

## Acquired Brain Injury and Substance Use Disorders

### Schedule:

Session	Date & Time	Presenter
Session 1: Introduction of Intersection of Brain Injury and Substance Use Disorders	Monday, April 26th 1:00 pm – 3:00 pm	Frank Sparadeo, Ph.D
Session 2: Recovery, Setbacks and Supports	Monday, May 3rd 1:00 pm – 3:00 pm	Frank Sparadeo, Ph.D
Session 3: Resource Facilitation and Interdisciplinary Collaborations	Monday, May 10th 1:00 pm – 3:00 pm	Helen Stewart, RN, CBIS & Lamar Polk, MPH, MSW, LICSW, CCM
Session 4: Screening: Substance Use Risk and Brain Injury Exposure	Monday, May 17th 1:00 pm – 3:00 pm	Gabriela Lawrence-Soto, Alexandra Heinz, LICSW, MPH
Session 5: Brain Injury Accommodations	Monday, May 24th 1:00 pm – 3:00 pm	Christopher Carter, PsyD, CBIST

**Cost:** Free Trainings

**Register:** [www.biama.org/acltraining.html](http://www.biama.org/acltraining.html)

**Venue:** Virtual remote program – via ZOOM

### Overarching Description of Trainings:

The Massachusetts Rehabilitation Commission has secured funding from the Administration for Community Living (ACL) Traumatic Brain Injury State Partnership Grant Program. This funding will support the “Bridges Between” project of building sustainable connections between the brain injury (BI) and substance use disorder (SUD) communities and providing training to both communities on working effectively with individuals diagnosed with brain injuries and SUD. The project will also increase workforce capacity through this statewide training. The work accomplished through this project will help strengthen and improve MRC’s ability to support and maintain a system of services and supports that maximizes the well-being and independence of people with brain injuries.

### Overarching Learning Objectives:

Upon completion of these trainings, participants will be able to:

- Describe what is an Acquired Brain Injury
- Identify accommodations that help individuals with ABI and SUD be successful
- Describe the risk factors for sustaining a brain injury due to unhealthy substance use
- Discuss risk factors for development and/or worsening unhealthy substance use following brain injury
- Identify the need for screening for brain injury and substance use
- Describe screening tools and techniques for acquired brain injury and substance use disorders
- Describe brain injury resources

## Session Descriptions:

<b>Session 1</b>	<p><b>Title: Introduction of Intersection of Brain Injury and Substance Use Disorders</b></p> <p><b>Presenter:</b> Frank Sparadeo, Ph.D (Presenter Bio on page 5)</p> <p><b>Description:</b> This session will review acquired brain injury and substance use disorder diagnosis. Risk factors for substance use following traumatic brain injury and opioid misuse along with the importance of the use of person-first language to support individuals in the recovery process. The intersection of brain injury and substance abuse along with risk factors and challenges associated with overdose, harm reduction and the recovery process.</p> <p><b>Objectives:</b> Upon completion of these trainings, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Recite the commonly misused substances.</li> <li>2. List risk factors for substance use following traumatic brain injury.</li> <li>3. Discuss opioid use and misuse.</li> <li>4. Describe the opioid crisis.</li> <li>5. Explain the underpinnings of chronic pain and pain management.</li> <li>6. Describe indications &amp; causes of an overdose.</li> <li>7. Explain the importance of teaching Harm Reduction to patients living with addiction.</li> </ol>
<b>Session 2</b>	<p><b>Title: Recovery, Setbacks and Supports</b></p> <p><b>Presenter:</b> Frank Sparadeo, Ph.D (Presenter Bio on page 5)</p> <p><b>Description:</b> In this session we will explore treatments for brain injury and substance use treatment as well as strategies for recovery. Setbacks as well as supports related to substance use recovery including assessment, family impact, relapse prevention and return to work implementation.</p> <p><b>Objectives:</b> Upon completion of these trainings, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Discuss traumatic brain injury treatment and substance use treatment.</li> <li>2. List the stages of recovery.</li> <li>3. Define the continuum of substance use.</li> <li>4. Discuss accommodations for symptoms of brain injury.</li> <li>5. Identify clinical criteria for Substance Use Disorders, including misuse/overuse of prescribed and OTC medications.</li> <li>6. Recommend approaches and procedures for assessing individuals with ABI and substance use.</li> <li>7. Recommend approaches and treatment models for the combined problem of ABI and substance use, including pain management.</li> </ol>
<b>Session 3</b>	<p><b>Title: Resource Facilitation and Interdisciplinary Collaborations</b></p> <p><b>Presenter(s):</b> Helen Stewart, RN, CBIS and Lamar Polk, MPH, MSW, LICSW, CCM(Presenter Bios on page 5&amp;6)</p> <p><b>Description:</b> This session will reintroduce the “Bridges Between” project of building sustainable connections between the brain injury (BI) and substance use disorder (SUD) communities and providing training to both communities on working effectively with individuals diagnosed with brain injuries and SUD. This session will also cover community resources for professionals and those dually diagnosed. The need for collaboration across all organizations serving this population as well as the need for continuing education on this subject.</p> <p><b>Objectives:</b> Upon completion of these trainings, participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe resources and the need for collaboration among brain injury and substance use providers statewide.</li> <li>2. Demonstrate collaboration between brain injury and substance use providers through case studies.</li> <li>3. Discuss resources for brain injury and substance use disorders statewide for individuals.</li> </ol>

