26th Annual Conference
for Professionals in Brain Injury
Celebrating the Journey
April 28 & 29, 2011
Northland Inn, Brooklyn Park, Minnesota

Sponsored by
CaringBridge.org
Lutheran Social Service
for changing lives
MDH Department of Health
Minnesota Low Incidence Projects
Minnesota Stroke Association
HRS Residential Services
TBI Residential & Community Services
Thursday Keynote Address
Sexuality & Traumatic Brain Injury: Finding the Comfort Zone
Tina Trudel, Ph.D.

Dr. Trudel’s presentation addresses the common changes in sexual functioning and sexual satisfaction following traumatic brain injury (TBI). These changes can result in decreased quality of life for persons with TBI, and have a negative impact upon couples’ relationships and sense of self. In this session, scientific literature review, clinical guidelines and case examples will be used to engage participants regarding how to increase the comfort level in discussing sexuality with persons with TBI and their family members, how to deal with sexuality issues on rehabilitation units and in post-acute programs and how to explore and access sexual therapies, options and aides.

Tina M. Trudel is President/COO of Lakeview Neurorehabilitation Centers and Specialty Hospital, a national leader in brain injury rehabilitation and neurobehavioral treatment for civilians and service members. Dr. Trudel provides oversight of Lakeview’s hospital, residential, special education and community-integrated programs nationwide. Dr. Trudel is the Principal Investigator/Site Director of the Defense and Veterans Brain Injury Center at Virginia NeuroCare and a clinical and research consultant to the Mentor ABI Network. She chairs the Brain Injury Long Term Issues Task Force of the American Congress of Rehabilitation Medicine, the Ethics Committee of the Brain Injury Association of America, is a board member of the North American Brain Injury Society, a founding board member of the Blast Injury Institute, and a reviewer for the National Institute of Disability and Rehabilitation Research.

Dr. Trudel is presently an Assistant Professor of Clinical Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine. She has numerous publications and presentations in the areas of brain injury, rehabilitation, neurodevelopmental disorders, neuropsychology, aging and neurobehavioral treatment. Dr. Trudel was the recipient of the Brain Injury Association of America’s 2008 Founder’s Award for her work and advocacy in the field of brain injury rehabilitation.

Friday Keynote Address
Grief, Loss and Coping: How Families Survive the Emotional Trauma of Brain Injury
Marilyn Lash

Marilyn Lash’s presentation will explore the common emotions and reactions of family members after a son or daughter, husband or wife, mother or father has a brain injury. The presentation will discuss the relevance of psychosocial models of adjustment after illness or disability for families dealing with traumatic brain injury.

With over 35 years of experience working with persons with disabilities and their families in medical, rehabilitation, educational and vocational settings, her primary interests are supporting families and developing community programs. She is a founding partner of Lash and Associates Publishing/Training in Wake Forest, North Carolina. Ms. Lash is also an Assistant Clinical Professor in the Department of Physical Medicine and Rehabilitation at Tufts University School of Medicine. She is former Chairperson of the Board of Directors of the Brain Injury Association of North Carolina and the current Chair of the Brain Injury Advisory Council for North Carolina.

For more information or to register online,
Thursday, 8 a.m. – 12:15 p.m.

8 – 9 a.m. — Registration and Exhibits Open
Exhibits are open daily 8 a.m. to 3:30 p.m.

9 – 10:30 a.m. — Keynote Address
Sexuality & Traumatic Brain Injury: Finding the Comfort Zone – Tina Trudel, Ph.D.

10:30 – 11 a.m. — Session Break – Exhibits Open

11 a.m. – 12:15 p.m. — Breakout Sessions I

A. Aging with TBI
Tina Trudel, Ph.D.
Individuals living with brain injury often experience their injuries as adolescents and young adults, and live many years afterward. This session will review research done through the American Congress of Rehabilitation Medicine’s Long Term Outcome Task Force in the context of the literature on the topic and clinical experience. It will address recommendations for health, wellness and quality of life, along with the public policy and advocacy implications.

