



35th Annual

Brain Injury & Stroke

Wednesday, May 16, 2018

2018 Conference

*Courtyard Marriott & Grappone Conference Center
Concord, New Hampshire*



Keynote Speaker: Carole Starr, MS

SUPPORTING SPONSOR

New Hampshire Bureau of
Developmental Services



LEAD SPONSOR

Working together for your client

**Abramson, Brown
& Dugan**

A T T O R N E Y S

BREAK SPONSORS



nh healthy families™

Neuro
Restorative™
New Hampshire

ONLINE REGISTRATION PREFERRED
GO TO - <https://bianh.salsalabs.org/35abisc>



KEYNOTE SPEAKER: Carole Starr, MS

Weasilience: Handling Life's Wild Moments

Carole sustained a brain injury in a car accident in 1999, which left her unable to resume her previous life. Carole has reinvented herself by focusing on what she can do, one small step at a time. She's now an inspiring speaker and the leader of Brain Injury Voices, an award-winning survivor education, advocacy and peer mentoring volunteer group she founded in Maine. Her book: *To Root & To Rise: Accepting Brain Injury*, was published in 2017.

Carole's 18 year brain injury journey has taught her a great deal about coping with dramatic life change. In her keynote, she'll share strategies for building resilience and moving forward after adversity. There's an entertaining story behind the unusual title of her speech.

All-Day Specialty Training

(Must attend all day - limit to 50 Registrations)

Concussion Competencies: Guidance for School-based Concussion Management

Who should attend? This all day training is intended for educators, administrators, related service providers, and athletic staff working directly with students reentering the classroom following a mild traumatic brain injury (mTBI).

Jennifer Parent-Nichols, MSPT, DPT, PCS, CBIS: Dr. Parent-Nichols is a physical therapist and certified pediatric and brain injury specialist. She has worked extensively in the area of pediatrics with experience in early intervention, school based therapy, and adolescent sports medicine. She serves as an expert consultant for Concussion Chalk Talk, a grant-funded, school-based concussion management program.

Jonathan D. Lichtenstein, PsyD, MBA: Dr. Lichtenstein is the Director of Pediatric Neuropsychological Services at Dartmouth-Hitchcock Medical Center, and an Assistant Professor of Psychiatry, Pediatrics, and The Dartmouth Institute at Dartmouth's Geisel School of Medicine. He serves as a consultant to concussion management programs at middle schools, high schools, and colleges in New Hampshire, and is the team neuropsychologist for Dartmouth College Athletics. Dr. Lichtenstein's work in concussion management has extended from the youth to the professional level. He is the principal investigator and clinical director of Concussion Chalk Talk, a grant-funded school-based concussion management program, which places an emphasis on return to learn and changing the concussion culture in New Hampshire.

Concussion, or mild traumatic brain injury (mTBI), has received a great deal of attention in the media. The consequences of mTBI on the physical and cognitive wellbeing of youth have been a growing concern. Differentiated management of students returning to the classroom after mild traumatic brain injury may be necessary to promote recovery.

Best practices for recognizing and addressing common challenges experienced by youth recovering from mTBI will be explored. Development of individualized programs and the implementation of specific classroom strategies will be a focus of this training. Tips for creating comprehensive, effective school based teams that have been developed through an on-going project will be shared.

The concussion training is an all day training (10:05 – 3:45). You must attend the full training.

Conference at a Glance

Level of Knowledge for Attendees: BEG - Beginner INT - Intermediate ADV - Advanced
 Topic is geared towards: PRO-Professional SUR-Survivor/Family ALL- Everyone

