

DEFINING MOMENTS IN BRAIN INJURY

September 30, 2024 | DoubleTree by Hilton, Portland, Maine



Join us for this premier conference focused on brain injury research, treatment, and resources in Maine

Highlights Include:

- Keynote Address by brain injury survivor, national speaker, and author Carole Starr
- 16 breakout sessions on living with brain injury, clinical approaches, health equity, and pathways for brain injury care and treatment for Mainers
- Continuing education credits
- Exhibits from leading organizations serving the brain injury community

Who Should Attend: Individuals living with brain injury and their families, social workers, case managers, Certified Brain Injury Specialists, recreational therapists, mental health clinicians, psychologists, nurses, physicians, physical therapists, occupational therapists, speech language pathologists, pediatricians, physician assistants, school nurses, nurse practitioners, students, and anyone involved in brain injury care and treatment.

REGISTRATION FEES

Early rates through August 31, 2024:
Professionals: \$199
Survivors/family members: \$60

[CLICK HERE TO REGISTER](#)

Questions? Contact
conferences@biausa.org

AGENDA

| | | | | |
|------------------------|---|---|--|--|
| 7:30–8:30 a.m. | Registration and Morning Refreshments | | | |
| 8:30–8:35 a.m. | Welcome | | | |
| 8:35–9:35 a.m. | Silver Learnings: Lessons from 25 Years of Living with Brain Injury Carole Starr | | | |
| | Track 1 | Track 2 | Track 3 | Track 4 |
| 10:00–11:00 a.m. | <p>How to Use Self-Discovery to Take Control over Your Thoughts, Emotions, and Time Kelsi Gagne, DrOT, OTR/L</p> | <p>The Association between Social Determinants of Health and TBI Charles E. Gaudet, Ph.D.</p> | <p>Speech-Language Therapy: Much More than Talking! Carina Ream, M.S., CCC-SLP, CBIS, QBISP</p> | <p>Early Childhood Brain Injury in Maine Travis Roberts, M.A., CCC-SLP, and Jessica Riccardi, Ph.D., CCC-SLP</p> |
| 11:15 a.m. –12:15 p.m. | <p>Network Building Skills and Strategies Thomas G. Broussard, Jr., Ph.D.</p> | <p>Health Literacy, Turning the Page! Janet McBride-Roy, CTRS, CCM, CBIS</p> | <p>Balancing Act: Mastering Vestibular Recovery Post-Brain Injury Katie Heller, PT, DPT, Bethany Althaus, PT, DPT and Michael Cyr, PT, DPT, NCS</p> | <p>Maine’s Neurobehavioral Treatment Services Project Speakers TBD</p> |
| 12:15–1:00 p.m. | Lunch | | | |
| 1:00–1:10 p.m. | Lewis and Clara Lamont Brain Injury Advocacy Award | | | |
| 1:10–2:00 p.m. | Beverly Bryant Memorial Lecture Jenn Williams | | | |
| 2:00–3:00 p.m. | <p>Journaling for Better Health: A Writing Workshop Sarah Gaffney, CBIS</p> | <p>The Intersection and Similarities between Brain Injury and Mental Health Symptoms Tammy Miranda, LCPC, CBIS, and Tiffany Robinson, LCPC</p> | <p>Trauma and ABIs: Healing the Nervous System Jen Blanchette, PsyD, LP, CBIS, EMDR Certified Therapist™</p> | <p>Home & Community Innovation Grant: Clinical Outcomes and Best Practices for NeuroRehab Christine Martin, M.S., OTR/L, CBIS</p> |
| 3:30–4:30 p.m. | <p>Unlock the Power of Your iPhone Leilani Carlson</p> | <p>The Risks of Partner-Inflicted Brain Injuries & Best Practices for Supporting Survivors of Domestic Violence Amanda Taisey and Heather Biggar, LCSW</p> | <p>Nutrition for Brain Health: Supporting Recovery after Injury Alyson Maloy, M.D.</p> | <p>Planning for the Future: Guardianship and POA Succession Rachel Trafton, J.D.</p> |

