

the Working Brain

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MOMENTUM

Calling All Professionals in the Field of Brain Injury

CENTRAL INDIANA

September 19-20, 2017

IU Health
Neuroscience Center
355 W. 16th Street
Indianapolis, IN

NORTHERN INDIANA

October 11, 2017

Parkview Field
Lincoln Financial
Event Center
1301 Ewing Street
Fort Wayne, IN

SOUTHERN INDIANA

October 13, 2017

St. Vincent Evansville
Amphitheater
Medical Center (lower level)
3700 Washington Avenue
Evansville, IN



**1ST ANNUAL
BRAIN INJURY &
RESOURCE FACILITATION
REGIONAL CONFERENCE**

www.ResourceFacilitationRTC.com

Attend

the location of your choice.

Learn

from leading experts in the field of brain injury.

Exhibit

at one or all three Resource Fairs.

Sponsor

and be recognized for your support and receive many fantastic benefits.

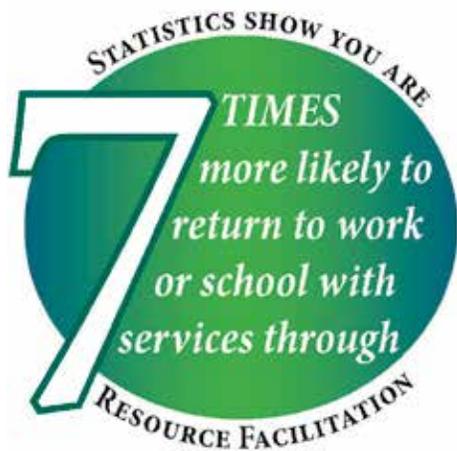
Earn

continuing education credits available at *no additional cost.*

Experience

a community of like-minded individuals working to improve and promote the collaboration of community resource providers.

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Regional Conference Registration Rates

Location	Full Registration	Employment Specialists & RHI Affiliates	*VR	Students
Central (2-days)	\$225	\$175	\$50	\$75
Central (1-day)	\$125	\$100	\$25	\$50
North (1-day)	\$125	\$100	\$25	\$50
South (1-day)	\$125	\$100	\$25	\$50

*We are happy to extend **COMPLIMENTARY** registrations to our partners in Vocational Rehabilitation Services. Your commitment to our clients is an integral part of the success of Resource Facilitation.

CELEBRATION

One Man's Journey through Resource Facilitation... a Testimony

By: Wendy Waldman, BSW, CBIST, Local Support Network Leader; Pam Nihiser, CBIS, Resource Facilitator

Meet Gary Johnson, pictured here with his wife, Christina and his Resource Facilitator, Pam Nihiser. Gary is a 52 year-old recent "graduate" of the RHI Resource Facilitation (RF) Program. Gary has given permission for us to share his story and his journey to success. We feel he exemplifies an RF Success Story and we are honored to share it on his behalf. Join us as we celebrate with Gary and reflect on his journey through Resource Facilitation!

In his own words, Gary says it best: "Vocational Rehabilitation, RF and Pam are the best things that have ever happened to me, other than meeting my wife."

Gary led a normal and happy life before his injury: married to his wife for 34 years with three children and three grandchildren. Then in May 2001, Gary suffered a traumatic brain injury (TBI) when his car had a run-in with a street-sweeper. The accident resulted in his being in a coma for two months, a brain injury, the loss of his left eye, and eventually vision loss in his right eye due to embedded glass particles.

Early in 2015, Gary was referred to RF by his Vocational Rehabilitation Counselor, Teppei Ichikawa. Upon receiving his referral, RF paired him with Pam Nihiser, the Resource Facilitator who works with clients in his region. Pam, who is a Certified Brain Injury Specialist, worked with Gary and his family to seek the best possible treatments that would help him attain his Homemaker Goal. In April 2015, Gary came to RHI to have a NeuroVocational Evaluation (NVE). The results from his NVE identified strengths and vocational resources, vocational barriers, community resource strategies and RF strategies and recommendations on how he could achieve his goals.

Some of those recommendations included visual strategies (e.g. puff paint, tactile dots, etc.), a referral for a sleep study where he was subsequently prescribed a C-pap machine, pain/depression medications, and a connection to Bosma Enterprises (a company



Pictured left to right: Christina Johnson, Pam Nihiser and RF Client Gary Johnson

that helps people navigate blindness). Although Gary struggled with stamina, he pushed himself to progress from part-time to full-time attendance at Bosma; he wanted to "prove himself". And he did. Gary received both orientation and mobility training. He now only uses one long cane; and he has surpassed jumbo braille and is reading standard braille. He even became a mentor for the Bosma Program before he graduated from their program in February 2017!

More recently, Gary has been doing physical therapy on his own, looking into where to volunteer locally, and dining with the "Lunch Bunch," a group consisting of Bosma alumni.

