



**NKY BRAIN INJURY CONFERENCE**  
***“Collaborative Care for a Promising Tomorrow”***  
**FRIDAY, MARCH 25, 2022**  
**CONFERENCE PROGRAM**

**Target Audience:** Healthcare professionals, survivors of brain injury and stroke, their families, military/veterans, educators, and students

**Conference Course Description:**

Our community has been struggling with a pandemic which seems to be transforming to endemic, a condition with which we will be living for the foreseeable future. Hence, the importance of caring for the survivors of brain injuries and strokes in situations where masks, distancing, and limited health care personnel becomes a challenge. This conference will focus on how the various professionals contribute to therapeutic, financial, and real-life struggles experienced by the survivors and their families. A successful survivor will continue to share his own achievements and challenges. The conference has a strong focus on coping with loss, change, and aspiration and how our support contributes to their mitigation.

**Conference Learner Outcomes**

After participation in the learning activities of this conference, attendees will:

1. Identify and analyze the evidence-based research and therapeutic modalities proposed for brain-injured and stroke survivors in terms of their efficacy and functionality. *(Domain: Cognitive; Category: Analyzing/Principles)*
2. Differentiate the psychosocial needs of traumatic brain injury survivors and their families and how they can be approached with a variety of therapeutic modalities. *(Domain: Cognitive; Category: Analyzing)*
3. Recognize and defend the need for balance between freedom and safety for survivors of brain injury in terms of financial, social, and interpersonal goals and activities. *(Domain: Affective; Category: Organizing/Prioritizing values)*
4. Explain how habits and lifestyle affect neurogenesis (the birth of new neurons) and neuroplasticity (the malleability of neural circuits) which work together to reshape how we think, remember, and behave. *(Domain: Cognitive; Category: Analyzing)*
5. Identify the community and governmental resources that may help support the needs of brain injured survivors and their families during the recovery process and beyond. *(Domain: Cognitive; Category: Understanding)*

**Please Note: Breakout sessions include Track 1 with a Clinical focus and Track 2 with a Survivor/Caregiver Focus; however, attendees may choose and attend sessions on any track according to preference.**

Agenda		
7:30-8:00am (30 min)	<p style="text-align: center;"><b>Registration (Lobby)</b>  <b>Continental Breakfast (Boone Rm)</b>  <b>Exhibits (Campbell Rm)</b></p>	
8:00-8:15 (15 Min)	<p style="text-align: center;"><b>Welcome / Opening- Stage</b>  Brain Injury Alliance of Northern Ky</p> <p style="text-align: center;"><b>Boone Room</b></p>	
8:15-9:15 (1 hour)	<p style="text-align: center;"><b>Widespread Implementation of the Teen Online Problem-Solving Program: Moving from Bench to Beside</b>  Shari Wade, Ph.D.  University of Cincinnati  Cincinnati Children’s Hospital Medical Center</p> <p style="text-align: center;">This presentation will consider the rationale and empirical support for using problem-solving therapy for adolescents experiencing executive function and behavioral challenges after TBI. We will describe progress and challenges toward implementing the program across the US and in Canada</p> <p style="text-align: center;">Boone Room</p>	
9:15- 9:30 (15 Min)	<p style="text-align: center;"><b>Break- Visit Exhibitors and Raffle</b>  Campbell Room</p>	
	<b>TRACK 1- Clinical</b>	<b>TRACK 2- Survivor/Caregiver</b>
9:30-10:15 (45 min)	<p style="text-align: center;"><b>Brain Change: Habits, Routines, and Environment Matter</b>  Casey Humphrey, OTD, MHA, OTR/L, CBIS, CDRS  Cassie Ginn, OTD, OTR/L, CBIS  Eastern Ky University</p> <p style="text-align: center;">Neuroplasticity is an important factor in regaining function after brain injury. This presentation explores the concept of neuroplasticity and how incorporating functional habits and routines support brain change. The influence that environment has on neuroplasticity and strategies to create a positive environment will also be discussed.</p> <p style="text-align: center;">Boone Room</p>	<p style="text-align: center;"><b>The New Normal: Understanding Individual and Family Differences Following Brain Injury</b>  Deborah Gutteridge, M.S., CBIST  NeuroRestorative</p> <p style="text-align: center;">Survivors of TBI and their families each process the occurrence of TBI through 6 unique stages using “grief theory” as a framework. There are key factors in the rehabilitation and recovery process that impact their level of acceptance, coping, and adjustment following a TBI. Understanding these stages by professionals, families, and survivors can directly enhance the success of their rehabilitation program and assist in achieving maximized successful outcomes.</p> <p style="text-align: center;">Kenton Room</p>

