

THE 3RD ANNUAL WEST VIRGINIA CONFERENCE ON

TRAUMATIC BRAIN INJURY



FROM SURVIVING TO THRIVING: GROWTH AFTER A TBI

Location: The Resort at Glade Springs Daniels, WV

Date: March 6-8, 2019

WEDNESDAY, MARCH 6, 2019

8:00AM-11:00AM Certified Brain Injury Specialist (CBIS) Testing (Only for individuals who have completed application and assigned a testing date and site).

10:30AM-11:30AM REGISTRATION

11:30-1:00pm **WELCOME & KEYNOTE LUNCH: Survive and Thrive: How to Overcome Adversity and Live the Life You Really Want- Darcy Keith (S/C/P)**

There are many challenges in life which are unknown. Some are expected while others are not. It's how we cope with these challenges that helps determine the outcome and our attitude. In this presentation, Darcy teaches the audience steps of how to survive and thrive successfully through any challenge. Attendees will leave with tools and strategies to handle any adversity that comes in their life.

1:00-1:15pm BREAK

1:15pm-2:15pm BREAKOUT SECTION 1

1A Sexual Health after TBI- Courtney Lanham (S)

This session we will provide information about how a TBI can affect sexual health and behavior, identify what causes changes in sexual health and behavior after TBI, and identify ways to improve sexual health and relationships after TBI.

1B Appalachian Culture: What Every Social Service Provider Needs to Know, Part 1 of 2- Roger May (P)

In part one of a two-part training, providers will receive an overview of the central Appalachian region - its history, culture, and values. Any service provider working in rural communities can benefit from this training.

1C Effective Communication with Patients & Caregivers- Dr. Greg Elkins (P)

This sessions will provide information and advice on better communication techniques when working with individuals with traumatic brain injury, caregivers and family members.

1D Caring for Combat Wounds- Stephen Heck (C)

Working with veterans is not always equivalent to providing care to the general population. This session provides information for caregivers on understanding and overcoming barriers to providing care to veterans with traumatic brain injury.

2:15pm-2:30pm

BREAK

2:30pm-3:30pm

BREAKOUT SECTION 2

2A Healthcare Navigation for Survivors: How to Talk to Your Primary Care Physician- Dr. Greg Elkins (S)

Sometimes we find it difficult to convey what we are feeling and our needs to healthcare providers. This session will go over addressing your medical concerns in an efficient and effective way with physicians, nurses and other medical professionals.

2B Appalachian Culture: What Every Social Service Provider Needs to Know, Part 2- Roger May (P)

In part two of this training, we will examine work practices that will build rapport with clients and communities throughout the region. Any service provider working in rural communities can benefit from this training.

2C PATBI – Protection & Advocacy for Traumatic Brain Injury- Delcie Gorum (S/C)

The Protection and Advocacy for Individuals with Traumatic Brain Injury (PATBI) Program is a federally funded program established under the Traumatic Brain Injury Act of 1996, and its reauthorization under the Children’s Health Act of 2000. PATBI Services include information, referral and advice; individual and family advocacy; legal representation; and support and assistance in self-advocacy.

2D: Focus Group for Caregivers- Tim Williams, James Akkidas (C)

This session will be a small, but diverse group of caregivers of individuals with TBI who will participate in guided discussion about pre-determined topics provided by the focus group facilitators. Information collected during this session will be used in a research study in which IRB is pending.

Participants will be able to consent as to whether their information is used for the study.

3:30pm-3:45pm

BREAK

3:45pm- 4:45pm

3A Understanding WV ABLE: A Savings Program for Individuals with Disabilities- Kristi Pritt (S/C)

The rules have changed...WVABLE is a savings program offered by the WV State Treasurer's Office and made possible by the Achieving a Better Life Experience Act of 2014 (ABLE) that allows qualifying individuals with disabilities the ability to save up to \$15,000 per year, and up to \$27,140 if employed, without losing government benefits such as Medicaid or SSI.

3B Pathways to Your Future: Jeff McCroskey, Mitch Balaban, Chris Napier, Betsy Peterson (S)

During this presentation we will review the Pathways WV website and explain all of the opportunities for students with disabilities who are in the process of transitioning from school to the adult world. We will review all of the publications that are available for parents, students and teachers.

3C The Therapeutic Mission of Warrior Canine Connection- Rick Yount (S)

The Warrior Canine Connections works to utilize a Mission Based Trauma Recovery model to help recovering warriors reconnect with life, their families, their community and each other. In this session, attendees can learn about the veteran and canine relationship and see a demonstration of that bond.

3D- Focus Group for Professionals- Tim Williams, James Akkidas (P)

This session will be a small, but diverse group of professionals that serve individuals with TBI who will participate in guided discussion about pre-determined topics provided by the focus group facilitators. Information collected during this session will be used in a research study in which IRB is pending. Participants will be able to consent as to whether their information is used for the study.