SESSION DESCRIPTIONS

8:35-9:35 AM - OPENING KEYNOTE ADDRESS

Silver Learnings: Lessons from 25 Years of Living with Brain Injury

Carole Starr

In honor of 25 years of living with brain injury, Carole Starr has mined her experience for 25 silver nuggets of wisdom—25 hard-won lessons learned through grief and loss; through coming to terms with an unexpected and unasked for new self; through the process of creating a different and fulfilling life as a brain injury survivor. These lessons will have application for anyone in the brain injury community—survivors, caregivers and professionals. In this inspiring and interactive keynote, Carole will share a selection of her 25 learnings, which will be chosen by the audience.

Learning Objectives:

- List three “silver nugget” lessons.
- Choose one “silver nugget” lesson that is relevant to you as a survivor, caregiver or professional.
- Identify one personal “silver nugget” lesson based on your own experience.

9:35-10:00 AM - NETWORKING BREAK WITH EXHIBITORS

10:00-11:00 AM - CONCURRENT TRACKS

How to Use Self-Discovery to Take Control over Your Thoughts, Emotions, and Time

Kelsi Gagne, DrOT, OTR/L

During this presentation you will learn tools to help you investigate your personal story and open more doors for self-awareness and discovery. Specific interventions and strategies will be demonstrated to help you take control of your mind, emotions, and time. The presenter will tie in the Occupational Therapy Practice Framework to further demonstrate the power of our chosen occupations on our quality of life and wellness.

Learning Objectives:

- Describe strategies to take control over your thoughts, mind sets, and emotions.
- Discuss the connection between the Occupational Therapy Practice Framework and how we utilize our time with our personal occupations.
- List four client-centered interventions and strategies to help increase self-discovery and allow for more control over thoughts, emotions, and time.

The Association between Social Determinants of Health and TBI

Charles E. Gaudet, Ph.D.

Social determinants of health (SDoH) have been shown to be associated with health status and outcomes. However, whether, or the extent to which, SDoH are associated with traumatic brain injury (TBI) has not been fully characterized. This presentation will provide an overview of scientific literature reporting on associations between SDoH and TBI and areas for future research.

Learning Objectives:

- List the five domains that comprise social determinants of health (SDoH).
- Discuss the SDoH domains that have been the most and least researched with respect to TBI.
- Describe the respective percentages of adolescents in Maine who experience protracted recovery from concussion secondary to neighborhood disadvantage.

SESSION DESCRIPTIONS

10:00-11:00 AM - CONCURRENT TRACKS CONTINUED

Speech-Language Therapy: Much More than Talking!

Carina Ream, M.S., CCC-SLP, CBIS, QBISP

Most people may think of speech-language pathologists (SLPs) as treating difficulties with speech or swallowing after a brain injury. SLPs are experts in those skills, but also treat and develop strategies for a wide variety of other communication, cognitive, social/pragmatic, and counseling needs. Join this introductory session to learn how speech-language therapy may benefit you, your loved ones, or your patients/clients in unexpected ways, and learn some cognitive and linguistic rehabilitation strategies.

Learning Objectives:

- List at least two skill areas SLPs address beyond speech and swallowing.
- Define the SLP's role in communication-based counseling.
- Name three cognitive and linguistic rehabilitation strategies.

Early Childhood Brain Injury in Maine

Travis Roberts, M.A., CCC-SLP, and Jessica Riccardi, Ph.D., CCC-SLP

This presentation will discuss early childhood brain injury, including acute through long-term management, specific to the State of Maine. Presenters will discuss the demographic characteristics of children experiencing brain injury before school-age, hospital-based therapy approaches, and early intervention and school-based approaches for management and monitoring. Clinicians will gain valuable resources to develop a framework for working with individuals who experience a brain injury in early childhood and gain valuable resources for their work.

