

# Social Participation And Navigation (SPAN):

## A Program for Teens with Traumatic Brain Injury (TBI)

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**SPAN** is a program designed to help teenagers with TBI achieve their social participation goals. The program is being developed and tested with support from a three-year grant funded by the Department of Health and Human Services. It is a multi-site study that involves Tufts University, Cincinnati Children's Hospital, University of Wisconsin – Madison, Georgia Institute of Technology, and Children's Healthcare of Atlanta.

**Social participation** is: *doing, being involved in or part of an activity, or interacting **with others** during an activity.*

Teens have access to a **smartphone app** to help them set and keep track of their goals and create and implement a plan to accomplish these goals.

Teens **partner with \*college student coaches** who provide weekly guidance to help teens work through the program to achieve their goals



\*College student coaches receive SPAN training and weekly supervision

### Are there any other features of SPAN?

- ✓ **Brief Tips:** General strategies to handle challenges or problems that interfere with social participation goals.
- ✓ **Key Topics:** To provide more detailed information and strategies on specific areas that might be *particularly challenging for teenagers with TBI.*
- ✓ **Strategy Bank:** To store current and future strategies that are used to accomplish social participation goals.
- ✓ **Social Chat:** To be developed when there are more SPAN participants