<p><b>Session 4</b></p>	<p><b>Title: Screening: Substance Use Risk and Brain Injury Exposure</b></p> <p><b>Presenters:</b> Gabriela Lawrence-Soto and Alex Heinz, LICSW, MPH (Presenter Bios on page 6)</p> <p><b>Description:</b> In this session you will learn how to screen and intervene for brain injury and unhealthy substance use. Screening, Brief Intervention and Referral to Treatment (SBIRT) is a public health approach to identifying and reducing risk among individuals with a variety of health concerns. Though it originated as a modality intended to help address substance use, it has since grown to be utilized across numerous categories of health.</p> <p>SBIRT begins with screening - asking a series of validated questions regarding an individual's experiences, behaviors or symptoms in particular area of interest (like substance use, brain injury, mental health, etc.). This is followed by a short conversation, known as the Brief Intervention, to address the screening results. The Brief Intervention uses Motivational Interviewing (MI) skills to support the individual's healthy choices and encourage healthier ones, when appropriate. For those identified as having a brain injury, this step may involve a discussion of resources that could assist in successful engagement in services.</p> <p>Those needing specialized treatment (i.e., substance use and/or brain injury) are referred accordingly, using MI skills. SBIRT can be performed in a variety of settings by healthcare and human service workers in many roles. It is a brief and flexible practice than can improve health and social outcomes.</p> <p>This training will introduce participants to the basic components of the SBIRT approach, and their application within practice settings for people affected by brain injury and people who use substances.</p> <p><b>Objectives:</b> After participating in this training program, attendees will be able to:</p> <ol style="list-style-type: none"> <li>1. Recognize screening tools for brain injury.</li> <li>2. Recognize screening tools for unhealthy substance use.</li> <li>3. List conversation approaches to increase engagement with people with brain injury and unhealthy substance use.</li> <li>4. Recall referral resources for people with Brain Injury and unhealthy substance use.</li> </ol>
<p><b>Session 5</b></p>	<p><b>Title: Brain Injury Accommodations</b></p> <p><b>Presenter:</b> Christopher Carter, PsyD, CBIST (Presenter Bio on page 6)</p> <p><b>Description:</b> Having a history of substance use disorder places clients at high risk for an acquired brain injury. At the same time having a brain injury places individuals at risk for developing a substance use disorder. Unfortunately, individuals with both diagnoses often have a difficult time finding appropriate treatment. The cognitive and emotional effects of brain injury can be a barrier to traditional substance use programs. At the same time a substance use disorder will interfere with the brain's recovery and places the individual at high risk for further injury. With proper identification of the brain injury and its effects, traditional programs can be modified to be more accommodating to BI survivors so that they can learn to manage their substance use disorder effectively.</p> <p><b>Objectives:</b> After participating in this training program, attendees will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe an Acquired Brain Injury (ABI).</li> <li>2. Explain how substance use can contribute to the risk of ABI.</li> <li>3. Discuss how the consequences of an ABI might pose a risk for relapse in an individual with a Substance Use Disorder (SUD).</li> <li>4. Describe how the consequences of an ABI might interfere with an individual's ability to benefit from traditional SUD programs.</li> <li>5. List adaptations/accommodations to help individuals with ABI and SUD be successful.</li> </ol>

