Brain Injury Association of Virginia
17th Annual Conference

2018 Conference Planning Committee
Debra Holloway, CBIS – Conference Chair
Theresa Alonso, M.Ed., CBIS
Christine Baggini, MSW, CBIS
Lorraine Enright
Kelli W. Gary, PhD, OTR/L

This project is supported by Grant #90TBSG0002, from the Administration for Community Living (ACL), U.S. Department of Health and Human Services, and state contracts #14-322 and #16-002A administered by the Virginia Department for Aging and Rehabilitative Services (DARS). Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official policy of ACL or DARS.
**Friday, March 2**

**Preconference Workshop**

*Concussion and Mild Brain Injury: It’s Not Just a Bump on the Head*

**Session Descriptions and Objectives**

**Concussion/Mild Traumatic Brain Injury: An Overview**
Donna K. Broshek, PhD
University of Virginia Health System

This session will present an overview of concussion/mTBI, including mechanisms of injury, diagnosis, symptoms, and recovery. Factors that might prolong recovery and recommendations for recovery will also be discussed.

Objectives:
1) Learn the definition of concussion and mTBI.
2) Learn the most common causes of concussions/mTBI.
3) Understand the most common symptoms and how concussions/mTBI are typically diagnosed.
4) Understand the typical recovery from concussion/mTBI.
5) Understand factors that can contribute to a prolonged recovery.
6) Understand the latest research on managing concussions/mTBI and recommendations for recovery.

**Mild TBI: Translating Research Into Practice**
Charles Dillard, MD
Children’s Hospital of Richmond

Session Description: Assessing research and clinical practice of mild TBI: post, present and what it means for the future.

Objectives:
1) Understand previously held notions of mild TBI.
2) Be able to describe current understanding of pathophysiology of mild TBI.
3) Describe current research of post concussive syndrome and treatment involved.
4) Describe long term implications of mild TBI.
Undiagnosed TBI and a Demonstration Model to Improve Awareness in a Public School System
Gregory O’Shanick, MD, Kara Keuthan Beatty, MD & Madison Brown, PA-C
Center for Neurorehabilitation Services

Failure to diagnose TBI can be due to multiple factors, but results in additional burden and risk for the individual regarding long term consequences. This session will review those factors and present an intervention/educational model currently in use by a county school system.

Objectives:
1) Identify factors related to the under diagnosis of TBI.
2) Identify clinical indicators that raise concerns for comorbid TBI.
3) Define requirements for youth concussion assessment.
4) Define the elements of “return to learn” protocol.
5) Define the elements of “return to play” protocol.
Saturday, March 3
Annual Brain Injury Conference
Session Descriptions and Objectives

Keynote Address
Fallen: A Musical Journey of Trauma and Recovery
9:00-10:00am
Location: Capital E

In 2008, Simon Paradis fell, severing his spinal cord, fracturing skull bones and suffering global trauma to the brain from an arterial bleed. A craniectomy was performed and he was put in an induced coma, the outcome of his injuries uncertain. The 2015 non-fiction book *Fallen: A Trauma, A Marriage, And the Transformative Power of Music*, written by Simon’s wife Kara Stanley, is an honest and visceral account that details the long road to recovery that Simon and his family faced.

A musician prior to his accident, Simon has once again returned to playing music professionally. He will musically accompany Kara as she narrates their story, outlining in this interactive and embodied presentation the critical role music played in Simon’s awakening and ongoing recovery.

Simon and Kara have presented their story widely over the past few years speaking at The Ottawa International Writers’ Festival, Vancouver Writers’ Festival Incite series, The Sunshine Coast Literary Arts Festival and Booked! The Fernie Writers’ Series. With special guest Joe Stanton, they have performed at several music festivals including the Islands’ Folk Festival, and they have been regular presenters for the annual Brain Injury Canada Conference.
Session I (10:30 a.m. – 12:00 p.m.)

**Brain Injury 101**
Kristin Graham, PhD, CRC
Virginia Commonwealth University
Location: Capital AB

This session will serve as an introduction to brain injury. Topics such as basic brain function, what is a brain injury, how it happens, and consequences will be discussed.

Session Objectives:
1) Discuss basic anatomy and function of the brain.
2) Understand the different types of brain injury (e.g. traumatic, anoxic, stroke).
3) Discuss the common causes of brain injury.
4) Understand brain injury’s impact on an individual’s functional ability.

**School Services Tools and Approaches**
Mandy Tribe & Nancy Lobos-Nguyen, Educational Consultants
Children’s Hospital of the Kings Daughters
Location: Capital CD

The purpose of this session is for participants to gain insight into the school process for appropriate identification and provision of services for children with a brain injury.

