



BIAA-MAINE  
10TH ANNUAL CONFERENCE

# DEFINING MOMENTS IN BRAIN INJURY

**OCTOBER 9, 2019**

UNIVERSITY OF SOUTHERN MAINE | PORTLAND, ME

ABROMSON COMMUNITY EDUCATION CENTER

## KEYNOTE



### ABBY MASLIN

#### *The New Normal: Welcoming Gratitude, Transformation, and Post-Traumatic Growth Following Brain Injury*

In this keynote presentation, caregiver and author Abby Maslin shares the story of her husband's remarkable recovery from a severe traumatic brain injury (TBI) following a violent assault. She discusses the many ways TBI impacts survivors and caregivers, including loss of identity, challenges in communication, and shifting family dynamics. She also illuminates the potential for transformative growth following a brain injury, discussing the roles of creativity, vulnerability, and gratitude in envisioning a new path forward. From building new relationships to accepting new identities, Maslin shares the emotional work required to create a rich and joyous "new normal."

## BEVERLEY BRYANT MEMORIAL LECTURE



### DAVID KREMPELS

#### *What He Really Needs is a Friend*

The importance of community to an individual's sense of well-being and life-satisfaction is a prevalent theme of current academic dialog. David will demonstrate how he built a thriving community for people living with brain injury. He will describe the evolution of his organization - how it started as strictly a grant-making organization and later embraced the new challenge of creating a post-rehab community day program in Portsmouth, NH. David's hope is that his story, and that of Krempels Center, will inspire others to create spaces and programs that support and bolster survivors when they most need it: when they are reinventing themselves and figuring out how their new selves fit into and can contribute to the world around them.

## THANK YOU TO OUR CONFERENCE SPONSORS



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**Maine Center for  
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248 State Street  
Brewer, ME 04412  
207-989-2034

**Fairfield**  
95 Skowhegan Road  
Fairfield, ME 04937  
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**Rockland**  
91 Camden St. Suite 107  
Rockland, ME 0133  
207-596-0133

Acquired-Traumatic Brain Injury, Outpatient Physical, Speech, Occupational Therapy

# CONFERENCE PROGRAM

## Conference Track Key:



Clinical/Allied Health



Survivor/Family



Therapies



Resources

**7:30 AM**

### Registration

Pick up your name badge, ask a question, or just come say hello.

**8:00 - 8:15 AM**

### Conference Welcome

Join us as we kickoff the 10th annual Defining Moments in Brain Injury Conference, presented by BIAA-Maine.

**8:15 - 9:15 AM**

### Keynote Speaker: Abby Maslin - The New Normal: Welcoming Gratitude, Transformation, and Post-Traumatic Growth Following Brain Injury

In this keynote presentation, caregiver and author Abby Maslin shares the story of her husband's remarkable recovery from a severe TBI following a violent assault. She discusses the many ways TBI impacts survivors and caregivers, including loss of identity, challenges in communication, and shifting family dynamics. She also illuminates the potential for transformative growth following a brain injury, discussing the roles of creativity, vulnerability, and gratitude in envisioning a new path forward. From building new relationships to accepting new identities, Maslin shares the emotional work required to create a rich and joyous "new normal."

**9:15 - 9:30 AM**

### Break

Grab a cup of coffee, connect with a colleague, or say hello to a new friend.

## CONCURRENT SESSION BLOCK 1: 9:30 - 10:30 AM



Clinical/  
Allied Health

### Domestic Violence and TBI: What Providers Need to Know

*Heather Biggar, LCSW*

This session will explore the intersection between domestic violence and traumatic brain injury. Participants will gain a better understanding of the scope of the problem, the importance of universal screening, and resources to help support survivors seeking safety.



Survivor/  
Family

### Getting the Most Out of Your Visits with Your Health Care Providers

*Stuart Abramson, M.D., MPH*

It is often difficult for people who have suffered a brain injury to be able to get the most out of their meetings with their health care professionals. Often, the expectations and objectives of the care provider and the client are very different. How can the client prepare and strategize to get the most out of their meeting? How can the client steer the visit to make sure they get their concerns and questions addressed? We will role play and work on strategies to achieve these goals.



Therapies

### Essential Oils and the Brain

*Holly Aguilo, RN*

What are essential oils and how can they support individuals with brain injury? Attendees will learn how essential oils can uplift mood, calm anxiety, decrease stress, support emotions, increase focus and support sleep as well as how to use the oils.



Resources

### Brain Injury Services of Maine

*Elizabeth Hardink, LSW, CBIS*

This presentation will provide an overview of MaineCare Brain Injury programs in Maine, eligibility for Brain Injury Services, and Other Related Conditions waiver and the services provided under these programs.