<p><b>10:15-10:30</b> (15 Min)</p>	<p><b>Break- Visit Exhibitors and Raffle</b> Campbell Room</p>	
	<p><b>TRACK 1- Clinical</b></p>	<p><b>TRACK 2- Survivor/Caregiver</b></p>
<p><b>10:30-11:15</b> (45 min)</p>	<p><b>From Chaos to Collaborative Care – Behavior Management and Crisis Management</b> Lee Ann Kramer, CTRS Northkey Community Care Kristi Watkins, M.S., BSS Quality Care, LLC</p> <p>Kristi Watkins and Lee Ann Kramer have unique experiences working with individuals who often find themselves at risk of being in a crisis. They have joined together to share ways that families and supports can assist individuals to remain in their homes and communities, receiving intensive support when most needed. They will share ideas and resources. You will leave this session with a list of action steps you can take to be best prepared.</p> <p style="text-align: center;">Boone Room</p>	<p><b>Adult Disability Resource Center and Medicaid Waiver Services in KY- What You Need to Know</b> Laura Herald, BS Michelle Thompson, BA Northern Ky Area Development District</p> <p>Medicaid is a federal and state program that provides health coverage to some individuals who have limited income and resources. The financial burden of care after a brain injury is daunting for many, particularly those with low income and limited resources. Medicaid and its waiver programs can be difficult to understand and applying for coverage can be a confusing process for many to navigate. Let us help you discover everything you need to know about Medicaid waivers and how to access home and community-based services</p> <p style="text-align: center;">Kenton Room</p>
<p><b>11:15-11:45</b> (30 Min)</p>	<p><b>Break-Visit Exhibitors and Raffle</b> Campbell Room <b>Buffet Lunch served</b> Boone Room</p>	
<p><b>11:45 – 12:30</b> (45 Min)</p>	<p style="text-align: center;"><u><i>Luncheon Featured Panel Discussion</i></u></p> <p><b>The Recovery Journey: How the Right Teamwork can Mean Success</b> Jarred Payne, CFP (Brain Injury Survivor) Elizabeth Uchtman, M.S., CCC-SLP, Elizabeth Mosley, PT, DPT, CSRS Moderator: Denise Qualls, MOTR/L Gateway Rehab Hospital</p> <p>Jarred Payne had a brain injury in 2018 and began his recovery journey at Gateway where he met a number of therapists including Liz and Elizabeth. They have come together to talk about how the early recovery went and how it was structured.</p> <p style="text-align: center;">Boone Room</p>	

