

# Washington State 2017 Traumatic Brain Injury Conference

Seattle Airport Marriott Hotel • Monday, April 10 and Tuesday, April 11, 2017

## Day 1 Monday, April 10

- 7:45 – 8:45 am** Registration and Continental Breakfast
- 8:45 – 9:00 am** Conference opens (Banquet Room)
- 9:00 – 9:15 am** **Welcome/Announcements** – Bea Rector, Director of Home & Community Services Division, DSHS
- 9:15 – 10:15 am** Open Plenary Session – Jennifer Field **“From Blue Ribbon to Code Blue”**
- 10:15 – 10:45 am** BREAK
- 10:45 – 12:00 pm** **Workshop Session One** (choose one)
- **Adults** *“The Search for Identity Following Acquired Brain Injury: A Narrative Medicine Approach”* Dr. Michael Fraas (Salon A&B)
  - **Professionals** *“Driving after Brain Injury - The Driver Rehabilitation Process for Return to Safe Driving”* Mark Russel (Salon D&E)
  - **Caregivers** *“Caregiver as Client - Who’s Caring for the Caregiver”* Nancy Weber (Salon F&G)
  - **Military/Vets** *“Finding Happiness After a TBI”* Dan Overton (Salon H)
  - **Teen and Young Adult** *“Tango Stride, Dance for Mobility”* Gabriela Condrea (Salon I)
  - **Yoga for All** Colleen Mehner (Salon #1)
  - **Joy of Art** Michele Soderstrom (Tacoma Room)
- 12:00 – 12:15 pm** BREAK
- 12:15 – 1:00 pm** **Lunch**
- 12:45 – 1:45 pm** Afternoon Plenary Session (Banquet Room) – Rolf Gainer **“Resilience After Brain Injury”**
- 1:45 – 2:00 pm** BREAK
- 2:00 – 3:15 pm** **Workshop Session Two** (choose one)
- **Adults** *“Rebuilding Identity”* Desiree Douglass & Gloria Kraegel (Salon A&B)
  - **Professionals** *“Linking Cognition and Mobility: Implications for Rehabilitation”* Daniel Peterson (Salon D&E)
  - **Caregivers** *“Driving after Brain Injury - The Driver Rehabilitation Process for Return to Safe Driving”* Mark Russel (Salon F&G)
  - **Military/Vets** *“Cultivating Happiness - Vets, TBI and Horticulture Therapy”* Jeremy Grisham (Salon H)
  - **Teen and Young Adult** *“Functional Independence Measure (FIM) and Assistive Technology”* Susan Powell and Lisa Tipton (Salon I)
  - **Yoga for All** Colleen Mehner (Salon #1)
  - **Joy of Art** Michele Soderstrom (Tacoma Room)
- 3:15 – 3:45 pm** BREAK
- 3:45 – 5:00 pm** **Workshop Session Three** (choose one)
- **Adults** *“Musician’s Story and Accommodations to Resume an International Career”* Scott Cossu and Lonnie Mardis (Salon A&B)
  - **Professionals** *“Roadblocks to Re-entry: The Triple Whammy of Brain Injury, Psychiatric Disorder and Substance Abuse”* Rolf Gainer (Salon D&E)
  - **Caregivers** *“Driving after Brain Injury - The Driver Rehabilitation Process for Return to Safe Driving”* Mark Russel (Salon F&G)
  - **Military/Vets** *“How a Veteran Nurse Found Happiness Post TBI”* Shanda Taylor-Boyd (Salon H)
  - **Teen and Young Adult** *“Getting Outdoors and Outdoor Recreation”* Desiree Douglass and Sara Ramsay (Salon I)
  - **Yoga for All** Colleen Mehner (Salon #1)
  - **Joy of Art** Michele Soderstrom (Tacoma Room)
- 5:00 pm** **Adjourn for the Day**

## Creating Happiness

Practical Applications for the TBI Survivor and Others in Their World



## Exhibitors include:

TBI exhibitors will be available to provide information to individuals with TBI, caregivers, and community professionals

1. Explorations Consulting
2. Department of Veteran Affairs
3. Headstrong For Life.org
4. Neurologic Rehabilitation Institute at Brookhaven Hospital
5. Best-Brain Injury Support Team (BEST)
6. NW ADA Center
7. University of WA School of Rehabilitation Medicine
8. Brain Injury Alliance of Washington (BIAWA)
9. Seattle BrainWorks – PROVAIL
10. Disability Rights of Washington
11. CHC Services
12. Voter Education Outreach

