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# TASP 2026 CONFERENCE

*BUILDING BRIDGES  
FOR PARENTS WITH IDD*  
**MARCH 12-13, 2026**



# Welcome!

*We are Dedicated to Enhancing the Lives of Parents Living with Cognitive Difficulties and Their Families through Education, Advocacy, and Support.*

## WELCOME TO THE 2026 TASP CONFERENCE!

Family life is wonderfully complex, and every family, no matter who they are, benefits from support, connection, and strong community networks. At TASP, we work to build those networks by bringing people together, creating partnerships, offering training and education, advocating for system change, and collaborating with self-advocates and professionals across child welfare, early intervention, education, health care, disability services, family law, family support, and more.

Every few years, we host a conference in a different location across North America. Our goal is simple: to give professionals meaningful continuing education, and to give parents opportunities to learn, connect, and help shape the direction of our shared work. We highlight emerging issues, evidence-based practices, and new ideas that strengthen support for parents with learning difficulties.

TASP is a community where families, professionals, supporters, and advocates can share ideas, learn from one another, and work together to ensure every parent has a real chance to parent. We're so excited to come together with you all, and say a special "Thank You" to ASU's School of Social Work and Dr. Liz Lightfoot for their support in making the conference happen.

Welcome!

**CATHY HAARSTAD**  
TASP Board President

**CHELSEA TIGHE**  
TASP Executive Director

### TASP Board Members

Cathy Haarstad, President  
Lisa Simmons, Secretary  
Betsy Misch, Treasurer  
Lindsay Brillhart, Parent Voice  
Sue Jones  
Susan Yuan  
Ivanova Smith  
Colleen Downes  
Quiana Mayo  
Dorothy Hannigan  
Jamie Junior  
Santa Perez  
Sara Lorr  
Stephanie Madrigal  
Emily Velasquez  
Tamara Huntley

### TASP Conference Committee

Stephanie Madrigal, Chair  
Cathy Haarstad  
Betsy Misch  
Lindsay Brillhart  
Sue Jones  
Quiana Mayo  
Chelsea Tighe

### ASU SSW Conference Support

Elizabeth Lightfoot  
April Sobarzo  
Cassie Burtis

**Question?**

**Come to the registration desk or find someone with a TASP Board or Volunteer Badge**



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# Welcome to Phoenix!

We hope you find time to enjoy this beautiful city. Information about local attractions can be found in your bags, on the registration table, or ask a volunteer.

## ASU CONFERENCE MAP

### Conference Locations in Downtown Phoenix

**C. Student Center**  
at the Post Office (POST)  
Breakout Rooms  
522 N Central Ave

**A. A.E. England Building**  
Main Conference Space  
424 N Central Ave

**B. ASU University Center (UCENT)**  
Breakout Rooms  
411 N Central Ave

**AE England Building, 424 N. Central St: Main Conference Space**

**ASU Student Center @ Post Office (POST), 522 N. Central St: Breakout Rooms**

**ASU Student Center (UCENT), 411 N. Central St: Breakout Rooms**

W Fillmore St.

W Taylor St.

E Taylor Mall – Pedestrian Path

E Polk St.

# FEATURED SPEAKERS



**Liz Lightfoot**

Elizabeth Lightfoot, PhD, is Director and Distinguished Professor of Social Policy at the Arizona State University School of Social Work. Lightfoot's research centers on disability policy and services.



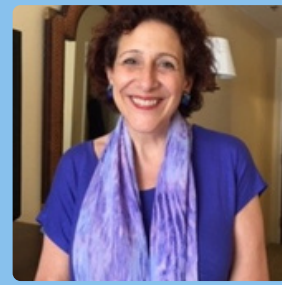
**Cathy Haarstad**

Cathy works at The Rushmore group, using the SIS assessment tool to help service providers evaluate the support that people with IDD need to live successful and inclusive lives. Cathy is also the parent of an adult with developmental disabilities.



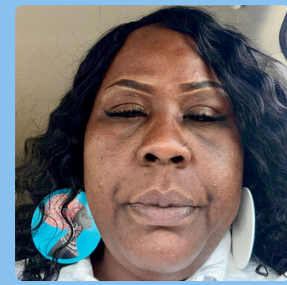
**Lindsay Brillhart**

Lindsay is a mom of 2 girls. She is a strong self-advocate for her kids and others. She has (formally) worked with the ARC of Hamilton County and Hamilton County Developmental Disability Services.



