

2021 *Virtual* Brain Injury & Stroke Conference



Wednesday, May 12
Thursday, May 13



Wednesday, May 12

Keynote Speaker -

John D. Corrigan, Ph.D.

*What Substance Use Disorder Professionals
Should Know About Traumatic Brain Injury*

Thursday, May 13

Keynote Speaker -

Abby Maslin

The New Normal:

*Gratitude, Growth, and
Transformation after Brain Injury*



LEAD SPONSORS

Abramson, Brown
& Dugan

A T T O R N E Y S



**Encompass
Health**

Rehabilitation Hospital
of **Concord**

WEDNESDAY, MAY 12 - 8:30 - 4:00

Keynote Speaker: John D. Corrigan, PhD --

What Substance Use Disorder Professionals Should Know About Traumatic Brain Injury



John D. Corrigan, PhD, is a Professor in the Department of Physical Medicine and Rehabilitation at Ohio State University in Columbus Ohio, and Director of the Ohio Valley Center for Brain Injury Prevention and Rehabilitation. He is Editor-in-Chief of the Journal of Head Trauma Rehabilitation. Dr. Corrigan is the Director of the Ohio Brain Injury Program, which is the designated lead agency in the state of Ohio for TBI policy and planning. He founded and for 25 years directed the TBI Network at Ohio State—a specialized substance use disorder treatment program for persons with brain injury. Dr. Corrigan is a member of the Board of Directors of the Brain Injury Association of America and has previously served national organizations, including CARF, the Injury Control Center at CDC, the Veterans Administration and the U.S. Department of Defense, Defense Health Board. He has received many awards for his service and research in brain injury rehabilitation, including the Brain Injury Association of America's William Fields Caviness Award, the 2007 Robert L. Moody Prize and the Gold Key Award from the American Congress of Rehabilitation Medicine.

Even though half of all people treated in substance use disorder treatment programs will have had a traumatic brain injury (TBI) that caused loss of consciousness sometime in their life, this condition is poorly understood among the professionals in these programs. This unawareness exists despite clear evidence that a history of TBI reduces the success of substance use disorder treatments. This presentation will describe information that behavioral health professionals should know in order to increase the effectiveness of services provided to persons with TBI. Topics will include the prevalence of TBI among clients in treatment for substance use disorders, how the fingerprint of TBI is central to risky use of substances, and ways that the effects of TBI can impact treatment success. Recommendations to adapt both the therapeutic process and treatment planning by behavioral health professionals will be described. The implications for systemic changes to behavioral health treatment delivery also will be discussed.

John Corrigan, PhD ~

What Substance Use Disorder Professionals Should Know About TBI

Carolyn Lemsy, PhD, C. Psych. ~

Tools to Address Substance use After Brain Injury

Daniel Seichepine, PhD ~

How Opioids, Such As Heroin, Work On The Brain

Fire Chief Daniel Goonan ~

Safe Station Program

ALL DAY

WEDNESDAY, MAY 12

SPECIAL SUBSTANCE USE

DISORDER TRACK

THURSDAY - MAY 13 - 8:30 - 4:00

Keynote Speaker: Abby Maslin --

The New Normal: Gratitude, Growth, and Transformation after Brain Injury



Abby Maslin is the bestselling author of *Love You Hard: A Memoir of Marriage, Brain Injury, and Reinventing Love*, a powerful story of transformation and resilience in the wake of tragedy. Award-winning journalist Maria Shriver praises *Love You Hard* as, “inspiring, touching, and beautifully written... a testament to choosing joy during the toughest times.”

A special educator and yoga practitioner, Maslin's work has appeared in the Washington Post and alongside acclaimed essayists in the anthology, *Nothing But the Truth So Help Me God: 73 Women on Life's Transitions*. In addition to her advocacy work in the brain injury and caregiving communities, Maslin is a regular contributor to the website Brainline.org. She lives in Washington, D.C. with her husband and two children.