<p><b>12:30-12:45</b> (15 Min)</p>	<p align="center"><b>Break – Visit Exhibitors and Raffle</b> Campbell Room</p>	
<p><b>12:45 – 1:45</b> (1 hour)</p>	<p align="center"><b>The Hidden Impact of TBI – Psychological Trauma</b> Elizabeth LaGrange, M.A., CCC-SLP, CBIS Gregory W. Bailey, PhD Cincinnati VA Medical Center</p> <p align="center">Sometimes the same event that led to a traumatic brain injury (TBI) can lead to psychological problems including posttraumatic stress disorder (PTSD). This presentation will focus on the psychological impacts of TBI and an overview of the PTSD/TBI Residential Treatment program at the Cincinnati VA Medical Center – Ft. Thomas Division.</p> <p align="center">Boone Room</p>	
<p><b>1:45-2:00</b> (15 Min)</p>	<p align="center"><b>Break – Visit Exhibitors and Raffle</b> Campbell Room</p>	
<p><b>2:00- 2:45</b> (45 min)</p>	<p align="center"><b>In a World of Pandemics, the Silent Epidemic Remains</b> Matthew Sabin, PhD, LAT, ATC Eastern Ky University</p> <p>Concussion management has been a hot topic for a while, only ebbing and flowing slightly when other “pressing” health concerns take priority (ie. COVID). Concussive injuries are often perceived as a “mild” traumatic brain injury that has minimal consequence as most cases resolve spontaneously before being seen or matriculated through the healthcare system. However, the long-term impact and concerns remain for many patients and may require continued emphasis and outside the box clinical solutions.</p> <p align="center">Boone Room</p>	<p align="center"><b>Effective Lawyers, Effective Clinicians, Effective Clients—Make it Happen</b> Alice Rini, JD, MS, RN</p> <p>Brain injuries are devastating and life-changing. It can have a negative emotional and financial impact on a family. Recovery may take a lifetime for the person injured, and for those who love them. You likely have worries about whether your loved one will recover, and if not, what life will look like moving forward. Knowing more will help when it comes to making decisions about medical treatment, at-home care, and other important matters. Clinicians provide critical and rehabilitative care. If the brain injury was caused by the negligence of another person or entity, injured persons and their families may also be thinking about taking legal action in order to recover damages. They may have questions about what goes into a personal injury lawsuit and whether it is worth it. This presentation will address these matters.</p> <p align="center">Kenton Room</p>

<p><b>2:45- 3:00</b> (15 Min)</p>	<p style="text-align: center;"><b>Break- Visit Exhibitors</b></p> <p style="text-align: center;"><b>Raffle Drawing</b> Campbell Room</p>
<p><b>3:00- 4:00</b> (1 hour)</p>	<p style="text-align: center;"><b>Meeting Yourself Where You Are: Thriving after Brain Injury</b> Dr Valerie Hill, PhD, MS, OTR/L University of Cincinnati</p> <p>As unique as we are as humans, many of us share the same barriers to living our best lives. Rather than meeting ourselves where we are, we often set unrealistic goals setting ourselves up for failure and negatively impacting our health and well-being. The deficits often accompanied by a brain injury amplify these challenges making it hard to know where to start and how to thrive. Meeting yourself where you are is the first step to thriving after brain injury.</p> <p>During this presentation Dr. Hill will talk about the impact that daily life factors have on individuals' ability to thrive, particularly while managing everyday life with a brain injury. Key factors of health will be presented with tactics to incorporate habit changes into everyday life. Tips for how attendees can meet themselves where they are while prioritizing and developing goals will be shared. Tips for how clinicians can incorporate these life management strategies into practice will be shared throughout. This session is intended to stimulate reflection, inspire hope, and empower attendees to pursue at least one healthy habit change.</p> <p style="text-align: center;">Boone Room</p>
<p><b>4:00</b></p>	<p style="text-align: center;"><b>Adjournment/Ending Remarks</b> <b>Evaluations-Lobby</b></p> <ul style="list-style-type: none"> <li>❖ Raffle – Collect winnings after 4:00pm in Campbell Room</li> <li>❖ Evaluations- Your evaluation is important as it helps us plan for the next conference. <b>*Required for CEU Certificate</b></li> <li>❖ Name Badges- Please Recycle at Registration</li> </ul>

**Speakers have not disclosed any relevant financial/ nonfinancial relationships nor conflict of interest.**

### Speaker Bios

**Shari Wade, Ph.D.**

Shari Wade is a tenured professor of Pediatrics at the University of Cincinnati and director of research in the Division of Pediatric Rehabilitation Medicine at Cincinnati Children's Hospital Medical Center. She obtained her Ph.D. in clinical psychology from the University of Pittsburgh and completed a predoctoral internship at Yale University and a postdoctoral fellowship in pediatric psychology at Case Western Reserve University. Since 1991, she has conducted federally funded research examining factors influencing recovery following traumatic brain injury. She pioneered the development and testing of technology-based interventions to reduce the behavioral and family consequences of TBI and other neurological conditions, as described in more than 250 peer-reviewed publications.