**Who Should Attend:** Case Managers, Certified Brain Injury Specialists, Certified Brain Injury Trainers, Family Counselors, Mental Health Clinicians, Neuropsychologists, Nurses, Occupational Therapists, Physical Therapists, Psychologists, Rehabilitation Counselors, Licensed Alcohol & Drug Counselors, Social Workers, and Program Directors/Managers of residential, day and other programs that serve persons with ABI.

**Continuing Education hours of credit: 2.0 hours, pending approval for each session.** This is a Beginning level of continuing education. It is the participant's responsibility to check with their individual state boards to verify Continuing Education Credit requirements for their state.

**Grievance Policy:** Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to Laura MacFeeley at [education@biama.org](mailto:education@biama.org) or 508-475-0032. Grievances will receive, to the best of our ability, corrective action in order to prevent further problems.

**Accommodations for the Differently Abled:** Individuals needing special accommodations please contact Laura MacFeeley at [education@biama.org](mailto:education@biama.org) or 508-475-0032. "Requests for ASL and CART services will be honored to the best of our ability, based on the availability of ASL/CART providers".

**There is no known commercial support nor conflict of interest for this program.**

**Applications have been submitted and are pending continuing education credit (2.0 CES) through Commonwealth Educational Seminars for the following professions:**

- **Psychologists:** Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for these programs and their content.
- **Social Workers:** Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Social Workers. Please visit CES CE CREDIT to see all states that are covered for Social Workers. CES maintains responsibility for this program and its content.
- **Nurses:** As an American Psychological Association (APA) approved provider, CES programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC approved programs except California and Iowa, however CES is also an approved Continuing Education provider by the California Board of Registered Nursing (Provider # CEP15567) which is also accepted by the Iowa Board of Nursing.
- **Licensed Mental Health Counselors (LMHC):** Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Professional Counselors/Licensed Mental Health Counselors. Please visit CES CE CREDIT to see all states that are covered for LPCs/LMHCs. CES maintains responsibility for this program and its content. For further information please contact Commonwealth Educational Seminars, 1 (800) 376-3345, [CommonwealthSeminars@gmail.com](mailto:CommonwealthSeminars@gmail.com)

Applications have been submitted and are pending for Commission for Case Manager Certification to provide continuing education credit to **Certified Case Managers (CCMs)**. 2.0 credits.

This program is pending approval for **Licensed Alcohol Drug Counselors (LADC)**, Massachusetts Department of Public Health. 2.0 credits.

For all questions regarding Continuing Education, please contact BIA-MA Education and Program Coordinator Laura MacFeeley at [education@biama.org](mailto:education@biama.org)

## APPENDIX A - PRESENTER BIOS

### SESSIONS 1 & 2 - Presenter: Frank Sparadeo, Ph.D

#### Francis R. Sparadeo, Ph.D., Clinical Neuropsychologist

Dr. Sparadeo is a graduate of the University of Rhode Island doctoral program in clinical psychology, with a focus on the neuropsychology of addiction. In 1982 he was appointed Clinical Assistant Professor of Psychiatry and Human Behavior at Brown University School of Medicine, and Director of Rehabilitation Psychology, working in the Department of Orthopaedics and Rehabilitation at Rhode Island Hospital. Dr. Sparadeo remained in that position developing an outpatient cognitive rehabilitation program for brain injury survivors and also a chronic pain management program. In 1989, he took a position as National Director of Brain Injury and Substance Abuse Rehabilitation for New Medico Healthcare Systems in Boston, Massachusetts. After implementing several innovative rehabilitation programs across the United States, he returned to clinical practice at Rhode Island Hospital in 1992 and appointed to the Trauma Service.

