Message from the COO

Dear Friends,

Welcome to the Winter 2012 edition of NeuroRestorative News, NeuroRestorative’s quarterly newsletter. In this issue, we focus special attention on our neurobehavioral programs which help individuals to manage their behaviors and reactions to everyday situations, a challenge often associated with brain injury, affecting both the individual with the injury as well as their family. As Jason Hueser, Program Director for NeuroRestorative Florida points out, “Everyday challenges or issues that would typically lead to mild frustration for most people can often become a much larger obstacle as a result of a person’s injury.” In the following pages you’ll read the stories of two men who have benefitted from NeuroRestorative’s neurobehavioral programs: 19-year-old Tommy Little suffered a brain injury from an accidental gunshot wound and former-NFL player Gene Breen experienced multiple concussions throughout his professional career resulting in a brain injury.

This past November, NeuroRestorative was proud to expand our services to the state of Georgia, welcoming Walton...
West Transitional Living Center in Augusta, now operating as NeuroRestorative Georgia, to our organization. With locations in 18 states throughout the country, NeuroRestorative is proud to be the nation’s largest provider of post-acute brain injury services. Read on to learn more about our newest location.

Finally, we take time to recognize the dedication of our clinicians, therapists, medical and direct care staff, and administrators in helping empower our participants to achieve their highest potential. Each year, The MENTOR Network—of which NeuroRestorative is a partner—honors employees and independent contractors whose compassion, energy and skill create ripples of hope in the lives of those we serve. Ripple of Hope Award winners are nominated by their colleagues and chosen by The Network. This year, we were proud to have 18 NeuroRestorative employees among the nominees for The 2011 Ripple of Hope Awards.

I hope you enjoy this edition of NeuroRestorative News.

Best wishes for a healthy and happy New Year from all of us at NeuroRestorative.

Sincerely,

Bill Duffy
Chief Operating Office, NeuroRestorative
According to the American Association of Neurological Surgeons (AANS), 12 percent of all traumatic brain injuries (TBI) in the United States are attributed to firearms. At the age of 18, Tommy Little became part of this statistic when he was accidentally shot. The challenges associated with a TBI can be devastating, among them severe behavioral issues including outbursts of anger. Post-acute neurobehavioral programs—such as those offered by NeuroRestorative—provide individuals with TBI, like Tommy, with practical and effective self-management strategies, allowing them to better manage their behaviors and reaction to everyday situations.

In October of 2010, 18-year-old Tommy Little woke up in a room he didn’t recognize, surrounded by machines and people he didn’t know. His mother told him that he was in a hospital and that there had been an accident. The last thing Tommy remembered was drifting off to sleep on the couch. Tommy had been in a coma for 34 days. He had been home with a friend and they had discovered a gun in the house. One thing led to another and the gun accidentally went off, the bullet hitting Tommy in his right temple, leaving him with a TBI and severe optic nerve damage, resulting in complete blindness in one eye and partial blindness in the other.

“I was confused,” recalled Tommy of those early days. “I didn’t understand where I was or why I was there.”

After being discharged from the hospital, Tommy was immediately admitted to NeuroRestorative’s Tampa location to

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begin his post-acute rehabilitation in the neurobehavioral program. As a result of the TBI Tommy suffered in the accident, he had begun to exhibit some problematic behaviors during his acute hospitalization, including loud, disruptive outbursts. His medical team recognized that left untreated, those behaviors would make it difficult for Tommy to develop the new skills necessary to adjust to life post-injury and harm his ability to build relationships with others. NeuroRestorative’s neurobehavioral program specializes in helping participants like Tommy through individualized treatment plans that may include behavior modification, socialization skills training, family therapy, physical management programs and more.

“He struggled to see that there was life past his injury and what that might look like for him.”

With time, and the support of Tommy’s family and his treatment team at NeuroRestorative, Tommy began to see the potential he had.

“He was very agitated at first,” said Cindy Little, Tommy’s mother. “NeuroRestorative did a wonderful job of taking as much time as he needed to work with him. He was tough and they were really there for him.”

