

REGISTER NOW

16th 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,
Presented by **Lester Hall, Norfolk, Virginia**



Visit 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.

► 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.

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

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

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 Mushero 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 Mushero; Kevin Pelphrey, MD, FACMG; and William Sharp, PhD

4:00 p.m. **Wrap-up**
John W. Harrington, MD and Nicole Miller

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

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
Lisa Fore-Arcand, MEd, EDD
John W. Harrington, MD
Janice Keener, PsyD
Kelly A. McCoy, MMHPE
Bailey Merrell
Nicole Miller
Tamara Palka, MD
Aubrey Todd, MSN, RN, CPN

For more information, visit CHKD.org/CME.

To register, visit EVMS.edu/CMERegistration.