



*A New
Decade in
Brain Injury*

37th Annual

Brain Injury & Stroke Conference

Wednesday, May 13, 2020

**Courtyard Marriott & Grappone Conference Center
Concord, New Hampshire**

Register online: <https://bianh.salsalabs.org/37abisc>



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.



Afternoon Opioid Specialty Track

***How Opioids, such as Heroin, Work on the Brain* ~ Daniel R. Seichepine, Ph.D., Assistant Professor of Neuropsychology, University of New Hampshire**

This interactive workshop will discuss how opioids, such as heroin, fentanyl, and prescription medications, work on the brain. Beginning 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, the long-term effects of prolonged opioid use on the brain.



***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.



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A T T O R N E Y S



Rehabilitation Hospital
of **Concord**

New Hampshire Bureau of
Developmental Services



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

8:30 Welcome

8:45 Keynote: Abby Maslin ~ *The New Normal: Gratitude, Growth, and Transformation after Brain Injury*

	<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	AM - Sleep Issues PM - Opioids	TBI	Therapies	SLP	Survivor & Family Track
Session I 10:05-11:35	Putting Research into Practice: What the Latest Stroke Trials Mean for Bedside Care Jason A. Johns, MPAS, PA-C	Sleepiness in Brain Injury, What to Expect and How to Help. Carolyn M. D'Ambrosio, MS, MD	When Get-Up-And-Go is Gone: Motivation Challenges after Acquired Brain Injury Anthony J. Giuliano, PhD, CBIST	Acupuncture: A Useful Tool in Post-Stroke and Post-Concussive Recovery Andy Wegman, L.Ac	The Outpatient and School Based SLP: Building a Transition Bridge for the TBI Student Jennifer A. Klingensmith, MS, MEd, CCC-SLP Melissa A. George, MS, CCC-SLP	Homeopathic Treatment of Brain Injury: Stimulating Self-Healing to Improve Outcomes Sarah Patton, ND
	ADV/PRO	ADV/ALL	BEG/ALL	BEG/ALL	BEG/PRO	BEG/ALL
11:45-12:45 -----LUNCH-----						
Session II 12:50-2:20	I Had a Stroke and I Recovered, Why Am I Sad? Diana M. Rojas-Soto, MD	How Opioids, Such as Heroin, Work on the Brain Daniel R. Seichepine, PhD	Risk Factors of Traumatic Brain Injury and the Aging Brain Janelle Eloi, PsyD Cierra Keith, PhD	Social Competence Training: Everyone Can Benefit! Sydney Beadles, MSOT Barb Kresge, MS, OTR/L, CBIS	Recognizing the Signs /Symptoms of an Undisclosed TBI in the Classroom: Unknown Barriers to Learning Gina England, MA, CCC-SLP	Survivor Panel Sophia Sheehan, Survivor, Tammy Gilbert-St. John, Survivor, & Philip Albert St. John, Spouse
	ADV/ALL	BEG/PRO/ALL	ADV/PRO	BEG/ALL	BEG/PRO	BEG/ADV/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	Safe Station Program Fire Chief Daniel A. Goonan	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	The Application of Graded Motor Imagery: Role in Stroke Recovery David N. Allard, MS, OTR/L	The Oft Forgotten Component in Executive Function Training: Critical Thinking Skills Gina England, MA, CCC-SLP	What About Us? A Guide to Understanding and Managing the Grief Family and Loved Ones Experience. Michael Blau, MED, CBIS
	BEG/ADV/ALL	BEG/ADV/ALL	BEG/ADV/ALL	BEG/ADV/PRO	BEG/PRO	BEG/SUR

Time Schedule & Session Descriptions

7:30 - 1:00 Registration

8:00 - 3:00 Exhibitors

8:30 Welcome

8:45 - 9:45 Keynote: *The New Normal: Gratitude, Growth, and Transformation after Brain Injury*
~ Abby Maslin, M.A., Author & Educator

Disclosure: Ms. Maslin will be receiving a speaker fee and travel expenses for today's presentation. She has no further relevant financial or non-financial disclosures to make.

