



Traumatic Brain Injury Program

**California TBI
Advisory Board
Presentation
May 20, 2019**

**Robert Jeromin
Executive Director**

Program Overview:

- ▶ **Supportive Living Services** - This is a range of training, support, and appropriate supervision to maximize independence where the participant lives.
 - ▶ Case management specific to finding and maintaining housing.
 - ▶ Support clients with home modifications by advocating with healthcare providers
- ▶ **Community Reintegration Services** - These services include providing or arranging for **medical care, rehabilitative therapies, day programs, chemical dependency recovery programs, education**
 - ▶ Assistance with recruitment, screening and hiring personal attendants with IHSS
 - ▶ Transportation - public transit training (i.e. Metro, Access Paratransit)
- ▶ **Information & Referral** - This core service is to provide information on TBI to individuals, family members, caregivers, service providers and other stakeholders to TBI services or other community resources.
 - ▶ Support Groups
 - ▶ Legal assistance (i.e. appealing disability benefits)

Cont.:

- ▶ **Vocational Supportive Service** - Training House Program is designed to help clients develop employment readiness, appropriate communication and social skills for a professional setting, while enhancing independence through a variety of classes.
- ▶ Emphasis on realistic workplace scenarios to address behaviors that stray from appropriate ways to handle stressful situations on a job to maintaining professional workplace relations.
- ▶ **Public and Professional Education** - This is to facilitate early identification of persons with brain injury, prompt referral of these persons to appropriate services, and improvement of the system of services available to them.
 - ▶ Outreach - Visibility in the community through participation in resource-based events, Annual ILCSC sponsored resource fair accessible to the community, Outreach conducted among local schools and coordination of services with transition teachers and networking to establish partnerships among other TBI services in the community are conducted.

Class Schedule

ILCSC TRAINING HOUSE CLASS SCHEDULE 2019				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>TIME OF DAY</u>				
10:00AM to 11:00 AM	Office Simulation and Work Adjustment	Social Adjustment	Office Simulation and Work Adjustment or Cooking and Meal Planning *See Monthly Calendar*	Office Simulation and Work Adjustment or Horticulture
11:15AM to 12:00 PM	Office Simulation and Work Adjustment	Coping with Stress in the Workplace	Office Simulation and Work Adjustment or Cooking and Meal Planning	Office Simulation and Work Adjustment or Horticulture
12:00PM-1:00 PM	Lunch	Lunch	Lunch	Lunch
1:00PM to 2:00 PM	Communication and Language Skills Job Club (1:00pm-3:00pm)	Individual Client Assistance	Functional Computer Skills	Independent Living Skills/ Activities of Daily Living
	Fiscal Management and Budgeting class offered. Check for available dates and times with ILS Coordinator			
	Monday through Thursday clients may call instructors to set up individual appointment times.			
Training House Staff- Jacquelyn Marin-Sharp (Supervisor), Jasmine Ibarra (TBI/ILS Coordinator), Monique Flores (TBI Coordinator) Larry Zaitsoff (Transportation Spec.), Keith Hernandez and Celeste Gonzalez (Instructors), and Maria Vazquez (Job Club Coordinator). Office Hours: Monday-Friday 8:00 AM – 4:30 PM. Phone (818) 908-1199.				

Common effects associated with TBI

Cognitive Effects

- Attention/ Concentration
- Memory loss
- Impulsive
- Planning & Problem-solving
- Difficulty communicating

Ex.: Client provided guidance on how to effectively utilize daily planner to technical training on use of smart phone and apps.

Physical Effects

- Fatigue
- Headaches
- Loss of coordination/balance
- Poor vision
- Chronic pain

Ex.: Client is encouraged to communicate the need for brief breaks, learn and exercise various stress management techniques (I.e. deep breathing), participate in art therapy workshops. Use of tablets for clients with low vision.

Emotional/Behavioral Effects

- Easily overwhelmed
- Irritability
- Socially-inappropriate comments or actions
- Lack of self-efficacy
- Difficulty in controlling emotions (outburst)
- crying, laughing, anger, etc

Ex.: Ongoing training on disability etiquette for personal and professional knowledge. Individual assessments conducted on a routine basis to discuss specific behaviors and introduction to strategies to develop more work appropriate behaviors. Clients are further encouraged to comply with boundaries in the workplace when emotional feelings surface (I.e. privately vs. openly among co-workers).

