



A Healthy You and 22q

September 19, 2026



A Healthy You and 22q

Program Description:

This program is intended to educate parents, caregivers and patients affected by 22q11.2 deletion syndrome. An opportunity to participate in live “chat rooms” with national experts will allow for roundtable discussion. There will be separate sessions for teens and school age children. Light refreshments and lunch will be provided.

Program Date:

September 19, 2026 | 8 a.m. to 4:30 p.m.

Location:

Nationwide Children’s Hospital Education Center
700 Children’s Drive | Columbus, OH 43205

Who Should Attend?

Parents, guardians, family members, caregivers of children with 22q, children with 22q and their siblings. Children must be accompanied by their parent or guardian.

Cost:

\$35 each adult

\$75 health care professionals

Free registration for teens and children



Confirmation:

A confirmation email with directions will be sent to all participants.

Conference Parking:

Parking is located in the Orange Parking Garage, located at 555 S. 18th St., Columbus, OH. Parking is \$2 for the day.

Questions:

For registration questions, call (614) 355-0662 or email **CommunityEducation@NationwideChildrens.org**.

Hotels:

A block of rooms has been reserved at:

The Drury Plaza Hotel

88 E. Nationwide Blvd ,Columbus, OH 43215.

Reference Nationwide Childre's Hospital 22q Family Conference to receive this rate. \$138 per night plus tax. Parking is \$22 per day. Amenities include complimentary hot breakfast, free wi-Fi, complimentary evening snacks and onsite facilities.

Use corporate code 331863 when booking your room for this special rate available until August 21.

Reservations may also be made by calling 1-800-325-0720 and referring to group number 10168537 or line using this link below.

<https://www.druryhotels.com/bookandstay/newreservation/?groupno=10168537>

Home2Suites by Hilton

412 East Main St., Columbus, OH 43215

Reference 22q Family Conference to receive reduced rate of \$179 per night plus tax for queen studio suite with sleeper sofa.

Free parking. Complimentary breakfast.

Book by August 17 to receive this special conference rate.

[Book Here](#)



Friday, September 17: Individual Mini Consults

Navigating Adult Benefits: 20 minute one-one-one sessions (18+)

Meet with Lisa Linder, adult benefits consultant for personalized guidance on adult transition and benefits. Bring questions and if applicable, Social Security denial letters, Full Scale IQ (FSIQ) and adaptive functioning assessments to discuss next steps for accessing SSA, Medicaid waivers and other adult services.

Recommend attending the young adult transition workshop on Saturday

Limited availability. Pre-registration required.

This is only for families attending the conference with young adults aged 18 or older.

Consults held in the Nationwide Children's Education Center

Call Nicole at 614-355-0662 to schedule your 20 minute time slot between 11 am and 2:40 pm

About Columbus

Columbus is Ohio's capital and the nation's 14th largest city, with a dynamic business climate, a commitment to diversity, exciting annual festivals and cultural events, unique arts and entertainment opportunities and great professional, amateur and college sports.

Columbus is located at the intersection of Interstate 70 and 71, within a one-day drive or a one hour's flight of 60 percent of the United States and Canada.

Featured family attractions include: Columbus Zoo and Aquarium, voted the favorite zoo of America by USA Travel guide. The zoo's n adjacent water park, Zoombezi Bay. Visit www.columbuszoo.org for more information.

COSI, featuring more than 300 interactive exhibits, has been ranked the No. 1 science museum for families by USA Today for five years in a row. Visit www.COSI.org for information.

Family Dinner

Friday, September 18

If you're in town Friday evening, please plan to join other 22q families for dinner at Hofbrauhaus Columbus, 800 Goodale Blvd, Columbus, OH 43212. Dinner starts at 5 p.m. and lasts until 8 p.m. You will reserve your spot when you register for the conference. Dinner is \$10 per adult and \$5 per child. Pre-registration required, no drops ins can be accepted.

Dinner is for conference attendees only.



22q Walk and Family Brunch

Sunday, September 20, 9-11 a.m.

Whetstone Park of Roses Open Air Shelter House

3901 N. High St, Columbus, OH 43214

If you attend the walk, wear comfortable clothes. Food will be provided for all families that pre-register.

No charge,

The park is 5-6 miles from Nationwide Children's Hospital.

