

## Information for Support Group Leaders

SupportLink, a newsletter to assist brain injury support group leaders, is published by TBI Project STAR at Carolinas Rehabilitation. TBI Project STAR also provides services for the Brain Injury Association of North Carolina Family and Community Support Office in Charlotte.

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### ***Brain Injury Association of North Carolina Update***

***By Sandra Farmer, President***

There is a lot of concern about what healthcare reform will mean for American families. The Brain Injury Association of America worked very hard to make certain that the health care bill would include provisions that would help people with brain injuries and their families.

Many of you know that current insurance policies have very limited funding for rehabilitation services. Twenty years ago people with brain injuries would often receive 6 to 9 months of rehabilitation in specialized brain injuries units. Under managed care, insurance policies will only pay for a few weeks of rehabilitation meaning that families are often taking their loved ones home while they are still very medically fragile and with few resources or supports.

The Brain Injury Association of America worked hard to make certain that rehabilitation would be a covered service that individual and small group health insurance plans will be required to provide as of 2014. Other important features of the health care bill include:

- The opportunity to keep your current health insurance if it meets your needs
- New mechanisms and payment methods to better coordinate chronic care for people with disabilities
- Creation of a high risk pool to provide immediate assistance to those currently uninsured with pre-existing conditions
- Substantial federal subsidies and out-of-pocket limits to make coverage as affordable as possible
- Inclusion of Medicaid Coverage for Community Based Attendant Services and Supports
- Prevention and education/training for allied health professionals
- Inclusion of individuals with disabilities in research and data collection
- A process to increase the Medicare therapy caps on physical, occupational, and speech and language therapies

The Health Care reform bill is very long and complicated because health care is very costly and complicated. There is still much work to be done on deciding how many parts of the bill will be implemented at the state level; but overall the bill

**Brain Injury Family and Community Support Offices**

Asheville	1-866-890-7801
Charlotte	
TBI Project STAR	1-877-962-7246
Greenville	1-800-697-3115
Raleigh	1-800-377-1464

You can contact the Family and Community Support Office nearest you for resource information, or visit the BIANC website at [www.bianc.net](http://www.bianc.net)

## *In Memory*

**Carolyn Johnson Van Every Foil**  
"Puddin"

**August 22, 1938 - April 28, 2010**

Carolyn "Puddin" Foil passed away after a short illness on April 28, 2010, leaving a legacy that will continue to benefit survivors of traumatic brain injury for many years to come.

Her journey through brain injury began 1984 when her son Phillip sustained a severe traumatic brain injury. She, in addition to being his Mother, became his advocate and his caregiver, roles she filled until her death. She was a tireless advocate, for not only her son, but also others she encountered in her journey with Phillip.

In 1992, she founded The Checkered Ball, which for many years provided much needed funding for the Brain Injury Association of NC, The Brain Injury Association of America, the International Brain Injury Association, the National Brain Injury Research, Treatment & Training Foundation and Hinds' Feet Farm.

Puddin also had a vision of a place where survivors and their families could find care, comfort and camaraderie among peers in a safe and loving environment. She founded and created the vision for Hinds' Feet Farm, Her vision could be summarized by her favorite Bible verse that provided the inspiration for the name "Hinds' Feet Farm" – Habakkuk 3:19 – "The Lord God is my strength, He will make my feet like hinds' feet, He will make to tread upon high places."

You can read Puddin's story in her own words on the Hinds' Feet Farm Website in "A Mothers Story" at [http://www.hindsfeetfarm.org/about\\_us.asp?id=5](http://www.hindsfeetfarm.org/about_us.asp?id=5)

## **Vacation ...stress relief or stress raiser?**

With summer approaching, many families and individuals living with brain injury must adjust to a new, though be it temporary, normal. The kids are out of school, the weather is hot, company comes, traveling for vacation, and the list goes on.

Members of support groups may be overloaded and find attending meetings difficult during the summer months. As a support group leader, it is important that you be alert to the needs and changed situation of group members.

A phone call to group members who miss the meeting would be a good way to continue to offer the support of the group during the summer months. There are several ways to accomplish this, but engaging other group members in keeping absent members in the loop works well. Here are some ideas to help keep those who are unable to attend the meetings connected.