Conference at a Glance

Level of Knowledge for Attendees: BEG - Beginner INT - Intermediate ADV - Advanced
 Topic is geared towards: PRO-Professional SUR-Survivor/Family ALL- Everyone

WEDNESDAY, MAY 12				THURSDAY, MAY 13		
8:30 Welcome				8:30 Welcome		
8:45 John Corrigan, PhD				8:45 Abby Maslin		
<i>TRACK A</i>	<i>TRACK B</i>	<i>TRACK C</i>		<i>TRACK D</i>	<i>TRACK E</i>	<i>TRACK F</i>
Stroke Track	Opioid Track	Brain Injury Track		Therapies Track	SLP Track	Survivor & Family Track
Session I 10:00-11:30	Putting Research into Practice: What the Latest Trials Mean for Stroke Rehab and Recovery Jason Johns, MPAS, PA-C ADV/ALL	Tools to Address Substance Use After Brain Injury Carolyn Lemsky, PhD, C.Psych BEG/ALL	Sleepiness in Brain Injury, What to Expect and How to Help Carolyn M. D'Ambrosio, MS, MD ADV/ALL	Acupuncture: A Useful Tool in Post-Stroke and Post-Concussive Recovery Andy Wegman, L.Ac BEG/ALL	An SLP's Role in Supporting a Student's School Re-Entry Following a Traumatic or Acquired Brain Injury Andrea L. Witt, MEd, CCC-SLP, CBIS ADV/PRO	Homeopathic Treatment of Brain Injury: Stimulating Self-Healing to Improve Outcomes Sarah Patton, ND BEG/ALL
11:45-12:45 -----EXHIBIT HOUR -----						
Session II 1:00-2:30	I Had a Stroke and I Recovered, Why am I Sad? Diana M. Rojas-Soto, MD ADV/ALL	How Opioids, Such as Heroin, Work on the Brain Daniel Seichepine, PhD BEG/PRO/ALL	Risk Factors of Traumatic Brain Injury and the Aging Brain Janelle Eloi, PsyD ADV/PRO	Creative Arts Therapies and Survivors of Brain Injury Anna Coleman, BA, MA Candidate BEG/PRO	Recognizing the Signs/Symptoms of an Undisclosed TBI in the Classroom: Unknown Barriers to Learning Gina England, MA, CCC-SLP BEG/PRO	Panel Sharing Our Stories Sophia Sheehan, Survivor Tammy Gilbert - St. John, Survivor Philip St. John, Spouse BEG/PRO/ALL
Session III 2:45-3:45	Acute Severe TBI Management in a Community Hospital: Advocating for Multi-Disciplinary Synergy across the System Lindsey Whelan, MS, RN, CCRN, ACCNS-AG BEG/ADV/ALL	Safe Station Program How Safe Stations Support the Community Fire Chief Daniel A. Goonan Daniel BEG/ADV/ALL	Cumulative Head Impact Exposure Predicts Later-Life Depression, Apathy, Executive Dysfunction, and Cognitive Impairment in Former High School and College Football Players Philip Montenegro, MD, PhD BEG/ADV/ALL	The Application of Graded Motor Imagery: Role in Stroke Recovery David Allard, MS, OTR/L BEG/ADV/PRO	The Oft Forgotten Component in Executive Function Training: Critical Thinking Skills Gina England, MA, CCC-SLP BEG/PRO	What About Us? A Guide to Understanding and Managing the Grief Family and Loved Ones Experience Michael Blau, MEd, CBIS BEG/SUR

DAY 1 - WEDNESDAY, MAY 12

8:45 - 9:45 Keynote Speaker: John D. Corrigan, PhD: *What Substance Use Disorder Professionals Should Know About Traumatic Brain Injury*

SESSION I - 10:00 - 11:30

A. Putting Research into Practice: What the Latest Stroke Trials Mean for Stroke Rehab and Recovery ~ Jason A. Johns, MPAS, PA-C, Instructor of Neurology, Dartmouth-Hitchcock Medical Center ~ This presentation will review results from the latest stroke research trials (including updates from the 2020 International Stroke Conference) and consider ways they change or reinforce current practice. Advances in acute care, hospital management, rehabilitation, stroke prevention, and long-term care will be discussed.

B. Tools to Address Substance Use After Brain Injury ~ Carolyn Lemsky, PhD, C.Psych, Clinical Director, Community Head Injury Resource Services of Toronto, Toronto Ontario ~ This presentation will provide an overview of how recommended adaptations to therapeutic processes and treatment planning to address substance use and brain injury can be implemented in community-based settings. Using a case-based discussion, the SUBI bridging project model of case management, as well as the Community Reinforcement Approach to addictions care will be introduced. The importance of using a motivational approach, environmental supports, incentives and client-centered goal-setting will be discussed. Implications for program development, staff training, and the use of an ethical framework in decision making will also be addressed.

