

Winter 2023

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800-743-6802

Aubrey's Story: How Dry Needling Has Helped Her Get Back to a More Active Life

Aubrey, now 13, fractured her elbow during a skateboarding accident when she was 10. After being in a cast, she had surgery in May 2020 to help reconstruct the bone and clean out scar tissue that was forming at a rapid pace. Following her first surgery, she completed hospital-based therapy for six months, but was not having much success improving her mobility. After transferring to a different hospital, she was referred to our Pediatric Partners program in North Dakota.



What initially interested Aubrey's family with Pediatric Partners was aquatic therapy, which was an excellent way for Aubrey to restart her therapy routine after not having treatment for a few months. Unfortunately, due to scar tissue growth, she had to have a third surgery. Our team worked together to make sure Aubrey's recovery was smooth as possible. She was put on a machine to help move her arm day and night, which she would continue to use at home until she could wean off gradually. Due to her restrictive muscle use, tendons, and scar tissue, Meghan Johnson, Physical Therapist, also recommended trying dry needling in an attempt to help relax her muscles.

Functional dry needling is a treatment method used by physical therapists inserting a small needle (similar to those used for acupuncture) into the muscle to improve blood flow, decrease pain, and restore muscle function. Dry needling is an option for various neuromuscular conditions and injuries, and treatment is individualized based on the individual's pain, strength, and mobility concerns. Our Pediatric Partners team in North Dakota has skilled and knowledgeable pediatric physical therapists who have received training and certification from the Evidence in Motion Functional Dry Needling Course.

"Aubrey is afraid of needles, so we were unsure of how it was going to go initially, but the team was helpful throughout the process of walking Aubrey through what they were going to do and when," said Aubrey's mother, Jerilyn. "Dry needling has been relaxing for Aubrey. She can now do push-ups, which she hasn't been able to do in the last three years."

Aubrey currently sees her therapist twice a week. Her schedule each week includes one session of dry needling, followed by physical therapy in the clinic, and physical therapy at home. "Along with the measurable physical therapy-related gains we have seen, the most rewarding has been Aubrey's reports of increased happiness and function within her daily routine, such as getting ready, completing daily tasks, others not knowing she had an injury. She has also found a new love for golf that she can participate in with increased function and decreased pain," said Meghan.

Do you have a child who may benefit from dry needling? Our trained providers can talk with you to understand if your loved one may benefit from our dry needling therapy services. Call us today at 800-743-6802.

Message from the President

Friends and Colleagues,

Happy New Year! As we close out 2022, I continue to be extremely grateful for the dedication, enthusiasm, and knowledge our team members bring to the individuals we serve and their families every day. The storms we saw earlier this year across the country exemplify this dedication. People like JD Duplissey in Arkansas, who, while maintaining 300 acres and 15 buildings, worked around the clock to respond to burst pipes; and Craig McMillan in Austin, whose fast work at a water main ensured further damage would not be sustained. Despite storms causing damage to electrical systems and pipes and causing water damage in states around the country, our teams responded urgently to ensure those we serve could continue their course of rehabilitation without interruption.



Because of this work, we again reported positive gains in the outcomes of those we are fortunate to serve. I am excited about 2023 and the opportunities it will bring to continue carrying out our mission, and guiding and supporting those we serve along their health and rehabilitation journeys.

Across the country, we will continue to expand our service lines and geographic offerings to serve the needs of more people, including children and adolescents under the age of 21, who can benefit from our specialized behavior services. Recently, our pediatric home and community service line has expanded significantly, and we are proud to provide more and more families access to care.

In this quarter's newsletter edition, we have highlighted our behavioral supports and services for children who experience self-injury behaviors, including their success stories. We also take a look at a new physical therapy treatment modality, dry needling, which aims to treat muscle tissue, reduce pain, and restore function. Our people make our mission possible, and we are proud to celebrate our team members for all they do in the communities we serve. I wish our friends, colleagues, individuals, and families we serve the best as we enter into 2023.