- Ask another group member to call and let him or her know they were missed; give the individual an update on the meeting.
- Mail them a card to let them know the group missed them and is looking forward to their return.
- If possible, go visit or ask someone in the group that lives nearby to go visit.

Most importantly, keep those who have altered situations during the summer months in mind. Something as simple as a phone call or a note can make someone's day!

## **Governors Advisory Council on Brain Injury**

### ***The Power of Collective Voices* Carol Ornitz**

Although the major focus of the short session is making adjustments to allocations during the previous year's Long Session, this is an important time to begin to educate your local legislators about who you are – brain injury survivors and those who love and /or care for them. It is a good time to bring the experience of brain injury to the people who will be making decisions that directly affect you. This will build the groundwork for our future efforts.

Invite your representative to meet with your support groups. Become familiar people to them throughout the year so that when they vote on appropriations or legislation that will affect services for you, they will see your faces and know your stories and understand the importance of what they are voting for to you, their constituents, and to their communities.

If each legislator can picture at least one story when they vote, the collective impact will be great. We will need all our voices and stories in the coming years so let's get started!

## LOBBYING

### Why Do I Think You Can Lobby?

By: Jamie Pierce, BIANC

...Because you lobby all the time. Whether it is lobbying to convince a friend to see a certain movie, a child to clean their room, the boss for a raise or a co-worker to help out on a project--we all lobby to get things we want. We list the arguments for our position, we point out the problems with the other side's arguments, we enlist the help of those who are more powerful in the situation and we use our own position of power in the situation to get what we want. All of this is lobbying. All are techniques we can use to lobby the North Carolina General Assembly.

#### Write A Letter To Your Legislator

These legislators are your neighbors. Once you have met your representatives, you will likely run into them in the supermarket and at the post office. They also want and expect to receive letters and phone calls on issues and use these as an important source of information when they decide how to vote. SO, IT IS IMPORTANT THAT YOU WRITE THAT LETTER - IT DOES MAKE A DIFFERENCE.

The letter should be short and to the point. Be polite and do not threaten the legislator. You are working to build a long-term relationship with this legislator. The truth is that even if a legislator is not with you on this issue s/he may be with you on the next issue you care about. It is important not to burn any bridges. If you get a response to the letter, share a copy with any organization with which you are affiliated that is interested in the issue. This is especially important if the legislator says how she/he is going to vote on an issue or expresses a particular concern about the legislation. If the legislator asks for any information or has a question you can't answer, be sure to find an appropriate person to help you and be sure someone gets back to the legislator. Use your letter to your State Representative more than once. Send your letter to your State Senator and the Governor. You can also send it to your local newspaper as a Letter to the Editor which will be read by legislators. Don't worry about the form of the letter. ANY LETTER IS BETTER THAN NO LETTER. Pen, pencil, typewriter or even a postcard is O.K., just be sure it is legible. Send the letter to the legislator's home address. The envelope should be addressed to The Honorable (name of your legislator). It is best to write the address on the envelope by hand. If you don't know who your legislators are, one easy way to find out is to phone the Town Clerk at your town hall. Follow up a reply to your letter with another letter on an issue that concerns you. Keep up the contact. Be sure to find out what happened on the issue you wrote about and let your legislators know that you are following their action on this issue. It is great to write a thank you note if they voted the way you wanted on an issue. Send a note of regret if they voted against your wishes. Again be polite, but let the legislator know you are disappointed in the way s/he voted on this issue and why. LEGISLATORS REALLY DO LISTEN TO THEIR CONSTITUENTS. LET THEM KNOW WHAT YOU THINK!

#### Make a Phone Call

Some people may think it is easier to communicate by phone than to try to find the time to write a letter. Any type of contact is important! Most of the suggestions for writing letters apply to phone calls as well. Make the call short, polite and to the point. Don't worry if you don't know the answer to a legislator's question. Promise to get back to him/her with an answer and DO IT. Again, follow-up on the call. Be sure to call back and thank the legislator for their support or very politely express regret at their vote.

