

FALL 2022

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resources for your
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Melanie Thompson, OTR/L, ATP, Uses Passion to Help Kids Learn Skills Through Play Therapy

Melanie Thompson, Occupational Therapist at our Pediatric Home & Community Program in Arizona, was born with a passion for helping others. Melanie joined Therapy Solutions, now a part of the NeuroRestorative family, many years ago. Over the years, she realized the positive advancement children made from the connection between play therapy and motor and cognitive development. Through assistive technology (AT), Melanie can work closely with children and her team members to individualize play therapy sessions that are unique to each individual, ultimately making the process more enjoyable for the child, team member and family.



Melanie assists individuals and their families with the availability of power mobility devices. Some families cannot afford a power wheelchair or insurances companies will not cover, so Melanie created a training program to provide children (including those with limited head control) the skills needed using a trial power wheelchair and alternative access devices - because every child deserves the experience to play.

Melanie's success and passion led her to start two nonprofit organizations: Believe Beyond Ability and Gye Di. Believe Beyond Ability focuses on making communities provide more assistive technology for children. Gye Di's mission is to provide a safe and inviting environment without limitations for children, regardless of their challenges. For example, offering inclusive recreation centers for children with complex needs.

We are proud to announce that Melanie has been awarded the 2022 NBCOT OTR Impact Award. This award was given to Melanie for her actions that support NBCOT's mission of "serving the public interest by advancing client care and professional practice." She is one of four recipients to receive this award.

Thank you, Melanie, for your dedication to children and their family members. Congratulations on this impressive and much-deserved award. You can learn more by visiting <https://otcertificationmatters.com>.

Message from the President

Friends and Colleagues,

At NeuroRestorative, we are continually honored to be a part of an individual's journey to recovery. We are proud to provide leading care to people of all ages with complex medical, brain, and spinal cord injuries, and to children and adults with neurodevelopmental and neurological challenges. Our specialized health and rehabilitation programs provide a growing array of services representing a full continuum of services in over 26 states, supporting more than 4,000 people daily.

We recently welcomed students back to school at our NeuroRestorative Academy for the 2023 school year. Our teachers, therapists, and direct care professionals are excited to be back in the classroom, teaching our students the skills they need to live successfully. On the back page of this newsletter, you can watch a short film on our Academy and recent graduate, Mac Austin. I am happy to announce that we will be continuing to expand our Academies in the Erie and Fairview, PA, communities.



As we approach Veterans Day on November 11, I'd like to take a moment to acknowledge our team members, the individuals we support, and people across the U.S. for their service. In this newsletter edition, we have highlighted our Veteran Supports and Services, including success stories of Veterans at our various programs. Our specialized rehabilitation programs are designed to meet the unique needs of Veterans and Military Service Members recovering from a traumatic brain injury, spinal cord injury, as well as other complex injuries and illnesses. In addition, I am honored to announce that NeuroRestorative employs 824 Veterans.

We also highlight our Spinal Cord Injury (SCI) Supports and Services and SCI outcomes. In addition, you will read highlights on our Neuro Institute, NeuroRestorative Heroes, and team member, Melanie Thompson, OTR/L, ATP, 2022 NBCOT Impact Award Winner. I hope you enjoy reading the remarkable stories of our team members and the individuals we serve.

Regards
Bill Duffy
President, NeuroRestorative

A handwritten signature in black ink that reads "Bill Duffy". The script is fluid and cursive.



Hello Friends and Colleagues,

This month, our NeuroRestorative Medical Directors from across the country met to hear updates about our growing supports and services. It was terrific to get to see our medical leaders from across the country participate in this learning event.

I am always amazed to hear of the many stories of people we serve at NeuroRestorative. In this quarter's newsletter, you will read about the journeys of the Veterans we serve, and those who have experienced a Spinal Cord Injury. Here, we believe recovery is a process, and we have the right support staff to get an individual to reach their fullest potential and back to an independent life. Please stay in touch with us by visiting neurorestorative.com or giving us a call at 800-743-6802. We not only value your feedback, but we are counting on it!