Learning Objectives:

- Describe four demographic and injury characteristics related to early childhood brain injury in Maine.
- Discuss one assessment and one treatment practice for hospital based therapies after early childhood brain injury.
- Identify two strategies or resources for long-term monitoring and management of individuals who experience a brain injury in early childhood.

11:00-11:15 AM - NETWORKING BREAK WITH EXHIBITORS

11:15 AM -12:15 PM - CONCURRENT TRACKS

Network Building Skills and Strategies

Thomas G. Broussard, Jr., Ph.D.

In this presentation, Dr. Broussard will briefly share his stroke experience and recovery, and how he started building his online presence of stroke and aphasia awareness. Learn about his work advocating and educating the local, national, and international stroke survivor communities about the mission of Aphasia Nation, Inc. (ANI). Finally, he will discuss his successes and strategies to grow the ANI network by educating survivors, family members, clinicians, and the wider public about stroke and aphasia awareness and recovery.

Learning Objectives:

- Describe how to build an online presence.
- Discuss successful strategies for building an educational network.

SESSION DESCRIPTIONS

11:15 AM - 12:15 PM - CONCURRENT TRACKS CONTINUED

Health Literacy, Turning the Page!

Janet McBride-Roy, CTRS, CCM, CBIS

Health literacy is not just the ability to read, it includes the ability to obtain information, communicate, process, and understand basic health related information. Only 12% of the population has been found to have a proficient health literacy level. Individuals with moderate to low healthcare literacy skills find themselves struggling with navigating all aspects of our health systems. This leads to medication errors, increased hospitalizations, increased costs, and poorer health. This session will take an in depth look at Health Literacy and provide strategies for assisting brain injury survivors navigate our health systems.

Learning Objectives:

- Define health literacy and its global impact on individuals with brain injuries served by our health care system.
- Identify signs of moderate to poor health literacy.
- Discuss health literacy tools and strategies that can be incorporated into your medical care.

Balancing Act: Mastering Vestibular Recovery Post-Brain Injury

Katie Heller, PT, DPT, Bethany Althaus, PT, DPT and Michael Cyr, PT, DPT, NCS

Clinicians will share anatomy and physiology of the vestibular system, how it relates to the brain, and how brain injuries may affect this system. Clinicians will provide evidence supporting vestibular rehabilitation for individuals following brain injury, treatment ideas for this population, and examples from clinical care.

Learning Objectives:

- Identify the two major functions of the vestibular system.
- Distinguish between vertigo, dizziness, and imbalance.
- Discuss distinctions between functional and structural causes of vertigo following a brain injury.
- Describe benefits of vestibular rehabilitation for individuals living with brain injury.

Maine's Neurobehavioral Treatment Services Project

One of the priorities of the state of Maine is to develop and fund Neurobehavioral Treatment Services. The goal is to provide 24/7 care that is humane, cost-effective, and evidence-based. One of the features will be the development of a mobile neurobehavioral team for assessment, treatment, and consultation for individuals served by community agencies. The project was launched in December 2023 and will conclude in March 2025. In this session, task force members will discuss the current status of the project and goals for the coming months.

Learning Objectives:

- Explain the purpose of the Neurobehavioral Treatment Services Project.
- Discuss the current status of the project.
- Describe the work that still needs to be done in order to complete the project.

12:15-1:00 PM - LUNCH

1:00-1:10 PM - Lewis and Clara Lamont Brain Injury Advocacy Award

SESSION DESCRIPTIONS

1:10-2:00 PM - BEVERLEY BRYANT MEMORIAL LECTURE

Navigating Brain Injury with an Attitude of Gratitude

Jenn Williams

Jenn Williams was just 33 years old when she had a thalamic ischemic stroke. After years of struggling to navigate the healthcare system and figure things out on her own, she is now on a mission to ensure that other brain injury survivors get the healthcare and support they deserve. In this presentation, Jenn will guide listeners through the ups and downs of her recovery, sharing strategies for day-to-day life, alternative therapies and research that were beneficial to her, and the grief that comes from mourning the loss of your old self. She will also discuss gratitude and the incredible impact this can have on recovery.

