct Support Professionals.

Conference Description: Open Up's mission is to teach mindfulness tools and movement practices, centering people living with disabilities. Through inclusive, engaging, enjoyable activities including yoga and improvisational theater games, participants learn and explore new tools to help navigate social settings. While yoga and improvisation are two separate disciplines, they both encourage the development of joy, interconnectivity, and deeper self-understanding. Participants of all abilities are welcome to practice moving in our own ways, together!

This workshop will focus on creative approaches to building inclusive communities. Learn about Open Up's experience in establishing thoughtful partnerships, developing novel programming, listening to diverse perspectives through a trauma-informed lens, and peppering fun into all you do! Session attendees will leave with a toolkit of ideas for incorporating accessible mindfulness, movement, and joy into daily life.

About the Presenters: **Marissa Vogel** has a Masters in Education of Students with Disabilities from the University of Pittsburgh as well as a Journalism and Multimedia Degree from Duquesne University. She has years of project management experience in public health through the Maternal Child Health Bureau and has created and implemented project-based curriculum in Pittsburgh Public District schools. Marissa has presented research around inclusive, community-based curriculum development to an international audience through Harvard University's 'Project Zero'. She is dedicated to the education and unwavering support of people with disabilities.

Megan Sicheri has a marketing degree from The University of Pittsburgh and over a decade of experience working in wellness encompassing the mind and body. She has certified specializations in working with children and older populations as well as persons with behavioral and cognitive disabilities. As a certified yoga teacher and personal trainer, she is dedicated to tailoring mindfulness and movement to persons of all abilities. Megan is a lifelong Special Olympics volunteer and advocate for her sister who has autism.

Date: November 19, 2019

Time: 10:00 a.m. – 3:00 p.m.
(Lunch is on your own from 12:00 – 1:00 p.m.)

Location:
PA NewsMedia Association,
3899 North Front Street,
Harrisburg, PA 17110

Registration Fee: There is no registration fee to participate in this event.

How to Register: Visit <https://www.myodp.org/course/view.php?id=1540> or navigate to Training > Dual Diagnosis > Professional Conference Series from the MyODP.org homepage. Registration is first-come, first-served and space is limited.

Questions:
Email Robin Levine at rlevine@columbusorg.com.