

ICCR Program Overview

About

ICCR was developed due to the current gap in the continuum of care for young adults with ABI who wish to go to college or return to higher education. The mission of the program is to provide an option for contextualized and intensive, integrated rehabilitation to young adults with ABI who have this goal, that they would be successful and have the ability to pursue their goals and contribute meaningfully to society.

The shift to offering an intensive therapy program exclusively through remote means was followed by several promising results:

- First, quantitative outcomes over the program's adjustment appeared relatively stable. In fact, participants demonstrated improvements in their cognitive and communication performance.
- Second, participants who previously were unable to participate because of their geographic location were able to enroll in the program.
- Finally, these observations presented new opportunities to serve young adults with ABI with specialized remote therapy, when they otherwise did not have access.

Speech Language Therapy

Each student participates in two, one-hour sessions of speech and language therapy each week, which are specifically tailored to address each student's area of need. The therapist works with them individually on tasks to address the speech, language, and cognitive skills required to meet their goals of returning to the academic setting. They have been provided a Skill Book, which includes a

calendar, schedule, detailed descriptions of strategies to facilitate learning and practical applications.

Technology Training

Following classes, the students participate in technology or computer-guided work to address their cognitive-linguistic skills. This includes systematic app-based therapy, and supported practice with other technology, such as forming study groups, creating and organizing material in a word document, checking and drafting emails, and reviewing lecture material on the internet. ICCR integrates the strongest elements of evidence-based practice into one comprehensive program to target cognitive-linguistic goals at all levels. From individual sessions to group therapy, from the computer to the classroom, we hope to provide students with the skills and tools necessary to set their own goals and then to achieve them.

ICCR FAQ

About ICCR Program

Q. How long is the semester?

- 12-weeks + 1 week of testing before and after each semester.

Q. What semesters are offered?

- ICCR has 3 sessions a year: Spring, Summer, and Fall.

Q. What is the weekly schedule?

- Students attend the program 4 days/week from 10am – 4pm. On two days a week, students take quizzes before joining class that are at 9:15am.

Q. What type of courses do students take?

- Students take two core classes, typically introductory college-level courses (e.g., Intro to Psychology, Biology, Geology) and 1-2 elective courses (e.g., English Literature, Film and Television, Personal Finance).

Q. Can I receive college course credit or a student ID from Boston University?

- Unfortunately, this program does not offer college credit. In addition, because this program's participants are not specifically matriculated BU students, the program is unable to offer student ID cards.

Enrollment Process

Q. Who is a good fit for ICCR?

- ICCR is for young individuals who want to pursue college and are currently unable to meet that goal due to language/cognitive deficits associated with their brain injury (e.g., stroke, TBI).

Q. What is an estimated timeline?

- Talk with ICCR staff over phone or Zoom for an initial screening to ensure the program aligns with your symptom profile and goals.
 - o Schedule an ICCR observation via videoconference to understand a typical ICCR day.
- Meet via Zoom to discuss observation experience, complete intake documents, and request medical records to gain information about your past medical history.

- Complete in person or videoconference standardized testing with ICCR staff to understand your communication and cognition skills and difficulties and whether they are aligned with the program design / offerings.
- Review all of the above information and make a final decision about enrollment and which semester to begin the program.

Q. How do I observe a class session?

- Let us know that you are interested by phone (617-353-2706), or email (brainrec@bu.edu).
- Observations are over videoconference.
- The team will offer you observation times and days, which typically fall between 10am and 4pm EST.

Logistical Questions

Q. I am not located in Boston, MA, can I still participate?

- **YES!** Since March of 2020, the program has been running remotely over Zoom as a teletherapy program.
- If you are located accessibly to Boston, you may still be asked to come to our laboratory before and after the program to complete your testing sessions in person.
- If you are not accessible to Boston at all, you will be able to complete your testing over videoconference.

Q. Are there any required books?

- No, however students can always choose to trial academic materials on their own with staff guidance.

Q. Are there any materials I need?

- Accessing the program over Zoom requires a reliable internet connection. In addition, a device that is videoconference compatible is necessary for participating in testing and program. Most participants have an iPad and personal laptop/tablet that they use so that they are comfortable with them when they transition to college.
 - If you are concerned about materials or technology, you can discuss potential solutions with the guidance of the ICCR team.

Q. Are there any classroom lectures?

- Yes. There are traditional lectures every day from 10-11am. The lectures are video recordings from classes taught at Yale, Stanford University, Khan Academy, etc. You will watch them uninterrupted (just as if you were in the class live) and then, discuss afterward with a speech-language pathologist from 11am-1pm. Here is a link to an example lecture:
<https://oyc.yale.edu/psychology/psyc-110/lecture-2>

Q. Will I get to meet my classmates in person?

- Yes! Although ICCR runs via Zoom, there are many opportunities to connect with your peers in the program. Some peers choose to exchange contact information and study together outside of ICCR, connect on social media, or practice communication skills through conversations. ICCR hosts one social lunch hour on Zoom each week of ICCR (exception: holidays) to provide supported social communication with program staff. In addition, the program hosts an In-Person Immersion Week in Boston that is an optional opportunity for students to travel to the city and complete post-semester evaluations in person, as well as partake in social activities with program staff and peers.

Q. Does the program cost money?

- The program currently is offered for a flat rate each semester for participants. At this time, we operate via private pay. Please contact our laboratory to learn more.

Q. I'm interested and want to get started! What do I do now?

- Let us know that you are interested by phone (617-353-2706), or email (brainrec@bu.edu)

