

ABIN-PA MATTERS



INGLIS 2010 AWARDS CEREMONY—Front Row: Anna Marie Childress, Shaie Dively, Meta Keating. Back Row: Pat Strenk, Barb Dively, John Dively, Bob Drucker. Barry Childress also attended. Thanks to Jorja Mathers for the wonderful picture. The program included service dogs, a service pony, wheelchair rugby, and dancing with a seated and standing partner. Amazing!

BOARD FUNDRAISING TRAINING—Linda Collins provided training and Boston Style Catering supplied wonderful food. We learned a lot and a good time was had by all.

ABIN-PA MISSION

ABIN-PA is dedicated to increasing public awareness about acquired brain injury and to providing support, education, information, advocacy and other services for individuals with acquired brain injury and their families.

ADVERTISING RATES

SIZE	ANNUAL	TO YEAR END
Business Card	\$250	\$25 per month
Quarter page	\$350	\$35 (portrait)
Half page	\$500	\$50 (landscape)
Full page	\$1,000	\$100 per month

PA LEGISLATIVE BRAIN INJURY CAUCUS COMMITTEE SUPPORTS THE SPORTS CONCUSSION BILL—HB2060

Michael J. Miller, Chair

The Caucus Committee hopes that everyone will ask their representative and senator to protect student athletes who have had a concussion or brain injury.

According to the petition on Representative Briggs website, he has introduced House Bill 2060 to improve the management of concussions in youth sports and increase awareness regarding their seriousness. Rep. Briggs' bill would require that a player with a concussion or brain injury cannot return to play unless cleared by a licensed health care provider. This crucial step will protect our children from the debilitating injuries that can happen when they return to play too quickly.

According to the Centers for Disease Control, 3.8 million sports and recreation-related concussions occur nationally each year. Pennsylvania may have 156,000 sports concussions per year. While 15 percent of high school football players reported having concussion symptoms, only 47 percent of them reported their symptoms to an official.

House Bill 2060 requires a student's parent or guardian to sign a concussion and head injury information sheet every year prior to the student's participating in practice or competition. Representative Briggs believes that parents should be properly informed about the seriousness of concussions because increased awareness is the best way to prevent serious injury and make sure that injured athletes speak up.

Google "Briggs Sports Concussion" for info.

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**cell phone collection
Contact info@abin-pa.org**

**Mylan Classic—Canonsburg
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www.mylanclassic.com**

RESOURCES

(PDO = "PA Department of")

Brain Injury Help Line—PDO Health
1-866-412-4755

Brain Injury InfoLine—ABIN-PA
1-800-516-8052

Brain Injury Resource Line—BIAPA
1-866-635-7097

Brain STEPS—school children—BIAPA
1-724-944-6542

Client Assistance Program for
OVR & CIL Complaints
1-888-745-2357

Consumer Protection—PA Atty. General
1-800-441-2555

Crime Victim's Benefits
Office of the Victim Advocate
1-800-563-6399

www.pbpp.state.pa.us

Victims Compensation Assistance
1-800-233-2339

Disability Rights Network
1-800-692-7443

Domestic Violence Hotline—Nat'l
1-800-799-7233

Head Injury Program—PDO Health
1-717-772-2762

Health Law Project—Public benefits
1-800-274-3258

Managed Care—Health Insurance
1-888-466-2787 PDO Health

1-877-881-6388 PDO Insurance

Resources for Daily Living—Inglis
www.easiresources.org

Self-Determination Housing Project
1-877-550-7347

Special Ed Consult Line—PDO Educ.
1-800-879-2301

National Volunteer Programs
www.nationalservice.gov

Voting Issues—PDO State
1-877-868-3772

Waiver Help Line—PDO Public Welfare
1-800-757-5042

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Steve poses here with his Ride-Away
Mobility Consultant, Dave Qualey, of the
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THANK YOU TO OUR CONTRIBUTORS

