Brain injury survivors and family members will receive information on current issues, learn strategies to improve their quality of life, and expand their support team by networking with fellow survivors who also journey through new pathways in life.

In addition to the presentations attendees can enjoy our “Rest and Social Networking” room.

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Meet Our Presenters

**Charles Gutierrez, Ret. Major US Air Force** - Mr. Gutierrez was born in Denver, CO. He graduated from Winston-Salem State University, NC, in 1993 and was commissioned through Air Force Officer Training. He has served at Malmstrom Air Force Base, MT; Vandenberg Air Force Base, CA; SPSS Eglin Air Force, FL; and Keesler Air Force Base, MS. He has been deployed in support of Global Strike Command, Operation Iraqi Freedom, and Operation Enduring Freedom. He has received Bronze Star Medal, Meritorious Service Medal w/2 oak leaf clusters, AF Commendation Medal w/6 oak leaf clusters, National Defense Service Medal, Afghanistan Campaign Medal w/2 stars, Iraqi Campaign Medal w/1 star, Combat Readiness Medal, NATO Medal, Global War on Terrorism Service Medal, Army Good Conduct Medal. Mr. Gutierrez is married to Major Carrie Syck (retired) and has two children.

**Tana Ostrowski - OTA/L, CBIS** - Ms. Ostrowski is a clinical staff member with the Community Bridges post acute brain injury rehabilitation program of Community Medical Center Rehabilitation Institute of MT in Missoula. She serves as chair of the Governor’s Traumatic Brain Injury Advisory Council of MT and participates in community outreach to increase awareness of brain injury and develop community collaborations.

**Liz Davies – MSW** - Ms. Davies is a supervisor in Home and Community Based Services. She attended Harvard College, MA, and the University of Montana, MT, where she earned her master’s of social work. Prior to joining HCBS, Ms. Davies was a behavioral specialist with Community Bridges, a post-acute rehabilitation specializing in brain injury treatment.

**Brain Injury Alliance of Montana & Support Group Leaders** - Support groups have been an integral part of brain injury in Montana since 1985. Currently in Montana, over 13 brain injury support groups hold monthly and weekly meetings. The groups are lead by volunteers who are living with a brain injury, are family members, caregivers, and service providers. Support groups are a valuable resource to communities and bring awareness of brain injury to community leaders.
Kaysha Eldred, Overcomer - Ms. Eldred grew up in Divide, MT. Just prior to her high school graduation, she sustained a TBI (May 2009) when she was rear-ended by a drunk driver. Ms. Eldred is currently studying social work at the University of Montana, MT. She is 23 years old and is a 5-year Overcomer of a TBI.

Lois McElravy, Motivational Speaker - Ms. McElravy grew up believing that she could accomplish anything she set her mind to do. In a split second, her life was forever changed when a utility truck violently crashed into her car. Fourteen years post injury, Ms. McElravy became a motivational speaker sharing her personal story and providing a voice on brain injury. Ms. McElravy has served on the Governor’s State Rehabilitation Council and the BIAMT Board of Directors. She and her husband, Larry, live in Missoula, MT, and have four children.

Presentations Include:

A Veteran’s Journey with Traumatic Brain Injury and PTSD by Charles Gutierrez
An OIF and OEF veteran’s journey from war through the healing process. Hear of the struggles with coping, perceived stigmas and the road to seeking help. Learn of the effects on family, relationships, and societal interaction.

Understanding the Practical Implications of Brain Injury by Tana Ostrowski, OTA/L, CBIS
This presentation will cover basic brain anatomy and function, mechanisms of injury (traumatic, acquired), and how residual deficits impact individual goals and functional day-to-day life.

REB 101: How Rational Emotive Behavior Therapy Can Change Lives by Liz Davies, MSW
Rational Emotive Behavior (REB) Therapy is a powerful tool for understanding how to overcome negative thinking patterns that contribute to problematic behaviors after brain injury. This introductory session will provide participants with an overview of REB and basic strategies for implementing it today.