Gary is currently employed full-time at Bosma on the glove production line; he works four 10-hour days and 10 hours of overtime on Fridays. He also is volunteering at a state library and hopes to complete college classes online through braille. One of his biggest accomplishments has been coming off his pain medications: "I will have pain from head to toe for the rest of my life and I am so proud to handle it on my own and not use painkillers... I am no longer on my medication for depression, as I have no reason to be

depressed anymore!"

Gary is independently using Open Door, IndyGo busses and public transit to travel the city.

So, after 15 years of isolation and inactivity, Gary and his wife Christina are now having a blast. He even took her out to St. Elmo's for her birthday! Gary is a radiant example of how RF can connect those in need with the treatments they deserve! Pam and the rest of our RF team devote themselves every day to cases like Gary's. It is very humbling to see a client doing so superbly well. Today, Gary would like to share some words of encouragement to others like him out there:

"They [RF] gave me a little kick in the rear to get out of my den because all I did was feel sorry for myself. They pointed me in the direction where I, at first, did not think I could go. But I saw a light at the end of the tunnel and went at it whole-heartedly...I did not want to let Pam down...My wife and my kids cannot believe the transformation and they are so proud of all my accomplishments. They have been right there by my side the whole time and have been pushing me while at the same time being my cheerleaders."

MOMENTUM

Brain Injury & the Criminal Justice System Seminar

This past June, the Indiana Government Center was the location of the RTC’s 2-day seminar: Brain Injury & the Criminal Justice System. This first-of-its-kind seminar was presented to over 90 individuals (in person and via webcast). The audience included correctional caseworkers, addictions counselors, wardens, judges, superin-

tendents and psychologists.

Our research shows us that as many as 60% of people who are incarcerated have a history of brain injury, and perhaps as many as 95% of veterans. Brain injury is a risk factor for incarceration, and people with brain injury have more difficulties with prison adjustment. Proper diagnosis and management is likely to improve adjustment and may improve post-release adjustment and decrease recidivism.

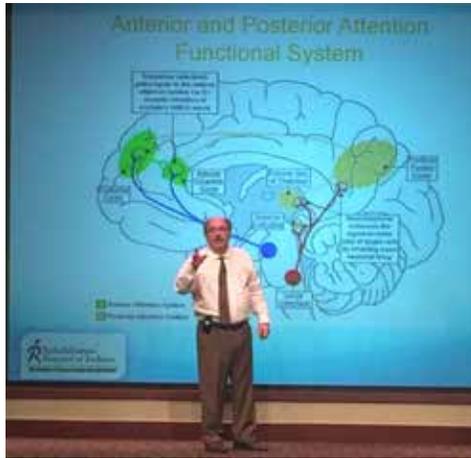
Drs. Lance E. Trexler, Samantha Backhaus, Flora Hammond and Quratulain Khan from RHI presented on several topics, including **Brain Injury and Criminality, Screening for Brain Injury, and Medical Aspects of TBI.**



We were also able to convene a panel of experts to discuss the legal and practical consequences resulting from the developing science of brain injury identification and rehabilitation. (See photo above, in order from left to right: Molly Wright, JD, Andy Fogle, JD, Judge David Certo, JD, and Peter Bisbecos, JD.)

Also speaking were Lisa Osterman, MA from Community Solutions and Fran Osburn, MA from IDOC on **Issues in Post-Release Planning for People with Brain Injury and Next Steps in Management of Brain Injury in The Criminal Justice System,** respectively.

Contact Peter Bisbecos, Director of Market Innovation & Public Counsel if you are interested in learning more. Peter can be reached via email at Peter.Bisbecos@rhin.com.



RESEARCH

Another Research Study is on the Horizon!

RHI RTC Research, directed by Devan Parrott, MS, Clinical Research Manager & Biostatistician for the Departments of Neuropsychology and Resource Facilitation, has begun a ground breaking Telemedicine Study. With financial support from the RHI Foundation, we were able to provide a group of clients with mobile tablets to trial an app called **VIPatient**. This app allows study participants to contact their resource facilitator using their RF-issued tablet and communicate “face-to-face” via the internet instead of telephonically. Telemedicine allows our clients more “face time” with their resource facilitator, especially those in rural areas. The study will compare the cost effectiveness, and client satisfaction between the treatment and control groups. Study results will be available early 2018.



Devan Parrott, MS

As mentioned in a previous issue *The Working Brain*, Devan continues her work on the “Predicting Outcome and Outcome Stability in Resource Facilitation” study. Upon completion, this study will identify predictors (e.g. current age, age at injury, education, etc.) which may help or hinder return-to-work for brain injury survivors in the Resource Facilitation program. The identified predictors will allow us to easily identify “at risk” clients at the beginning of treatment. This study is set to finish in 2018; watch for more information on the results of this study and how we will use it with our RF clients.