8:30 Welcome

8:45 Keynote: "Weasilience: Handling Life's Wild Moments" - Carole Starr, MS

	TRACK A	TRACK B	TRACK C	TRACK D	TRACK E	TRACK F	TRACK G
	Concussion <i>(Must attend full training)</i>	Current Research & Studies	Speech/ Language		Prevention	Survivor/ Family	
Session I 10:05-11:35	Guidance for School-Based Concussion Management Jonathan Lichtenstein, PsyD, MBA Jennifer Parent-Nichols, MSPT, DPT, PCS, CBIS ADV/PRO	Current Paradigm for Acute Ischemic Stroke Therapy 2018 Archie R. McGowan, MD, MBA ADV/PRO	Providing Cognitive Retraining with Concussion Mary Ann Williams- Butler, MA, CCC-SLP, CBIS ADV/PRO	Mind-body Medicine and You James E. Stahl MD, CM, MPH BEG/ALL	Secondary Prevention Stroke Care: What is it and Why is it so important? Susan Barnard, MS, APRN, CCRN BEG/ALL	The Write Way to Well-Being After Brain Injury Barbara Stahura, CJF BEG/SUR	
11:45-12:45 -----LUNCH-----							
Session II 12:50 - 2:20	Guidance for School-Based Concussion Management (cont'd) Jonathan Lichtenstein, PsyD, MBA Jennifer Parent-Nichols, MSPT, DPT, PCS, CBIS ADV/PRO	Emerging Roles for Immune System in Traumatic Brain Injury Francesca Gilli, PhD, MS ADV/PRO	Intense Aphasia Therapy Programs: Is intense always better? Amy Ramage, PhD, CCC-SLP BEG/ALL	A Taste of Motivational Interviewing-Guiding Conversation Lisa Stockwell, MEd. BEG/ALL	A Novel (iDeA): Testing the Efficacy of an EHR-integrated Health Decision Aid for Stroke Prevention in Atrial Fibrillation Stacey Schott, MD BEG/ALL	Yoga Nidra Lisa Garside Deb Sullivan BEG/ALL	
Session III 2:45 - 3:45	Guidance for School-Based Concussion Management (cont'd) Jonathan Lichtenstein, PsyD, MBA Jennifer Parent-Nichols, MSPT, DPT, PCS, CBIS ADV/PRO	Blood Pressure: One Size Doesn't Fit All Jillian C. Belmont, DNP, FNP-BC, SCRNP BEG/ADV/ALL	Draw a Clock: Improving Clinical Interpretations Gina England, MA, CCC-SLP BEG/PRO		ThinkFirst National Injury Prevention Foundation Zoe McLean, MS, OTR/L, CSRS, CBIS BEG /ALL	Post Rehabilitation Skill Building Groups: A service learning initiative with UNH OT Students and Stroke Survivors in the Community John Wilcox, OTD, OTR/L, CAPS BEG/ADV/ALL	What About Those Who Survive? Rehabilitation of Individuals Who Have Sustained Anoxic Brain Injury in the Midst of the American Opiate Epidemic? Caroline Sizer, MD ADV/ALL

Time Schedule & Session Descriptions

7:30 am - 1:00 pm Registration

8:00 am - 3:00 pm Exhibitors

8:30 am Welcome

8:45 am - 9:45 am Keynote: "Weasillience: Handling Life's Wild Moments" - Carole Starr, MS

9:45 am - 10:05 am Morning Break -- Please Visit the Exhibitors

10:05 am - 11:35 am Session I

A. Guidance for School-based Concussion Management (must attend full day training) ~ Jonathan Lichtenstein, PsyD, MBA, Director, Pediatric Neuropsychological Services, Dartmouth-Hitchcock Medical Center & Jennifer Parent-Nichols, MSPT, DPT, PCS, CBIS, Assistant Professor Franklin Pierce University ~ This full-day conference is intended to provide comprehensive instruction to the educators, administrators, related service providers, and athletic staff working directly with students reentering the classroom following a mild traumatic brain injury (mTBI).

B. Current Paradigm for Acute Ischemic Stroke Therapy 2018 ~ Archie R. McGowan, MD, MBA ~ Neurointerventional Radiologist, Portsmouth Regional Hospital ~ This workshop will cover current evidence based practice of the therapy for acute ischemic stroke.

C. Providing Cognitive Retraining with Concussion ~ Mary Ann Williams-Butler, MA, CCC-SLP, CBIS ~ Supervisor, Speech/Language Pathologist, Emerson Hospital, Center for Rehabilitative and Sports Therapies, Dr. Robert C. Cantu Concussion Center ~ A better understanding of the neurometabolic cascade of concussion and its related symptoms has been emerging in recent years. Practice is moving towards active rehabilitation during the recovery period rather than prescribed rest. As a result, Speech Pathologists are being asked to provide the cognitive retraining needed to facilitate successful return to the work and academic settings without symptom provocation. To provide effective cognitive retraining in concussion, the distinction needs to be made between TBI with concussion versus other acquired brain injuries. This presentation will explore typical symptoms associated with concussion and a therapeutic approach that is systematic with gradual stimulation provided on a hierarchy. It will include three key elements: symptom management, patient/caregiver education, and cognitive endurance building. Strategies for assisting with the return to work and learn will also be covered.

