

New Jersey Advisory Council on Traumatic Brain Injury

April 28, 2026



Welcome, Introductions, Division Updates

Adam Neary, Assistant Executive Director
Division of Disability Services

10:00 – 10:10  NEW JERSEY HUMAN SERVICES

Agenda



Welcome, Introductions, Division Updates: <i>Adam Neary, Assistant Executive Director, DDS</i>	10:00am-10:10am
Brain Injury Alliance of New Jersey: <i>Barbara Chabner, Director of Education & Outreach</i>	10:10am-10:15am
TBI Fund Updates: <i>Margaret Lumia, PhD, MPH, Administrator, Disability Health & Wellness/TBI Fund</i>	10:15am-10:20am
AI for Brain Injury: Practical Tools for Everyday Life <i>Monique J. Tremaine, PhD, MSCP</i> <i>Director, Neuropsychology</i> <i>Hackensack Meridian Health</i> <i>JFK Rehabilitation Institute</i> <i>Center for Brain Injuries, Cognitive Rehabilitation</i>	10:20am-11:10am
Break:	11:10am-11:20am
Remembrance and Remarks:	11:20am-11:45am
Open Discussion:	11:45am-12:00pm

**Please put your
name in the chat
and we'll note
that in our
attendance!**



Brain Injury Alliance of New Jersey Update

Barbara Chabner
Director of Education and Outreach



10:10 - 10:15



Workshops

- In-person and virtual workshops
- 160 workshops, 4500 attendees
- Wide range of topics including:
 - Brain Injury and Mental Health
 - Brain Injury and Domestic Violence
 - Brain Injury and Substance Use
 - Concussion
 - Head's Up, Seniors
 - Keeping Your Brain Healthy

Community Fairs and Conference Exhibiting

- Community Fairs/Wellness Events
 - 15 events attended
- Professional Conferences-statewide
 - Athletic Trainers Society of New Jersey (ATSNJ)
 - New Jersey Recreation and Parks Association (NJRPA)-Partnered with Rutgers Youth in Sports Research Council to distribute BIANJ materials

Coalition/Networking Meetings

- Community Coalition Meetings
 - Coalition meetings
 - Individual networking meetings
 - 100 attended

Webinars

- Hosted seven webinars
 - Parenting after brain injury
 - Four-part series on returning to work after brain injury
 - Two-part series on social and community engagement following brain injury
 - 416 attended

TBI Fund

- TBI Fund promoted at presentations/events, through social media and CARES
- 129 referrals to TBI Fund

Brain Injury Awareness Month-March

- Facebook Live survivor panel discussion
- Visit to the Statehouse
 - Attended by survivors, caregivers and advocates; 55 attendees
 - Senator Patrick Diegnan and Senator Angela McKnight attended
 - Statehouse dome lit up in purple
- Regional Trainings
 - Topic: Aging and Brain Injury
 - Two locations: East Hanover and Cherry Hill
 - Attendance: 80





TBI Fund Updates

Margaret Lumia, PhD, MPH

Administrator, Disability Health & Wellness/TBI Fund

TBI Fund Applicants

State Fiscal Year (January 1 – April 15, 2026)

Applicants (38)

- ✓ 15 female, 23 male

Age Range

- ✓ 14 – 79 years old

Top Counties

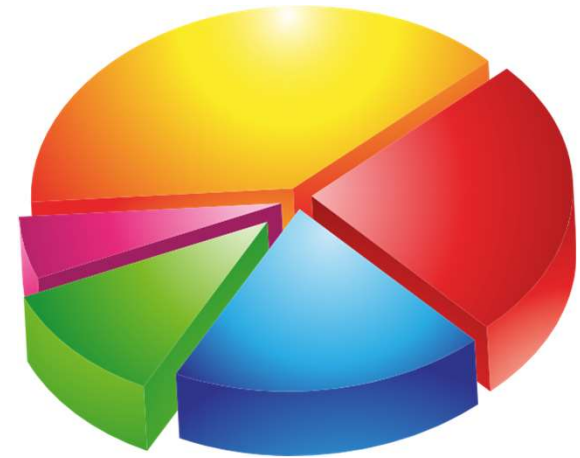
- ✓ Morris (n=5)
- ✓ Ocean (n=4)
- ✓ Gloucester (n=4)
- ✓ Bergen (n=4)

