



The conference offers a broad range of workshops focused on providing practical knowledge for improving rehabilitation recovery and community living skills.

We offer an inclusive educational opportunity, providing equal learning venues to professionals, family members, care givers and people living with acquired brain injury.

The venue for the conference is the Naramata Centre for Continuing Education in Naramata B.C., a small community located on the shores of Okanagan Lake. Naramata sits amid blossoming orchards, vineyards and award winning wineries. The informal atmosphere lends itself to a relaxed learning environment. Participants stay on site, providing ample opportunity for interaction, networking and sharing of experiences.

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CONFERENCE AT A GLANCE

WEDNESDAY APRIL 28

9:00 am - 7:00 pm	Registration
1:00 pm - 4:00 pm	Workshop 1 & 2
5:30 pm - 6:30 pm	Dinner
7:00 pm - 8:30 pm	Plenary - <i>Trauma, Rehabilitation, & Recovery</i>
8:30 pm	Wine & Cheese Reception sponsored by Pushor Mitchell

THURSDAY APRIL 29

7:30 am - 8:15 am	Breakfast
8:00 am - 10:00 am	Registration
8:30 am - 10:00 am	Plenary - <i>From Surviving to Thriving</i>
10:00 am - 10:30 am	Nutrition Break
10:30 am - 11:15 pm	"A" Workshops
11:30 am - 12:15 pm	"B" Workshops
12:15 pm - 1:30 pm	Lunch
2:00 pm - 2:45 pm	"C" Workshops
2:45 pm - 3:15 pm	Nutrition Break
3:15 pm - 4:30 pm	Plenary - <i>Neuropsychology & Naturopathic Medicine</i>
5:00 pm - 6:30 pm	Dinner
7:30 pm	Evening Social Extravaganza

FRIDAY APRIL 30

7:30 am - 8:15 am	Breakfast
8:30 am - 10:00 am	Plenary - <i>Sexuality & Traumatic Brain Injury</i>
10:00 am - 10:30 am	Nutrition Break
10:30 am - 12:00 pm	Plenary - <i>Run David Run</i>
12:00 pm - 1:15 pm	Lunch

CARP Continuing Education Credits application submitted

FROM REHABILITATION TO LIVING ^(well!)

LESSONS FOR THE CARE COMMUNITY



April 28 - 30
Naramata Centre
Naramata, British Columbia, Canada

CONFERENCE REGISTRATION

PLEASE VISIT OUR WEBSITE AT WWW.BRAINTRUSTCANADA.COM TO REGISTER

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An interactive learning experience for professionals, family members, care givers and people with acquired brain injury



WEDNESDAY APRIL 28, 2009

WORKSHOP SESSION 1 1:00 - 4:00 pm

Children and Youth with TBI: What Works?

Ann Glang, Ph.D., Eugene OR

Traumatic brain injury is a leading cause of death and disability for children aged 0 to 19. This presentation will discuss the impact of childhood TBI on the child and family, the challenges in serving them within the educational system, and practices for supporting children and families. Recent research in childhood TBI will be discussed, with a focus on studies documenting the impact of interventions delivered by the “everyday people” who work with these children: families and educators. Participants will receive a guide with resources, highlighting the growing number of internet-based tools available.

WORKSHOP SESSION 2 1:00 - 4:00 pm

Making the Most of the Conference

Marcie McLeod, Community Support Coordinator, BrainTrust Canada, Kelowna B.C.

Whitney Chanter, UBCO 3rd Year

Taru Tamminen, Practicum Student

Paulina Sienko, Social Work

THURSDAY APRIL 29, 2009

**PLENARY SESSION
8:30 am - 10:00 am**

From Surviving to Thriving

**Michael Douglas, MSW, ID
Okanagan College, Kelowna B.C.**

You may have heard the cliché “When life hands you lemons, make lemonade!” Have you ever wondered how to do this? How do we turn our personal tragedies around to make our life work for us? Can it be done? In this presentation Michael will share some wisdom that has helped him and others, and draw upon the collective wisdom that the audience brings to this event. Michael’s intention is that you will leave this learning experience a little wiser and with some concrete strategies for “turning lemons into lemonade.”