Disclosure: Ms. Williams-Butler is not being compensated for this presentation. She has no further relevant financial or non-financial disclosures to make.

D. Mind-body Medicine and You ~ James E. Stahl MD, CM, MPH, Section Chief, General Internal Medicine, Dartmouth-Hitchcock Medical Center. This presentation will cover the basic science and practice of mind-body medicine. It will discuss the tools, such as mindfulness meditation, yoga, tai chi, and others we currently have available and the science behind them. If time is available there will be in a class demonstration.

E. Secondary Prevention Stroke Care: What is it and Why is it so important? ~ Susan Barnard, MS, APRN, CCRN ~ Neurology Nurse Practitioner, Secondary Prevention Stroke Clinic, St. Joseph Hospital ~ Many healthcare providers and stroke survivors are not aware of secondary prevention strategies to prevent stroke recurrence. There are gaps in our stroke care after hospitalization and secondary prevention clinics cannot only help fill those gaps, but can also provide a great support to primary care providers in caring for their stroke patients.

F. The Write Way to Well-Being After Brain Injury ~ Barbara Stahura, CJF, Certified Journal Facilitator, The Center for Journal Therapy ~ Writing about thoughts and feelings for just a few minutes at a time helps reduce stress, increase happiness, manage difficult experiences, and boost clarity. The simple act of writing helps restore well-being as you continue your post-injury journey, as a survivor or family member. In this hands-on session, you will experience basic journaling techniques you can do any time. No writing or journaling experience necessary!

11:45 - 12:45 Lunch

12:50 - 2:20 Session II

A. Cont'd Guidance for School-based Concussion Management ~ See Session I A for description.

B. Emerging Roles for the Immune System in Traumatic Brain Injury ~ Francesca Gilli, PhD, MS, Assistant Professor of Neurology, Geisel School of Medicine, Dartmouth Hitchcock Medical Center ~ Traumatic Brain Injury (TBI) affects an ever-growing population of all ages with long-term consequences on health and cognition. Many of the issues that TBI patients face are thought to be mediated by the immune system. Primary brain damage that occurs at the time of injury can be exacerbated and prolonged for months or even years by chronic inflammatory processes, which can ultimately lead to secondary cell death, neurodegeneration, and long-lasting neurological impairment. This talk will cover insights gained from recent studies that approach TBI research from an immunological perspective and will summarize our current understanding of the involvement of specific immune processes in TBI pathogenesis.

C. Intense Aphasia Therapy Programs: Is intense always better? ~ Amy Ramage, PhD, CCC-SLP ~ Assistant Professor, University of New Hampshire, Communication Sciences and Disorders ~ This presentation will provide an overview of the existing intensive aphasia therapy programs that exist in the United States. Information about the philosophies and therapeutic approaches driving each will be presented and evidence providing support, or not, of those programs will be discussed. The audience will leave this session feeling informed about best practices in aphasia treatment and what options exist that can help achieve the best possible outcomes.

Disclosure: Ms. Ramage is not being compensated for this presentation. She has no further relevant financial or non-financial disclosures to make.

D. A Taste of Motivational Interviewing-Guiding Conversation ~ Lisa Stockwell, MEd ~ It's Your Journey, LLC, Consulting & Training, Motivational Interviewing is an evidence-based practice, person-centered style of communication. It is a process that supports positive health behavior changes through a collaborative interaction that strengthens a person's own motivation for change, rather than imposing externally driven changes. The guiding style of having a Motivational Interviewing conversation helps clients recognize their own needs and wellness interests and what steps they would like to take to achieve them.

E. A Novel (iDeA): Testing the Efficacy of an EHR-integrated Health Decision Aid for Stroke Prevention in Atrial Fibrillation ~ Stacey Schott, MD, Fellow, Cardiovascular Disease Section, Leadership Preventive Medicine Resident, Dartmouth-Hitchcock Medical Center. The choice of stroke prevention strategy for patients with atrial fibrillation is a preference-sensitive decision. Clinicians who care for these patients have an opportunity to improve the delivery of preference-sensitive care, and therefore, increase the quality of healthcare delivery by using a shared decision making (SDM) approach. Recent research suggests that using Health Decision, an integrated decision aid (iDeA) that launches directly from the electronic health record (EHR), might help clinicians incorporate SDM conversations into the clinical encounter.