Role of TBI Coordinator

TBI is often invisible to those around us, which creates gaps in support and understanding. Sometimes people may seem fully recovered, but in fact are still dealing with the ongoing consequences of their injury.

- ▶ Areas of concern, as well as growth are addressed during case staffing meetings, as caregivers and all another support persons are invited to the discussion. Additional resources, such as support groups and reinforcing the peer support within the existing environment is provided as an opportunity for clients to take ownership of their needs and exercise self-advocacy skills.
- ▶ Work in partnership & coordination with case managers to ensure clients have access to TBI resources (ex. having issues locating information) or barriers to accessing service(s)
- ▶ TBI Coordinator provides assessment of client for case managers for actions: information on "user-friendly" phone apps, compensatory strategies to aid in organization and other supports.

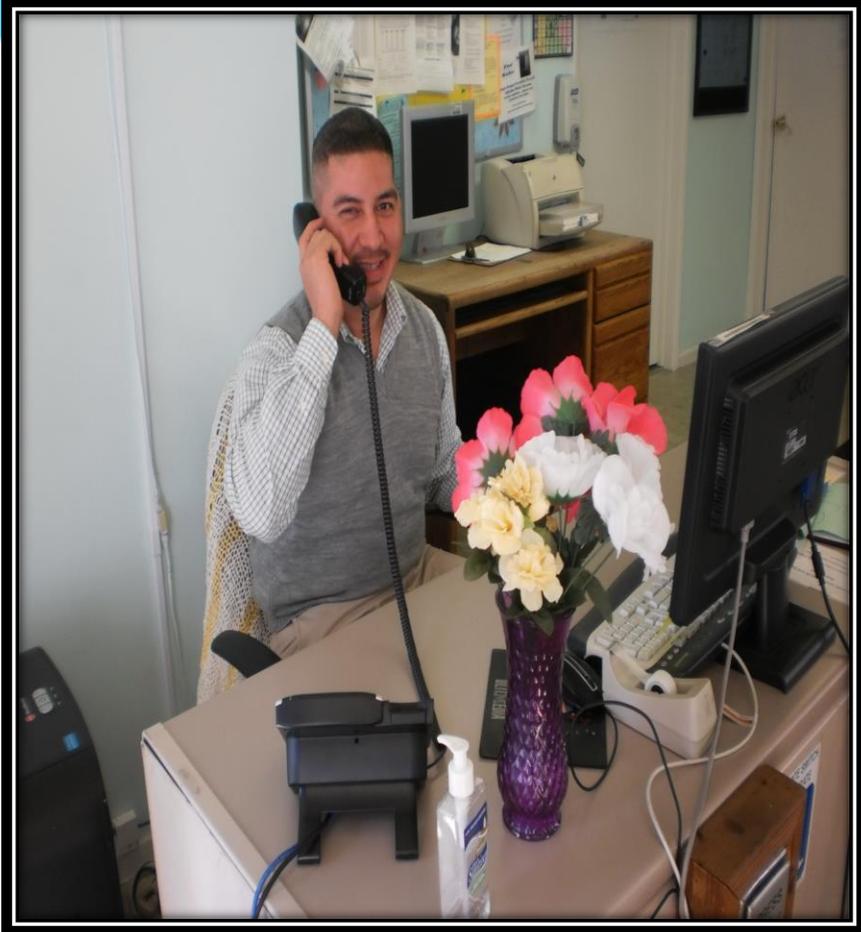




Additional Benefits of Training House Services

- ▶ Opportunity to make friends and attend monthly social events
- ▶ Community involvement through volunteer work
- ▶ Encourage creativity by providing an environment to showcase talents through writing, publishing newsletters, and hosting and facilitating workshops.
- ▶ Workshop Series: Public Speaking, Small Talk and Conversational Skills, Meditation and Grooming, Art, Disability Etiquette and Money Management.
- ▶ Interview Workshops and other employment prep activities towards transitioning to the Job Placement program.
- ▶ Priority registration to Annual ILC/Training House-Youth Summer Camp.

