



**December 5 2017, 11:00-1:00**  
**Cardinal Hill, Lexington KY**  
**Meeting Minutes**

In attendance: Julie Brock, Keisha Hudson, Pat Kitzman, Beth Hunter, Violet Sylvia, Brittany Short, Katy Sutton, Carol Weber, Mike Lewis, Sheila Levy, Jimmy Brown, Mandy Dennis, Jason Jones, Ryan Creech, Lindsey Mullis, Willis Deitz, Sasha Rabchevsky, Lumy Sawaki, Sara Salles, Michelle Graybeal, Doug DuBois, Aaron Wallace, Carolyn Wallace, Nick Wallace.

**1) 2017 Accomplishments**

Draft was emailed prior to meeting. A few edits have been incorporated and final version will be distributed and available on website

**2) 2018 will be our 10<sup>th</sup> anniversary**

**3) Member updates**

A) Kentucky Congress on Spinal Cord Injury (Jason, Sasha)

- ADA recommendations are going before the full city council
- This has been the biggest year of growth for KCSCI
- Looking at mentorship– early injury timeframe has been the focus, but want to expand that out. Dr. Salles does an Ask the Doctor program for new patients – would like to add a flyer with local resources/contacts.
- North American group has formed – Canada has a good infrastructure. Increased representation

B) Independence Place (Willis)

- Increased focus on peer support groups

C) Cardinal Hill clinical research (Lumy)

- Focus lately is to implement bio-engineering into rehabilitation research

D) AgrAbility (Beth, Mike)

- Mike has been heavily involved in networking this year.
- As Kentucky loses farmers (through economic pressures, age, lack of interest from younger generations, commercial land demands), AgrAbility is encouraging continuation of small farms and food production.

E) Army Wounded Warriors (Doug)

- Region realigning.
- Graduations indicate participants have achieved more independence

F) Voc Rehab (Carol)

- Voc Rehab and Office for the Blind may combine
- Making some progress on accessibility of buildings and parking

G) Project CARAT (Sheila, Jimmy)

- Partnerships for receiving, distributing equipment
- Lexington location to begin with assistive technology; January 15 grand opening. Hope to establish as a CARAT site.
- Pat will work with UK College of Health Sciences to promote as a service-learning experience, as the Hazard site is

H) PCORI (Pat)

- Grant finishes up at end of this month
- We will have our third monthly meeting of participants to continue work on projects
- Presented at Kentucky Rural Health Association meeting. Working on the second manuscript to submit by the end of the year.

**4) KARRN Conference (Pat)**

- Additional materials from speakers continue to be available on [www.karrn.org](http://www.karrn.org)
- Videos of the presentations (YouTube option for subtitles) – are now available. Direct link: <https://karrn.org/karrn-2017-conference-presentations/>  
Or on our website, [www.karrn.org](http://www.karrn.org)
  - Scroll down to lower left “Video Library” – follow the first link “KARRN Conference 2017 presentations”
  - Thanks to PVA grant for the equipment – the A/V quality is quite good. Thanks to Katy for recording and doing post-production!
- 3-month post-conference survey coming soon
- **Themes for the 2018 conference**
  - It’s a challenge to address all of our audience’s requests
  - Mental health is critical – but difficult with few resources
  - Relatedly, substance abuse
  - Comprehensive Care is a county-level resource – often with waiting lists, but it is available, at least. The appointments have to be initiated by patient or family; providers cannot make the referrals and appointments on behalf of patients.

- Peer mentors, support groups are good options when available
- Wellness
- Caregivers, respite care
- Waiver covers some mental health services
- Keisha is certified in WRAP (Wellness Recovery Action Plan) intervention
- Please continue thinking about it - discussion to continue in the coming months.