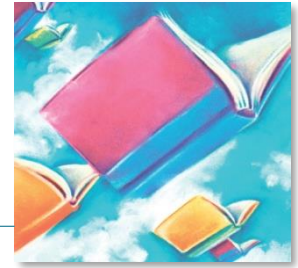


Rehab Library News



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New Books

The Rehabilitation Library has received new books and DVDs. To borrow any item, please contact the library at avlibrary@dshs.texas.gov or call (512) 776-7260 or toll-free 1-888-963-7111 x7260. The library catalog at www.texashealthlibrary.com lists additional materials.

101 careers in social work. Jessica A. Ritter, 2015. (HF 5381.5 R614 2015 RHB).

This book includes accreditation standards, core competencies, and licensing requirements for careers in social work. The book describes traditional careers and some that are more unusual such as forensic social work, social entrepreneurship, international careers, and community practice. Each chapter describes a particular social work domain and includes employment outlook.

Big change, best path: successfully managing organizational change with wisdom, analytics and insight. Warren Parry, 2015. (HD 58.8 P265 2015 RHB).

This book brings unique insights to the dynamics and process of transformational change, understanding success and failure, defining and describing the levels and conditions of change, and the patterns and paths of organizational change. It shows that a whole new way of managing change is possible, using empirical benchmarking and predictive approaches.

Committed teams: three steps to inspiring passion and performance. Mario Moussa, 2016. (HD 66 M933c 2016 RHB).

Based on research from Wharton's Executive Development Program, this concise guide identifies the common challenges that arise when people work together as a group and provides key guidance on breaking through the barriers to peak performance. The authors have observed over 100 teams collaborating and competing for over 100 combined years. Observation has yielded fundamental insights about teamwork: what usually goes wrong, what frequently goes right, and the methods and techniques that will help teams access their full potential. These insights have been distilled into a simple, repeatable process that can be applied today.

A comprehensive guide to intellectual and developmental disabilities, 2nd ed. 2017. (HV 1570 C66 2017 RHB).

This is a core textbook and a reference for any professional working with people who have disabilities. It contains information on intervention, education, family roles, health issues, and specific disabilities. It is life-span focused, with topics ranging from genetics and development to aging issues.

Concurrent treatment of PTSD and substance use disorders using prolonged exposure (COPE): patient workbook. Sudie E. Back, 2015. (WM 172.5 B126 2015 RHB).

Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE) is a cognitive-behavioral psychotherapy program designed for patients who have posttraumatic stress disorder (PTSD) and a co-occurring alcohol or drug use disorder. COPE represents an integration of two evidence-based treatments: Prolonged Exposure (PE) therapy for PTSD and Relapse Prevention for substance use disorders. COPE is an integrated treatment, meaning that both the PTSD and substance use disorder are addressed concurrently in therapy by the same clinician, and patients can experience substantial reductions in both PTSD symptoms and substance use severity. Patients use this COPE Patient Workbook while their clinician uses the Therapist Guide to deliver treatment. The program is comprised of 12 individual, 60 to 90 minute therapy sessions. The program includes several components: information about how PTSD symptoms and substance use interact with one another; information about the most common reactions to trauma; techniques to help the patient manage cravings and thoughts about using alcohol or drugs; coping skills to help the patient prevent relapse to substances; a breathing retraining relaxation exercise; and in vivo (real life) and imaginal exposures to target the patient's PTSD symptoms.

Deep work: rules for focused success in a distracted world. Cal Newport, 2016. (BF 637 S4 N558 2016 RHB 2016).

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. Dividing this book into two parts, the author first makes the case that in almost any profession, cultivating a deep work ethic

will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill.

Designing your life: how to build a well-lived, joyful life. William Burnett, 2016. (BF 637 S8 B964 2016 RHB).

This book shows us how to design and build our way to a new life, a well-designed life that is productive and evolving; a life filled with the constant possibility of surprise. It explores what to look for in your job search and how to design your dream job.

Great answers to tough questions at work. Michael Dodd, 2016. (HF 5718 D639 2016 RHB).

