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# 33<sup>rd</sup> annual

## Brain Injury Conference REGISTRATION

**Thursday, March 27th, 2014**

Best Western Royal Plaza Hotel  
181 Boston Post Road West  
Marlborough, MA 01752

***\*ONLINE REGISTRATION ONLY!***

*Space is limited. Register by March 1  
to receive early bird discount. See inside for details.*

**Corporate Partners:**



# From the Executive Director



Dear Friends and Colleagues:

As the Executive Director of BIA-MA, I would like to invite you to participate in our 33rd Annual Brain Injury Conference on March 27, 2014 at the Best Western Royal Plaza Hotel in Marlborough, MA. This year's conference, which is being held during Brain Injury Awareness Month, will feature two dozen workshops on a number of topics, including brain injury treatment options, tips and strategies, and alternative therapies.

Each year, we gather together to discuss the challenges facing professionals, survivors and family members by educating ourselves on the developments in the brain injury field. Whether you are a professional, caregiver or survivor, there are many workshops you will find informative and inspirational. Last year's conference was well received, attracting over 650 attendees. We look forward to another successful event.

Conference registration includes breakfast, lunch, educational workshops and opportunities to network and meet exhibitors. Become a BIA-MA member to receive a discount on your conference registration or promote your company as a sponsor and receive an exhibit booth.

Hope to see you in March!

Warm Regards,

A handwritten signature in black ink that reads "Nicole M. Godaire". The signature is written in a cursive style.

Nicole M. Godaire  
Executive Director

## Keynote Speaker



### Joseph T. Giacino, Ph.D.

*Director of Rehabilitation Neuropsychology; Director, SRN Disorders of Consciousness Program; Project Director, Spaulding-Harvard TBI Model System*

Dr. Joseph T. Giacino is the Director of Rehabilitation Neuropsychology in the Department of Physical Medicine and Rehabilitation at Spaulding Rehabilitation Hospital, consulting Neuropsychologist in the Department of Psychiatry at Massachusetts General Hospital, Associate Professor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School and Adjunct Professor at the MGH Institute of Health Professions. For the last ten years, his work has focused on developing neurobehavioral and functional neuroimaging methodologies to characterize the pathophysiologic, neurocognitive and functional sequelae of severe acquired TBI and disorders of consciousness. He is currently Project Director of the Spaulding-Harvard TBI Model System and Co-PI of the NIH-funded Transforming Research and Clinical Knowledge in TBI project which will design and test a new platform of clinical, imaging, genomic and outcome biomarkers to enable more precise TBI diagnosis, prognosis and treatment.

### **Assessment and Treatment of Individuals with Brain Injury: The State of the Science**

This keynote provides an update regarding recent evidence concerning diagnosis, prognosis and assessment procedures and treatment interventions related to individuals with severe acquired traumatic brain injury. Discussion will include a review of the behavioral, neuroimaging, and electrophysiologic approaches to diagnosis and prognosis of individuals with disorders of consciousness, as well as information on the effectiveness of treatment approaches used in this population.

# Continuing Education Credits

**Continuing education credits are offered in the registration price for professionals in the following fields:** (If CEUs do not apply, you may request a Certificate of Attendance on the conference registration form)

- Audiologists
- Case Managers\*
- Certified Brain Injury Specialists
- Educators
- Licensed Alcohol & Drug Counselors (LADC: I-III)
- Licensed Mental Health Counselors
- Nurses
- Nursing Home Administrators
- Occupational Therapists
- Physical Therapists
- Psychologists
- Recreation Therapists\*
- Rehabilitation Counselors\*
- Social Workers
- Speech-Language Pathologists

**\*Applications for these CEUs have been submitted.**

**Psychologists:** Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for these programs and their content. Psychologists attending this program receive 6 hours of credit.

Continuing education credit is provided in part by Commonwealth Educational Seminars.

**Social Workers:** Commonwealth Educational Seminars, Provider #1117, is approved as a provider for continuing education by the Association of Social Work Boards, 400 Southridge Parkway, Suite B, Culpeper, VA 22701. [www.aswb.org](http://www.aswb.org).