Sincerely
Mel Glenn, MD
National Medical Director

Specialized Rehabilitation Services for Veterans

Our specialized rehabilitation services and supports are designed to meet the unique needs of Veterans recovering from traumatic brain and spinal cord injury as well as other complex injuries and illnesses. In 26 states serving more than 4,000 people daily, our specialized teams of rehabilitation experts develop customized treatment plans that include an array of supports and services, including:

- Neurorehabilitation
- Neurobehavioral
- Transitional and Supported Living
- Substance Use Treatment
- Physical Therapy
- Occupational Therapy
- Speech-Language Therapy
- Nursing
- Subacute Medical care
- Career Development
- Counseling & Social Work
- PTSD Support
- Family Therapy
- Life Skills Training
- Health & Wellness
- Recreational Therapy
- Behavioral Analysis
- Neuropsychology



In addition, Veterans with brain injuries and other neurological challenges often struggle with depression and anxiety. Our programs, offered by the Veterans Healthcare Administration since 2010, provide specialized community-based programs that treat the whole person in order to achieve each individual's goals for increased independence, safety, community participation, and enhanced quality of life. People who participate in our programs on average show:

- Significant decrease in severe and moderate depression and anxiety
- Increased functional independence & reduction in disability
- Lower inpatient readmission rates
- More active community engagement



Danny, Army Veteran, Excited to Get Home Following His Therapy Success

Danny Smalley moved a lot growing up with his dad. He remembers being by his side, helping him with various work projects. Danny always looked up to his dad. When he turned 18, he followed in his father and brother's footsteps, enlisting in the United States Army. After four years, Danny resided in Texas and began a career as a contractor, again following a similar career path of his father's. Danny was a man of many trades, working on several different kinds of building projects, including siding, roofing, window installation, and more. He lived a happy, active, simple life – just as he preferred it.

In 2021, Danny contracted COVID-19, which landed him in the hospital for several months. His underlying health conditions caused his body to become weak. Unable to walk on his own and perform daily tasks, he was referred to our NeuroRestorative Tyler, TX, program. Danny participates in our residential program, working with physical and occupational therapists daily.



Danny & Erica Chase, SLP

"Danny has diligently learned how to orient himself, which has decreased his confusion and allowed him to focus on his lower body strength. He graduated to a cane recently and we often find him giving his seat up for other individuals or trekking back from his room with snacks for everyone. It's our honor to care for such a vital and strong veteran such as Danny Smalley." - Danny's Therapists.

Danny has always remained positive and is a bright light for those around him, always wearing a smile. He is very determined and has made it known that he will never give up. "You just need to keep going. Keep pushing. I am not a quitter, and I wasn't going to become one. I knew I was going to go home," said Danny.

NeuroRestorative's Spinal Cord Injury Supports and Services

At NeuroRestorative, we believe that recovery from a spinal cord injury is a process, and we have developed an effective and flexible continuum of rehabilitation programs and support services that helps guide individuals through their personalized health journey. Our continuum of care ensures ongoing focus on the individuals' well-being and persistent advancement toward the goal of community integration and a return to day-to-day living.

Programs, Supports & Services:

- Subacute rehabilitation
- Long-term rehabilitation
- Transitional living
- Day treatment
- Vocational rehabilitation
- Mobility skills
- Respiratory care
- Communication & socialization skills
- Self care & daily living activities
- Counseling, family support & education
- Pain management
- Physical therapy
- Occupational therapy
- Speech therapy
- Psychological therapy

Our Rehabilitation Team:

- Medical Director
- Nurse
- Physical Therapist
- Occupational Therapist
- Speech Therapist
- Neuropsychologist
- Counselor
- Case Manager
- Behavior Analyst
- Rehabilitation Specialist
- Life Skills Trainer
- Vocational Rehabilitation Counselor
- Education Specialist
- Recreation Specialist
- Respiratory Therapist

Proven Track Record of Delivering Successful Outcomes

Demographic Information: Individuals with Spinal Cord Injury

The charts below indicate the demographics, diagnosis and chronicity of injury for those currently being served in the spinal cord programs (N = 72). Of those served, 42% of those with spinal cord injury also demonstrated neurobehavioral impairment. Behavioral impairment negatively impacts outcomes. Of those in residential services, 41% are able to return home when transitioning to the outpatient programs; 7% of those in residential services had to return to the hospital for acute medical management.