This book outlines simple but successful techniques for dealing with the kind of nightmare questions which all ambitious people in the workplace have to face along their journey, whatever stage of their career. It contains critical communication skills for executives, managers, leaders and those aspiring to fill these roles. It covers a wide range of work place scenarios such as job interviews, performance reviews, negotiations, customer relations, parliamentary inquiries and cross-examination. It discusses how to see the issues underlying tough questions in a different, more positive, solution-oriented way.

How to be a great boss. Gino Wickman, 2016. (HD 38.2 W637 2016 RHB).

Often the difference between a group of indifferent employees and a fully engaged team comes down to one simple thing: a great boss. This book presents a straightforward, practical approach to help bosses at all levels of an organization get the most from their people. In this book you will discover how to surround yourself with great people, how to make more effective use of your time, the difference between leadership and management and why they're equally important, the five leadership practices and five management practices of all great bosses, how to create accountability, how to develop productive, relationships with each of your people, and how to deal with direct reports that don't meet your expectations.

An intelligent career: taking ownership of your work and your life. Michael B. Arthur, 2017. (HF 5386 A789 2017 RHB).

This book describes how you can apply your intelligence to take ownership of your career. It has two parts, first encouraging reflection and then turning to action. This book helps you pursue a career that is personally and socially meaningful. Job counselors can use this book to support other people's careers, enabling them to define and meet their career goals and aspirations.

The intelligent clinician's guide to the DSM-5. Joel Paris, 2015. (WM 141 P232 2015 RHB).

This book uses evidence-based critiques and consideration of contemporary clinical practice to provide a practical guide to mental health professionals who are seeking to find where the DSM-5 is right, where it is wrong, and where the jury's still deciding. It provides suggestions on the DSM-5's use in clinical practice. It thoroughly reviews the history of diagnosis in psychiatry. It includes chapters on all the major diagnoses in psychiatry.

Lend me an ear: temperament, selection, and training of the hearing dog. Martha Hoffman, 2013. (WV 270 H711 2013 RHB).

This book presents information about the assistance dog program for individuals who are deaf or hard of hearing. The author explains why animal shelter castaways often make the best hearing dogs and what breeds and mixes have the highest rate of placement with their partners who are deaf or hard of hearing.

Mastery. Robert Greene, 2012. (BF 637 S8 G811 2012 RHB).

This book shows how successful people in history and in modern times mastered their interests and became the best in the world. It explains how you should use mentors, social intelligence, and constantly seek to expand your knowledge to become a master yourself.

Medical aspects of disability for the rehabilitation professional, 5th ed. 2017. (WT 500 M489 2017 RHB).

This book provides a wide view of current medical and psychosocial issues that affect people with disabilities. Part one is an introduction to key topics and issues. The second part discusses twenty-six different conditions or disorders, including AIDS, Alzheimer's, traumatic brain injury, chronic pain, epilepsy, and many others. The third part on special topics includes information on nursing, speech-language pathology, social work, telerehabilitation, assistive technology, trends, legislation, accreditation, and quality efforts.

Mindset: the new psychology of success. Carol S. Dweck, 2016. (BF 773 D85 2006 RHB).

This book shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset (those who believe that abilities are fixed) are less likely to flourish than those with a growth mindset (those who believe that abilities can be developed). This edition expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations.

Motivational interviewing in the treatment of psychological problems. 2015. (WM 55 M918 2015 RHB).

This book brings together experts to describe Motivational Interviewing (MI) applications in the treatment of anxiety, depression, PTSD, suicidal behavior, obsessive-compulsive disorder, eating disorders, gambling addictions, schizophrenia, and dual diagnoses. Also addressed are MI approaches in the criminal justice system. Each chapter provides a concise overview of the disorder or population under discussion; describes how MI has been integrated with standard treatment approaches; illustrates the nuts and bolts of intervention using clinical examples; and reviews the empirical evidence base.

The new manager's survival guide: everything you need to know to succeed in the corporate world. Steven Haines, 2016 (HF 5549 H153 2016 RHB).