More about Devan: *Devan joined RHI in 2006 as a neuropsychology intern. She became a full-time employee in 2007 and worked on the original resource facilitation pilot project in 2009. Since then, she has been a part of the research team publishing several articles on resource facilitation and other brain injury interventions and outcome modeling at RHI. During this time she completed a Master’s in Clinical Research and in Biostatistics. She is currently a Biomedical Informatics PhD Candidate with Rutgers University School of Medicine.*

WELCOME

Kalina Baker

Please welcome Kalina Baker, BSW, our new Resource Facilitator for northeastern Indiana. Kalina received her Bachelors of Social Work from Ball State University with a minor in Interpersonal Relations and will soon start pursuing her Master’s degree. While in the Social Work school at Ball State, she completed her practicum here at the NeuroRehabilitation Center working with Resource Facilitation staff. This has given her an excellent background from which to jump right into her role as a resource facilitator. Kalina will be working primarily as a resource facilitator in the Fort Wayne area. We are very fortunate to have her join the RF Team!



Kalina Baker, BSW

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1ST ANNUAL
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REGIONAL CONFERENCE

www.ResourceFacilitationRTC.com

Building on last year's success, we are again holding three regional conferences.

2017 Conference Sites & Dates:

Indianapolis | September 19-20

Fort Wayne | October 11

Evansville | October 13

The Fort Wayne and Evansville conferences will be one-day events, while the central conference in Indianapolis will be a two-day event—with emphasis on substance abuse education by guest expert speaker, Dr. Carolyn Lemsky (see article to the right). Both central days will be recorded and made available at a later date for attendees at the other locations.

Please join us at any of the three locations as we continue, through these regional events, to improve vocational outcome for Indiana's brain injury population. Leading brain injury experts, Drs. Lance Trexler, Quratulain Khan, and Ed Haskins, along with other staff will present cutting-edge brain injury education and engage the collaboration of community resource providers. We are excited that we will have a panel discussion and a Resource Fair at each event.

We will be providing, at no extra cost, continuing education for the following professions:

- Psychologists
- Physical Therapists
- Speech Therapists
- Occupational Therapists
- Rehabilitation Counselors
- Social Workers
- Nurses

IT TAKES A VILLAGE

Call for Sponsors and Resource Fair Exhibitors

Please join us this fall as a supporter of our “village” and the Brain Injury & Resource Facilitation Regional Conferences.

Go to: www.ResourceFacilitationRTC.com/2017-regional-conferences

Click on: [Sponsorships & Resource Fairs](#)

There are many ways you can show your support:

- **Attend** the conference and encourage others to join you.
- **Exhibit** at one (or all) Resource Fairs (\$25/non-profit or \$50/for-profit groups).
- **Sponsor** and receive fantastic benefits for your level of contribution, including a booth at the Resource Fair at no extra cost.

MOMENTUM

Central Regional Conference Speaker: Dr. Carolyn Lemsky

We are privileged this year to have Carolyn Lemsky, PhD, C.Psych, ABPP-CN as a guest speaker at the (Central) 2-day regional conference in Indianapolis. She will be speaking on addictions care and how your clients can benefit.

Join us on Day Two of the Central Regional Conference to hear Dr. Lemsky speak. We will record this presentation for later viewing by anyone who could only attend the 1-day Ft. Wayne or Evansville regional conference.

Dr. Lemsky is a board certified neuropsychologist with 25 years of experience working in rehabilitation settings in the U.S. and Canada. She completed her doctoral studies at Illinois Institute of Technology in Chicago, Illinois. For the past 16 years, she has been the Clinical Director at Community Head Injury Resource Services (CHIRS) of Toronto—a Ministry of Health and Long-Term Care funded agency designed to promote community re-integration of persons living with the effects of acquired brain injury. At CHIRS, she maintains an active clinical practice along with her administrative, research and training activities.

Throughout her stay in Ontario, Dr. Lemsky has been a strong proponent of integrated care. During the past two years, she led an Ontario Neurotrau-

ma Foundation (ONF)-funded pilot project with Reconnect Mental Health and the Toronto ABI network which was designed to develop a model of shared care for individuals living with co-occurring serious mental illness and brain injury. For the past eight years, she has been the director of the Substance Use and Brain Injury Bridging Project, a research and knowledge transfer initiative funded by ONF.

Along with her partners at the Center for Addictions and Mental Health (CAMH), she has trained over 2,000 mental health, addictions and ABI providers in basic skills needed to promote the development of more accessible addictions programming for people living with Substance Abuse and ABI (SUBI). The SUBI program is responsible for initiating screening for brain injury at CAMH, and the first Canadian pilot treatment program for co-morbid ABI and addiction. Products of the SUBI project include a provider's training manual, and client workbook.

In addition to frequent conference presentations, Dr. Lemsky has contributed book chapters and articles to the neuropsychology and brain injury literature. She receives frequent invitations to provide training and conference presentations on the SUBI project across Canada and the U.S.



Dr. Carolyn Lemsky