9:45 - 10:05 Morning Break -- Please Visit the Exhibitors

SESSION I

A. Putting Research into Practice: What the Latest Stroke Trials Mean for Bedside Care ~ 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. 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.

C. When Get-Up-And-Go is Gone: Motivation Challenges after Acquired Brain Injury ~ Anthony J. Giuliano, PhD, CBIST, Clinical Neuropsychologist, MA Department of Mental Health/Worcester Recovery Center & Hospital ~ Motivation deficits and disorders are a common consequence of acquired brain injury. Low motivation contributes to rehabilitation and service challenges, family burden, reduced role and social functioning, and problems with self-care. This workshop will provide an introduction to the nature of post-ABI motivation problems, their biopsychosocial bases, and assessment and treatment approaches.

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. The Outpatient and School Based SLP: Building a Transition Bridge for the TBI Student ~ Jennifer A. Klingensmith, M.S., MEd., CCC-SLP & Melissa George, MS, CCC-SLP – Strafford Learning Center ~ Challenges faced in both the healthcare and school settings have resulted in decreased coordination of care for individuals who have been diagnosed with a traumatic brain injury upon their return to school due to a number of factors. This workshop will discuss some potential solutions to help improve outcomes upon transition back to school and into adulthood. **Disclosure: Ms. Jennifer A. Klingensmith and Ms. Melissa George are not being compensated for this presentation. They have 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 Lunch

12:50 - 2:20 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 key component for a successful treatment.

B. How Opioids, Such as Heroin, Work on the Brain ~ Daniel R. Seichepine, PhD., Assistant Professor of Neuropsychology, University of New Hampshire ~ 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 & Cierra Keith, PhD, 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.

D. Social Competence Training: Everyone Can Benefit! ~ Sydney Beadles, MSOT, Occupational Therapy Intern & Barb Kresge, MS, OTR/L, CBIS, Program Director, Krempels Center ~ Presenters will discuss their experience coordinating and facilitating a weekly group following the GIST (Group Interactive Structured Treatment) for Social Competence 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. Attendees can expect an interactive account of this group, with discussion and experiential activities outlining the principals.

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.

2:20 – 2:40 Afternoon Break – Exhibitor Raffle
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).

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.

Conference Objectives

Participants will be able to identify advances in prevention, diagnostic assessment and rehabilitation, coping strategies, holistic approaches, recreation and leisure, and community support. They will also be able to identify ways to support collaboration and hope among participants, while developing a clearer vision of how we can better meet the needs of survivors and families in the community.

CONTINUING EDUCATION UNITS

Application has been made for the following CEU's and Continuing Education Credits: ASHA, CCM, Nursing, NASW, CDMSC, CCMC, CRCC.



Circle One:

RN SLP PT OT SW CDMSC CCMC CRCC Psych CBIS Other _____

The New Hampshire Speech-Language-Hearing Association is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This program is offered for up to 0.5 ASHA CEUs (Intermediate level; Professional area). ASHA CEUs are available for the Keynote session and Track E sessions.

Psychologists: Will receive a Certificate of Attendance for 5 contact hours.

Social Workers: Social Workers: 5 CEUs pending approval from NASW NH

Nurses: Will receive a Certificate of Attendance for 5 contact hours.

All other healthcare and social service professionals: This program will provide 5 contact hours. Certificates of attendance will be provided at the end of the day.



Brain Injury Association of New Hampshire's Annual Conference Wednesday, May 13, 2020

LOCATION: Courtyard by Marriott & Grappone Conference Center
70 Constitution Avenue
Concord, New Hampshire 03301
(603) 225-0303



Directions & Reservation Information

From I-93 North or South: Take Exit 15 West. Turn right at the first stoplight onto Commercial Street and follow Commercial Street 1/4 mile to Constitution Avenue.

A block of rooms has been reserved for \$139.00 (Single and Double Rate). You must reserve before 4/21/2020 to guarantee rate.

For Hotel reservations call (603) 225-0303 and specify BIANH Brain Injury & Stroke Conference. If you have any questions about this conference, please call BIANH at (603) 225-8400.

Brain Injury Association of New Hampshire

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