## **Audiologists and Speech Language Pathologists:**



Franciscan Hospital for Children 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 course is offered for 0.6 ASHA CEU's (Intermediate level, Related Area)  
Information pertaining to financial and non-financial relationships can be found on the BIA-MA website at [www.biama.org](http://www.biama.org)

**To obtain a Continuing Education Certificate, each professional must sign in at the CEU registration table, attend the Keynote Address and three workshop sessions, for a total of 6 hours, and sign out at the end of the day. This year we will be using an online certification process: Evaluations must be submitted within one week of the close of the conference to receive certificates. Further details will be provided upon registration.**

# Schedule of the Day

<b>7:00 - 8:00</b>	<b>Registration</b> <i>Continental Breakfast and Network with Exhibitors</i>
<b>8:00 - 8:15</b>	<b>Welcome</b> <i>Nicole Godaire, Executive Director, Brain Injury Association of Massachusetts</i>
<b>8:15 - 9:45</b>	<b>Keynote Speaker - Joseph T. Giacino, Ph.D.</b> <i>Director of Rehabilitation Neuropsychology at Spaulding Rehabilitation Network</i>
<b>9:45 - 10:15</b>	<b>Break</b> <i>Network with Exhibitors</i>
<b>10:15 - 11:45</b>	<b>Session 1 - Workshops A-G</b>
<b>11:45 - 12:00</b>	<b>Break</b> <i>Network with Exhibitors</i>
<b>12:00 - 1:00</b>	<b>Lunch</b> <i>Network with Exhibitors</i>
<b>1:00 - 2:30</b>	<b>Session 2 - Workshops H-O</b>
<b>2:30 - 2:45</b>	<b>Break</b> <i>Network with Exhibitors</i>
<b>2:45 - 4:15</b>	<b>Session 3 - Workshops P-V</b>

## Conference Committee

Donna Beaudin, OTR/L, CBIST  
 Eileen Chernoff, RN, MBA, LicNHA  
 Daniel Coughlan, PT, NCS  
 Ruth Crowley, MS, CCC-SLP  
 Danna Delaney-Young, CBIS  
 Michelle Demore-Taber, ScD, CRC, LRC, CBIS  
 Nicole Godaire, CBIS  
 Marine Johanson, LPN  
 Sally Johnson, LICSW  
 William Kowalczyk

Laura MacFeeley  
 Sandra Madden  
 Myles Marisseau  
 Janet McBride-Roy, CTRS  
 Zelinda Pereira  
 Tress Ricker, LSW  
 Lisa Saba, CBIS  
 Stacey Sirotta, MSPT, DPT, CBIS  
 Jeff Ventola

**A. Effects of an Intensive Exercise Program on Fitness and Function for People with Long Term-Brain Injury**

Intended Audience: All

**Ann L. Charrette, PT, DPT, MS, PCS, NCS**, Associate Professor, School of Physical Therapy, MCPHS University, Worcester; *SLI Wellness Center Research Associate; board certified as a Pediatric Clinical Specialist, and Neurologic Clinical Specialist.*

This workshop will describe a study (completed) to evaluate if participation in a six-week, high intensity exercise program (conditioning, strengthening and coaching geared at the highest level possible for each individual) will change the individual's endurance, self-efficacy, activity level and gait speed, and participation in the community. Study participants are long-term survivors of brain injury, living in a community setting.

**B. Building Community for Brain Injury Survivors**

Intended Audience: All

**Barbara P. Kresge, MS, OTR/L, CBIS** and **Lisa A. Hanson, BSW, CCM, CBIS**, Co-Directors at the *Krempels Center, Portsmouth, NH.*

This highly interactive workshop explores the concepts of community and social capital, and the positive impact these concepts have upon recovery and quality of life. Participants will identify the importance of social capital and the communities to which they belong, and how a brain injury can impact this. Together, we will explore ways of developing and promoting a sense of community across all healthcare settings and in the environments in which survivors and their families live.

**C. Hands-on Practicum for Cognitive Rehabilitation – Techniques for Use Across the Care Continuum – Part 1**

Intended Audience: Professionals

**Donna Beaudin, OTR/L, CBIST, Dale Goldstein, MS, CCC/SLP, Pamela King, OTR/L, Erin Patterson, MS, CCC/SLP**, and **Susan Rapsis, OTR/L** – *Northeast Rehabilitation Hospital Network.*

A two-part session focusing on the practical application of key cognitive realms (attention, memory, language, executive functions and awareness). Attendees will learn theory and will get to experience “hands on” practice with treatment techniques. Participants MUST ATTEND both Sessions 1 and 2.

