

SPRING 2016

Brain-e-News

RESOURCES

MOSS REHABILITATION
RESEARCH INSTITUTE
www.mrrl.org

MOSSREHAB RESOURCE NET
www.mossresourcenet.org

THE CENTER FOR OUTCOME
MEASUREMENT IN BRAIN
INJURY
www.tblms.org/combl

BRAIN INJURY ASSOCIATION
OF AMERICA
WWW.BIAUSA.ORG

BRAIN INJURY RESOURCE LINE
1-800-444-6443

BRAIN INJURY ASSOCIATION OF
PENNSYLVANIA
www.blapa.org
1-866-635-7097

BRAIN INJURY ALLIANCE OF
NEW JERSEY
www.blanj.org
1-732-745-0200
FAMILY HELPLINE
1-800-669-4323

BRAIN INJURY ASSOCIATION OF
DELAWARE
www.blausa.org/Delaware/bla.htm
1-800-411-0505

PENNSYLVANIA DEPARTMENT
OF HEALTH BRAIN INJURY
HELPLINE
1-866-412-4755
TTY 1-877-232-7640

MODEL SYSTEM KNOWLEDGE
TRANSLATION CENTER (MSKTC)
www.msktc.org

www.Brainline.org

Moss Makes Brain Waves

Einstein Healthcare Network, which includes MossRehab and Moss Rehabilitation Research Institute, is celebrating its 150th year with exciting programs for the community. On March 10th, Einstein sponsored a program called “Brain Waves” which included several key members of the Moss TBIMS. Dr. John Whyte (pictured in mid-inspiration), Moss TBIMS co-director, discussed the fascinating problem of assessing consciousness in people with very severe brain injuries. Dr. Thomas Watanabe and Monica Vaccaro, MS, joined Ike Reese, sports commentator and former Philadelphia Eagle, on a panel to discuss the benefits of youth sports versus the risks of concussion. The emcee for the event was Dan Harris, CBS reporter and author of the best-selling book, *10 Percent Happier*.



The Moss TBIMS—A Look Back

A Traumatic Brain Injury Model System (TBIMS) center is a very busy place. It's rare that we have a chance to look back and see what we've achieved during our time as a TBIMS. But in honor of Brain Injury Awareness Month, March 2016, we did just that, and want to share some of our impressions with you... and to thank all of you for all of your contributions to this effort.

The Moss TBIMS has been in existence for almost 20 years, with competitive awards granted in 1997, 2002, 2007, and 2012. What have we accomplished during that time? Since 1998 we have enrolled 1,089 participants into the National Database, a treasure trove of information on how people are doing 1, 2, 5, 10, 15 and more years after TBI. We've contributed more than 1,600 long-term interviews, thanks to the generous folks who have agreed to submit their anonymous information to this unique and invaluable resource.

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The Moss TBIMS—A Look Back (con't)

What have we done with all this information? For just a few examples, we developed and validated the Moss Attention Rating Scale (MARS), which has been translated into several languages. We've used the TBIMS database to examine the prevalence, risk factors and longitudinal trajectories for significant emotional disorders, including anxiety and depression. And we've used that information to develop a novel treatment for emotional disorders after TBI, using text messaging as a key ingredient. We've also led and collaborated in multi-center studies that established the role of amantadine in accelerating recovery from disorders of consciousness; examined the phenomenon of self-awareness after TBI; and explored the effectiveness of different models of vocational rehabilitation.

To read more about the accomplishments of the Moss TBIMS and other TBIMS centers around the nation, go to the website of the Model System Knowledge Translation Center at www.msktc.org. Here you will find searchable databases containing citations to all published works from the TBIMS as well as a repository of consumer-friendly TBI Fact Sheets. Many thanks to our research participants, our collaborators, and our TBIMS sponsor, the National Institute on Disability, Independent Living, and Rehabilitation Research, for making it all possible.



Where Are They Now? Four Years Later with Rock Allen

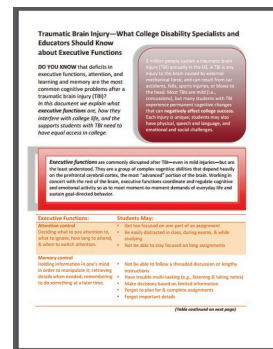


The Moss TBIMS recently caught up with Rock Allen, who sustained a TBI in June 2011 as a passenger in a car accident. Prior to his accident, Rock (pictured left) competed on the US Boxing team in the 2004 Olympics. Since his injury, Rock has been concentrating on “getting his body back together.” Four to 5 days a week, Rock coaches others in boxing and serves as a personal trainer. In his spare time, he enjoys riding his bike and working out. Rock reports that when he is having negative thoughts, working out really helps him. He is also learning to slow down and enjoy life. He does this by watching the Simpsons and spending time with his family.

