

17th Annual Pacific Northwest & 36th Annual Medical Legal  
**Brain Injury CONFERENCE 2019**

 *Living with Brain Injury, Stroke  
& Neurological Changes*

**BACK to  
the FUTURE**

 *Rewriting Your Future*



Hosted By:

**Brain Injury Alliance of Oregon  
Brain Injury Alliance of Washington  
Brain Injury Alliance of Idaho  
Alaska Brain Injury Network**

**MARCH 7 - 9, 2019**

**Sheraton Portland Airport Hotel  
Portland, Oregon**



**Brain Injury Alliance of Oregon  
(BIAOR)**

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Dear Conference Participants:

On behalf of The Brain Injury Alliance of Oregon, The Brain Injury Alliance of Washington, The Brain Injury Alliance of Idaho, and the Alaska Brain Injury Network, I am pleased and honored to welcome you to the 16th Annual Pacific Northwest Medical Legal Brain Injury Conference.

We will be joined by attorneys, physicians, health care professionals, health agencies, business and education communities, APD and Vocational Rehabilitation from Oregon, Washington and Nationally, Brain Injury Alliance members, survivors, family members, advocates from 11 states, and leading health and legal stakeholders.

Washington, Idaho, Alaska and Oregon have once again united to provide up to 23 hours of continuing educational units. The Planning Committee has assembled an excellent program featuring keynote presentations, concurrent sessions, and networking opportunities that will promote partnerships and new relationships among professionals, non-professionals, survivors and family members in the brain injury community. Our program is focused on positive outcomes for those living with brain injury and neurological changes. I want to thank all of our outstanding speakers for donating their time and sharing their knowledge with us.

Please join me in thanking the committee members for their outstanding work: The BIAOR Board of Directors and our many volunteers including our conference volunteers Becki Sparre, Debbie Johansson, Jill Keeney, and Karen Jaeger and Mary Kelly from BIA Idaho, Deborah Crawley and Carla-jo Whitson from BIAWA, and Jeff Cohen doing AV on Friday..

We also wish to thank our sponsors and exhibitors for making this conference possible.

Enjoy!

Sherry Stock, ABD/PhD CBIST  
BIAOR Executive Director - Neurogerontologist



The Alaska Brain Injury Network (ABIN) mission is to educate, plan, coordinate, and advocate for a comprehensive service delivery system for TBI survivors and their families. Our vision encompasses working to prevent traumatic brain injuries (TBI) and promote wellness for Alaskans with all brain injuries.

907- 274-2824

[www.alaskabraininjurynetwork.net](http://www.alaskabraininjurynetwork.net)



Associate Member of the United States Brain Injury Alliance

The Brain Injury Alliance of Idaho promotes awareness, understanding and prevention of brain injury through support, advocacy and education based on the expressed needs of persons affected by brain injury.

1-800-444-6443 [www.biaid.org](http://www.biaid.org)



Brain Injury Alliance of Oregon

BIAOR provides: Information & Referral, Training & Education, Prevention/Awareness Activities, Support Groups, Peer Mentoring, personal and legislative advocacy, information packets mailed free of charge to individuals with brain injury, their families and professionals serving them.

800-544-5243 [www.biaoregon.org](http://www.biaoregon.org)



The Brain Injury Association of Washington (BIAWA) is dedicated to increasing public awareness, support, and hope for those affected by brain injury. If you or someone you care about is living with brain injury, then you have come to the right place. Providing educational information about TBI and information about the free services offered through BIAWA.

[www.braininjurywa.org/](http://www.braininjurywa.org/) 877-982-4292.

Thursday, March 7, 2019

7:00 a.m. - 7:45 a.m. Registration and Check-in

7:45 am - 8:00 am Cascade A

## Pre-Conference Workshop Brain Injury Fundamentals Certificate Training and Exam

### Overview

When someone sustains a brain injury, it's not just the life of the individual that is affected, but the lives of family, friends, and people in the community. As part of its mission to provide education that improves the lives of individuals with brain injury, the Academy of Certified Brain Injury Specialists (ACBIS) has targeted the widest possible audience with information that can be used in everyday life.

Developed by experienced clinicians and rehabilitation professionals, the Brain Injury Fundamentals course is a certificate program designed to address the unique needs and challenges of those who care for or encounter individuals with brain injury. This includes direct care staff, facility staff, family members and friends, first responders, and others in the community.

The course is grounded in adult learning principles, maximizing participant engagement and application through an interactive workbook. Using real-life scenarios and interactive simulations to anchor the course concepts, participants learn about the challenges people face following brain injury and the types of support they need. This essential program will help candidates understand different types of behavior, manage medication safely, and provide support to families and friends.

The Brain Injury Fundamentals course is comprehensive and flexible enough to be incorporated as an organization's on-boarding program for direct care staff, or used as a stand-alone training in healthcare and community facilities. The course can be taught by an ACBIS trainer, Sherry Stock, CBIST, more than 10 years' experience in the field.

After completing intensive training, candidates will receive a certificate that is valid for three years.

8:00 am – 12:00 am

Cognition

Guidelines for interacting and building rapport

12:15 pm – 1 pm Working Lunch

Brain injury and behavior

Strategies for Working with Challenging Behaviors

1:15 pm – 4:00 pm

Medical complications

Safe medication management

Families coping with brain injury

4:15-5:00 pm

Exam

### Trainer:

Sherry Stock, ABD/PhD, CBIST, is the Executive Director of the Brain Injury Alliance of Oregon (BIAOR), the only statewide, nonprofit organization dedicated to the mission of creating a better future for people with traumatic brain injury (TBI) and their families through prevention, research, education and advocacy. Sherry's educational highlights include: ABD/PhD in Systems Science, focusing on applying Chaos Theory to epidemics and international aging; Masters degrees in Medical Sociology, International Gerontology, and Neuro-Gerontology, with minors in Biostatistics, Hospital Administration, Epidemiology and Health Science; Certified Brain Injury Specialist Trainer with the Academy of Certified Brain Injury Specialists. Sherry has taught numerous University courses in Sociology, International Gerontology, Systems Science, Chaos Theory and Medical Sociology, Accounting and Statistics. Sherry has been appointed by the Governor of Oregon to: The Traumatic Brain Injury Task Force (GTFTBI); the Oregon Disabilities Commission, Oregon WINGS (Working Interdisciplinary Network of Guardian Stakeholders), Medicaid Long Term Care Quality and Reimbursement Advisory Council (MLTCQRAC), the Traumatic Brain Injury Advisory Council for both Oregon and Idaho; and the Oregon Reintegration Team working with returning military. She is a Board member on numerous National and Oregon non-profits, State and National Steering Committees. Sherry has authored dozens of handbooks, monographs, articles, book chapters and books and is a national speaker.

Friday, March 8, 2019

7:00 a.m. - 7:45 a.m. Foyer Registration and Check-in - Continental Breakfast

| Friday                          | Track 1<br>Mt Adams  | Track 2<br>Mt Hood A - B   | Track 3<br>Cascade AB   |
|---------------------------------|--|--|---|
| 8:00 - 8:15                     | <b>Welcome to Conference</b><br>Dr. Eric Hubbs & Jeri Cohen, BIAOR , Deborah Crawley, Executive Director, BIAWA , Tyler Hislop, ABIN, Karen Jaeger, BIAID  |  |   |
| 8:15 - 9:15<br>Mt Hood A<br>- B | <b>Opening Keynote: Glen Zielinski, DC, DACNB, FACFN Functional Neurology Treatment of Traumatic Brain Injuries - Moderator Tootie Smith</b><br>-Attendees will learn current diagnostic methodologies and treatment paradigms for traumatic brain injury.<br>-Upon completion, learners will be able to identify fundamental neuropathology involved in post-concussion syndrome, post-traumatic stress disorder, and locked-in syndrome. |  |   |
| 9:15                            | <b>Break</b>    |  |   |
| 9:30 -10:30                     | <b>Understanding TBIs for Winning a TBI Case - Dr. Aaron DeShaw, Esq.</b>  | <b>Yoga and Meditation - Kimberly Baker, MPA, RYT-200</b><br>Yoga and meditation improve outcomes in a range of clinical populations, yet have not been used widely for TBI. The LoveYourBrain Foundation is changing this paradigm through a national gentle yoga program for people with TBI and their caregivers. LYB Yoga is a six-session, manualized yoga intervention that includes breathing exercises, gentle yoga sequences, meditation practices, and psychoeducation based on the science of resilience. This presentation will focus on LYB's scalable program model and outreach strategy. Since 2015, LoveYourBrain has successfully expanded into 24 states and 4 Canadian provinces, with 47 yoga studio partners. Through our comprehensive and multi-faceted outreach approach which engages the medical community, advocacy organizations, press and media outlets, and support groups in each of our program locations, we've served over 1,200 people from the TBI community to date. Attendees will learn about the work LoveYourBrain is doing to build bridges between the often fragmented services available for the TBI population and to fully support community reintegration.   | <b>Using Post Traumatic Growth to Forge a New Future - Dan Overton, MC, LMHC, MHP, CBIS</b><br><br>Not everything that comes from experiencing trauma has to be negative. Post traumatic growth focuses on the traits and abilities that come from having experienced a traumatic event.  |
| 10:30                           | <b>Break</b>   |  |   |
| 10:45-12                        | <b>Hyperbaric Oxygen Therapy - Yesterday, Today and Tomorrow - Ben Richards and Jeff Hampsten, President, Idaho Hyperbrics, Inc</b><br><br>This presentation will discuss how HBO works, studies showing efficacy, and uses in TBI, PTSD and other wounds.   | <b>Impact of Life Care Planning and Catastrophic Case Management after Brain Injury, Stroke or Neurological Changes - Dana Penilton RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager</b><br><br>Catastrophic case management and/or life care planning are important tools for survivors of brain injury, stroke and neurological changes. This presentation will explore the definition of case management and case management strategies utilized to maximize a client's health, autonomy and functional capabilities. Delineation of when a life care plan may benefit clients will be explored. Life care planning methodology will be discussed. The importance of a life care planner's adherence to published life care planning standards of practice and methodology will be explored.<br><br><b>Learning Objectives</b><br>1. Understand the definition of case management and discuss what catastrophic case management entails<br>2. Identify strategies you should expect a catastrophic case manager to utilize to address a client's needs and advance autonomy as well as optimize wellness and functional capabilities<br>3. Define what a life care plan is and what is included in life care planning assessment and analysis<br>4. Delineate when a client may benefit from a Life Care Plan<br>5. Understand life care planning methodology and why life care planner's adherence to published standards of practice and methodology is crucial to ensuring life care plan evaluatee's needs are addressed | <b>One Body, Two Brains, and Three Minds - Yeong-Keun "YK" Jeong, M.A., CBIS</b><br><br>Rehabilitation is a process of active change through which a person who has become disabled acquired the knowledge and skills needed to optimal physical, psychological and social function. With the popular understanding of brain plasticity and mind-body connection, a new paradigm of integration of functional body movement, bilateral brain functions, and mind regulation may bring a hope of "this-ability," rather than "dis-ability." A handful of practical and useful techniques can be implemented immediately will be presented. |