Race/Ethnicity

- ✓ White (n=26)
- ✓ Black (n=4)
- ✓ Hispanic (n=3)
- ✓ Asian (n=1)
- ✓ Prefer not to say (n=4)

Top Causes

- ✓ Motor Vehicle crashes (n=21)
- ✓ Falls (n=8)
- ✓ Struck-by (n=3)
- ✓ Assault (n=6)



n="Number of..."

TBI Fund Updates

- ➡ To date, for State Fiscal Year 2026, the TBI Fund has **collected \$2,902,471** from the \$.50 MVC Vehicle Registration Surcharge.
- ➡ State Fiscal Year 2026 expenditures are **\$2,096,074.**
- ➡ The Top Three Service Providers include:
 - Olive Branch (\$231,367)
 - Laurel Rehabilitation Services (\$121,635)
 - Cognitive Treatment Service (\$99,225)
- ➡ **Panoramic**, online management system, finalizing the scope of work and anticipating start date: Beginning of SFY 27.
- ➡ Hired a new TBI Supervisor and Clinical Supervisor.



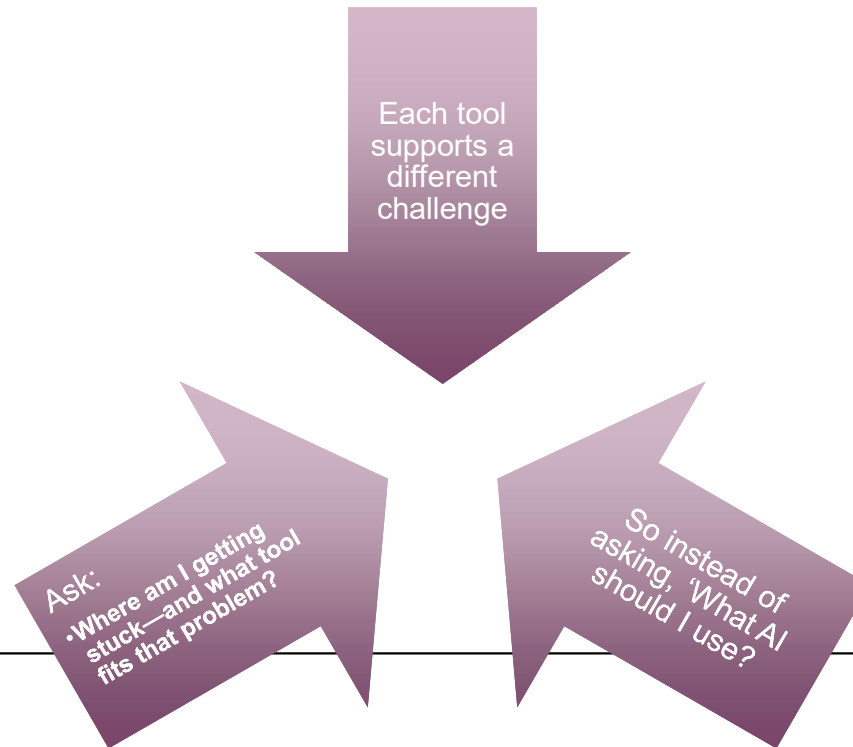
AI for Brain Injury: Practical Tools for Everyday Life

Monique J. Tremaine, PhD, MSCP
Director, Neuropsychology
Hackensack Meridian Health
JFK Rehabilitation Institute
Center for Brain Injuries, Cognitive Rehabilitation

