33rd Annual Seminar

Navigating the Future

May 14, 2015
Sheraton Hotel at Eatontown

New Jersey’s Premier Brain Injury Conference

Who Should Attend?
Individuals and groups who will benefit from attending include:
- Occupational Therapists
- Cognitive Rehabilitation Therapists
- Case Managers • Neuropsychologists
  - Social Workers
- Behavioral Healthcare Specialists
- Rehabilitation Counselors • Vocational Counselors
- Nurses • School Professionals • Physical Therapists
- Speech-Language Pathologists

REGISTER ONLINE AT: BIANJ.ORG/ANNUAL-SEMINAR

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CEU/CE Sponsor
Cavin Balaster is not just a survivor of a Traumatic Brain Injury; he is an inspiration and a leading advocate in neurological health and recovery. After his devastating injury in 2011 he was diagnosed with diffuse axonal injury. As part of his therapy he began to diligently write, research and promote awareness through his blog, “Adventures in Brain Injury.” His blog documents his daily experiences as he regained his ability to walk, talk and perform everyday activities. Cavin remains very active in the neuro-rehabilitation community through his writing and providing guidance and support to survivors and their loved ones. Don’t miss the opportunity to see this nationally recognized speaker recount his remarkable recovery!

Faculty

Sarah Levin Allen, PhD, CBIS
Brain Behavior Bridge

Joanne Azulay, PhD, MSW
JFK Johnson Rehabilitation Institute, Center for Head Injuries

Cavin Balaster
Advocate, Individual with brain injury

Doreen Bridgman, MS, CCC-SLP
Shore Neuropsychology and Counseling Associates

Linda J. Clemente, OTR/L
Healthsouth Rehabilitation Hospital of Tinton Falls, NJ

R. Robert Franks, Jr., DO, FAOASM
The Rothman Institute

Helena Genova, PhD
Kessler Foundation

Yelena Goldin, PhD
JFK Johnson Rehabilitation Institute, Center for Head Injuries

Thomas Grady, MPA, ACS, ALB
Brain Injury Alliance of New Jersey

Michael Greenwald, EdM
Council for the Head Injured Community (CHIC)

Christine Greiss, DO
JFK Johnson Rehabilitation Institute

Kyle Haggerty, PhD
Bancroft NeuroRehab

Patricia A. Higgins, MS, OTR/L
Healthsouth Rehabilitation Hospital of Tinton Falls, NJ

Jeannie Lengenfelder, PhD
Kessler Foundation

Emerald Lin, MD
National Intrepid Center of Excellence

Karen Lindgren, PhD
Bancroft NeuroRehab

Beth Rolland, OTR, CDRS
Kessler Institute for Rehabilitation

Kristen A. Russell, OTR/L, ATP
Advancing Opportunities

Nidhi Shah, PT, MS
HealthSouth Rehabilitation Hospital of Tinton Falls
## Conference Schedule, May 14, 2015

**8:00-9:00** Registration, Exhibits, and Continental Breakfast

**9:00-9:15** Welcome and Opening Remarks

**9:15-10:30** Keynote Presentation: *Lights, Coma, Action!: Adventures of a Brain Injury Survivor*

Cavin Balaster
Cavin Balaster is a survivor of a severe traumatic brain injury resulting from a two-story fall in 2011. On the anniversary of his injury he began to write diligently, researching and spreading awareness about neurological health and recovery. His blog, “Adventures in Brain Injury,” documents his experiences as he regained clarity and the ability to walk, talk, and swallow. He continues to be very active in the neurorehabilitation and health community, writing and offering hope and guidance to survivors and their loved ones. Following this session participants will be able to explain the benefit of documenting recovery; list two challenges often experienced by survivors of diffuse axonal injury; describe two options for becoming an advocate through personal experience.