B. Brain Injury & Seizures
Timothy Feyma, MD, Gillette Children's Speciality Healthcare; Amanda Van Wyhe, Epilepsy Foundation of Minnesota
Many people with brain injury also have seizures. This presentation will discuss the connection between brain injury and seizures and will also provide education about seizures, including: how to recognize a seizure, how to properly respond to a seizure, medication and treatment options for seizures. Resources and programs available from the Epilepsy Foundation of Minnesota will also be discussed.

C. Now I Have To Go On A Sensory Diet?
LeeAnn Mateffy-Horn, MS, OTR/L, CBIS, Courage Center
Children, teens and adults need regular sensory-motor input for self regulation. These types of “sensory” activities help get their bodies ready to focus, pay attention, learn and participate in desired home, school, work and community activities.

D. Working with and Supporting Offenders Affected by TBI and Co-occurring Disorders
Lee Buckley, Reentry Services; Jeff Spies, Behavioral Health Project Manager; Joann Dillavou, MnCoSA Director, Minnesota Department of Corrections
This workshop will discuss practices and processes used in the Minnesota Correctional Facilities to support offenders affected by traumatic brain injury and co-occurring disorders. It will also discuss planning for their re-entry back to the community upon their release from prison.

E. A Primer on Executive Functions
Jonathon Miller Ph.D., LP, ABPP, Children’s Hospitals and Clinics of Minnesota
This presentation will describe the development of the Executive Function system; its importance for the development of independent learning; conditions that impact the development of Executive Functions, and strategies and interventions for teaching children with Executive Dysfunction.

Mark Kinde, Minnesota Department of Health
What causes most brain injuries in Minnesota? Where in our state do the injuries occur? How long do the sequelae last? What can we do about it? Come explore the interactive, queriable data and find out about brain injury in your favorite county.

please visit www.braininjurymn.org/conference.html
Thursday, 12:15 – 2:30 p.m.

12:15 – 1:15 p.m. — Lunch

1:15 – 2:30 p.m. — Breakout Session II

A. Addressing Grief and Loss After Acquired Brain Injury
   Robert Karol, Ph.D., LP, ABPP, CBIST, Karol Neuropsychological Services & Consulting
   This presentation will address grief and loss after brain injury. It will highlight living with a chronic condition compared to acute/terminal ones. The process/roles in brain injury treatment and their implications for grief and loss intervention will be covered. Re-conceptualizing acceptance/adjustment to disability will be addressed. Suggestions will be provided for treatment.

B. Adapting Yoga for Veterans with Brain Injury
   Amy Moran, MA, RYT; Casey Linstad, CTRS; Rose Collins, Ph.D., LP, Minneapolis VA Healthcare System
   The National Center for Complementary and Alternative Medicine (NCCAM) identifies yoga as a mind-body practice that uses breathing exercises, movement, and relaxation to both address specific health conditions and promote general well being. This presentation highlights some of the considerations associated with adapting yoga practice for veterans with brain injury.

C. PASS and Work Incentives
   Nellie Adrover, Social Security Administration
   A PASS allows the individual to set aside other income besides the SSI and/or resources for a specified period of time to achieve a work goal. Work incentives are employment supports available to SSI and SSDI recipients.

D. Resuscitating the Injured Brain—The First Hours
   Mustapha Ezzeddine, MD, University of Minnesota, Hennepin County Medical Center
   Many brain injuries are acute and can be influenced by emergent therapies. This talk will explain in a concise and clear manner the basic principles behind acute brain resuscitation, with emphasis on Traumatic Brain Injury, acute ischemic strokes, and acute hemorrhagic strokes.

E. The Role of the Ombudsman In Navigating Complex Service Systems
   Roberta Opheim, Ombudsman for Mental Health and Developmental Disabilities
   An Ombudsman is referred to very differently in different systems. One term frequently used is that of “watchdog” of a system. This presentation will provide information on the role of the Ombudsman for Mental Health in Minnesota, what issues they can look into, where do brain injuries fit and what happens with the information once the Ombudsman reviews a complaint.

