A Big Thank You to Our Resource Vendors

April 19th, 2018 - 3PM till 7:30PM
April 20th, 2018 - Noon till 7PM
EWU Spokane, SEWC Building
668 N Riverpoint Blvd Suite A, Spokane, WA 99202

Keynote - April 20th at 3PM
Craig Panos, M.D.

www.nwbis.org
Table of Contents

Welcome and Introduction

Concise Schedule

Descriptions of Presenters and Events

Dedication to Partners, Organizers, and Supporters

Resource Vendors

Special Thanks

Special Thank You To:

Jonathan Anderson – EWU College of Social Sciences
Matt Shea – Washington House of Representatives
Mike Volz – Washington House of Representatives
Brad Killperton – Washington House of Representatives
Jeff Holy - Washington House of Representatives
Gloria Kraegal – Brain Energy Support Team (BEST)
Craig Sicilia – TBI Network and People First of Washington
Scott Bloom – TBI Council of Washington
Lynn Burks-Herres – EWU Department of Psychology
Maria Szeps – EWU Department of Psychology
Rachel Graham – President of EWU Psi Chi Chapter
Deb Davis – American Red Cross
Mykel Vanek – EWU College of Social Sciences
Brenda Blazekovic – EWU Continuing Education
Hitomi Martin – EWU Continuing Education
Meg Lyberty – EWU Continuing Education
Christine Guzzardo – Northwest Neurobehavioral Institute
Craig Panos – Kootenei Health
Bruce Wright – Washington State University
Marissa Socha – St. Luke’s Rehabilitation Institute
Brian Shute – Inland Speech Pathology & Therapeutics
Myron Thurber - Neurotherapy Northwest
Ashley Richards – Brain Injury Alliance of Washington
RaMona Pinto – Brain Injury Alliance of Washington
Melissa McDaniel – PACE Services (Spokane Community College)
Ryan Parrey – EWU Department of Disability Studies
Marissa Socha – St. Luke’s Rehabilitation Institute
Allison Mitchell – Spokane Transit Authority
Robyn Weiss – Rehab Without Walls NeuroSolutions
Heather Bahme – Washington State Department of Veteran Affairs
Chris Gagnon – Washington State Department of Commerce
Erin Zerba – Washington PAVE

To all our presenters, partners, resource vendors, and supporters we appreciate and thank you for your contributions!
Welcome to the 2nd Annual Inland Northwest Brain Injury Symposium

At the Inland Northwest Brain Injury Symposium, our aim is to facilitate real conversations, education, and advocacy with regards to issues related to brain injury in our community. Our intention is to showcase both professional (researchers/practitioners) and brain injury survivor perspectives in order to create a holistic presentation and relevant discourse of life after brain injury. We welcome students, professionals, caregivers, and other relevant populations to join us in discussing several topics concerning brain injury and disability from a variety of perspectives.

Last year, our inaugural year, we were thrilled at the level of participation and interest from professionals, survivors, and supporters of the brain injury community in Washington. The outpouring of support and interest we received once the symposium was done has propelled our work moving forward. It has allowed us to not only continue, but also grow the symposium to reach our aims of providing education, increasing awareness, and facilitating connection between the different areas of the brain injury community, both professionally and otherwise.

Thanks in no small part to that support, the 2018 Symposium will feature presentations and panels on Pediatric Brain Injury, EEG Biofeedback, TBI and Employment, Veterans and Traumatic Brain Injury, Disability in Rural America, Cognitive-Communication Problems, TBI Rehabilitation, and several others. The symposium will also showcase a variety of resource providers aimed at connecting members of the brain injury community, survivors and professionals alike, with both information about various programs and important resources for those in need of them.

The 2018 keynote address will be given by Dr. Craig Panos from Kootenai Health.

The 2018 symposium dinner will feature a presentation by Dr. Bruce Wright from Washington State University on, Treading Gently: The Psychopharmacology of Traumatic Brain Injury. Following Dr. Wright, Representative Matt Shea from the Washington State House of Representatives will speak briefly on issues related to brain injury and legislation. He’ll then join a panel of Washington State Representatives that include Representative Mike Volz, Representative Brad Kilpert, and Representative Jeff Holy that will continue the conversation.

It is with gratitude for your continued interest and support that we welcome you to the 2018 Inland Northwest Brain Injury Symposium.
Special Thanks and Dedications

TBI Council of Washington
In 2007, the Tommy Manning Act facilitated the creation of the Washington Traumatic Brain Injury Strategic Partnership Advisory Council (TBI Council of Washington). The council is composed of 25 members from the public and private sector and includes individuals with TBI, medical professionals serving individuals living with TBI, human service providers, family members of individuals with TBI, caregivers serving individuals with TBI and state agency representatives. We want to thank the TBI Council of Washington for their support and especially want to thank their program manager, Scott Bloom, and his staff for their partnership.

