

TBI Treatments and Behavioral Health

**March 22-24, 2019
Hope Community Resources,
540 W. International Airport Rd, Anch, AK 99518**

Presented by:

***Andrea M. Trescot, MD, Owner, Pain and Headache Center; Pain Management and Rehabilitation Certified Practitioner; Examiner, World Institute of Pain; author
Dennis Young, DC, BCAA, Clinical Director/ half owner, Paimore and Young Chiropractic
Jaime Browning, MSW, Owner, Strengthening Families, LLC
...and more!***

Continuing Education Credits:

*This activity has been planned and implemented in accordance with the Essential Areas and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMA) through the joint providership of North Star Behavioral Health System and Hope Community Resources, Inc. North Star Behavioral Health System is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

*UAA Center for Behavioral Health Research & Services (CBHRS) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBHRS maintains responsibility for this program and its content.

*Application has been submitted to the NASW-Alaska Chapter and is pending for pre-approval of Social Work contact hours.

*Chiropractic credits have been applied for.

*OT credits have been applied for.

*PT credits have been applied for.

**EDSE 590 – Special Education: TBI (Traumatic Brain Injury) Treatments and Behavioral Health has been approved through the UAA Education Department. Registration information will be provided. There is an additional charge for this UAA credit.

Course Objectives:

- Learn about EMDR and CBT.
- Gain awareness of environmental stimuli on a non-neurotypical brain.
- Recognize mental health variables with TBI recovery that can impact social functioning.
- Identify helpful strategies that can improve social interactions while recovering from a TBI.
- Take away skills for self-regulation.
- Be able to describe, list and use effective grounding techniques to use with clients.
- Discuss supportive housing vs. subsidized housing as it pertains to “case management” needs.
- Learn how balance is associated with vision.
- How to identify cases of structural injury associated with TBI.
- Similarities of clinical findings in TBI and cervical spine trauma patients.
- Identify some of the tests that might be useful for traumatic brain injuries.
- Better address patient concerns regarding sex.
- Recognize some of the signs and symptoms, diagnosis, and treatment of extracranial headaches.
- Revise your professional and personal plan to maximize your energy.

...and more!

Registration fee \$50 for one day, \$80 for two or three days.

Sponsored by: Hope Community Resources, Unmasking Brain Injury – Alaska

For more information and registration contact: AlaskanAnnette@gmail.com

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Schedule

Day 1 of 3 – Friday, March 22, 2019 (Community Resource Focus)

9:00-9:10 Introduction

9:10-10:10 Introduction to the services and supports offered through Hope Community Resources

Roy T. Scheller, PhD, CEO, Hope Community Resources, Inc.

5 minute break

10:15-10:30 Sensory Environmental Modifications for the Non-Neurotypical Brain

Wandee Murray, Revenue Manager, Hope Community Resources, Inc.

10:30-11:00 How Food Contributes To Medical Ailments And How It Has The Power To Heal
Zoi Maroudas, Owner, Bambinos Baby Food

11:00-12:00 How Brain Injury Can Affect the Vision System

Jeffrey Keene, OD, Owner, Alaska Vision Therapy Center

12:00-1:00 lunch

1:00-2:00 The Progression of Independent Living In a Traumatic World: Personal Reflections of Professional and Lived Experience

William H. Bynum III, CBIS, Independent Living Advocate, Access Alaska

2:00-2:30 Housing Resources

John Sperbeck, Regional Manager II, Public Housing Division, Alaska Housing Finance Corporation

2:30-2:40 break

2:40-3:10 Full Spectrum Health, LLC: Healthcare with Heart

Tracey Wiese, APRN, FNP-BC, PMHNP-BC, Owner/Medical Director/Psychiatric and Family Nurse Practitioner, Full Spectrum Health, LLC

3:10-3:40 Sexual Trauma and Working With STAR

Julie Dale, Community Prevention and Education Manager, STAR

3:40-3:45 break

3:45-4:15 Assistive Technology Brings Independence to Individuals with Brain Injuries

Kate Yenik, AT Acquisition Coordinator, ATLA and Tracy Golly, CBIS, Able Home Coordinator, ATLA

Day 2 of 3 – Saturday, March 23, 2019

9:00-9:10 introduction

9:10-10:10 Mental Health Considerations with TBI and Understanding the Benefits of Group Therapy

Rebecca Young, LPC, CBIS – Provider, Inner Kindness Counseling, LLC/ Clinical Supervisor, Behavioral Health Consultants, Southcentral Foundation

10:10-10:15 5 minute break

10:15-11:15 Building Emotional Resiliency

Jaime Browning, MSW – Owner, Strengthening Families, LLC

11:15-12:15 Finding Therapeutic or Habilitative Benefits Through Collaborative Art

Jennifer Moore, Director of Artistic Expressions, Hope Studios (an affiliate of Hope Community Resources) and Julie Mettler, Director of Community Support Services, Hope Community Resources, Wasilla

12:15-1:10 lunch

1:10-3:10 Moving from Trauma Dysregulation to Self-regulation

Lisa Schmitter, M.Ed., LPC, Counselor – Aurora Counseling and Consultation, Soldotna

3:10-3:20 10 minute break

3:20-4:20 Secondary Structural Complications of TBI With Potential Effects on Recovery

Dennis Young, DC, BCO – Clinical Director/ half owner, Paimore and Young Chiropractic

Day 3 of 3 – Sunday, March 24, 2019

9:00-9:10 introduction

9:10-10:10 Extracranial Headaches – Diagnosis and Treatment

Andrea Trescot, MD – Owner, Pain and Headache Center, Examiner, World Institute of Pain

10:10-11:10 Opioids: The Good, the Bad, and the Ugly

Andrea Trescot, MD

5 minute break

11:15-11:45 Sex and the Pain Patient

Andrea Trescot, MD

11:45-12:15 Diagnostic Tests for Traumatic Brain Injuries

Andrea Trescot, MD

12:15-1:10 lunch

1:10-2:10 Supporting clients with PTSD; with effective tools and how EMDR therapy can help
Eden Lunsford, MS, LPC – Counseling Therapist, STAR/ Counselor, Fireweed Counseling and Wellness

2:10-3:10 Cognitive Behavioral Therapy: The Who, What and Why

Tracey Wiese, APRN, FNP-BC, PMHNP-BC - Owner/Medical Director/Psychiatric and Family Nurse Practitioner, Full Spectrum Health, LLC

3:10-3:20 10 minute break

3:20-4:20 Self-care: forget time management, instead maximize your energy!

Melanie Bladow, Owner, Tern Consulting LLC