F. Absence/Presence, Part I
   Jed Schlegelmilch
   Part I of a two-part session. Absence/Presence is an official Flyway Film Festival and Oneota Film Festival selected documentary that deals with loss, life, depression, grief, suicide prevention, family and strength. It’s time to talk about the unspeakable and to understand the unexplainable. Time to look back to move forward. Sometimes the journey to a happy ending means treading through the sorrows of the past. Join a man as he spends 10 days revisiting an unimaginable horror from his childhood for the first time. Nearly 17 years after his brother’s death, Absence/Presence is the truly raw, emotional and ultimately life affirming experience that comes from finding the courage to stare into the depth of the devastating event of your life and still ache to know more.

For more information or to register online,
Thursday, 2:30 – 4:15 p.m.

**3 – 4:15 p.m. — Breakout Session III**

**A. Regaining Calm: Implementing Simple De-escalation Techniques**

*Kathy Nesheim-Larson, MSW, CBIT, Director of Brain Injury Services REM-Minnesota; Ben Woodworth, MSW, Iowa Association of Community Providers*

Emotional and behavioral dyscontrol are well known to be challenging sequelae of brain injury. This session will present simple de-escalation techniques in a way that professionals can identify potentially valuable interactional skills in a non-technical way. Professionals who can respond without hesitation to situations of impending behavior upset feel more competent, enjoy better job satisfaction and avert potentially unsafe situations. This presentation will provide some very straightforward and uncomplicated ways to assist people when they are in the midst of emotional upset and get them to act differently in the future, while removing some of the discomfort and possible risks that are present for everyone at the disconcerting moment of their distress.

**B. Where Have We Been . . . Where Are We Going?**

*Alex Bartolic, Director of Disability Services, Minnesota Department of Human Services*

Services for individuals with brain injuries and other disabilities is at a crossroads. With a history of deinstitutionalization, we face challenges of sustainability, equity, and quality in home and community based services. Learn about the history of home and community based services in Minnesota, the current status, and strategies underway or under consideration for the future of Minnesota’s publicly funded services for people with disabilities.

**C. Using Social Networks to Improve Patient Care**

*Sona Mehring, CaringBridge*

Social networks can be leveraged to improve a patient’s quality of life by keeping them connected to family and friends. CaringBridge was created specifically to help people facing a health challenge communicate with their family and friends, making each health journey easier. Learn how CaringBridge can help your patients.

**D. Evaluation and Treatment of Persons with Post Concussion Syndrome**

*Amy Garrigues, PT, DPT; John Groves, PT, DPT, Groves Physical Therapy*

Symptoms of Post Concussive Syndrome (PCS) presents many challenges to the patients that suffer them, their families and health care providers. Learn current concepts in the theories for the presence and continuation of these symptoms as well as evidence based evaluation and treatment of persons with PCS.

**E. From Adolescence to Adult Independence: A TBI Survivor’s Journey**

*Jennifer Galvin, Survivor, Living Well Energy Healing/Galvin Rehabilitation Services; Craig Galvin, Galvin Rehabilitation Services*

Craig Galvin is a Qualified Rehabilitation Counselor and father of a TBI survivor who will share both his knowledge of TBI Case Management and their personal story. Jennifer will share her perspective of TBI rehabilitation in the past 15 years, from graduating high school to attending college and graduate school, in addition to achieving employment and independent living.

**F. Absence/Presence, Part II**

*Jed Schlegelmilch*

Part II of a two-part presentation. *Absence/Presence* is an official an official Flyway Film Festival and Oneota Film Festival selected documentary that deals with loss, life, depression, grief, suicide prevention, family and strength. It’s time to talk about the unspeakable, understand the unexplainable. Time to look back to move forward. Sometimes the journey to a happy ending means treading through the sorrows of the past. Join a man as he spends 10 days revisiting an unimaginable horror from his childhood for the first time. Nearly 17 years after his brother’s death, *Absence/Presence* is the truly raw, emotional and ultimately life affirming experience that comes from finding the courage to stare into the depth of the devastating event of your life and still ache to know more.