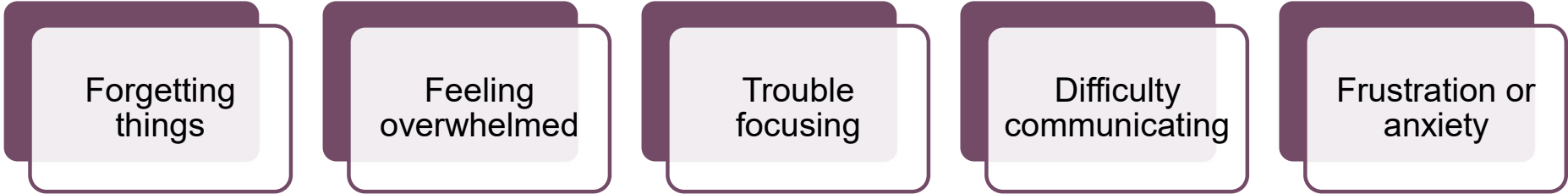


10:20 – 11:10

AI IS NOT ONE THING—IT'S A SET OF TOOLS.



WHAT IS THE HARDEST PART OF YOUR DAY?



Forgetting things

Feeling overwhelmed

Trouble focusing

Difficulty communicating

Frustration or anxiety

COMMON AREAS WHERE AI CAN HELP



MEMORY



ORGANIZATION



COMMUNICATION



ATTENTION



EMOTIONAL
REGULATION

When the Day Feels Like Too Much

I have an appointment

I need to make a phone call

Laundry is half done

I have to drop the kids off at soccer

I don't know where to start

- **Everything feels important—and my brain feels stuck**

ORGANIZATION & OVERWHELM: PUT THE PLAN OUTSIDE YOUR HEAD

- **Challenges:**

- Getting started
- Too many steps

- **Tools:**

- Step-by-step planners
 - Visual schedules
-

Putting the Plan Outside Your Head

- 8:00 – Take medication
 - 8:30 – Breakfast
 - 9:00 – Start laundry
 - 10:00 – Rest break
 - 11:00 – Call doctor
 - 2:30 – Leave for soccer
 - 3:00 – Drop off kids
-

People don't make errors because they don't have a plan, they make errors because the plan falls apart in real time.

AI can support the moment when things break down

Real Life Doesn't Go in Order

- I start laundry → forget it's there
 - I go to make breakfast → don't know what to make
 - I get distracted → lose track of time
 - The kids forget something → everything falls apart
 - I miss the next step
 - It's not one problem—it's a chain reaction
-

Prompts



Better prompts = better support: AI works best when it understands how your brain struggles—not just what your day looks like



Instead of: “Organize my day...”



Try: I get distracted and forget steps. Help me manage my day with reminders and simple tasks. This is what needs to be done today.....



Now add reminders for when I might forget—like laundry or leaving the house.

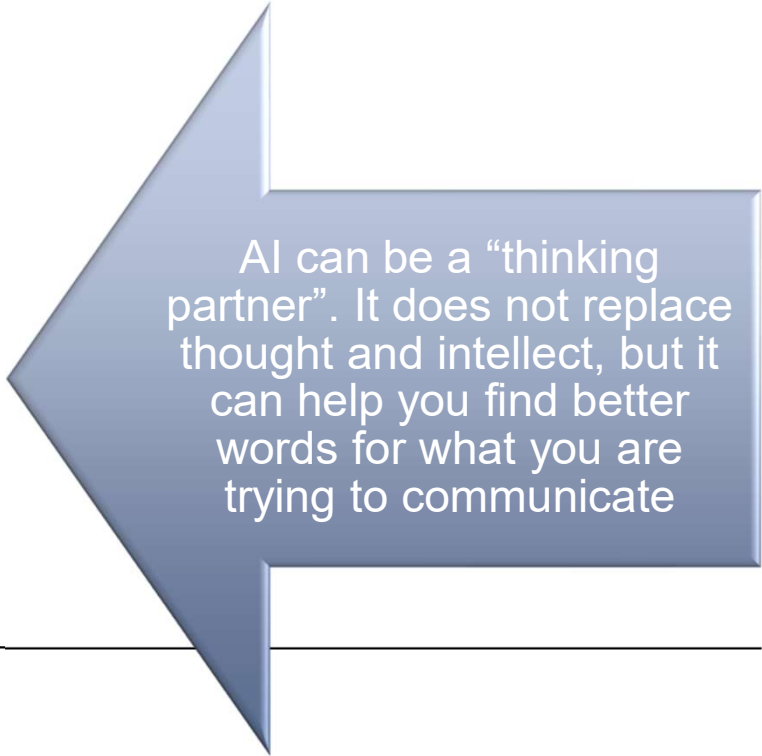
AI Supports the Moments Things Break Down