Sincerely,

Bill Duffy, President

NeuroRestorative

A handwritten signature in black ink that reads "Bill Duffy".



Friends and Colleagues,

I hope you had a happy and healthy start to the new year. As we continue to grow at NeuroRestorative, our priorities remain the same – to focus on quality, positive outcomes, and removing barriers to access to care. I want to send a special thanks to our Medical Directors and team members who show up every day and provide continuous support for the individuals we serve and their family members. In this quarter's newsletter, you will read about the journeys of children in our programs and insight from our dedicated team members. I am excited to continue to be a part of the growth of NeuroRestorative and all we will accomplish as a team in 2023.

Sincerely,

Mel Glenn, MD

National Medical Director

NeuroRestorative

NeuroRestorative's Supports and Services for Individuals with Self-Injury Behaviors

Our youth programs, Academy, and vocational services empower individuals as they work to regain their independence and gain skills to advance through a continuum of care aimed at gaining safe independence in the least restrictive environment possible. We create an individualized treatment plan that meets their specific needs and goals. With our help, individuals can develop appropriate behaviors, increase learning skills and education, and gain independence. Did you know that 15% of those who suffer from self-injury behaviors are diagnosed with autism? Our dedicated team of professionals are here to help support individuals with a range of needs and diagnoses, including autism.



Our program supports and services work to:

- Build self-esteem
- Improve self-control
- Engage in age-appropriate social interactions
- Increase development of motor skills
- Develop cognitive & communication skills
- Learn to problem solve
- Enhance memory & attention
- Boost academic & organizational skills
- Increase safety awareness
- Improve activities of daily living
- Improve relationships

Our team has the experience and tools to help individuals thrive in their homes, school and community. We help to improve:

Learning Skills & Hobby Development

- Academic and vocational development
- School-to-work skill development
- IEP planning and management
- Individualized curriculum development and assessments
- Job preparedness training



Health & Wellness

- Dietary management
- Medication education, management and administration
- Self Care of mental, emotional and physical health
- Hobby exploration and development
- Periodic physician/psychiatric assessment and review
- Basic vital overview

Mood & Personality

- Change mood and affect
- Aggression therapy
- Acceptance and commitment therapy
- Counseling
- Provide sensory integration: Response to sounds, touch, light and textures
- Self-injury
- Depression



Family Relationships

- Video conference sessions with parent/guardian and student
- Parent skills training
- Transition to-home training
- Structured therapeutic home visits



Mobility

- Improve executive functioning
- Physical therapy
- Occupational therapy
- Cognitive therapy



Communication with Friends & Family

- Healthy relationship education
- Speech therapy
- Working on eye contact

Home Environment & Community

- Life skills training
- Transfer newly learned skills or information in new settings



NeuroRestorative Academy Supports Logan in his Journey to Independence

Logan came to our NeuroRestorative Clearwater Academy program in April 2022 from an inpatient neurobehavioral hospital. When Logan was seven, he started engaging in self-injury behaviors and aggression toward others. When he turned 10, it became very severe. Logan is nonverbal and has been diagnosed with autism with severe behavioral, social and cognitive challenges. Now 15, Logan has made tremendous progress, and his self-harm has dramatically decreased. “The program takes a holistic approach toward each individual’s health, safety, and well-being. Logan has retained his winning smile, charm, and personality,” said Logan’s father, Lennell.



Logan’s daily therapies include applied behavior analysis, occupational therapy, physical therapy, speech therapy, and life skills training. “Logan has made a very dramatic improvement since joining our Clearwater program. He is now attending school, goes off campus with his family when they visit, and sits with other students in the lunchroom. Our team has adjusted educational experiences and activities to ensure Logan’s learning is unique to him and helps to advance his skill levels,” said Gabriel Mazur, Ph.D., Clinical Director.

