

Kentucky Appalachian Rural Rehabilitation Network

KARRN's 9th Annual Conference: *Health and Wellness for Individuals with Disabilities*

Perkins Conference Center
4436 Kit Carson Drive
Eastern Kentucky University
Richmond KY
Friday, August 24, 2018, 8:00-4:00





9th Annual Conference: “Health & Wellness for Individuals with Disabilities”

Friday, August 24, 2018 • 8:00 a.m. – 4:00 p.m.
Perkins Center • Eastern Kentucky University • Kit Carson Drive • Richmond KY 40475

Agenda

- 8:00-8:45 Sign in & Breakfast
- 8:45-9:00 Welcome & Announcements
- 9:00-10:00 **Session 1: Eat Well. Move More. Live Happy! Universal Design in Health**
Lindsey Mullis, MS, University of Kentucky Human Development Institute
Megan Jaspersen, MS, University of Kentucky Human Development Institute
- 10:00-11:00 **Session 2: Assistive Technology for Wellness**
Christina Espinosa Bard, MA, University of Kentucky Human Development Institute
- 11:00-11:15 Break
- 11:15-12:15 **Session 3: Let’s Talk About Sex: Pro Tips for Positive Sexual Health**
Jason Jones, BA, University of Kentucky Human Development Institute
Lindsey Mullis, MS, University of Kentucky Human Development Institute
Liz Koss Schmidt, MOT, OTR/L, Health & Rehab Sciences, The Ohio State University
- 12:15-1:15 Lunch
- 1:30-2:30 **Session 4: Music Therapy and Movement**
Aaron Wallace, Community Partner
Carolyn Wallace, MA, Community Partner
Corie Sexton, MS, CCC-SLP, University of Kentucky
Jennifer Jarred Peyton, MM, MT-BC, University of Kentucky
- 2:30-2:45 Break
- 2:45-3:45 **Session 5: WRAP it together: Wellness Recovery Action Plan**
Keisha Hudson, AS, Center of Excellence in Rural Health, UK- Hazard
- 3:45-4:00 Closing Remarks and CE distribution

SCIENTIFIC PROGRAM

TOPICS AND LEARNING OBJECTIVES

Eat Well. Move More. Live Happy! Universal Design in Health

1. Define Universal Design for Learning (UDL) and describe how presenters applied it in their programs
2. Discuss strategies for implementation of UDL that promote inclusive health programming
3. Create adaptations for health promotion programming to be more accessible for people with a variety of learning styles and ability levels, including persons with disabilities

Assistive Technology for Wellness

1. Discuss how assistive technologies can be used to access and participate in wellness activities
2. Provide an overview of assistive devices that can be used toward monitoring physical activity
3. Discuss examples of how to modify wellness activities for more full inclusion

Let's Talk About Sex: Pro Tips for Positive Sexual Health

1. Identify the need and importance of sexuality as part of overall health and well-being
2. Recognize and respect their role in promoting safe positive sexual experiences for their consumers
3. Utilize resources related to sexuality and sexual health for individuals with disabilities

Music Therapy and Movement

1. Identify interventions used in collaborations between Music Therapists and Speech-Language Pathologists
2. Recognize Music Therapy's ability to improve motivation and skill development for neurologically involved clients/patients
3. Analyze the effectiveness of Music Therapy in accomplishing treatment goals and enhancing communication

WRAP it together: Wellness Recovery Action Plan

1. Describe what WRAP is
2. Understand the importance of taking control of your own well-being
3. Develop own wellness toolbox

SPEAKER BIOGRAPHIES



Christina Espinosa Bard

Center for Assistive Technology Center (CATS) Director,
Human Development Institute (University of Kentucky)

BA, Sterling College (Behavioral Science)
MA, University of Kentucky (Rehabilitation Counseling)

Christina Espinosa Bard is the Community Education Director at the Human Development Institute at the University of Kentucky. She specializes in accessibility and Universal Design assistive technology. With this expertise, she directs HDI's Center for Assistive Technology Services (CATS) and is Project Director for Project E3-TC (Educate, Empower, Employ Targeted Communities). Ms. Bard has a decade of work experience at HDI. She is an Online Instructor for Rehabilitation Counseling (Department of Early Childhood, Special Education and Rehabilitation Counseling).



Keisha Hudson

Research Assistant/Neuro Navigator,
Center of Excellence in Rural Health (University of Kentucky, Hazard)

AS, Morehead State University (Biology)

Keisha Hudson has served as the Transition Coordinator for the Kentucky Care Coordination for Community Transition (KC³T) program for over 3 years. In this role, some of her primary responsibilities include working with individuals who have had a stroke, TIA, or other neurological conditions and their caregivers. She helps individuals transition back into their rural community, find resources in their community, link them with healthcare providers, provide follow-up education about living with a stroke or other neurological conditions, and chronic disease management. Ms. Hudson received Community Health Worker training through Kentucky Homeplace, and additional trainings in the Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) through Stanford University, Wellness Recovery Action Plan through the Copeland Center, and Mental Health First Aid. She was born and raised in Hazard, KY where she loves serving her community.