FEBRUARY Carol Silverman

MARCH Bob Drucker, Julie Flockerzi, Kay & Gordon Rowe, Denise Westerfer,

APRIL John & Barb Dively, Bob Drucker, Steph Knarr
In Honor of Zach Fuller: *For being such an inspiration from Debbie Baublitz,*
In Honor of Tommy Hartzfeld: *Happy Birthday from Susan Hartzfeld*

MAY Kay & Gordon Rowe, Bob Drucker
In Memory of Laurie Nolan *from* Denis Albert, Margaret Anderson, Kathleen Beavers, Linda Brooks, Sei Drake, Heinz Haefner, Diane Kistler, Dr. & Mrs. Robert Leiss, Glen Leslie, Stacey Nunn, Charles Oberholtzer, Isabell Petzelt, Elke Speliopoulos, Jason Steiner, and Lisa Strizzi.

JUNE
In Memory of Laurie Nolan *from* Peggy Frankenfield, Gerald Rigney, Rose Mary Saylor, and Marie Trgovac.

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**HELPFUL TOOLS = ASSISTIVE TECHNOLOGY
From Clients of Main Line Rehabilitation**

Brain Injury affects us all. Whether it is a loved one, a neighbor, or you—finding the way back to a stable and joyful life after an injury can be a challenging journey. At Main Line Rehabilitation, we recently surveyed our clients to find out what tools and strategies they use to help them in their daily lives. Here are the tips and strategies they would like to share.

Write things on the calendar to help you remember appointments and important things. –
Robert

An online calendar and a tape recorder that you can connect to the computer are two great tools for remembering information and appointments. Cell phones also have calendars to use. – *Linda*

Use a pillow on your lap to hold the computer keyboard or books, so you don't have to strain a lot. – *Linda*

A calculator is helpful every time you go shopping to keep track of what you spend. – *Linda*

The most practical tool I use is my calendar where I track my symptoms, the medications I've taken, how busy the day was, etc. to show the doctor. – *Catherine*

Use the calendar to track appointments and other important information. It kind of keeps your life in a book. – *Catherine*

Get a journal and express yourself in it. – *Catherine*

Use a planner. – *Anna Marie*

Place a whiteboard in the kitchen with list of things to do for the day or week. Erase as you achieve/complete each task. – *Anna Marie*

A wall calendar and recorder.– *Eric*

I use my calendar on my cell phone to remind me what day it is and other things. – *Tyrell*

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SERVING CHILDREN APPROPRIATELY AFTER BRAIN INJURY

By Darlene Preston

I am the mother of a 12 year old child who contracted Encephalitis at age 7. I also have an older daughter who had Leukemia when she was 19 months old. I tell people all the time that if their child has cancer or other major medical problem, go to CHOP, it's the best. But if your child has brain injury or psychiatric problems, may God help you because there is nothing in the state of Pennsylvania and the "services" will put the entire family through hell.

The schools and residential programs here do not understand the difference between *defiant behavior* and *neuro-psychiatric deficits*. They try behavior-modification to force the student to accommodate to the rigid environment instead of accommodating the altered neurological state of the student. The psychiatric hospitals use multiple drugs to try to reduce agitation and use drug-induced sleep to counter unsafe behaviors such as self-mutilation and destruction of property. Many times the medications cause the patient to become more confused and erratic in their behavior.

My daughter was given at various times: Valproic Acid, Abilify, Geodon, Seroquel, Risperadal, Zoloft, Strattera, Buspar and Trazodone. She carried the labels: Mood Disorder, Rule/ out Bi-polar Disorder, O.D.D., A.D.D., possible R.A.D., Impulse Control Disorder, Conduct Disorder traits, and Learning Disorder.

