



April 4 & 5, 2013

Younes Conference Center
416 Talmadge Rd. | Kearney, Nebraska

Presented by:



MADONNA
Rehabilitation Hospital

www.madonna.org

SAVE! Early bird registration postmarked
or online by February 15, 2013.

Registration deadline: March 27, 2013

Primary Sponsor:



Conference arranged and supported by:



www.biane.org

Nebraska
Brain Injury Advisory Council

www.braininjury.ne.gov

This conference is supported in part by the TBI Implementation Partnership Grant #H21MC06758 from the U.S. Department of Health and Human Services (DHHS), Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). The contents are the sole responsibility of the authors and do not necessarily represent the official views of DHHS. This is in the public domain. Please duplicate and distribute widely.

Conference Schedule for Caregivers and Individuals with Brain Injury

Thursday, April 4

10:30 a.m.

Pre-Session – Yoga (Optional)

Lyndyn Sophia Stratbucker, Integrative Healthcare & Holistic counselor; director and founder of The Wellness Connection – Omaha, Neb.

- Yes, yoga does relax the mind and body, but it can do much more. Wear comfortable clothes and come learn this healing technique.

11:30 a.m.

Registration

12:30 p.m.

Luncheon and BIA Annual Meeting

“A Funny Thing Happened on My Way to a Brain Injury,” by Joan and Julie Burney – Lincoln, Neb
Author and motivational humorist, Joan fell and sustained a brain injury in 2007. She has aphasia, though she still gives speeches. Daughter, Julie, is a teacher, humorist and author who has worked across the country.

2 p.m.

Intimacy, Sexuality and Sex After An Injury

Taryn Stejskal, PhD, LMFT, Wellness Strategies, PC – Indianapolis, Ind.

- Review the relevant research literature on intimacy, sex and sexuality post injury
- Recognize typical experiences related to sexuality after brain injury and how to enhance quality of life

3 p.m.

Break with Snacks Provided

3:30 p.m.

Different Faces of Brain Injury: Adjustment, Coping and Acceptance

Deborah A. Gutteridge, MS, CBIS, Neuro Restorative – Kansas City, Mo.

- Describe various physical aspects of the brain and what each area does in terms of functioning
- Discuss how injury site affects behaviors and function and how pre-injury lifestyle of both family and person with brain injury impacts outcome and recovery
- Describe the stages of acceptance and coping for families and survivors including strategies for increasing awareness and recalibration of self

4:30 p.m.

Break

4:40 p.m.

iPads, Androids, iPhones... Oh My!

Lindsey Bugee, MS, CCC-SLP, Speech Language Pathologist at QLI – Omaha, Neb.

- Learn the difference between smart phones and tablet technology
- Learn how to apply smart technology devices for cognitive compensation strategies
- Learn how smart technology is being used to help TBI survivors be successful in everyday life

5:40 p.m.

Wrap-up and Evaluation

5:45 p.m.

Social in the Exhibit Area

Friday, April 5

7:30 a.m.

Registration

8 a.m.

Keynote: Living and Working with Compassion and Resilience (Joint Session)

Janet Cromer, RN, MA, LMHC, ATR, Private Practice – Bethesda, Md.

- List five signs/symptoms of compassion fatigue
- Explain three sources of traumatic stress for healthcare professionals and family caregivers
- List four self-care skills to incorporate into a personal Resilience Enhancement Plan

9 a.m.

Break

9:10 a.m.

Health Reform 2010 Patient Protection and Affordable Care Act (Joint Session)

Panel discussion by legislative and administrative representatives, moderated by Kate Kulesher Jarecke, executive director of the Brain Injury Association of Nebraska

- What the Affordable Care Act means to Nebraskans with brain injury
- Update of federal and state legislative initiatives that impact the brain injury community

10:10 a.m.

Break with Snacks Provided

10:30 a.m.

Express Yourself and Enhance Your Health Through Journaling

Janet Cromer, RN, MA, LMHC, ATR, Private Practice – Bethesda, Md.