In addition to receiving therapy to help with his behavioral challenges, Tommy participated in a range of other programs and services, including physical, recreational, cognitive, occupational and speech-language therapies. Tommy’s therapies were adapted to his individual interests and needs. In recreational therapy, for example, Tommy’s love of playing cards was incorporated with the use of puff paint to adapt the cards so he could play by focusing on the feel of each card and the enlarged markings.

“Rehabilitation was great,” said Tommy looking back on the time he spent with NeuroRestorative. “I have so much appreciation for life now and I know that whatever comes at me, I can handle it.”

Tommy is now living back at home with his mother and attends Lighthouse for the Blind, a school specifically designed

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for students with visual impairments. He is enjoying school and hopes to one day open his own business, a pool hall.

**Neurobehavioral Programs**

NeuroRestorative’s neurobehavioral program helps participants learn practical and effective self-management strategies that allow them to better manage their behaviors and reactions to a range of situations.

“Many times, individuals with brain injury find it challenging to manage their emotions and behaviors,” said Jason Hueser, Program Director for NeuroRestorative Florida. “Everyday challenges or issues that would typically lead to mild frustration for most people can often become a much larger obstacle as a result of a person’s injury.”

The goal of NeuroRestorative’s neurobehavioral program is to assist participants in becoming as independent as possible through behavioral change. The treatment team also focuses on altering participant behavior through the development of a Personal Plan of Intervention (PPI). PPIs are individualized and help participants to either avoid or appropriately cope with situations they may find challenging, such as standing in line at a grocery store. This is accomplished through real life application with repeated rehearsals and trials in which the participant learns to take the time to think about the consequences of their actions vs. their personal rehabilitative goals. The treatment team may also alter the participant’s immediate rehabilitative environment to support his or her needs. To do so, the treatment team conducts an assessment of the relationships of physical variables and the occurrence or non-occurrence of behaviors.

In order to determine whether or not a treatment plan is meeting the needs of the participant, the treatment team measures the frequency and intensity of behavioral episodes. The team can then assess the outcomes and make adjustments to the treatment plan as needed.

**NeuroRestorative’s Neurobehavioral Program Highlights**

- Safe and secure environments of care
- Individualized programming and treatment plans
- Varying degrees of staff assistance and restrictions based on the needs of participants
- Opportunities for increased independence
- Access to mental health counseling
- Experienced treatment teams adept in crisis prevention intervention

To learn about specific NeuroRestorative neurobehavioral program locations, visit our locations webpage.
NeuroRestorative Welcomes Walton West TLC and Expands to Georgia

This past November, NeuroRestorative was pleased to welcome Walton West Transitional Living Center to the NeuroRestorative family. Located in Augusta, Georgia, Walton West Transitional Living Center has provided transitional living programs to individuals who have sustained acquired or traumatic brain injuries for more than 15 years.

Now operating as NeuroRestorative Georgia, this community-based setting offers a nurturing therapeutic environment located in the heart of Augusta. Its centralized location provides a unique opportunity for collaboration with several neighboring institutions, including the Medical College of Georgia, University Health System, the Augusta VA Medical Center, Trinity Hospital, Doctors Hospital and Aiken Regional Medical Centers. Participants receive comprehensive, post-acute skilled therapy services including support with activities of daily living designed to foster independence, inpatient and outpatient therapies, and behavioral and socialization programs. The grounds are also home to the Bill Monge Horticultural Center offering participants a unique vocational opportunity.

“As a leading provider of post-acute services for individuals with brain injury and other neurological challenges throughout the country, NeuroRestorative is excited to expand our services to Georgia and to serve even more individuals in need of our care,” said Bill Duffy, NeuroRestorative’s Chief Operating Officer.

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Dr. Frank Lewis, PhD, CBIST, serves as the Clinical Director for NeuroRestorative Georgia, in addition to his other roles as the Director of Clinical Outcome Services for NeuroRestorative and an adjunct faculty member for the Department of Psychology at Augusta State University. Dr. John L. Rigg is the Medical Director for NeuroRestorative Georgia as well as the Traumatic Brain Injury Program Director for the Eisenhower Army Medical Center in Fort Gordon. Jennifer Litchfield joins NeuroRestorative Georgia as the Program Director.