THURSDAY, MARCH 7, 2019

7:30AM-8:30AM

REGISTRATION & CONTENTIAL BREAKFAST

8:30AM-10:00AM

PLENARY SESSION: Looking Beyond Inclusion- Andy Arias(S/C/P)

In this session we will be taking a good look at what inclusion really means in the context of our work. Thinking about disability and intersectionality in

a meaningful way. Stepping out of our comfort zones in order to be an agent of change.

10:00-10:15AM

BREAK

10:15-11:15AM

BREAKOUT SECTION 4

4A Sexual Health after TBI- Courtney Lanham (C/P)

In this session, professional and caregiver attendees will increase understanding of how a TBI can affect sexual health and behavior, identify what causes changes in sexual health and behavior after TBI, and identify ways to improve sexual health and relationships after TBI.

4B Computer Access for Everyone- Doug Cumpston (S)

Using a computer has become a daily essential to everyone today. Communicating, shopping, and education have all moved to online entities. This presentation will explore the ways people that have experienced a TBI might access a computer. We will look at switches, adaptive hardware, and computer software that is designed for allowing a person to use a computer in a non-traditional way.

4C Helping Children Cope with TBI in the Family- Anastasia Riley (C)

This session will discuss the how to identify coping strategies in children and give examples based on age ranges such as peer support groups. It will be discussion based and participant interaction is encouraged.

4D Focus Group- Survivors Tim Williams, James Akkidas (S)

This session will be a small, but diverse group of individuals with TBI who will participate in guided discussion about pre-determined topics provided by the focus group facilitators. Information collected during this session will be used in a research study in which IRB is pending. Participants will be able to consent as to whether their information is used for the study.

4E Occupational Therapy's Role in Recovery from Concussion- Dr. Amanda Acord-Vira & Dr. Diana Davis(P)

This presentation will cover the complex functional implications of concussion and how occupational therapy treatment can help in recovery. Particular focus will be on specific assessment and treatment areas with case studies across the lifespan.

11:15AM-11:30AM

BREAK

11:30AM-1:15PM

LUNCH KEYNOTE: Concussions Through the Lens of Sex and Gender- Katherine Snedaker, Founder and Executive Director, PINK Concussions (S/C/P)

This presentation provides a broad overview of sex and gender differences in brain injury between men and women based on past and current scientific research and Katherine's experience working with the thousands of women in the PINK Concussions Support Groups. Beyond research data, Katherine has addressed why these differences are important for patients, families and clinicians to consider in care plans for women and girls. The lack of education and awareness about these differences can lead to a patient's unrealistic expectations of recovery time and an underestimation of the need for support from family and school/work. In addition, a medical professional's lack of training in these differences inhibits diagnosis and appropriate intervention across the care continuum and affects the development and delivery of appropriate healthcare service.

1:15PM-1:30PM

BREAK

1:30PM-2:30PM

BREAKOUT SECTION 5

5A TBI Recovery in the Community: Clinician and Caregiver Strategies to Maximize Quality of Life and Community Participation- Dr. Steven Wheeler, & Dr. Amanda Acord-Vira (C/P)

The course will provide an overview of knowledge needed to successfully manage the complex impairments following a TBI. Emphasis will be placed on supporting individuals with moderate to severe TBI with a primary focus on functional cognition. Case studies and video examples will be used to incorporate course content with the rehabilitation process. Content will be applicable to clinicians, caregivers, and survivors experiencing the impact of TBI throughout the continuum of recovery.

5B Cannabis, Neuroprotection and Brain Injury for Professionals- Dr. Greg Gerdeman (P)

This session will assist professionals in understanding the implications and benefits of medical marijuana of individuals with traumatic brain injury.

5C Painting w Greg, Part 1 of 2- Greg Siegart (S/C/P)

Work with well-known West Virginia artist Greg Siegart, a survivor of traumatic brain injury, to create a masterpiece! Use acrylic paints on a canvas as you are guided step by step how to complete the specific painting for the day. No painting experience is needed to have great success! You must attend both Part 1 and Part 2 of this session to complete a painting.

5D Reducing Frustration by Enhancing Quality of Life- Megan Ramsburg (S)

Frustration and anger are common for individuals following brain injuries. When anger and frustration occur there are generally several factors acting in combination. We will discuss common factors that contribute to frustration and various strategies to combat these factors, as well as ways to improve your quality of life to increase happiness to reduce frustration.