Session Objectives:

- Describe how to appreciate the new normal.
- Discuss how to find peace and serenity through gratitude.
- Explain self-management techniques.

2:00-3:00 PM - CONCURRENT BREAKOUT SESSIONS

Journaling for Better Health: A Writing Workshop

Sarah Gaffney, CBIS

In this workshop, you will learn how writing and journaling can help you in everyday life as you navigate challenges both personal and professional. Learn about the benefits of expressive writing and journaling and explore writing as a tool for improving overall health, processing difficult times, and as a form of self-care. You will get to bring a journal home to continue your writing practice. *All attendees are welcome: no prior writing experience is necessary.*

Learning Objectives:

- Describe the benefits of expressive writing and journaling.
- Discuss how journaling can be a form of self-care.
- Continue your journaling at home using the tools and tips from this workshop.

The Intersection and Similarities between Brain Injury and Mental Health Symptoms

Tammy Miranda, LCPC, CBIS, and Tiffany Robinson, LCPC

The intersection between brain injury symptoms and mental health symptoms is a complex and nuanced area of study. Both can manifest with overlapping symptoms such as cognitive deficits, mood disturbances, and behavioral changes, making accurate diagnosis and treatment challenging. Understanding these similarities is crucial for clinicians and professionals to provide comprehensive care, as addressing mental health symptoms in the context of brain injury can significantly impact rehabilitation outcomes and overall quality of life. Moreover, recognizing these intersections highlights the importance of interdisciplinary collaboration between neurology, psychiatry, and rehabilitation professionals to optimize patient care and support holistic recovery strategies. The presentation will include two acute and two chronic case reviews where attendees have to identify next steps, symptoms, and recommendations for collaboration. This will reinforce the concepts of intersecting and possible overlapping symptoms to help professionals identify next steps, no matter what field they work in.

Learning Objectives:

- Identify mental health and substance use symptoms that commonly occur with TBI.
- Describe observable symptoms of mental health issues and substance use disorders.
- Discuss when and how to refer for additional services.

SESSION DESCRIPTIONS

2:00-3:00 PM - CONCURRENT TRACKS CONTINUED

Trauma and ABIs: Healing the Nervous System

Jen Blanchette, PsyD, LP, CBIS, EMDR Certified Therapist™

This presentation examines the dynamics surrounding trauma following brain injury. It elucidates the neurological underpinnings of anxiety and stress responses, while exploring effective strategies for reshaping physiological reactions to triggering events, particularly pertinent for individuals managing post-concussion reinjury. The discourse extends to the intersection of trauma, the nervous system, and acquired brain injuries, providing attendees with insights and practical tools for fostering resilient recovery. Furthermore, an exploration of modern psychotherapies, including EMDR, Biofeedback, and trauma-based interventions, enriches the discussion, offering comprehensive perspectives on therapeutic modalities.

Learning Objectives:

- Identify three specific ways in which brain injuries impact anxiety and stress responses and develop a personalized plan to manage these reactions effectively to reduce the risk of post-concussion reinjury.
- Describe the relationship between trauma and brain injuries, identifying at least two ways this interaction influences recovery and treatment planning.
- Identify two evidence-based trauma interventions commonly used in managing trauma symptoms and promoting resilience in individuals with brain injuries.

Home & Community Innovation Grant: Clinical Outcomes and Best Practices for NeuroRehab

Christine Martin, M.S., OTR/L, CBIS

This presentation will highlight the establishment and implementation of the home and community innovations grant for brain injury survivors in Maine including grant inclusion criteria, implementation of the grant itself, and the clinical outcomes and objective data. The presenter will also review best practices in home and community neurorehabilitation, what they learned through this grant project, and how it can be applied to the future establishment and growth of neurorehabilitation programs in the state.