C. Sleepiness in Brain Injury, What to Expect and How to Help ~ Carolyn M. D'Ambrosio, MS, MD, Director, Harvard-Brigham and Women's Hospital, Pulmonary and Critical Care Fellowship ~ In this session, Dr. D'Ambrosio will discuss the sleep problems that can occur in patients with brain injuries. This will include excessive sleepiness (hypersomnia) as well as obstructive sleep apnea that has a high prevalence in patients with stroke.

11:45 – 12:45 Please be sure to visit our Exhibitors & Sponsors

1:00 – 2:30 SESSION II

A. I Had a Stroke and I Recovered, Why Am I Sad? ~ Diane M. Rojas-Soto, MD, Vascular Neurologist, Dartmouth-Hitchcock Medical Center ~ Although stroke effects are unpredictable, mood disorders such as depression, anxiety and pseudo-bulbar affect are all too common. Studies suggest that simply having a stroke increases the risk of anxiety, depression or both. Early recognition is a key component for a successful treatment.

B. How Opioids, Such as Heroin, Work on the Brain ~ Daniel R. Seichepine, PhD., Assistant Professor of Neuropsychology, UNH ~ In 2017, the U.S. Department of Health and Human Services declared the opioid crisis a public health emergency. Annually, approximately 50,000 Americans lose their lives to opioid overdose and these numbers have significantly increased over the past several years. This interactive workshop will discuss how opioids, such as heroin, fentanyl, and prescription medications, work on the brain. We will begin with a review of basic neuroanatomy, which will then be followed by a discussion on how opioids are absorbed by the body, used by neurons, and are eliminated by the body. Finally, we will discuss the long-term effects of prolonged opioid use on the brain.

C. Risk Factors of Traumatic Brain Injury and the Aging Brain ~ Janelle Eloi, PsyD, Postdoctoral Fellow, Neuropsychology, Dartmouth-Hitchcock Medical Center ~ Within the general population and cultural zeitgeist, there are a lot of misconceptions in regards to traumatic brain injuries (TBI) and the impact it may or may not have on one's cognition, physical body, and emotional state. A TBI, which is often caused by a forceful blow to the head, can range in severity and degree and at times can be associated with physical and cognitive sequelae. After sustaining a TBI, some individuals may barely show symptoms while others may experience ongoing physical and cognitive problems. Furthermore, there are risk factors such as age, gender, occupation etc. that may place an individual at greater risk for sustaining a TBI and subsequently impact their activities of daily living, earning potential, quality of life, and overall future. This lecture will review the criteria for a TBI, including its biggest risk factors, most common causes and symptoms, the aging brain, and the impact a TBI may have on the aging brain.

2:45 – 3:45 SESSION III

A. Acute Severe TBI Management in a Community Hospital: Advocating for Multi-Disciplinary Synergy Across the System ~ Lindsey Whelan, MS, RN, CCRN, ACCNS-AG, Elliot Hospital Department of Trauma and Acute Care Surgery ~ Timely and consistent management in the acute phase of a severe traumatic brain injury can be associated with better long term outcomes in this patient population. This timely and consistent care requires all disciplines involved to have a synergistic approach with mutual goals. In the community hospital setting, lack of resources, education, and consistent practice can present as barriers to meeting the goals of TBI management. This presentation will explore challenges faced at one community hospital across the continuum of care in managing traumatic brain injury and present practical tools and solutions to aligning goals.

B. Safe Station Program ~ Daniel A. Goonan, Fire Chief, Manchester Fire Department ~ Each Manchester NH Fire Station is a designated safe environment for the individuals seeking assistance looking for treatment to start their path to recovery. At any time of day or night when the victim of substance misuse disorder decides or gathers up the courage to ask for help he or she can go to any MFD Station and speak to the firefighters on duty. The intent of the program is to capture the moment when someone needs help the most and get that person into the appropriate level of services as quickly as possible. This stigma free, face to face access point has been used over 6,700 times in Manchester alone and this program is being used by many different cities and towns all over the country.