F. Yoga Nidra ~ Lisa Garside, Ohana Yoga Owner/Instructor; Deb Sullivan, Ohana Yoga Instructor ~ Yoga Nidra leads you through a meditation to relax as deeply as sleep, while awake. This practice empowers your inner awareness. It is believed that 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep.

2:20 – 2:40 Afternoon Break – Exhibitor Raffle

2:45 – 3:45 Session III

A. Cont'd Guidance for School-based Concussion Management ~ See Session I A for description.

B. Blood Pressure: One Size Doesn't Fit All ~ Jillian C. Belmont, DNP, FNP-BC, SCRNP, Nurse Practitioner, Neurology, Assistant Professor in Neurology, Geisel School of Medicine, Dartmouth-Hitchcock Medical Center ~ This presentation will provide an explanation of the current blood pressure goals in management of acute and subacute stroke, including current research and guideline updates. Effective management of blood pressure in the acute setting requires knowledge of the underlying etiology. An overview of the most common etiologies and implications for clinical practice will also be discussed.

C. Draw A Clock: Improving Clinical Interpretations ~ Gina England, MA, CCC-SLP, Speech Pathologist, Private Practice ~ Just about every cognitive assessment tool contains a Draw a Clock testing item. Its value to clinicians is most often underutilized due to our limited exposure to a more advanced clinical interpretation of the patient's drawing. Today's session will provide the cognitive clinician with actual examples of patient's drawings and an exploration of the executive dysfunction associated with each drawing. In addition, 2 research based scoring procedures will also be discussed and demonstrated. Participants will take home a set of interpretive drawings for future reference during clinical assessments.

Disclosure: Ms. England is not being compensated for this presentation. She has no further relevant financial or non-financial disclosures to make.

D. Cont'd A Taste of Motivational Interviewing-Guiding Conversation ~ See Session II D for description.

E. ThinkFirst National Injury Prevention Foundation ~ Zoe McLean, MS, OTR/L, CSRS, CBIS, Occupational Therapist, Northeast Rehabilitation Network and New Hampshire State ThinkFirst Director ~ This presentation aims to educate you on the ThinkFirst Program. The goal for ThinkFirst is to prevent brain, spinal cord, and other traumatic injuries through education, research, and advocacy. The ThinkFirst National Injury Prevention Foundation's educational programs are aimed at helping people, especially those at high risk (children, teens, and young adults) learn to reduce their risk for injury.

F. Post Rehab Skill Building Groups: A service learning initiative with UNH OT students and stroke survivors ~ John Wilcox, OTD, OTR/L, CAPS, Clinical Assistant Professor, University of New Hampshire ~ A community based post-rehabilitation therapy group for stroke survivors that utilizes Occupational Therapy students to provide rehabilitative programming through a service-learning collaboration.

G. What About Those Who Survive? Rehabilitation of Individuals Who Have Sustained Anoxic Brain Injury in the Midst of the American Opiate Epidemic ~ Caroline Sizer, MD, Medical Director, Brain Injury Rehabilitation Medicine Program, Northeast Rehabilitation Hospital Network ~ In this presentation, anoxic brain injury rehabilitation will be discussed in the context of the recent American opioid crisis. Much attention is paid in the media to the number of deaths, declining life expectancy, and workforce due to fatalities due to opiate overdoses. Comparatively little attention has been paid to the individuals who survive overdose with significant anoxic brain injuries. We will discuss what is known so far about the epidemiology of anoxic brain injury in the setting of the opioid crisis, how the brain is injured by anoxia, what functions are most impacted by anoxic brain injury, prognosis for recovery, rehabilitative options and recommendations, and areas for future research and funding. In addition, we will discuss rare complications of anoxic brain injury that are presenting more commonly, and how to approach these complications clinically to optimize long-term functional outcome in these particular cases.

The target audience for this conference includes: Nurses, Mental Health Professionals, Social Workers, Psychologists, Educators, Physical & Occupational Therapists, Speech Language Pathologists, Case Managers, Recreational Therapists, Athletic Trainers, Direct Support Staff, Caregivers, Family Members, Survivors and other individuals working with brain injured individuals.

Conference Objectives

Participants will be able to identify advances in prevention, diagnostic assessment and rehabilitation, coping strategies, holistic approaches, recreation and leisure, and community support. They will also be able to identify ways to support collaboration and hope among participants, while developing a clearer vision of how we can better meet the needs of survivors and families in the community.