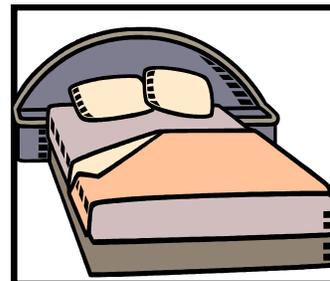
| Friday    | Track 1 - Medical Legal Issues<br>Mt Adams  | Track 2<br>Mt Hood A - B  | Track 3<br>Cascade AB  |
|-----------|---|---|--|
| 12-1      | <p>Working Lunch <b>12:15-12:45 pm Behavioral Health Project in Oregon</b> - Nirmala Dhar - Oregon Health Authority, Operations &amp; Policy Analyst 4 coordinating all older adult Behavioral Health programs in Oregon</p> <p>This presentation will cover how Oregon's Behavioral Health Project can assist individuals with brain injury statewide; what behavioral health is and how it can help serve those in Oregon needing assistance.</p>   |   |  |
| 1-2:15    | <p><b>Family Medicine: Substance Abuse and Brain Injury and Pain</b> - Andrew Mendenhall, MD</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"> <li>1. List the clinical criteria for substance abuse disorders, including misuse/overuse of prescribed and OTC medications.</li> <li>2. Describe the relationship of substance abuse to the occurrence of ABI.</li> <li>3. Describe the recommended approaches and procedures for assessing individuals with ABI and substance abuse.</li> <li>4. State the impact of commonly abused substances on cognitive function.</li> <li>5. Describe the recommended approaches and treatment models for the combined problem of ABI and substance abuse, including pain management.</li> </ol>  | <p><b>Oregon Disabilities Commission Meeting - Public Meeting</b></p> <p>The Oregon Disabilities Commission is charged by state statute to advise the Department of Human Services, the Oregon Health Authority, the Governor, the Legislative Assembly and appropriate state agency Administrators on issues related to achieving the full economic, social, legal and political equity of individuals with disabilities. ODC also acts as a coordinating link between and among public and private organizations services individuals with disabilities.</p>  | <p><b>Idaho's Traumatic Brain Injury Program: Five-Year Plan and Preliminary Results</b> - Russell C. Spearman, M. Ed., Institute of Rural Health at Idaho State University</p> <p>Idaho received a three year partnership grant from the Administration for Community Living (ACL). This presentation overviews Idaho's five year strategic plan with an emphasis on preliminary results.</p> |
| 2:15-2:30 |   |   |  |
| 2:30-3:45 | <p><b>Introducing Pooled Alliance Community Trusts PACT™, a new Pooled Trust Option from BIAWA</b> - Deborah Crawley</p> <p>Recently it was brought to BIAWA's attention that there is a dire lack of responsible investment resources for sensitive communities. Moreover, individuals receiving government assistance after sustaining a disabling injury often find themselves in a paradox where acquiring assets (e.g. from a dispute settlement) jeopardize their qualification for government benefits. BIAWA decided to fill this gap by creating Pooled Alliance Community Trusts (PACT)™ in partnership with leading investment and trust management firms including UBS, True Link Financial, and The Zielke Law Firm.</p> <p><b>Crucial Resources Every TBI Lawyer Should Have</b> - Timothy Titolo, JD, Immediate Past Chair of the American Association of Justice Traumatic Brain Injury Litigation Group, Secretary/ Treasurer of the Inadequate Security Litigation Group.</p> <p>Discussion on key things to do and not to do when representing traumatic brain injury clients.</p> | <p><b>Oregon Disabilities Commission Meeting - Public Meeting Continued</b></p> <p>In order to carry out its mission, the commission: - Identifies and hears the concerns of individuals with disabilities and uses the information to prioritize public policy issues which should be addressed. - Publicizes the needs and concerns of individuals with disabilities as they relate to the full achievement of economic, social, legal and political equity. - Educates and advises the Department of Human Services, the Governor, the Legislative Assembly and appropriate state agency administrators on how public policy can be improved to meet the needs of individuals with disabilities. The Commission is taking this time to hear concerns from AFH, professionals, caregivers, family members, survivors, and the general public on any issues that they may be having with any government or private agency.</p> | <p><b>TBI Team - What is it and how we can help you</b> - Melissa McCart, D.Ed</p>   |

# 4 Living with Brain Injury: Back to the Future

Friday, March 8, 2019

| Friday | Track 1<br>Mt Adams   | Track 2<br>Mt Hood A - B  | Track 3<br>Cascade AB   |
|--------|---|---|---|
| 3:45-4 | Break                              |   |   |
| 4-5    | <p><b>Treatment of Metabolic Dysfunction Following Mild Traumatic Brain Injury</b> - Jeffrey McNally, DC, DACNB</p> | <p><b>Vision and Brain Injury</b> - Dr. Macson Lee OD, FCOVD, COVD Oregon State Coordinator.</p> <ul style="list-style-type: none"> <li>• What are some common vision problems associated with TBI?</li> <li>• What do these problems look like?</li> <li>• How do they feel?</li> <li>• How do they impact recovery?</li> <li>• What can we do about these problems?</li> </ul> <p>During this presentation we will discuss the underlying causes of vision problems associated with mTBI. Demonstrations and an opportunity to experience how these vision problems look and feel to the patient will be simulated with lenses, prisms, and other activities. Our goal will be to achieve a better understanding of how mTBI Impacts visual performance and to gain a better appreciation of the role vision plays In overall recovery.</p> | <p><b>Life After a Brain Injury for Individuals and Family Members - Redefining Normal: Life After Brain Injury - I won't Back Down</b> - Jeri Cohen J.D. - personal experience; William T. Powers Dedicated father of a child who lives with a Traumatic Brain Injury; Rick Pape - personal experience with brain injury, and recovery, and David Kracke, JD, Oregon's Brain Injury Advocate Coordinator at Center on Brain Injury Research and Training</p> <p>-To understand brain injury through the lens of individuals who have experienced a brain injury and/or supported family members who have experienced brain injury. -To understand what the recovery process is from those who are living through it.</p> <p>-Attendees will hear messages of hope for recovery and quality of life.</p> <p>-Attendees will gain firsthand perspective about tools to better understand and assist individuals with TBI early in recovery and years beyond.</p> |

For Speaker's bio-sketches, please see pages 10 - 16 where they are listed in alphabetical order.