Please visit www.braininjurymn.org/conference.html
8 – 9 a.m. — Registration and Exhibits Open
Exhibits are open daily 8 a.m. to 3:30 p.m.

9 – 10:30 a.m. — Keynote Address
Grief, Loss and Coping: How Families Survive the Emotional Trauma of Brain Injury - Marilyn Lash

10:30 – 11 a.m. — Session Break – Exhibits Open

11 a.m. – 12:15 p.m. — Breakout Session I

A. When a Parent has a Brain Injury, Blast Injury or PTSD: Helping Sons and Daughters
Marilyn Lash, Lash and Associates
Differences and commonalities among children whose parents have civilian and service connected brain injuries will be explored. Strategies to address and lessen the anxieties and fears of children of all ages will be presented to help parents and clinicians provide emotional support, foster communication, and build coping skills.

B. The Vicious Cycle: Strategies for Mental Health After Brain Injury
April Sjulstad, MS, CPRP; Jodi Greenstein, MSW, LICSW, CBIS; Sonja Kruse, MA, CBIS; Melissa Loveday, BA, Courage Center
Individuals who have a brain injury have a high risk of cognitive, emotional, and behavioral problems that constitute a major source of stress and disability. Anxiety and TBI is among the most common co-occurrences. Furthermore, there appears to be a repetitious and circular pattern that individuals struggle with, in which anxiety is exacerbated by worry and TBI related symptoms and vice versa. This session will present strategies for relaxation, anxiety reduction, behavioral and environmental modification to help alleviate or prevent symptoms that are well suited to the needs of individuals with TBI. An advantage to these interventions is that given their structured content, they are adapted for memory, attention, and problem solving. This is a panel discussion, including staff from Courage Center’s ARMHS program and Behavioral Services and a consumer.

C. Surviving Brain Injury
Bridgid Ruden, ARNP
As a nurse practitioner who suffered a traumatic brain injury in 2008, Bridgid will be sharing her story with professionals, survivors and families regarding the impact that brain injury rehabilitation has had on her and what she has done to heal.

D. Sleep and Acquired Brain Injuries
John Garcia, MD, Gillette Children’s Specialty Healthcare
Participants will be able to identify typical sleep disorders associated with acquired brain injuries, become familiar with incidence, physiology, clinical history taking, diagnostic tools and treatments used in patients with sleep disorders associated with acquired brain injuries. Additionally, attendees will become aware of some simple, yet effective suggested clinical tools.

E. Wide World of External Memory Aids: Practical Decision-Making Strategies
Donald MacLennan MA CCC/SLP, Minneapolis VA Healthcare System
Assistive technology for rehabilitation has been described as one of the most exciting recent developments in cognitive rehabilitation (Wilson 2009). However, recent reviews suggest the evidence-base in this area is limited (Sohlberg 2007). This presentation will review current evidence and decision-making strategies involved in providing assistive technology interventions for persons with memory impairment.

F. Diagnosis to Secondary Prevention: Modern Evaluation of Stroke, Its Management and Prevention
Ronald Tarrel, DO, Noran Neurological Clinic and Abbott Northwestern Hospital; Medical Director of Stroke Services Program, Neurocritical Care Unit, Allina Stroke Program Committee
This presentation will review the current clinical approach to ischemic stroke. Topics to be discussed will include acute detection and emergent treatment strategies, brief review of the risk factors, prevention measures after a stroke and current directions in clinical research.

For more information or to register online,
12:15 – 2:30 p.m. — Breakout Session II

A. Understanding and Using Neuropsychological Evaluations
   
   Robert Karol, Ph.D., LP, ABPP, CBIST, Karol Neuropsychological Services & Consulting
   
   This session will explain the process of neuropsychological evaluations, the use of norms, the type of information obtained and how professionals can apply this information.