If you have questions, contact

CommunityEducation@NationwideChildrens.org

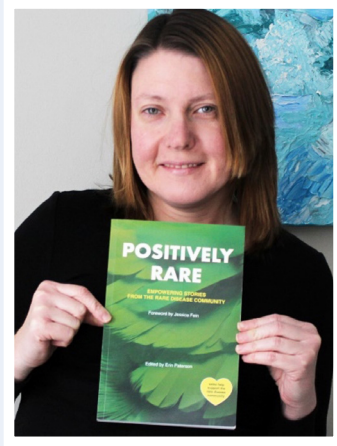


Keynote Speaker

Raised in St. Charles, Illinois, Tessa Koller has been drawing and writing stories even before she could hold a pencil. The first medium she used was tomato sauce until she went on to master graphite, charcoal, watercolor, and colored pencils. In 2008, she earned her Bachelor of Fine Arts from the Milwaukee Institute of Art and Design. Her expertise in figure drawing and portrait art led to her passion for designing clothes from 2009 until 2023. As her health challenges persisted and changed, she began drawing portraits of animals including dogs, cats, exotic pets, and wildlife. On the side, she pursued freelance writing and blogging and has garnered a massive international platform.

Today, Tessa is a professional artist and author and was published in Wellbeing Magazine, Arianna Huffington's Thrive Global, and dozens of health and wellness publications. Since she was diagnosed with 22Q11.2 in 2008 at the age of 24,, she has been raising awareness of the condition through the media and her artistic abilities. Back in 2023, she collaborated with twenty-six writers living with rare diseases and has written a chapter in the book, *Positively Rare*, available on Amazon. She tells her story about how 22Q11.2 Deletion Syndrome has impacted her life. You can follow her journey on her Instagram, Tessa Koller Art, which people describe as an exquisite online art gallery laced with inspiration and motivation for anybody facing significant health challenges.

Instagram: Tessa Koller Art
Facebook: Tessa E. Koller
YouTube: Tessa Koller Art



Agenda

Saturday, September 19

7:30 a.m. **Continental Breakfast and Check In**

8 a.m. **Welcome**
Adriane Baylis, PHD, CCC-SLP

8:15 a.m. **Keynote: This is My Journey and I Love It!**
Tessa Koller

8:45 a.m. **Planning for the Future: Navigating Adult Benefits**
Lisa Linder

9:30 a.m. **Break**

9:45 a.m. **Medical and Developmental Panel**
- Moderator: Richard Kirschner, MD
- Dental/Orthodontics: Kara Morris, DDS
- Gastroenterology – Kent Williams, MD
- Endocrinology – Kathryn Obrynba, MD
- Hematology – Amanda Jacobson-Kelly, MD, MSc

10:30 a.m. **Mental Health**
Richard Gilcrist, MD
Ari Rabkin, PhD

11 a.m. **Teen/Young Adult Panel**

12 noon. **Family Lunch**

12:45 p.m. **Roundtable Briefing**

Roundtable Sessions

(You will choose one from the following pages in each time slot.
See registration form.)

Session I: 1-1:45 P.M.

A. Managing Anxiety and ADHD

Katherine Steingass, MD

It is common for children with 22q to have anxiety and ADHD. This workshop will discuss common concerns and ways to manage your child's anxiety and attention challenges.

B. IEP's and ETR's: Strategies for Working with your School and Advocating for your Child

Ari Rabkin, PhD

Schools and parents both want children to succeed. During the workshop you will have the opportunity to get tips on best practices for success in working and communicating with your child's school system for the benefit of your child.

C. Adult Transition and Adulthood: What Next?

Lisa Linder and Andrea Thompson, MSW, LSW

Designed for adults and families navigating independence, this informal Q and A session focuses on what comes next. Bring your questions and join the discussion to learn about adult services and the steps involved in applying for and accessing benefits that support Social security- provides essential income for basics needs like rent and food. Medicaid waivers provide funding for the help someone needs to stay safe, manage daily life and live as independently as possible.

D. Vaccines and Immunologic Aspects of 22q

Peter Mustillo, MD

Opportunity to learn more about immunizations and the immune system. You can ask questions and speak directly to a doctor who specializes in kids' immune diseases.

Session II: 2-2:45 P.M.

E. School Age To Transition: Understanding the Basics

Lisa Linder and Ari Rabkin, PhD

When children are in school, families often have built-in support through IPEs' and pediatric care. After leaving, the school system (around 18-21) those supports change, and families are often left to navigate adult services on their own.

This informal Q and A session helps parents understand what to expect and how to prepare early. Topics may include planning ahead for adult services, eligibility basics for adults benefits, how to plan without jeopardizing eligibility and important evaluations such as cognitive and adaptive function. Bring your questions to join the conversation.