#### Visit With Your Legislator

Visiting your legislator is probably the most effective way to influence him/her. The best time for these meetings is between sessions because that is when the legislator is likely to have the most time. If that's not available it is fine to try and schedule the meeting during the session. Remember that legislators are busy, so you'll need to be flexible and try to schedule the meeting at their convenience. It is good to have the meeting in the legislator's home district to emphasize that the issue is a concern of her/his constituents. Make an appointment by calling the legislator's home or legislative office. When you set up the meeting be sure to let the legislator know what issue(s) you want to discuss. You should limit the meeting to a discussion of one or two issues. It is a good idea to have more than one person at the meeting. Keep the atmosphere of the meeting friendly. You are there to exchange ideas. It is sometimes just as important to know why a legislator opposes your position as it is to know that the legislator supports your position. Leave literature for the legislator (on either the issue or general information on any organization with which you are working on the issue). This will serve as a reminder of your visit and the issue. Follow up the visit with a thank you note and perhaps more

## Advocacy Today...continued

information on your issue. If the legislator asked for certain information, be sure you get back to them with that information. Remember that the main objective of your contact is to establish an ongoing relationship with your legislator and establish yourself (and any organization with which you are affiliated) as a reliable source of information. Be sure to take notes on the main points covered in the meeting. Keep a copy for your records and be sure to send a copy to any organization with which you are affiliated that is lobbying the issue.

*Jamie Pierce is the Statewide Training Coordinator for the Brain Injury Association of North Carolina*

## Advocacy Today

..... *On the Federal Front*

### *Do the Math... 3 out of 15 = Unacceptable*

Did you know that there is a Brain Injury Task Force in the US Congress? A group comprised of congressmen and women and a few Senators whose stated mission is "to further education and awareness of brain injury and support funding for basic and applied research, brain injury rehabilitation and the development of a cure".

Founded in 2001 by New Jersey Congressman, Bill Pascrell, the Brain Injury Task Force has advocated for prevention and funding for both federal and state programs and to help individuals with brain injury. The Task Force holds up to four meetings and events per year to:

- Brief Members of Congress on the status of brain injury in the US;
- Acquire and assemble reports on the implementation of the TBI Act;
- Recognize and observe Brain Injury Awareness Month;
- Serve as a clearinghouse of information for the Congress and the public;
- Circulate "Dear Colleague" letters to other Members of Congress in support of funding for the TBI Act and other brain injury research and programmatic initiatives; and
- Provide guidance to federal agencies on policies and proposed rulemaking affecting brain injury programs.

Membership on the Brain Injury Task Force is voluntary and there are currently 134 members. This sounds great, until you consider that only three of North Carolina's thirteen Congressional representatives and neither of our two senators, Senator Burr or Senator Hagan, have signed up to become members of the Brain Injury Task Force. South Carolina, on the other hand has six congressional districts and all six representatives are on the Brain Injury Task Force.

The question that begs answering is; "What can support groups do to make sure that the voices of persons with brain injury in North Carolina are being heard?" Urge members of your support group to contact their representatives in Washington and ask them to join the Brain Injury Task Force. By becoming a member of the Brain Injury Task Force they will learn about brain injury and become aware of how under recognized, and under funded, brain injury is in both the United States and in North Carolina.

Visit the Brain Injury Association of America at [www.biausa.org](http://www.biausa.org) to download a fact sheet about the Congressional Brain Injury Task Force. This sheet lists all of the members of the taskforce and some information about their mission. You can write a letter to your district representative in Washington urging him/her to join the Brain Injury Task Force, attach it to the fact sheet and mail it. The fact sheet has the information on how Congress and Senate members can sign up to become a part of effort to increase awareness and funding for brain injury.

# Upcoming Events

**ANNUAL SUMMER PICNIC  
SATURDAY, JUNE 19, 2010  
12:00PM until 4:00PM  
Lake Norman YMCA  
21300 Davidson Street  
Cornelius, NC**



Come join in the fun. Lots of food, water activities including water skiing, boating, and a great time to greet and catch up with old friends and meet and make new ones.