Demographics	SCI Persons Served
Sample Size	N = 112
Length of Stay (Average)	304 Days
Average Age	46.6 years
Male/Female	71% / 29%
Chronicity	SCI Persons Served
Injury Length (0-12 months) [ALOS = 189 days]	51%
Injury Length (12-24 months) [ALOS = 121 days]	8%
Injury Length (24-48 months) [ALOS = 149 days]	4%
Injury Length (48+ months) [ALOS = 413 days]	13%
Injury Length (unknown duration recorded) [ALOS = 879 days]	24%

Chronicity Impact:

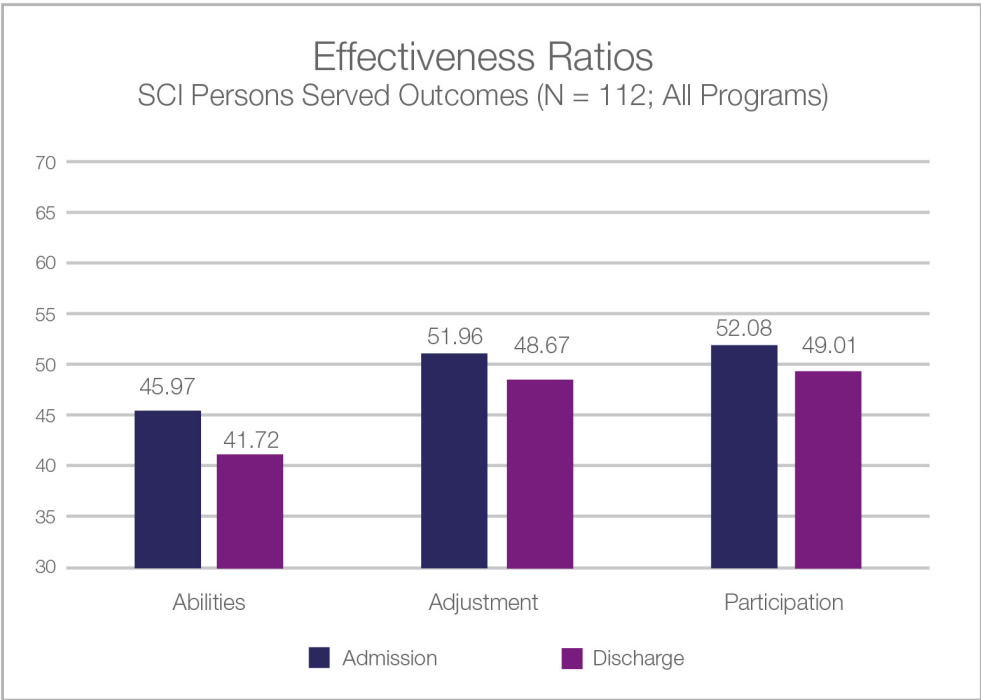
Outcomes are significantly influenced by chronicity (Lewis, Horn & Russell, 2017). As such, when persons are able to access neurological rehabilitation care sooner, the individual has the highest chance of achieving successful outcome to live in the community and resume a productive lifestyle. Lengthier time since injury slows the process of improvement and emphasizes greater use of compensatory strategy development with continuous skills reinforcement.

Residential vs. Non-Residential Care:

In addition, residential services help to progress a person from needing 24-hour care to no longer needing constant supervision. At the non-residential level, continued behavioral adjustment is noted. The application of skills is the focus of non-residential care.