This book explains how to create great working relationships and earn trust and credibility. It describes how to understand essential team structures and operating paradigms, establish a game plan for financial planning, and leverage processes to improve efficiency. How to analyze and utilize data to solve problems and make better decisions is also covered.

Originals: how non-conformists move the world. Adam M. Grant, 2016. (HD 53 G759 2016 RHB).

This book examines how people can champion new ideas and how leaders can encourage originality in their organizations. It promotes the perspective of becoming original: choosing to champion novel ideas and values that go against the grain, battle conformity, and buck outdated traditions. How can we originate new ideas, policies, and practices without risking it all? Using surprising studies and stories spanning business, politics, sports, and entertainment, the author explores how to recognize a good idea, speak up without getting silenced, build a coalition of allies, choose the right time to act, and manage fear and doubt; how parents and teachers can nurture originality in children; and how leaders can fight groupthink to build cultures that welcome dissent.

Social disability: one person's recovery journey. Joseph R. Mulhern, 2013. (WL 354 M956 2013 RHB).

This is the story of a vocational rehabilitation counselor who suffers a traumatic brain injury. He learns about the rehabilitation process from the consumer's perspective. It describes the barriers he faces as he tries to reintegrate into the workforce. He highlights the rehabilitation methods that were most effective in helping him make a comeback from the physical, mental, and emotional effects of the trauma.

Strengths based leadership: great leaders, teams, and why people follow. Tom Rath, 2008. (HD 57.7 R234 2008 RHB).

This book identifies three keys to being a more effective leader: knowing your strengths and investing in others' strengths, getting people with the right strengths on your team, and understanding and meeting the four basic needs of those who look to you for leadership.

Study guide for the National Counselor Examination and CPCE. Andrew A. Helwig, 2015. (WM 55 H459 2015 RHB).

This book prepares professional counselors and graduate students in counseling for state-level licensure exams and graduate comprehensive exams. It is also used for preparation for the National Counselor Exam used for national certification to become a National Certified Counselor (NCC).

Tapping into hidden human capital: how leading global companies improve their bottom line by employing persons with disabilities. Debra Ruh, 2016. (HD 7255 R933 2016 RHB).

This book is a compendium of practical solutions for all employers who want to hire persons with disabilities. It shows evidence of the benefits of employing persons with disabilities and explains step-by-step how to do it successfully. The book provides a clear path for businesses to improve their bottom line while contributing to the global trend of full inclusion of persons with disabilities in society.

New E-Books

If you work for TWC-VRS the following books and many more titles are available electronically. You may access them on a computer or mobile device.

Please contact the library at library@dshs.texas.gov or call (512) 776-7559 or toll-free 1-888-963-7111 x7559 for information on how to access the E-books.

- **Assessment in counseling: a guide to the use of psychological assessment procedures.** Danica G. Hays. (2014)
- **Stroke syndromes.** (2012)

New DVDs

Change of mind. 54 min. 2016. (DD0785).

After a diving accident and decompression sickness, Nash Wagstaffe experienced extreme mood swings and loss of concentration. Joblessness, homelessness, and crime followed. In prison he learned his brain was deprived of oxygen in the accident and severely damaged. This program examines the societal impact of brain injury and the state of existing services for victims. It explores the hope offered by research into neural plasticity and attempts by visionary judges, prison staff, and parole officers to develop appropriate sentencing in the criminal justice system.

Of the community: eight stories of community living, participation, and inclusion. 28 min. 2015. (DD0778).

This program profiles children and adults with intellectual and developmental disabilities (IDD) who are active members of their communities. The filmmakers show us that supporting people with IDD to live good lives requires respect, imagination, flexibility, high expectations, and a commitment to providing truly individualized person centered supports.

Transition to work and self-sufficiency: the job search. 25 min. 2009. (DD0783).

This DVD focuses on job search methods by explaining various ways to find job openings, including contacting employers directly, posting resumes online, and using a network of contacts. Job seekers learn how to create a job search plan to fit their situations.