*For additional information or to make reservations contact Barbara Westphal at 704-547-1563*

***Save the Date  
Camp Carefree***

## **Brain Injury Survivors and Family Camp**



**Stokesdale, North Carolina  
September 17, 18, 19, 2010**

*For additional information contact BIANC 1-800-377-1464*

## **Brain Injury Association of North Carolina 2010 Symposium**

**October 29, 2010  
One Eleven Place  
Cary, NC**

*For additional information contact BIANC 1-800-377-1464*

Do you know of an event of interest to persons with brain injury and their families? Let SupportLink know and we will share the information. Contact your local Family and Community Support Office with the information or email us at [peggy.philbrick@carolinashealthcare.org](mailto:peggy.philbrick@carolinashealthcare.org)

# FROM EAST TO WEST...HAPPENINGS ACROSS THE STATE

## DOWN EAST

**BY: SANDIE**



Amy at Twin Rivers Mall

Amy Davis of The Coastal Brain Injury Support Group and Debbie Jones of the Carteret County Brain Injury Support Group set up a table and shared information about Brain Injury at the Twin Rivers Mall. Even though it was a slow day in the mall, those who stopped by were given information about brain injury.

The search for a home goes on. Office space to house the Brain Injury Family and Community Support Office in the Greenville area is needed. If you know of any such space that is available please let BIANC know.

## SOUTH CENTRAL

**BY: PEGGY**

### PHILBRICK



The Be Included Support Group of Gastonia arranged for a booth at the ARC Expo on March 6th at Westfield Mall in Gastonia and handed out information about the group and educational information about TBI for TBI Awareness Month. Brice Shirey, a member of the group informs SupportLink that he intends to once again hold Health and Safety Day in Gastonia.

The Charlotte Area Brain Injury Association (CABIA) is off to a great spring and summer.

At the monthly meetings the group has enjoyed several wonderful speakers including Dawn Neumann, PhD who spoke on emotion recognition after brain injury and Stefan Duncan, internationally known artist and brain injury survivor. The group enjoyed several trips including a tour of one of the fire stations and an afternoon of miniature golf and pizza. The group is in the process of planning for the annual waterskiing and cookout scheduled for June 19<sup>th</sup>.

It will once again be held at Lake Norman WMCA. The Adaptive Sports and Adventure Program from Carolinas Rehabilitation will once again be in charge of water sports. All survivors and families are invited to attend. Please contact Barbara at 704-547-1563 to RSVP.



Jonna, Karen and Dora sport their blue shirts!

**BY: KAREN HARRINGTON**

April 17 started out overcast...but as the morning progressed the sun showed it's shining face! Carrier Park was the location of Asheville's 4th Walk & Roll-athon for brain injury awareness. Soon the square dancers arrived with energy that became contagious and soon there were squares dancing left and right. Those that didn't dance enjoyed watching those that were and saying 'next time it will be me'. Soon it was time to start the walk and survivors, dogs & friends led us. It was a wonderful stroll around the park, by the river and back to the pavilion. Once back at the pavilion survivors told their stories, prizes were raffled and soon lunch was being consumed. What a wonderful day and a HUGE thank you to everyone that came. If you weren't there this year we look forward to having you come next year!

**Do you have ideas to share with other support group leaders? Would you like SupportLink to feature your Support Group in an upcoming edition? Do you have great fundraising ideas? All contributions are appreciated.**  
Contact us at 704-355-1502 or 1-877-962-7246 or email us at [peggy.philbrick@carolinashealthcare.org](mailto:peggy.philbrick@carolinashealthcare.org)

# Ombudsman Program...getting the word out

During 2009 and early 2010, BIANC kicked off a program to identify volunteers who could serve as ombudsmen for persons with brain injury. A description of this program was included in the Fall & Winter 2009 edition of SupportLink. (This edition is archived and can be found on the BIANC website at [www.bianc.net](http://www.bianc.net) under SupportLink.)

As part of a Health Resources Services Administration (HRSA) Grant, received by North Carolina Department of Health and Human Services-Division of Mental Health, Developmental Disabilities and Substance Abuse Services, BIANC is charged with creating, and making sustainable, a network of volunteer ombudsmen. The role of these ombudsmen is to mentor, support and, when necessary, assist persons with brain injury and their families in navigating through the maze of services and other obstacles that can follow a brain injury.