“I am confident that the quality of services participants and their families receive will be strengthened and reinforced by this collaboration,” said Jane Imboden, NeuroRestorative’s Vice President of Operations for the Southeast.
An estimated 3.8 million sports- and recreation-related concussions occur in the United States each year according to the Centers for Disease Control (CDC). NeuroRestorative’s neurobehavioral programs help former athletes such as Gene Breen and other brain injury survivors get the care they need to manage their behaviors and improve their quality of life.

“Success is like anything worthwhile. It has a price. You have to pay the price to win and you have to pay the price to get to the point where success is possible,” said former-NFL player Gene Breen as he quotes the immortal words of his one-time Green Bay Packers coach, Vince Lombardi.

The price for Gene has been great. Although he loves the sport of football, Gene endured many concussions throughout his time on the field, at least 12 of which knocked him unconscious, and on numerous other instances he experienced blows to the head and subsequent dizziness.

“Playing sports in the 50’s and 60’s there was a lot of pressure to play through the pain,” said Gene, now 70. “Failure is something that I would never accept.”

Gene played in the National Football League (NFL) between 1963 and 1970, starting out with the Packers before being traded to the Pittsburgh Steelers and then to the Los Angeles Rams. A true athlete, sports had always been a major part of Gene’s life. He played football from a young age and was awarded a scholarship to Virginia Tech where he played collegiate football and wrestled. Years later he would return to serve as the school’s defensive line coach.

As a result of the multiple concussions he

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experienced over time, Gene developed Chronic Traumatic Encephalocytosis (CTE), a condition that causes a progressive degeneration of the brain tissue and can be associated with a range of challenges, including memory loss, impulse control problems and confusion. The effects of CTE can take years before revealing themselves.

“Gene began exhibiting some unusual behaviors about seven years ago,” recalled Nancy, Gene’s wife of 31 years. “He was angry and exercising poor judgment which eventually led to his being hospitalized.”

Gene underwent a 30-day evaluation by Dr. Gordon Horn, clinical neuropsychologist and Director of Clinical Services for NeuroRestorative Florida in Clearwater and psychiatrist Dr. Herndon Harding.

“The goal was to get Gene back on track and back to a good quality of life,” said Dr. Horn.

With the help of Dr. Horn and Dr. Harding, Gene qualified under the 88 Plan, a funding mechanism for former-NFL athletes to receive medical care for injuries sustained while playing. Gene’s neurobehavioral post-acute rehabilitation program at NeuroRestorative’s Clearwater, FL location equipped him with the tools and strategies necessary to self-manage his behaviors and reactions to everyday situations.

“Gene’s neurobehavioral treatment plan was completely individualized to meet his needs,” said Dr. Horn.

Drawing from Gene’s former career and lifetime love of football, Dr. Horn conceptualized a rehabilitative goal-setting project that Gene and Nancy could work on together. They would call it My “Playbook” for Quality of Life. The idea was to create parallels between the endurance and hard work it took for Gene to succeed on the football field to the strides Gene would make in his rehabilitation.

“In the playbook, I was the quarterback,” explained Gene. “Dr. Horn was the coach, and Nancy and all the other therapists were my team.”

“The goal was to function as a unified team,” said Dr. Horn. “If one person is not on the same page, then the play will be ineffective.”

Nancy proved to be a huge support for Gene, demonstrating what a powerful force the support and love of family members
can be in a loved one’s rehabilitation. She became an expert herself and, with training and coping sessions offered by NeuroRestorative, was able to work with Gene at home and relay her observations to Dr. Horn.

“I was extremely impressed by NeuroRestorative’s entire approach,” said Nancy. “The open communication gave me a sense of comfort and peace of mind.”

Gene and Nancy have learned so much through Gene’s experience with CTE and his post-acute rehabilitation at NeuroRestorative that they have made it their mission to spread awareness of the devastating impact that concussions can have on athletes. The Breeens are in talks with the NFL Alumni Foundation about ways to connect with other former players and their families who may be going through a similar experience.