Transition to work and self-sufficiency: the job seeker's toolkit. 25 min. 2009. (DD0782).

This program teaches viewers how to write resumes and cover letters. It also instructs job seekers in the proper way to fill out job applications and compile portfolios.

Transition to work and self-sufficiency: the real work begins. 25 min. 2009. (DD0784).

Newly hired employees learn to avoid pitfalls that will lead to being fired. They are encouraged to cultivate the hard and soft skills that will allow them to retain their jobs and climb the ladder of success. They are urged to have a positive attitude, ask for extra training, be punctual, be enthusiastic, manage their time wisely, and get along with co-workers.

Transition to work and self-sufficiency: the right job for you. 25 min. 2009. (DD0781).

This program teaches viewers how to create short and long-term goals, research job objectives that fit their skills and interests, and develop a career plan for achieving their goals.

Transition to work and self-sufficiency: the world of work. 25 min. 2009. (DD0780).

This program helps viewers determine what they need from a job and what they have to offer employers. Viewers will learn to budget their time and money, list their job skills, and put themselves in the shoes of a potential boss.

Valuing lives: Wolf Wolfensberger and the principle of normalization. 56 min. 2016. (DD0779).

This DVD explores the principle of normalization, the idea that all people with disabilities should have access to the same everyday life opportunities and experiences that their fellow citizens enjoy. It profiles the foremost popularizer of normalization, Wolf Wolfensberger, the iconoclastic professor whose writings and intense workshops trained thousands of human services professionals in the theory and practice of this idea.

Featured Journal Articles

Employment outcomes for individuals with multiple sclerosis: 2011-2013. Inge K, Cimera R, Rumrill Jr. P, Revell W. *J Rehabil.* 2016;82(4):28-37.

Background: Individuals with multiple sclerosis (MS) face a number of physical and structural barriers in achieving an employment outcome. Vocational Rehabilitation (VR) services through the use of the federal and state vocational rehabilitation programs are one option for obtaining the needed supports that can lead to successful competitive employment outcomes. Objective: The intent of this research was to profile demographic characteristics, services received, funds expended, and employment outcomes achieved by individuals with MS who participated in State VR programs. The research also sought to identify VR programs achieving the highest rate of successful employment outcomes for

individuals with MS. Methods: Using the Federal Rehabilitation Services Administration's (RSA) 911-database, individuals with a primary physical disability of multiple sclerosis who had their cases closed by a Vocational Rehabilitation Agency in federal fiscal years 2011-2013 were selected to identify general demographics, services received, receipt of SSI/SDI, and reasons for case closure. More detailed analyses were completed on employment outcomes and costs for individuals for whom an Individual Plan for Employment (IPE) was implemented. Results: Nationally, state VR agencies reported closing a total of 6,865 cases for individuals with multiple sclerosis in FY 2011-2013 in one of the four case closure codes: Status 28, Status 30, Status 28, and Status 26. Approximately 2,006 (29% of total case closures of individuals with MS) were closed in Status 26 with an employment outcome during the study period. The majority of these individuals were female and white/Caucasian. Weekly hours of employment per person were approximately 26.5 hours, and average weekly earnings were approximately \$440 for individuals with MS closed in employment. The average case service expenditure per person for individuals with MS closed with an employment outcome ranged from \$8,372 to \$9,066. Approximately 67% of VR case service funds expended on cases with MS during FYs 2011-2013 were spent on individuals who achieved an employment outcome. Conclusions: More research is needed on how VR counselors and services can respond more effectively to selected demographic characteristics of VR applicants with MS, especially their ethnic, gender, cultural, and linguistic diversity. Research is also needed on the impact of rehabilitation services on successful case closures, the types of jobs that individuals with MS obtain, and the characteristics of high achieving state VR programs.

The feasibility of implementing cognitive remediation for work in community based psychiatric rehabilitation programs. McGurk SR, Mueser KT, Watkins MA, Dalton CM, Deutsch H. *Psychiatr Rehabil J.* 2017;40(1):79-86.