Logan’s family lives in New Jersey, and it was a difficult choice to enroll their child in an out-of-state program, but they are pleased with the decision. “I went to visit the program and saw the other students smiling and enjoying the environment. That meant a lot to me,” said Lennell. “I need to know I can trust you with my child and have honest communication. You get that here.” Lennell and the rest of his family visit Logan monthly and are very aware of and involved with his day-to-day.

Lennell is very passionate about helping families in similar situations and sharing his story and resources. We are very proud to provide Logan tools to become more independent and support his family throughout his journey.

Our Team Helps Caleb to Become More Comfortable in His Daily Activities

Caleb came to our NeuroRestorative Sarasota residential program in April 2022 and returned home in October 2022. When Caleb joined our program, he worked with our many team members, including occupational therapists, behavioral therapists, nurses, and direct support professionals. His individualized care plan included working with our team to increase his tolerance level in the community and with his family. Caleb is nonverbal and has challenges when it comes to expressing his needs. Our team used a PECS communication system, which entailed different pictures, icons, and everyday needs to help Caleb express his feelings, needs, appetite, mood, and more.



Caleb & his Father, Lee

Kelvin Virden, Life Skills Trainer, spent the most time with Caleb and was able to provide Caleb comfort and friendship. “Once Caleb trusted me, we could do more activities like go on walks and to the pool. I enjoyed working with Caleb. He was my buddy. He would wait for me to arrive for the day and would be excited to see me. I’m happy I was able to help him in a special way,” said Kelvin.

Alison Price, Behavioral Technician, worked daily with Caleb on his well-being. Alison assisted with providing Caleb the tools he needed for day-to-day activities, monitored his progress, and communicated any necessary adjustments to his care plan. “Caleb’s progress was a team effort. Over the course of working with Caleb, I noticed how tolerant he became in his routines. He was much calmer and more content with daily activities,” said Alison.

Caleb, now 21, lives with his father in Florida. As Caleb’s caregiver, they spend a lot of time together. Before Caleb went home, our team worked with Mr. Anderson to make sure the transition to home went as smoothly as possible.

Employee Highlight: Gabriel Mazur, Ph.D., Passionate About NeuroRestorative's Registered Behavioral Technician Program

Dr. Mazur received his undergrad degree in psychology from the University of Florida. After taking a course in an intro to Behavior Analysis, he knew within a few weeks that it would become his passion – applying the science of behavior to enact socially significant change. His initial appeal was the use of quantitative analysis to design effective treatments and help individuals on their rehabilitation journeys.

Dr. Mazur then went on to receive his Ph.D. from Arizona State, learning about treating severe maladaptive behaviors, smoking cessation, pharmacological effects of nicotine on impulsivity, substance abuse, chronic stress, and the perception of time, which he draws upon in his daily work today. After graduating, he went on to work in the neurobehavioral field and never looked back. Dr. Mazur joined NeuroRestorative in 2016 as a Program Director in Sarasota, FL, and currently serves as the Clinical Director for our NeuroRestorative Clearwater, FL, program. He is also a doctorate level Behavior Analyst and oversees the Advanced Behavior Services program that enables life skills trainers to become Registered Behavior Technicians (RBT).



“What motivates me most in my role as Clinical Director is seeing the functional improvements in individuals and being actively involved in the growth of our team members in the Advanced Behavior Services Program,” said Dr. Mazur. “NeuroRestorative has developed highly competent rehab teams across the country to help these children who need access to a certain level and setting of care.”

The Clearwater Pediatric Academy employs a therapy team that includes: certified teachers, behavior analysts, physical therapists, occupational therapists, speech-language pathologists, counselors, life skill trainers, and recreational therapists. Our focus is to maximize the independence of our individuals through promoting social and communication skills, and teaching individuals functional replacement behaviors to reduce challenging behaviors. We assist by creating an individual care plan and providing wrap-around therapy in the home, school, and community settings. Our students use a variety of methods to effectively communicate and we look to enhance these skills to help them find a positive way of showing their feelings and communicating their needs.