**D. Home Visit Safety Training: Developing a Safety Plan of Action for Workers**

Intended Audience: Professionals

**Sabrina Cazeau-Class, MS**, Director, Protective Services Department, *Massachusetts Rehabilitation Commission*

A workshop designed to assist the Case Worker to recognize and address potential threats to personal safety during the course of a home visit. In addition, levels of risk will be discussed with an overview of the assessment process, which should take place before, during, and after a home visit.



### **E. Music Therapy for Self-Expression: Opening the Lines of Communication**

Intended Audience: Survivors, Families, Caregivers

**Christina S. Cetnar, MS, MT-BC**, *Director of Life Skills, Wingate Healthcare*

This program will educate participants about music therapy and its many interventions that can be used for self-expression. Includes a presentation, and also provides opportunities for interactive experience of music therapy techniques. Geared for brain injury survivors and caregivers, however clinicians are welcome to attend.

### **F. Sleep Disorders Following a TBI**

Intended Audience: All

**Kevin A. Domingos, PhD**, *Clinical Director, Boston Neuropsychological Services, LLC*

This program will review aspects of normal sleep patterns, benefits of sleep, and sleep disorders. A discussion of how a traumatic brain injury can exacerbate a previous sleep disorder, or contribute to new sleep/wake cycle pathology.

### **G. Use of Cognitive and Communication Strategies to Enhance Care Transitions for Persons with Acquired Brain Injuries.**

Intended Audience: All

**Amy Karas, MS, CCC-SLP and Janet McBride-Roy, CTRS**, *Community Rehab Care*

Challenges along the continuum of care can impact long term recovery and stabilization. The purpose of this presentation is to highlight successful cognitive and communication strategies that case managers and family members can utilize to enhance independent living skills and prepare for a variety of transitions for their clients living with ABI.

## **SESSION 2**

**1:00 – 2:30 pm**

### **H. Opportunities for Community Living through Home and Community-Based Waiver Services (HCBS): Acquired Brain Injury Waivers and Money Follows the Person Waivers.**

Intended Audience: All

**Randy Webster** and **Gail Grossman**, *Department of Developmental Services*, **Nina Rosenberg** and **Don Chamberlain**, *Massachusetts Rehabilitation Commission*, and **Amy Bernstein**, *Office of Medicaid*.

A panel representing the Mass. Rehabilitation Commission, Department of Developmental Services, and the Office of Medicaid will provide an overview of the Acquired Brain Injury Waivers (ABI) and the Money Follows the Person Waivers (MFP). We will describe each of the waivers, the MFP Demonstration Grant, the role of Transition Coordination, and will also provide an update on the transition of the case management supports for these waivers.

### **I. Centered Caregiving: Mind-Body Strategies for Self-Care**

Intended Audience: Caregivers

**Katie Cohen, MEd, LCSW, RYT** (*Registered Yoga Teacher*)

Are you stressed, tired, pulled in too many directions? Do you battle anxiety, fatigue, depression? Feeling overwhelmed? Imagine if you had the tools to be calm, energized, focused, balanced and centered. This workshop will offer simple mind/body tools, techniques and strategies to feel refreshed, rejuvenated and empowered – a new outlook on the crucial role of SELF-CARE in caregiving.

**J. Hands-on Practicum for Cognitive Rehabilitation – Techniques for Use Across the Care Continuum – Part 2**

Intended Audience: Professionals

**Donna Beaudin, OTR/L, CBIST, Dale Goldstein, MS, CCC/SLP, Pamela King, OTR/L, Erin Patterson, MS, CCC/SLP, and Susan Rapsis, OTR/L** – *Northeast Rehabilitation Hospital Network*

A two-part session focusing on the practical application of key cognitive realms (attention, memory, language, executive functions and awareness). Attendees will learn theory and will get to experience “hands on” practice with treatment techniques. Participants **MUST ATTEND** both Sessions 1 and 2.

**K. Disinhibition, Perseveration and Impulsivity – Oh My!: Useful Interventions Across the Span of Brain Injury Recovery**

Intended Audience: Professionals & Caregivers

**Rachel Andaloro, PsyD**, *Metrowest Neuropsychology, LLC*

This workshop will review behavioral strategies that caregivers and professionals can utilize to help manage the cognitive, emotional, behavioral, communication, social and physical changes associated with brain injury. Discussion will focus on executive dysfunction and the strategies professionals and caregivers can implement to support their loved one, student, or client after a brain injury.