**Quiet Room:**

**Cascade C**

*Join us for the 18th Annual Pacific Northwest Brain Injury Conference  
Living with Brain Injury, Stroke and other Neurological Changes*

*March 12-14 2020  
The Sheraton Portland Airport Hotel*

## Friday, March 8, 2018 Conference Schedule at a Glance

| Friday       | Track 1<br>Mt Adams  | Track 2<br>Mt Hood A - B   | Track 3<br>Cascade AB   |
|--------------|--|--|---|
| 8 - 9:15 am  | Mt. Hood A&B: Opening Keynote Speaker: Glen Zielinski, DC, DACNB, FACFN - Functional Neurology Treatment of Traumatic Brain Injuries   |  |   |
| 9:30 - 10:30 | Understanding TBIs for Winning a TBI Case - Dr. Aaron DeShaw, Esq.   | Yoga and Meditation - Kimberly Baker, MPA  | Using Post Traumatic Growth to Forge a New Future - Dan Overton, MC, LMHC, MHP, CBIS  |
| 10:45 - 12   | Hyperbaric Oxygen Therapy - Yesterday, Today and Tomorrow - Ben Richards and Jeff Hampsten, President, Idaho Hyperbrics, Inc   | Impact of Life Care Planning and Catastrophic Case Management after Brain Injury, Stroke or Neurological Changes - Dana Penilton RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager | One Body, Two Brains, and Three Minds - Yeong-Keun "YK" Jeong, M.A., CBIS   |
| 12-1 Lunch   | Mt. Hood A&B: Working Lunch - Older Adult Behavioral Health Project Nirmala Dhar, LCSW, Director   |  |   |
| 1 - 2:15     | Family Medicine: Substance Abuse and Brain Injury and Pain - Andrew Mendenhall, MD   | Oregon Disabilities Commission - Public Meeting  | Idaho's Traumatic Brain Injury Program: Five-Year Plan and Preliminary Results - Russell C. Spearman, M. Ed., Institute of Rural Health at Idaho State University |
| 2:30 - 3:45  | Introducing Pooled Alliance Community Trusts PACT™, a new Pooled Trust Option from BIAWA - Deborah Crawley<br><br>The Do's and Don'ts When Working with Clients with Brain Injury - Timothy Titolo, JD | Oregon Disabilities Commission - Public Meeting  | TBI Team - What is it and how we can help you - Melissa McCart, D.Ed  |
| 4 - 5 PM     | Treatment of Metabolic Dysfunction Following Mild Traumatic Brain Injury- Jeffrey McNally, DC, DACNB   | Vision and Brain Injury - Dr. Macson Lee OD, FCOVD, COVD Oregon State Coordinator.   | Life After a Brain Injury for Individuals and Family Members - Redefining Normal: Life After Brain Injury - I won't Back Down                                     |

## Saturday, March 9, 2019 Conference Schedule at a Glance

| Saturday    | Track 1<br>Mt Adams  | Track 2<br>Mt Hood A - B   | Track 3<br>Cascade AB   |
|-------------|--|--|---|
| 7:45 - 9:15 | Behavioral Health Problems and Solutions for People with Disabilities - Dr. James Davis  |  |   |
| 9:30-10:30  | The Role of Chiropractic Care in the Management of Children with Traumatic Brain Injury - Elise G. Hewitt, DC, DICCP, FICC   | Winning a TBI Case - Steven J. Anglés, Arthur D. Leritz, JD: Attorneys at Adler Giersch PS, WSAJ Eagle Members, BIA-WA Members   | How To Release Stuck Trauma In The Body - Kendra Bartherton   |
| 10:45 - 12  | Guardianship cases in Oregon - What you need to know - Judge Lauren Holland, JD.   | The Silent Epidemic of TBI's: Listening for Depression & Suicide - Shauna Hahn, PMHNP  | What's what and what to do: The ins and outs of how TBI and Behavioral Health intersect and what to do about it. - Dan Overton, MC, LMHC, MHP, CBIS   |
| 12-1 Lunch  | Mt. Hood A&B: Working Lunch<br>River City Riders demonstrate how to use different methods of music and dancing to assist individuals with cognitive and neurological issues. |  |   |
| 1 - 2:15    | Post-concussive headaches: mechanisms and treatment - Glen Zielinski, DC, DACNB, FACFN   | Medical Marijuana (Cannabidiol-CBD) as a Potential Adjunct Treatment Modality - Dana Penilton RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager  | Recontextualizing behavioral changes following TBI -Jacob Plasker, D.C., DACNB  |
| 2:30 - 3:45 | Float Tanks: The Benefits of Relaxation - Ashkahn Jahromi & Graham Talley  | What Services Are There In Oregon for Individuals with Brain Injury Panel <ul style="list-style-type: none"> <li>• Ashley Carson Cottingham - Director for DHS Aging and People with Disabilities</li> <li>• Cameron Smith - Director at Oregon Department of Consumer and Business Services -</li> <li>• Fred Steele, JD, Ombudsman Long Term Care Ombudsman</li> </ul> | Digestion, Inflammation and Food Intolerances and How They May Impact Brain Health After Brain Injury, Stroke and Neurologic Changes - Krysti Slonaker, Nutritional Therapy Practitioner, (NTP) |
| 4 - 5 PM    | Neurologic Music Therapy: Treatment and Clinical Applications for Traumatic Brain Injuries - Matt Senn MT-BC/NMT   |  |   |

The information presented at this conference is not intended to circumvent medical professional help.

Saturday, March 9, 2019

| Saturday    | Track 1<br>Mt Adams   | Track 2<br>Mt. Hood A&B  | Track 3<br>Cascade AB  |
|-------------|---|--|--|
| 8:00 - 8:15 | <b>Mt. Hood A&amp;B: Welcome to Conference</b><br>Jeri Cohen and Dr. Eric Hubbs, BIAOR, Deborah Crawley, Karen Jaeger, BIAID  |  |  |
| 8:15 - 9:15 | <b>Mt. Hood A &amp; B: Keynote Speaker: Behavioral Health Problems and Solutions for People with Disabilities</b> - Dr. James Davis<br><br>Dr. Jim Davis will be looking at important issues, causes, policies and programs that affect the behavioral health of people with disabilities. He will identify the contributing factors and wide range of life adjustments experienced by people with disabilities, including serious physical and emotional health problems, changes in physical appearance and abilities, loss of established life roles, changes in relationships, changes in finances, and the stresses of caregiving. He will then look at the high risk of developing behavioral health difficulties such as depression and anxiety, which are often exacerbated by the effects of complex medical problems, multiple medications and the use and abuse of alcohol and prescription medications. Dr. Davis will look at the roadblocks experienced by people with disabilities in accessing mental health and addiction services, including: the stigma attached to mental health; access barriers to elders receiving appropriate mental health treatment; lack of collaboration and coordination on the local or state level; limited funding for disability mental health care and corresponding gaps in mental health and addiction services; significant shortage of trained health and social service professionals; and few local and state social service agencies that identify disability behavioral health as a priority issue. He will evaluate the lack of attention in the public and private mental health systems, where the emphasis is on a more mobile clientele and their families. Dr. Davis will then look at effective programmatic and treatment approaches responding to behavioral health problems amongst people with disabilities, with emphasis on the recommendations by the Oregon Legislative Work Group on Senior and Disability Mental Health and Addictions. He will review the history of senior and disability behavioral health and how it led to the current Oregon Older Adult-People with Disabilities Behavioral Health Initiative and other innovative, evidence-based approaches. He will also look at current legislative and budget proposals and provide his perspectives on what will need to be accomplished in the future to guarantee the success delivery of behavioral health services to people with disabilities in Oregon. |  |  |
| 9:15        | <b>Break</b>   |  |  |
| 9:30 -10:30 | <b>The Role of Chiropractic Care in the Management of Children with Traumatic Brain Injury</b> - Elise G. Hewitt, DC, DICCP, FICC<br><br>This class will start with an introduction to the basic concepts underlying chiropractic health care. Then Dr. Hewitt will review the latest research on chiropractic care for children, including safety data and the impact of chiropractic care on some of the common symptoms of traumatic brain injury (TBI) in children, such as headache and neck pain. Included will be a discussion of how to recognize those children with TBI who may benefit from the services of a doctor of chiropractic.<br><br>Course Objectives<br>1. Describe the paradigm underlying chiropractic health care<br>2. Discuss the most recent evidence regarding safety and effectiveness of chiropractic care for children with TBI symptoms<br>3. List common pediatric symptoms which may resolve after a course of chiropractic care  | <b>Winning a TBI Case</b> - Steven J. Anglés, Arthur D. Leritz, JD: Attorneys at Adler Giersch PS, WSAJ Eagle Members, BIA -WA Members | <b>How To Release Stuck Trauma In The Body</b> - Kendra Bartherton<br><br>Learn how our bodies fascial network holds onto stuck trauma. How it can lead to chronic pain, anxiety/depression, PTSD, what one can do to help release it and techniques that address it in a very gentle and healing way. |
| 10:30       | <b>Break</b>   |  |  |

