

Providence Care

is the leading regional provider of compassionate, non-acute health care, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Providence Care will lead the way in compassion and discovery.

Speakers:

- ♦ Janine Maitland (MSc, Life-Span Developmental Psychology) is the Senior Research Associate for St. Joseph's Health System Research Network (SJHSRN).
- ♦ Audrey Devitt (BASc, Gerontology) has over 20 years of leadership experience. She is the Director of Outreach Services at St. Joseph's Health Centre in Guelph, Ontario. St. Joseph's Health Centre Outreach Services Department encompasses six Community Support Services including the Acquired Brain Injury Adult Day Program.
- ♦ Paula Rogers (BASc, Gerontology) is a Clinical Resource Family Worker in the ABI Program at St. Joseph's Health Centre in Guelph.

Contact information

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 Providence
Care

www.providencecare.ca

Providence Care

Regional Community
Brain Injury Services
(RCBIS)

June 11
After the Crash
and
Mindfulness-Based
Stress Reduction

For service providers working
with people with ABI

June 11, 2010
9:30 a.m. - 2:15 p.m.
Days Inn
Kingston, ON

After the Crash *and* Mindfulness- Based Stress Reduction

Friday, June 11, 2010
9:30 a.m. - 2:15 p.m.

Cost: \$50/person

Days Inn
33 Benson Street
Kingston, ON

613-546-3661

Take Highway 401 to Division Street exit. Turn right on Division Street and then left at the Shell station onto Benson Street. Days Inn is on the left.

Parking is free

Lunch provided

After the Crash

The brakes slam, tires squeal and Elliot Miller's life is changed forever. Once a successful, silver-tongued lawyer, Elliot's life dissolves around him as he must now navigate the world as a person with a brain injury. He discovers that the most devastating circumstances can also be riddled with unforeseen gifts and rewards. With dynamic physicality, grace and humour, the theatre group RUCKUS ENSEMBLE, tells the story of a man finding his new way in the world.

After the Crash - a play about brain injury was originally developed as part of a joint research project between Toronto Rehabilitation Institute and University of Toronto to communicate research knowledge about the brain injury experience to health care providers, managers and decision makers. *After the Crash* was developed based on stories and experiences told by members of the brain injury community. The play has toured hospitals and conferences in Ontario with great success, in part because of the commitment to both the accuracy of the material as well as its artistic integrity.

Performed by RUCKUS ENSEMBLE

www.ruckusensemble.com

Mindfulness-Based Stress Reduction' (MBSR)

MBSR is an intervention designed to help individuals develop a meditative mind and to be present to what is happening in the moment. Used in a number of populations (e.g., breast cancer, psoriasis, anxiety disorders), it has been shown to assist with pain management, increased self awareness, and decreased symptoms of anxiety and depression.

Survivors of acquired brain injury (ABIs) often experience difficulties with deliberation, organization, concentration, self-monitoring, and use of feedback. A few studies have demonstrated that MBSR holds significant promise for enhancing the quality of life for persons with ABI.

Survivors with mild to moderate brain injuries were recruited to take part in a pre-post assessment of a 10-week modified MBSR intervention. Evaluation was conducted on the effectiveness of the intervention by measuring memory, attention, self-esteem, anxiety, and depression. Results from those receiving the intervention were compared against a control group who completed the pre and post assessments only. This presentation will describe the key results as well as the challenges encountered in providing this type of intervention to ABI survivors.

Registration

Name: _____

Position: _____

Employer: _____

Phone: _____

Email: _____

Name receipt should be made out to

PLEASE REGISTER
BY JUNE 4, 2010

MAKE CHEQUE PAYABLE TO:
Regional Community Brain Injury
Services Conference

PLEASE SEPARATE
AND MAIL WITH CHEQUE TO
RCBIS OR CALL 613-547-6969

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