Efficacy of Treatment

The results demonstrate a significant and meaningful change from admission to discharge with post-hospital care. This level of change is sufficient to produce reduced disability leading to successful community discharge.



Abilities = 0.36
(Medium Effect)

Adjustment = 0.24
(Small Effect)

Instrumental ADLs = 0.33
(Medium Effect)
95% confidence interval

MPAI Index Averages	Admission Scores	Discharge Scores	Mean Difference (-)
Ability	45.97	41.72	4.26 *
Adjustment	51.96	48.67	3.29 *
Participation	52.08	49.01	3.07*

Do you know someone who may benefit from our spinal cord injury supports and services?
Please give us at 800-743-6802.

We’re hiring! Join our mission.

We’re made up of caring team members dedicated to helping the people we serve grow and live well.



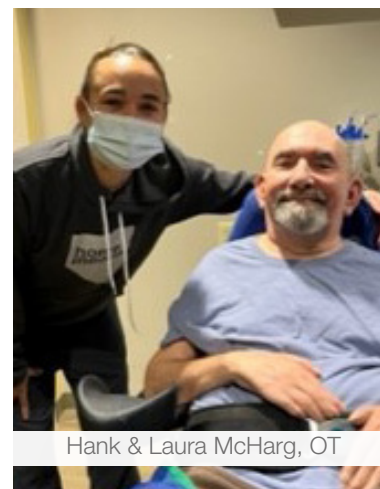
Scan the QR code to search for
job opportunities near you!



Hank, Retired Navy Seal, Radiates Positivity on Those Around him

Hank Martinez grew up in Los Angeles, CA, and later moved to San Diego at the age of 12. Hank joined the United States Army after completing high school and became a Navy Seal at 22. Following six years of service, Hank moved to Oregon and began a career as a contractor, building houses started a family, raising four boys.

Six years ago, Hank broke his neck while he was having a stroke. In 2021, Hank was referred to our Neurorehabilitation residential program and continues to work with our specialized therapists on gaining movement, speech, and daily life skills. Hank is paralyzed from the neck down but has made significant progress during his time at NeuroRestorative's Reno, NV, program. "Hank has always been such a pleasure for our team and our team members look forward to working with him every day. His sense of humor and wonderful conversation is one in a million. We are so very lucky to be able to provide support and services for him," said Nicole Wengren, LSW, Case Manager/Social Services.



"I love it here. All of the therapists are really good. They take good care of me. I accept where my life is right now. I enjoy what I have and am comfortable with who I am." - Hank Martinez

The Expert Corner: Spinal Cord Injury & Chronic Complications

Dr. Ann Vasile, Medical Director of Encompass Health Acute Inpatient Rehabilitation of Tustin & Paradigm Medical Director, Medical Consultant for NeuroRestorative



Dr Vasile is currently Medical Director of Encompass Health Acute Inpatient Rehabilitation of Tustin. She is also a Paradigm Medical Director and manages catastrophic Spinal Cord Injury cases across the country to maximize outcomes. Dr. Vasile is actively involved in neurorehabilitation, spinal cord rehabilitation, and rehabilitation medicine. She has received multiple honors, including US News and World Report Top Doctors, The Best Doctors in America, Super Doctors, Rehab Nurses Society Doctor of the Year, and the University of California, Physical Medicine and Rehabilitation Attending of the Year.