EWU Department of Psychology
EWU’s Department of Psychology has facilitated the location, materials, and provided needed logistical support for the symposium. A special thank you goes to Maria Szeps and Lynn Burks-Herres for their unwavering support.

Brain Energy Support Team
The Brain Energy Support Team (BEST) is a 501(c)(3) non-profit organization founded in 2008. BEST provides PEER support and education. BEST distinguishes itself from other brain injury organizations in that the leadership, services, and programs are built by and for individuals with brain injury and their families. We graciously thank Gloria Kraegel and the BEST team for funding the 2018 symposium dinner.

EWU College of Social Sciences
EWU’s College of Social Sciences has been instrumental in providing resources and personnel, with regards to media support and graphic design. We want to thank the Dean, Jonathan Anderson, and his staff for their support.

TBI Survivors Network
The TBI Survivors Network (TBISN) is an organization which advocates, supports, and empowers TBI survivors. They’re known in the community for being strong advocates of disability rights and independent living. No one is more dedicated, passionate, and determined to support those in need for a brighter future. We want to thank Craig Sicilia and all those at TBISN for their dedication to ensuring the success of this symposium.

EWU Department of Continuing Education
Special thanks go to Brenda Blazekovic and Hitomi Martin, who aided A special thank you goes to Brenda Blazekovic and Hitomi Martin. They facilitated the Continuing Education Unit’s that are available to attendees
Introduction to Mind-Body Skills:
American Red Cross
5PM till 5:50PM – Room: SEWC 111

Introduction to Mind-Body Skills is perfect for those that are who are just getting started or are hesitant about trying mind-body awareness following a Traumatic Brain Injury (TBI). The workshop covers breathing, mindfulness techniques, stretching and movement, body awareness and guided imagery.

Main Presentation
Pediatric Brain Injury:
Christine Guzzardo, Ph.D. - Northwest Neurobehavioral Institute
6PM till 6:50PM – Room: SEWC 122

Dr. Guzzardo is a Pediatric and Adult Clinical Neuropsychologist with extensive specialized training in Concussion/Traumatic Brain Injury (TBI). She received her doctoral degree in Counseling Psychology from the APA accredited University of Southern California and completed a two-year postdoctoral fellowship, specializing in pediatric and adult Clinical Neuropsychology, at the University of California, Los Angeles (UCLA) School of Medicine’s Neuropsychiatric Institute and Hospital. Her presentation will focus on reviewing cognitive complications and recovery in injuries ranging from mild concussion to severe TBI.

Followed by a Legislative Panel:
Representative Matt Shea
Representative Mike Volz
Representative Brad Killpert
Representative Jeff Holy
Both located in Ctr Clin Research and Sim -Court

2018 Inland Northwest Brain Injury Symposium: Day Two – April 20, 2018

Main Presentation
12PM till 12:50PM
Veterans and Traumatic Brain Injury
SEWC 122
Scott Bloom, M.A. CBIS and Heather Bahme
TBI Council of Washington
Washington State Department of Veterans Affairs

Breakout Session One
1:10PM till 1:40PM

Caregiving for Brain Injury
SEWC 122
Florrie Munat
BIAWA Spokane Chapter

Disability as Orientation
SEWC 111
Ryan Parrey, Ph.D.
Eastern Washington University

Employment after Traumatic Brain Injury
SEWC 147
Gloria Kraegel and Bruce Santy, Ph.D.
Brain Energy Support Team
TBI Council of Washington

Main Presentation
2PM till 2:50PM
The Language of the TBI Experience
SEWC 122
TBI Survivor Panel

Keynote Presentation
3PM till 3:30PM
Concussion Health
SEWC 122
Craig Panos, M.D.
Kootenai Health
**Lunch Break**
Begins at 3:40PM
Support Group Testimonial Session  
*SEWC 111*

---

**Main Presentation**
4PM till 4:50PM
EGG Biofeedback with TBI Patients  
*SEWC 122*
Myron Thurber, Ph.D., PT, LMHC, BCB, BCN  
Neurotherapy Northwest

---

**Breakout Session Two**
5PM till 5:50PM
TBI Rehabilitation Panel – Case Study Presentation  
*SEWC 122*
St. Luke's Rehabilitation Institute  
Brain Injury Unit
Cognitive-Communication Problems Associated with Post-Concussive Syndrome  
*SEWC 147*
Inland Speech Pathology and Therapeutics  
Brian Shute, Ph.D., CCC-SLP, LMT
Introduction to Mind-Body Skills  
*SEWC 111*
American Red Cross

