

**REGISTER NOW**

**16<sup>th</sup> Annual**

# **Insights into AUTISM**

**Autism's Next Hurdles  
and Horizons**

**In-Person  
and Virtual  
Attendance**



**Friday, February 6, 2026  
8 a.m. - 4 p.m.**



**Old Dominion University's Eastern Virginia Medical School Campus,  
Lester Hall, Norfolk, Virginia**

Presented by



**MACON & JOAN BROCK  
VIRGINIA HEALTH SCIENCES  
AT OLD DOMINION UNIVERSITY**



**Visit [CHKD.org/CME](https://CHKD.org/CME) to learn more or scan the code.**

This activity has been approved for AMA PRA Category 1 Credit™.

# 16th Annual Insights into Autism: Autism's Next Hurdles and Horizons

## Conference Overview

This activity aims to provide attendees with a better understanding of how the House Bill 1, often referenced as HB1, will affect people with disabilities and the challenges in obtaining an autism diagnosis. In addition, the speakers will provide insights into treating anxiety, nutritional problems and water safety for children with autism. Lastly, the speakers will provide expertise and updates on the genetics and molecular therapies for autism, as well as, how workplaces can provide better support for people with autism as they transition to adulthood.

## Target Audience

This conference is designed for pediatricians, neurologists, psychologist, psychiatrists, nurses, occupational therapists, speech therapists, art therapists, special education teachers, social workers, other interested allied health professionals, and anyone who wishes to improve care to patients and families diagnosed with an Autism Spectrum Disorder (ASD).

## Continuing Medical Education Credit

### ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Macon & Joan Brock Virginia Health Sciences at Old Dominion University and Children's Hospital of The King's Daughters. Macon & Joan Brock Virginia Health Sciences at Old Dominion University is accredited by the ACCME to provide continuing medical education for physicians.

### CREDIT DESIGNATION

Macon & Joan Brock Virginia Health Sciences at Old Dominion University designates this live activity for a maximum of 7 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Continuing Nursing Credit

Children's Hospital of The King's Daughters is approved as a provider of nursing continuing professional development by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Children's Hospital of The King's Daughters designates this live activity for a maximum of 7 contact hours.

## Psychology Credit

6.75 hours of continuing education credit will be awarded for psychologists. The Macon & Joan Brock Virginia Health Sciences at Old Dominion University is approved by the American Psychological Association to sponsor continuing education for psychologists. The Macon & Joan Brock Virginia Health Sciences at Old Dominion University maintains responsibility for this program and its content. For questions regarding CE for psychologists, please contact Dr. Flaherty, [Jennifer.Flaherty@CHKD.org](mailto:Jennifer.Flaherty@CHKD.org).

## Cancellation Policy

Cancellations must be received by 5 p.m. EST, January 23, 2026, to receive a refund; however, an administrative fee of \$10 will be retained on all cancellations. Refunds will not be given for cancellations received after this date or for no shows. Cancellations must be submitted in writing and may be emailed to [CME@ODU.edu](mailto:CME@ODU.edu).

