



Hold the Rope.
2023 Annual Conference
June 7-9, Saratoga Springs, NY



Wednesday- June 7th

1:00pm- 2:00pm

Conference Registration and Check In

Location: Backstretch Lobby

2:00pm- 3:00pm

Conference Welcome and Ice Breakers

Location: Daily Double

3:15pm- 4:15pm

Session One: Building Family Resilience after Brain Injury

Location: Win

This interactive presentation will discuss how families work together to get things done. The focus will be on providing information and strategies to help individuals and their families build resilience and feel empowered to navigate life after the injury. Activities explore family roles and supports to strengthen the family network.

Presenters: *Judith Wilson, OTR – Assistant Director, Occupational Therapy, Bellevue Hospital; Michelle Smith, MPH – Assistant Research Scientist, Rusk Rehabilitation; Olga Garduño-Ortega, BA – Research Coordinator, Rusk Rehabilitation*

Session Two: Strategies for Managing Changes in Behavior After Brain Injury

Location: Place

This presentation will identify common behavioral patterns individuals may experience after brain injury. Participants will explore approaches to managing these common behavioral changes through discussion and case studies.

Presenters: *Laura Anderson, M.S. CCC-SLP, CBIS, - Neurological Rehabilitation Coordinator, North Westchester Restorative Therapy and Nursing Center; Ricardo J Palomo, COTA/L, CBIS – Neurological Rehabilitation Coordinator, Emerge Nursing and Rehabilitation; Teri Rajnath, M.A. CCC-SLP, CBIS – Neurological Rehabilitation Coordinator, Quantum Rehab and Nursing*

4:30pm- 5:30pm

Session One: Addressing Agitation in the TBI Population: Overview and Non-Pharmacological Management

Location: Win

Prevalence of agitation following traumatic brain injury (TBI) is reported to occur in up to 57% of the patient population. Agitation can be described as disinhibited, aggressive, or emotionally labile, with varying levels of prevalence noted among those with TBI (Phyland et al., 2021). Due to the high prevalence, it is not uncommon for rehabilitation clinicians to experience the challenges associated with working with those with agitation following a TBI. The focus of this presentation will be to review the current literature

about the impact of agitation on therapy outcomes, non-pharmacological management of agitation, and assessment of agitation using available outcome measures.

Presenter: *Francine Sage-King PT, DPT, NCS, CBIS – Clinical Associate Professor, Marist College*

Session Two: Innovation in Rehabilitation: Implementation of a Neurologic Music Therapy Program to Improve Patient Outcomes at an Inpatient Rehabilitation Hospital **Location: Place**

Neurologic Music Therapy (NMT) has developed standardized interventions and clinical techniques for the use of music to address cognitive, affective, sensory, language and motor dysfunctions due to injury to the human nervous system. Strong evidence supports the efficacy of NMT interventions in the treatment of various diagnoses including aphasia, gait training, left neglect and more (Thaut & Hoemberg, 2014). In November of 2021, Burke Rehabilitation Hospital established a Neurologic Music Therapy Program with the mission of bringing innovative care to their patients. The NMT was introduced on the multidisciplinary team, with referrals provided from the patients' physicians. This presentation will discuss a high-level overview on NMT, the steps taken from the initial thought to implementation of NMT at Burke Rehabilitation Hospital, present data from the first year of the program, and next steps to further the program's development.

Presenters: *Vanessa Moran MT-BC, NMT – Neurologic Music Therapist, MedRhythms, Inc. and Burke Rehabilitation Hospital; Elizabeth (Liz) Rider OTR/L – Clinical Team Leader Spinal Cord/Neurological Program, Burke Rehabilitation Hospital; Caitlin Hebb MT-BC, NMT-F – Clinical Operations Manager and Neurologic Music Therapy (NMT) Fellow, MedRhythms Therapy, Inc.*

5:30pm- 7:00pm

Dinner

Location: Daily Double

Thursday June 8th, 2023

8:00am- 8:45am

Breakfast

Location: Daily Double

8:45am- 10:15am

Keynote

Location: Daily Double

10:30am- 11:30am

Session One: ABC's of Concussion

Location: Win

This presentation will examine various aspects of concussion. This includes the cause, effects, recognition, treatment, and prevention of a concussion.

Presenter: *Jamie S Ullman MD, FACS – Professor, Department of Neurosurgery, Zucker School of Medicine at Hofstra/Northwell*

Session Two: Workers' Compensation and Brain Injury

Location: Place

This presentation will provide a basic overview of workers compensation, geared primarily towards health care providers, to help providers better navigate the workers compensation system so that they the

patient gets the care that is needed, and the provider gets paid. Presentation may also benefit the Brain Injury patient, and better help them navigate through having a work-related injury.

Presenter: *Alex Dell – Founder, The Law Firm of Alex Dell, PLLC*

11:30am- 1:00pm

Lunch and awards

Location: Daily Double

1:00pm- 2:00pm

Session One: When Mommy Gets a Concussion; A Survivor Shares How PPCS Impacted her Body, Emotions, Identity and Family

Location: Win

Persistent post-concussion syndrome (PPCS) can last months or longer, impairing an individual beyond what is expected recovery for a mild traumatic brain injury. Join a concussion survivor as she shares her lived experience of 3 years of undertreated concussion, the challenges of motherhood during this time, and how she healed through community and daily painting.