**10:30-10:45** Break and Exhibits

**10:45-12:00** Morning Workshops

1. **Using Mobile and Everyday Technology to Support People with Brain Injuries**
   - Kristen Russell, OTR, ATP
   
   There are many tools on smartphones and tablets that can assist people with brain injuries in areas of memory, organization, time management, multi-step tasks, reading, and writing. This session will expose participants to various apps and tools to address these areas, and provide practical tips and strategies for successful implementation. Following this session participants will be able to identify three assistive technology tools for memory; identify two assistive technology tools for reading; and describe the utility of an organization calendar for time management.

2. **Current Concepts in the Office Treatment of the Concussed Athlete**
   - R. Robert Franks, DO, FAOASM
   
   This workshop will discuss current concepts in office based treatment for athletes with concussion including the importance of prominent historical points and physical examination findings. A discussion of treatment, return to learn and return to play will follow with special consideration given to the populations of “at risk” athletes. Following this session participants will be able to discuss the history and physical examination cues in diagnosing concussion; identify two new modalities; describe return to play and learn criteria.

3. **Denied Benefits? Step-By-Step Empowerment Through the Appeals Process**
   - Tom Grady, MPA, ACS, ALB
   
   This workshop focuses on challenging denial of benefits made by insurance organizations. A logical, four-step process will be provided as an outline for appeals; tips for developing a persuasive and motivational message will also be provided. Following this session participants will be able to identify two resources for help with the appeals process; describe the importance of a persuasive message; and list three of the four steps in the appeal process.

4. **Transitioning to a College Environment**
   - Doreen Bridgman, MS, CCC-SLP
   
   Strategies to assist students with transition to the college environment will be discussed including developing effective study strategies, interpersonal communication skills, and the need to keep balance in the schedule. Self-awareness and the importance of advocacy skills will be emphasized. Following this session participants will be able to identify two strengths and two weaknesses that may interfere with successful transition; describe an interpersonal problem-solving strategy; explain the importance of managing time effectively to meet individual needs.

5. **Emotional Processing Deficits in TBI: Research and Rehabilitation**
   - Jeannie Lengenfelder, PhD and Helen Genova, PhD
   
   This workshop will delve into the research on emotional processing of individuals with moderate to severe brain injury. Emotional processing will be defined along with common deficits related to this topic; treatment options and current research will be discussed along with neuroimaging techniques. Following this session participants will be able to describe three possible deficits; list three treatment options; and define emotional processing.

6. **Balancing Compensation and Remediation**
   - Sarah Allen, PhD, CBIS
   
   Students with both mild and more severe brain injuries often need rehabilitation for relearning post injury and acute treatment. This workshop will review compensation and remediation strategies for rehabilitation in children with brain injury and their role in the school setting. Examples will be provided for implementing and balancing strategies for optimal success in school. Following this session participants will be able to define compensation and remediation strategies; describe the process to implement these strategies in a school setting; and describe the difference between strategies for mild versus more severe injury.
7. **Driving After Brain Injury**  
Beth Rolland, OTR, CDRS  
This workshop will address deficits common after brain injury and how they may impact the ability to safely drive an automobile. An overview of driver rehabilitation services and how they apply to brain injury will be presented. Current research regarding return to driving after brain injury will also be explored. Following this session participants will be able to describe how to evaluate driving skills; list two ways to connect patients with services; and identify three deficits that warrant referral to a driver rehabilitation program.

8. **Mike at the Mike: Volunteering; A Win-Win for Everyone**  
Mike Greenwald, EdM  
This panel presentation will consider the benefits of volunteering along with the challenges and obstacles individuals with brain injury face as prospective volunteers. Panelists will share their experiences making connections with potential employers and organizations offering volunteer opportunities. Following this session participants will be able to describe two obstacles to obtaining volunteer positions; explain two strategies to address these obstacles; and identify two methods of connecting with volunteer organizations.

2:30-2:45  
**Afternoon Snack Break and Exhibits**

2:45-4:00  
**Afternoon Workshops**

9. **Visual Rehabilitation: Promoting Sight, Self-Care & Success**  
Patricia Higgins, MS, OTR/L, Linda Clemente, OTR/L & Nidhi Shah, PT, MS  
This presentation will focus on information regarding vision and perception, and the impact of visual impairments on an individual’s functioning in everyday life. Multiple definitions, what to look for during a vision screening, and how to successfully complete a vision screening will be provided. Following this session participants will be able to describe three treatment interventions; list two technology tools; and describe basic modifications for safety for home and community.