Session Objectives:
1) Learn steps to use for appropriate eligibility determination.
2) Become familiar with some of the best practice interventions to use while in school and beyond.
3) Become knowledgeable about the school ongoing process for services.
4) Become familiar with the critical role of the family while advocating for school services.
5) Become familiar with the differences between adult and pediatric brain injury.

**Music Therapy: Finding Hope in Brain Injury Recovery**
Allie Longworth
Awakenings Music Therapy
Location: Short Pump Room

Music therapy helps survivors of brain injury rekindle connection with others, take rewarding risks, notice measurable progress, experience positive emotions and cultivate hope that life goes on after injury.

Session Objectives:
1) Define music therapy.
2) Introduce research to support music therapy for brain injury recovery.
3) Describe what makes music therapy unique in its treatment for brain injury.
4) Music Therapy as a social and psycho-spiritual connector.
5) Describe music therapy’s role in various stages of recovery, from Intensive Care Unit to “post-treatment.”
6) To witness a music therapy intervention example.
Mobile Technologies as Cognitive-Behavioral Aids
Tony Gentry, PhD, OTR/L, FAOTA
Virginia Commonwealth University
Location: Capital AB

Smartphones, computer tablets and the million+ apps they use have become powerful tools to support people with brain injury. This talk, based on more than a decade of research with these tools, offers practical recommendations for how mobile technologies can be leveraged to manage everyday life tasks.

Session Objectives:
1) Identify and discuss mobile devices and peripherals useful as cognitive aids.
2) Identify and discuss more than a dozen apps to support memory, task support, wayfinding, communication, and behavior.
3) Explore strategies for incorporating mobile technologies to support everyday life tasks.

Gordon Horn: Impacting Initiation in Brain Injury Recovery
Gordon Horn, PhD
NeuroRestorative
Location: Capital CD

Session Objectives:
1) Learn about the role of the frontal lobes and executive functions.
2) Learn about the impact of the frontal lobes with initiation and inhibition.
3) Learn strategies to assist individuals with initiation and inhibition deficits.
4) Learn about the role of medication to reduce the impact of these deficits in daily functioning.

Yoga: Self Care and Stress Management Strategies
Lisha G. Reynolds
Bliss Yoga RVA
Location: Short Pump Room

Learn simple yet powerful strategies to help you effectively manage your stress levels and take better care of yourself and others through the practice of yoga.

Session Objectives:
1) How to quiet the mind using guided awareness techniques.
2) How to use the breath to calm the nervous system and achieve relaxation.
3) How to increase strength and flexibility and reduce stress by practicing yoga poses.
ABLEnow: Tax-advantaged Savings Accounts for Eligible Individuals with Disabilities
Sarah Pennington
ABLEnow
Location: Capital AB

Attend our session to learn more about the ABLE Act, features & benefits of ABLEnow, how to enroll and where to find more information. See you there!

Session Objectives:
1) What is the ABLE Act and how did it come about
2) Features and Benefits of ABLEnow
3) How to open an ABLEnow account
4) Tax benefits of an ABLEnow account
5) Who is eligible?
6) How to reach ABLEnow if you need more detailed information

The Visitor That Will Not Leave: Anger After Brain Injury
Herman R. Lukow II, Ph.D., LMFT
Balance Behavioral Health
Location: Capital CD

Unmanaged anger complicates recovery from brain injury; it affects the efforts of survivors, caregivers, and treatment providers. This presentation outlines the causes of anger and anger management strategies that may be helpful in the recovery process.

Session Objectives:
1) Participants will be able to differentiate between two types of anger.
2) Participants will be able to describe why anger is common after brain injury.
3) Participants will be able to identify and choose strategies used to manage anger whether they be survivors, caregivers, or service providers.
Common Visual and Vestibular Deficits That Impact Balance Following a Traumatic Brain Injury

Preeti S. Verma, MSPT
Sheltering Arms Rehabilitation Centers
Location: Short Pump

This session will identify common vision and vestibular impairments that can occur following traumatic brain injury and how it can affect balance. Common assessment tools and treatment strategies will also be discussed.

Session Objectives:
1) Identify common causes of balance disorders following traumatic brain injury.
2) Describe the role of the visual system in maintaining balance. They will also be able to identify some common vision impairments that can occur post traumatic brain injury as well as the functional implications with regards to balance.
3) Describe the role of the vestibular system in maintaining balance. They will also be able to identify some common vestibular deficits that can occur following a traumatic brain injury as well as the functional implications with regards to balance.
4) Identify the common tools used to evaluate a person’s balance following a traumatic brain injury.
5) Become familiar with the multisensory and interdisciplinary approach used to treat balance disorders following a traumatic brain injury.