Saturday, March 9, 2019

| Saturday  | Track 1<br>Mt Adams   | Track 2<br>Mt. Hood A&B  | Track 3<br>Cascade AB  |
|-----------|---|--|--|
| 10:45-12  | <p><b>Guardianship cases in Oregon - What you need to know -</b> Judge Lauren Holland, JD.</p> <p>Oregon presumes that an adult is competent until proven otherwise. Competent means free to make any decision we want, poor, bad decisions are acceptable doesn't cause us to loss decision making ability. Guardianship is a court-ordered relationship in which a judge appoints one person to manage the health care and placement decisions of another. The person who has a guardian appointed is referred to as a protected person. A protected person under a guardianship is someone who is determined to be legally incapacitated. A protected person can be a child or an adult. The law requires the guardian to give the protected person as much independence as his or her condition will allow, and to consider his/her wishes and choices when making decisions on their behalf. Oregon law requires that a guardianship "be designed to encourage the development of maximum self-reliance and independence of the protected person." Oregon law also requires that "a protected person retains all legal and civil rights provided by law except those that have been expressly limited by court order or specifically granted to the guardian by the court." Lane County alone had \$80 million in guardian/ conservatorship funds to handle.</p> | <p><b>The Silent Epidemic of TBI's: Listening for Depression &amp; Suicide -</b> Shauna Hahn, PMHNP</p> <p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>-What ist the neuropathology of TBI's and Depression.</li> <li>-Understand the link between depression, TBI, and Suicide</li> <li>-How to utilize screening tools, and how to discuss brain injury with clients who have experienced a TBI</li> </ul>   | <p><b>What's what and what to do: The ins and outs of how TBI and Behavioral Health intersect and what to do about it.</b> - Dan Overton, MC, LMHC, MHP, CBIS</p> <p>The intersection of where the effects of a brain injury stop and where principles of behavioral health start can be confusing and complicated. Learn how TBI and Behavioral Health intersect and what you can do about it.</p>  |
| 12-1      | <p><b>Mt. Hood A&amp;B: Working Lunch</b></p> <p><b>River City Riders</b> will demonstrate how to use different methods of music and dancing to assist individuals with cognitive and neurological issues.</p>  |  |  |
| 1-2:15    | <p><b>Post-concussive headaches: mechanisms and treatment -</b> Glen Zielinski, DC, DACNB, FACFN</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. understanding subclasses of mTBI</li> <li>2. understanding mechanisms of post-traumatic headaches</li> <li>3. treatment parameters</li> <li>4. case studies</li> </ol>  | <p><b>Medical Marijuana (Cannabidiol-CBD) as a Potential Adjunct Treatment Modality -</b> Dana Penilton RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager</p> <p>Medical marijuana or cannabinoids are being recommended as an adjunct treatment modality by more medical practitioners. The goal of this presentation is to facilitate an understanding of when medical marijuana may be an appropriate medical management consideration. Understanding potential implications of utilizing medical marijuana will be explored as well as defining indications and contraindications for medical marijuana. Definition of terms to clarify appropriate terminology will be reviewed as well as the history of medical marijuana legislation in the United States. The pharmacology of medical marijuana with delineation of which cannabinoids are prescribed for specific diagnoses will be presented.</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"> <li>1. Identify terms related to medical marijuana, cannabinoids and cannabis</li> <li>2. Understand pharmacology of cannabinoids</li> <li>2. Define cannabis specific medical management recommendations based on medical diagnosis</li> <li>3. Understand challenges related to use of medical cannabis as adjunct treatment modality</li> </ol> | <p><b>Recontextualizing behavioral changes following TBI -</b>Jacob Plasker, D.C., DACNB</p> <p>We will be discussing the different aspects of behavior and how each can be effected by functional deficits in diverse areas of the brain that occur as a result of A/TBI. We will then give examples of patients that have experienced marked behavioral improvements using a rehabilitation approach that is designed to address each person's individual neurological dysfunction as opposed to just the behavior itself.</p> <p><b>Learning objectives:</b></p> <ol style="list-style-type: none"> <li>1. Identify the individual factors that come together to form behavior.</li> <li>2. Identify how these individual factors can be negatively impacted by a brain injury to bring about behavioral changes and challenges.</li> <li>3. Give a neurological basis for some of the common behavioral challenges that occur as a result of a brain injury.</li> <li>4. Discuss examples of patient cases who experienced marked behavioral improvements following individualized treatment.</li> </ol> |
| 2:15-2:30 | <p><b>Break</b> </p>   |  |  |

Saturday, March 9, 2019

| Saturday  | Track 1<br>Mt Adams  | Track 2 -3<br>Mt. Hood A&B   | Track 3<br>Cascade AB  |
|-----------|--|--|--|
| 2:30-3:45 | <p><b>Float Tanks: The Benefits of Relaxation -</b><br/>Ashkahn Jahromi &amp; Graham Talley</p> <p>Float tanks (also know as isolation tanks of sensory deprivation tanks) are small tubs typically containing about 200 gallons of water mixed with about 1000 lbs of Epson salt, making the resulting solution so buoyant that someone can float effortlessly while lying on their back on top of the liquid. The salt solution is kept at skin temperature, and the float tanks are completely soundproof and completely light proof, creating an environment with no light, no sound, no sense of touch, and greatly reduced gravity. This reduced sensory environment can have profound effects on both the body and the mind, giving them a change to relax and recover.</p>   | <p><b>What Services Are There In Oregon for Individuals with Brain Injury</b><br/>Panel</p> <p><b>Ashley Carson Cottingham</b> - Director for DHS Aging and People with Disabilities<br/><b>Cameron Smith</b> - Director at Oregon Department of Consumer and Business Services -<br/><b>Fred Steele, JD</b>, Ombudsman Long Term Care Ombudsman</p> | <p><b>Digestion, Inflammation and Food Intolerances and How They May Impact Brain Health After Brain Injury, Stroke and Neurologic Changes -</b><br/>Krysti Slonaker, Nutritional Therapy Practitioner, (NTP)</p> <p>The Gut-Brain connection is becoming more and more talked about in health and nutrition circles. Most often this gut-brain connection talks about the microbiome. Krysti takes a small step back to address the influence of food intolerances and inflammation on gut health, and how it relates to brain health post neurological injury, cognitive change, and stroke.</p> |
| 3:45 -4   | <p><b>Break</b> </p>  |  |  |
| 4-5 pm    | <p><b>Neurologic Music Therapy: Treatment and Clinical Applications for Traumatic Brain Injuries - Matt Senn MT-BC/NMT</b><br/>Music is a powerful tool because it follows unique neural pathways and functions globally in the brain. Because of this, the music therapist is able to access neural function using music to assist their patients to achieve rehabilitative, habilitative and palliative goals. This presentation will define music therapy as it pertains to rehabilitation. Goals of music therapy as well as several case examples will be shared.</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"> <li>1. Identify the three primary domain areas addressed by Neurologic Music Therapy (NMT) for functional rehabilitation.</li> <li>2. Define entrainment and the neurologic processes involved.</li> <li>3. Demonstrate a basic understanding of at least 1 NMT technique for each of the three primary domain areas.</li> <li>4. Identify 5 symptoms or deficits associated with traumatic brain injuries that can be positively affected by NMT</li> </ol> |  |  |

### Conference Objectives

At the completion of the conference, participants will be able to:

1. Implement strategies designed to significantly improve positive outcomes for those living with brain injury and neurological conditions in all communities.
2. Describe the epidemiology of brain injury and its resultant impairments, disability, and psychosocial impact.
3. Integrate new developments in science and medicine into practice for brain injury rehabilitation.
4. Utilize multidisciplinary strategies for the management of psychological and behavioral problems common to brain injury including behavior management.
5. Identify neurophysiological mechanisms involved in brain plasticity and their potential application to improving practice and service provision across rehabilitation disciplines.
6. Summarize recent brain injury-related research with corresponding practical application and best practices.
7. Identify clinical management practices, specifically new strategies in behavioral management, prevention, diagnosis, and treatment guidelines.
8. Understand health care delivery trends and their impact on long-term brain injury and neurological conditions management, acute care, and what that can/will mean to your business.
9. Analyze past brain injury and neurological conditions - related interventions and weigh their value in today's world-what is working.
10. To understand brain injury as a chronic disease which affects the person throughout their lifetime
11. To consider co-morbid conditions which affect the process of aging with a brain injury
12. Discuss the life long, post-acute rehabilitation needs of individuals with traumatic brain injuries and the importance of developing long term care plans.
13. Improve quality of life for brain injury survivors and their caregivers by connecting them with community resources.
14. Create networking opportunities and build partnerships with key brain injury researchers, clinicians, and prevention professionals.

# Keynote Speakers

## Friday

### Morning

**Glen Zielinski, DC, DACNB, FACFN, CBIS.** Dr. Glen Zielinski is a chiropractic neurologist and Fellow of the American College of Functional Neurology. He graduated as the Valedictorian of his class from Parker College of Chiropractic, and studied functional neurology with the Carrick Institute. He earned his board certification in 2003, and was appointed as Assistant Professor of Clinical Neurology with the Carrick Institute in 2004. He has spent the last decade lecturing on functional neurology, functional medicine, and neuroimmunology throughout North America and Europe. He is the clinical director of Northwest Functional Neurology, in Lake Oswego, Oregon. His practice focuses on rehabilitation of traumatic brain injuries, as well as on vestibular disorders, neurodevelopmental challenges, and movement disorders. He has published on mechanisms of persistent post-concussion syndrome. He was honored as the Neurologist of the Year for 2014 by the International Association of Functional Neurology and Rehabilitation, the highest award in the functional neurology profession. As a Functional Neurologist, he is a firm believer in treating the root cause of neurological dysfunction, not just the reduction of symptoms. His goal is to maximize the function of neurological systems in order to promote the fullest expression of health.



## Saturday

### Morning

**Dr. Jim Davis** is a psychologist, gerontologist, educator and advocate. He retired in 2016 after serving for 11 years as an associate professor in the Human Sciences Department at Marylhurst University, where he coordinated the Psychology and Social Sciences Programs and taught psychology, gerontology and social policy. He won the 2013 Award for Faculty Excellence in Academic Service and Teaching. Dr. Davis currently is a commissioner on both the Governor's Commission on Senior Services (serving his 3rd governor as a commissioner) and the Oregon Disabilities Commission (Vice Chair), and chairs the joint GCSS-ODC Legislative Committee. He is the chair of the state OHA-DHS Older Adult-People with Disabilities Behavioral Health Advisory Council, after serving as the Co-Chair of the Oregon Legislative Work Group on Senior and Disability Mental Health and Addictions. He has served on the Oregon State Insurance Advisory Committee for 29 years. Dr. Davis is the long-time executive director of the Oregon State Council of Retired Citizens and United Seniors of Oregon, both of whom he has served since the 1970s. He is also the Chair of the National Coalition of Consumer Organizations on Aging, the advocacy arm of the National Council on Aging. He is on the Board of Directors for the Oregon Consumer League, who he served as President for 5 years. He also was president of James A. Davis and Associates, coordinator of the SDSD Senior Mental Health Projects, Mental Health Gerontologist for the Oregon Mental Health Division and a professor/administrator at the University of Maryland. He received his bachelors in Political Science, masters in Gerontology and Administration, and doctorate in Educational Psychology/Gerontology, all from the University of Oregon.