---

**Main Presentation**
6PM till 6:50PM
Pediatric Brain Injury  
*SEWC 122*
Christine Guzzardo, Ph.D.
Northwest Neurobehavioral Institute

---

**Closing Remarks**
6:50PM till 7PM

---

**Lunch Break Presentation**
Support Group Testimonial Session:
Various Presenters  
*Begins at 3:40PM – Room: SEWC 111*
Support groups can be a crucial part of the healing process following a Traumatic Brain Injury (TBI). In this short session, TBI survivors will impart their experiences and discuss how support groups facilitated their recovery process.

**Main Presentation**
EGG Biofeedback with TBI Patients:
Myron Thurber, Ph.D., PT, LMHC, BCB, BCN - Neurotherapy Northwest  
*4PM till 4:50PM – Room: SEWC 122*
Dr. Thurber received his doctorate degree in Counseling from the University of North Texas with an emphasis in Rehabilitation. He is a Licensed Mental Health Counselor and Physical Therapist in the State of Washington, in addition to being certified in General Biofeedback and EEG Biofeedback through the Biofeedback Institute of America. His presentation will delve into how EEG Biofeedback holds definite potential to provide further assistance in cognitive rehabilitation following a TBI.

**Breakout Session Two**
TBI Rehabilitation Panel:
St. Luke's Rehabilitation Institute - Brain Injury Unit  
*5PM till 5:50PM – Room: SEWC 122*
St. Luke's Rehabilitation Institute is dedicated to helping those affected by a Brain Injury in the Inland Northwest. As the only Level 1 Trauma rehabilitation hospital in the region, they've spent more than 20 years helping patients recover from Brain Injury. This panel of professionals from the St. Luke's Brain Injury Unit will be presenting a case study of their work.

Cognitive-Communication Problems Associated with Post-Concussive Syndrome:
Brian Shute, Ph.D., CCC-SLP, LMT – Inland Speech Pathology and Therapeutics  
*5PM till 5:50PM – Room: SEWC 147*
Dr. Shute has over 32 years of experience in Spokane with regards to speech-language pathology, cognitive-communicative disorders, teaching, and the healing arts and sciences. For this session, he will be discussing the nuances of Post-Concussive Syndrome (PCS), along with the repercussions and recovery strategies thereafter.
Disability as Orientation:
Ryan Parrey, Ph.D. – Eastern Washington University
1:10PM till 1:40PM – Room: SEWC 111

Dr. Parrey is a faculty member in the Center for Disability Studies & Universal Access at Eastern Washington University. His expertise focuses on disability, disability experience, life-writing, ethics, gender, and phenomenology.

Employment after Traumatic Brain Injury:
Gloria Kraegel – Brain Energy Support Team (BEST)
Bruce Santy, Ph.D. – TBI Council of Washington
1:10PM till 1:40PM – Room: SEWC 147

Employment after sustaining a Traumatic Brain Injury (TBI) can be problematic. While many people return to work after a TBI, other do not. Consistent employment can bring fulfillment and a sense of self-worth to individuals; thus, it is an essential component to a meaningful life. Gloria Kraegel, Executive Director of the Brain Energy Support Team, and Dr. Bruce Santy will discuss the larger issues and obstacles surrounding employment after a TBI.

Main Presentation
The Language of the TBI Experience:
TBI Survivor Panel
2PM till 2:50PM – Room: SEWC 122

Traumatic Brain Injury (TBI) can change a life in an instant. This panel of TBI survivors, of different ages and backgrounds, will discuss their experiences after a TBI and how it has fundamentally changed the course of their lives. Specifically, they’ll delve into the dynamics of how their new perspectives on life can conflict with those of their families, friends, and medical professionals.

Keynote Presentation
Concussion Health:
Craig Panos, M.D. – Kootenai Health
3PM till 3:30PM – Room: SEWC 122

Dr. Craig Panos is a family medicine doctor in Coeur D’Alene, Idaho. He received his medical degree from Rosalind Franklin University of Medicine and Science and has been in practice for more than 20 years. He specializes in Concussion Medicine, which will be the focus of his keynote address.

2018 Inland Northwest Brain Injury Symposium:
Day One – April 19, 2018

Session One
Disability in Rural America:
Panel Format
Moderator: Craig Sicilia, Ph.D. – TBI Network
3PM till 3:50PM – Room: SEWC 122

Rural landscapes dominate 72% to 97% of the total landmass of the United States. While only a small percentage of the national population lives in these areas, those that do represent a higher percentage of people who are unemployed, living in poverty, are elderly, and experience disabilities such as Brain Injury. Individual in these areas face unique challenges in acquiring services and supports, such as relying on services that are more informal and less specialized, traveling farther and pay more for services, and tend to receive a lower quality of service compared to their urban counterparts. These challenges and more are the focus of this panel presentation.