Thanks Rock, for letting us share your story!

TBI and College—Help for New or Returning Students

In collaboration with Mary Kennedy, PhD, CCC-SLP, a nationally known expert in assisting college (re-) entry for students with TBI, two members of the Moss TBIMS, Principal Investigator Tessa Hart, PhD and Research Associate Monica Vaccaro, MS, created a 4-page tip sheet for college disability counselors on how to help students with TBI succeed at the post-secondary level. Entitled TBI—*What College Disability Specialists and Educators Should know about Executive Functions*, the document focuses on the less recognized effects of TBI-- difficulties in planning and organizing academic work, and social dysfunction that may be attributed to problems other than TBI. The tip sheet is available at our Moss TBIMS web page (http://mrri.org/wp-content/uploads/2016/02/CollegeStudents_TBII.pdf) or at Dr. Kennedy's site (<http://neurocognitivelab.com/archives/3554>).



The Faces of the TBI Model System: Deb Petrone

Deb Presutti-Petrone is the Speech-Language Pathology Team Leader for the Drucker Brain Injury Center at MossRehab. She first worked at Moss in 1989, but from 1996 to 2011 she practiced speech therapy in a variety of other settings, including acute care, private home care, and skilled nursing. These experiences along the continuum of care enhanced her ability to contribute to Moss on her return in 2011.

Deb discovered her passion for speech therapy when she was a Big Sister to a child with a speech impediment. Later, the relationship between cognition and language, as well as their effects on daily living, captured her intrigue and cultivated her love of brain injury rehabilitation. She loves to see patients transition from inpatient to outpatient, and to interact with patients' families during therapy sessions.

Deb is known on and off the unit as the leader of the annual Race for Recovery, a fun run/ walk/ roll to raise money for Moss and the Brain Injury Association of PA. An avid runner in her free time, Deb decided to kick off this event five years ago as both a team building activity and a way to promote brain injury awareness. It's been a smashing success—just one more reason we appreciate all of Deb's contributions!



2016 Brain Injury Association of PA Conference



“Embracing Life: Finding the Way Forward in Medicine, Rehabilitation and Advocacy” is the theme of this year's conference of the Brain Injury Association of PA. Mark your calendars for **June 26^h, 27th and 28th** at the Lancaster Marriott in **Lancaster, PA** for workshops and networking for survivors, families and professionals.

Ticia Meili will deliver a Keynote Session, “The Central Park Jogger: A TBI Survivor's Perspective on Healing to Wholeness.” Plenary sessions will feature Dr. Maryellen Romano, discussing “Mind over Matter: The Neuroscience of Mindfulness Meditation and its Role in Brain Injury Recovery,” and Doug Markgraf, presenting “Rolling Onward Through the Mud-and-Muddle of Brain Injury.” Register at www.biapa.org and we'll see you there!

EMPOWERMENT and SUPPORT GROUP INFORMATION



PENNSYLVANIA EMPOWERMENT GROUP

The Elkins Park Empowerment Group meets on the second Monday of each month from 5-6:30 at 60 Township Line Road, Elkins Park, PA 19027.

For more info, contact
Debbi Eisen at 215-663-6857.

NEW JERSEY SUPPORT GROUP

The New Jersey Support Group meets *most* months on the Fourth Tuesday from 3:00-4:00 at 135 S. Broad Street, Woodbury NJ 08096.

For more info, contact
Dayna Scott at 856-853-9900.



MossRehab at Elkins Park Hospital
50 E. Township Line Road
Elkins Park, PA 19027
ATTN: Kelly Bogner

The Moss TBI Model System

The National Institute on Disability, Independent Living and Rehabilitation Research has designated MossRehab as a Model System of Care for traumatic brain injury since 1997.

The TBI Model System program seeks to improve lives by creating and disseminating new knowledge about the course, treatment and outcomes of TBI.

**The Traumatic
Brain Injury
Model System
(TBIMS)
Centers for
the current
funding cycle
(2012-2017)**