**L. Traumatic Brain Injury: Analysis of Functional Deficits and Post-Hospital Rehabilitation Outcomes**

Intended Audience: Professionals

**Gordon J. Horn, PhD**, *National Deputy Director of Clinical Outcomes Services, NeuroRestorative*

The first objective of this workshop will be to describe the nature and severity of the problems experienced by today’s TBI survivors after hospital care within the United States. Those studied were within a facility-based post-hospital level of care requiring supervision for all activities. The second objective evaluates the efficacy of residential post-hospital brain injury programs in reducing disability and improving independent functioning.

**M. Dysphagia Management in Patients with Brain Injury**

Intended Audience: Professionals Only

**Olga Kaminski, MS, CCC-SLP, and Althea Wagman-Bolster, MS, CCC-SLP, BCS-S**,  
*New England Rehabilitation Hospital*

This workshop will focus on management of dysphagia in patients with acquired or traumatic brain injuries. Discussion will present literature-based and experience-based information that considers dysphagia in the setting of negative challenging behaviors and significant cognitive deficits. Treatment strategies and case studies will be discussed.

**N. Live, Love and Celebrate Marriage with Brain Injury**

Intended Audience: Survivors, Family

**Suzanne Doswell, CBIST**, *Western Regional Manager, BIA-MA*; **Scott Doane**, *Western Regional, BIA-MA*; **Jennifer Doane, MSW**, **Helen Stewart, RN** *Western Regional, BIA-MA*

Many relationship challenges can occur when at least one spouse or partner has a brain injury. This panel will focus on ways to cope with the unexpected: changes in roles, responsibilities, communication, intimacy and dreams.

## **O. Rebuilding Social Skills for Survivors.....the ups and downs!**

Intended Audience: Survivors

**Bob Cluett, CEO, Lash & Associates Publishing/Training Inc.**

An interactive workshop for survivors focused on building successful strategies and avoiding pitfalls in social situations. Discussion topics include: initiating conversation, building friendships, self-monitoring behavior, stress management, and building self-esteem.

# SESSION 3

# 2:45 – 4:15 pm

## **P. Health and Wellness benefits of Yoga, Breath Awareness and Mindful Movements**

Intended Audience: All

**Katie Cohen, MEd, LCSW, RYT (Registered Yoga Teacher)**

If you can breathe, you can do yoga-no experience required. No bending or twisting yourself into a pretzel! We will focus on the mind/body connection through breath awareness and mindful movements, discovering a relaxed state of centered bliss! Please wear comfortable clothing to move freely; bring a yoga mat if desired (limited mats available). Modifications/adaptations will be made for chairs, it's not necessary to be on the floor to experience a benefit. If you've never tried yoga, here is your chance - don't miss it!

## **Q. Adult Foster Care: Offering Caregiver Support Solutions**

Intended Audience: All

**Rosie McKenna, MEd, Care Manager/Community Relations Liaison, Adult Foster Care of the North Shore, Hillary Pacheco, CBIS, Program Manager, Host Home and Neuro Rehab Services, NeuroRestorative; Lisa Prince, MS, LSW, AFC Program Director, Tri-Valley, Inc., President of MA Council for AFC, Lisa Yorra, Admissions Director, Harbor Health Services**

What can Adult Foster Care offer for adults with disabilities or chronic illness in need of daily personal care, when they prefer to remain in the community? Health care professionals will gain a broader understanding of this program so they may better serve their clients and families who benefit from it.

## **R. Task-Specific Training to Maximize Upper Extremity Function Following Brain Injury**

Intended Audience: Professionals

**Kristen M. Andrew, PT, DPT; Merideth Donlan, PT, DPT; Gwendolyn Larsen, PT, MSPT; Angela Stauble, MS, OTR/L, Community Rehab Care**

This workshop is designed for rehabilitation professionals who work with clients post acquired brain injury, on maximizing motor and functional recovery. Principles of neuroplasticity will be discussed along with implications for goal-setting and treatment decisions. Task-specific training will be illustrated with specific case examples to demonstrate how these rehabilitation techniques can be implemented into a physical and occupational therapy plan of care.



**S. Ambassadors and Advocacy – Learn how our BIA-MA Ambassadors help to further our mission of support, prevention, education and advocacy**

Intended Audience: All

**Kelly Buttiglieri, JD**, *Ambassador Program Coordinator, BIA-MA*

Panel of Ambassadors will share their experiences speaking on behalf of the program. Attend this workshop to learn how survivors and family members can become advocates for TBI/ABI legislation.