F. Navigating Care for Multiple Complex Medical Needs

Chaitali Amin, FNP

Amanda Smith, BSN, RN,CPN

Katherine Steingass, MD

Christine Waibel, BSN,RN,CPN

Explore how to navigate the health care system successfully when you juggle caring for child with complex needs.

G. Identifying and Treating Psychiatric Disorders in 22q

Richard Gilchrist, MD

Parents who have children with 22q are often concerned about their current and future mental health.Chance to have your questions answered and know what to look for and expect.

H. Treating Speech Disorders and Velopharyngeal Dysfunction (VPD)

Adrine Baylis, PhD,CCC-SLP

Richard Kirschner, MD

It is common for children with 22q to have problems with communication skills and hypernasal speech. This workshop will discuss the causes and treatments for hypernasal speech, including types of surgery, and the role of speech therapy for children with 22q.



Session III: 3-3:45 P.M.

I. Improving Social Skills for Kids and Teens with 22q

Jill Kriner, MA, CCC-SLP

*Social skills help us learn, work and manage daily life
Trouble with social skills can make it connect with others
and develop friendships. Learn strategies to help with peer
interactions.*

J. Parent Support Room, hosted by 22q parents

*A place to spend time to connect and chat with other
22q parents.*

K. How and When to Transition to Adult Health Care

Chaitali Amin, FNP

Kristina Johnson, MD

*Transition is a period of planning and learning to be in
charge of your own health. The Team will discuss what the
transition of medical care from the pediatric to the adult
healthcare system looks like and how to prepare yourself and
your child.*

L. Improving Sleep for Children with 22q

Alpa Patel, MD

Andrea Garcia, PhD

*Children with 22q often have trouble sleeping. Ask questions
and learn strategies to help better manage your child's sleep.*

3:50 p.m. **22q Family Foundation**

Lindsey Garcia, Executive Director

4:00 p.m. **Special Message from Japan**

Toko Hayakawa, PhD

4:10 p.m. **Closing Remarks and Video**

Richard Kirschner, MD



Teen Group: Teen (12-15) Agenda

- 7:45 a.m. **Getting to Know You Games**
- 8 a.m. **Play Strong**
- 9 a.m. **Flying Horse Farms**
- 11 a.m. **Amazing Magic**
- 11:30 a.m. **Self-Advocacy/Transition to Adulthood Activity**
- 12 noon **Family Lunch**
- 1 p.m. **Art with Tessa**
- 2 p.m. **OSU Mobile STEM Lab**
- 3 p.m. **Free Choice-Art, Uno, Games**
- 4 p.m. **Closing (in Stecker)**
- 4:10 p.m. **Closing Video**

School Age Group: Kids (7-11) Agenda

- 7:45 a.m. **Getting to Know You Games**
- 8 a.m. **Play Strong**
- 10 a.m. **Flying Horse Farms**
- 11 a.m. **Amazing Magic**
- 11:30 a.m. **Time with Dr. K**
- 12 noon **Family Lunch**
- 1 p.m. **OSU Mobile STEM**
- 2 p.m. **Art with Tessa**
- 3 p.m. **Free Play/Games**
- 3:45 p.m. **Evaluation**
- 4 p.m. **Closing (Main auditorium)**
- 4:10 p.m. **Closing Video**

Child Care

Children in the Pre-K group will have structured activities but will also be allowed plenty of free play. Children must be age 3 or older.

Exhibitors

- 22q team at Nationwide Children's
- 22q Family Foundation
- Flying Horse Farms
- Magical Moments Foundation

Speakers (In alphabetical order)

Chaitali Amin, FNP

Nurse Practitioner, Plastic and Reconstructive Surgery,
Nationwide Children's Hospital

Adriane Baylis, PhD, CCC-SLP

Co-director, 22q Center, and Director, Velopharyngeal Dysfunction Program,
Plastic and Reconstructive Surgery, Nationwide Children's Hospital

Andrea Garcia, PhD

Pediatric Psychologist, Nationwide Children's Hospital

Richard Gilcrist, MD

Child and adolescent psychiatrist, Nationwide Children's Hospital

Amanda Jacobson-Kelly, MD, MSc

Hematology/Oncology Physician, Nationwide Children's Hospital

Katrina Johnson, MD

Internal Medicine, The Ohio State University Wexner Medical Center

Richard E. Kirschner, MD

Co-director, 22q Center, and Chief, Reconstructive and Plastic Surgery,
Nationwide Children's Hospital

Tessa Koller, BFA

Professional artist and young adult with 22q. She received her Bachelor of
Fine Arts from the Milwaukee Institute of Art and Design