TBI, Mental Health and Suicide:
Stacey Chay, LICSWA, MHP – Eastern Washington University
3PM till 3:50PM – Room: SEWC 148

Stacey Chay is the Program Director for the Spokane based MSW Hybrid program. She has a B.S. in Psychology, a BASW, and an MSW from the Eastern Washington University. She has worked in many different practice settings including Children's Administration, Frontier Behavioral Health, and the Spokane County Regional Support Network. Her presentation will focus on a discussion of what Social Workers practice, in addition, to discussing mental health issues and risks commonly faced by individuals with a Traumatic Brain Injury.

History of the TBI Council of Washington State:
Scott Bloom, M.A. CBIS – TBI Council of Washington
3PM till 3:50PM – Room: SEWC 147

The Washington State TBI Council plays a key role in addressing services and needs for Traumatic Brain Injury survivors. In 2007, the Tommy Manning Act addressed issues related to Traumatic Brain Injury (TBI) in the State of Washington. The intent of the statute was to bring together expertise from the public and private sectors to tackle the needs and gaps in services for those living with TBI. This was carried out by creating the Washington Traumatic Brain Injury Strategic Partnership Advisory Council (WA State TBI Council), the history and purpose of the council will be explored in this presentation.
Session Two

Facing Pain: Empowering a Beautiful Life:
Daniella Clark, Ph.D.
4PM till 4:50PM – Room: SEWC 147

Dr. Clark is a former lecturer at Washington State University, performing artist, and TBI survivor that will discuss her story of recovery from a severe ski accident which fractured her face and skull. Specific strategies for improving morale during rehabilitation and post-injury adjustment will be discussed. She will include specific steps survivors can take to encourage the healing process following a Traumatic Brain Injury.

Caretakers Massage for TBI Survivors:
Brian Shute, Ph.D., CCC-SLP, LMT – Inland Speech Pathology and Therapeutics
4PM till 4:50PM – Room: SEWC 148

Dr. Shute has over 32 years of experience in Spokane with regards to speech-language pathology, cognitive-communicative disorders, teaching, and the healing arts and sciences. For this session, he’ll be discussing his expertise in Therapeutic/Medical/Wellness Massage geared toward caretakers and individuals that sustain a Traumatic Brain Injury.

Resource Access and Procurement:
S. John Dubois, M.S. – Washington 211
Holly Williamson – American Red Cross
Richard Parry, M.D. – Mann-Grandstaff VA Medical Center
4PM till 4:50PM – Room: SEWC 122

Access to resources after a Traumatic Brain Injury (TBI) can play a critical role in ensuring successful outcomes. This panel will examine the resources available in Eastern Washington to TBI survivors and their families and how to remain informed with regards to access to those resources. Comprising our panel are S. John Dubois representing Washington 211, Holly Williamson representing the American Red Cross, and Dr. Richard (Rick) Parry, Chief of Physical Medicine and Rehabilitation and Integrative Health at the Mann-Grandstaff VA Medical Center.

2018 Inland Northwest Brain Injury Symposium:
Day Two – April 20, 2018

Main Presentation
Veterans and Traumatic Brain Injury:
Scott Bloom, M.A. CBIS – TBI Council of Washington
Heather Bahme – Washington State Department of Veterans Affairs
12PM till 12:50PM – Room: SEWC 122

Traumatic brain injury (TBI) is a significant health issue which affects service members and veterans during times of both peace and war. The impacts of TBI are felt within each branch of the service and throughout both the Department of Defense (DoD) and the Department of Veterans Affairs (VA) health care systems. The focus of this presentation will be to explore the multifaceted issues veterans face as they live with Traumatic Brain Injury.

Breakout Session One
Caregiving and Traumatic Brain Injury:
Florrie Munat – BIAWA Spokane Chapter
1:10PM till 1:40PM – Room: SEWC 122

Florrie Munat is the author of Be Brave: A Wife’s Journey Through Caregiving (2017), a memoir about her six years of caregiving for her husband Chuck, who at age sixty-nine suffered an ischemic stroke and was diagnosed with Lewy body dementia. Florrie has authored many children’s books, stories, and over 150 Young Adult book reviews. She’s worked as a Reference Librarian, English Teacher, and in the promotion department at Wesleyan University Press. Learn more about Florrie and Chuck’s caregiving story at www.florriemunat.com.