



CORE Improves Discharge Experience

In an effort to ensure a first class discharge experience, CORE Health Care has begun a research project with family caregivers whose loved ones have discharged from CORE's rehabilitation program. Whether due to a traumatic event or a medical illness, the effects of an Acquired Brain Injury (ABI) on the injured person and his or her family system are significant and life-altering. Families of individuals with an ABI must develop new approaches and coping mechanisms in order to function successfully. After the initial medical crisis of a brain injury is over, families are faced with a myriad of behaviors and problems that can be difficult to understand and disruptive to everyday life. Willer and Linn (1993) identified information that specifically addresses managing personality and behavior changes and associated difficulties of brain injury to be a crucial need for family members.

Research in the field of brain injury has shown the needs of family caregivers are two-fold. First, they need to be well-educated about community and health resources following their family member's discharge from an inpatient or residential rehabilitation facility. Second, they need help to understand how to communicate and positively function with the brain-injured individual. Currently the literature reveals that neither of these needs are being met effectively. One of the main goals will be to identify critical needs of families caring for a loved one with an ABI, in order to improve the awareness of counselors and rehabilitation professionals to this population's needs. Another goal is to utilize the CORE Brain injury Family Guide and DVD as a way to understand common behavioral difficulties experienced by family caregivers and expand the effectiveness of psychoeducational tools to this population. These evaluations will lead to development of future psycho-

educational materials for families. Sample topics that are discussed during the research include: "What do caregivers wish that rehabilitation and mental health professionals had told them now that they are home and caregiving on a daily basis? What tips from rehabilitation professionals have been most effective? Which community resources have been most useful? This research seeks to gain a deeper understanding of the experiences of family caregivers of individuals who have suffered an ABI, including difficulties handling their injured family member's inappropriate and disruptive behaviors. Individual interviews and group discussions will be utilized to ensure that each family feels heard and has time to express their opinion as well as learn from other families about community resources and common stressors in caregiving.

CORE's plan following the conclusion of this research is to conduct interviews with all primary caregivers six months to a year after their loved one's discharge from CORE. Richard Temple, Ph.D, V.P. of Clinical Operations stated: "This research aligns with the Commission on Accreditation for Rehabilitation Facilities (CARF) outcomes standards which focus on addressing patient satisfaction with services regarding how each patient is improving or maintaining their quality of life after discharge." Furthermore, as an additional resource to caregivers, CORE has recently hired a family therapist, Shannon Hammon, MA, LMFT, to meet with families and address current and future concerns about their family's functioning while their loved one is a resident of CORE.

Willer, B., & Linn, R. (1993). Practical issues in behavioral management for family members of individuals with traumatic brain injury. *Neuro-Rehabilitation*, 3(2), 40-49.



Austin Business Journal Honors CORE Health Care with the Economic Impact Award

On Friday October 2, 2009, the Austin Business Journal held their Austin-San Antonio Corridor Growth Summit. CORE was presented with the Economic Impact Award for their continued involvement in the Dripping Springs Community. CORE spends \$2 million per year in Dripping Springs and contributes roughly \$30,000 in tax revenue to the local area. In late 2009 and early 2010, CORE will add 10 to 14 more jobs resulting from the latest expansion and spend another \$250,000 locally. CORE has been an integral part of the Dripping Springs Community for over 25 years and looks forward to continuing to support the growth of the region.

CORE Articles featured on Brainline.org

The following articles written by CORE's clinical team are now featured on www.brainline.org:

- Caregiver Coping Strategies
- Caring for the Caregiver
- Coping with Chronic Pain
- Financial Planning for Special Needs Care: Special Needs Trusts (SNTs)
- Choosing the Right Caregiver Support Group
- How To Choose A Healthcare Provider or Facility

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with a TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.

BrainLine serves anyone whose life has been affected by TBI. That includes people with brain injury, their families, professionals in the field, and anyone else in a position to

help prevent or ameliorate the toll of TBI. BrainLine seeks to provide a sense of community, a place where people who care about TBI can go 24 hours a day for information, support, and ideas.

BrainLine is funded by the Defense and Veterans Brain Injury Center, the Primary Operational TBI Component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, through a subcontract award with the Henry M. Jackson Foundation for the Advancement of Military Medicine.

BrainLine.org recently won a major award as "Best in Class" from the Interactive Media Council (IMC). The only other site to win this honor was MSN's Health and Fitness site. CORE is honored to be a part of such a quality website to assist families, professionals and educators through the process of brain injury rehabilitation and long term care.