10. **Intimacy, Sexuality and Reproductive Health After TBI: A Biopsychosocial Approach**  
Yelena Goldin, PhD  
Difficulties in intimacy, sexuality, and reproductive health following brain injury have significant implications for relationships, personal well-being, and overall quality of life. This presentation will discuss the ways brain injury impacts these issues from a biopsychosocial perspective and provide ways to address these difficulties. Following this workshop participants will be able to discuss possible changes in intimacy, sexuality, and reproductive health following brain injury; list three biopsychosocial factors related to these changes; and describe two strategies that address these changes.

11. **Mindfulness Mediation and Brain Injury**  
Joanne Azulay, PhD, MSW  
This session will provide an overview of mindfulness meditation and its use in a clinical setting. The relationship between brain injury and mindfulness will be discussed. Attendees will have the opportunity to experience an exercise in mindfulness. Following this session participants will be able to define meditation and its benefits; describe modifications to incorporate deficits associated with brain injury; and describe efficacy as a powerful rehabilitation intervention.

Emerald Lin, MD, PM&R; Christine Greiss, DO; Kyle Haggerty, PhD and Karen Lindgren, PhD  
Participants will be introduced to three research projects: examining concussion knowledge among coaches, athletic trainers, and parents/guardians; examining early intervention with a physiatrist as it relates to outcome; and challenges and benefits of allocating resources to measuring outcomes. Following this presentation participants will be able to describe the research method used in two of the projects; list two benefits of measuring outcomes; and define the role of a physiatrist.

4:00-5:00  
**Awards Ceremony**

Join us as we honor this year’s award recipients for their outstanding service to our mission.

Submit nominations at www.bianj.org/award-nominations
SEMINAR COMMITTEE

Alicia Bartlett - ReMed
Steven Benvenisti, Esq - Davis, Saperstein and Salomon, PC
George Carnevale, PhD - Rehabilitation Specialists
Carla Donegan - Bancroft NeuroRehab
Erin Donnelly - Kessler
Jaya George - Family Advocate
Brian Greenwald, MD - JFK Johnson Rehabilitation Institute- Center for Head Injuries
Janet Gwiazda, RN, BSN, MBA - Brain Injury Alliance of New Jersey
Kathy London, LPN - Lakeview NeuroRehabilitation Center
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Bradford Ross, PhD - Children’s Specialized Hospital
Dianne Simmons- Grab, MA, CCM, CDMS, CICP - Simmons-Grab & Associate, LLC
Nidhi Shah, PT, MS - HealthSouth Rehabilitation Hospital of Tinton Falls
Mary Sharlow-Gallella, LCSW - JFK Johnson Rehabilitation Institute- Center for Head Injuries
Chad Thompson - Brain Injury Alliance of New Jersey
Rita Yohalem - Opportunity Project
Judy Woop, M.Ed, RN, NJ-CSN - NJ State School Nurse Association

ACCREDITATION INFORMATION: Certificates will be awarded to those participants who attend the conference, sign the session rosters, and complete an evaluation form. The number of continuing education units (CEUs) awarded will be based upon the number of conference hours attended.

JFK Johnson Rehabilitation Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. JFK Johnson Rehabilitation Institute maintains responsibility for the program and its content.

In compliance with the requirements of ASHA’s Continuing Education Board concerning transparency in course planning, delivery, and marketing, please copy and paste the following link to review information on presenters’ financial and non-financial interests relevant to the content of their presentation.


The remaining faculty and seminar committee members have no relevant financial or nonfinancial relationships.

Thank you to JFK Johnson Rehabilitation Institute for sponsoring the cost of CEU applications.

This course is offered for 0.5 ASHA CEUs (Intermediate level, Professional area).

Register on-line at www.bianj.org/annual-seminar