Volunteers for the ombudsman program have attended three days of training to learn about services and supports for persons with brain injury, and this, coupled with their own experiences, as either a survivor of brain injury of a family member, gives them a unique perspective that may not be available elsewhere.

Not all ombudsman volunteers offer the same types of support. Some may offer service facilitation, guidance and community linkage while others may offer peer support and social support. As the network of volunteers grows, so will the ability to support those who need help navigating life after brain injury.

As a support group leader, or key support group member, you are in a position to help ensure that persons with brain injury have access to the ombudsman program. Often, in the months or years following a brain injury, persons with the injury and/or their families reach out to a support group for help, information and support, but, sometimes the need is beyond what the group can offer. At such a time, a referral to the regional Brain Injury Family and Community Support Office (FCSO) for information and support may be needed. If the situation warrants more hands-on involvement than the FCSO staff can offer, referring them to BIANC to get them connected to a brain injury ombudsman may be a good option.

Not all situations will need to be referred to an ombudsman. In many cases, the staff at the Family and Community Support Office may be able to give the needed information and guidance. When the person with brain injury or family member contacts their regional FCSO they should first speak with a staff member and give the details of the type of situation they need assistance with. Based on the individual need and the ability of the FCSO to help the person, he/she maybe referred to BIANC for an ombudsman referral.

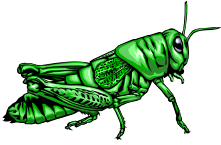
It is important to realize that there are times where involving an ombudsman would not help solve the situation. Ombudsmen are volunteers, and while they have received training to help them learn the steps necessary to facilitate connection with appropriate services and community based programs, they have no ability to secure or expedite any service or benefit. What they do offer is a wealth of personal experience, that when coupled with the ombudsman training can often help survivors and families avoid mistakes and wasted effort.

Inviting your regional ombudsman to be a speaker at one of your support group meetings may also be a good way to make your group members aware of the program. You can contact your regional Brain Injury Family and Community Support Office to be put in touch with an ombudsman in your area to schedule them to speak at your Support Group Meeting.

Brain Injury Family and Community Support Offices

Raleigh	1-800-377-1464
Asheville	1-866-890-7801
Charlotte TBI Project STAR	1-877-962-7246
Greenville	336-561-6886

**Disability Rights North Carolina (DRNC) is traveling across the state visiting Support Groups to find out what the needs of persons with brain injury are and telling group members about DRNC. Disability Rights helps people across North Carolina gain access to services and opportunity through its legally based advocacy. Disability Rights North Carolina (DRNC) is an independent, private not for profit organization. Designated by the Governor on July 1, 2007 to ensure the rights of all state citizens with disabilities through individual advocacy and system change, DRNC (formerly Carolina Legal Assistance) is part of a national system of federally mandated independent disability agencies. If you have not yet been contacted by DRNC you can schedule a time for them to attend your meeting by contacting Michael Murray at 919-856-2195. You can find more information on DRNC by visiting their website at <http://www.disabilityrightsncc.org/>**



## FROM BIAA on Grasshopr?

There are now 2165 members registered on the BIAA site on Grasshopr. Have you joined yet? Do you want to join "BIAA-Grassroots" on Grasshopr?

It is really easy to do. Just go to the website <http://www.grasshopr.com/>, click on the BIAA logo symbol and it will display a link to a page where you can fill out your membership request form to become a member. Just click on "Join Now" on the Membership line and fill out the registration form.

Here are the latest updates from Grasshopr

### **CDC Forms Disability and Health Work Group**

Largely due to the advocacy of the Disability and Rehabilitation Research Coalition (DRRC), the Centers for Disease Control and Prevention (CDC) has announced that they will form the first Disability and Health Work Group to advance the health of people with disabilities. With cross-agency representation, the work group will focus on incorporating disability status into CDC surveys, showcasing best practices, and ensuring relevant issues for people with disabilities are reflected in CDC programs and policies.