CONTINUING EDUCATION CREDIT

Application has been made for the following CE's and Continuing Education Credits: ASHA, CCM, Nursing, ASWB, CDMSC, CCMC, CRCC.



NHSLHA, Inc. 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 CEU provider approval does not imply endorsement of course content, specific products or clinical procedures.

Circle One:

RN SLP PT OT SW CDMSC CCMC CRCC Psych Other _____

The New Hampshire Speech-Language-Hearing Association 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 program is offered for up to 0.5 ASHA CEUs (Intermediate level; Professional area). ASHA CEUs are available for the Keynote session and Track C sessions.

Continuing education credit is provided in part by Commonwealth Educational Seminars (CES) for the following professions. Attendees completing this program receive 5 continuing education hours of credit.

For information about continuing education credit, please visit:

<http://www.bianh.org/conference/Continuing%20Education%20Page.pdf>

Psychologists: Commonwealth Educational Seminars (CES) is approved by the American Psychological Association (APA) to offer continuing education credit programs. Commonwealth Educational Seminars (CES) maintains responsibility for this program and its contents. Psychologists will receive 5 hours of continuing education credit upon completing this program.

Social Workers: Commonwealth Educational Seminars (CES) #1117 is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB approval period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval for continuing education credits. Social Workers participating in this course will receive 5 Clinical continuing education clock hours.

Nurses: As an American Psychological Association (APA) approved provider, CES programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC approved programs except California and Iowa, however CES is also an approved Continuing Education provider by the California Board of Registered Nursing (Provider # CEP15567) which is also accepted by the Iowa Board of Nursing. Nurses completing this program will receive 5 continuing education hours.

All other healthcare and social service professionals: This program will provide 5 contact hours. Certificates of attendance will be provided at the end of the day.

Brain Injury Association of New Hampshire's Annual Conference - Wednesday, May 16, 2018

LOCATION: Courtyard by Marriott & Grappone Conference Center
70 Constitution Avenue
Concord, New Hampshire 03301
(603) 225-0303

Directions & Reservation Information

From I-93 North or South: Take Exit 15 West. Turn right at the first stoplight onto Commercial Street and follow Commercial Street 1/4 mile to Constitution Avenue.

A block of rooms has been reserved for \$129.00 (Single and Double Rate). You must reserve before 4/24/2018 to guarantee rate.

For Hotel reservations call 1-800-321-2211 and specify BIANH Brain Injury & Stroke Conference. If you have any questions about this conference, please call BIANH at (603) 225-8400.

CONFERENCE REGISTRATION FORM

May 16, 2018

ONLINE REGISTRATION PREFERRED - GO TO: <https://bianh.salsalabs.org/35abisc>
If unable to register online, use conference registration form below.

Name: _____

Address: _____

City, State, ZIP _____

E-Mail _____ Phone _____ FAX _____

Organization _____ Address _____

Position _____ Phone _____ FAX _____

Survivors Only
\$65.00

All Others (professionals, family, etc.)
Received by April 16, 2018, \$150.00 Beginning April 17, 2018 \$165.00

Please note we do not send out confirmations.

If you cannot attend and someone is coming in your place, we need to be notified of the substitution no less than 48 hours prior to conference

PLEASE REMEMBER TO DRESS IN LAYERS AS TEMPERATURES FLUCTUATE GREATLY FROM ROOM TO ROOM

Please Check:

___ Check Check # _____ Employer _____

All cancellations will incur a \$25.00 processing fee. We cannot refund cancellations made after April 27, 2018

Diet Preferences/Restrictions:

___ Vegetarian ___ Gluten Free
(you must ask server for your meal)

Please return this form and your check to: Brain Injury Association of New Hampshire
52 Pleasant Street
Concord, NH 03301

WORKSHOP CHOICES:

Concussion Training (all day training)
(limited to 50 registrations)

1st Choice

2nd Choice

Session I Track _____

Track _____

Session II Track _____

Track _____

Session III Track _____

Track _____

For Office Use Only

Brain Injury Association of New Hampshire

52 Pleasant Street
Concord, NH 03301

CHANGE SERVICE REQUESTED

NONPROFIT ORG.
U.S. POSTAGE
PAID
Concord, NH 03301
Permit No. 1665



***35th Conference
Brain Injury & Stroke***