

# **35<sup>th</sup> Annual TBI CONFERENCE RESOURCE GUIDE**

**FOR SURVIVORS, FAMILIES, & CAREGIVERS**

**THRIVING AFTER  
BRAIN INJURY**  
**YOUR PATH TO SUCCESS**



# AGENDA

All times are listed in CST

**10:00 –  
10:10 AM**

**CONFERENCE  
OPENING & WELCOME**  
Ashley Chandler

**10:10 –  
10:30 AM**

**HOW SLOWING  
DOWN SPEEDS YOU UP**  
Stephanie Congo

**10:30 –  
11:20 AM**

**SELF-COMPASSION FOR EMOTIONAL  
RESILIENCE AFTER BRAIN INJURY**  
Kyla Pearce | Keynote

**11:20 –  
11:30 AM**

**BREAK**

**11:30 –  
12:00 PM**

**WE GO WHERE WE KNOW**  
Dede Norungolo

**12:00 –  
12:10 PM**

**TENNESSEE TBI SERVICE  
COORDINATION OVERVIEW**  
Fredda Roberts

**12:10 –  
12:30 PM**

**LUNCH BREAK**

**12:30 –  
12:40 PM**

**MINDFULNESS BREAK**  
Wendy Ellmo

**12:40 –  
1:00 PM**

**MAKING WORK, WORK**  
Stacy Spangler

**1:00 –  
1:20 PM**

**WORKING WITH A DISABILITY**  
What You Need to Know  
Carrie Carlson

**1:20 –  
1:30 PM**

**BREAK**

**1:30 –  
1:55 PM**

**WORK & BENEFITS PANEL**  
Fredda Roberts, Dede Norungolo,  
Carrie Carlson, & Stacy Spangler

**1:55 –  
2:00 PM**

**CLOSING REMARKS & SURVEY**  
Ashley Chandler

## MEET OUR SPEAKERS

### SELF-COMPASSION FOR EMOTIONAL RESILIENCE AFTER BRAIN INJURY

Dr. Kyla Pearce is the Senior Director of Programs, Research, and Operations at LoveYourBrain, a national nonprofit that improves the mental, physical, and social well-being of people with brain injury and caregivers. As a researcher and yoga and mindfulness teacher, she has pioneered the development of evidence-based yoga, mindfulness, and social connection programs for brain injury. She has trained over 3,000 clinicians and yoga teachers and partnered with over 60 community-based organizations and 30 neurorehabilitation facilities to implement those programs across the US and Canada. She completed an NIH Postdoctoral Research Fellowship at Dartmouth College investigating the impact of yoga and meditation for people with neurological conditions and led the publication of the largest study evaluating the effectiveness of yoga for TBI. She lives in Vermont with her husband, the co-Founder of LoveYourBrain, and their three children.



**KEYNOTE SPEAKER**  
**Kyla Pearce**



**DEDE**  
**NORUNGOLO**

### WE GO WHERE WE KNOW

Dede Norungolo, a Greenville, SC native, moved to Johnson City, TN, for college and became a journalist upon graduating in 1989. While working as a copy editor for a daily newspaper, she was enticed to apply for a role with the local Girl Scout council as a communications specialist. She then served as a nonprofit executive for more than six years believing she had found her lifetime career. On June 10, 1999, following a visit to a friend, she was involved in a near-fatal car accident.

The wreck resulted in a moderate traumatic brain injury and changed the trajectory of her life. In 2003, after more than 20 years of living in northeast Tennessee, Dede moved back to South Carolina where she would continue working to understand how her brain injury had affected everything from her ability to work at a highly challenging, fast-paced Girl Scout council, her ability to see, and process thoughts and ideas, and to live with accommodations as an individual with invisible disabilities. Today, she comes with a disclaimer: she may curse, she may get off track, and she may be repetitive. Enjoy the experience and don't take anything personally.

## HOW SLOWING DOWN SPEEDS YOU UP

Stephanie Congo is a Mindfulness Facilitator and Yoga Therapist. In 2017, her world was literally turned upside down from a fall on her head. As part of her traumatic brain injury (TBI) healing, she completed a 500 hour training in yoga therapy, specialty trainings with Love Your Brain (LYB), and began teaching yoga to underserved populations. Since that time, she has dedicated her work to restoring health with a whole-body approach. She loves leading mindful programs for youth and adults. Through movement, breathwork, art, nature, and sound, she offers space for people to slow down, be present, and experience peace and well-being. Passionate about building strength and resilience about what is possible, she supports individuals in fostering deeper self-awareness and meaningful connections with others.



**STEPHANIE  
CONGO**

## TENNESSEE TBI SERVICE COORDINATION OVERVIEW



**FREDDA  
ROBERTS**

Fredda Roberts is a Traumatic Brain Injury Service Coordinator with over 23 years of experience. With a background in vocational rehabilitation and therapeutic foster care, Fredda has dedicated her career to supporting individuals with brain injuries. She currently serves as a TBI Service Coordinator at The Crumley House Brain Injury Center in Limestone, TN, where she specializes in client advocacy and developing local support systems for individuals affected by traumatic brain injury. Fredda has a passion for enhancing community resources, education, and awareness surrounding TBI, and is honored to share insights on TBI service coordination at this conference.

## MAKING WORK, WORK

Serving as a Benefits Analyst covering all of East Tennessee, Stacy Spangler has worked with WorkAbleTN for a year and a half. She lives in Knoxville, where she was born and raised, with her two rescue dogs. She previously served as The Disability Resource Coordinator at The American Job Center and Lead Job Coach for The Project Search Program.



**STACY  
SPANGLER**



**CARRIE  
CARLSON**

## WORKING WITH A DISABILITY WHAT YOU NEED TO KNOW

Carrie Carlson is currently the Director of Community Engagement for the Tennessee Disability Coalition. In this role, she serves as the staff liaison for the small grants program, leads the Coalition's RevUP (Register, Educate, Vote. Use your Power!) Tennessee Coalition, and oversees other civic engagement initiatives. Carrie has worked for the

Coalition for eight years, beginning her tenure with the Brain Links team as a Brain Injury Specialist. She earned a bachelor's degree in social work from the University of Mississippi.

## RESOURCES

### TENNESSEE DEPARTMENT OF HEALTH



#### 2024 TBI ANNUAL REPORT

[tn.gov/health/TBI\\_2024AR](https://tn.gov/health/TBI_2024AR)



#### 2024 TBI ANNUAL REPORT INFOGRAPHIC

[tn.gov/health/TBI\\_2024Infographic](https://tn.gov/health/TBI_2024Infographic)



**FREE**

**RIGHT TO YOUR INBOX**

### BRAIN INJURY LISTSERV

The state of Tennessee Brain Injury Listserv provides state and national information on traumatic brain injury. To join, email:

**[Ashley.Chandler@tn.gov](mailto:Ashley.Chandler@tn.gov)**

### TENNESSEE BRIGHTER FUTURES (TBF)

TBF is a statewide group of agencies and organizations that help people who may have multiple diagnoses or needs. TBF is organized and facilitated by Brain Links through a contract with the Tennessee Department of Health TBI Program.



Below are just some of many intersections between brain injury and other diagnoses.

- Mental Health
- Justice System
- Domestic Violence
- Substance Use Disorder
- Homelessness
- Chronic Pain
- ACEs/Trauma



**MORE INFO  
& RESOURCES**

[tinyurl.com/TBF-BI](https://tinyurl.com/TBF-BI)

## ● BRAIN INJURY ASSOCIATION OF AMERICA

### READ DOZENS OF TBI SURVIVOR STORIES



[tinyurl.com/  
BIAUSA-Stories](https://tinyurl.com/BIAUSA-Stories)

Every brain injury is different, yet there are lessons we can learn from the experiences of others. No matter whether you are an individual with a brain injury, a family member, caregiver, or clinician, every story is important.

### SHARE YOUR PERSONAL STORY



[tinyurl.com/  
BIAUSA-MyStory](https://tinyurl.com/BIAUSA-MyStory)

Join us in offering hope, inspiration, and insight. Whether you have sustained a brain injury or care about someone who has, taking the time to share your personal story can make a profound difference to another.

**“There is so much we are learning about the brain right now. There is new literature emerging about medications that can help decrease negative effects after a brain injury. From a technology standpoint, we’re looking at communication devices, walking devices, and other developments to help survivors gain independence. There are many discoveries being made and this is an exciting time in the field of brain injury medicine.”**



**Dr. CJ Plummer, Assistant Professor, Physical Medicine and Rehabilitation**



## BRAIN INJURY ASSOCIATION OF TENNESSEE ●

### LATEST NEWS



[tinyurl.com/BIATN-News](https://tinyurl.com/BIATN-News)

Offering information on trainings, events, support groups, new articles, & more.

## DISABILITY RIGHTS TENNESSEE (DRT)

DRT is a non profit agency that assists, advocates for, and protects the rights of Tennesseans living with disabilities and/or mental illness. It also serves as the Protection & Advocacy (P&A) and Client Assistance Program (CAP) for Tennessee.



**VISIT DRT  
ONLINE**

[tinyurl.com/DRT-TBI-35AC](https://tinyurl.com/DRT-TBI-35AC)

**WATCH  
DRT'S VIDEO  
WHO WE ARE**



**ENGLISH**  
[youtu.be/wAWDctgx9k](https://youtu.be/wAWDctgx9k)



**SPANISH**  
[youtu.be/GwggkmV7Rr8](https://youtu.be/GwggkmV7Rr8)

## TENNESSEE DISABILITY COALITION

The Tennessee Disability Coalition is an alliance of organizations and individuals joined to promote the full and equal participation of people with disabilities in all aspects of life.



**LEARN SELF  
ADVOCACY**

[tinyurl.com/TDC-Advocacy101-35AC](https://tinyurl.com/TDC-Advocacy101-35AC)



**DISABILITY  
RESOURCES**

[tinyurl.com/TDC-Resources-35AC](https://tinyurl.com/TDC-Resources-35AC)

## TOOLKITS



**SURVIVORS,  
FAMILIES, &  
CAREGIVERS**

[tinyurl.com/TDC-TBI-TOOLKIT-1](https://tinyurl.com/TDC-TBI-TOOLKIT-1)



**SERVICE  
PROFESSIONALS**

[tinyurl.com/TDC-TBI-TOOLKIT-2](https://tinyurl.com/TDC-TBI-TOOLKIT-2)



**HEALTHCARE  
PROVIDERS**

[tinyurl.com/TDC-TBI-TOOLKIT-3](https://tinyurl.com/TDC-TBI-TOOLKIT-3)



**SCHOOL  
NURSES**

[tinyurl.com/TDC-TBI-TOOLKIT-4](https://tinyurl.com/TDC-TBI-TOOLKIT-4)

## HEALTHCARE PROVIDERS

[tinyurl.com/DR-PINA-GARZA](https://tinyurl.com/DR-PINA-GARZA)

[tinyurl.com/BL-PROVIDER-YT](https://tinyurl.com/BL-PROVIDER-YT)

[tinyurl.com/TBI-RESEARCH-REFERENCES](https://tinyurl.com/TBI-RESEARCH-REFERENCES)

[tndisability.org/have-injury](https://tndisability.org/have-injury)

**Watch the Brain Links Toolkit Intro with Dr. Pina Garza**

**Access the Healthcare Providers YouTube Playlist**

**Download the Research Summary and References**

**Download free Patient and Family Friendly Resources**

## SCHOOL NURSES

[tinyurl.com/TBI-NURSES-YT](https://tinyurl.com/TBI-NURSES-YT)

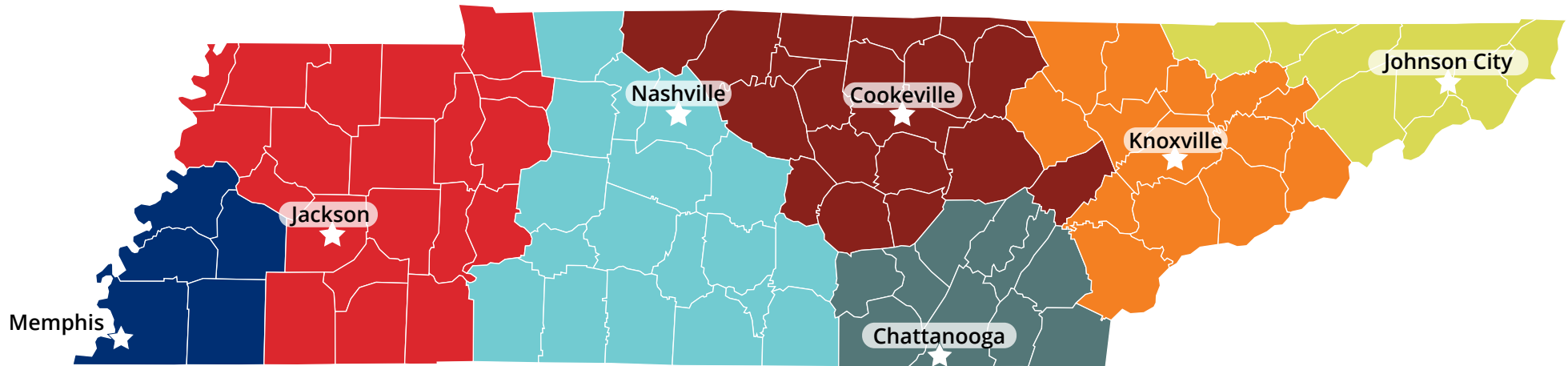
[tinyurl.com/TBI-RESEARCH-REFERENCES](https://tinyurl.com/TBI-RESEARCH-REFERENCES)

**Access the School Nurses YouTube Playlist**

**Download the Research Summary and References**

# TBI TRAUMATIC BRAIN INJURY SERVICE COORDINATORS

If you are a resident of Tennessee and have a TBI, you qualify for **FREE SERVICE COORDINATION** through the Tennessee Department of Health.



## JIMMIE LEE MORRIS

### West Tennessee Healthcare

731.541.4941

[Jimmie.Morris@WTH.org](mailto:Jimmie.Morris@WTH.org)

Benton, Carroll, Chester, Crockett, Decatur, Dyer, Gibson, Hardin, Hardeman, Henderson, Henry, Houston, Humphreys, Lake, Madison (**Jackson**), McNairy, Obion, Perry, Stewart, Weakley

## HOLLAND CAMARA

### Disability Rights Tennessee

629.702.7729

[HollandC@disabilityrightstn.org](mailto:HollandC@disabilityrightstn.org)

Bedford, Cheatham, Coffee, Davidson (**Nashville**), Dickson, Franklin, Giles, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Montgomery, Moore, Rutherford, Wayne, Williamson

## RICK HALL

### Disability Rights Tennessee

629.702.7727

[RickH@disabilityrightstn.org](mailto:RickH@disabilityrightstn.org)

Cannon, Clay, Cumberland, Dekalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam (**Cookeville**), Roane, Robertson, Smith, Sumner, Trousdale, Van Buren, Warren, White, Wilson

## PATTY CRUZE

### Fort Sanders Regional Medical Center

865.331.1499

[PCruze@CovHlth.com](mailto:PCruze@CovHlth.com)

Anderson, Blount, Campbell, Cocke, Grainger, Hamblen, Jefferson, Knox (**Knoxville**), Loudon, Monroe, Morgan, Sevier, Scott, Union

## ASIA BURKS

### Regional One Health

901.545.8487

[asburks@regionalonehealth.org](mailto:asburks@regionalonehealth.org)

Fayette, Haywood, Lauderdale, Shelby (**Memphis**), Tipton

## LAURA HALL

### Chattanooga Area Brain Injury Association (CABIA)

423.602.7246

[chattanoogaabraininjury@gmail.com](mailto:chattanoogaabraininjury@gmail.com)

Bledsoe, Bradley, Grundy, Hamilton (**Chattanooga**), Marion, McMinn, Meigs, Polk, Rhea, Sequatchie

## FREDDA ROBERTS

### Crumley House

423.257.3644 EXT 6

[Fredda@crumleyhouse.com](mailto:Fredda@crumleyhouse.com)

Carter, Claiborne, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, Washington (**Johnson City**)