Objective: Adding cognitive remediation to vocational rehabilitation services improves cognitive and work functioning in people with serious mental illness, but despite interest, the uptake of cognitive programs into community services has been slow. This study evaluated the feasibility of implementing an empirically supported cognitive remediation program in routine rehabilitation services at two sites. Method: The Thinking Skills for Work (TSW) program was adapted for implementation at 2 sites of a large psychiatric rehabilitation agency providing prevocational services, but not community-based vocational services, which were provided off-site. Agency staff were trained to deliver TSW to clients with work or educational goals. Cognitive assessments were conducted at baseline and posttreatment, with work and school activity tracked for 2 years. Results: Eighty-three participants enrolled in TSW, of whom 79.5% completed at least 6 of the 24 computer cognitive exercise sessions ($M = 16.7$) over an average of 18 weeks. Participants improved significantly from baseline to posttreatment in verbal learning and memory, speed of processing, and overall cognitive functioning. Over the follow-up, 25.3% of participants worked and 47.0% were involved in work or school activity. Higher work rates were observed at the site where participants had easier access to vocational services. Conclusions and implications for practice: The results support the feasibility of implementing the TSW program by frontline staff in agencies providing psychiatric rehabilitation, and suggest that ease of access to vocational services may influence work outcomes.

Homelessness following disability-related discharges from active duty military service in Afghanistan and Iraq [published online ahead of print March 10, 2017].

Fargo JD, Brignone E, Metraux S, Peterson R, Carter ME, Barrett T, Palmer M, Redd A, Samore MH, Gundlapalli AV. *Disabil Health J*. <http://doi.org/10.1016/j.dhjo.2017.03.003>
Background: Many dynamics in the relationship among military service-related disabilities, health care benefits, mental health disorders, and post-deployment homelessness among US veterans are not well understood. Objectives: Determine whether veterans with a disability-related discharge from military service are at higher risk for homelessness, whether Veterans Health Administration (VHA) service-connected disability benefits mitigates that risk, and whether risks associated with discharge type, service-connected disability, or the interaction between them vary as a function of mental health disorders. Methods: Retrospective cohort study of 364,997 veterans with a disability-related or routine discharge and initial VHA encounter between 2005 and 2013. Logistic regression and survival analyses were used to estimate homelessness risk as a function of discharge status, mental health disorders, and receipt of VHA disability benefits. Results: Disability-discharged veterans had higher rates of homelessness compared to routine discharges (15.1 versus 9.1 per 1000 person-years at risk). At the time of the first VHA encounter, mental health disorders were associated with differentially greater risk for homelessness among veterans with a disability discharge relative to those with a routine discharge. During the first year of VHA service usage, higher levels of disability benefits were protective against homelessness among routinely-discharged veterans, but not among disability-discharged veterans. By 5-years, disability discharge was a risk factor for homelessness (AOR = 1.30). Conclusions: In the long-term, disability discharge is an independent risk factor for homelessness. While VHA disability benefits help mitigate homelessness risk among routinely-discharged veterans during the early reintegration period, they may not offer sufficient protection for disability-discharged Veterans.

Impairment, demographics and competitive employment in vocational rehabilitation.

O'Neill J, Kaczetow W, Pfaller J. *J Vocat Rehabil*. 2017;46(2):149-58.
Background: There is a persistent gap in the employment rate of working-age people with disabilities and those without disabilities, with outcomes differing across impairment groups and by demographics. Objective: Our goal is to identify differences in competitive employment outcomes across 17 impairment groups included in the RSA-911, including interaction effects with other individual characteristics, among them age, gender, race/ethnicity, and educational attainment. Methods: We used logistic regression to examine differences in competitive versus other employment closures among vocational rehabilitation customers who were employed at closure. The relationship between demographic variables and type of employment was allowed to vary by impairment. Results: Contrary to research that does not differentiate type of employment, we find the odds of competitive employment are lowest for VR clients who are blind or visually impaired. They are also lower for those with mobility, orthopedic, or mental impairments; women; older clients; and those with lower levels of educational attainment. Interaction effects revealed that the differences across demographic groups vary by type of impairment. Conclusion: Researchers and counselors should consider type of employment

at closure, and differences by impairment and among demographic groups should be taken into consideration when designing employment service programs.