“Spreading awareness and telling our story will make football and any other sport a better sport because people will be aware of what is going on,” said Gene.

Go to page 3 to hear more about NeuroRestorative’s neurobehavioral programs.

Go to page 11 to hear from Dr. Horn and learn more about CTE.

Nancy Breen’s 7 Rules to Success for Athletes and their Families Recovering from TBI

- Identify quality, knowledgeable doctors
- Receive an early and accurate diagnosis
- Gain ongoing education on neurological issues
- Maintain open communication with all parties
- Develop a team approach – doctors, patient, family members
- Identify a provider offering a continuum of care
- Get involved with the sport

To learn about specific NeuroRestorative neurobehavioral program locations, visit our locations webpage.

Request More Information
Dr. Gordon J. Horn is a clinical neuropsychologist and Director of Clinical Services for NeuroRestorative Florida in Clearwater. Dr. Horn’s current research pursuits include brain tumor, acquired brain injury, and normal pressure hydrocephalus (NPH), a condition caused by an increase in intracranial pressure (ICP) due to an abnormal accumulation of cerebrospinal fluid (CSF) in the ventricles of the brain.

NeuroRestorative sat down with Dr. Horn to discuss some of the challenges associated with CTE, a condition caused by multiple concussions resulting in the progressive degeneration of brain tissue.

**NeuroRestorative**: What is CTE and how is it caused?

**Dr. Horn**: Chronic Traumatic Encephalopathy (CTE) is a progressive degenerative disease of the brain often found in athletes who have suffered multiple concussions. The repetitive trauma causes a progressive degeneration of the brain tissue. It could potentially be years after the last concussion before the effect on the brain reveals itself.

**NeuroRestorative**: What types of challenges are associated with CTE?

**Dr. Horn**: CTE can result in memory loss, confusion, impaired judgment, impulse control problems, aggression, depression and progressive dementia. Punding, for example, is a behavior associated with CTE. The term punding refers to the engagement in seemingly normal behaviors, such as picking up debris from the side of the highway, as was the case with one participant, in excess. The individual exhibiting such behavior rationalizes the need to continue the behavior, in this case, the rationalization...
being that he was doing a service to drivers in helping them to avoid possible flat tires or car accidents due to the highway debris. At times, he may even place himself in harm’s way on the side of the highway to clear the debris, or engage in this task at the expense of engaging in necessary activities.

**NeuroRestorative:** How can post-acute rehabilitation such as that offered by NeuroRestorative help with these challenges?

**Dr. Horn:** The best way to address these types of behaviors is through a neurobehavioral rehabilitation program. Through neurobehavioral rehabilitation, individuals can learn practical and effective self-management strategies that allow them to better manage their behaviors and reaction to a range of situations. Treatment plans may include behavior modification, socialization skills training, substance abuse treatment, family therapy, physical management programs and more.

Visit NeuroRestorative’s neurobehavioral program page for more information.

Go to page 8 to read former-NFL player Gene Breen’s story and how he works to overcome the challenges of CTE with the help of NeuroRestorative’s Dr. Horn.

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**Dr. Gordon J. Horn**

In addition to serving as Director of Clinical Services for NeuroRestorative Florida in Clearwater, Dr. Horn is a clinical neuropsychologist specializing in rehabilitation treatment and programming, both inpatient and outpatient, acute care management and neurological intensive care consultation. He is also an adjunct faculty professor at the University of Central Florida’s (UCF) Doctoral Clinical Psychology Program. Dr. Horn previously served as Clinical Training Director for the UCF pre-internship hospital training program. He is a member of the Florida Hospital Neuroscience Institute, the National Academy of Neuropsychology, the International Neuropsychological Society and the American Psychological Association’s Division of Clinical Psychology and Neuropsychology. Dr. Horn holds a Bachelor of Arts in Psychology from Mount Saint Mary’s University, a Master of Science in Clinical Psychology from Loyola College and a PhD with a specialty in Neuropsychology and Rehabilitation from Saint Louis University.

