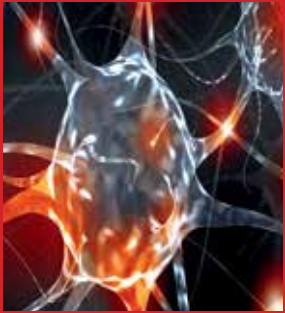




BIAA - Maine 9th Annual Conference

# Defining Moments

in Brain Injury



Tuesday, October 16, 2018

7:30 AM - 4:30 PM

DoubleTree by Hilton Portland Maine  
South Portland, Maine



## Your National Organization at Work

*Susan H. Connors, President & CEO*

*Brain Injury Association of America*

Susan Connors has been president and chief executive officer of the Brain Injury Association of America for 13 years. She was executive director of the National Association of State Head Injury Administrators from 2001 to 2005 and BIAA's national director of state affairs from 1995 to 2001. Ms. Connors has served in advisory capacities and on expert panels for several federal agencies, universities, and nonprofit organizations and has authored numerous publications, position statements and articles. She has a bachelor's degree in public communication from George Mason University. Susan will present the mission and goals of the Brain Injury Association of America with emphasis on the programs and services offered to individuals with a brain injury and their families.

## BEVERLEY BRYANT MEMORIAL LECTURE

### Sonata For Piano: A Stroke Survivor's Story - A Woman's Journey in Music

Sonata for Piano is an original composition created by stroke survivor Tina Callahan and Music Therapist, Patricia Mulholland. The piece consists of eleven short compositions within five movements and is performed as a duet on two pianos by Ms. Callahan and Ms. Mulholland. Tom Callahan, husband of Tina, provides background and a brief narration between the movements. The presentation will include a small number of slides to complement the storytelling.



The Sonata chronicles Ms. Callahan's experience of stroke from the onset to her current state of recovery. The piece charts her journey from Darkness to Awakening, Curiosity, Acceptance and Joy. The program is facilitated by Ms. Mulholland and includes time for questions and discussion as well as a description of the process of creating the Sonata.

## Thank you to our Conference Sponsors!



Sponsors as of July 30, 2018



7:30-8:10	REGISTRATION				
8:10	WELCOME ADDRESS				
8:15-9:15	Opening Keynote: Susan H. Connors <i>Your National Organization at Work</i>				
9:15-9:30	BREAK				
TRACK	ALTERNATIVE	CLINICAL/ ALLIED HEALTH	SURVIVOR	MISCELLANEOUS	CONCUSSION
9:30-10:30	TBI, Substance Use, and Mindfulness  Paul B. Murphy, LCSW, LADC, CCS	Early Cognitive Assessment and Intervention in Acute Care  Elizabeth Brown, MS, CCC-SLP, CBIS Stephanie Mangum, PT, DPT	My Stroke of Luck: The Journey Back to Me  Chris Kast	Supported Decision Making in Maine  Nell Brimmer, Esq.	Level I (9:30 - 1:00)  Paul Fecteau, PT, SCS, ATC Jan Salis, PT, ATC, ITAT
10:30-10:45	TRANSITION				
10:45-11:55	Lewis & Clara Lamont Brain Injury Advocacy Award BEVERLEY BRYANT MEMORIAL LECTURE: <i>Sonata for Piano: A Stroke Survivor's Story</i> - Tom & Tina Callahan and Patricia Mulholland				
11:55-12:55	LUNCH IS PROVIDED				
1:00 - 2:00	Art as Therapy - An Introduction to the Physiological & Emotional Benefits  Shawna Barnes	Advancing Brain Injury Policy - The View from Washington  Susan H. Connors	To Be Inspired: Words of Wisdom from Survivors and Caregivers  Paula Sparks, BS Bethany Bryan Carole Starr, MS	Caring Hands Healing Hearts  Suzanne Morneault	Level II (1:30 - 4:30)  Paul Berkner, DO, FAAP Rebecca Gleeson, PsyD, NCSP
2:00-2:20	BREAK				
2:20-3:20	The Neuroscience of Music in Rehabilitation  Brian Harris, MA Lauren Steidl, AB	The Qualified Brain Injury Support Provider through a Behavioral Lens  Austin Errico, PhD, QBISP Michael Mozzoni, PhD, BCBA-D, CBIST, QBISP Jen Beals, QBISP	Returning to Life After Brain Injury  Rorie Lee, MPH, PhD Ted Brackett, MS Ken Shapiro, BA	Homeopathy for Head Injuries  Sarah Kotzur, ND	
3:20-3:30	TRANSITION				
3:30-4:30	Person-Centered Rehabilitation: Lessons learned from Working in Multi- cultural New Zealand  Philip A. Morse, PhD Amy R.Morse, OT	Behavioral Interventions for the Support of the Neurologically Impaired Adult  Michael Mozzoni, PhD, BCBA-D, CBIST, QBISP	Art as Therapy: Hands on activity - painting ceramic art  Shawna Barnes	Use of CogSMART at VA Maine: Program Modifications and Outcomes Research  Christine Barth Ramsay, PhD Sarah Schubmehl, PsyD	
4:30	EVALUATIONS AND ADJOURN				