## Registration Fees

Physicians: \$185

Other Professionals: \$95

EVMS/ODU Trainees/Students: Free

Other Trainees/Students: \$35

Parent/Caregiver of child(ren) with Autism - In-Person: \$10

Parent/Caregiver of child(ren) with Autism - Virtual: FREE

Persons with Autism - In-Person: \$10

Persons with Autism - Virtual: Free

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## Agenda

- 7:30 a.m. Sign-In/Light Breakfast
- 8:00 a.m. Welcome and Overview  
*John W. Harrington, MD and Janice Keener, PsyD*
- 8:10 a.m. **Impact of the HB1 on People with Disabilities in VA and Nationwide**  
Describe the impact that major provisions in the budget reconciliation law have on people with disabilities.  
*Kim Musheno and Whitney King, MAT, PBS-F*
- 8:45 a.m. **The Ones We Miss**  
Assess current diagnostic autism practices to determine errors in sensitivity and specificity. Identify those individuals who are at greater risk of being missed for a diagnosis.  
*Stephen M. Kanne, PhD, ABPP*
- 9:30 a.m. Break
- 9:45 a.m. **Anxiety Intervention for Autistic Individuals**  
Evaluate the evidence supporting anxiety interventions and apply emerging anxiety intervention models in autistic individuals.  
*Amy Keefer PhD, ABPP*
- 10:50 a.m. **You Are What You Eat: Assessment and Treatment of Nutritional/Feeding Selectivity in Autism**  
Explain the common feeding, eating, and nutritional challenges associated with autism. Utilize a Multidisciplinary Evaluation Model and explain the underpinnings of psychosocial interventions.  
*William Sharp, PhD*
- 11:50 a.m. Lunch
- 12:10 p.m. **Lunch and Learn - Vital Vignette**  
Identify why the autism community is at an increased risk for drowning. Implement solutions to mitigate drowning risks.  
*Katie Wentley*
- 12:30 p.m. **Unlocking the Genetics of Autism: From Discovery to Diagnosis**  
Determine common genetic causes between ASD and differentiate between syndromic and non-syndromic presentations. Apply current genetic testing strategies to evaluate children with suspected ASD and interpret results to guide diagnosis and counseling.  
*Paul Kruszka, MD, MPH, FACMG*
- 1:20 p.m. **A New Era of Molecular Therapies for Autism**  
Define state-of-the-art discoveries in the neuroscience of autism that enable the development of new therapies for autism.  
*Kevin Pelphrey, MD, FACMG*
- 2:20 p.m. Break
- 2:35 p.m. **Leading with Autism: Synthesizing Science and Experience for a More Collaborative Autism Community**  
Analyze historical and scientific developments that shape current questions in autism and systematically evaluate workplace support strategies for autistic employees with low support needs while ensuring alignment with the needs and perspectives of individuals requiring higher levels of support.  
*Holden Thorp, PhD*
- 3:30 p.m. **Speaker Panel**  
Explain current hurdles related to patients with autism and apply evidence-based approaches to support timely referral, intervention, and on-going care.  
*Amy Keefer, PhD, ABPP; Whitney King, MAT, PBSF; Paul Kruszka, MD, MPH, FACMG; Kim Musheno; Kevin Pelphrey, MD, FACMG; and William Sharp, PhD*
- 4:00 p.m. **Wrap-up**  
*John W. Harrington, MD and Nicole Miller*

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## Course Directors

### **John W. Harrington, MD**

Vice-President of Quality/Safety and Clinical Integration  
Children's Medical Group Medical Director  
Vice-Chair of Primary Care  
Children's Hospital of The King's Daughters  
Professor of Pediatrics  
Eastern Virginia Medical School at ODU  
Norfolk, VA

### **Janice Keener, PsyD**

Assistant Professor of Clinical Pediatrics  
Eastern Virginia Medical School at ODU  
Director of Psychological and Assessment Services in  
Developmental Pediatrics  
Children's Hospital of The King's Daughters  
Norfolk, VA

## Guest Faculty

### **Stephen M. Kanne, PhD, ABPP**

Licensed Psychologist  
Professor  
Department of Health Psychology  
Thompson Center for Autism & Neurodevelopment  
Columbia, MO

### **Amy Keefer, PhD, ABPP**

Assistant Director of Psychological Services  
Center for Autism Services, Science and Innovation (CASSI™)  
Kennedy Krieger Institute  
Assistant Professor, Department of Psychiatry and Behavioral  
Sciences  
Johns Hopkins University School of Medicine  
Baltimore, MD

### **Whitney King, MAT, PBS-F**

CEO & Public Speaker  
Destination Family Services  
Virginia Beach, VA

### **Paul Kruszka, MD, MPH, FACMG**

Director, Division of Pediatric Genetics  
Professor of Pediatrics  
University of Virginia School of Medicine  
Charlottesville, VA

### **Nicole Miller**

Affiliate Relations Manager  
Autism Society of America  
Virginia Beach, VA

### **Kim Musheno**

Senior Director of Medicaid Policy  
The Arc of the United States  
Washington, DC

### **Kevin Pelphrey, PhD, FACMG**

Harrison-Wood Jefferson Scholars Foundation Distinguished  
Professor of Neurology  
University of Virginia School of Medicine  
Charlottesville, VA

### **William Sharp, PhD**

Eminent Psychologist  
Director, Children's Multidisciplinary Feeding Program  
Children's Healthcare of Atlanta  
Professor, Division of Autism and Related Disorders &  
Division of Pediatric Gastroenterology, Hepatology, and  
Nutrition  
Department of Pediatrics, Emory University School of  
Medicine  
Atlanta, GA

### **Holden Thorp, PhD**

Editor-in-Chief  
Science Family of Journals  
Professor of Chemistry and Medicine  
George Washington University  
Washington, DC

### **Katie Wentley**

Water & Wandering Program Manager  
Autism Society of America  
Palm Beach, FL

## Planning Committee

Sarah Chagnon, MD  
Jennifer M. Flaherty, PhD  
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Janice Keener, PsyD  
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Bailey Merrell  
Nicole Miller  
Tamara Palka, MD  
Aubrey Todd, MSN, RN, CPN

**For more information, visit [CHKD.org/CME](https://CHKD.org/CME).  
To register, visit [EVMS.edu/CMeregistration](https://EVMS.edu/CMeregistration).**