



Vermont's 23rd Annual Brain Injury Conference

November 1, 2011
Burlington Sheraton Hotel

KEYNOTE SPEAKER

JULIA FOX GARRISON

***DON'T LEAVE ME THIS WAY: PERSPECTIVE FROM
INSIDE THE BED RAILS***



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PROGRAM SCHEDULE

Tuesday, November 1, 2011

7:45 – 8:30	Registration & Breakfast - <i>Please visit the exhibits & art show</i>
8:30 – 8:45	Welcome & Opening Remarks
8:45 – 9:45	Keynote – Julia Fox Garrison, "Don't Leave Me This Way: Perspective From Inside The Bed Rails"
9:45 – 10:00	Break - <i>Please visit the exhibits & art show</i>
10:00 – 11:00	General Session – Survivor Panel
11:15 – 12:15	Workshops – Session I
12:15 – 1:30	Lunch, Awards, and Networking – <i>Awards presented</i>
1:40 – 3:10	Workshop – Session II
3:10 – 3:30	Break - Last chance to visit exhibits & art show
3:30 – 4:30	Workshops – Session III
4:30	End of Day's Program

SURVIVOR ART SHOW

The Brain Injury Association of Vermont invites brain injury survivors to join an art exhibit being held at this year's 23rd Annual Brain Injury Conference.

Questions? Please call: 877-856-1772
email: support1@biavt.org

All pieces should be delivered to the BIA-VT office at:
Brain Injury Association of Vermont
P. O. Box 482 / 92 South Main, Suite 5
Waterbury, VT 05676

Guidelines for submission:

- Limit of two submissions per individual.
- Each piece must be matted and/or framed.
- Each piece should be no larger than 12"x14".
- Submissions must include the artist's name, address and phone number.
 - Include a title and a short biography of the artist or the piece.
- Exhibiting is only open to brain injury survivors that are Vermont residents.
- Art media accepted: photography, etchings, drawing, quilt/fabric art & painting.
 - The deadline for submissions is October 1st, 2011

Continuing Education Credits

This conference is designed to provide education and support to individuals with brain injury, families and professionals.

This activity has been submitted to the Vermont State Nurses Association, for approval to award contact hours. The Vermont State Nurses Association's Committee on Education is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Committee on Accreditation.

Application has also been made to NASW for the CEU's.

5.5 CEUs have been approved by the Vermont Board of Psychological Examiners and CEU approval for MHC is pending.

Please call or email Barbara Winters, Brain Injury Association of Vermont, at 802-244-6850, email: braininfo1@biavt.org for more information about contact hours.



Conference at a Glance

8:20 Music:
8:35 Welcome
8:45 Keynote:

Level of knowledge Recommended for Attendees: B-Beginner A-Advanced
Topic is Geared For: SF-Survivor/Family P-Professional E-Everyone

**Keynote: Julia Fox Garrison, DON'T LEAVE ME THIS WAY:
PERSPECTIVE FROM INSIDE THE BED RAILS**

9:45 – 10:00 Break Please visit the exhibits, silent auction and art show

10:00 – 11:00 **Survivor Panel:** Aaron McPherson, Barbara Silbert, Nathalie Kelley
Lakshmi Boyle –Facilitator

	A	B	C	D	E	F
Session I	Physical Aggression, Sexual Disinhibition and Social Skills: Behavioral Interventions for Persons with TBI Michael Mozzoni , PhD A/P	To Play or Not to Play. Sports Concussion? Matt Gammons, MD B/E	Introduction to Meditation for Enhancing Attention and Concentration Aaron Hoopes, BA B/E	Life after Deployment: Employment, Community and Education Resources Hib Doe, VocRehab VT Dennis Hamel, Vet & Family Outreach staff person Chara Vincelette-Perrocchi, CCV Vet Liaison B/E	Legal Panel: Special Needs Planning Jim Caffry, Esq. Guardianship Issues Sam Abel-Palmer, Esq. B/E	Pleasure, Passion and Procreation; Sexuality after Brain Injury Tina Trudel, PhD B/E