Michael Douglas is a seasoned presenter who combines humor, stories, and the occasional audience participation to create learning experience that inspire and empower people to change their lives. Michael lives in Kelowna B.C. and teaches in the Human Service Work diploma program at Okanagan College.

Concurrent Workshops - “A”

10:30 am - 11:15 am

A1 It Takes a Village

Dana Sarris, HSW, ABI Outreach Coordinator

Farah-Lee Ludwig, CMHA Tenant Support Worker

BrainTrust Canada, COBIS, Kelowna B.C.

Recognizing that 60% of homeless individuals live with acquired brain injury, BrainTrust Canada and CMHA Kelowna has forged a unique partnership and innovative service provision model that harmonizes outreach capacity with brain injury expertise to provide support for individuals living with brain injury, mental illness, substance abuse issues and other cognitive disabilities. This workshop will outline the program’s outcomes, challenges, and opportunities to bring the community together at all levels to support some of our most vulnerable neighbors.

A2 Vocational Rehabilitation

Val Lougheed, M.Ed., RSW, CCRC, CVE, RRP,

Calgary AB

More information to come.

A3 An Integrated Approach to Understanding and Preventing Falls

**Philippe A. Souvestre, MD, CES, CEA (France) R.R.P., R.Ac.,
Vancouver B.C.**

Falls are a leading cause of morbidity and mortality in the elderly, and are the sixth leading cause of death. An effective predictive model suitable for detecting and correct fall proneness is discussed while referring to medical case histories.

Ann Glang began her career as a researcher in 1987 and went on to receive her Ph.D. in Special Education from the University of Oregon. Ann has designed and studied interventions aimed at developing effective strategies for helping teachers and families support children and adolescents with brain injuries. Her use of evidence-based instructional principles in an interactive, multimedia environment has placed her at the forefront of innovation in the field.

Ann has been published extensively in peer-reviewed publications including the Journal of Head Trauma Rehabilitation, Brain Injury, and the American Journal of Health Behavior

This dynamic and interactive workshop will offer participants tools and strategies on how to make this conference an extra valuable and memorable experience.

From silliness to seriousness, participants will leave this workshop filled with excitement and enthusiasm for the days to come!

Concurrent Workshops - “B”

11:30 am - 12:15 pm

B1 I Choose to Live: The SUBI Group

John McGale, B.S.W.

James Varey, Mark Berolutti, & Ian Jackson

BrainTrust Canada, COBIS, Kelowna B.C.

Many people with brain injury are experiencing immense challenges with addiction issues. BrainTrust Canada has adopted an innovative program that melds the expertise of brain injury with that of addictions to form a program that more fully addresses the whole of experience for the people who need support. This presentation will give a personal approach as individuals will discuss how this program has affected their lives.

B2 Interactive Multimedia to Teach Parent Advocacy

Ann Glang, Ph.D., Eugene OR

Parent involvement in educational planning for students with TBI is essential to ensure informed educational decisions that reflect each student’s unique needs. Parents are often unfamiliar with available educational supports and their role and rights in the educational process. This presentation describes an internet-delivered advocacy training program that helps parents become more effective partners in educational planning. *Brain Injury Partners* uses video modeling, and interactive multimedia to help parents learn and apply effective advocacy skills.

B3 Aging with Brain Injury

Tina Trudel, Ph.D.,

More information to come.

EVENING PLENARY SESSION 7:00 pm

Trauma, Rehabilitation, & Recovery

Val Lougheed, M.Ed, RSW, CCRC, CVE, RRP

On September 9, 2003, Val Lougheed almost died in a head-on collision. She sustained catastrophic orthopedic injuries and a brain injury. She spent five months in hospitals, and will be in active rehabilitation for the rest of her life.

Ironically, at the time of the accident, Val - Social Worker, noted trainer, and published author - had been working in the field of rehabilitation herself for 25 years, and was in her 18th year as President and CEO of Northern Lights Canada, one of the largest vocational rehabilitation companies in the country.

Val now speaks of her experiences, combining her unique perspective as a patient/client and a practitioner, and provides profound yet practical insights into the experience of recovery.