-  “It’s 10:00—time to move laundry to the dryer”
 -  “Simple breakfast idea: yogurt + fruit + toast”
 -  “Next step: call doctor (takes 5 minutes)”
 -  “Reminder: leave for soccer in 10 minutes”
 -  “Check: Do the kids have everything?”
-
- AI doesn’t just plan—it prompts, guides, and redirects
-

COMMUNICATION SUPPORT



You can use tools like ChatGPT to help write emails, organize your thoughts or simplify information



AI can be a “thinking partner”. It does not replace thought and intellect, but it can help you find better words for what you are trying to communicate

COMMUNICATION: USE AI AS A THINKING PARTNER

Challenges:

Writing

Word-finding

Organizing thoughts

Tools:

Speech-to-text

Chat AI (like ChatGPT)

Communication Support

- **WHEN YOU'VE TRIED TO EXPLAIN...**
 - “I’m tired.”
“I’m overwhelmed.”
“I’m not the same.”
 - → “You look fine.”
→ “Everyone feels that way.”
→ “Just push through it.”
 - **I’ve said it—but it’s not being understood**
-

A DIFFERENT WAY TO BE HEARD

- Brain injury is often called a silent epidemic because many changes aren't visible. On the outside, I may look the same—but internally, things take more effort, more energy, and more time.

What seems simple can feel overwhelming, not because I'm not trying, but because my brain is working differently now

This isn't new information... it's a new way of being heard

ATTENTION AND EMOTIONAL REGULATION SUPPORT

- AI can help reduce overwhelm and support calm
 - This isn't just about thinking better—
it's about feeling more in control
-



Attention:



Simplify
tasks



Reduce
distractions



**Emotional
Regulation:**



Breathing
apps



Guided
calming tools

PRIORITIZATION

Build	Select	Try
Build your toolkit in steps	Select one struggle or challenge	Try one tool to support it

USE AI WISELY: AI SUPPORTS YOUR BRAIN—IT DOESN'T REPLACE IT

Make	Don't rely on	Double-check	Remember
AI can make mistakes	Don't rely on it for everything	Always double-check important info	Remember, AI cannot replace human understanding or emotional connection. It does not mimic human consciousness and can not feel emotions such as empathy.

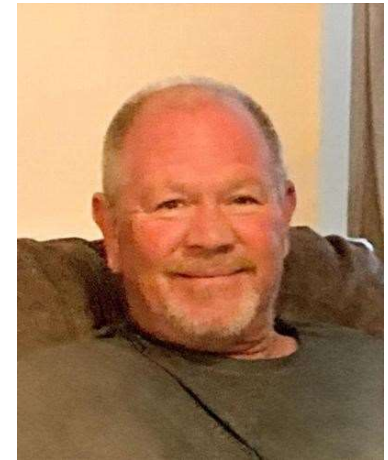
Questions, Thoughts and Discussion



Break



Remembrance and Remarks





Open Discussion



11:45 – 12:00



2026 Council and Board Planning

With a new administration in place, we would like spend some time at these meetings discussing how we want to proceed as a group.

Aligning our work with a larger mission and focus.

This includes:

- ✓ Creating a mission statement
- ✓ Soliciting feedback about changes in the community
- ✓ Identifying opportunities and alignments

Going hand-and-hand with the State Action Plan work.



Upcoming Meeting Schedule:

Date: July 12, 2026 – Virtual

Time: 10 a.m. – 12 p.m.

**Send potential topic ideas by June 30, 2026 to
adam.neary@dhs.nj.gov.**