12:15—1:30 Luncheon Please visit the exhibits, silent auction and art show

Session II	Compensatory Strategies For Cognitive/ Linguistic Impairments: A Case History Approach To Individualized And Creative Selection Gina England, MA, CCC-SLP B/P	School Transitions Panel In school transitions Linda King, MA,EdS School to work transitions John Spinney-VT Dept of Education High School to College Kim Patten, OT & UVM Access Program staff B/SF	Herbal and Nutritional Support for Recovery from Brain Injury Guido Mase, RH(AHG) B/E	Supporting Motivation to Seek Employment with Brain Injury Glen McClintock, LICSW And Laura Flint, MSW A/P	Compassion Fatigue Kym Asam, LICSW, QMHP B/E	Music As Therapy Kevin Burke, Lenny Burke Farm Gary Wade Kim Daniels Michele Corrow B/E
3:10 – 3:30 Break						
Session III	Accessibility! Smartphones and Mobile Devices with PDA Features Dan Gilman, AS, ATP B/P	Sleep disorders After Brain Injury: tracking and treatment options Ford Vox, MD New England Rehab Hospital A/P	Recreation and Adaptive Sports Rich Fritz, M.Ed, CTRS Patrick Standen MA, Northeast Disabled Athletic Association B/E	My Head Hurts! TBI/PTSD, impact on clients and families Maggie Worboys, LICSW B/E	Support Group for Caregivers Facilitated by: Michael Denmeade and Marsha Bancroft B/F	Music As Therapy Kevin Burke, Lenny Burke Farm Gary Wade Kim Daniels Michele Corrow B/E

SESSION DESCRIPTIONS

Keynote Presentation: Julia Fox Garrison (8:45-9:45)

Julia has harnessed her first-hand experience in battling the medical establishment into a compelling message of strength and hope. Wielding her trademark humor and optimism, she transcends the sobering subject of stroke to show how anyone facing a life challenge can overcome adversity through laughter, boundless enthusiasm, and unflinching determination. In 2006, Harper-Collins published *Don't Leave Me This Way: or when I get back on my feet you'll be sorry*, which chronicles her experience dealing with the medical community and insurance companies. The message is clear: you hold the key to overcoming the obstacles put before you. Humor, positive attitude, and inner strength will help you prevail.



Survivor Panel (10:00—11:00)

Facilitator: *Lakshmi Joshi Boyle, MS, CCC-SLP, CDC and Audiology Supervisor, Fletcher Allen Hospital*
Survivors will share their inspiring stories of their struggles and accomplishments after TBI
Panel Members: **Aaron McPherson, Barbara Silbert and Nathalie Kelley**

Session I (11:15—12:15)

- A Sexual Disinhibition and Social Skills: Behavioral Interventions for Persons with Brain Injury, Michael Mozzoni, PhD/ GCBA-D/CBIST, Lakeview NeuroRehabilitation Ctr.** This session will cover hypersexuality and discussion of a study which used a multiple baseline design with two disinhibited females with TBI secondary to motor vehicle accident. The subsequent treatment methods and efficacy will be discussed.
- B To Play or Not To Play-Sports Concussions?, Matthew Gammons, MD, Vermont Orthopedic Clinic—** This presentation will be a discussion of our current understanding of concussive injuries with emphasis on returning to sports after one or more concussions.
- C Introduction to Meditation for Enhancing Attention and Concentration, Aaron Hoopes, BA, author and founder of Zen Yoga,** This session will address how regular meditation practice leads to a profound shift in how the brain allocates attention. This session will offer a practical introduction to various meditation practices to increase concentration and attention.
- D Life After Deployment: Employment, Community and Education Resources: A Panel Discussion, Hib Doe, VocRehab VT, Dennis Hamel, Vet and Family Outreach Program, Chara Vincelette-Perrocchi, Community College of VT Veteran Liaison,** During this session, these panelists will share the resources available to assist in adjustment back to civilian life after deployment.
- E Legal Issues: Special Needs Planning and Guardianship, Jim Caffry, Esq, Caffry Law and Sam Abel-Palmer, Esq, Vermont Legal Aid,** This session will provide an overview of two very complex legal tools that are options for families to consider. There will be time allotted at the end for questions.
- F Pleasure, Passion and Procreation: Sexuality after Brain Injury, Tina Trudel, PhD, Lakeview NeuroRehabilitation Ctr,** This presentation will discuss aspects of sexuality after brain injury, as changes in sexual functioning and sexual satisfaction are common. These changes can adversely impact rehabilitation and recovery and may result in decreased quality of life and behavioral health complications for persons with brain injury, as well as having a negative impact upon relationships. Persons with brain injury have indicated that sexuality is an important topic, but is often not adequately addressed during the rehabilitation process, particularly for those persons not already in a relationship with an involved spouse.