Learning Objectives:

- List two inclusion criteria for home and community innovations grant implemented by Rehab Without Walls.
- Identify two clinical indicators of progress/ objective measures and how RWW measured progress/ success for patients participating.
- List two benefits of home and community-based rehabilitation for survivors of brain injury.
- Identify two best practices for neurorehabilitation.

3:00-3:30 PM - NETWORKING BREAK WITH EXHIBITORS

3:30-4:30 PM - CONCURRENT TRACKS

Unlock the Power of Your iPhone

Leilani Carlson

Assistive technology in your pocket? You better believe it! The built-in apps on your iPhone can work together to make your life a little easier. Join us for an overview of these “native” iPhone apps and learn how to save time and be more productive using Notifications, Focus, Reminders, Calendars, Contacts, and a few of the iOS 17 Assistive Access options.

Session Objectives:

- Enable Notification and Focus settings to minimize distractions and boost focus while working on tasks.
- Create Contacts, Calendar events and Reminders to simplify daily activities for greater independence.
- Enable Safari Reader and Assistive Access options to enhance communication and learning skills.

SESSION DESCRIPTIONS

3:30-4:30 PM - CONCURRENT TRACKS CONTINUED

The Risks of Partner-Inflicted Brain Injuries & Best Practices for Supporting Survivors of Domestic Violence

Amanda Taisey and Heather Biggar, LCSW

This presentation will explore the pressing reality that many people who experience domestic violence will endure a partner-inflicted brain injury, with a particular focus on how partner-inflicted brain injuries impact survivors of color. After establishing a foundational understanding of domestic violence, the presenters will detail the unique nature of partner-inflicted brain injuries including the increased health and safety risks to survivors. They will also discuss practical ways to support survivors.

Learning Objectives:

- Identify two safety risks to survivors if they experience strangulation and/or partner-inflicted brain injury.
- Describe two practices to utilize when working with a domestic violence survivor who experienced partner-inflicted brain injury.
- Identify the domestic violence resource center in your county.

Nutrition for Brain Health: Supporting Recovery after Injury

Alyson Maloy, M.D.

If we are what we eat, why is nutrition often ignored as an aspect of medical interventions? Evidence-based nutritional excellence is essential to brain injury recovery. This talk by neurologist and psychiatrist Dr. Alyson Maloy will teach you nutritional interventions to support maximum recovery, brain health, weight management, and risk reduction from other chronic diseases such as heart disease, cancer, obesity, and hypertension. We will also review the evidence regarding supplements that support brain recovery and health and discuss ways to eat well when shopping and cooking opportunities are limited.

Learning Objectives:

- Name the six highest-yield food categories to eat every day (G-BOMBS).
- Describe which supplements support brain recovery.
- Discuss simple ways to assemble health-supporting meals when cooking and shopping options are limited.

Planning for the Future: Guardianship and POA Succession

Rachel Trafton, J.D.

This presentation explores guardianship and Power of Attorney (POA) succession planning, focusing on key responsibilities, legal requirements, effective strategies, and drafting comprehensive plans. Attendees will learn practical insights for smooth transitions in guardianship and POA arrangements.

Learning Objectives:

- Identify key responsibilities and legal requirements associated with guardianship and Power of Attorney (POA) succession.
- Discuss strategies for effective succession planning in guardianship and POA arrangements, including the establishment of contingency plans.
- Describe key components of succession plans for guardianship and POA, including legal considerations, stakeholder communication, and ongoing monitoring mechanisms.

4:30 PM - ADJOURN

CONTINUING EDUCATION CREDITS

Social Workers

We will apply to the National Association of Social Workers, ME Chapter for up to five (5) continuing education credits.

Case Managers

We will apply to the Commission for Case Manager Certification for up to five (5) hours of continuing education credit to Certified Case Managers.