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**Upcoming Events**

Join NeuroRestorative at one of the many continuing education and training opportunities that we offer or at one of the local or national conferences we attend. Following is a list of our upcoming events.

We hope to see you soon!

- **Craig Hospital 2012 Brain Injury Summit**
  January 9-11, Avon, CO

- **Florida Geriatric Care Managers Association Conference**
  January 23-24, Baton Rouge, LA

- **BIA of Iowa Annual Conference**
  March 8-9, West Des Moines, IA

- **Wisconsin Assisted Living Association Conference 2012**
  March 20-22, Wisconsin Dells, WI

- **Alamo Head Injury 11th Annual Symposium**
  March 22, Leon Valley, TX
NeuroRestorative recognizes its 2011 nominees for the Ripple of Hope Award and their unwavering dedication to empowering participants to achieve their highest potential.

Each November, The MENTOR Network—of which NeuroRestorative is a partner—honors employees and independent contractors from across the organization whose compassion, energy and skill create ripples of hope in the lives of those we serve. Ripple of Hope Award winners are nominated by their colleagues and chosen by The Network. “Whether they know it or not, they create a ripple effect for those they serve...for their colleagues...and for their communities,” said Ned Murphy, CEO of The MENTOR Network. “It is in the sum total of these actions that we find the true meaning of The MENTOR Network.”

“This year, 18 NeuroRestorative employees were nominated by their colleagues for the Ripple of Hope Award,” said Bill Duffy, COO of NeuroRestorative. “These nominees are among the hundreds of employees who work every day to make a difference in the lives of the people we support. On behalf of all of us at NeuroRestorative, I offer my sincere thanks.”

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2011 NeuroRestorative Ripple of Hope Nominees

Ruta Beach  
Registered Nurse  
NeuroRestorative Massachusetts  
“She truly makes a difference in this world and when she comes into someone’s life, even for a short time, she is not forgotten.” ~ Nikki Rheume, Case Manager/Clinical Coordinator, NeuroRestorative Massachusetts

Christine Bennet  
Office Manager  
NeuroRestorative Massachusetts  
“Her commitment to this company and support of operations and staff in countless ways helps us to not only do our jobs more efficiently, but allows us to focus our energy on what we are all here to do, affect a positive experience and change in the lives of the individuals that we serve.” ~ Lisa Saba, State Director, NeuroRestorative MA, ME, NH, RI

Miller Cenat  
Care Coordinator  
NeuroRestorative Avalon Park  
“Miller always brings a smile and a laugh to work with him. He is the type of person that you can always count on and he expects nothing less than the best for himself and those around him.” ~ Lisa Jenkins, Physical Therapist, NeuroRestorative Avalon Park

Edna Davis  
Life Skills Trainer  
NeuroRestorative Kentucky  
“Edna’s level of compassion for our participants is outstanding! She wants them to feel like they are at home, safe and cared for while continuing to help them achieve rehabilitation goals and attain their highest level of functioning.” ~ Jessica Embry, Program Director, NeuroRestorative Kentucky

Brad Doughty  
Program Case Manager  
NeuroRestorative Timber Ridge  
“With his direct hands-on management style, Brad knows the program from the bottom up and continues to push all staff to do their best in working with the people we serve.” ~ Joseph Wilkinson, Program Director, NeuroRestorative Timber Ridge

Charles Flanary  
Senior Accountant  
NeuroRestorative  
“The way which Charles opened his home and his heart to the many foster children he and his wife have cared for, is the same way in which he has opened his professional knowledge to assist us all in providing quality service to our participants.” ~ Scott Davis, Senior Director, FP&A, Finance and Strategy and Victoria Harding, Vice President of Development, NeuroRestorative

Susan Gaffney  
Program Manager/Clinical Evaluator  
NeuroRestorative Massachusetts  
“Susan truly cares about the welfare of each and every participant. She uses her vast knowledge and experience to leave no stone unturned to ensure participants have access to every opportunity available to them.” ~ Alison Larson, Program Nurse/ MAP Trainer, NeuroRestorative Massachusetts