- State three health benefits of writing a journal
- Describe three techniques used in self-expression
- State one topic of interest for future writing

11:30 a.m.

Break

11:40 a.m.

Vision and Brain Injury

Dr. Tanner Gates OD, Neuro-Optometry, Madonna Rehabilitation Hospital – Lincoln, Neb.

- Gain awareness of potential changes/deficits following brain injury
- Learn the importance of neuro-optometric evaluation for patients with brain injury

12:40 p.m.

Conference Wrap-up and Evaluation

Conference Schedule for Professionals

Thursday, April 4

- 9 a.m. *Registration*
- 10 a.m. *Welcome*
- 10:15 a.m. ***Substance Use and Treatment Following Traumatic Brain Injury***
Jocelyn Ritchie, JD, PhD, Neuropsychologist at VA Nebraska-Western Iowa Health Care System Polytrauma Support Clinic – Lincoln, Neb.
 - Review how substance abuse and TBI are reciprocal risk factors
 - Describe initial findings related to improving substance abuse treatment retention and treatment outcomes for persons with TBI
 - Apply practical suggestions to improve substance abuse treatment for individuals with TBI
- 11:15 a.m. *Break*
- 11:30 a.m. ***Intimacy, Sexuality and Sex After An Injury***
Taryn Stejskal, PhD, LMFT, Wellness Strategies, PC – Indianapolis, Ind.
 - Review the relevant research literature on intimacy, sex, and sexuality post injury
 - Recognize typical experiences related to sexuality after brain injury and how to enhance quality of life
- 12:30 p.m. ***Luncheon and BIA Annual Meeting***
“A Funny Thing Happened on My Way to a Brain Injury,” by Joan and Julie Burney – Lincoln, Neb
Author and motivational humorist, Joan fell and suffered a brain injury in 2007. She has aphasia, though she still gives speeches. Daughter, Julie, is a teacher, humorist and author who has worked across the country.
- 2 p.m. ***Session A: Behavioral Changes Following Brain Injury***
Deborah A. Gutteridge, MS, CBIS, Neuro Restorative – Kansas City, Mo.
 - Describe behavioral challenges that may exist following brain injury and how location of injury plays a role in behavioral issues
 - Apply proactive positive behavioral techniques and interventions
- Choose One
Breakout Session ***Session B: The Application of Errorless Learning in Achieving Successful Daily Routines***
Taylor Kerschke, MS, CCC-SLP, Coordinator of Speech Therapy Services, Lead Speech Language Pathologist and Trisha Funk, MS, CCC-SLP, Speech Language Pathologist at QLI, Inc. – Omaha, Neb.
 - Identify the fundamentals of errorless learning
 - Examine the importance of meaningful, real-life situations in cognitive rehabilitation
 - Utilize errorless learning principles in treatment and/or care plans of individuals with brain injuries
- 3 p.m. *Break with Snacks Provided*
- 3:30 p.m. ***Session A: Use of the Interactive Metronome (IM) in Treatment of Brain Injury***
Wesley E. Simes, PhD, Independent Licensed Psychologist, First Step Wellness – Lincoln, Neb.
 - Relate the principles underlying the repetitive timing sequence of IM
 - Assess IM timing, rhythm sequence
 - Utilize IM for brain function to conduct a training session
- Choose One
Breakout Session ***Session B: Looking Forward: Planning for the Needs of the Individual and their Support System***
Anne Hupka, RN; Jena Munson, CTRS/CBIS and Ann Benson, MS, CCC-SLP, Immanuel Rehabilitation Center – Omaha, Neb.
 - Discuss the importance of support systems and community involvement
 - Recognize the importance of identifying recreational and social opportunities
 - Identify functional opportunities for cognitive rehabilitation
- 4:30 p.m. *Break*
- 4:40 p.m. ***Session A: Return to Learn: Bridging the Gap between Concussion and the Classroom***
Russell J. McKune, MS, ATC, UNMC Sports Medicine Program Coordinator – Omaha, Neb.
 - Review background on concussions in Nebraska
 - Identify return-to-the-classroom team members
 - Discuss case studies of return-to-classroom
- Choose One
Breakout Session ***Session B: Have and Have Not Ability: Compensation as a Component of Recovery***
Jeromy Warner, PsyD, Mary Lanning Healthcare System – Hastings, Neb.
 - Distinguish between have and have not abilities
 - Identify three compensatory resources/alternatives
- 5:40 p.m. *Wrap-up and Evaluation*
- 5:55 p.m. *Social in the Exhibit Area*