## YOUTH CONCUSSION MANAGEMENT 9:30 AM - 4:30 PM

### Level 1 and Level 2

*Jan Salis, PT, ATC, ITAT; Paul Fecteau, PT, SCS, ATC; and Rebecca Gleeson, Psy.D., NCSP*

Level 1 is an excellent opportunity to learn about the multitude of new advances in the realm of concussion recognition and management. Even the mildest trauma can have lasting effects, especially if it occurs during the formative middle school and high school years. Level 2 will cover the role of neurocognitive testing in concussion management.

**It is intended that attendees participate in both levels, 1 and 2, of the youth concussion management track.**

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#### 10:30 - 10:45 AM Transition

Stretch your legs and head over to the next session.

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#### 10:45 - 10:55 AM Lewis and Clara Lamont Brain Injury Advocacy Award

Presented by Maine Acquired Brain Injury Advisory Council Executive Committee

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#### 10:55 - 11:55 AM Beverley Bryant Memorial Lecture: What He Really Needs is a Friend

David Krempels presents his experience with brain injury and the creation of the Krempels Center.

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#### 11:55 AM - 12:55 PM Lunch

Lunch is provided for all attendees. Take a break, enjoy delicious food, and share the morning sessions with your fellow attendees.

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### CONCURRENT SESSION BLOCK 2: 1:00 - 2:00 PM

#### Telepractice and Technology: Innovative Cognitive Rehabilitation for Brain Injury Survivors in Their Homes and Communities

*Judy P. Walker, Ph.D., CCC-SLP*

Many brain injury survivors in the state of Maine do not receive cognitive rehabilitation due to rural geography, limited transportation, inclement weather, and a national shortage of speech-language pathologists. This presentation will introduce the innovative web-based telepractice technology and its unique therapy activities, which is currently being used by graduate student clinicians. This technology provides highly creative and functional cognitive rehabilitation services to brain injury survivors over computers in an interactive virtual environment.

#### Reaching for the Positives

*John W. Richards, M.S.W., M.B.A.*

Sustaining an illness or injury can be a difficult, lonely and unpleasant experience that lasts much longer than anyone thinks it should. While one person may “get the diagnosis,” the significant illness or injury is more of a family affair, impacting spouses, children, parents... the whole family. This presentation, from Positive Psychology, is an overview of strategies and techniques that endeavor to identify positive ways to address and cope with your injury while maintaining a positive outlook.

#### Navigating the Ambiguous Loss of Brain Injury: A Focus on Meaning and Spirituality

*Jennifer Blanchette, Psy.D.*

The focus of the presentation will be to identify ambiguous loss in the context of brain injury. The presenter will review research from the trauma literature as a foundation for understanding loss for the individual with brain injury. Spiritual interventions will be explored as an adjunctive treatment for brain injury in psychotherapy. Methods of spiritual resourcing will also be identified for case management and strength building.

#### Trends and Innovations in Assistive Technology

*Kathy Adams, OTL, ATP, and John E. Brandt, M.S.Ed.*

We all try to keep up with the constant changes in the “everyday” technologies in our lives. Keeping current with innovations in Assistive Technology (AT) designed or intended for people with disabilities can be particularly challenging. In this session we discuss some trends and new types of AT including “everyday” technologies that can impact the functional skills, independence, and safety of people affected by brain injury. Resources for funding AT and reviewing new technology will also be shared.

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#### 2:00 - 2:20 PM Break

Grab a cup of coffee, connect with a colleague, or say hello to a new friend.

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Clinical/  
Allied Health



Survivor/  
Family



Therapies



Resources

## CONCURRENT SESSION BLOCK 3: 2:20 - 3:20 PM



Clinical/  
Allied Health

### Maine's Response to the Opioid Crisis: How will Patients with Brain Injury be Served?

*Gordon Smith*

This session will focus on Maine's response to the Opioid crisis and its relationship to brain injury acquired as the result of an opioid overdose.



Survivor/  
Family

### Finding Your New Normal: A Survivor and Family Panel

*Justin Barnes, Survivor; Monica Chamberlain, Survivor; and Suzanne Morneault, Family Member*

How do you define your new normal as a brain injury survivor or family member of someone with a brain injury? Hear from this panel of survivors and a family member as they share their stories and tips on how they found their new normal. This session is moderated by Life Coach and family member of a brain injury survivor, Ross Goldberg, CLC.