The RBT course is offered to our Life Skills Trainers as an educational opportunity. It is a 40-hour course of online ABA modules, followed by in-person competency training and testing with one of our Board Certified Behavioral Analysts. After completion, team members can register and take the national RBT exam to become fully certified. This is an excellent opportunity for our team members to advance their careers within NeuroRestorative.

We're hiring! Join our mission.

As a member of the Sevita family, we're made up of caring team members dedicated to helping the people we serve grow and live well. We're looking for dedicated and caring professionals to join our team. Apply now!



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



NeuroRestorative Academy Provides the Tools to Help Children with Self-Injury Behaviors

Our Academies provide a supportive academic environment in which students feel included, proud and comfortable with who they are, preparing them for who they will become. Here, we give individuals the tools to deal positively with trauma, aggression, mistrust, and depression in a supportive, fun, and innovative environment. Whether a child or adolescent presents with autism, emotional disorders, multiple disabilities, language impairments, or other health impairments, we can help.



Over half of the students at our NeuroRestorative Chicagoland Academy demonstrate persistent high frequency/high magnitude behaviors requiring trauma-informed, person-centered care environments. Our goal is to improve academic skills, behavior, and functioning to allow individuals to reintegrate into a home school district and with their families.

What makes our environment unique is how we engage children's interests in their treatment plans and help with stress, including music therapy, dog therapy, art therapy, volunteering, nature, vocational skill development, and so much more. In addition, our team members are available 24/7 to talk, provide resource support, and engage in counseling sessions. This increased availability helps us work with individuals on improving their safety plans accordingly. Our team includes: Registered Nurses, Special Education Teachers/Aids, Speech-Language Pathologists, Physical and Occupational Therapists, Cognitive Therapists, Behavioral Analysts and Technicians and Psychiatrists.

"Our trained staff have the experience and communication skills to know how to interact and help individuals in certain situations," said Camelia Botez, Program Director. "Once children trust us, you see a big difference in their characteristics. We aim to help the individuals and their families find a link between the past, present, and the future."

The Expert Corner: Neurobehavioral Disorders, Self-Injury, and Treatment Options

Dr. Pritesh Parbhoo, Psy.D., State Director, NeuroRestorative Florida



Neurobehavioral disorders are an umbrella term that references a group of diagnoses, often with varied underlying neurological and psychological causes, manifesting primarily as various levels of behavioral dysfunction. Behavioral deficits can include singular but more often mixed presentations of verbal aggression, physical aggression, sexual disinhibition, self-injurious behavior, impaired social pragmatics, etc. The frequency and intensity of such behaviors can also vary significantly from person to person based on underlying causal factors. Ultimately, these challenges are significant barriers to personal, social, educational, and vocational success for those affected.

Neurobehavioral disorders impose a severe strain on relationships. Self-injurious behaviors can be alarming and families and other caregivers can often feel helpless and hopeless in witnessing an individual engaging in such behaviors. Forms of self-injury and frequency of expression can vary greatly. Given the increased prevalence of this issue, the latest version of the Diagnostic and Statistical Manual of Mental Disorders – Version 5-TR, now includes codes for the classification of non-suicidal self-injury. There are both psychologically based explanations and neurological causes for self-injurious behaviors.

Therefore, conducting in-depth, individualized, and interdisciplinary assessments that delve into medical, psychological, social/support, and environmental risk factors/triggers remains imperative. In turn, this can help guide more effective person-centered and collaborative treatment interventions which often include a combination of psychotropic medications, psychotherapy/counseling, applied behavioral interventions, environmental/milieu modification, functional skills training/development, and caregiver/family education.