## Saturday Closing Keynote

**Matthew Senn, MT-BC, NMT CEO** is the CEO and founder of NeuroNotes Music Therapy Services. He received his education in music therapy at the Berklee College of Music in Boston, MA. and has been certified in Neurologic Music Therapy (NMT). While completing his undergraduate program he was able to study at Spaulding Rehab Hospital in Cambridge, MA; utilizing NMT techniques while working with patients who had been diagnosed with TBI, ABI, Strokes, Parkinson's Disease, and other neurologic disorders. Matthew has also had the opportunity to work with individuals who have been affected by Alzheimer's disease, Cerebral Palsy, Development Disabilities, Autism Spectrum Disorder, and Early Intervention/Pediatric groups as well.



## Speakers

**Steven J. Anglés, JD,** is a first generation Cuban-American. Mr. Anglés graduated on the Dean's List with degrees in Political Science and Spanish Language Arts from Berry College, in Georgia. He remained in Georgia and went on to earn his Juris Doctorate from The Walter F. George School of Law at Mercer University in 2000. While putting himself through law school, Mr. Anglés worked for the Floyd County District Attorney's office prosecuting criminal cases. During his service, he secured funding to protect victims of domestic violence by enabling attorneys to more effectively prosecute and convict abusers through the use of enhanced technology designed to display photographic evidence to judges and juries. Prior to joining Adler♦Giersch PS, Mr. Anglés was admitted to the Georgia and Washington Bars and worked as in-house counsel for Progressive Insurance Company defending at-fault parties as well as the corporation itself when sued for failure to provide benefits. Over a 12-year period, his practice focused on cases involving severe injuries, insurance coverage, and complex personal injury claims. He has extensive courtroom experience, having tried over 35 jury trials and 100 bench trials in his career. In addition to his active trial practice, Mr. Anglés developed and taught legal education courses on emerging issues to insurance agents, claim representatives, and their supervisors about issues facing injured parties and how they effect the settlement of personal injury claims and jury verdicts. He also co-founded a nationwide Employee Resource Group to enrich the holistic customer and employee experience as well as address the unique needs of the insured within the Hispanic community. With time and experience, Mr. Anglés became increasingly disenchanted with unjust practices of insurance companies and the resulting impact those practices were having on injured parties. He wanted to put his well-earned and highly specialized knowledge of the insurance industry's inner-workings and claim practices toward the reason he became an attorney in the first place: to stand up for those in need and advocate for those who have been harmed.



**KIM BAKER, MPA, RYT-200** As the Director of Implementation for the LoveYourBrain Yoga program, Kim has been spearheading the expansion of their flagship community-based yoga program, currently available in 24 states and 4 Canadian provinces. Prior to working with LoveYourBrain, Kim held a

## Conference Speakers (Alphabetical Order)

leadership role with lululemon athletica, and spent several years working for various nonprofit organizations and the United Nations. She holds an MPA in nonprofit management from NYU. Kim is committed to helping others love their brain through yoga and meditation. <http://www.loveyourbrain.com/yoga>

**Kendra Bratherton, COTA/L, Reiki II Practitioner**, PNW Head Injury Support Group Leader, Board of Director/Secretary for Brain Injury Alliance of Oregon, Vice President/Co-owner at Seaside Brewery, has personal understanding of the kind of emotional and behavioral disturbances that one is often faced with after brain trauma. Kendra has sustained multiple head injuries over the course of her life and is also a spinal cord injury survivor. The first three of her head injuries and spinal cord injury occurred in her 1991-1992 college year. The last head injury occurred in 2005. In



the earlier years she had to learn ways of coping with multiple cognitive, emotional and physical deficits in order to achieve her education. Her 2005 injury was more devastating due to accumulative brain trauma. She had to learn how to live life again- with physical and cognitive deficits, speech and language problems, severe migraines, PTSD, and multiple behavioral and emotional changes. Since she has overcome her many life changing experiences with success, she gladly shares her experience, strength and hope with others. She went through multiple physicians, psychiatrists, medications and alternative care methods to achieve continued success of recovery and beyond. Through all of Kendra's experiences during her multiple recoveries, she decided to focus, not only on her pursuit for a Psychology degree, but also to become a therapist. She has an Associate's Degree in Occupational Therapy from Baker College of Muskegon - Muskegon, MI. , completed her BA, majoring in Psychology with Thomas Edison State College - Trenton, NJ. Her early professional career was specializing in Stroke rehabilitation and head trauma and has worked for Cleveland Clinic - Cleveland, OH, Lakewood Hospital - Lakewood, OH, Macomb Hospital -Macomb County, MI and is currently living and working in Astoria, Oregon where her professional career consists of hand therapy, cognitive retraining and physical rehabilitation. She is also part of the Clatsop EASA (Early Assessment and Support Alliance) multi-disciplinary team which is a program that works to identify young people who are experiencing psychoses and to provide the information and support they need to continue on their life path. She works as a PRN, part-time lab instructor for Linn-Benton Community College OTA (Occupational Therapy Assistant) program. She started the Pacific Northwest Head Injury Support Group in 2012 (Astoria, OR), has been a member of BIAOR since 2012 and is now serving as Secretary on the board. She is in pursuit of attaining Reiki Master and is currently completing an 8 month Tensegrity Medicine Mentorship program and is working towards becoming a certified Bowen Practitioner. She has plans of launching her new healing business in fall of 2017. She is also co-owner and Vice President of Seaside Brewery in Seaside, OR.

**Ashley Carson Cottingham, Aging and People with Disabilities Director**, has a

wealth of advocacy and program experience related to older adults and people with disabilities. As Director, she oversees the execution of several priority initiatives underway in APD. Ashley worked as the staff director for the Subcommittee on Primary Health and Aging of the Health, Education, Labor and Pensions Committee at the U.S. Senate; she worked with Medicare, Medicaid, aging, disability and primary health care issues for her boss, Chairman Bernie Sanders. Most notably, her team was tasked with pushing the bi-partisan reauthorization of the Older Americans Act forward. While not completed during her tenure, many of the policies Ashley worked on were adopted by the Committee in S. 1562. She also worked for the Senate Special Committee on Aging, specifically on hearings and policies related to preventing elder abuse and strengthening retirement security. Prior to the Senate, Ashley was the Executive Director of the national non-profit organization the Older Women's League, where she highlighted the issues that impact women as they age – including retirement security, access to health care and other quality of life issues. Most recently, Ashley worked as the Director of Policy and Advocacy for Compassion & Choices, an organization dedicated to improving care and expanding choices at the end of life. In this role, she led the development of a new policy department and also a consumer-driven campaign to end unwanted medical treatment. Ashley received her Bachelor's Degree from the University of Oregon and her law degree from the Vermont Law School. Ashley has a passion for seniors and people with disabilities and is excited for the opportunity to positively impact the lives of those we serve.



**Jeri-anne Cohen** is a native Oregonian, born and raised in Portland. She earned her B.S. degree in 1971 and her J.D. degree in 1975, both from the University of Oregon. Jeri was an active member of the Oregon State Bar Association, practicing in Pendleton, Astoria, Eugene and Creswell until the TBI she sustained as a passenger in a high speed vehicular rollover accident compelled her retirement in December 2002. Since that time, Jeri was a consumer reviewer in conjunction with November 2007 and January 2008 Peer Reviews of the Fiscal Year 2007 Department of

Defense Post-Traumatic Stress Disorder and Traumatic Brain Injury Research Program, participated in the Oregon Tax Force on Brain Injury in 2010 and served two three-year terms on the Oregon State Rehabilitation Council. She has been either a member of the Board of Directors or staff to the Brain Injury Alliance of Oregon Board since 2005 and is its present co-chair. Jeri has spoken at a number of conferences and training programs and participates in peer mentoring and her local brain injury

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support groups. She currently works as a legal assistant to a law school classmate whose practice includes protective proceedings, probate, estate and disability planning and elder law.

**Deborah Pitcock Crawley, CBIS**, Executive Director at Brain Injury Alliance of Washington (formerly Association). The Brain Injury Alliance of Washington (BIAWA), provides education, advocacy and support services to prevent concussions and traumatic brain injury (TBI) and to supports those who have suffered a TBI and the caregivers who support them. The BIAWA was the leading organization in passing the Zachery Lystedt Concussion Law in Washington state, model legislation for preventing concussions among our youth.



**Aaron DeShaw, JD DC.** is a trial lawyer from Portland, Oregon. He has obtained settlements and verdicts for his clients in excess of \$350 million. He is perhaps the best known expert in the U.S. on the subject of Colossus, the computer assessment program used by most auto insurance companies for evaluating personal injury claims. He is author of three books on auto injuries and insurance.

He is a frequent resource for national media such as CNN, MSNBC, BusinessWeek and others on the topic of insurance. He has lectured for both physician and legal professionals including at ATLA, AAJ, the Spine Research Institute of San Diego, and the National Institute for Trial Advocacy, as well as private seminars before the nation's top insurance bad faith lawyers. Aaron handles serious personal injury cases including brain injury cases, catastrophic injuries, and wrongful death claims. He works with Rick Friedman, a member of the Inner Circle of Advocates, a by-invitation-only society of the Top 100 plaintiff lawyers in the United States. Friedman, a Harvard Law graduate, and author of two best selling legal textbooks, has obtained over \$300 million in jury verdicts. The two lawyers handle cases nationally, with offices in Oregon, Washington and Alaska. You can reach Aaron DeShaw at [deshaw@doctorlawyer.net](mailto:deshaw@doctorlawyer.net).