Therapies

### What is Neuro-Optometry and Photo-Light Therapy? How Can they Help Me?

*Colin Robinson, O.D., FAAO, and Thomas Gordon, O.D.*

Brain injury from trauma, stroke, concussion, or neurological disease can have lasting and permanent damage on our daily lives. Vision problems are often underemphasized, yet can be an important piece to recovery and rehabilitation. Neuro-optometry is vital to accurate assessment, treatment, and recovery. This presentation will provide an overview of neuro-optometry and syntonics or optometric photo therapy.



Resources

### Special Needs Planning for Individuals with Disabilities

*Jane Skelton, Esq.*

In this session, you will learn about special needs planning with trusts and ABLE accounts to maximize resources for individuals with disabilities and protect financial eligibility for means-tested public benefits like SSI and MaineCare.

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**3:20 - 3:30 PM**

**Transition**

Stretch your legs and head over to the next session.

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## CONCURRENT SESSION BLOCK 4: 3:30 - 4:30 PM



Clinical/  
Allied Health

### Behavioral Management

*Thomas Savadove, M.D.*

An overview of the principles and practice of managing behaviors in patients with traumatic brain injury, emphasizing both pharmacological and non-pharmacological treatments.



Survivor/  
Family

### Group Interactive Structures Treatment (GIST): An Evidence-Based Social Competence Program Applied in a Community Based Setting

*Barbara Kresge, M.S., OTR/L, CBIS, and Ted Stachulski, Survivor*

Presenters will discuss their experience in weekly group following the GIST curriculum. Developed by a social worker and speech therapist, GIST addresses cognitive, communicative and emotional/behavioral skills and components of social competence, combining a goal-oriented curriculum with interactive group process. Facilitator and participant perspectives, outcomes data, and experiential activities will be included.



Therapies

### Yoga and Meditation After ABI: Evidence, Innovations, and Ways Forward

*Kyla Donnelly Pearce, MPH, Ph.D., CBIS, RYT-200, and Skye Adams, E-RYT, YACEP*

Yoga has been shown to improve physical, cognitive, and psychosocial outcomes in a range of clinical populations, yet has not been used widely among the acquired brain injury population. This interactive presentation will describe the evidence-based benefits of yoga and meditation for rehabilitation from acquired brain injury and guide participants through examples of brain injury-friendly yoga and meditation practices.



Resources

### Rights and Resources in Navigating the Return to Work

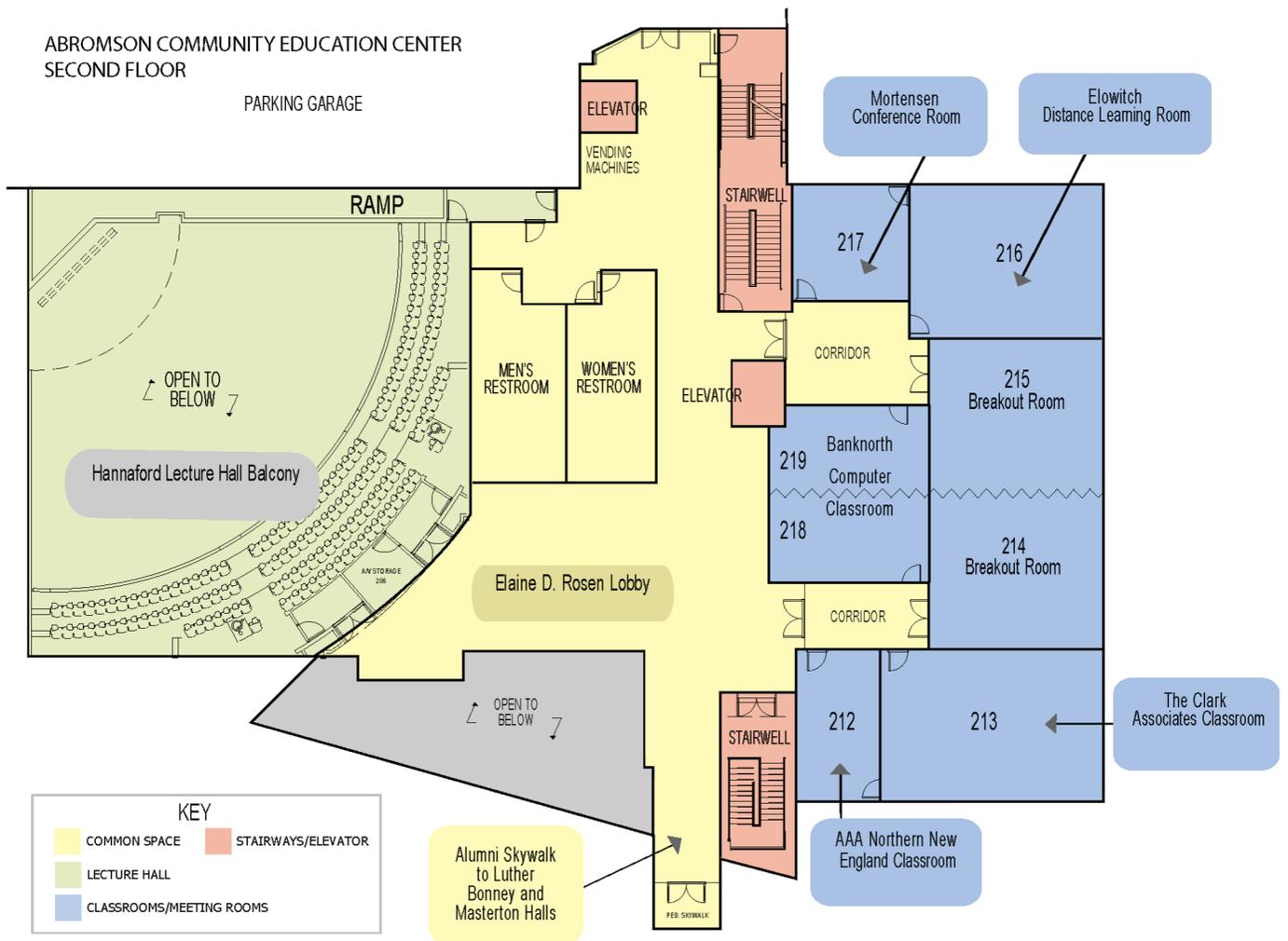
*Ralph Poland, Survivor; Kristin Aiello, Esq.; Eleni Norskey, MAT; and Diane Luce, CWIC*