C. Cumulative Head Impact Exposure Predicts Later-Life Depression, Apathy, Executive Dysfunction, and Cognitive Impairment in Former High School and College Football Players ~ Philip H. Montenegro, MD, PhD, Research Faculty, UNH, Manchester ~ The term "repetitive head impacts" (RHI) refers to the cumulative exposure to concussive and subconcussive events. Although RHI are believed to increase risk for later-life neurological consequences (including chronic traumatic encephalopathy), quantitative analysis of this relationship has not yet been examined because of the lack of validated tools to quantify lifetime RHI exposure. In this presentation Dr. Montenegro will provide 1) an overview of research demonstrating a cumulative effect of head impacts in athletes; 2) define exposure

science methods and define a new metric to quantify cumulative repetitive head impact (RHI) exposure from football (the “cumulative head impact index” CHII); 3) use the CHII to examine the association between RHI exposure and long-term clinically relevant outcomes; and 4) compare this new metric’s predictive power relative to other more commonly utilized exposure metrics (i.e., duration of play, age of first exposure, self-reported concussion history).

DAY 2 - THURSDAY, MAY 13

8:45 - 9:45 Keynote Speaker: Abby Maslin, MA, Author & Educator

The New Normal: Gratitude, Growth, and Transformation after Brain Injury

Disclosure: Ms. Maslin will be receiving a speaker fee for today’s presentation. She is the author of *Love you Hard: A memoir of Marriage, Brain Injury, and Reinventing Love*.

SESSION I - 10:00 - 11:30

D. Acupuncture: A Useful Tool in Post-Stroke and Post-Concussive Recovery ~ Andy Wegman, L.Ac., Licensed Acupuncturist, Manchester Acupuncture Studio ~ Acupuncture has proven itself a useful tool for post-stroke and post-concussion recovery by vast clinical use and scientifically validated research. This presentation will introduce information supporting both while offering ample time for questions in order to demystify the approach in general.

E. An SLP’s Role in Supporting a Student’s School Re-Entry Following a Traumatic or Acquired Brain Injury ~ Andrea L. Witt, MEd, CCC-SLP, CBIS, Speech Language Pathologist, Exeter Health Resources and Northeast Rehabilitation Hospital Network ~ This course will outline a speech-language pathologist’s role in supporting a student as they prepare for school re-entry following a traumatic or acquired brain injury (TBI, ABI). Topics to be covered are: overview of TBI/ABI in pediatric population, importance of communication and collaboration among medical team, outpatient providers and families, information vital to planning, formal and informal testing measures, goal formulation, activities, recommendations and accommodations. Disclosure: Ms. Andrea Witt is not being compensated for this presentation. She has no further relevant financial or non-financial disclosures to make.

F. Homeopathic Treatment of Brain Injury: Stimulating Self-Healing to Improve Outcomes ~ Sarah Patton, ND, Private Practice ~ In this 1.5 hour interactive workshop, participants will be introduced to homeopathy which is an effective natural medicine approach that signals the body to self-heal. We will review common over-the-counter homeopathic medicines called remedies proven to treat brain injury symptoms such as headache, brain fog, difficult concentration, mood swings, and neurological problems. These high-dilution preparations are safe to use with all prescription medications, which makes this a powerful treatment option your patients and clients should know about!

11:45 – 12:45 Please be sure to visit our Exhibitors & Sponsors

1:00 – 2:30 SESSION II

D. Creative Arts Therapies and Survivors of Brain Injury ~ Anna Coleman BA, MA Candidate, Masters Level student & intern at Krempels Center ~ Research has indicated that psychological distress can initiate physiological symptomatology in the body, and so the goal in psychotherapy becomes that of moving the energy that is stuck in the body so that it becomes unstuck. Drama therapy offers an action-based and emotive approach to ultimately invigorate the experience and prevent automated client responses. Drama therapy activates neuropathways in a soul-connecting way. This presentation will allow us to briefly learn about various expressive and creative arts approaches, devise how conference participants may use ideas inspired by these approaches in their own work and scope of practice, and ultimately bring this work to the population of survivors living with brain injury to improve the quality of their mental wellbeing in an immeasurable way.

E. Recognizing the Signs/Symptoms of an Undisclosed TBI in the Classroom: Unknown Barriers to Learning ~ Gina England, MA, CCC-SLP ~ Today’s session will explore the importance of correctly identifying all of a student’s learning barriers as they pertain to eligibility for special education services. Our discussion will look at the probability/cause of an undisclosed TBI and the consequences of misidentification through a careful examination of case studies and current literature. Disclosure: Ms. Gina England is not being compensated for this presentation. She has no further relevant financial or non-financial disclosures to make.

F. Survivor Panel: Sophia Sheehan, Survivor, Tammy Gilbert-St. John, Survivor, & Philip Albert St. John, Spouse
Panel members will share their stories, including challenges, successes and insights.