**Casey Humphrey, OTD, MHA, OTR/L, CBIS, CDRS**

Casey holds a bachelor's and Doctorate of Occupational Therapy degree from Eastern Kentucky University. Casey also holds a Master's of Health Care Administration from Des Moines University. She has been a licensed occupational therapist for 15 years. Casey has a clinical specialty in community-based, brain injury rehabilitation. Casey has provided occupational therapy services at NeuroRestorative in Georgetown, Kentucky on a full-time and then PRN basis for 10 years. Casey is currently an assistant professor in the Occupational Science and Occupational Therapy Department at Eastern Kentucky University.

**Cassie Ginn, OTD, OTR/L, CBIS**

Cassandra is an assistant professor at Eastern Kentucky University in the Occupational Science and Occupational Therapy Department where she has served since August 2018. She has professional experience working in inpatient rehabilitation with individuals with traumatic and non-traumatic brain injuries full time at Cardinal Hill Rehabilitation hospital from 2011-2018 and has continued to work PRN in the inpatient rehabilitation department ever since. Additionally, she began working PRN with individuals CVA's and traumatic spinal cord injuries wishing to improve UE function at University of Kentucky Department of Physical Rehabilitation Medicine Research Lab in February 2019.

**Deborah A. Gutteridge, MS, CBIST**

Ms. Gutteridge currently functions in the capacity of Regional Manager of Marketing and Business Development for NeuroRestorative, a national organization providing multiple levels of post-acute

supports and services for persons with Acquired Brain Injury. Ms. Gutteridge possesses a Master's of Science Degree in Counseling Psychology and is a Certified Brain Injury Specialist Trainer. She recently completed three years of service as the President of the Board of Directors of the Brain Injury Association of Kansas and Greater Kansas City. She has also served in the capacities of Director, Secretary, and President for the Case Management Society of America-Kansas City Chapter, and has held several positions on the National Board of Directors of the Case Management Society of America. She was CMSA's 2014 recipient of the Award of Service Excellence and most recently completed 5 years of service as the President of the CMSA Foundation. She has worked in the field of brain injury of over 30 years. She is in her 23 year of service with NeuroRestorative, and is a regular presenter for both local and national venues.

**Laura Herald, BS**

Laura has been at NKADD for the past 14 years, the last 13 years she has worked within the Medicaid Waiver program. Laura started as a case manager and now supervisor the program. Over the years the NKADD have grown from 2 case managers to 14, with over 500 participants. Laura is currently a board member of BIANK.

**Michelle Thompson, BA**

Michelle began working at NKADD in October 2014 with the Medicaid Waiver program and is currently the ADRC Waiver Specialist. She assists those who request Waiver services through the Medicaid Waiver application process including the HCB, Michelle P, SCL and ABI (Short-term and Long-term) waivers. Michelle works with the DCBS office, MWMA, and the DAIL to ensure qualified Participants receive services.

**Lee Ann Kraemer, CTRS**

Lee Ann Kramer joined NorthKey Community Care in 2013 in the role of the region's Intellectual and Developmental Disability Crisis Services Coordinator. Before working at NorthKey, Lee Ann worked as the Program Manager at Active Day Medical Adult Day Care Center which she credits with helping her to gain a much deeper understanding of the people she passionately serves. With a combined 22 years in Northern Kentucky, Lee Ann brings a mix of compassion, empathy, and experience to each situation. Prevention is her preference, reacting to crisis only when necessary.

**Kristi Watkins, MS, BSS**

Kristi Watkins joined Quality Care in 2018 to serve as a Behavior Support Specialist to individuals within the IDD community and their support teams in Northern Kentucky. Prior to this role, Kristi studied and trained in clinical mental health psychology focusing her work in providing therapeutic support to underserved populations at the community level. Additionally, Kristi's graduate studies focused primarily in cognitive and behavioral analysis. Kristi's clinical experience centered on treating individuals

with comorbid diagnoses, making her a unique provider in the IDD community. With a drive to make change at the individual and community level, Kristi works to support and understand the complex narratives of the individuals who present with comorbid diagnoses and to aide those who benefit when their providers understand mental health diagnosis, as well as intellectual and development disabilities.