Megan Jaspersen

Health & Wellness Program Facilitator,
Human Development Institute (University of Kentucky)

BA, Eastern Kentucky University (Psychology; Sports Management)
MS, University of Kentucky (Kinesiology & Health Promotion)
Graduate Certificate, University of Kentucky HDI (Developmental Disabilities)

Megan Jaspersen is the Health and Wellness Program Facilitator at the Human Development Institute at the University of Kentucky. Partnering with the Commonwealth Council on Developmental Disabilities, she provides holistic health programming for individuals with a variety of backgrounds, interests, and needs, focusing on self-determination and goal setting. Additionally, she is a certified master trainer for *Healthy Lifestyles: Making Opportunities for Healthy Living* and trains providers and community members to offer the program across the state. She is a certified personal trainer who has professional experience providing health promotion programming, teaching health sciences to grades K-12, and working with individuals with disabilities in various settings. Megan is also a certified Health Promotion Clinical Director for Special Olympics.



Jason Jones

Project Coordinator,
Human Development Institute (University of Kentucky)

BA magna cum laude, Eastern Kentucky University (Mass Communications & Public Relations)

Jason Jones is a staff member for the UK-HDI as an advocacy specialist and project coordinator for the Kentucky Works Partnerships in Employment project and the Southeast ADA Affiliate for Kentucky. He serves on numerous boards and commissions as an advocate for people with disabilities. This advocacy is very personal to Jones, who was a four-sport athlete in high school before an accident involving the high-jump resulted in his becoming a quadriplegic in 1990. Jones co-founded the Kentucky Congress on Spinal Cord Injury (KCSCI) in 2012 to gather individuals with SCI from around the commonwealth to join in the discussion of critical quality of life issues that are important to them. Previously, Jones was appointed by then Governor Steve Beshear as the Director of Community Relations for the Office of Vocational Rehabilitation (OVR). He served 16 years as member of the six-person Executive Leadership Team for the OVR. He began his career as a journalist with assignments at the Lexington Herald-Leader before becoming editor of Somerset's Commonwealth Journal in 2002. He was a founding member of the Kentucky Appalachian Rural Rehabilitation Network and co-wrote the grant proposal that created Project CARAT (Kentucky's AT refurbishment program). He resides in Lexington, Kentucky with his wife Jessica and their two sons.



Lindsey Catherine Mullis, MS

Health & Wellness Director, Human Development Institute (University of Kentucky)

BA, Transylvania University (Psychology; Exercise Science)

MS, University of Kentucky (Health Promotion)

PhD (anticipated May 2020), University of Kentucky (Health Education)

Graduate Certificate, University of Kentucky HDI (Developmental Disabilities)

Lindsey Mullis is the Health & Wellness Director for the Human Development Institute at the University of Kentucky and partners with the Kentucky Division of Developmental and Intellectual Disabilities and the Centers for Disease Control Disability and Health branch to promote healthy lifestyles for Kentuckians with disabilities and the communities that serve them. Lindsey has worked with the University of Illinois at Chicago to become an Advanced Certified Instructor for the HealthMatters Program. She is currently pursuing her PhD in Health Education Sciences with a planned dissertation on sexual health and sexuality of individuals with disabilities, and serves on the University of Kentucky Sexual Health Promotion Lab. Lindsey is a certified Health Promotion Clinical Director for the Special Olympics. Lindsey also serves in the role as parent and caregiver of a child with disabilities.



Jennifer Jarred Peyton, MM, MT-BC

Music Therapist

Music Therapy Internship Director, University of Kentucky Healthcare

BME, Louisiana State University

Master of Music in Music Therapy, Florida State University

Jennifer Jarred Peyton is a music therapist and the Music Therapy Internship Director at UK HealthCare in Lexington, Kentucky. Jennifer has taught at University of Louisville, Indian River State College, and is the former Florida State University Medical Music Therapy Coordinator and Internship Director at Lawnwood Regional Medical Center in Fort Pierce, Florida. She actively presents at regional and national conferences, as well as the National Institute for Infant and Child Medical Music Therapy trainings, where she is a fellow and former coordinator. Jennifer's clinical experience is in the medical, hospice, rehabilitation, and psychiatric settings. She has co-authored music therapy publications in the areas of NICU, pediatrics, surgical procedures, and program development.



Liz Koss Schmidt

OTR/L, The Ohio State University

BA, Lindenwood University (Psychology Honors)

Masters of Occupational Therapy, The Ohio State University

PhD (anticipated August 2019), The Ohio State University (Health and Rehabilitation Sciences)

Elizabeth Koss Schmidt is a PhD student in the Health and Rehabilitation Sciences program at the Ohio State University. Elizabeth has completed multiple courses focused on intellectual and developmental disabilities. Her research is focused on promoting sexual health for individuals with intellectual and developmental disabilities, including a large-scale descriptive study of STIs in individuals with I/DD in review, scoping review paper assessing effective sexual health interventions currently in progress, and a mixed-methods, descriptive study of the sexual health needs of individuals with I/DD involving multiple stakeholder groups currently in progress (individuals with I/DD, parents, primary care providers). Furthermore, she has led two sexual health education programs with individuals with I/DD in community and in school-based settings and have begun to analyze the gaps in current sexual health education in this population. She has presented this work at a national conference, to the Sexual Health Coalition of Ohio, and has had three accepted national presentations on this topic.