Jill Kriner, MA, CCC-SLP

Speech -Language Pathologist, Nationwide Children's Hospital

Lisa Linder

Parent of a child with 22q, advocate and adult benefits consultant
supporting individuals with intellectual and developmental disabilities and
their families

Kara Morris, DDS

Orthodontist, Craniofacial Orthodontic Treatment Program, Nationwide
Children's Hospital

Peter Mustillo, MD

Physician, Section of Allergy and Immunology, Nationwide Children's
Hospital

Kathryn Obrynba, MD

Endocrinologist, Section of Endocrinology, Nationwide Children's Hospital

Alpa Patel, MD

Sleep Medicine Pediatrician, Pulmonary Medicine, Nationwide Children's Hospital

Ari Rabkin, PhD

Pediatric Neuropsychologist, Nationwide Children's Hospital

Amanda Smith, BSN, RN, CPN

Team Coordinator, 22 Center, Cleft, Lip and Palate Center and Center for Complex Craniofacial Disorders, Nationwide Children's Hospital

Katherine Steingass, MD

Developmental and Behavioral Pediatrician, Developmental-Behavioral Pediatrics, Nationwide Children's Hospital

Andrea Thompson, MSW, LSW

Social Worker, Nationwide Children's Hospital

Christine Waibel, BSN, RN, CPN

22q Center Nurse Coordinator, Department of Plastic Surgery Clinic, Nationwide Children's Hospital

Kent Williams, MD

Pediatric Gastroenterologist, Medical Director, Endoscopy Program
Nationwide Children's Hospital

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Conference Planning Committee

- Adriane Baylis, PhD, CCC-SLP
- Chaitali Amin, FPN
- Roz Dodson- Bruinsma
- Shannon Hogan
- Richard Kirschner, MD
- Jason Pedicini
- Ari Rabkin, PhD
- Marcie Rehmar, MS
- Rob Shepherd
- Amanda Smith, BSN, RN, CPN
- Lynn Steinger
- Andrea Thompson, MSW, LISW
- Christina Waibel, BSN, RN, CPN





A Healthy You and 22q

2026 REGISTRATION FORM

SESSIONS

Session I is for adults

Session II is for teens (12-15)

Session III is for school-age children (7-11)

Session IV is for child care

NAME

WORKSHOP SELECTIONS (each adult selects one workshop per time slot)

1-1:45 p.m.

- Anxiety
- IEP's and ETR's
- Adult Transition - Benefits
- Vaccines

2-2:45 p.m.

- School Age Transition
- Complex Medical Needs
- Psychiatric Disorders
- VPD

3-3:45 p.m.

- Social Skills
- Parent Support Room
- Transition Planning
- Sleep

NAME

WORKSHOP SELECTIONS (each adult selects one workshop per time slot)

1-1:45 p.m.

- Speech, Language and VPD
- Talking with the School
- Serious Mental Illness
- Picky Eaters

2-2:45 p.m.

- Anxiety and Attention
- Transition
- Executive Function
- Growth Hormone

3-3:45 p.m.

- Talking with the School (repeated session)
- Autism
- Parent Support Room
- Early Speech

Name	√ if has 22q	Session	Age (if under 18)
Name _____	_____	_____	_____
Name _____	_____	_____	_____
Name _____	_____	_____	_____

Address _____

City _____ State _____ Zip _____

County _____

Daytime phone (____) _____ Fax (____) _____

Email _____

School District _____

Participating in the **Friday Family Dinner**. # of Adults _____ # of Children _____

Participating in the **Sunday Awareness Walk**. # of Adults _____ # of Children _____

I have reviewed the content of the teen and school-age program and allow my child(ren) to attend. Note: children will be talking and learning about 22q.

Family photo consents. Photos will be taken at the conference and may be used on the website and in written materials. We will have the consent for you to sign at the conference. If you do not plan to sign consent, please check here.

Please mark if you need: (indicate who this is for)

Vegetarian lunch _____ Wheelchair seating _____ Sign language interpreter _____

Other special needs _____

Conference Fees: \$35 each adult \$75 health care professional Dinner- \$10 per adult, \$5 per child

Teens and children free

Payment: Cash Visa MasterCard American Express Discover Check

Credit Card # _____ Exp. Date _____

Name on Card _____

Billing Address _____

Amount Enclosed \$ _____ *Checks should be made payable to Nationwide Children's Hospital.*

Mail this form to: Community Education, Nationwide Children's Hospital
700 Children's Drive, Columbus, Ohio 43205

Or register online at: NationwideChildrens.org/22q-conference

Scan Here to Register





NATIONWIDE CHILDREN'S

Nationwide Children's Hospital
700 Children's Drive
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