Spinal Cord Injury & Chronic Complications

A spinal cord injury can result in motor paralysis or weakness and absent or impaired sensation to regions below level of injury. For cervical injuries this includes upper extremities, trunk and lower extremities; for thoracic and lumbar injuries this includes a portion of trunk and lower extremities. This will then present with a specific functional ability and disability. However, depending on the level of injury and the neurologic supply many other body systems are also affected by spinal cord injury with subsequent acute and chronic complications. The following will be a discussion of some of the co-morbidities and complications:

- Respiratory
- Cardiovascular/Metabolic
- Thermoregulation
- Pain
- Spasticity
- Skin
- Bladder
- Bowel
- Sexuality/Fertility



NEURO INSTITUTE

Continuing Education for Rehabilitation Professionals

Neuro Institute offers monthly, one hour online CEU opportunities spanning a variety of topics related to rehabilitation services for individuals with brain, spinal cord and medically complex injuries and other challenges. Below is upcoming event. **Past presentations are available to view for credit by visiting: neurorestorative.com/institute.** CE credit for Case Managers (CCMC), Social Workers (NASW), and Florida RN which provides National Nursing Continuing Education Courses Certification in every state with the exceptions of New Hampshire, Ohio, and Georgia. All other attendees will receive a general certificate of attendance.

FRIDAY, NOVEMBER 18, 2022, 12-1 PM (EST)



Topic: Ethics in Clinical Practice

Speaker: Frank Lewis, Ph.D., CCBT, CBIST, National Director of Clinical Outcome Services, NeuroRestorative
Learning Objectives

- Participants will be able to identify at least 5 factors that contribute to unethical behavior
- Participants will be able to identify the purpose of Stanley Milgram's landmark study on ethics
- Participants will be able to identify the study that leads to the Belmont Report on ethical guidelines for the protection of patients
- Participants will be able to identify one positive result of the Willowbrook study on medical practice
- Participants will be able to identify three steps in the process to resolve ethical conflicts in clinical practice

To register or learn more, visit neurorestorative.com/institute.

NeuroRestorative Heroes

NeuroRestorative Heroes celebrates team members whose actions make them a hero to those we serve or their colleagues. This quarter, we celebrate six outstanding employees for their dedication to the individuals we serve.

FY22 Q4 Heroes



Eric Baldonado

Certified Nursing Assistant
NeuroRestorative Colorado



Lindsey Grise

Applied Behavioral Analyst, Business Office Lead
NeuroRestorative North Dakota



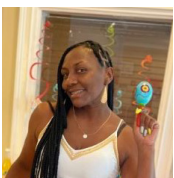
Hope Christensen

Assistant Director of Nursing
NeuroRestorative Utah



Tosha Martin

Human Resources, Operations Manager
NeuroRestorative Texas



Angela Garcia

Program Manager
NeuroRestorative Georgia



Michel Peoples

Life Skills Trainer
NeuroRestorative Michigan



Danielle Gonzalez

Program Manager & Office Coordinator
NeuroRestorative Arizona



Joshua Pollard

Transport Driver
NeuroRestorative Maine

Do you know a NeuroRestorative employee whose actions make them a hero to those they serve or to their fellow colleagues? **Nominate a Hero today! Scan the QR code to submit your nomination(s).**



Making His Mark: How NeuroRestorative Academy Helped Mac be his True Self and Become More Independent

At NeuroRestorative, we are honored to be able to support children who struggle to succeed in other settings receive the tools they need to become independent and live a happy life. “As a mom, the hardest thing is worrying,” said Krista. Her child Mac was struggling and needed help. They turned to our academy program, where he received personalized supports from our clinicians and educators. Today, he’s a high-school graduate looking forward to the future.

Watch his journey by scanning the QR code!



About NeuroRestorative Academy: Residential and Day Programs

NeuroRestorative Academies provide dynamic learning opportunities in a supported, fun, and innovative environment in state-of-the-art school buildings. We have a low teacher-to-student ratio, ensuring personalized attention on each student. The schools are approved/registered or certified by states as a non-public residential facility. Our personalized supports and services are designed to promote academic and rehabilitative success, including:

- Academic Testing and Support
- Medical Management
- Social Integration
- Physical Rehabilitation
- Cognitive Rehabilitation
- Family Therapy
- Emotional and Behavioral Supports
- Transitional Living
- Wellness



Contact us: 800-743-6802 | neurorestorative.com