**Karyn Harvey**

Karyn Harvey has worked as a clinician in the field of intellectual disabilities for over 35 years. She has written three books and she regularly conducts trainings on trauma-informed support for people with IDD.



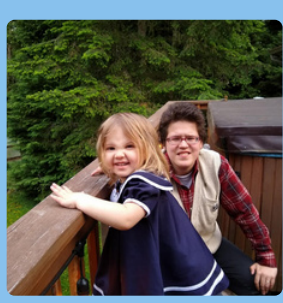
**Quiana Mayo**

Quiana has advocated for parents, youth and children living disabilities for over 10 years. She's on various Boards in Connecticut as well as nationally. Quiana has two young adult children living with disabilities as well as having disabilities herself.



**Lisa Simmons**

Lisa Simmons has been involved in advocacy for families and individuals with disabilities for over 30 years and has professional experience in case management, interdisciplinary team leadership, capacity development, and assisting families with service navigation and coordination.



**Ivanova Smith**

Ivanova Smith is a Self-Advocate leader in Washington State and mother of two young girls. Ivanova works as a Community Collaboration Program Manager for the Developmental Disabilities Community Services for DSHS in WA.

## Conference Presentations



Access the PPTs for presentations



## Full Presentation Descriptions



Find full presentation descriptions



# CONFERENCE SCHEDULE

DAY 1

Thursday, March 12, 2026 | 8:00 AM – 4:30 PM

Time	Session	Room
8:00 AM – 8:45 AM	Registration & Coffee / Visit Exhibitors	AE England Foyer
8:45 AM – 9:00 AM	<b>Welcome &amp; Introduction:</b> <i>Chelsea Tighe &amp; Lindsay Brillhart</i>	AE England Bldg
9:00 AM – 9:45 AM	<p><b>Keynote</b></p> <p><i>Developing, Piloting, and Scaling a Child Welfare Training for Working with Parents with Disabilities</i></p> <p><b>Elizabeth Lightfoot, PhD</b></p>	AE England Bldg
9:45 AM – 10:00 AM	Break / Visit Exhibitors — Travel to Breakout 1	AE England Foyer
10:00 AM – 11:10 AM	<b>BREAKOUT SESSION 1 — Choose one session to attend</b>	
	<p><b>From Advocacy to Action: Enforcing ADA Protections for Parents with IDD</b></p> <p><b>MJ (Maleeka) Jihad</b></p> <p>Learn how systems routinely fail to implement ADA protections for parents with IDD, and how advocates can move from awareness into action — identifying violations, holding agencies accountable, and building collaborative advocacy.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 234
	<p><b>Preventing Family Separation at Birth: Training Doulas to Support Parents with Disabilities</b></p> <p><b>Sarah Lorr, Saskia Valencia, Prianka Nair &amp; Stefanie Kaufman-Mthimkhulu</b></p> <p>Brooklyn Law School's Disability and Civil Rights Clinic and Project LETS developed a training series for parents, doulas, medical workers, and legal providers on supporting pregnant people with disabilities, including preventing child removal at birth.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	POST 120 Grand Canyon
	<p><b>Research Better Together — Building Community Partnerships</b></p> <p><b>Susan Jones, Joanne Nicholson, Betsy Misch, Quiana Mayo, Ivanova Smith</b></p> <p>The Building Bridges with Mothers with IDD project brought together parent self-advocates, Brandeis University, and community partners to build capacity for patient-centered research. Explore how this inclusive team developed accessible health resources and a co-produced podcast series.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	POST 135 San Carlos
	<p><b>Pregnancy in People with IDD is Public Health</b></p> <p><b>Eric Rubenstein, Laura Graham Holmes &amp; Ashley Scott</b></p> <p>Research from 33,457 pregnant people with IDD enrolled in Medicaid/Medicare examines healthcare utilization, health outcomes, and disparities. Narrative portraits center participants' voices in this multi-faceted public health analysis.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 286

# CONFERENCE SCHEDULE

DAY 1 (cont.)