Dr. Parbhoo's academic and clinical training have been in the field of clinical and rehabilitation neuropsychology. He provides local and national CEU approved presentations, has served as an expert guest on media networks such as ESPN and "In View" by Larry King. Dr. Parbhoo serves as a Professional Advisory Board Member for Pink Concussions. He maintains his own outpatient private practice, BrainPsych Medical.



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 events. **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. Scan the QR code to register for upcoming events.



Friday, January 27, 12-1 pm EST

Topic: Traumatic Brain Injury, Risky Substance Use and Substance Use Disorders.

Speaker: John D. Corrigan, PhD, Professor, Department of Physical Medicine & Rehabilitation, Ohio State University

Friday, February 24, 12-1 pm

Topic: Evidence-based Practices for Co-occurring Brain Injury and Substance Use Disorders

Speaker: Carolyn Lemskey, Ph.D., Clinical Director, Community Head Injury Resource Services of Toronto

Friday, March 31, 12-1 pm EST

Topic: Autonomy and Limited Self-Awareness – Ethical Implications for Treatment Planning

Speaker: Stacy Henson, BSW, CCM, CBIS, Case Manager, NeuroRestorative

NeuroRestorative Heroes

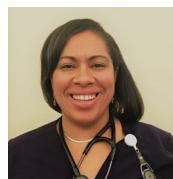
NeuroRestorative Heroes celebrates team members whose actions make them a hero to those we serve or their colleagues. This quarter, we celebrate six outstanding employees for their dedication to the individuals we serve. Do you know a NeuroRestorative employee whose actions make them a hero to those they serve or to their fellow colleagues? **Nominate a Hero today by visiting neurorestorative.com/heroes-nomination.**

FY23 Q1 Heroes



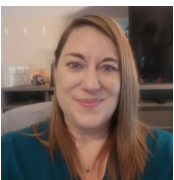
Lisa Alfaro

Direct Support Lead
NeuroRestorative Texas



Candace Langley

Registered Nurse (RN)
NeuroRestorative California



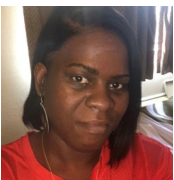
Marie Hiatt

Operations Management,
Program Service Director
NeuroRestorative Michigan



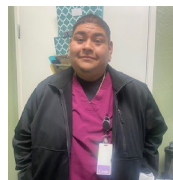
Christine LaNore

Rehabilitation Specialist
NeuroRestorative Michigan



Albrendea Hinkson

Direct Support Lead
NeuroRestorative Florida



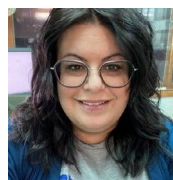
Tony Lopez

Certified Nursing Assistant (CNA)
NeuroRestorative California



Andrea Johnston

Operations Management,
Program Service Director
NeuroRestorative Arizona



Nicole Lunsetter

Administrative Assistant
NeuroRestorative Minnesota

January Was National Winter Sports Traumatic Brain Injury (TBI) Awareness Month



We want to remind you to be safe while enjoying winter sports this season. Did you know that roughly 1.6-3.8 million TBIs are seen in sports and recreation each year in the United States? Skiing and snowboarding have a high number of head and neck injuries every year. If you experience any of the following signs or symptoms after an injury, please seek immediate medical attention. If you have experienced a TBI and need rehabilitation support, please give us a call at 800-743-6802.

Below are a few tips, signs and symptoms to note from Mel Glenn, MD, National Medical Director.

Concussion Signs and Symptoms:

- Appearing to be dazed or stunned and answering slowly
- Not able to recall prior events/confusion
- Loss of consciousness

Post-Concussion Signs and Symptoms:

Headache, dizziness, difficulty concentrating, memory problems, bothered by light and/or noise, and fatigue.

Tips:

- Wear appropriate protective gear—especially a helmet
- Bring a cell phone and friend or family member
- Be informed about current weather conditions
- Hydrate throughout the day and stop when necessary
- Stay on marked trails

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



980 Washington St., Suite 306
Dedham, MA 02026