## Conference Sponsors

- Department of Social and Health Services
- Washington Traumatic Brain Injury Strategic Partnership Advisory Council
- Neurological Rehabilitation Institute at Brookhaven Hospital

## Conference Partners

- Brain Injury Alliance of Washington (BIAWA)
- Brain Energy Support Team (BEST)
- HeadStrong

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## Day 2 Tuesday, April 11

- 8:00 – 8:45 am** Continental Breakfast
- 8:45 – 9:00 am** **Announcements/Door Prizes**
- 9:00 – 10:00 am** **Morning Plenary Session** (Banquet Room) –  
Bridgid Ruden *“Discovering My Life’s Purpose”*
- 10:00 – 10:30 am** BREAK
- 10:30 am – 11:45 am** **Workshop Session Four** (choose one)
- **Adults** *“The Psychology of Clutter”* Allison Snedeker and Jennifer Schonberger (Salon A&B)
  - **Professionals** *“The Importance of Health, Wellness and Peer Support for Survivors of Brain Injury”* Deborah Crawley and Nicole Graff (Salon D&E)
  - **Caregivers** *“Navigating Between Grief, Hope and Defining Your New Life”* Leisa Kosanke (Salon F&G)
  - **Military/Vets** *“10 Keys to Happier Living - Vet Style”* Dan Overton (Salon H)
  - **Teen and Young Adult** *“Choosing Happiness, Practical Steps”* Mia Marcum-McCoy (Salon I)
  - **Yoga for All** Colleen Mehner (Salon #1)
  - **Joy of Art** Michele Soderstrom (Tacoma Room)
- 11:45 – 12:00 pm** BREAK
- 12:00 – 1:00 pm** **Lunch**
- 12:45 – 1:00 pm** Washington TBI Strategic Partnership Council Panel  
*“Frequently Asked Questions”*
- 1:00 – 2:00 pm** Afternoon Plenary Session (Banquet Room) – Janet Novinger  
*“Creating the Happiness Habit”*
- 2:00 – 2:15 pm** BREAK
- 2:15 – 3:30 pm** **Workshop Session Five** (choose one)
- **Adults** *“Re-route the Happy”* Maria Dalbotten (Salon A&B)
  - **Professionals** *“Getting Back to Work - A TBI Survivor’s Experience”* Elizabeth York (Salon D&E)
  - **Caregivers** *“Family Dynamics in Recovery from Traumatic Brain Injury”* Bridgid Ruden and Jeananne Freymann (Salon F&G)
  - **Military/Vets** *“The ‘Military’ Mind to a ‘Mindful’ Mind”* Daniel Overton (Salon H)
  - **Teen and Young Adult** *“Tango Stride, Dance to Mobility”* Gabriela Condrea (Salon I)
  - **Yoga for All** Colleen Mehner (Salon #1)
  - **Joy of Art** Michele Soderstrom (Tacoma Room)
- 3:30** **Adjourn the Conference**

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Practical  
Applications  
for the TBI Survivor  
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**Hotel Accommodations:** The conference has reserved a limited number of rooms at a discounted rate under the “TBI Conference”.

To book your hotel accommodations please call:

**Marriott Airport Hotel** - Hotel Room Rate \$117  
3201 South 176th Street  
Seattle, WA 98188  
(206) 241-2000

Please remember to identify you are with the TBI Conference to receive the discount. The conference rate expires on March 15, 2017 or when the room block is filled. You are responsible for payment of your hotel accommodations.

**Yoga sessions** facilitated by Colleen Mehner, certified yoga instructor, will be offered at different times throughout the conference. All interested participants are welcome, but gentle instruction will be particularly directed to individuals with TBI and family caregivers.

**Art sessions** facilitated by Michele Soderstrom, art teacher and artist will also be offered throughout the conference.

**Volunteer massage and cranio-sacral therapists** will offer complimentary short sessions to individuals with TBI and unpaid caregivers. More information will be available at the conference.

**CEU Information** (Continuing Education Units) Attendees have the possibility of earning Certified Rehabilitation Counselor (CRC), Certified Case Manager (CCMC), National Association of Social Workers (NASW) certificates (Provider number #1975-344), DSHS LTC (Long Term Care) Worker CE credits and AVCREP credits. Attendance verification required.

**CCER** | Center for Continuing Education in Rehabilitation  
UNIVERSITY of WASHINGTON

 Washington State  
Department of Social  
& Health Services

Transforming lives