Conference Schedule for Professionals Continued

Friday, April 5

7:30 a.m.

Registration

8 a.m.

Keynote: *Living and Working with Compassion and Resilience (Joint Session)*

Janet Cromer, RN, MA, LMHC, ATR, Private Practice – Bethesda, Md.

- List five signs/symptoms of compassion fatigue
- Explain three sources of traumatic stress for healthcare professionals and family caregivers
- List four self-care skills to incorporate into a personal resilience enhancement plan

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10:10 a.m.

Break with Snacks Provided

10:30 a.m.

Vision and Brain Injury

Dr. Tanner Gates OD, Neuro-Optometry, Madonna Rehabilitation Hospital – Lincoln, Neb.

- Discover the importance of neuro-optometric evaluation for patients with brain injury
- Describe the basic anatomy of the visual pathways and gain awareness of potential changes/deficits following brain injury
- Recognize management and treatment of visual diagnoses related to brain injury

11:30 a.m.

Break

11:40 a.m.

Return to Play After a Concussion

Daniel J. Tomes, MD, Neurological and Spinal Surgery, LLC – Lincoln, Neb.

- Review the history and current research being done regarding sports concussions
- Discuss signs and symptoms of concussion and indicators of recovery to return to play

12:40 p.m.

Conference Wrap-up and Evaluation

New this year:

- Special conference tract for persons with brain injury, family members and caregivers.
- Hour-long social hour in exhibit area Thursday late afternoon for all conference attendees.

Exhibits & Sponsorship:

At the Brain Injury Conference you can reach a wide variety of professionals and families living with brain injury and network with industry partners. To view the available opportunities, go to the Sponsorship and Exhibit links on the left. For information regarding sponsorship or exhibit booths contact Cindy Evert Christ at cec@biane.org or (402) 304-8103.

More information available at www.biane.org/conference including:

- Scholarship information for those with brain injury
- Contact hours for professionals
- Lodging information: Hotel reservations and special room prices rates
- Map of conference center and lodging

For registration information, go to www.bit.ly/biconf13

> Remember the conference center may be cool. Please dress accordingly.

We are keeping it GREEN! Printed handouts will not be provided at the conference. They are available to print at www.biane.org/conference from March 25 - April 15.

For questions about special accommodations (type size, dietary, etc.) or the conference in general, contact Peggy Reisher at (402) 890-0606 or peggy@biane.org.

2013 Nebraska Brain Injury Conference Registration

April 4-5, 2013 | Kearney, Nebraska

Registration deadline: March 27, 2013

Early bird special rate: postmarked or paid by February 15, 2013

- Register online using Visa or MasterCard at www.bit.ly/biconf13
- Register by mail (complete this form for each person attending), make checks payable to Madonna Rehabilitation Hospital and mail to: Madonna Rehabilitation Hospital, Workforce Retention and Development, 5401 South Street, Lincoln, NE 68506
- Register by faxing registration form using Visa or MasterCard to 402-413-4408.

Cancellations may be made up to 4 days prior to the event. Refunds will be decreased by \$35 for administration fees. If you wish to have someone attend in your place, please notify Marcie Stoner at (402) 413-4401.