CORE Artists Graduate

One of the most exciting times for our residents is being involved in Art Therapy. Our former art therapist Theresa Mosley utilizes each resident's creative side allowing the individual to express themselves through a variety of modalities. Theresa has been with CORE for the past 9 years and we are very sad to lose such an integral part of our team. Theresa will go on to do important work with wounded veterans and help them to find "the artist inside of them." On September 22nd, Theresa held a graduation party for all of her long-time artists and celebrated each of their unique talents. Each resident graduated to work with our new art therapist Sharon Gaskill. Sharon has a unique background and skill set that includes: creative development, project management, and floral design. She has many years of experience in visual merchandising, decor management, and interior design consultation. Our residents truly enjoyed the graduation party and look forward to new endeavors in art with their new guide.



Practicing What We Preach!

This summer the employees of CORE joined a bowling league at Westgate Lanes in South Austin. On Tuesday evenings you will find a mix of eleven of our administration, therapists and direct care staff competing against one another and the rest of the “Tuesday Mixed Up” League. Our teams of “CORE-RAGE-US” & “Rotten 2 Da CORE” are very motivated to learn more about being better bowlers and are utilizing their brain’s plasticity through repetition as they practice their new skills on Sunday mornings. Not only has this been a wonderful stress reliever but it even burns a few calories!

This participation on a company team also serves as a way to strengthen relationships among staff helping us to be more effective in serving our residents.

*CORE Foundation launches
new research web site*

www.resilientmind.org

*Check out the web site for a video
highlighting upcoming research.*



The Commission on Accreditation of Rehabilitation Facilities (CARF) accreditation has been awarded to CORE Health Care for the Residential Rehabilitation Brain Injury Programs for Adults.

Halloween Carnival

CORE is having a Halloween party for our residents on Friday October 30th @ 11am.

The carnival will include lunch, caramel apples, music, a pumpkin patch with scarecrow for picture taking, pumpkin decorating, face painting, and a variety of Halloween related games . Throughout the month of October, residents have participated in a mix of educational and philanthropic activities including dying tie dye t-shirts, making Halloween crafts and decorations, visiting the recycling center and celebrating “Tackle Hunger Month” by researching ways to donate food to our community.

Fall Festival

November 7, 2009

11 am – 2 pm

Perfect Fall weather is upon us.

Families of our Brown campus residents please join us for a Fall celebration and reunion.

We will have music, games, art by our CORE residents, and a tour of the expansion of the Oak & Cedar houses.

This will be a great day to spend with your loved one as well as get to know other families and staff members at CORE while enjoying catering by Pok-e-Jo’s Bar-B-Que!



A recognized leader in the advancement of neuroplasticity.

STAFF LISTING

Professional Staff

Senior Leadership Team

CEO/Owner

Eric Makowski

President/Owner

James S. Misko, Psy D

VP of Operations

Chrystal Wells

VP of Clinical Operations

Richard Temple, PhD

Director of Long-Term Care

Scott Archer, LMSW

Director of Rehabilitation

Lesley Kohler, MS, LPA

Director of Quality Assurance/ Hiring Recruiter

Kerri Alvis

Director of Marketing/Admissions

Dianne Crawley, MHA

Maintenance Supervisor

Craig McMillan

Other Professional Staff

Physical Therapists

Lorri French, MS PT

Stephanie Love, MS PT

Psychologist

Lori Stowers Wright, Ph D

Speech Pathologists

Suzanne Haskins, CCC-SLP

Jerilyn Iliff, CCC-SLP

Maria Strum, CCC-SLP

Lindsay Walling, CFY-SLP

Occupational Therapists

Rheta Ladzinski, OT

Lana Mathis, COTA

Danya Sanchez, OT

Family Therapist

Shannon Hammon, M.Ed, LPC, CCBT

Consulting Physicians

John Bertelson, MD

Todd Buchanan, MD

Shelly Riley, MD

Ralph Sharman, MD

Case Managers

Diane Darrington, MS, LPC

Anita Garner, CRC, CCM

Jean Koriath, M Ed, CRC, CCM

Bill Mallory, MA, LPC

Cognitive/Vocational

Julie Dyken, M Ed

Nursing

Mary Anne Shipley, LVN

Marketing Executive

Nicole Harmon, MA

Admissions Coordinator

George Yesian

Business Manager

Sherry Straube

Music Therapy

Stephanie Shehan

Andrea Cortez

National Referral Line:
(866) 683-1007

National Referral Line fax:
(866) 683-1006

www.corehealth.com

Family-owned and operated, CORE is honored to have provided a trusted source of residential care since 1983.



CORE

HEALTH CARE

Center of Rehabilitative Excellence

P.O. Box 419

Dripping Springs, TX 78620



Anniversary