Session II (1:40—3:10)

- A Compensatory Strategies For Cognitive/Linguistic Impairments: A Case History Approach To Individualized And Creative Selection, Gina England, MA, CCC-SLP** The selection process involved in choosing functional compensatory strategies for our patients can become routinized and predictable – a cookie cutter approach. This seminar is designed to encourage participants to “think outside of the box” when pairing a compensatory strategy with a specific deficit area. This will be facilitated through exposure to multiple case histories where a “creative” selection process was employed.

- B School Transitions: A Panel Discussion**, Linda King, MA, EdS, John Spinney, VT Department of Education, Kim Patten, OTR/L, The panelists will discuss the options and resources available for students with brain injuries as they navigate change in K-12 and beyond. Parent, students and school team members will benefit from this session.
- C Herbal and Nutritional Support for Recovery from Brain Injury**, Guido Mase, RH(AHG), Learn about current research around nutritional and herbal interventions in the management of post– brain injury recovery. Specific dietary and botanical approaches along with remedies, reviews of their indications and effectiveness, and proper dosage and administration will be discussed.
- D Motivation and Employment**, Laura Flint, MSW, Dartmouth College, Department of Community & Family Medicine , Glen McClintock, LICSW, Vocational Rehab VT, This session will explore motivational theory and it’s application to supporting individuals with brain injury to return to work.
- E Compassion Fatigue**, Kym Asam, LICSW, HowardCenter, This session is designed to help those who work or care for individuals who have undergone trauma to appreciate the potential impact of that caring on themselves. Participants will learn what compassion fatigue is and how to reduce the impact in one’s own personal and professional lives. Find out how to protect yourself while still helping your loved one/client.
- F Music As Therapy**, Lenny Burke’s Farm Inc and Pride Supports offer this interactive music therapy program. Music has long been recognized as a beneficial tool in Brain Injury Rehabilitation. Come participate, enjoy and experience the benefits of facilitated music therapy. Everyone attending will be able to participate regardless of prior experience.

Session III (3:30—4:30)

- A Accessibility! Smartphones and Mobile Devices with PDA Features**, Dan Gilman, AS,ATP, Professionals need to consider accessibility when recommending and/or purchasing Electronic Memory Organization Aids such as PDAs, Smartphones, cell phones, and mobile devices. Did you know there are many different operating systems to select from? Which operating system and/or device will likely have the accessibility features your clients need? Demonstrations of a variety of accessibility options will be provided.
- B Sleep Disorders After Brain Injury: Tracking and Treatment Options**, Ford Vox, MD, Medical Director, Brain Injury Rehabilitation Program, New England Rehabilitation Hospital, Clinical Assistant Professor, Tufts University School of Medicine, Department of Physical Medicine & Rehabilitation, After acquired brain injury, people may experience a range of related sleep disorders, some of which appear physiologically related to the injury. Dr. Vox will discuss the diagnosis of these disorders and the appropriate use of actigraphy in their diagnosis, which is a technology that allows the detection of movement during sleep. He will also discuss the use of bright light therapy for circadian rhythm disorders which increase in prevalence after brain injury.
- C Recreation and Adaptive Sports**, Richard Fritz, Recreational Therapist, FAHC and Patrick Standen, Northeast Disabled Athletic Association, Recreation and leisure activities have positive effects on emotional and physical health and well-being. This session will discuss how an individual with a disability can participate in sports and leisure activities through adaptation of equipment and/or environment to allow for maximum involvement in that which interests one.
- D “My Head hurts!”: Addressing TBI/PTSD, Support for Clients and Families**, Maggie Worboys, LISSW, The purpose of this presentation is two-fold, first: to gain an understanding of what it is like to simultaneously suffer with a TBI and PTSD, secondly to understand the impact this suffering has upon the person's family members.
- E Support Group for Caregivers**, Michael Denmeade,BS, CTRS, CBIS and Marsha Bancroft, BA, CIRS will facilitate discussion amongst family caregivers.
- F Continuation of Session II- Music As Therapy**, Lenny Burke’s Farm Inc and Pride Supports offer this interactive music therapy program.