More job services-better employment outcomes: increasing job attainment for people with IDD. Nord D. *Intellect Dev Disabil.* 2016;54(6):402-411.

Job search, job placement, and on-the-job supports are valuable services provided to many people with intellectual and developmental disabilities (IDD) to obtain work in the community. Investigating those who were unemployed at the time of service entry, this study seeks to extend understanding about the effect of services. Using extant data, a sample of 39,277 people with IDD using Vocational Rehabilitation services were studied to understand the potential cumulative effects of these job-related services and individual characteristics on job attainment. Findings showed people with IDD of different demographic groups had different outcomes. Also, those receiving three job-related services were 16 times more likely to obtain employment than the reference group. This study has wide implications for research, policy, and practice.

An overview of transition planning for students who are deafblind. Zatta M, McGinnity B. *Am Ann Deaf.* 2016;161(4):474-485.

Children who are deafblind are one of the lowest-incidence yet most diverse groups receiving services mandated by the Individuals with Disabilities Education Improvement Act. Despite this population's diversity, the development of communication skills is critical for all children who are deafblind, and is the foundation on which good transition planning can be built. The authors describe key research findings and other professional literature on transition planning and services guided by the quality of life principle. The role of the individualized education program and case law in transition planning is discussed. Through a person-centered approach to transition planning, a coordinated set of activities designed to support the young adult in moving from school to post-school settings and activities is identified. The authors conclude that effective transition efforts will involve extensive collaboration among school and agency professionals, families, and the young adult who is deafblind.

Predictors of employment outcomes in veterans with traumatic brain injury: a VA traumatic brain injury model systems study [published online ahead of print January 5, 2017]. Dillahunt-Aspillaga C, Nakase-Richardson R, Hart T, Powell-Cope G, Dreer LE, Eapen BC, Barnett SD, Mellick D, Haskin A, Silva MA. *J Head Trauma Rehabil.* doi: 10.1097/HTR.0000000000000275.

Objectives: To examine the length of time to return to work (RTW) among service members and veterans (SM/V) with traumatic brain injury (TBI) and to identify variables predictive of RTW. Setting: Department of Veterans Affairs Polytrauma Rehabilitation Centers (VA PRC). Participants: SM/V enrolled in the VA PRC Traumatic Brain Injury Model Systems database who were of 18 to 60 years of age and admitted with the diagnosis of TBI. Design: Prospective observational cohort study. Main outcome measures: Employment status at 1-year post-injury follow-up; Time to Employment (ie, number of days it took to RTW) as documented during 1-year post-injury follow-up. Results: The final sample (n = 293) included male (96%) SM/V with severe TBI (69%). Approximately 21% of the sample participants were employed at 1 year post-injury. Younger individuals

who self-identified as nonminority returned to work sooner. Significant associations were observed for time to employment for cause of injury and injury severity. Conclusions: Few SM/V with moderate to severe TBI returned to work at 1 year post-injury. Predictors such as younger age at the time of injury, minority status, and severity of TBI affected time to and probability of RTW. Findings from this study have important implications for rehabilitation planning and service delivery across the continuum of recovery.

Promoting high expectations for postschool success by family members. Pleet-Odle A, Aspel N, Leuchovius D, Roy S, Hawkins C, Jennings D, Turnbull A, Test DW. *Career Dev Transit Except Individ.* 2016;39(4):249-255.

Parental expectations (having high expectations for their children) and parental involvement (having parents as active and knowledgeable participants in transition planning) have been identified as evidence-based predictors of improved post-school outcomes for students with disabilities. However, little is known about how education professionals can support and promote high expectations and involvement of families for their transition-aged youth with disabilities. Parent advocates for students with disabilities across the nation were asked for their ideas. The following provides a "to-do" list of seven strategies and 13 activities special education professionals can use in partnership with families to promote high expectations for post-school success for young adults with disabilities.