Dr. Sparadeo co-authored a \$3 million grant from the federal government studying the effectiveness of brief counseling interventions in patients being treated in the emergency department for injuries associated with substance abuse. He has served as President of the Brain Injury Association of Rhode Island, Chairman of the Governor's Permanent Advisory Commission on Traumatic Brain Injury, and as a consultant to the United States Substance Abuse and Mental Health Services Administration. Dr. Sparadeo most recently created a program to treat people with co-occurring chronic pain and opioid addiction.

Dr. Sparadeo is currently on the faculty of Salve Regina University where he teaches two courses: Substance Abuse Rehabilitation and Psychopharmacology for Counselors in the Graduate Program in Rehabilitation Counseling. He currently specializes in pain assessment and management, pre-surgical psychological screening, neuropsychological assessment, and post concussion rehabilitation. He serves as Director of Research for Calmar Pain Relief, LLC. and his is the director of the Behavioral Health Program for members of the Laborer's International Union of North America in the Rhode Island area.

### SESSION 3 - Presenter(s): Helen Stewart, RN, CBIS and Lamar Polk, MPH, MSW, LICSW, CCM

#### Helen Reid Stewart, RN, CBIS

Helen Reid Stewart graduated from the University of Massachusetts in 1991 with a Bachelor of Science in Nursing. Helen maintains her status as a registered nurse in the Commonwealth of Massachusetts, and retired her ANA Certification as a Psychiatric and Mental Health Nurse. During Helen's distinguished nursing career, she worked at Berkshire Medical Center, Pittsfield, as a Medical Staff Nurse and Charge Nurse responsible for the primary care, assessment, case management, and medication management of psychiatric patients on a voluntary inpatient unit. She was the Co-facilitator of patient groups and family meetings, and was frequently commended for maintaining the safety, respect and dignity of all patients.

Later in her professional career, Helen was promoted to the Director on Inpatient Psychiatry where she demonstrated her ability to lead and motivate. She worked in a leadership position within the context of a Multidisciplinary Treatment Team that included Psychiatrists, Residents, Psychiatric RNs, Social Workers, Clinical Therapists, Recreation Therapists, and Psychiatric Aides, to provide excellence in inpatient psychiatric care. In her role, she also coordinated the review, revision and creation of Operational Policies within Inpatient Psychiatry, managed clinical oversight for both DPH and DMH licensed units, contributed substantially to successful department JCAHO accreditation, and ensured HIPPA compliance.

She was the recipient of the National Alliance on Mental Illness Berkshire County (NAMI-BC) Silver Ribbon Award for outstanding advocacy and commitment to the care of those whose lives are affected by mental illnesses.

Helen works currently with the Brain Injury Association of Massachusetts (BIA-MA) as Outreach Coordinator. She successfully completed certification as a brain injury specialist (CBIS) through the Academy of Brain Injury Specialists. She continues to facilitate family and survivor support groups, educates professionals and community members on the subject of Acquired Brain Injury, and provides resources and information to all who are affected by brain injury.