Silent Auction



Second Annual Silent Auction:

Last year people bid on and won ski passes, restaurant and salon gift certificates, artisan crafts, books, movie passes, gift baskets, jewelry, vacation house rental and more!

Please help us collect items for the silent auction. If you have a service or an item to donate or know of an individual or organization who would be interested in supporting the services provided by the Brain Injury Association of Vermont, please contact Christy Opuszynski, support1@biavt.org or call 877-856-1772.



Conference Planning Committee:

Michael G Denmeade BS, CTRS, CBIS, Director Therapeutic Recreation Department, Mt. Ascutney Hospital and Health Center; Laura Flashman, PhD, Associate Professor of Psychiatry and Director of the Neuropsychology Program at Dartmouth Medical School; Jane Hulstrunk, Herbalist and Brain Injury Survivor; Carole McCay, MSN, RN, CNS, Adjunct faculty UVM, Glen McClintock, LICSW, Vocational Rehab, TBI Grant Manager; Christy Opuszynski, BA, BIAVT Neuro Resource Facilitator; Kelly Parker, SLP, Rutland Regional Medical Center; Trevor Squirrel, Executive Director BIAVT; Andre Wing, Team Leader, Veterans and Family Outreach Program, Barb Winters, CBIST, BA, OTA/L, Outreach & Education Coordinator, BIAVT; Sue Zamecnik, CBIS, VR Counselor, VocRehab VT, Rutland



NOMINATIONS FOR AWARDS



If you would like to nominate someone to receive an award, please fill out the information and send to: BIAVT, POB 482, Waterbury, VT 05676,

by Oct. 1st

***** Please give as much information and detail as possible *****
Please write up the reasons you feel he/she should receive and award on separate page.

Individual with a TBI: An individual who has assisted other brain injury survivors, has worked at promoting community awareness or support for TBI survivors, and has acted as a mentor for others.

Name: _____

Caregiver: An individual who has made positive contributions in the community by assisting individuals with a brain injury.

Name: _____

Employer: An employer who has hired an individual (or individuals) with a brain injury and has been very supportive by making accommodations and by advocating in the community and to other employers.

Name: _____ :

Professional: An individual who has been innovative in the treatment of individuals with a brain injury and has advocated changes in the system to improve the quality of treatment.

Name: _____

Nominator's Name

Nominator's Contact information

Address: _____

Phone / Email: _____



REGISTRATION FORM

Name: _____
Organization: _____
Position _____ E-mail: _____
Address: _____ City: _____
State: _____ Zip: _____ Phone: _____
Special Needs/Accommodations: _____

(notification of accommodations must be received in writing by Oct 18, 2011)

Do you need CEUs? If yes, what type?: NASW RN SLP OT Psych

WORKSHOP PREFERENCE

(Please select 1st and 2nd choice for each session)

Session I: 11:15 – 12:15 A B C D E F

Session II: 1:40 – 3:10 A B C D E F

Session III: 3:30 – 4:30 A B C D E F



Registration Costs:

Please note that we do not send out confirmations. If you cannot attend and someone is coming in your place we need to be notified of the substitution no less than 48 hours prior to

General Admission

- \$125 (If received by September 25) \$145 (If received after September 25)
 Walk for Thought TEAM CAPTAINS who raised \$300 or more as a team—no charge
 \$5 CEU processing fee

Individuals with Brain Injury and Family Members

- \$65
 Check if you are requesting a \$40 scholarship.— Survivors only
Survivors—**Please include \$25 on a first come / first serve basis** - limited to individuals with brain injury.
 Veterans with brain injury scholarships are available (limited number-please contact us if interested)

***A limited number of rooms are available at the conference rate of \$119.00. You must reserve by Oct. 1st to guarantee the rate. For reservations contact the Sheraton Hotel directly at 802-865-6600.**

Please send your registration with check (or request for scholarship) payable to: Brain Injury Association of VT **by September 26, 2011** to:

Brain Injury Association of VT
POB 482
Waterbury, Vermont 05676

Phone: 802-244-6850
Fax: 802-244-4005
Email: support1@biavt.org)

Attention: If you are interested in having an exhibit at the conference or are interested in being a sponsor of the conference, call (802) 244-6850

To register online go to:
www.biavt.org and click on
conference online registration



POB 482
Waterbury, VT 05676

RETURN SERVICE REQUESTED