Psychologists

We will apply to the Maine State Board of Examiners of Psychologists for up to five (5) continuing education credits.

Certified Brain Injury Specialists (CBIS/CBIST)

The Academy of Certified Brain Injury Specialists will recognize up to five (5) hours of continuing education credit for attendance at the full conference.

Certificate of Attendance

All attendees are eligible to receive a certificate of attendance.

For more Information

For any questions regarding CE credits, contact conferences@biausa.org.

PLANNING COMMITTEE

BIAA would like to thank the volunteer planning committee for their hard work and dedication:

- **Jim Beaudry**, Brain Injury Survivor
- **Kate Brown**, Director of Admissions and Marketing, Brewer Center for Health and Rehab, National Healthcare Associates
- **Beth Burke, OTR/L, CBIS, MHA**, Team Leader, Maine Medical Center
- **Cory Hall, DPT, ATC, NCS**, Assistant Professor, Franklin Pierce University
- **Janet Keith, CCM, OT/L**, Senior Community Relations Manager, Rehab Without Walls Neurorehabilitation
- **Mackenna Murtagh, Psy.D.**, NeuroRehabilitation Clinical Director, Goodwill Northern New England
- **Teena Oullette, M.A.**, Clinical Evaluator, NeuroRestorative
- **Jessica Riccardi, Ph.D., CCC-SLP**, Assistant Professor, Department of Communication Sciences and Disorders, University of Maine
- **Jenn Williams**, Survivor and Co-Founder of the Middle People Project

SPEAKERS

Bethany Althaus, PT, DPT, Maine Strong Balance Center

Heather Biggar, LCSW, Director of Community Education and Prevention, Through These Doors

Jen Blanchette, PsyD, LP, CBIS, EMDR Certified Therapist™

Thomas G. Broussard, Jr., Ph.D., Founder and President, Aphasia Nation, Inc.

Leilani Carlson, AT Specialist, Maine CITE

Michael Cyr, PT, DPT, NCS Maine Strong Balance Center

Sarah K. Gaffney, CBIS, Program Coordinator, BIAA-Maine

Kelsi Gagne, DrOT, OTR/L

Charles E. Gaudet, Ph.D., Staff Neuropsychologist, VA Boston Healthcare System

Katherine "Katie" Heller, PT, DPT, Maine Strong Balance Center

Alyson Maloy, M.D., Neurologist and Psychiatrist, Portland Cognitive and Behavioral Neurology

Christine Martin, M.S., OTR/L, CBIS, Executive Director, Rehab Without Walls

Janet McBride-Roy, CTRS, CCM, CBIS, Director of Case Management, Community Rehab Care

Tammy Miranda, LCPC, CBIS, Private Practice

Carina Ream, M.S., CCC-SLP, CBIS, QBISP, Speech-Language Pathologist, Goodwill NeuroRehab Services

Jessica Riccardi, Ph.D., CCC-SLP, Assistant Professor in the Department of Communication Sciences and Disorders, University of Maine

Travis Roberts, M.A., CCC-SLP, Speech-Language Pathologist, Redington-Fairview General Hospital

Tiffany Robinson, LCPC, Private Practice

Carole Starr, M.S., Author and Speaker

Amanda Taisey, Health Systems Coordinator, Maine Coalition to End Domestic Violence

Rachel Trafton, J.D., Partner/Attorney, Maine Elder Law Firm

Jenn Williams, Survivor and Co-Founder of the Middle People Project



SPONSORS



We have numerous sponsorship opportunities. [Click here](#) for more information.

BIAA-Maine gratefully acknowledges partial support for the BIAA-Maine “Defining Moments in Brain Injury” Conference from the Administration for Community Living (ACL), U.S. Department of Health and Human Services under Grant #90TBSG0065-01-00.

EXHIBITORS

We have numerous exhibiting opportunities. [Click here](#) for more information.