Setting and Achieving Personal Goals by Tana Ostrowski and Kaysha Eldred
During this time, participants will practice how to break an overwhelming long-term goal down into small, achievable short-term goals. Participants will learn the importance of goal-setting and methods to track progress toward their personal goals.

Is a Support Group in Your Toolbox? by BIAMT and Local Support Group Leaders
Brain Injury support groups are a great local resource that offer peer-to-peer support. This session will review the types of support groups, benefits of attending a support group, help you determine if a support group is right for you, and share information on how to start a support group in your area.

Solving the Mysteries of Non-Compliance – An Insider’s Perspective and Tips by Lois McElravy
Attendees will acquire tools to improve compliance with brain injury patients/clients who don’t think they need help, nor want help because they are sadly unaware that their abilities to logically reason and accurately assess are impaired.

Attendees will receive a variety of printed materials and resources to assist in their recovery and day-to-day activities.

Register Today!
# 2015 BIAMT Conference
## Individuals, Family, Caregivers
### Registration Form

**“Building Your Brain Injury Toolbox”**

Brain injury survivors and family members will receive information on current issues, learn strategies to improve their quality of life, and expand their support team by networking with fellow survivors who also journey through new pathways in life.

In addition to the presentations listed below attendees can enjoy our “Rest and Social Networking” room. This room will provide space for attendees to rest and socialize with peers.

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### April 18, Kalispell • May 9, Miles City • May 23, Great Falls

<table>
<thead>
<tr>
<th>TIME</th>
<th>DESCRIPTION / PRESENTATION TITLE</th>
<th>PRESENTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 8:45</td>
<td>Registration / Check In</td>
<td>45th Parallel &amp; BIAMT</td>
</tr>
<tr>
<td>8:45 – 9:00</td>
<td>Welcome and Announcements</td>
<td>BIAMT / GAC</td>
</tr>
<tr>
<td>9:00 – 10:00</td>
<td>A Veteran’s Journey with Traumatic Brain Injury and PTSD</td>
<td>Charles Gutierrez Ret. Major US Air Force</td>
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<td>10:00 – 10:15</td>
<td>Break</td>
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<tr>
<td>10:15 – 11:15</td>
<td>Understanding the Practical Implications of Brain Injury</td>
<td>Tana Ostrowski OTA/L, CBIS</td>
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<td>11:15 – 11:30</td>
<td>Break</td>
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<tr>
<td>12:30 – 1:30</td>
<td>Lunch - Provided; Door Prizes</td>
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<tr>
<td>1:30 - 2:30</td>
<td>Setting and Achieving Personal Goals</td>
<td>Tana Ostrowski OTA/L, CBIS</td>
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<tr>
<td>2:30 - 2:45</td>
<td>Break</td>
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<tr>
<td>2:45 - 3:45</td>
<td>Is a Support Group in Your Toolbox?</td>
<td>BIAMT and MT Support Group Leaders</td>
</tr>
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<td>3:45 - 4:00</td>
<td>Break</td>
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<tr>
<td>4:00 – 4:45</td>
<td>Solving the Mysteries of Chaos and Confusion – One Problem at a Time</td>
<td>Lois McElravy Motivational Speaker</td>
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<tr>
<td>4:45 – 5:00</td>
<td>Wrap-up, Door Prizes, and Evaluation</td>
<td>45th Parallel &amp; BIAMT</td>
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**Schedule is subject to change without prior notification.**
Book your room by calling the appropriate hotel:

- **April 17** • Hilton Garden Inn, 1840 US Highway 93 South, Kalispell, MT, 406-756-4500
  Rooms are $89 + tax per night. Make your reservations by March 26, 2015, and be sure to mention Brain Injury Alliance.

- **May 8** • Sleep Inn, 1006 S. Haynes Ave., Miles City, MT, 406-232-3000
  Rooms are $99 + tax per night. Make your reservations by April 24, 2015, and be sure to mention Brain Injury Alliance.

- **May 22** • Holiday Inn, 1100 5th St. S., Great Falls, MT, 406-727-7200
  Rooms are $89 + tax per night. Make your reservations by April 30, 2015, and be sure to mention Brain Injury Alliance.