2:45 – 3:45 SESSION III

D. The Application of Graded Motor Imagery: Role in Stroke Recovery ~ David N. Allard MS, OTR/L, Outpatient OT, Encompass Health ~ Graded motor imagery (GMI) is a three stage synaptic exercise process to address neuropathic pain involving left/right discrimination, imagined movements and mirror therapy. With patience, persistence and often lots of hard work, GMI gives new hope for treatment outcomes.

E. The Oft Forgotten Component in Executive Function Training: Critical Thinking Skills ~ Gina England, MA, CCC-SLP ~ This session will explore the role of Critical Thinking Skills as it pertains to the development of higher level or meta-cognitive executive functions. Today’s discussion will have application to both the medical and educational Speech Pathologist. Attendees will learn how to define, teach and create activities for the development of Critical Thinking Skills. Disclosure: Ms. Gina England is not being compensated for this presentation. She has no further relevant financial or non-financial disclosures to make.

F. What About Us? A Guide to Understanding and Managing the Grief Family and Loved Ones Experience ~ Michael Blau, MEd, CBIS, Director START Resource Center, Community Bridges ~ Traumatic brain injury (TBI), sometimes referred to as a silent epidemic, affects thousands of people each year. A head injury not only affects the individual, but the entire family system as well. Families experience a myriad of needs during this time of crisis. With the immediate focus on the individual’s physical or cognitive state, the family’s needs may go unnoticed or unrecognized. It is imperative to understand the emotional impact on family needs, and the unique grieving patterns which influence their ability to cope with this situation. Since families play such an integral role in the individual’s recovery process, it is crucial to recognize the scope of the TBI experience and provide care within the context of the individual family system.

VIRTUAL CONFERENCE REGISTRATION FORM

Wednesday, May 12 and Thursday, 13, 2021

ONLINE REGISTRATION PREFERRED - GO TO: <https://bianh.salsalabs.org/38vbisc>

If unable to register online, use conference registration form below.

Name: _____

Address: _____

City, State, ZIP _____

E-Mail _____ Phone _____ FAX _____

Organization _____ Address _____

Position _____ Phone _____ FAX _____

SPECIAL RATE for 2021 (only) includes both days.

Choose to attend all sessions or choose only the sessions you want.

**SURVIVOR (only) ~~\$70.00~~
Special Rate \$50.00**

**FAMILY (only) ~~\$120.00~~
Special Rate \$100.00**

**ALL OTHER (Professionals) ~~\$165.00~~
Special Rate \$140.00**

There are a limited number of survivor scholarships available, please email lori@bianh.org for more information.

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 conference

**Please check back one week prior to the conference for any session handouts that may be posted at:
<https://bianh.org/conference-handouts>**

Please Check:

____ Check Check # _____ Employer _____

All cancellations will incur a \$25.00 processing fee.

Please return this form and your check to: Brain Injury Association of New Hampshire
52 Pleasant Street
Concord, NH 03301

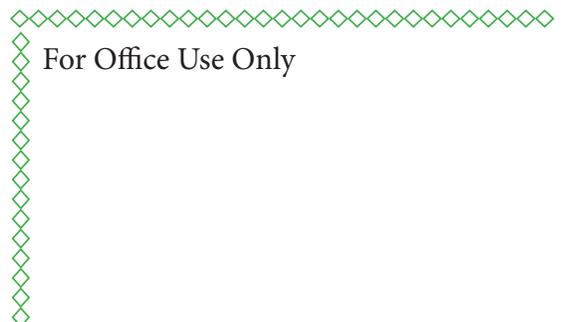
WORKSHOP CHOICES:

Wednesday, May 12, 2021 Thursday, May 13, 2021

Session I Track _____ Track _____

Session II Track _____ Track _____

Session III Track _____ Track _____

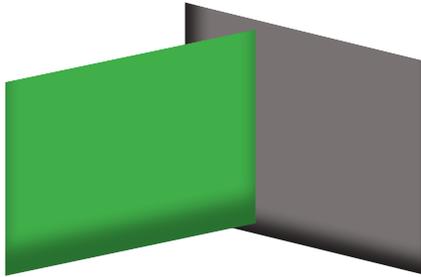


Brain Injury Association of New Hampshire

52 Pleasant Street
Concord, NH 03301

CHANGE SERVICE REQUESTED

NONPROFIT ORG.
U.S. POSTAGE
PAID
Concord, NH 03301
Permit No. 1665



***38th Annual Conference
Brain Injury & Stroke***