Linda Griffith  
Program Manager  
NeuroRestorative Massachusetts  
“Linda’s positive, calm, proactive work approach is contagious and assists others in moving forward in a positive direction.” ~ Lisa Saba, State Director, NeuroRestorative MA, ME, NH, RI

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2011 NeuroRestorative Ripple of Hope Nominees

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Ken Harris
Team Lead
NeuroRestorative Carbondale

“Ken firmly believes that we are here to care for and support others and to treat them with the utmost respect and dignity.” ~ Ericka Grubbs, Director of Quality Assurance, Central Region, NeuroRestorative

Casey Martin
Administrative Assistant
NeuroRestorative Carbondale

“Casey is the model for demonstrating how a person is truly in the service of others; selflessly and happily.” ~ Robin Ray, Vice President of Operations, Central Region, NeuroRestorative

Peggy Igleheart
Clinical Evaluator/Coordinator
NeuroRestorative KY, IL

“Peggy is not only a “cheerleader” for the families and individuals we serve, but she is a constant source of encouragement to peers and coworkers.” ~ Jenny Jordan, Deputy State Director and Terri Traughber, State Director, NeuroRestorative Kentucky

Sandy Peters
House Manager
NeuroRestorative Pennsylvania

“Sandy is quiet and unassuming, but within her petite presentation she packs a wallop! Participants twice her size listen to her and respond positively. She commands their attention and offers consistent expectations, encouraging them and allowing them to reach their full potential.” ~ Scott Jenco, Program Director, NeuroRestorative Pennsylvania

Marta Kletter
Speech & Language Pathologist
NeuroRestorative Carbondale

“The thing I admire most about Marta is that she starts every day as if it were her first, full of enthusiasm, optimism and dedication.” ~ Ron Norman, Supervisor of Case Management, NeuroRestorative Carbondale

Nicole Richardson
Team Lead, Apt. Program
NeuroRestorative Florida

“Nicole takes great pride in what she does and it shows. When she is around the participants, not only does she have a big smile, but the participants do as well.” ~ Cyril Kepic, Residential Operations Manager, NeuroRestorative Florida

Tina Lukefahr
Life Skills Therapist
NeuroRestorative Carbondale

“Her creativity during activities in conjunction with her love and respect for our participants is demonstrated daily.” ~ Molly Falconer, Special Education Teacher and Meteicha Green, Life Skills Therapist, NeuroRestorative Carbondale

Donna Shuttie
Day Program Administrator
NeuroRestorative New Jersey

“Donna’s act of accomplishment is simply being who she is — the way she commits herself, staying late after everyone else has left for the day, scheduling outings for the clients, believing in her employees, and seeing the positive in each and every day.” ~ Amanda Pincus, Cognitive Therapist, NeuroRestorative New Jersey

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2011 NeuroRestorative Ripple of Hope Nominees

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Dawn Sowie
Supervisor/Team Leader
NeuroRestorative Rhode Island

“Dawn takes the time to get to know each and every single resident, not just as a brain injury survivor in need of supports, but as a person.” ~ Rosemarie Coffey, Program Director, NeuroRestorative Rhode Island

Lori Vacchiano
House Manager
NeuroRestorative Maine

“The expectations she holds for herself and the staff she supervises are to be impartial, fair, objective, non-judgmental, unbiased, supportive, caring, willing to learn and most paramount to improving the lives of others.” ~ Linda Hay, Program Director, NeuroRestorative Maine

Do you have a story idea that you want to share? Tell us about it. Email us at neurorestorativenews@thementornetwork.com. We want to hear from you!

Connect With Us!

NeuroRestorative is a leading provider of post-acute rehabilitation services for people of all ages with brain and spinal cord injuries and other neurological challenges. In a variety of locations and settings, we offer a continuum of care and rehabilitation options, including specialized services for children, adolescents, and active duty service members and Veterans.

NeuroRestorative is a partner of The MENTOR Network, a national network of local providers offering an array of quality, community-based services to adults and children with intellectual and developmental disabilities, brain and spinal cord injuries and other catastrophic injuries and illnesses, and to youth with emotional, behavioral and medically complex challenges as well as their families.