Presenter: *Allison Moir-Smith, MA – Concussion Activist, Concussion Recovery Art*

Session Two: Aging Well with a Traumatic Brain Injury

Location: Place

In this session Dr Hicks will discuss healthy aging after traumatic brain injury. Increasing scientific evidence points to key health and lifestyle factors that can promote healthy aging. These include physical exercise, emotional health, and well-being, as well as socialization. Dr Hicks will discuss these factors and explore how individuals with traumatic brain injury can be supported to 'age well.'

Presenter: *Amelia Hicks, PhD - Post-Doctoral Fellow, Brain Injury Research Center, Icahn School of Medicine at Mount Sinai*

Session Three: There is a Life after TBI

Location: Show

Megan will share her story of the journey through injury to recovery. Megan will discuss the struggles she faced trying to find herself, her college experiences and how determination and positivity played a key role in the accomplishment of earning a degree. Through her desire to help others, Megan hopes her story will inspire others faced with brain injury.

Presenter: *Megan Viera – Brain Injury Survivor*

2:15pm- 3:15pm

Session One: Return to Work After a Concussion

Location: Win

In this session, factors to consider helping guide a successful return to work after sustaining a concussion will be discussed. A graduated approach will be highlighted. Adjustments and accommodations that can guide an employee and employer in the Return-to-Work process will be explained.

Presenters: *Brian Rieger, Ph.D. Assistant Professor of Psychiatry and Behavioral Sciences, Upstate University Hospital; Michelle Kellen, M.Ed. Professional Development Manager, BIANYS*

Session Two: Insights and lessons learned as a patient that now help formulate and guide my work as a provider. Topics to consider during the rehabilitation process.

Location: Place

During this talk, the presenter will share her personal experience as a survivor of a brain injury during late adolescence and how it has informed and shaped her clinical work. Through the discussion, Dr. Bernal

Fernandez will provide insights and lessons learned through the unique first-hand experience of being a patient and now a rehabilitation neuropsychologist in training. Issues involving barriers and access to care, resilience, caregiver stress, and perceived burden will be discussed with the aim of providing and sharing strategies that can aid the recovery process.

Presenter: *Natalia Bernal Fernandez, PsyD – Rehabilitation Neuropsychology Postdoctoral Fellow, Mount Sinai Hospital*

Session Three: Question, Persuade, Refer

Location: Show

QPR stands for Question, Persuade, and Refer — the three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Presenter: *Garra C Lloyd-Lester, Coordinator, Suicide Prevention Center of New York State*

3:30pm- 4:30pm

Session One: Machine

Location: Win

This presentation is based on the idea that when something traumatic happens to you, you have a split second to change the narrative. The presenter will discuss how to instill in the minds of others that you can and will make better decisions if you take your emotions out of the equation.

Presenter: *Ariel Johnson, TBI Survivor*

Session Two: A Virtual Victory for Veterans; The Hudson Valley VA TeleTBI Program

Location: Place

This presentation will show how the TeleTBI program is set up to evaluate Veterans with Traumatic Brain Injury in the Hudson Valley area as well as several VA facilities across the nation. Virtual Care modalities (VVC – VA Video Connect) are utilized for Comprehensive TBI Evaluations and treatment. Veterans' responses to this program will be discussed.

Presenters: *Mi-Hyon Cho, MD – Brain Injury Medicine Specialist, VA Hudson Valley HCS; Robert Anderson – TBI Telehealth Coordinator, VA Hudson Valley HCS*

4:30pm- 5:30pm

Break

5:30pm- 6:30pm

Dinner

Location: Daily Double

6:30pm- 7:30pm

Soft Sound Play Meditations

Location: Show

Learn to use easy-to-play sound tools and instruments, including gong, Tibetan bowls, Koshi and other chimes, tongue drums (Rav Vasts) in co-creating beautifully meditative sound meditations. This is a guaranteed nighttime tonic and will help you sleep more soundly.

Presenter: *Jimbo Talbot; founder DrumQuest: Adventures in Happy, Healing Rhythm and Sound*

Friday June 9th, 2023

8:00am- 9:00am

Breakfast

Location: Daily Double

8:30am- 9:30am

Annual Meeting

Location: Daily Double

9:15am- 10:15am

How best to communicate effectively with your health care providers and make sure they appreciate and address your needs.

Location: Daily Double

In an interactive and open forum, 3-4 health care providers specializing in the care of brain injury patients will discuss with the audience what challenges patients face when trying to communicate with their health care providers and work through ways to make these interactions more effective and productive.

Panel Members: *Brian Im MD – Attending Physician, NYU Rusk Rehabilitation; Lindsey Gurin MD Clinical Assistant Professor of Neurology, Psychiatry, and Rehabilitation Medicine, NYU Langone Hospital; Will Tsai MD – Brain Injury Medicine Fellow, NYU Rusk Rehabilitation. Kirk Lercher, M.D., MBS, Kessler Institute for Rehabilitation Director of Outpatient Traumatic Brain Injury Services; Sarah Spaventa, MS, APN, AGACNP-BC. Nurse Practitioner at Rusk Institute of Rehabilitation at NYU Langone Orthopedic Hospital*

10:30am- 11:30am

Rhythm and Resonance to Recovery: Fun, Interactive Drumming and Sound Play to Delight, Heal and Transform

Location: Daily Double

Everyone needs this interactive, experiential, fun and connected hour that includes drumming, sound and musical expression to experience deeper connection, combat isolation, stimulate vagal nerve and grounded heart awareness, stress reduction, in becoming more alert, calm, present and connected. All instruments provided; no experience necessary.

Presenter: *Jimbo Talbot; founder DrumQuest: Adventures in Happy, Healing Rhythm and Sound*

11:30am- 12:15 pm

Conference closing, box lunch to go

Location: Daily Double