B. Exploring a Mind-Body Approach for Brain Injury
   
   Amy Samson-Burke, PT, Yoga Instructor, Mind Body Solutions
   
   Drawing upon experience as both a physical therapist and yoga teacher, Amy discusses the application of a mind-body approach to brain injury. Amy’s presentation includes the exploration of mind-body strategies and examples of functional improvements in clients. Comfortable clothing is recommended.

C. Aphasia Therapy: Then, Now, and Beyond
   
   Cynthia Busch, Ph.D., CCC, Speech Language Pathologist, Minnesota State University Mankato, Minnesota Stroke Association
   
   This session will provide basic background about stroke, aphasia, and how aphasia therapy has moved from the medical to the social model. Everything about what we do (when, how, how long, with whom, where, and why) has drastically changed in the last four decades. The Minnesota Stroke Association Aphasia Conversation Groups will be described as an example of this paradigm shift in aphasia intervention.

D. Legislative Session Update
   
   Jeff Nachbar, Brain Injury Association of Minnesota
   
   This session will provide an update and information on the 2011 legislative session as it pertains to the status of the Association’s advocacy efforts. Key topics will include the current status of health and human service funding in the state budget, including progress on brain injury prevention and special education. Other topics currently under consideration by legislators at the State Capitol will also be highlighted.

E. Visual Deficits After Brain Injury
   
   Marilyn Haight, OT; Nova McNally, OT, Hennepin County Medical Center
   
   Many people with a Brain Injury have more difficulty with visual tasks: reading, driving, computers and more. An eye exam may indicate “everything is fine,” but deficits persist. Understanding the cause, the symptoms and basic compensation techniques is a first step in helping.

F. Brain Injury and Domestic Violence
   
   Jan Williams, Tubman
   
   Learn about an innovative project between Tubman, a provider of domestic violence services, and the Brain Injury Association of Minnesota. These agencies are developing a national model to provide services, programs, and information to individuals at the intersection of domestic violence and brain injury that will enhance lives and help individuals reach their full potential within their communities.

Please visit www.braininjurymn.org/conference.html
Minds and bodies work better together. Drawing upon his inspirational story of 32 years of paralysis and nearly twenty years of yoga, Matthew explores the underlying nature of disability and how a mind-body approach maximizes long-term outcomes for both patients and caregivers alike. Participants will also gain insight into their own mind-body relationship and the importance of self-care.
Thank you to our Diamond Supporters:

CaringBridge.org
Howry Residential Services
Lutheran Social Services
TBI Residential & Community Services/Pathways to Achievement

Has your organization signed up for a conference sponsorship or exhibit booth? Space is filling quickly.
Contact Lori at 612-378-2742 or 800-669-6442 or e-mail lorip@braininjurymn.org to reserve your space today!

For Your Comfort
Please be responsible for your own comfort during the conference. Layering is recommended given the temperature ranges of large conference center settings.

Additional Information
Video or audio taping during the conference requires pre-approval by the Brain Injury Association of Minnesota. If you have questions please call 612-378-2742 or 800-669-6442.

If you require a reasonable accommodation to access this conference please contact the Brain Injury Association of Minnesota by April 6, 2011 and specify your needs.

Parking is available at the Northland Inn.

Lodging
Blocks of rooms have been arranged at the Northland Inn. Registrants are responsible for their own hotel arrangements. Please mention the Brain Injury Association of Minnesota when reserving your room.

Northland Inn
7025 Northland Drive
Brooklyn Park, MN 55428
800-441-6422

You can also make your hotel reservations online at these group rates by going to www.braininjurymn.org/hotel.html.

If you have any questions, please contact the Brain Injury Association of Minnesota’s Education department by calling 612-378-2742 or 800-669-6442.
The conference is designed for physicians, psychologists, rehabilitation therapists, social workers, case managers, nurses, educators, special education directors/administrators, mental health and chemical health therapists, residential staff, policy makers, state agency personnel, as well as program administrators. All interested professionals who serve individuals living with brain injury are welcome to attend.