Exploring employment post-injury is a crucial part of recovery. This panel will answer questions about resources available to assist in successful employment exploration, work incentives, employment supports, and legal rights concerns relating to negotiating reasonable accommodations, job modifications, disclosing health information, etc.

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## ABROMSON CENTER MAP



## POST-CONFERENCE EVALUATION

### We want to hear from you!

We hope you enjoyed the Defining Moments in Brain Injury conference. Please consider taking the conference evaluation survey to let your voice be heard.

The conference planning committee uses your feedback when planning future conferences, so your thoughts are greatly appreciated.

The conference evaluation can be accessed at [surveymonkey.com/r/BIAA-ME2019](https://surveymonkey.com/r/BIAA-ME2019).

## CONFERENCE INFORMATION

### WHO SHOULD ATTEND

BIAA-Maine's Conference is targeted to physicians, mental health care providers, nurses, care coordinators, case managers, social workers, speech-language pathologists, educational professionals, physical/occupational/recreational therapists, students, and individuals with brain injury and their families.

### CONFERENCE LOCATION

#### University of Southern Maine - Abromson Center

88 Bedford St  
Portland, ME 04101

### REGISTRATION

#### Conference Fees

Professionals: \$135

Survivors, their friends and family members, and students: \$60

#### Scholarships

For more information, please contact Sarah Gaffney at [sgaffney@biausa.org](mailto:sgaffney@biausa.org)

#### Register Online Today!

Visit [biausa.org/events/2019MaineConference](http://biausa.org/events/2019MaineConference)

## CONTACT HOURS

### PHYSICIANS

An application is in process with the University of New England College of Osteopathic Medicine, Department of Continuing Medical and Professional Education.

### SOCIAL WORKERS

NASW Maine Chapter will award 6 clinical contact hours for attendance at this conference.

### NURSES

Nurses will receive a Certificate of Attendance for six contact hours.

### CERTIFIED BRAIN INJURY SPECIALISTS (CBIS/CBIST)

The Academy of Certified Brain Injury Specialists will recognize up to five hours of continuing education credit for attendance at the full conference.

### FOR MORE INFORMATION

For questions regarding continuing education credit, please email [maineconferences@biausa.org](mailto:maineconferences@biausa.org).

## THANK YOU!

BIAA-Maine would like to thank the volunteer Planning Committee for their hard work and dedication.

#### Nancy Benoit, RN, CRRN, CCM

NLB Consulting

#### Lynne Keller, RN, CNRN, CNIV

Maine Medical Center

#### Emily West, PT, DPT, CSRS, CBIS

Northeast Rehabilitation Hospital

#### Elizabeth Brown, M.S., CCC-SLP, CBIS

Central Maine Medical Center

#### Terry Roy, LSW, CBIS

Goodwill NeuroRehab Services

#### Kellie Selberg

New England Rehabilitation Hospital, Portland



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