Now that my daughter is receiving appropriate care IN AN OUT OF STATE TREATMENT FACILITY 8 HOURS FROM HOME, her diagnosis reads : Cognitive Disorder due to Brain Injury resulting in incontinence, explosive outbursts, affective liability and learning delays. She takes NO ROUTINE MEDICATIONS and has had NO PSYCHIATRIC HOSPITALIZATIONS SINCE LEAVING THE STATE OF PENNSYLVANIA.

In New Hampshire, where my daughter now resides, the barbaric practice of using injections on agitated patients (a trauma my daughter endured in Pennsylvania) is ILLEGAL. My daughter was refused admission to all but one treatment program in Pennsylvania due to aggression and elopement behaviors. In her current placement, such behaviors are regarded as common neuro-psychiatric behaviors and individual behavior plans are developed BY ACTUALLY LOOKING AT WHAT TRIGGERS THE BEHAVIOR and how the environment can be changed to decrease the triggers, as well as teaching the staff AND CLIENT how to try to re-direct the impulses.

Behavior Modification is used with specific accommodation to brain-injury: very frequent reinforcement, client-chosen rewards, opportunity for quick re-earning of reinforcement after negative behavior and FREQUENT GATHERING OF DATA TO ASSESS THE EFFECTIVENESS OF THE PROGRAM. (After my daughter spent 12 months in a residential program in PA, it took 18 MONTHS FOR THE FACILITY TO MAIL OUT A DISCHARGE EVALUATION FOR FEEDBACK.

At a Pennsylvania psychiatric facility, I was asked to sign in my then 8 year-old child, and leave without being permitted to see the treatment area or living accommodations. At another day program I was contacted by a supervisor to..... **Continued on page 7.**

Serving Children Appropriately (Continued from Page 6)

By Darlene Preston

.....come get my child because she had fled the program and was wandering near a highway! Still another program refused to let family members have any direct contact with the psychiatrist, allowing us only to relay our concerns through a nurse, who would leave messages with the doctor.

Pennsylvania needs to take a good hard look at their Behavioral Health Services. These "services" are frequently doing more harm than good, and almost never effectively rehabilitating the children whom they serve. Is it any wonder that my daughter was suicidal at times during her "treatment."

My daughter is still brain-injured and still struggles but since LEAVING PENNSYLVANIA, she skis in Special Olympics, wants to finish school, is free of psychotropic drugs and is starting to find some joy in her life!

NOTE: If your child with a brain injury has received Behavioral Health services, you can help Pennsylvania create a better system. Send your comments to info@abin-pa.org.

ADAPTIVE SPORTS

There is a new resource for people interested in adaptive sports. For information contact:

PA Center for Adapted Sports
#4 Boathouse Row, Kelly Drive,
Philadelphia, PA 19130
Phone: 215.765.5118
Fax: 215-765-4504
pacenter@aol.com
www.centeronline.com

\Equipment available:

Mono-skis, bi-skis (adult and child), outriggers, handcycles, rowboats, tandem bikes.

Programs offered:

Adaptive snow-skiing (Camelback Mountain, Poconos, PA), rowing, hand-cycling, sled hockey, rock climbing, kayaking, swimming, tandem biking (blind), inline skating.

FREE ADMISSION: PHILLY GALLERIES AND MUSEUMS

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www.icaphila.org, 215-898-7108
- The Galleries at Moore College of Art & Design www.moore.edu, 215-965-4000
- Fireman's Hall Museum 215-923-1438
www.firemanshallstore.com
- The National Museum of American Jewish History 215-923-0262
- The Polish American Cultural Center Museum 215-922-1700
www.polishamericancenter.org
- The National Liberty Museum (Sundays) 215-925-2800,

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IN MEMORY OF (Name): _____ (Family contact): _____

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Make check out to ABIN-PA and mail to: ABIN-PA, 2275 Glenview Drive, Lansdale PA 19446.

The official registration and financial information of the Acquired Brain Injury Network of Pennsylvania, Inc., may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

**ACQUIRED BRAIN INJURY NETWORK
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