

## 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

Providence Care  
Regional Community Brain Injury Services  
401-303 Bagot St.,  
Lasalle Mews  
Kingston, ON  
K7K 5W7

Tel: 613-547-6969  
or  
1-800-871-8096



[www.providencecare.ca](http://www.providencecare.ca)

# Providence Care

Regional Community  
Brain Injury Services  
(RCBIS)

June 11  
After the Crash  
*and*  
Mindfulness-Based  
Stress Reduction

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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

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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](http://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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Kingston, ON K7K 5W7