The Brain Injury Association of Minnesota partners with the Minnesota Department of Education to provide continuing education breakout sessions for educators during selected breakout sessions of this conference.

The purpose of this two-day professional conference is to highlight new research, trends, practice strategies and collaborative models of care. Innovative approaches and new systems of care for individuals sustaining and living with brain injury will be presented through discussion, lecture, case studies and exhibits.

The Brain Injury Association of Minnesota is accredited through the Minnesota Department of Health for CEU credits for nursing, physical therapy, occupational therapy and speech language therapy. The Association has submitted for CRCC, CCMC and CCMSC credits and is an approved Continuing Education Provider for Minnesota Board of Social Work and the Minnesota Board of Examiners for Nursing Home Administrators.

The mission of the Brain Injury Association of Minnesota is to enhance the quality of life and bring the promise of a better tomorrow for all people affected by brain injury.
To register for the 26th Annual Conference for Professionals in Brain Injury, please fill out the form below as you would like it to appear on your name tag. Use one form per person. Each attendee must be registered – no sharing of registration, please. Send completed forms to:

Brain Injury Association of Minnesota
34 13th Avenue NE, Suite B001
Minneapolis, MN 55413

You may also fax your registration to 612-378-2789, or register online at www.braininjurymn.org.

<table>
<thead>
<tr>
<th>Participant *</th>
<th>Preferred Mailing Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupation</td>
<td>Address:</td>
</tr>
<tr>
<td>Organization *</td>
<td>Address:</td>
</tr>
<tr>
<td>Phone</td>
<td>City __________ State ______ Zip ______</td>
</tr>
<tr>
<td>E-mail</td>
<td>Address:</td>
</tr>
</tbody>
</table>

* As you would like it to appear on your name tag

Please check the sessions you would like to attend (choose one class per session).

**Thursday, April 28**
- 11 a.m. – 12:15 p.m. – Breakout Session I
  - □ A  □ B  □ C  □ D  □ E  □ F
- 1:15 – 2:30 p.m. – Breakout Session II
  - □ A  □ B  □ C  □ D  □ E  □ F
- 3:15 – 4:30 p.m. – Breakout Session III
  - □ A  □ B  □ C  □ D  □ E  □ F

**Friday, April 29**
- 11 a.m. – 12:15 p.m. – Breakout Session I
  - □ A  □ B  □ C  □ D  □ E  □ F
- 1:15 – 2:30 p.m. – Breakout Session II
  - □ A  □ B  □ C  □ D  □ E  □ F
- 2:45 – 4 p.m. – Plenary Session
  - □ Closing session with Matthew Sanford

**Payment Information**

Cancellations received less than 15 days before the conference are subject to a 20% fee.

Registration ends on April 22, 2011
- □ $150, 1 day (member)
- □ $220, 2 days (member)
- □ $175, 1 day (nonmember)
- □ $250, 2 days (nonmember)

One additional conference registration is available for exhibitors for $70 per day
- □ $70, Thursday additional exhibitor
- □ $70, Friday additional exhibitor

Group rates are available for groups of five (5) or more. Please contact the Brain Injury Association of Minnesota to register at group rates.

- □ TBI Educator Voucher Recipient
  - Special education teachers and school TBI specialists may apply for a TBI Educator Conference Voucher (which will cover a significant portion of the conference registration cost) by contacting Deb Williamson, Statewide Education TBI Specialist at Deb.Williamson@metroecsu.org.

- □ Check enclosed
- □ Invoice me

Total Enclosed $______________________________

- □ VISA  □ MasterCard

Credit Card Number: ____________________________
Expiration Date: ____________________________

Name on Card: ________________________________
Signature of Card Holder: _______________________

- □ Special accommodations:

If you require a reasonable accommodation to access this conference, please inform us by April 6, 2011 and specify your needs.
26th Annual Conference
for Professionals in Brain Injury
Celebrating the Journey

Keynote presentations by nationally recognized leaders in the field, Dr. Tina Trudel and Marilyn Lash

April 28-29, 2011 • Northland Inn • Brooklyn Park, Minnesota