**Elizabeth Uchtman, M.S., CCC-SLP**

Elizabeth is the lead speech language pathologist and primary outpatient speech language pathologist at Gateway Rehabilitation Hospital. She graduated from Miami University with a Master's of Science degree in speech pathology in 2016. She has since been working with adults in the skilled nursing and inpatient rehabilitation settings. She holds her Certificate of Clinical Competence (CCC) in Speech Language Pathology, Ohio State

Licensure, Kentucky State Licensure, and is an LSVT certified clinician.

**Elizabeth Mosley, PT, DPT, CSRS**

Elizabeth is currently an outpatient therapist at St. Elizabeth Healthcare. She graduated with her Doctorate of Physical Therapy from the University of Indianapolis in 2008 and since then has worked with the neurological population in acute care, inpatient rehabilitation and outpatient settings. She has been a Stroke Certified Rehabilitation Specialist since 2016.

**Jarred Payne, CFP. Brain Injury Survivor**

Jarred had a brain abscess in 2018. He graduated undergrad with a double major in Finance and Business Management from UK in 2007. He got an MBA with a concentration in Finance in 2015 from Xavier University. He has been working in the financial services industry since 2010 and is a Certified Financial Planner.

**Elizabeth LaGrange, M.A., CCC-SLP, CBIS**

Beth LaGrange is a speech-language pathologist who has worked in the Post Traumatic Stress Disorder (PTSD) Residential Treatment Programs at the Cincinnati Veterans Affairs Medical Center for the past 8 years. Additional experience includes medical speech pathology at a level 1 trauma hospital in acute care and being on the TBI Team in the inpatient rehabilitation unit. Within the PTSD Residential Treatment Programs Ms. LaGrange provides a range of speech pathology services with emphasis on cognitive rehabilitation. She facilitates Compensatory Cognitive Training (CCT) and Social Cognition Rehabilitation for Veterans with TBI and PTSD therapy groups along with individual treatment sessions to address needs of residents within the programs. Her areas of greatest interest include impacts of PTSD and other mental health disorders on cognitive and social functioning and how speech therapy services can facilitate optimal participation and outcomes for Veterans participating in PTSD residential programs.

**Matthew Sabin, PhD, LAT, ATC, SMTC**

Matthew J Sabin is currently the Athletic Training Program Director at Eastern Kentucky University. He began his clinical career working as a work conditioning coordinator and has since worked with patients in settings including collegiate intramurals, high school and semi-professional basketball. He completed his doctoral work at the University of Illinois where he studied neuromuscular control as well as concussion biomechanics, management and assessment. He has presented on the topic of concussion management at the state, regional and national levels. Though program administration and teaching dominate most of his current role in academia, he has a continued interest in the management of concussions and the use of blood flow restriction in therapeutic interventions.

**Alice Rini, JD, MS, RN**

Alice G. Rini is a nurse-attorney. Experience includes many years as a University professor in Kentucky and New York. She was 'of counsel' to a local law firm, a practice consultant to health care facilities, and a curriculum consultant to educational institutions. Publications include contributions to books on elder law, elder housing and long term care, nursing leadership and management, nursing and legal ethics, and communication and documentation. She has also published articles in professional journals and presented papers and research to professional groups of nurses, attorneys, and educators.

**Valerie Hill, PhD, MS, OTR/L**

Dr. Valerie Hill is an occupational therapy researcher at the University of Cincinnati. She is an assistant professor in the Department of Rehabilitation, Exercise, and Nutrition Sciences in the College of Allied Health Sciences where she teaches occupational therapy and research courses and manages the Life Management Laboratory. She committed her career to helping individuals with brain injuries live healthier, more meaningful lives early in her career. Valerie is experienced in lifestyle community-based rehabilitation intervention and research with individuals with neurologic conditions. She is wrapping-up a five-year project funded by the NIH in which she developed and implemented a community-based lifestyle intervention for individuals with stroke. She aspires to expand this programming to other neurologic populations such as brain injury.