**Following the Plenary, please join us for a Wine & Cheese Reception
Courtesy of Pushor Mitchell**

Concurrent Workshops - “C”

2:00 pm - 2:45 pm

C1 Internet-Based Sports Concussion Training

Ann Glang, Ph.D., Eugene OR

Recent research has shown that children and young adolescents experience more significant symptoms of concussion, are more likely to have lasting cognitive effects, and are more likely to experience a catastrophic second injury than older athletes. This presentation will describe the *ACTive: Athletic Concussion Training*, an interactive multimedia (IMM) program designed to train community coaches of youth in effective sports concussion prevention and management practices. Results from a recent evaluation of the program will also be presented.

C2 Think First

More information to come.

C3 CBT and Memory Rehabilitation for Mild TBI

Dr. Andrew Miki, R. Psych., North Vancouver B.C.

Disturbances in memory are a common neurocognitive consequence of TBIs and may interfere with an individual's level of functioning. There is considerable evidence that Cognitive Behavioral Therapy (CBT) can reduce symptom frequency and severity. Functional status can be further enhanced with additional memory rehabilitation. CBT tools and memory rehabilitation strategies to treat emotional and cognitive symptoms following mild TBI will be discussed.

**PLENARY SESSION
3:15 pm - 4:30 pm**

Blending Neuroscience and Naturopathic Medicine

**Philippe A. Souvestre, MD, CES,
CEA (France) R.R.P., R.Ac.,
Vancouver B.C.**

Many chronic conditions and impairments with a multitude of physical, cognitive, emotional and intellectual symptoms are commonly observed and acknowledged in Naturopathic Medicine. This presentation will review current models such as FPS, PDS, and STSD and will address novel and effective therapeutic methodology and successful practice model for integrating both neuroscience and naturopathic medicine. Clinical cases are presented to illustrate the demonstration.

Dr. Souvestre is a graduate of the Faculty of medicine of the University of Aix-Marseilles, France, specializing in Traumatology, Medial Neurophysiology, Aerospace & Sports Medicine, and holds a post doctorate research degree in Cognitive and Behavioral Neurosciences. Qualified in Traditional Chinese Medicine and Acupuncture he has been blending Western and Chinese medicine since his early medical practices. Philippe is Director if Programs at Neurokinetics Health Service (BC), Inc.

Evening Social - To Be Announced

FRIDAY APRIL 30, 2009

PLENARY SESSION 8:30 am - 10:00 am

Sexuality & Traumatic Brain Injury: Finding the Comfort Zone

Tina M. Trudel, Ph.D.,

Changes in sexual functioning and sexual satisfaction are common following traumatic brain injury (TBI). These changes can result in decreased quality of life for persons with TBI, and have a negative impact upon couples relationships. In this session case studies will be used to engage participants in problem-solving regarding how to increase the comfort level in discussing sexuality with persons with TBI and their family members, and how to deal with sexuality issues on rehabilitation units and in post-acute programs.

Tina M. Trudel is president/COO of Lakeview Healthcare Systems, Inc., a national leader in brain injury rehabilitation and neurobehavioral treatment for civilians and service members. Dr. Trudel chairs the Brain Injury Long Term Issues Task Force of the American Congress of Rehabilitation Medicine, the Ethics Committee of the Brain Injury Association and America, is a board member of the North American Brain Injury Society, a founding board member of the Blast Injury Institute, and a reviewer for the National Institute of Disability and Rehabilitation Research TBI Model Systems. Dr Trudel is currently the Assistant Professor of Clinical Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine

PLENARY SESSION 10:30 am - 12:00 pm

Run David Run

David McGuire, Vancouver B.C.

David’s presentation is an inspirational story of his life after traumatic brain injury and his new found passion for physical activity - in his words “I can run forever.” David will share his great compensatory strategies for his cognitive issues such as memory loss, including a Smart Phone and G.P.S. tracking system so he doesn’t get lost when he goes for a run or bike ride.

David sustained a traumatic brain injury in 2005 and less than a year after injury he was informed he may never walk or talk again. While he suffers with cognitive outcomes such as short term memory loss, aphasia, anxiety, loss of friends and difficulty holding jobs, he realized that physical activity came very easily to him (more so than pre-injury), and running was something that became a passion. David competed in his first triathlon in 2007 and today he is planing a great feat for 2011 with BrainTrust Canada - a marathon a day across Canada in support of brain injury.