Corie Sexton, MS, CCC-SLP

Speech-Language Pathologist, University of Kentucky
Healthcare Enterprise Clinic

MS, University of Kentucky (Communication Disorders)

Corie Sexton graduated with her Masters in Communication Disorders and Rank I from the University of Kentucky. Corie has had a variety of professional experiences working in the Kentucky public schools, acute care hospitals, and private practice. Her clinical focus includes the assessment and treatment of children and adults with Autism Spectrum disorders and alternative and augmentative communication. Currently, Corie is a Speech- Language Pathologist at the University of Kentucky Healthcare Enterprise Clinic where she utilizes collaborative interventions with the University of Kentucky Music Therapy department. Corie resides in Lexington with her husband Tyler, and their three month old daughter Lola.



Aaron Wallace, KARRN Community Partner

2011, Traumatic Brain Injury

Prior to his injury, Aaron Wallace was a fun loving, active young man with a big heart. He ran track and played soccer in school and enjoyed playing drums in the youth praise band at Berea Baptist Church. After graduating from Madison Southern High School Aaron started HVAC training in London, only to decide that it wasn't what he wanted to study. He joined Mike, his father as a remodeler apprentice after deciding against the HVAC program. He was 18 years old when he suffered a severe traumatic brain injury as a passenger in an alcohol-related motor vehicle accident in April 2011. He was not expected to survive, yet gradually continues to improve against the odds of a much "guarded prognosis." Aaron enjoys working hard and having fun in traditional and alternative therapies. Music Therapy plays a major role in his ongoing recovery.



Carolyn Wallace, KARRN Community Partner

MA, Arizona State University (Cultural Anthropology/Medical Anthropology)

Carolyn Wallace has a passion for promoting lifestyle options that create a healthier culture. She is a natural health practitioner with an interest in continuing education and application. She served in program development and special populations training for Body Recall, Inc. Since its closure in 2013 she leads movement sessions under a new name as "Body Ready" for Fall Prevention, based on Body Recall, yet incorporating additional evidence-based material for fall prevention. She collaborated with the Health Department in establishing the Madison County Falls Prevention Task Force. Carolyn serves on the KARRN committee, the Kentucky Safe Aging Coalition and helps facilitate the ABLE support group in Madison County. She has experience as a primary caregiver for a family member with Alzheimers Disease and another who suffered a severe traumatic brain injury in 2011. Caregiving has guided her continuing education with the Milne Institute for Visionary CranioSacral Therapy and Masgutova NeuroSensoryMotor Reflex Integration (MNRI).

TARGET AUDIENCE

As KARRN expands its reach and moves forward in its mission to improve quality of life for persons living with disability in rural areas, there continues to be a growing need for collaboration with and education for our target audience. This diverse audience will be comprised of individuals with SCI/D, stroke, acquired brain injury (ABI), and their caregivers, as well as healthcare providers (nurses, PTs, OTs, physicians, speech/language pathologists, vocational rehabilitation specialists and social workers) who work with these individuals in Kentucky. In addition, educators and students (the future rural healthcare providers) from the University of Kentucky Physical Therapy program and the Eastern Kentucky University Occupational Therapy program will attend. Our previous eight conferences have averaged around 210 attendees representing the groups described above.

CONTINUING EDUCATION

Physical Therapy: 5.00 hours. Approval # CS70-2011-KPTA by Kentucky Physical Therapy Association.

Other professions: Due to budgetary constraints, we were unable to apply for additional disciplines' CEU this year. We will provide a Certificate of Completion and you may contact your profession's licensing agency to request CEU hours for this conference based on this document and our approved PT CEU status.

Speakers have indicated no conflicts of interest.

SPECIAL NEEDS STATEMENT

To ensure the provision of equal access, it is the responsibility of the client to provide a request for accommodation thirty (30) days prior to the event date to Conferencing & Events. Conferencing & Events works in conjunction with ECU Office of Services for Individuals with Disabilities to continue our commitment to providing accessibility options for all our clients. Although ECU is committed to providing equal access for individuals with disabilities, ECU cannot guarantee the fulfillment of last minute requests.

KARRN MEMBER SPONSORS:

Conference support from: University of Kentucky College of Health Sciences Physical Therapy program
Eastern Kentucky University Occupational Therapy program
University of Kentucky Spinal Cord & Brain Injury Research Center (SCoBIRC)

The following KARRN members have provided additional financial support for our conference.

Please visit their resource tables in the lobby:

Project CARAT/KATS Network
UK Human Development Institute
UK Center of Excellence in Rural Health
Brain Injury Alliance of Kentucky
Northwest Mutual

Kentucky AgrAbility
Epilepsy Foundation of Kentuckiana
Carl D. Perkins Vocational Training Center
Easter Seals Cardinal Hill

The Terrace Nursing and Rehabilitation & Berea Health and Rehabilitation
Kentucky Care Coordination for Community Transitions (KC³T) and KARRN