



# *Main Line Rehabilitation Associates, Inc.*

## *NeuroCognitive Specialists in the Home and Community*

### COMMUNITY NEWS

Winter, 2014

#### Main Line's Annual Staff Conference

On December 3<sup>rd</sup>, 2013 Main Line Rehabilitation had its annual Clinical Staff Conference at the Desmond Hotel in Malvern, PA. This annual meeting brings together our clinicians that work throughout the state and we always enjoy getting a chance to put our heads together as a group. We started things off by reviewing some new plans to organize and complete a study with identified consumers with the intent of reducing anxiety and improving focus. We look forward to presenting the findings at a future workshop. Information was provided to all Cognitive Rehabilitation Therapists regarding improving attention, mood, and function with the consumers that receive services.

MLRA had the pleasure to welcome special guests Deborah Cooper, M.Ed., L.P.C and Earl Ostrander, E.M.T. Deborah provided the staff with vital information regarding improving relationships with family members of those that are receiving services. She also stressed the importance of researching as much background information as possible to truly understand all family dynamics. Earl has been providing CPR and First Aide certification to all MLRA Clinical Staff for over 20 years. He returned once again to educate our staff on the latest procedures for CPR. MLRA strives to ensure that all of our clinicians are fully trained in CPR and first aid.

To wrap up a great conference, MLRA's president, Rita Carroll, Ph.D., discussed Executive Functions: Evidenced Based Practices and Applications to Instrumental Activities of Daily Living. Awards were also presented to several MLRA employees to honor their dedication and tenure at the organization. Main Line currently has 22 staff members with five or more years of service, nine staff with over ten years, and five staff with over fifteen years.

Throughout the day, MLRA was excited to display several pieces of jewelry created by Chris Chase. The beautiful jewelry was in high demand and just in time for the perfect holiday gift. Chris has displayed his jewelry at several craft and jewelry shows and also sells his jewelry on Etsy as part of his rehabilitation focus.



#### STEPS Open House

In November, MLRA's group program, STEPS, held an information session/open house to educate and inform various organizations about the re-opening of the OBRA and CommCare waivers. Topics included the current status of the waiver programs, information on how to apply for waiver services, how to check the status of an individual while on the waiver waiting list, and how to utilize Service Coordination to get the services needed. Tours of the STEPS group program were given to attendees and information on the services the program provides was distributed. Some of the great organizations that participated were The Vanguard School, Devereux and Brian's House. Thank you to all that attended.



### *PA Veterans Forum*

Main Line Rehabilitation Associates was honored to participate in the PA Veterans: Community and Connections forum on November 6<sup>th</sup> and 7<sup>th</sup> in Harrisburg, PA. This two day forum, funded by the Department of Public Welfare, Office of Mental Health, and Substance Abuse Services, offered educational and practical resources that veterans, family members and behavioral health care providers can use to address the myriad of issues veterans experience as they return home. MLRA provided an informational table for both days of the conference and had the pleasure of interacting with several agencies throughout the two days, including PA Cares, Office of Veteran Affairs, Veterans Unstoppable, Compeer Corps, and Soldier On, just to name a few. We would like to thank Drexel University for hosting this forum and inviting MLRA to participate in the event.

### *Community Connections!*

In our ongoing efforts to forge community connections, we spent this last quarter meeting with some great organizations that are potential resources to the individuals we serve and beyond. At IM ABLE, we met with Rachel Kuhn and Bob Baumann. They explained how IM ABLE assists with removing obstacles that prevent people affected by disabilities from being physically active by providing grants, resources, fitness opportunities and motivation. Jessica Chappell, Executive Director, and Sarah Reis, Western Services Program Coordinator, recently met with staff at the Wounded Warriors located in downtown Pittsburgh. Main Line Rehabilitation Associates continues to forge connections with other agencies working to serve veterans and survivors of brain injury in the home and community. At Canine Partners for Life, we met with Tonya Guy. For over 20 years, their organization is dedicated to training service dogs, home companion dogs, and residential companion dogs to assist individuals who have a wide range of physical and cognitive disabilities. At United Disability Services, MLRA had the opportunity to meet with Barbara Holland Nichols. She explained that UDS is not only a Service Coordination agency, but they also provide assistive technology, home modifications, independent living resource centers, custom wheelchair seating, and has a service dog program. We are thankful to have made these new community connections!



For more information, contact us at:

1-877-480-6714 or [info@mainline-rehab.com](mailto:info@mainline-rehab.com)

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