## SESSION DESCRIPTIONS

**9:30 – 10:30**

### **TBI, Substance Use, and Mindfulness**

We will examine and discuss how a Traumatic Brain Injury intersects with substance use disorders, what the research tells us about pre-injury and post-injury substance use, and what we know about effective co-occurring treatment strategies for these disorders. Mindfulness has been a part of recovery from substance use disorders for over 80 years and is now used as a complementary strategy for many physical and emotional challenges including TBI.

### **Early Cognitive Assessment and Intervention in Acute Care**

Early cognitive assessment and intervention in the acute care setting presents numerous challenges. Distinguishing between diagnostic criteria for ICU delirium, acquired brain injury, and disorders of consciousness improves clinical understanding resulting in improved patient care and outcomes. This presentation will examine evidenced-based treatment and assessment measures.

### **My Stroke of Luck: The Journey Back to Me**

Chris suffered an ischemic stroke in August of 2015 and while a horrible experience, recovery taught him so much about himself and living. Through rehabilitation and hard work, Chris has learned to overcome the residual effects of his stroke. He is more fully aware of life and how precious it is, telling his story of healing with humor and self deprecation.

### **Supported Decision-Making in Maine**

Supported Decision-Making (SDM) is a tool that allows people with disabilities to retain their decision-making capacity by choosing supports to help them make choices. Supported Decision-Making will look different for everyone. In this session, you will learn ways to find supports to help a person with a disability understand, make, and communicate their own choices without the need for guardianship.

### **Concussion Track Level I & II**

This track is an excellent opportunity to learn about the multitude of new advances in the realm of concussion management. Even the mildest trauma can have lasting effects, especially if it occurs during the formative high school years. Cognitive test batteries are effective, efficient, and relatively inexpensive to use. This track will help you learn how. Please plan on attending the entire Level I and/or Level II training.

**1:00 -2:00**

### **Art as Therapy – An Introduction to the Physiological & Emotional Benefits**

An introduction into the physiological, psychological, and emotional benefits creative therapies can have for TBI/brain injury survivors. Shawna is a teaching artist and art as therapy advocate. She teaches an art as therapy class as it relates to self-care.

### **Advancing Brain Injury Policy – The View from Washington**

Susan Connors presents the challenges and opportunities in federal legislation and how BIAA-Maine supporters can engage and make their voices heard.

### **To Be Inspired: Words of Wisdom from Survivors and Caregivers**

Long-term survivors and caregivers can offer information, empathy and wisdom to others on the brain injury path. This workshop will feature a collection of that wisdom culled from books written by brain injury survivors and caregivers. Through panel discussion and audience interaction, we will reveal strategies for living successfully with brain injury.

### **Caring Hands Healing Hearts**

In this presentation, you will learn strategies on how to accept the new role of caregiver, the importance of advocating, how to understand relationships around you, to be more patient, and through it all how to continue maintaining your identity while doing so.

**2:20 – 3:20**

### **The Neuroscience of Music in Rehabilitation**

This presentation will highlight the neuroscience research supporting music in gait training. Additionally, it will provide a high-level overview of the digital therapeutic MedRhythms is building.

### **The Qualified Brain Injury Support Provider (QBISP) through a Behavioral Lens**

This presentation will look at the overall efficacy of the QBISP program in terms of general measures pre- and post-implementation in a multiple baseline design across residences. It will examine aspects of the QBISP in behavioral terms to highlight the basic scientific underpinnings of the training.

### **Returning to Life after Brain Injury**

This informational and inspirational presentation will offer survivors of brain injury tips and strategies that panel members – all brain injury survivors – have found helpful in moving forward and living a meaningful life after brain injury.

### **Homeopathy for Head Injuries**

Learn how safe, natural homeopathic remedies can stimulate self-healing of physical, mental, and emotional symptoms of head injury.

**3:30 – 4:30**

### **Person-Centered Rehabilitation: Lessons learned from Working in Multi-cultural New Zealand**

Person-centered rehabilitation begins with understanding the whole person, including the importance of culture, family and journey along the rehabilitation continuum of care. In this session, you will learn about an innovative program of collaboration amongst providers in New Zealand and the importance of person-centered outcomes to evaluate the journey and goals of the person.