**Shauna Hahn, PMHNP.** is a Psychiatric Mental Health Nurse Practitioner in Portland, Oregon. She has been working with a "downtown" population of Severely and Persistently Ill Population for approximately one decade, her whole career. Shauna became interested in TBIs through the work of her family member and became increasingly aware of the prevalence of unassessed TBIs in her population. It is now her mission to help explain to her patients their unique symptomology post-TBI.



**Dr. Elise Hewitt Board Certified Pediatric Chiropractor Immediate Past President, ACA Pediatrics Council**, is an internationally recognized speaker, author and leader in the specialized field of chiropractic pediatrics, Dr. Hewitt has been in private practice since graduating Summa Cum Laude and as class valedictorian from Western States Chiropractic College in 1988. Dr.

Hewitt is Board Certified in Chiropractic Pediatrics and is a Craniosacral Therapist. In her Portland, Oregon practice, which is limited to pediatrics, she specializes in the care of infants and young children. Dr. Hewitt has published numerous papers in the scientific literature and is a coauthor of the "Chiropractic" chapter in Integrative Pediatric Medicine, part of Andrew Weil's Integrative Medicine textbook series. Dr. Hewitt frequently lectures nationally and internationally, educating chiropractors about the finer points of pediatrics, and educating pediatricians and other allied practitioners about the role of chiropractic in pediatric healthcare. Her dynamic yet approachable style and well-organized presentations make her an audience favorite. Dr. Hewitt is the Immediate Past



President of the American Chiropractic Association's (ACA) Pediatrics Council, following her ten-year role as President. She is a member of the well-respected NCMIC Speakers Bureau and is an adjunct professor at the University of Western States' College of Chiropractic. She is a founding member of both the ACA Pediatrics Council and the Pediatrics Council of the International Chiropractors Association (ICA). Dr. Hewitt served on the Board of Directors for the multidisciplinary Integrative Pediatrics Council (IPC) and is currently a member of the Editorial Board for the Journal of Chiropractic Medicine (JCM). Dr. Hewitt was honored to be named Oregon's 2016 Chiropractor of the Year and to receive the 2017 Rising Star Award from the American Public Health Association (APHA) Chiropractic Health Care Section. In recognition of her service to and achievement within the chiropractic profession, Dr. Hewitt has been elected as a Fellow into the International College of Chiropractors (FICC). Dr. Hewitt believes no single practitioner holds the key to a child's health and we best serve our patients by working together to optimize the health and wellbeing of all children.

**Lauren S. Holland** is a judge on the Lane County Circuit Court in Oregon. The court has jurisdiction over Lane County and is located within the 2nd Judicial District. She joined the court in 1998. Judge Holland earned her B.A. in history from the University of Oregon in 1974. She earned her J.D. from the University of Oregon School of Law in 1978.



**Ashkahn Jahromi and Graham Talley** run a float center in Portland, Oregon called Float On. In addition to that, they work extensively within the floatation industry, providing training programs and resources for prospective float centers, organizing the float industry conference, and developing software that runs float centers. They have been involved in the float world since 2010, through a period of rapid growth and expansion of the float industry.

**Dr. Macson Lee** recently moved with his family to the Portland Metro Area from the San Francisco Bay Area. He attended University of California Los

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Angeles where he majored in Psychobiology and Accounting while minoring in Art History and Asian American Studies. He earned his doctorate in 2005 at the State University of New York and received the 2005 COVD Vision Therapy award. He then furthered his education and passion in vision therapy as a resident at SUNY's Vision Therapy and Rehabilitation program. Dr. Lee has also received his Fellowship in College of Optometrists in Vision Development. On his spare time, Dr. Lee enjoys hiking, exploring historic sites, painting, eating new cuisines and cooking new recipes with his family. Lately, his 2 year old daughter has been keeping him busy touring all the playgrounds in Portland. He also loves to travel. He has scaled Cambodia's Angkor Wat's walls to swimming in Croatia's coast and even volunteering in the countryside of Guatemala, and much more. If you are interested in food and travel, you will have an endless conversation with him. [drmax@doctorbruce.net](mailto:drmax@doctorbruce.net)



**Arthur D. Leritz, JD**, received his degree in Political Science from the University of Washington in 1996, followed by his Doctor of Jurisprudence from Willamette University College of Law in 1999. Prior to joining ADLER ♦ GIERSCH PS, Mr. Leritz represented and defended insurers for nearly 11 years, handling a wide variety of complex insurance and personal injury cases. It was through his legal representation of at-fault defendants and insurance companies that Mr. Leritz realized his true calling was to advocate, protect, and defend those with traumatic injuries. Mr. Leritz is a contributor to *From Injury to Action: Navigating Your Personal Injury Claim* (2011), and is a contributor to the firm's Advocate newsletter on insurance and injury issues. He has also lectured to attorneys and healthcare providers. Mr. Leritz is licensed to practice law in federal court and all jurisdictions in the state of Washington. He is a participating member of the Washington State Bar Association, the Washington State Association for Justice-Eagle, the American Association of Justice, and the Brain Injury Association of Washington. Mr. Leritz has been selected and served as court-appointed arbitrator in King, Snohomish, and Pierce Counties to resolve personal injury and insurance cases..



**Jeffrey McNally, DC, DACNB**, graduated Magna Cum Laude with his Doctorate in Chiropractic from Life University in Atlanta, Georgia, where he was the recipient of the prestigious Contemporary Scientific Paradigms Award. He received his neurology training with the Carrick Institute. After completing his internship at the Carrick Brain Center in Atlanta, he pursued a residency in neurology at Cerebrum Health Centers. He has also received advanced certification in Applied Kinesiology. He moved to Portland in 2016 to work with Dr. Zielinski and join the Northwest Functional Neurology team. His work on treating frozen shoulder and balance disorder with Functional Neurological methodologies was published in the



prominent journal *Frontiers in Neuroscience*. He has a passion for the treatment of traumatic brain injury, post-concussion syndrome, dizziness and balance disorders, and post-traumatic headaches. He also focuses on using Functional Neurology for the optimization of athletic performance. He hails from the Philadelphia, Pennsylvania area, and completed his Bachelors of Natural Science degree at Indiana University of Pennsylvania. He is a former athlete, and competed in baseball, football, and karate. He still enjoys working out, hiking, snowboarding, and yelling at his TV while watching sports.



**Dan Overton, MC, LMHC, MHP**, began his career at the Seattle VAMC working as a Therapeutic Recreation Specialist for the Spinal Cord Injury Unit. He moved to Arizona in the early 1990's where he earned a Master's Degree in counseling and was appointed to the Arizona Governors Council on Spinal and Head Injury. He has worked with county, state, federal, for profit and not for profit agencies in

the areas of physical rehab, behavioral health and addictions. In 2008, he began working as a Psychology Associate at Stafford Creek Correction Center where he, along with the rest of the team, was awarded the State Innovator Award for the successful creation of the "veteran's pod" pilot at Stafford Creek. Before joining WDVA, he worked as Behavioral Health Department Manager for the Quinault Indian Nation and served for the City of Ocean Shores as City Council Member. He has presented professional seminars for a number of years, taught undergraduate psychology for Western International University's Behavioral Science Department and has guest lectured at Arizona State University and Eastern Washington University. His work over the decades has never strayed far from working with veterans or Traumatic Brain Injury and so it his a pleasure to serve as the Traumatic Brain Injury Specialist for the Washington Dept. of Veterans Affairs.

**Andy Mendenhall, MD**, is senior medical director for Substance Use Disorder Services Central City Concern (CCC), a nonprofit organization founded in 1979, providing housing, healthcare and employment in Portland for people experiencing homelessness and poverty. Dr. Mendenhall is Board Certified in Addiction Medicine and Family Medicine. He graduated from the University of Portland, trained as a medical student and family physician at OHSU and worked at Providence Health Systems for five years. In partnership with Dr. Paul Conti he co-founded innovative outpatient integrated treatment program called HealthWorks NW, and continued to work there after it was acquired by Hazelden. Most recently, Dr. Mendenhall worked for CleanSlate Center as the regional medical director for a network of 24 substance use disorder practices across Massachusetts, Pennsylvania, Connecticut and several other states. Dr. Mendenhall's is a passionate clinical and community educator and as a 25 year resident of Portland, is excited to be returning home to be of service to our community.