Thursday, March 12, 2026

Time	Session	Room
11:10 AM – 11:20 AM	<b>Break / Visit Exhibitors — Travel to Main Space</b>	AE England Foyer
11:20 AM – 12:00 PM	<p><b>More Support for Parents with IDD Through Program Development and Design: A New Curriculum</b></p> <p><b>Cathy Haarstad and Lindsay Brillhart</b></p> <p>Learn about TASP's new curriculum designed to help providers offer support for parents with learning difficulties. Get a sneak peek at what's inside, how to access it, and available formats.</p>	AE England Bldg
12:00 PM – 1:00 PM	<b>Lunch &amp; Networking / Visit Exhibitors</b>	AE England Bldg
1:00 PM – 1:10 PM	<b>Break / Visit Exhibitors — Travel to Breakout 2</b>	AE England Foyer
1:10 PM – 2:20 PM	<b>BREAKOUT SESSION 2 — Choose one session to attend</b>	
	<p><b>The Numbers Gap: Making Sense of Testing Results</b></p> <p><b>Margo Townley, MSW, PsyD</b></p> <p>Psychological and neuropsychological testing can be misunderstood or misused in CPS cases, creating barriers to reunification. This workshop demystifies evaluations — IQ, memory, executive functioning, personality — and shows how to interpret and reframe results to highlight strengths.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 234
	<p><b>Tailored Services – Maryland Strategies for Representing IDD Parents in Child Welfare Cases</b></p> <p><b>Kenneth Wardlaw, Sheila Long &amp; Elizabeth VanHorn</b></p> <p>A historical perspective on representing parents with IDD in Maryland child welfare cases, examining landmark cases and the use of ADA and state law to achieve safe family reunification. Includes interactive discussion on available support services.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	POST 120 Grand Canyon
	<p><b>Usage and Engagement in a Digital Intervention for Adults with Intellectual Disabilities who are Parents of Infants</b></p> <p><b>Ed Feil, Kendra Guinness &amp; Betsy Davis</b></p> <p>Findings from a feasibility study of ePALS, a digital parenting intervention for parents of infants with cognitive difficulties. Strong coaching satisfaction, variable digital engagement, and lessons learned about accessible design are shared.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 286
	<p><b>Enhancing your Professional Toolbox of Parent Training Strategies when Supporting Parents with Intellectual Disabilities</b></p> <p><b>Trupti Rao &amp; Varsha Bhatnagar</b></p> <p>Drawing from nearly two decades of NYC's Project IMPACT, this workshop shares field-tested strategies, visual aids, environmental adaptations, and approaches to intersectional barriers like poverty and immigration status to empower parents with IDD.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	POST 135 San Carlos
2:20 PM – 2:30 PM	<b>Break / Visit Exhibitors — Travel to Breakout 3</b>	AE England Foyer

# CONFERENCE SCHEDULE

DAY 1 (cont.)

Thursday, March 12, 2026

Time	Session	Room
2:30 PM – 3:40 PM	<b>BREAKOUT SESSION 3 — Choose one session to attend</b>	
	<p><b>True Inclusion in Family Life</b></p> <p><b>Ivanova Smith</b></p> <p>Ivanova shares her personal journey becoming a parent and advocating for parent rights for people with IDD in Washington State — including how new laws have been used to protect disabled parents and how lived experience can drive meaningful policy change.</p> <p><i>Track: Parent/Self-Advocate</i></p>	POST 120 Grand Canyon
	<p><b>An End to "Insight": Centering the Lived Experience of Parents with Intellectual Disabilities in the Courtroom</b></p> <p><b>Amy Armstrong</b></p> <p>The family policing system requires parents with IDD to perform "insight" through narrow, often ableist standards. This workshop explores what courts really want and provides practical tools for advocates to challenge this requirement and center parents' actual lived experiences.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 234
	<p><b>Raising Families: Disability Justice and Intersectional Identities</b></p> <p><b>Dr. Julie Clockston &amp; Sydney Jackson Clockston</b></p> <p>Exploring the lived experiences of parents with disabilities through disability justice and intersectionality frameworks. Drawing from research, policy analysis, and lived expertise, this session highlights barriers and advocates for equitable, rights-centered family systems.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 286
3:40 PM – 3:50 PM	<b>Break — Travel to Main Space</b>	AE England Foyer
3:50 PM – 4:00 PM	<p><b>Day 1 Closing Remarks</b></p> <p>Chelsea Tighe</p>	AE England Bldg
4:00 PM – 4:30 PM	<b>Networking / Visit Exhibitors</b>	AE England Bldg

