



## The 2025 TSSUS Conference

### Schedule at a Glance

Updated March 21, 2025

#### **Thursday, July 17, 2025** (pre-conference)

- Conference Check-in and Registration (afternoon)
- Healthy Heart Project Echocardiogram and electrocardiogram (ECG) Screenings and Research Study; free to conference attendees with TS. (all day)
- Conference First Timer Welcome and Meet and Greet (evening)

#### **Friday, July 18**

- Attendees meet and greet by state (Holliday Park across the street from the hotel). The states will be arranged alphabetically.
- Attendees meet and greet by age
- Welcome and Resource Overview
- Expert speaker sessions
  - TS Basics (Iris Little, MD)
  - Heart Strong: Cardiovascular Care Excellence; guidelines, exercise recommendations, prevention strategies (Siddharth Prakash, MD)
  - Endocrinology; Growth Management and Estrogen Therapy (Parents) (Iris Little, MD)
  - Understanding the TS Brain; 4-part series (Dean Mooney, PhD)
  - Driving with TS (Jeff Plastrik)
- Discussion groups
  - Aging with TS (55+)
  - 18- 29 year olds job/career planning for success
  - Dad's Discussion
- Kids Program
  - Sessions: Friends, Health
  - Play games with friends
  - Crafts with friends
  - Snacks
- Healthy Heart Project Echocardiogram and electrocardiogram (ECG) Screenings and Research Study; free to conference attendees with TS. (all day)
- Karaoke (evening)
- Breakfast and lunch

- Exclusive Butterfly Society Reception (invitation only for Butterfly Society donors)

### **Saturday, July 19**

- Healthy Heart Project Echocardiogram and electrocardiogram (ECG) Screening and Research Study; free to conference attendees with TS. (9:00 am-noon)
- Hearing screening for those with TS
- Expert speaker sessions
  - Medical Advances in TS Research
  - Endocrinology for Adults (Iris Little, MD)
  - Reproduction and Fertility (Liz Rubin, MD)
  - Hearing and Ear Health (Lyndsay Duffus, Audiologist)
  - Anxiety (Mara Gittess, LPC)
  - Learning and Behavioral Interventions and Support: 4-part series, (Dean Mooney, PhD)
  - Mindful Listening for improved communications (Holly Slonina, LMSW)
  - Artificial Intelligence (AI) tips for life skills (TBD)
- Discussion groups
  - Parent Perspectives for kids under 12 years old; Building your Toolbox
  - Parent Perspectives for kids 13 and up who have not graduated; Building your Toolbox
  - Parent Perspectives for adult children 18 or over
  - 18- 29-year-old Best Advice
  - Preparing for Aging with TS (open to all)
- Kids Program
  - Talk with a doc (endocrinologist)
  - Friendship (Mara Gittess, LPC and Holly Slonina LMSW)
  - Best advice with peers
  - Crafts (based on age); Friendship bracelets, make wands, Improv skits,
  - Snacks
- DJ dance party
- Breakfast, lunch and dinner

**Sunday, July 20** (post-conference)

We encourage you to visit Portland with friends and family! Dr. Silberbach is planning an offsite hike for the morning—details to follow.