2:30-2:45PM

BREAK

2:45PM-3:45PM

BREAKOUT SECTION 6

6A TBI & the VA: A Veteran Centered Care Approach- Sandra Hall, Melissa Hall, Terry Gee (P)

A description of the Veteran's Administration (VA) Polytrauma/TBI System of Care (PSC)-an integrated nationwide network of over 110 facilities. The hallmark of TBI and Polytrauma rehabilitation in the VA is the veteran-centered, interdisciplinary approach to care. Rehabilitation services within the PSC are coordinated across four tiers of care, balancing access/expertise to provide the right rehabilitation care at the right time and the right location. Veterans, their caregivers, and interdisciplinary teams of rehabilitation specialists engage in the development and implementation of a treatment plan that addresses the individual needs and goals of the Veteran with a focus on community reintegration.

6B Job Accommodations for Individuals with Brain Injuries: Disclosing a Disability - Melanie Whetzel (S)

Job accommodations can be vital for the successful employment of individuals with disabilities. Knowing how, when and why it might be necessary to disclose a disability is the first and most difficult part of the accommodation process. This session will provide information on the American with Disabilities Act (ADA), disclosure of brain injuries in the workplace, the limitations associated with these impairments, and the accommodations that might be needed. Real-life accommodation situations and solutions will be interspersed throughout the session.

6C Painting w Greg, Part 2 of 2- Greg Siegart (S/C/P)

Work with well-known West Virginia artist Greg Siegart, a survivor of traumatic brain injury, to create a masterpiece! Use acrylic paints on a canvas as you are guided step by step how to complete the specific painting for the day. No painting experience is needed to have great success! You must attend Part 1 of this Session to attend Part 2.

6D Emergency and Disaster Preparedness for Individuals with Disabilities- Teresa McCourt (S/C)

Emergency and disaster situations are dangerous for all citizens, but especially for individuals with disabilities. After-action reports and research following local natural disasters and other emergencies point to some steps people with disabilities can take to ensure their well-being, health and safety during these situations. Those steps will be discussed in this session.

3:45PM-4:00PM

BREAK

4:00PM-5:00PM

The PINK Concussion Panel of Women with Brain Injury- Katherine Snedaker, Moderator (S/C/P)

The PINK Concussions Symposium will be a scientific presentation of the differences in female brain injury interspersed with short comments from our panel of women patients sharing their experience of brain injury to illustrate key points. The all-female panel will consist of a cross-section of injuries from sports, domestic violence, work-related injuries, accidents, and military service. The age of the panelists will range from teens to seniors. The goal of blending scientific findings with the patient's experience/perspective is to help translate research data into actionable-change in the clinical practice of the medical professionals attending the conference.

FRIDAY, MARCH 8, 2019

7:30AM-8:30AM

REGISTRATION & CONTENTIAL BREAKFAST

8:30AM-10:00AM

Traumatic Brain Injury and Substance Use Related Disorders - Building Supports With Our Community Partners- Gabriela Lawrence-Soto (S/C/P)

This session will provide an overview on how the new Federal Traumatic Brain Injury grant has offered states across the country an opportunity to collaborate on identifying, sharing and implementing best practices for the prevention and treatment of substance use related disorders among individuals living with traumatic brain injury.

10:00-10:15AM

BREAK

10:15AM-11:15AM

BREAKOUT SECTION 7

7A Return to Driving after Brain Injury- Dr. Diana Davis (S/C/P)

This presentation will cover the complex issues associated with return to driving after a brain injury. Particular focus will be on evaluation resources including the use of on the road versus simulator testing and issues most commonly experienced by individuals after a brain injury that impair driving.

7B From Surviving to Thriving: Enhancing Life with Positive Behavior Support- Anastasia Riley (C/P)

We will discuss the overall concepts of positive behavior support to help survivors live their best lives possible. While we go over each concept participants will be asked to pause and apply several elements to their own life such as proactive strategies, calming techniques, functionally equivalent replacement behaviors, and natural reinforcement. Participants will then fill out a mini MAP on themselves. Participants will then talk about each section as we are completing the MAP together to come up with ideas to make a plan of action to follow their dreams.

7C Serving Veterans with TBI- Stephen Heck (P)

Working with veterans is not always equivalent to providing care to the general population. This session provides information for professionals on understanding and overcoming barriers to providing care to veterans with traumatic brain injury.

7D Cannabis, Neuroprotection and Brain Injury for Survivors - Dr. Greg Gerdeman (S)

This session will provide information on the implications and benefits of medical marijuana for individuals with traumatic brain injury.

11:15PM-11:30PM BREAK

11:30AM-1:30PM LUNCH/SPEAKER/CLOSING REMARKS

Brain Injury and Behavioral Health: The Complexities, Consequences, and Considerations- Judy Dettmer (S/C/P)

Traumatic brain injury is a very complex injury to determine specific causes and specific effects. This session will take time to examine precise injuries and their outcomes, and what those outcomes may present for individuals with traumatic brain injuries and their families regarding emotions and behaviors.