**Dana Penilton RN, BSN, CCM, CLCP**, is a registered nurse with a Bachelor of Science degree from Oregon Health and Sciences University. She has a clinical background in critical care, while holding certifications in life care planning and case management. For the past 28 years, Ms. Penilton has been active in rehabilitation specializing in catastrophic case management and life care planning. In the last 20 years Ms. Penilton has been owner and

## Conference Speakers (Alphabetical Order)



president of an independent nurse consulting firm. Her work has focused on providing catastrophic case management and provision of life care plans for survivors with diagnoses that include: spinal cord injury, brain injury, burn injury, amputation, and multiple traumas. Ms. Penilton has served in multiple leadership positions. In the past, Ms. Penilton served on the Brain Injury Alliance of Oregon Board of Directors (previously Brain Injury Association of Oregon) as Vice President, conference planner and advisory board member as well as the Oregon Medical

Case Management Group Board (Case Management Society of America, local chapter) President, Immediate Past President, Vice President and Secretary. Ms. Penilton currently serves on Executive Board of Brain Injury Connections-Northwest (BIC-NW) as Secretary, International Association of Rehabilitation Professionals, International Association of Life Care Planning Section (IARP-IALCP Section) member-at-large; IARP-IALCP conference planning committee and IARP-IALCP legislative affairs committee. To recharge, Ms. Penilton, enjoys several hobbies which include: playing with her puppy, knitting, hiking, camping, and snowshoeing. As a member of a fiber arts group, she is learning how to process fiber from fleece to sweater. She also enjoys obstacle courses and mud runs, her favorite being the Tough Mudder, which supports The Wounded Warrior Project. Dana Penilton Consulting, Inc. 6312 SW Capitol Hwy. cel | 503-701-9009 #418 fax 1-855-839-0956 Portland, OR 97239-1937 [danapen@comcast.net](mailto:danapen@comcast.net) [www.danapenilton.com](http://www.danapenilton.com)

**Jacob Plasker, D.C., DACNB**, is a board certified chiropractic neurologist and second-generation chiropractor who can personally attest to the power of chiropractic care. When he was ten-months old, Dr. Plasker suffered a head injury that left him partially paralyzed. The attending doctors said that he would never walk or talk. Through regular chiropractic care, Dr. Plasker defied the grim prognosis and dedicated his life to understanding the human nervous system so that he can deliver the same exceptional care that has allowed him to thrive today. Dr. Plasker's case has been published in multiple publications, and he has spoken to both professional and lay audiences all over the country about the power of chiropractic. During his time at Life University, Dr. Plasker served as the vice president for the Life Functional Neurology club where he gave weekly lectures on the complex structure and function of the human nervous system to students and doctors alike. He also attended the Carrick Institute for Graduate Studies where he received his training in functional neurology amassing over 400 hours in advanced neurological diagnosis and treatment. Upon graduation he was presented with the Chiropractic Philosophy Distinction award for his demonstration of profound understanding of the adaptability of the human nervous system. Dr. Plasker has a true passion for patient care and has helped patients immensely with a range of complex neurological disorders including Concussion/traumatic brain injury, post-stroke rehabilitation, vertigo, peripheral neuropathy, and more. In addition to chiropractic neurology, Dr. Plasker's other passions include hiking, tennis, snowboarding, chess, and traveling.



**Krysti Slonaker** is in the business of returning life to those who feel they've lost it by using nutrition and exercise to bust through the adage that aging requires one to get "old". If you are feeling the aches and pains considered normal for the wiser years, feel you are unstable walking around the house, or generally feeling there has to be more to life—you are in the right place. I use an individualized approach to restore what has been lost, and also maintain what is still functioning correctly. Aging doesn't have to mean that you can no longer chase the grand kids around, or that you will

need assistance walking from your bedroom to the kitchen. **Aging is simply that, a number. What is Nutritional Therapy?** Nutritional Therapy is an evidence-based approach to wellness using food as the foundation, and approaching the body from the first point of potential dysfunction. By evaluating one's nutritional habits, using questionnaires, and reviewing your lifestyle, I work with you to create a wellness plan that is easily integrated without being overwhelmed with changes. **How do we approach Physical Rejuvenation?** The physical fitness part of this whole equation works on the same principle of Nutritional Therapy. I look at where you are currently by using specific movements to look for dysfunction and to create a workout plan customized to you. Throwing 300 pounds of weight around may be the goal for some of the more enthusiastic, whereas my approach is a little slower, a little more specific, and intentional to restoring or maintaining quality of life.

**Cameron Smith**, was appointed by Governor Brown as the director director of the Department of Consumer and Business Services (DCBS), Oregon's largest business regulatory and consumer protection agency. Prior to that, Cameron was the director of the Oregon Department of Veterans' Affairs. Cameron served as a policy advisor in the Governor's Office and had the privilege over the years of working closely with the Department and its partners to serve our veterans and military families. Cameron was a Marine who served three tours in Iraq,



**Russell C. Spearman M.Ed.** is the Project Director for Idaho's Traumatic Brain Injury Partnership Implementation grant from the Health Resources Services Administration, Maternal and Children's Health Bureau. Since August 2000 Russ has been employed by the Institute of Rural Health at Idaho State University - Boise. Prior to this Russ was responsible for developing and implementing all aspects related to Idaho's 1915 C Medicaid Home and

Community Based Services Waiver for adults with a traumatic brain injury. He is the former Executive Director for Idaho's Governor's Council on Developmental Disabilities. He is the lead author of "The Use of Medicaid Waivers and Their Impact on Services". Russ was instrumental in developing and transitioning Idaho's nationally recognized Home of Your Own Initiative, a single family secondary mortgage program, that today has assisted over 100 people with disabilities realize their dream of home ownership. Over the past 34 years he has personally and in collaboration with others assisted in the passage of several pieces of legislation on behalf

## Conference Speakers (Alphabetical Order)

of Idahoans with disabilities. Russ received his undergraduate degree from Manhattan College and his Master's degree from the College of Idaho. He is married with two children, one who experienced a traumatic brain injury in 1993. Russ was recognized by the National Association of Social Workers - Idaho Chapter in 2002 as the public citizen of the year for his work with people with disabilities. In 2009 Russ was honored as a health care hero by the Idaho Business Review.

**Fred Steele, JD**, was appointed by Governor Kate Brown in September 2015 to be Oregon's Long-Term Care Ombudsman and Agency Director of the Office of the Long-Term Care Ombudsman. Fred has focused his career on advocating for older adults and individuals with disabilities, with particular focus on enhancing infrastructure to maximize independence of Oregonians. He holds a J.D. from Willamette University College of Law and an M.P.H. from Portland State University. Fred relaxes in his free time by camping, hiking, and watching sports with his wife, two young sons, and their dog.



**Sherry Stock, ABD/PhD, CBIST**, is the Executive Director of the Brain Injury Alliance of Oregon (BIAOR), the only statewide, nonprofit organization dedicated to the mission of creating a better future for people with traumatic brain injury (TBI) and their families through prevention, research, education and advocacy. Sherry's educational highlights include: ABD/PhD in Systems Science, focusing on applying Chaos Theory to epidemics and international aging; Masters degrees in Medical Sociology, International Gerontology, and Neuro-Gerontology, with minors in Biostatistics, Hospital Administration, Epidemiology and Health Science; Certified Brain Injury Specialist Trainer with the Academy of Certified Brain Injury Specialists. Sherry has taught numerous University courses in Sociology, International Gerontology, Systems Science, Chaos Theory and Medical Sociology, Accounting and Statistics. Sherry has been appointed by the Governor of Oregon to: The Traumatic Brain Injury Task Force (GTFTBI); the Oregon Disabilities Commission, Oregon WINGS (Working Interdisciplinary Network of Guardian Stakeholders), Medicaid Long Term Care Quality and Reimbursement Advisory Council (MLTCQRAC), the Traumatic Brain Injury Advisory Council for both Oregon and Idaho; and the Oregon Reintegration Team working with returning military. She is a Board member on numerous National and Oregon non-profits, State and National Steering Committees. Sherry has authored dozens of handbooks, monographs, articles, book chapters and books and is a national speaker. Sherry is the mother of a severely brain injured son, life member of the VFW Auxiliary, and the wife of a retired Navy Officer.

**Timothy Titolo, JD**, has dedicated himself to the study of medical and legal aspects of litigating traumatic brain injury (TBI) cases. Titolo Law Office began in 1990 as a personal injury and wrongful death practice in Las Vegas, Nevada. Over the years, As an active member of several brain injury associations, and the American Association of Justice, Titolo has acquired the experience and knowledge required to help clients suffering brain injury and other serious injury. Titolo Law Office offers clients compassion and understanding, fully aware of how trauma devastates both the victim and family. Timothy Titolo is a respected authority on brain injury law within the professional legal and medical community. Titolo Law Office serves all of Las Vegas and Nevada. They associate with attorneys both in and out of Nevada in cases across the United States. Timothy Titolo works with internationally recognized authorities in the fields of forensics, trauma, brain, spine and catastrophic injury. Mr. Titolo networks with the finest team of experts in bringing a case to trial. Mr. Titolo accepts referrals from attorneys outside the state of Nevada and routinely collaborates with non-Nevada attorneys. Timothy R. Titolo specializes in catastrophic personal injury cases involving traumatic brain injury (TBI), neck, back and spinal cord injury, and other personal injury from car accidents, motorcycle accidents, and truck collisions. Tim is a member of the Million Dollar Advocates Forum. He is Chair of the American Association of Justice Traumatic Brain Injury Litigation Group. Tim is Secretary/Treasurer of the Inadequate Security Litigation Group. He is an active member of AAJ's Interstate Trucking Litigation Group, Motorcycle Litigation Group, and Motor Vehicle, Premises Group. Tim is recognized as a Fellow of the National College of Advocacy. Because of his experience handling brain, spine and other catastrophic injury cases, Tim has been invited to lecture at over 50 legal & medical conferences around the country.



