



**Brain Injury  
Alliance**  
ARIZONA

PRESENTS

**RAYS  
OF HOPE**

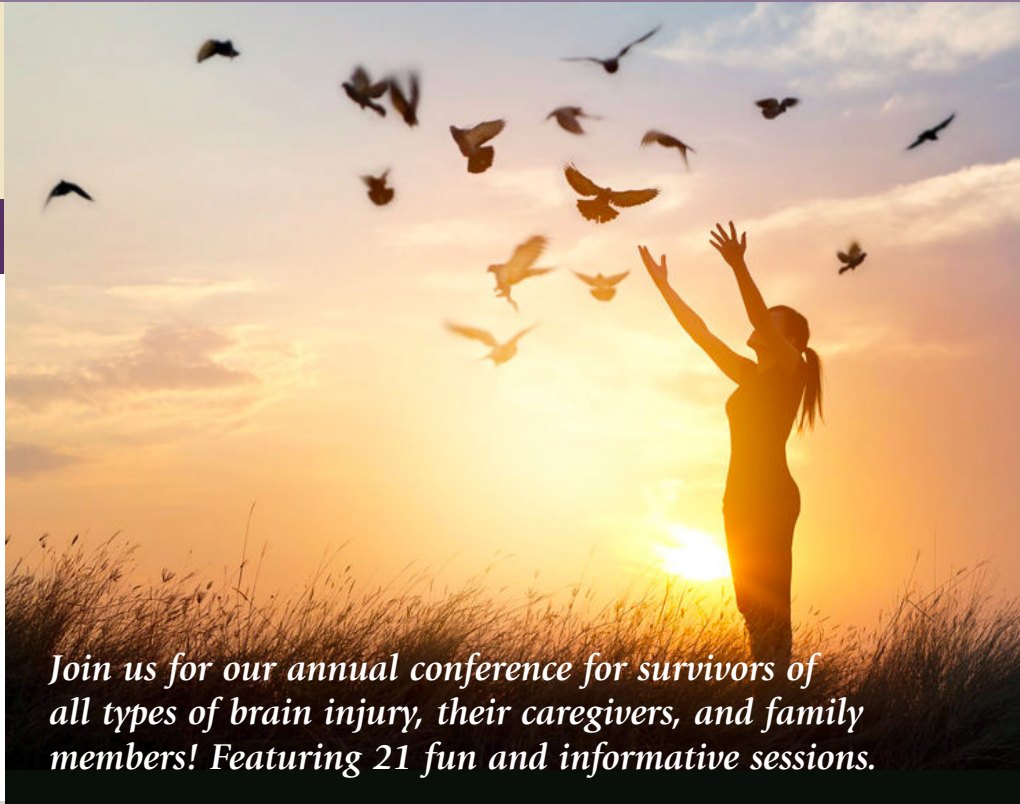
A CONFERENCE  
FOR SURVIVORS  
OF BRAIN INJURY

FEATURING



**Courtney Clark**  
KEYNOTE SPEAKER

Courtney Clark is the luckiest unlucky person in the world. At age 26, Courtney beat melanoma. But five years later, routine follow-up scans found an aneurysm in her brain that was close to hemorrhaging. She is a speaker and the author of two books on resilience – *The Giving Prescription*, and *The Successful Struggle: Powerful Techniques to Achieve Accelerated Resilience*.



*Join us for our annual conference for survivors of all types of brain injury, their caregivers, and family members! Featuring 21 fun and informative sessions.*

**Friday May 17th, 2019**

Desert Willow Conference Center  
4340 East Cotton Center Blvd.  
Phoenix, AZ 85040

REGISTRATION & BREAKFAST  
8:15—9:00AM

PROGRAM  
9:00AM—3:30PM

**FREE EVENT REGISTRATION IS REQUIRED!**

To register, visit [BIAAZ.org](http://BIAAZ.org)  
or call 888-500-9165 to register.

**Vendor, Volunteer, & Sponsor  
Spots Are Available!**

**OUR GUIDING PRINCIPLES:**  
Prevent Injury + Inspire Hope +  
Promote Understanding

# AGENDA

## Morning Program 9:00-10:10AM

**Community Update & Call to Action: Opioids and the Disability Community —**  
*Shana Malone, Clinical Initiatives Project Manager, Arizona Health Care Cost Containment System*

**Detour: When Life Doesn't Go According to Plan —**  
*Courtney Clark, Brain Injury Survivor & Motivational Speaker*

## Break-Out I 10:30-11:30AM

1. **Ask the Neuroplastician —** *Dr. Sean Southland*
2. **Connecting, Disconnecting, & Reconnecting Neurons —** *Ann Tarpy*
3. **Couples & Brain Injury: Reconnecting & Moving Forward —** *Amy Hotaling, Chris Hotaling, Bob Millsap, & Shelly Millsap*
4. **Navigating Uncertainty in Recovery —** *Julie Rake, P.A.-C & Keith Watts*
5. **OOPS... I Lost My Friends: Navigating Changes in Your Support Network After Brain Injury —** *Amy Zellmer*
6. **The Lawyer is in! Legal Concerns After Brain Injury —** *Lisa Counters*
7. **What is Bal-A-Vis X? —** *Terre Tinney & Anne Wheaton*

## Luncheon Program 12:00-12:45PM

**I'll Be Okay, It's Just A Hole in My Head: Using Laughter To Heal —** *Mimi Hayes*

**Voices Behind the Masks: Unmasking Brain Injury in Arizona**

## Break-Out II 1:00-2:15PM

1. **Brain Cave: A Discussion Group for Men on Life after Brain Injury —** *Jim Ledgewood & Steve Norton*
2. **Celebrate Yourself Everyday —** *Josette Ulbarri*
3. **Let's Talk About It —** *Amy & Chris Hotaling*
4. **LIVE—STRIVE—THRIVE: A Caregiver's Mantra —** *Donna O'Donnell Figurski*
5. **Neuroplasticity: The Neuroscience of Resilience —** *Julie Rake, PA-C*
6. **The Americans with Disability Act & You —** *J.J. Rico*
7. **Why Do They Do That? —** *Ann Tarpy*

## Break-Out III 2:30-3:30PM

1. **Assembling Your Team: Working with & Evaluating Paid Caregiving Assistance in Your Home —** *Steve Norton*
2. **Breathe... Visualize... Relax —** *Chris Hotaling*
3. **Connecting, Disconnecting, & Reconnecting Neurons —** *Ann Tarpy (repeat)*
4. **Nourish Those Neurons —** *Julie Rake, P.A.- C*
5. **The Lawyer is in! Legal Concerns After Brain Injury —** *Lisa Counters (repeat)*
6. **What it Really Takes To Tell Your Story: Authors Panel —** *Donna O'Donnell Figurski, Mimi Hayes, Michael Murphy, & Amy Zellmer*



**THE UNMASKING BRAIN INJURY EXHIBIT** will be available to be viewed throughout the day in the Cottonwood Ballroom. You can make your own mask for the exhibit between 10:30AM-2:30PM.

**REQUESTS FOR ACCOMMODATIONS** must be made at least 10 business days before the conference to Malissa Mallett, LMSW [program@biaaz.org](mailto:program@biaaz.org) or call 602-508-8024. Please make sure that your request is acknowledged.



*The Brain Injury Alliance of Arizona improves quality of life for persons living with a brain injury and their families by providing vetted brain injury specific providers, resources, information and support.*  
[info@biaaz.org](mailto:info@biaaz.org) | [BIAAZ.org](http://BIAAZ.org) | 602-508-8024