**Thank you to our conference sponsors!**



# CONFERENCE SCHEDULE

DAY 2

Friday, March 13, 2026 | 8:00 AM – 4:00 PM

Time	Session	Room
8:00 AM – 8:45 AM	<b>Registration &amp; Coffee / Visit Exhibitors</b>	AE England Foyer
8:45 AM – 9:00 AM	<b>Welcome Back:</b> Cathy Haarstad & Quiana Mayo	AE England Bldg
9:00 AM – 9:45 AM	<p><b>Day 2 Keynote</b></p> <p><i>Trauma and Recovery: The Right to Heal</i></p> <p><b>Karyn Harvey, PhD</b></p>	AE England Bldg
9:45 AM – 10:00 AM	<b>Break / Visit Exhibitors — Travel to Breakout 4</b>	AE England Foyer
10:00 AM – 11:10 AM	<b>BREAKOUT SESSION 4 — Choose one session to attend</b>	
	<p><b>Transition Planning for Students with Disabilities</b></p> <p><b>Maureen van Stone &amp; Mallory Legg</b></p> <p>A comprehensive overview of federal transition planning requirements for students with disabilities, including a timeline for students ages 18–21, effective and ineffective planning examples, and practical resources for parents, caregivers, and professionals.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	UCENT 234
	<p><b>PATHS: Providing Accessible Training and Home Support for Parents with Intellectual Disabilities</b></p> <p><b>Sara Clancey, Nicole Rambeau &amp; Lindsay Brillhart</b></p> <p>The PATHS program partnered with parents with IDD and home visitors over two years to develop and deliver an evidence-based training series for 100+ home visitors. Learn key themes from interviews and discover next steps to improve home visiting for families.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	POST 120 Grand Canyon
	<p><b>Challenging Ideals of Motherhood: Perceptions of Disability and Babywearing as an Inclusive Practice</b></p> <p><b>Alissa Inzunza &amp; Lela Rankin</b></p> <p>A mixed-methods study of social work students' perceptions of mothers with disabilities reveals persistent stigma. Paired with empirical research on babywearing, this session shows how caregiving practices and professional attitudes intersect to shape family support.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 286
	<p><b>I/DD and the Criminal Justice System: Victims, Police Contact, and Policies</b></p> <p><b>Ezequiel Dominguez, Danielle Wallace, Isabella Castillo &amp; Pratiksha Dangle</b></p> <p>An interdisciplinary panel examining how people with IDD encounter the criminal justice system — including labor trafficking vulnerability, disproportionate rates of self-harm, and police interactions. Practical prevention strategies and cross-sector approaches are shared.</p> <p><i>Track: Professional/Provider</i></p>	POST 135 San Carlos

# CONFERENCE SCHEDULE

DAY 2 (cont.)

Friday, March 13, 2026

Time	Session	Room
11:10 AM – 11:20 AM	Break / Visit Exhibitors — Travel to Breakout 5	AE England Foyer
11:20 AM – 12:30 PM	<b>BREAKOUT SESSION 5 — Choose one session to attend</b>	
	<p><b>Proud Parents — Leadership &amp; Encouragement for ALL Parents</b></p> <p><b>Jessica Piccolo and Lu Freitas</b></p> <p>Proud Parents presenters with lived expertise in IDD share personal stories and interactive Q&amp;A. Learn about this peer support and advocacy group, how to navigate their plain language website for resources, and how to become strong self-advocates to fight discrimination in CPS.</p> <p><i>Track: Parent/Self-Advocate</i></p>	POST 120 Grand Canyon
	<p><b>The Measure of Belonging: Assessing Supports and Using AI to Strengthen Advocacy and Community for Parents with IDD</b></p> <p><b>Nicole Brisson &amp; Kathleen Brown</b></p> <p>Parenthood is the ultimate expression of belonging. This session presents support assessment strategies, community mapping tools, and innovative uses of AI to reduce isolation and build sustainable networks for parents with IDD. Includes a hands-on support mapping activity.</p> <p><i>Track: Professional/Provider</i></p>	UCENT 234
	<p><b>Dreaming Beyond High School: Supporting Students with Intellectual Disability to Navigate Inclusive Postsecondary Education</b></p> <p><b>Lyndsey Nunes &amp; Sarah Lamb</b></p> <p>Massachusetts' 2022 legislation requires all public colleges to offer inclusive postsecondary education pathways for students with IDD. This session shares a national landscape, practical transition strategies, and tools for parents and students to advocate for postsecondary opportunities.</p> <p><i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i></p>	UCENT 286
12:30 PM – 1:15 PM	Lunch & Networking / Visit Exhibitors	AE England Bldg
1:15 PM – 1:30 PM	Break / Visit Exhibitors — Travel to Breakout 6	AE England Foyer

*Visit the conference exhibitors!*



DIVISION OF DEVELOPMENTAL DISABILITIES

Special Olympics Arizona



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a chance to parent



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# CONFERENCE SCHEDULE

DAY 2 (cont.)

Friday, March 13, 2026

Time	Session	Room
1:30 PM – 2:40 PM	<b>BREAKOUT SESSION 6 — Choose one session to attend</b>	
	<b>Let's Be Creative! Best Practices for Supporting Parents with IDD Navigating the Child Welfare System</b> <b>Kelli Nagel</b> Parents with IDD are overrepresented in the child welfare system. This interactive session covers federal child welfare law and ADA protections, combating ableism in practice, and hands-on hypothetical scenarios to build creative legal accommodations that help families stay together. <i>Track: Dual Track (Professional &amp; Parent/Self-Advocate)</i>	POST 120 Grand Canyon
	<b>Self Care — Taking Care of You!</b> <b>Karyn Harvey, PhD</b> A positive psychology workshop for parents exploring self-care strategies: taking breaks, finding support, breathing techniques, creative outlets, celebrating accomplishments, and embracing the present moment. Highly interactive and designed with parents with IDD in mind. <i>Track: Parent/Self-Advocate</i>	UCENT 234
	<b>Inside the Online Training: A Guided Walkthrough</b> <b>Elizabeth Lightfoot, PhD</b> A step-by-step guided tour of TASP's new online training curriculum for professionals working with parents with IDD. Learn how to access and navigate the platform and explore the content available to support your practice. <i>Track: Professional/Provider</i>	UCENT 286
2:40 PM – 2:50 PM	<b>Break — Travel to Main Space for Snack and Panel</b>	AE England Foyer
2:50 PM – 3:50 PM	<b>Parent Panel</b> <b>With Parent Self-Advocates: Lindsay Brillhart, Quiana Mayo, and Ivanova Smith. Moderated by Lisa Simmons.</b> Parents with lived experience of IDD offer thoughtful, revealing perspectives on their personal journeys: the struggles, the successes, and what it truly means to parent with a disability. Gain insight into what families need from professionals, advocates, and the systems that serve them. This session embodies TASP's core belief: Nothing About Us Without Us.	AE England Bldg
3:50 PM – 4:00 PM	<b>Closing Remarks &amp; Farewell</b> <b>Chelsea Tighe, Elizabeth Lightfoot &amp; Parent Panelists</b> <i>Thank you, call to action, and collective affirmation: Every Parent Counts. Every Voice Matters.</i>	AE England Bldg

**How did we do?**

Let us know what you thought of the conference. Scan the QR code to take our conference survey.

Prefer a paper copy or need a plain-language survey? Visit the registration table on your way out.



## No One Parents Alone...



### You are crucial to the success of the families you support.

Let us help you meet the unique learning, mental health, and other disability-related needs of the parents and children you serve.

#### ADAPTIVE PARENTING ASSESSMENTS

Strength-based parenting capacity evaluations that identify barriers, recommend accommodations, and align with the ADA and Rehabilitation Act.

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For adults with disabilities, **Arizona Mentor and Tungland DTA Day Programs** services offer hands-on learning and fun activities. Individuals can choose from a wide range of activities that match their interests.

We take the time to truly understand each individual in our day program, creating personalized service plans that foster growth, independence, and well-being. Our dedicated team supports every step of the journey—empowering individuals to live safely, stay healthy, and achieve their hopes and dreams.

*Our day program services vary based on location. Connect with us to learn more about services and transportation services in your area.*

#### Programs and Activities

- > Lifeskills
- > Self-advocacy
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- > Social and community interaction
- > Community integration
- > Personal care support and development
- > Mobility training
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- > Recreational development activities
- > Safe and natural environments
- > Vocational services

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[az-mentor.com](http://az-mentor.com)

THE ASSOCIATION FOR SUCCESSFUL PARENTING  
(TASP)

## PARENTS WITH IDD DESERVE SYSTEMS THAT WORK.

TASP advances training, practical resources, and cross-system solutions to improve outcomes for parents with intellectual and developmental disabilities and their families.



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**TASP**  
The Association for Successful Parenting  
A Chance to Parent



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among public  
universities

# and #7 overall in the U.S. for total research expenditures

among schools of social work

— National Science Foundation  
HERD survey, 2025

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# NOTES