### **Behavioral Interventions for the Support of the Neurologically Impaired Adult**

It is not uncommon for people to demonstrate challenging behaviors following a brain injury. Typically these behaviors arise out of the confusion, disinhibition and disorientation associated with the injury and medications. This presentation will review strategies for: assessing function, environmental management and supports found to be useful for persons with ABI. The key is to learn self-management strategies, and to replace problematic behaviors with socially effective ones that serve the same purpose.

### **Art as Therapy: Hands on Activity Painting Ceramic Art**

Artists have known for centuries that art helps heal the soul. The simple act of creating can have numerous benefits if a person allows him/herself to explore this activity. You will learn how creating can be an integral part of your self-care (and recovery) and have an art tile to take home at the end of the session

### **Use of CogSMART at VA Maine: Program Modifications and Outcomes Research**

CogSMART is a group-format cognitive rehabilitation program designed at the San Diego VA to assist returning Veterans diagnosed with mTBI (mild traumatic brain injury) and PTSD (Posttraumatic Stress Disorder). It has been employed nationally and used more broadly, helping a range of Veterans who experience cognitive challenges secondary to various neurological and psychological problems, including depression, anxiety, MCI (mild cognitive impairment), and MS (Multiple Sclerosis). In this session, you will learn about the program, our modifications and research, and our experiences with its use, highlighting the importance of attention training/mindfulness, increased structure, repetition, and use of various tools to aid daily functioning.

## Contact Hours:

**Continuing Education:** For more information, please contact Lori Sandefur at [maineconferences@biausa.org](mailto:maineconferences@biausa.org).

**Physicians:** Applications will be submitted for Continuing Medical Education Credits.

**Psychologists:** For questions, please contact Lori Sandefur at [maineconferences@biausa.org](mailto:maineconferences@biausa.org).

**Social Workers:** An application will be submitted to the NASW Maine Chapter.

**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 renewal of Certified Brain Injury Specialist and Certified Brain Injury Specialist Trainer certifications.

## Members of the Planning Committee

Susan Bartlett, LCSW, CRC, CCM, CBIS  
New England Rehab Hospital-Portland

Nancy Benoit, RN, CRRN, CCM  
NLB Consulting

Elizabeth Brown, MS, CCC-SLP, CBIS  
Central Maine Medical Center

Sarah Gaffney, CBIS  
BIAA-Maine

Meghan Jodrie  
RiverRidge Center

Lynne Keller, RN, CNRN, CNIV  
Maine Medical Center

Stephanie Mangum, PT  
New England Rehab Hospital-Portland

Terry Roy, LSW, CBIS  
Goodwill NeuroRehab Services

Kellie Selberg  
New England Rehab Hospital-Portland

Carole Starr, MS  
Brain Injury Voices

Joe Viana, LCPC  
Fryeburg Health Care Center

Emily West, PT, DPT, CSRS, CBIS  
Northeast Rehabilitation Hospital

## To Register

**Online:** Go to: [biausa.org/2018MaineConference](http://biausa.org/2018MaineConference)

**Conference Fees:** \$125 for professionals; \$60 for survivors, their friends and family members, and students.

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

**Exhibit and Sponsorship Opportunities are available:** For questions, please contact Lori Sandefur at [maineconferences@biausa.org](mailto:maineconferences@biausa.org) or (603) 568-8817.

## Conference Description

This conference has been developed to meet the educational needs of health care professionals, service providers, and individuals with brain injuries and their families. The goal of the conference is to share current information, techniques, and strategies with attendees and to identify trends that will shape future brain injury services provided by area organizations.

## Who Should Attend

The conference is appropriate for physicians, mental health care providers, nurses, care coordinators, case managers, social workers, speech language pathologists, educational professionals, and physical/occupational/recreational therapists, students, brain injury survivors and their families.

## Location and Directions

DoubleTree by Hilton Portland Hotel  
363 Maine Mall Road  
South Portland, Maine 04106  
(207) 775-6161

A block of rooms has been reserved at \$139.00 (Single/Double Rate) for the night of Monday, October 15. Please reserve as soon as possible.

## Directions:

From 95/Maine Turnpike take Exit 45, Maine Mall Road Exit. Travel through toll booth and exit right towards Maine Mall Road. Turn right onto Maine Mall Road and at 3rd set of lights the hotel will be on your left.

## Access

If you need special parking assistance or auxiliary aids for effective communication during the conference, please call Kellie Selberg at (207) 662-8082 to make arrangements.