**T. Is Improvement Still Possible Years After a Brain Injury?**

Intended Audience: All

**Therese O’Neil-Pirozzi, ScD**, *SLP Program Director & Associate Professor, Northeastern University ; Associate Project Director, Spaulding-Harvard Traumatic Brain Injury Model System, Spaulding Rehabilitation Network*; **Daniel McNamee**, *Stroke Survivor*

When does improvement after a brain injury stop? Does it have to stop? Are there examples of improvement continuing years after a brain injury? In this workshop, a clinician and a stroke survivor with aphasia will address these questions from research, clinician and survivor perspectives. Strategies to increase survivor health and function will be presented.

**U. Working with Challenging Families**

Intended Audience: Professionals only

**Mary Crowe, LICSW, ACHP-SW**, *Education Coordinator at Care Dimensions (formerly Hospice of the North Shore & Greater Boston)*

This program explores what makes a family challenging, and provides solutions for professionals to work more effectively with families in all situations.

**V. Mindfulness-Based Stress Reduction**

Intended Audience: All

**Adam Liss**, *Director, Cape Stress Reduction & Optimal Health*

Mindfulness-Based Stress Reduction (MBSR) helps people learn how to take better care of themselves and live healthier, more balanced lives. MBSR is about being aware of the workings of our minds and bodies on a moment by moment basis. It allows us the opportunity to see more clearly our habitual approaches to living, and to begin to make more conscious choices about how we live our lives.

# Membership

Become a member of BIA-MA and take advantage of our discounted conference rate.

Survivor - \$5

Individual - \$35

Caregiver/Family Member (up to 4 people) - \$50

Professional - \$75

Professional PLUS-\$125 - Includes one year subscription to *The Journal of Head Trauma Rehabilitation*, plus a printed copy of "THE CHALLENGE," the Brain Injury Association of America's Magazine.

As a BIA-MA member, you will receive:

- Discounts on registration for annual statewide conferences & workshops/trainings
- Our quarterly newsletter, Heads Up Headlines
- Online access to THE Challenge, The Brain Injury Association of America's magazine
- Recognition in our BIA-MA quarterly newsletter and Annual Report
- Invitations to programs and special events
- Informational updates and advocacy alerts via e-mail

## Registration

**ONLINE REGISTRATION ONLY\***

visit [www.biama.org/annualconference.html](http://www.biama.org/annualconference.html)

On or BEFORE March 1

AFTER March 1

PROFESSIONALS & OTHERS	
Member	\$130
Non-Member	\$170
SURVIVORS and FAMILY MEMBERS	
Member	\$60
Non-Member	\$75
STUDENTS	
Member	\$105
Non-Member	\$120

PROFESSIONALS & OTHERS	
Member	\$170
Non-Member	\$190
SURVIVORS and FAMILY MEMBERS	
Member	\$75
Non-Member	\$90
STUDENTS	
Member	\$120
Non-Member	\$135

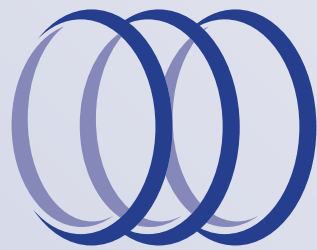
- *A limited number of scholarships are available for survivors and family members for a fee of \$10.00.*
- *Walk in registrations are not available.*
- *A printed registration form is available by request for brain injury survivors and families only. Contact Laura MacFeeley, Coordinator of Education Programs, at [lmacfeeley@biama.org](mailto:lmacfeeley@biama.org) or 508-475-0032, ext. 30.*

## To SPONSOR or EXHIBIT

Please visit: [www.biama.org/annualconference.html](http://www.biama.org/annualconference.html) for more information. For questions, contact Laura MacFeeley, Coordinator of Education Programs, at [lmacfeeley@biama.org](mailto:lmacfeeley@biama.org) or 508-475-0032, ext. 30.

## Call For Posters!

Our Annual Conference is an excellent opportunity for brain injury professionals to share research, special projects, and ideas in a professional setting. Poster applications must be submitted by February 21, 2014. For the application and further details, go to: [www.biama.org/annualconference.html](http://www.biama.org/annualconference.html).



# BIA-MA

Brain Injury Association  
of Massachusetts

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