

Center for Transitional Neuro-Rehabilitation



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The Center for Transitional Neuro-Rehabilitation (CTN) at Barrow Neurological Institute is often the final step in a patient's neuro-rehabilitation journey. CTN offers intensive, day-long outpatient programs to help patients return to independence and productivity in the home, community, work, and school settings. Predicated on compassion, dignity, respect, and expertise, the CTN provides individualized guidance and support for patients and their families—enabling lasting, positive results of comprehensive rehabilitation.

The effects of an acquired brain injury are complex, and the recovery course can be lengthy and arduous. People with acquired brain injuries often experience challenges at home and in the community, and they may need more intensive treatment than standard outpatient rehabilitation programs provide. We're here to help patients meet their goals, while also providing support and education for their families.

The Barrow Difference

Since 1986, the CTN has assisted older adolescents and adults with moderate-to-severe acquired brain injuries (e.g., traumatic brain injuries, stroke, low-grade brain tumors, seizure disorders, anoxia). The CTN employs a transdisciplinary, holistic, and milieu therapy approach to address the cognitive, language, physical, functional, emotional, interpersonal, spiritual, cultural, and quality-of-life needs of each patient. The CTN model focuses on improving patients' and families' awareness, acceptance, and realism about the acquired brain injury effects, with a major emphasis on developing and incorporating compensatory tools.

Utilizing individual and group therapies, the interdisciplinary CTN team consists of neuropsychologists; rehabilitation psychologists; speech-language pathologists; and physical, occupational, and recreational therapists. Patients also receive services from a social worker, dietitian, rehabilitation physicians, and psychiatrist.

Family Involvement

Extensive clinical and research findings at the CTN indicate that a patient's progress is maximized when the family is integrally involved in the therapeutic treatment process. The CTN team is committed to forming a positive working alliance with families, providing emotional support and education about their loved one's acquired brain injury and neuro-rehabilitation goals through a weekly Family Group and close collaboration with all treatment disciplines. Family members must agree to be actively involved in their loved one's neuro-rehabilitation program.

Continued on back

Core Programs



The Home Independence Program

After leaving a hospital or rehabilitation facility, and with more acute acquired brain injuries, most patients need 24-hour supervision at home. Our Home Independence Program is designed to help patients gradually become as self-sufficient as possible in their home and community, improving their functional status. Fundamental goals include reducing the amount of supervision needed and teaching patients everyday life skills.

The Transitional Program

This is an intermediate program for patients who have accomplished some goals of the Home Independence Program but who are not fully ready to return to work or school. These patients receive selected therapies from the Home Independence and Work/School Re-Entry Programs to build community skills and independence in preparation for eventual transition to higher education and/or competitive employment. They may also receive assistance in finding a volunteer position in the community.

The Work/School Re-Entry Program

Patients who are generally independent at home may desire to return to work or school. However, the cognitive, language, physical, emotional, and interpersonal effects of brain injury can complicate this process. The Work and School Re-Entry Programs assist patients in finding attainable and meaningful work and school activities. Patients may return to their former school/work status or find alternative paths, including new academic options and other competitive employment.

Patients in the Work Re-Entry Program are first exposed to a specially selected work experience (i.e., situational assessment) designed to develop prework skills. Therapists help in the selection of the work experience and also provide vital on-site monitoring, with communication and education of the patient and work personnel. When ready, patients are actively assisted by the CTN therapists in finding and maintaining competitive employment.

Patients in the School Re-Entry Program receive assistance in returning to some form of schooling/training, including high school, community college, a trade school, or a university setting. Therapists at the CTN coordinate closely with school personnel to identify and incorporate helpful compensations and accommodations.

Focus Programs

The Refresher Program

Sometimes, years later after completing formal neuro-rehabilitation, patients benefit from our Refresher Program —especially if there are changes in their work, school, or living situations. Patients attend this program on a short-term basis (e.g., two to six months) to receive updates in compensatory strategies, as well as emotional support and education so as to adapt to lifestyle changes. Our therapists provide updated evaluations and recommend selected individual and group therapies to maximize patients' outcomes, including finding new volunteer or competitive employment positions. Family education and support are also key to new adjustments.

The Fast-Track Program

Some patients with milder brain injuries who are preparing to transition back to competitive employment may be candidates for the Fast-Track Program. The “best fit” patients in the Fast-Track Program are within the first few months of their mild brain injury and need short-term (e.g., three to six months) targeted compensation training by a core CTN team to reintegrate to their prior work position. Psychoeducation and family support/education are included in this program.