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Westchester Institute for Human Development
Cedarwood Hall, Valhalla, NY 10595
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**Leadership Education in Neurodevelopmental and related Disabilities (LEND) Program
Interdisciplinary Leadership in Action (ILA)
Course Description 2025-2026**

Course Director: Jenean Castillo PhD

Course Description

The WIHD LEND Training Program consists of three courses: Neurodevelopmental Disabilities and their Systems of Care; Seminar in Evidence-based Methods, and Interdisciplinary Leadership in Action (ILA). ILA assists trainees in developing skills, knowledge, and values required for interdisciplinary leadership in working and communicating with and on behalf of individuals with disabilities and their families. The course also provides a framework for trainees to develop concrete leadership objectives and apply their programmatic work in their personal and professional lives. This 2-semester course consists of didactic sessions, small group discussions, individual or group disciplinary presentations, creation and implementation of Individualized Training Plans, and Leadership Advisement Meetings. The central LEND values of family-centeredness, family partnerships, and cultural competency are an integral part of the course.

Course Goals

The learning activities of this course are designed to help trainees develop a higher level of competency in the MCH Leadership Competency areas.

Course Learning Objectives

Through participation in this seminar series and completion of assignments, trainees will:

1. Understand their personal perspective/definition of leadership and begin to develop their own leadership style
2. Create, follow, and document an individualized training plan with specific and measurable objectives, based on the *MCH Leadership Competencies v.4*
3. Attain content knowledge about multiple disciplines and understand the importance of interdisciplinary work
4. Learn presentation skills and have the opportunity to utilize them during several presentations of varying formats and incorporate feedback for self-improvement
5. Incorporate reflective practice into their professional choices and decision-making
6. Demonstrate basic teaching skills in a variety of settings for adult learners and discuss how to give effective feedback
7. Build communication skills including communicating difficult news, motivational interviewing, behavior change, and negotiation and conflict resolution

Course Modules (with abbreviations used in LEND Schedule)



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Personal Leadership Development (PLD): Module Coordinator: J. Castillo, PhD

- MCH Leadership Competencies
- Becoming a Leader
- Developing your Individualized Training Plan (ITP)
- Self-Advocacy Competencies
- LEND Leadership-next steps on ITPs
- Share-back on ITP Outcomes
- Values in Disabilities Book Discussion

Communication Skills (COMM): Module Coordinator: Mariela Adams, MS

- Using Technology and Social Media to Support Community Engagement
- Making the most of your LEND experience: Preparing your Resume/CV and Bio and Networking for Success

Interdisciplinary Clinical and Field Practice (ICFP): Module Coordinator: N. Turygin, PhD

- Disciplinary Presentations 1
- Disciplinary Presentations 2
- Case Discussion Preparation: Interdisciplinary Work and Teams in IDD
- Interdisciplinary Clinical Observations, (Ongoing)
- ICFP Experience (Ongoing)

Course Assignments and Evaluation of Trainee Performance:

1. Attendance (5 points)
2. Participation and Completion of pre-assignments for each session (10 points)
3. Self-Reflection and Faculty Evaluation on Disciplinary Presentations (15 points)
3. Mid-Year Self-Reflection and Evaluation on ITP progress (25 points)
4. End-Year Self- Reflection and Evaluation on ITP progress and results (25 points)
5. Self-Reflection on Interdisciplinary Clinical and Field Experience (20 points)