**Yeong-Keun "YK" Jeong, M.A., CBIS**, is a Taekwondo Master, a Certified Brain Injury Specialist, and a Clinical Mental Health Counselor specializing in neuro-behavioral change, cognitive rehabilitation and brain fitness. He owns and directs Beyond Martial Arts and Therapy Center (beyondMAT.com), a group therapeutic Taekwondo practice offering assessment and treatment services in cognitive rehabilitation and psychotherapy to people with TBI, ASD, ADD/HD, and other neurodiversities

**The information presented at this conference is not intended to circumvent medical professional help.**

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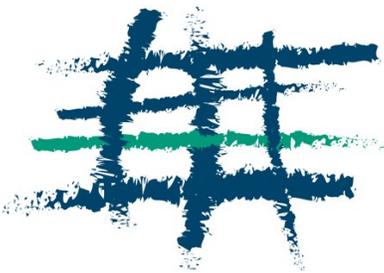
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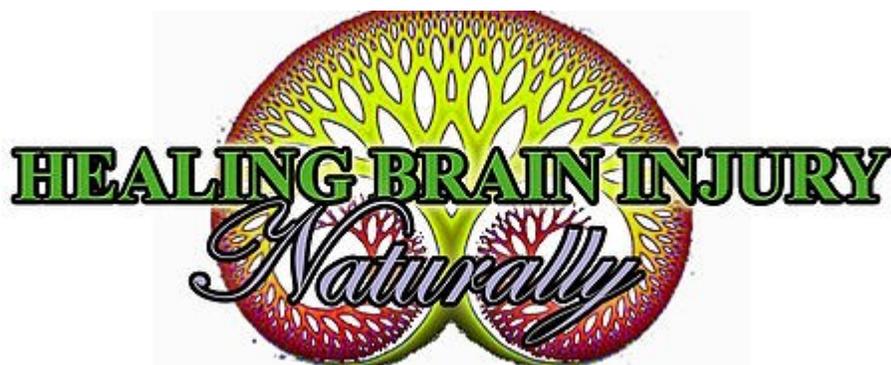
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# Guide to Brain Anatomy and Function



## Frontal Lobe

**Function:** Integral to personality, involved in tracking, sense of self, arousal, voluntary motor activity, and awareness of environment. Responsible for executive functioning and judgements, problem solving, emotional response and stability, speaking/language, and memory for habit

### Symptoms of Impairment

- Changes in personality and social behavior
- Loss of spontaneity in interacting with others
- Sequencing (difficulty planning and completing complex tasks in correct order)
- Perseveration (repeating same actions & comments over without conscious awareness of having done so)
- Loss of flexibility in thinking (mental rigidity)
- Distractibility
- Mood swings
- Diminished abstract reasoning
- Difficulty with problem solving
- Language difficulties & word finding)
- Loss of simple movement of various body parts

## Brain Stem

**Function:** Plays role in heart rate, swallowing, reflexes to sight and sound, sweating, blood pressure, digestion, temperature, levels of alertness, ability to sleep, and balance

### Symptoms of Impairment

- Decreased vital capacity in breathing
- Swallowing food & water
- Difficulty with organization/perception of environment
- Problems with balance and movement
- Dizziness and nausea
- Sleeping difficulties

## Parietal Lobes

**Function:** Involved in visual perception, tactile (touch) perception, knowing right from left, body orientation, integration of sensory information that allows for understanding of concepts, and goal-directed voluntary movements

### Symptoms of Impairment

- Difficulties naming objects
- Difficulties writing words
- Inability to attend to more than one object at a time
- Inability to focus visual attention
- Problems with reading
- Poor hand-eye coordination
- Confusion left-right orientation
- Difficulty performing math calculations
- Difficulty drawing
- Poor visual perception
- Lack of awareness of certain body parts and/or surrounding space

## Temporal Lobes

**Function:** Play key role in intellect, understanding language, behavior, as well as auditory perception (hearing), long-term memory and some visual perception

### Symptoms of Impairment

- Difficulty remembering names and faces
- Difficulty understanding spoken words
- Difficulty with identification of, and verbalization about objects
- Difficulty with concentration
- Short-term memory loss
- Interferences with long-term memory
- Aggressive behavior
- Change in sexual interest
- Persistent talking (right lobe damage)
- Difficulty locating objects in environment
- Inability to categorize objects
- Self-centered, lack of empathy
- Seizure disorders, aura and strange reveries (appearing to be lost in thought)

## Occipital Lobe

**Function:** Visual and color perception system

### Symptoms of Impairment

- Impaired Vision
- Loss of color

## Cerebellum

**Function:** Involved in coordination and control of voluntary movement, balance and muscle tone

### Symptoms of Impairment

- Tremors
- Involuntary movement of the eye, usually from side to side (Nystagmus)
- Lack of coordination of the muscles, especially in the extremities (Ataxia)
- Weak muscles (Hypotonia)
- Inability to judge distance and when to stop (Dysmetria)
- Inability to perform rapid altering movements
- Slurred speech (ataxic dysarthria)

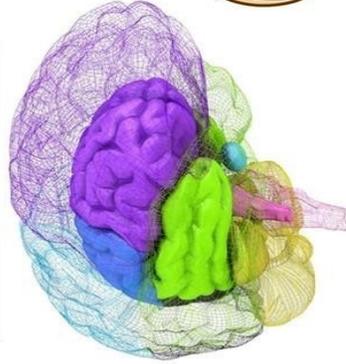
# — YOUR AMAZING —

# BRAIN

## INFOGRAPHIC

**SPEED LIMIT 268 MPH**

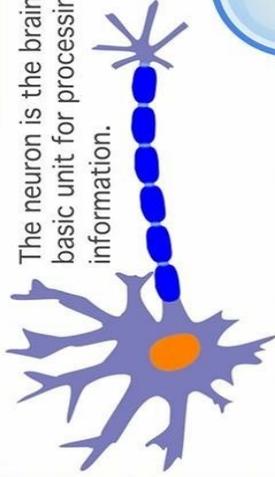
Brain signals travel at speeds between 1-268 miles per hour!



### BRAIN CELLS

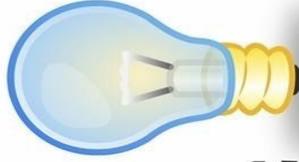
**100 BILLION NEURONS**

The neuron is the brain's basic unit for processing information.



**ENERGY 10-23 WATTS**

When you are awake, your brain generates enough energy to power a light bulb!



**25% OXYGEN**

Your brain needs 1/4 of all the oxygen used by the body

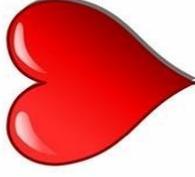
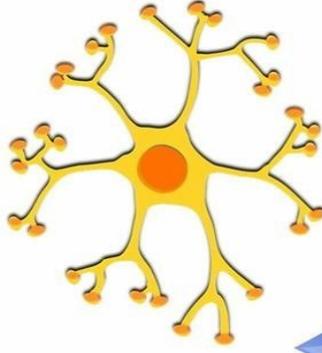


### PAIN RECEPTORS

There are no pain receptors in the brain, so it can't feel pain. A headache involves muscles and nerves in your head

### NEURAL CONNECTIONS

are made every time you form a memory



### OXYTOCIN

The brain chemical which makes you feel LOVE!



### ENERGY CONSUMPTION

Your brain uses 20% of your total energy



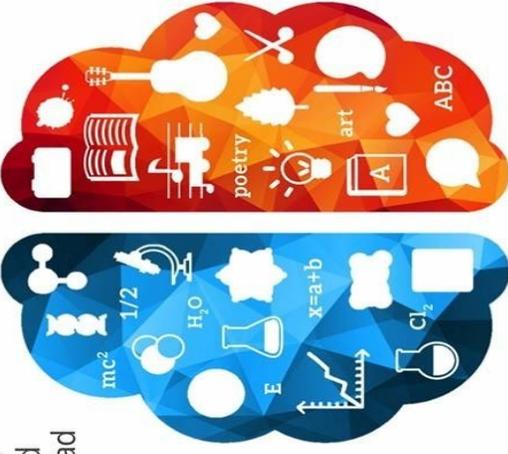
### SLEEP

Your brain is more active when you are asleep. It is busy processing everything that has happened during the day.

### HEMISPHERES

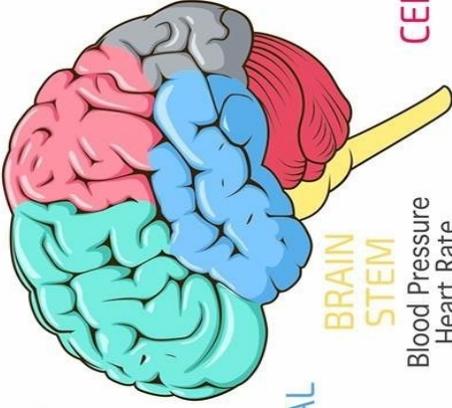
### LEFT AND RIGHT BRAIN

### LOGIC VS. CREATIVITY



### FRONTAL LOBE

Intelligence  
Memory  
Movement



### PARIETAL LOBE

Language  
Reading  
Sensation

### TEMPORAL LOBE

Behaviour  
Hearing  
Speech

### OCCIPITAL LOBE

Vision

### BRAIN STEM

Blood Pressure  
Heart Rate  
Breathing  
Swallowing

### CEREBELLUM

Balance  
Coordination



A lack of oxygen to the brain for

leads to permanent brain damage



### BRAIN FOOD

Eat oily fish, chocolate, nuts, eggs and blueberries to boost your brainpower

# Living with Brain Injury: Back to the Future

## Brain Injury Alliances of Oregon, Washington, Idaho, and Alaska



Brain Injury Alliance of Oregon

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