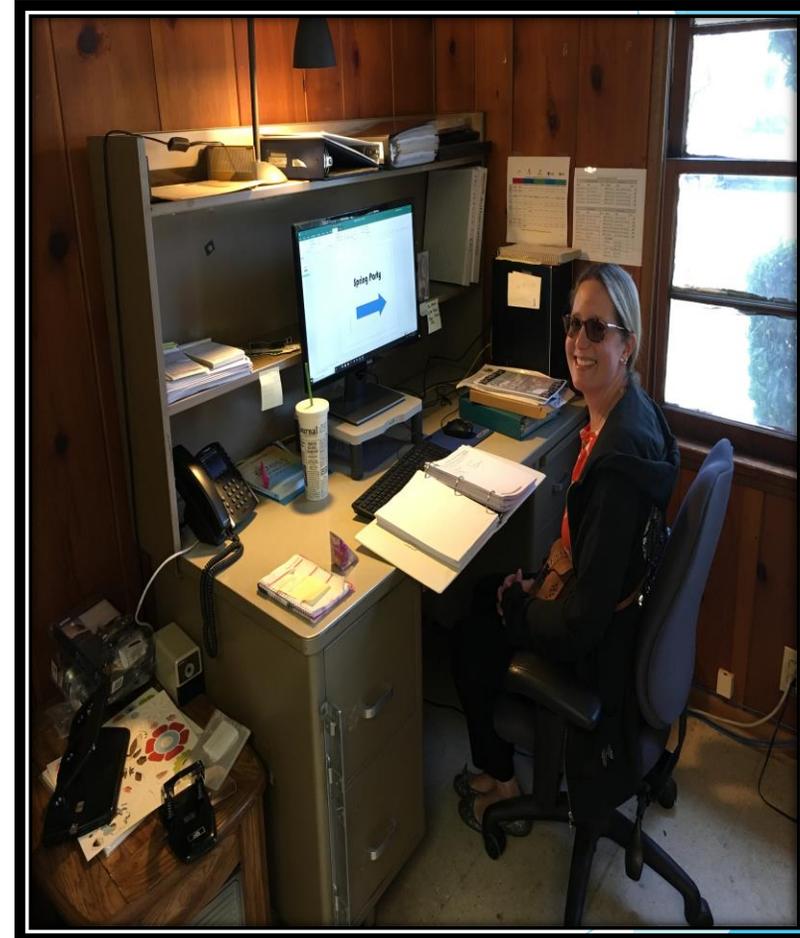
Success Stories:



- ▶ **Alex:** Survived a motorcycle accident in December 2013, which resulted in a TBI. He entered as a Training House client in 2015, participated in job readiness and ILS courses and transitioned after 6 months to the Job Placement Program. He eventually became employed as a security guard and was coached around using his smart phone to capture changes in schedule and using a notepad to jot down notes, when needed. Additionally, job accommodations were requested and honored to allow the client to work a limited number of hours per day, due to fatigue setting in early on. Client continues to be employed over a year later, saved for a personal vehicle and periodically attends our social events.
- ▶ He has also served as a peer mentor, sharing his achievements, and assisting others in any way he could, from resume writing to being a listening ear. He feels very accomplished in how far he has come since his accident and wants to continue to help others and give back to the community in any way he can.

Success Story Cont.:

- ▶ **Stephanie:** History of brain trauma and seizures, which resulted in short-term memory issues and cognitive processing deficits. Through her participation in the program, she learned to maximize the use of her smart phone and its built-in features, such as the reminder app, coupled with the alarm app as a guide to increase her independence and allow staff to further assess the level of supervision she may need to move forward in the program.
- ▶ She is currently volunteering at our Administrative office as a work experience extension of the program and for the opportunity to put into practice the A.T. tools she has grown confident in using. She began to see the difference it made in her day as she increased her ability to proceed with her job duties independently and has successfully demonstrated completion of tasks and transition from one task to another with greater ease and less need for staff support.
- ▶ Additionally, she now independently books Access Paratransit appointments and has learned to use the app to monitor her transportation arrival and when she may have to follow up with customer service without prompting by staff.
- ▶ She has served to be a great mentor to other Training House clients and offers great encouragement to her peers to participate in social events, while remaining upbeat and positive throughout her journey.
- ▶ Due to her hard work and achievements we look forward to coordinating with DOR for an On-the-Job Training opportunity for her in the near future.



Referrals:

