

INSWABI Progress Report

Vol 12, Issue 2 & Vol 13, Issue 1

July – Dec 2018, Jan – June 2019

1. Introduction

Welcome to the combined Progress Report for July-December 2018 and January-June 2019. We open with a profile of Philomena Butler, Senior Social Worker Brain Injury Programme, National Rehabilitation Hospital, Dublin, Ireland. Next, our New Resources section provides a link to the UK Brain Injury Social Work Group's newly revised *Guide for Social Workers working in ABI* and an introduction to the *Supporting Child Relatives of Adults with Acquired Brain Injury: A Resource for Rehabilitation Teams* developed by the social workers at the National Rehabilitation Hospital in Dublin.

In Research corner we congratulate the now Dr Marie Materne for successfully completing her PhD on the subject of *Return to work after acquired brain injury – quality of life, opportunities and barriers*. We also celebrate the release of the 5th edition Dr Andy Mantell's book *Reflective Practice in Social Work*, and Prof Simpson's new book *Suicide Prevention after Neurodisability: An evidence informed approach*. There is also a number of new research articles published by INSWABI members. The following section highlights a Family Resilience workshop held at the Toronto Rehabilitation Institute in Canada.

INSWABI now has a website (www.inswabi.org), which went live in April this year with a great thanks to the immense work done by Melissa Fingleton with support from her husband. It has been a great success and on behalf of all INSWABI members we thank them for bringing the network into the 21st century. An update is then provided on the latest conferences and meeting of the INSWABI executive committee.

We end with a welcome to all our new members and hope you enjoy reading this report.

Grahame Simpson

Patti Simonson

2. Membership Profile



Phil Butler, Senior Social Worker

Brain Injury Programme, National Rehabilitation Hospital, Dublin, Ireland

Phil has been a medical social worker for 14 years, starting out in acute hospitals, and moving to the National Rehabilitation Hospital, the national rehabilitation service for Ireland, in 2013. She works on a 19-bed inpatient acquired brain injury ward with an interdisciplinary team. Her role involves undertaking psychosocial assessments, providing practical and emotional support to patients and families, and discharge planning, involving liaison with community support services at a time of increased funding shortages in Ireland.

During her time in the NRH, Phil has developed an interest in working with children and families of individuals with ABI, and has recently designed a resource pack for rehabilitation teams to support a more family focused approach to rehabilitation. She will be presenting at the upcoming social work conference in York to discuss her work on this. She has also been involved in a joint NRH (social work department) and University College Dublin

research project on patient, family and staff experiences of family meetings in a rehabilitation setting. This work involved data collection, analysis and presentation of findings at various conferences. A journal article is currently being written with a view to publication later in 2019.

Both the resource pack and the family meetings research encouraged Phil to develop her research skills further, and she has just completed her first year of her PhD in Social Work, exploring the support needs of families where a mother has an ABI. She continues to work part time in the NRH during her studies, while also caring for her two young children.

3. New initiatives, new resources, exchange visits



BISWG Guide for Social Workers working with adults in ABI

Dr Andy Mantell

Senior lecturer, Department of Psychology, Social Work and Counselling, University of Greenwich

The UK Brain Injury Social Work Group has finished updating its guide for social workers working with adults with ABI. The link to the updated version is:

http://www.biswg.co.uk/files/8415/5344/5058/Understanding_people_affected_by_Acquired_Brain_Injury_Practice_Guidance_updated_2019.pdf

Supporting Child Relatives of Adults with Acquired Brain Injury: A Resource for Rehabilitation Teams



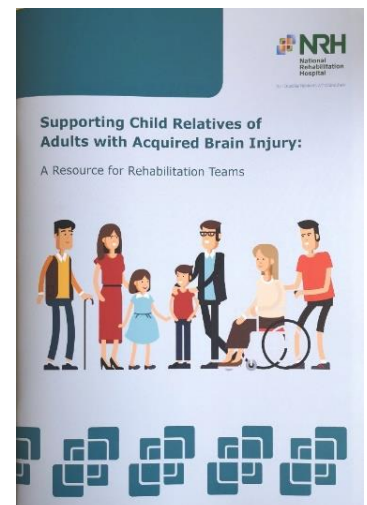
Phil Butler, Senior Social Worker

Brain Injury Programme, National Rehabilitation Hospital, Dublin, Ireland

In the National Rehabilitation Hospital brain injury rehabilitation programme, the interdisciplinary team works with patients with acquired brain injury and helps them to achieve goals in order to improve their quality of life. While some consideration is given to child relatives, the process has been largely client and carer centred. Many injured persons have young children, and there has been an inconsistent approach across the service in terms of helping children cope with and adjust to their brain injured parent or relative.

In an attempt to address this, the NRH social work department has developed a resource pack, the aim of which is to strengthen the family approach to rehabilitation. The objective of the pack is to support staff to be more inclusive of child relatives; and to help them see the importance of including child relatives when working with adults with an acquired brain injury. The aim is that, with the aid of this resource, the inclusion of children could be integrated into the rehabilitation programme.

This resource pack has been designed to provide staff with the tools and confidence to work with children. The pack has been developed to serve as a tool kit with suggestions and ideas on how to work with children, as well as provide information on the developmental stages of children and how they are impacted by brain injury.



It should also be noted that including children in the rehabilitation process does not necessitate exclusively working directly with children. Staff can support family members to consider and meet the needs of their children during the rehabilitation process. While the pack is mainly directed at rehabilitation staff, much of the information and tips will be useful for non-healthcare workers also.

This pack is divided into three sections: Introduction – Involving Child Relatives in Rehabilitation; Interventions; and Resources. The pack is accompanied by a workbook for children (*“What’s the story?” when someone in your family has a brain injury*), which can be given to parents and teachers if deemed appropriate. The workbook contains some information that should be helpful in explaining brain injury to children, while also allowing them to communicate their own experiences.

The pack was officially launched in the NRH in October 2018 and is available in hard copy from the NRH social work department.

4. Research corner

Marie Materne was awarded her PhD.



Dr Marie Materne
PhD graduate, Örebro University Sweden.

Congratulations to Marie Materne who was awarded her PhD from Örebro University Sweden. Marie explains about the process:

‘In Sweden, it is common to do a compilation thesis with four studies which I did. The doctoral defenses is offered in public. The act begins with the respondent presenting her work. The opponent then discusses with the respondent different strengths and weaknesses in the thesis and the studies that have been carried out. Then the graduate committee (which consists of three members) asks their questions and finally the audience. In the evening I had a party to celebrate that I became a Doctor of Philosophy.’

The title of her thesis was: Marie Matérne (2018): Return to work after acquired brain injury – quality of life, opportunities and barriers. Örebro Studies from the Swedish Institute for Disability Research No. 94.

PhD Abstract:

In Sweden, about 35–40 percent of people who acquire a brain injury can return to work. To be able to help people with acquired brain injury to return to work, it is important to know about experiences and factors that facilitate return to work and how they affect quality of life.

The overall aim of this thesis is to investigate the opportunities and barriers for people with acquired brain injury to return to work, as well as the importance of returning to work for their quality of life. Four studies were conducted: two interview studies and two register studies, giving qualitative and quantitative data.

The major finding in this thesis was that people with acquired brain injury who could return to work had high functioning in all levels of the biopsychosocial model. The opportunities increased if the return to work was individually adapted in all phases of the process and if the person was motivated and supported by support persons with commitment, cooperation and adaptation. Those who had a university education, got their driver’s license reinstated, had high motor function and could return to work showed the greatest increase in their quality of life.

Return to work is a complex process for people with acquired brain injury that could be successful if they are motivated, can balance the internal and external demands to return to work, get individual adaptation, and receive committed support. Their quality of life also increased more if they were able to return to work.

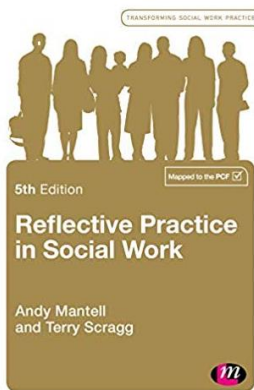
Dr Andy Mantell's book was published



Andy Mantell

Senior Lecturer, Department of Psychology, Social Work and Counselling, University of Greenwich

My co-edited book on reflective practice in social work has just come out - Mantell, A and Scragg, T (2019) *Reflective Practice in Social Work* London: Sage.



Reflective practice is at the heart of becoming a competent and confident social worker. It's both a key element of learning and development on social work courses and an important aspect of social work practice.

This accessible and introductory text explores a range of approaches to reflective practice to help students become more confident in answering key questions, including 'what is reflective practice?', 'how do I develop as a reflective practitioner?' and 'how do I maintain reflective practice in key contexts?'. There are many useful resources such as Writing reflective journals, Communicating well with service users and carers and Reflective practice while on placements.

Prof Grahame Simpson's new book was published

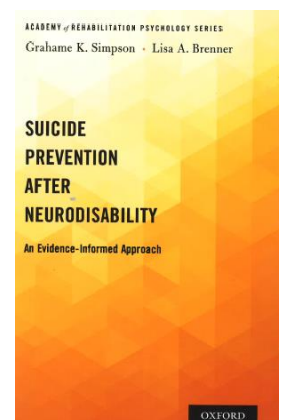


Prof Grahame Simpson

**Brain Injury Rehabilitation Research Group
Ingham Institute for Applied Medical Research**

My co-authored book on suicide has just been published: Simpson GK, Brenner L (2018) – *Suicide Prevention after Neurodisability: An Evidence-informed Approach*. New York, NY: Oxford University Press.

The book covers the theory, neurobiology, epidemiology, assessment, intervention and prevention of suicide after neurodisability, with seven of the chapters focusing on clinical care. It addresses suicide prevention in acquired and progressive neurodisability, specifically addressing stroke, TBI, Spinal Cord Injury, ALS, Epilepsy, MS, Huntington's Disease and Parkinson's Disease.



Other publications by INSWABI members

Giles, G. M., Clark-Wilson, J., Baxter, D. M., Tasker, R., **Holloway, M.**, & Seymour, S. (2019). The interrelationship of functional skills in individuals living in the community, following moderate to severe traumatic brain injury. *Brain injury*, 33(2), 129-136. <https://www.tandfonline.com/doi/full/10.1080/02699052.2018.1539762>
Open Access

Holloway, M., Orr, D., & Clark-Wilson, J. (2019). Experiences of challenges and support among family members of people with acquired brain injury: a qualitative study in the UK. *Brain injury*, 33(4), 401-411.

Marie Matérne, Thomas Strandberg & Lars-Olov Lundqvist (2018) Change in quality of life in relation to returning to work after acquired brain injury: a population-based register study, *Brain Injury*, 32:13-14, 1731-1739, DOI: 10.1080/02699052.2018.1517224

Harrison, Felix C, Newman JK, **Hawley L**, Morey C, Ketchum JM, Walker WC, Bell KR, Millis SR, Braden C, Malec J, Hammond FM, Eagye CB, Howe L. Social Competence Treatment after Traumatic Brain Injury: A Multicenter, Randomized, Controlled Trial of Interactive Group Treatment versus Non-Interactive Treatment. *Arch Phys Med Rehabil*. 2018 Jun 29.

Hawley L, Ketchum J, Morey C, Collins K, Charlifue S. (2018) Cannabis Use in Individuals with Spinal Cord Injury or Moderate to Severe Traumatic Brain Injury in Colorado. *Archives of Physical Medicine and Rehabilitation*, 99: 1584-90

Hawley, L., Hart, T., Waldman, W., Glenn, M., Hammond, F., et al. (2018). Living well after traumatic brain injury. *Archives of Physical Medicine & Rehabilitation*, 99(7), 1441-1442.

Lisa Payne, **Lenore Hawley**, Jessica M. Ketchum, Angela Philippus, C. B. Eagye, Clare Morey, Don Gerber, Cynthia Harrison-Felix & Ed Diener (2018) Psychological well-being in individuals living in the community with traumatic brain injury, *Brain Injury*, DOI: 10.1080/02699052.2018.1468573

Anderson M, Daher M, **Simpson GK**. A predictive model of resilience among family caregivers supporting relatives with traumatic brain injury (TBI): A structural equation modelling approach. *Neuropsychological Rehabilitation* DOI: 10.1080/09602011.2019.1620787 PMID: 31132931

Migliorini C, Callaway L, Moore S, **Simpson GK**. Family and TBI: An investigation using the Family Outcome Measure- FOM 40. *Brain Injury*. 2019; 33:282-290 DOI: 10.1080/02699052.2018.1553307 PMID: 30513221

Whiting D, Dean F, McLeod H, Ciarrochi J, **Simpson GK**. Can Acceptance and Commitment Therapy facilitate psychological adjustment after a severe traumatic brain injury? A pilot randomised controlled trial. *Neuropsychological Rehabilitation* DOI: 10.1080/09602011.2019.1583582 PMID: 30789059

Simpson GK, McRae P, Hallab L, Daher M, Strettles B. Trajectories and clinical features of competitive employment after severe traumatic brain injury in the NSW Brain Injury Rehabilitation Program: Comparing return to pre-injury employment versus new employment. *Neuropsychological Rehabilitation* DOI: 10.1080/09602011.2018.1531769 PMID: 30404583

Jones KF, Pryor P, Unger C, **Simpson GK**. Spirituality and its relationship with positive adjustment following traumatic brain injury: A scoping review. *Brain Injury*. 2018; 32: 1612-1622. DOI: 10.1080/02699052.2018.1511066 PMID: 30182741

Jones KF, Dorsett P, **Simpson GK**, Briggs L. The contribution of spirituality towards family resilience after spinal cord injury. *Rehabilitation Psychology*. 2018; 63: 521-531. DOI: 10.1037/rep0000229 PMID: 30024204

Strandberg T, Simpson GK. An audit of literature reviews published in Australian Social Work (2007-2017). *Australian Social Work* DOI.org/10.1080/0312407X.2019.1571619

5. Conferences, workshops and webinars

Family resilience workshop



Cathie Percival, Social Worker, Brain and Spinal Rehabilitation Program, Toronto Rehab, University Health Network, Toronto

On March 12, 2019, Dr. Grahame Simpson was in Toronto for the 13th World Congress on Brain Injury- not the most salubrious month in which to visit, unfortunately. However, Grahame kindly used some of his time here to speak to a group of 25 hospital-, university- and community-based social workers gathered at Toronto Rehab, part of the University Health Network. While most participants are based in the Greater Toronto Area, a few joined us from Columbus, Ohio and our nation's capital, Ottawa, to hear Grahame talk about *Understanding and Building Resilience Among Families Supporting Relatives With CNS Impairments in Rehabilitation Settings*.

This half-day workshop drew on the work that many of our Australian colleagues have been involved in for several years, through the Resilience Observational Study and the Strength2Strength Project. Grahame focussed his remarks on resilience as an important framework in health care, identifying different theoretical approaches, an understanding the role of resilience within families and discussing how we can appreciate and promote resilience in the families with whom we work.



Grahame outside TRI

Grahame began by reviewing the potential impact of resilience on health care systems, given the monetary value of informal care in hours spent. He posited a reduction of carer burden and associated levels of depression and anxiety being associated with increased resilience and positive wellbeing.

Grahame also explored the research relating to resilience and found that while we know that families play a central role in caregiving after brain or spinal cord injury, most of the research has emphasized the ensuing burden or distress, not the adaptation or coping. Grahame's team focused on the lived experience of resilience and its correlation to caregiver burden. This also led to the important finding about the key importance of social support as a protective factor in adapting to traumatic change.

Grahame's presentation asked a lot of important questions about resilience: What makes us resilient? Is it a quality that can be learned or acquired? What factors protect us when we are in stressful situations? Video clips of family members in caregiving situations helped explain how individual family members had learned to adapt to their new responsibilities without compromising their own lives.

And lastly, what can we do to help build resilience in daily practice? Suggestions included acknowledging existing family expertise and strengths, including learning how they can mobilize support services, and labelling or clarifying these skills and strengths so that they are highlighted for families to see and appreciate.

On the heels of our national Social Work Week celebrations, participants commented that Grahame's workshop was a valuable and rare opportunity to bring social workers together on a subject that will continue to inform our everyday practice.

Following the workshop, many in the group were fortunate to spend the evening with Grahame at a local restaurant and enjoy each other's company in an informal setting.

Thank you Grahame, for time well spent in a cold and blustery Toronto "spring"!

Cathie Percival

6. Upcoming events



The 9th International Conference on Social Work in Health and Mental Health

will be held in York United Kingdom from 22nd-26th July 2019. At this conference we will have the greatest concentration of presentations addressing social work in ABI that we have ever had, providing a wonderful range of presentations across many fields of practice in ABI.

The INSWABI Executive Committee also have their triennial face to face meeting at this conference and we also organise an INSWABI dinner.

The 5th International Conference on Practice Research



will be held in Melbourne Australia from 25th-27th May 2020.

Practice Research involves "the generation of knowledge of direct relevance to the professional practice of social workers" (New York statement 2014). Practice Research is an exciting modality for reflecting critically on practice, generating knowledge, driving innovation, undertaking evaluation and empowering the social work mission for the 21st century.

The 5th International Conference on Practice Research will bring together social work practitioners, practitioner-researchers, higher degree by research students, academics and service users from across Australia and internationally to share our knowledge and learnings in the field of Practice Research. All questions or clarifications regarding abstract submission should be sent to via email to: PMRconference2020@unimelb.edu.au. The website will be up next week.

7. Website <https://www.inswabi.org>



Grahame Simpson

Brain Injury Rehabilitation Research Group

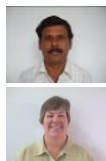
Ingham Institute for Applied Medical Research

The long anticipated INSWABI website was officially launched in April after outstanding work by Executive Committee member Melissa Fingleton with support from the Executive Committee. The website has a number of pages and useful content and will be an invaluable platform to take the network forward.

Next steps will involve linking the website to social media such as Instagram and then to start to develop it as a platform for posting latest updates, information and sharing that will help build the dynamic network.

Thank you so much Melissa.

8. Committee news



The INSWABI Executive Committee was established in 2010 during the International Social Work conference held in Dublin. The committee runs on 3-year terms. The Executive Committee for 2016-2019 has had its final meeting and the inaugural meeting for the 2019-2022 committee will take place during the International Social Work conference held in York, UK

It is with regret that we accepted the resignations of Denise Young (Australia) and Elly Nadorp (Canada), who have both now retired from social work. Denise and Elly were two of the founding members of the Executive Committee back in 2010 and we have appreciated their long service and support of INSWABI over the past decade. An EOI has been circulated to INSWABI members for replacements to join the 2019-2022 committee.

9. New members and farewells

New members

♦ Antoinette Lazzarino	Australia	♦ Randy Leibovitch	Canada
♦ Anna Salcman	Australia	♦ Susan Davis-Bailey	Canada
♦ Tanya Ashton	Australia	♦ Jennifer Squibb	Canada
♦ Tamara Cajkovac-Njari	Australia	♦ Tess Bardikoff	Canada
♦ Andrew Scanlan	Australia	♦ Kathryn Coxe	USA
♦ Debra Parks	Australia	♦ Patrick Boyd	UK
♦ Shannon Jaycox	Canada	♦ Ruth Dunlop	UK
♦ Helen Yack	Canada	♦ Anna Fleming	UK
♦ Liz Waisberg	Canada	♦ Carrie Johal	Scotland
♦ Rachel Kastoryano	Canada	♦ Danielle Manning	Ireland
♦ Kelly Jewer	Canada	♦ Philomena Butler	Ireland
♦ Melissa Norton	Canada	♦ Elmien Feldtmann	New Zealand

Farewell

♦ Marie Lloyd	Retired	New Zealand
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10. Pass this on.

Please circulate the progress report to any of your colleagues who might be interested.

11. Interested in joining INSWABI?

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Grahame Simpson (Australasia, Asia) grahame.simpson@health.nsw.gov.au

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