## **Lamar Polk, MPH, MSW, LICSW, CCM, C-ASWCM**

Lamar Polk is the Assistant Director for Priority Populations with the Massachusetts Department of Public Health (MDPH) Bureau of Substance Addiction Services (BSAS). BSAS is the Single State Authority (SSA) in substance use for the Commonwealth of Massachusetts. Mr. Polk oversees statewide efforts to better serve marginalized populations who use substances, including persons with brain injury and neurocognitive differences. Prior to his current role, Mr. Polk was a direct service provider for 10 years, working as an: outpatient mental health clinician; inpatient psychiatric social worker; inpatient medical social worker; community-based crisis clinician; and clinical care manager. Mr. Polk has also served as adjunct faculty in the Schools of Social Work at Boston College and Simmons University. Mr. Polk has his Master of Social Work (MSW) from Boston College and his Master of Public Health (MPH) from Dartmouth College. He's also a Certified Case Manager (CCM) through the Commission for Case Manager Certification and a Certified Advanced Social Work Case Manager (A-SWCM) through the National Association of Social Workers. In his spare time, Lamar enjoys traveling, going to concerts, and volunteering.

## **SESSION 4 - Presenter(s): Gabriela Lawrence-Soto and Alex Heinz, LICSW, MPH**

### **Gabriela Lawrence-Soto, BA**

Gabriela is the Learning and Development Coordinator for the Office of Learning and Development at the Massachusetts Rehabilitation Commission (MRC), the lead State agency for Traumatic Brain Injury services, who also helps individuals with disabilities to live and work independently. Ms. Lawrence-Soto has been part of the senior management team for brain injury services within the Community Based Services department of the Massachusetts Rehabilitation Commission since 2014. She was the former grant Project Manager for the agencies last two cycles of the ACL Traumatic Brain Injury State Partnership Program grants. Prior to her time with MRC, Ms. Lawrence-Soto has worked with various populations (e.g., at-risk, low-income, youth, disabilities, and older adults). She has case management experience supporting individuals living with a brain injury and other neurological disorders in Massachusetts. Gabriela also has experience with resource facilitation, staff development, training, program management and partnership building across human service systems. Ms. Lawrence-Soto is a certified Options Counselor for MA. She holds a Bachelor of Liberal Arts from Hamilton College and is currently pursuing a Master's degree in Program and Project Management from Brandeis University.

### **Alex Heinz, LICSW, MPH**

Alex Heinz is a trainer for the MASBIRT Training and Technical Assistance (TTA) Program at Boston Medical Center. In this role Alex works to develop and deliver dynamic trainings in SBIRT and Motivational Interviewing to assist organizations to implement these approaches in their practice with patients and clients. Since joining the team in 2017, Alex has provided training, technical assistance, and coaching to individuals and organizations across the state of Massachusetts. Her past experience includes several years of direct service provision in the non-profit sector with youth and adults in areas of intimate partner violence, sexual health, mental health, substance use, and infectious disease. Alex holds a Master's of Social Work and a Master's of Public Health from Boston University, and a Bachelor's of Arts from Boston College.

## **SESSION 5 - Presenter: Christopher Carter, Psy.D.**

### **Christopher Carter, Psy.D.**

After receiving his Psy.D. from the University of Denver, Dr. Carter has been a psychologist specializing in rehabilitation and brain injury since 1989. As the Director of Continuity for Brain Injury and Spinal Cord Services for the Spaulding Rehabilitation Network, he consults with care teams throughout the network and has been leading efforts to develop systematic system-wide evidence-based approaches to the assessment and care of individuals with brain injuries. As the primary psychologist for the Spaulding Rehabilitation Hospital's Brain Injury Program, he cares for patients and their families and coordinates clinical care addressing the emotional and behavioral disturbances that can follow a brain injury. At the outpatient clinic in Charlestown, Dr. Carter sees patients and their families living in the community following a brain injury. He has been a member of the Department of Psychiatry at Massachusetts General Hospital and the faculty at the Harvard Medical School since 2002. He is active in the HMS PM&R residency program, chairs the Spaulding GME Committee, and is a CBIS trainer. Dr. Carter has contributed chapters on traumatic brain injury to the MGH Comprehensive Clinical Psychiatry Manual and to The Handbook on the Neuropsychology of Traumatic Brain Injury. He has presented on a variety of topics related to brain injury and the field of Rehabilitation Psychology at a number of regional, national and international conferences.