<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">I am:</th> <th style="text-align: center;">Registration</th> <th style="text-align: center;">Early bird</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> General/Professional</td> <td style="text-align: center;">\$150</td> <td style="text-align: center;">\$135</td> </tr> <tr> <td><input type="checkbox"/> Individual with brain injury or family member</td> <td style="text-align: center;">\$50</td> <td style="text-align: center;">\$45</td> </tr> <tr> <td><input type="checkbox"/> Additional family member or caregiver</td> <td style="text-align: center;">\$35</td> <td style="text-align: center;">\$30</td> </tr> <tr> <td><input type="checkbox"/> Student</td> <td style="text-align: center;">\$25</td> <td></td> </tr> </tbody> </table> <p><i>Fee includes all breaks and lunch on Thursday. Note: There is no breakfast on Friday.</i></p> <p>Payment must accompany registration unless arrangements were made for organization direct bill through Marcie Stoner (402) 413-4401.</p>	I am:	Registration	Early bird	<input type="checkbox"/> General/Professional	\$150	\$135	<input type="checkbox"/> Individual with brain injury or family member	\$50	\$45	<input type="checkbox"/> Additional family member or caregiver	\$35	\$30	<input type="checkbox"/> Student	\$25		<p>I will attend: *Fee is the same for 1 or 2 day attendance.</p> <p><input type="checkbox"/> Thursday, April 4, 2013</p> <p><input type="checkbox"/> Friday, April 5, 2013</p> <p><input type="checkbox"/> Both April 4 & 5, 2013</p> <hr/> <p>Amount of registration \$ _____</p> <p><input type="checkbox"/> Check enclosed</p> <p><input type="checkbox"/> Bill my organization</p> <p><input type="checkbox"/> Credit Card Visa MasterCard</p> <p>Card # _____</p> <p>Expiration Date: _____</p>
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<p>_____ Name</p> <p>_____ Address</p> <p>_____ Phone</p>	<p>_____ Organization (if professional)</p> <p>_____ City/State/Zip</p> <p>_____ Email</p>															

Need assistance to attend the conference? Individuals with brain injury and limited income, who cannot attend the conference without support, may request assistance. Contact the Brain Injury Association at (402) 423-2463 before March 15, 2013. Scholarships are available, as funding permits, to assist with registration, hotel or mileage. (For scholarships: Do not make your own hotel reservation or send in conference registration.)

Conference Location/Lodging: **Wingate Inn:** (308) 237-4400 **Hampton Inn:** (308) 234-3400 **Fairfield Inn:** (308) 236-4200
The conference is held at the Younes Conference Center at 416 Talmadge Road in Kearney, Neb. It is located directly behind the Holiday Inn at the first intersection north of I-80. (Map at www.biane.org/conference) Lodging is not covered in the registration fee. Participants must make their own hotel reservations at the Wingate Inn or Hampton Inn for \$82.95. Hotels provide hot, full breakfast for paying guests and several all-accessible rooms.

Hours are targeted for Nurses, Social Workers, Occupational Therapists, Physical Therapists, Mental Health Practitioners, Speech Language Pathologists, Educators and Vocational Rehabilitation Counselors.

Contact Hours: Conference co-provided by Madonna Rehabilitation Hospital, Brain Injury Association of Nebraska and the Nebraska Brain Injury Advisory Council.

Madonna Rehabilitation Hospital is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

- 5.25 contact hours provided for Thursday, April 4 — NE11-14H38-274
- 3.25 contact hours provided for Friday, April 5 — NE11-14H38-275

Madonna Rehabilitation Hospital will issue contact hours for those attending the professional tract and full day attendance.

For information on the conference, contact Peggy Reisher at (402) 890-0606 or peggy@biane.org.

The planners and presenters of this educational activity have no real or perceived conflict of interest and will not discuss off-label (non-FDA approved) uses of products during the presentation.

The provision of continuing education hours does not imply that Madonna Rehabilitation Hospital, Nebraska Nurses Association or the American Nurses Credentialing Center's Commission on Accreditation approve or endorse any commercial product in connection with the education activity.