BIAA is pleased that these issues will be elevated within the CDC and will offer any assistance needed to further the group's efforts.

### **House Education and Labor Committee Holds Sports and Concussion Hearing**

On May 20, 2010, The House Education and Labor Committee held a hearing to investigate the impact of concussions on student athletes and their academic performance. BIAA was contacted by the Committee early in the planning stages for general guidance of the issue including expertise regarding appropriate witnesses.

In conjunction with the hearing, a Government Accountability Office (GAO) report was released finding that concussions in high school athletes are widely unreported and under-diagnosed suggesting a gross underestimate of the overall national occurrence of concussion in high school sports.

BIAA has and will continue to be a frontrunner on this issue and will sustain efforts with state affiliates to promote state laws regarding return to play guidelines for student athletes.

Information above from [www.grasshopr.com/](http://www.grasshopr.com/)

## **Want to know more about brain injury?**

Have you checked out the orientation and training program about traumatic brain injury (TBI) available in North Carolina? [www.nctbitraining.org](http://www.nctbitraining.org) is an online orientation and training program available at no-cost to anyone interested in learning more about traumatic brain injury. The website contains basic information about TBI, as well as resources available in North Carolina and across the country for individuals and their families living with the effects of TBI. The training was specifically designed for LME staff, healthcare professionals, and service providers, however it could be helpful to individuals with TBI and their families. The training consists of five training modules. Each module is followed by a brief quiz to maximize the effectiveness of the module.

The website is a direct result from feedback and suggestions given by LME staff, service providers, and individuals and families living with traumatic brain injury during focus groups conducted across the state with funding made possible through NC DMH//DD/SAS. We encourage anyone who may have contact with someone living with a brain injury to take advantage of this online training. There is a link to the TBI Training website on the NC MH/DD/SAS website.

[www.dhhs.state.nc.us/mhddsas/tbi](http://www.dhhs.state.nc.us/mhddsas/tbi)

This training is supported in part by Health Resources and Service Administration (HRSA) Traumatic Brain Injury Implementation, Grant #H21MC06746, Contract Number 1906-09 from the North Carolina Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMH/DD/SAS) and TBI Project STAR at Carolinas Rehabilitation.

If you find websites that you would like to share please send us the information. We will include them in Support Link.

Peggy Philbrick 704-355-4354 or

[peggy.philbrick@carolinashealthcare.org](mailto:peggy.philbrick@carolinashealthcare.org)

# SupportLink E-mail

SupportLink often receives emails from support group leaders asking for information. The email below is from a group leader.

## **E-Mail**

*“Our support group is interested in handing out some information about our group and educational information about TBI in general for TBI awareness month. Could you e-mail me some information or fax it to me? We can put it on colored paper for our members to hand out and share with people along with their experiences. Thanks!”*

## **SupportLink Response:**

I am attaching the most recent Brain Injury Awareness Flier. You can also find fact sheets on the Centers for Disease Control Website at <http://wwwtest.cdc.gov/TraumaticBrainInjury/index.html> that can be printed out and used as handouts. There is also information on the Brain Injury Association of America website at <http://www.biausa.org/> that is great for educating others about TBI. If you need additional information or need us to send you the printed fliers just let us know.



brainline.org has a great web page that gives the latest updated brain injury statistics and facts as well as educational and prevention videos, survivor stories and educational information. It is offered in English and Spanish.

This website, funded by the Defense Veterans Brain Injury Center with support from many agencies including The Centers for Disease Control and Prevention and The Brain Injury Association of America is a portal to information for persons with TBI, families and friends and professionals.

The links and information on brainline.org can answer almost any question you or your group members may have about brain injury. You can also sign up for a free newsletter that will keep you abreast of current news about brain injury research and statistics as well as other information.

Links and information is also provided to allow visitors to link to social networking sites such as Facebook, LinkedIn, YouTube and Twitter.

To say check it out seems simple enough, but when you go to do so you may want to prepare in advance for your visit to this website. You should probably plan on staying a spell, so, pack a picnic lunch, put on some comfortable clothes, visit the restroom, take the phone off the hook and enjoy your journey into this informative and comprehensive brain injury website.

BrainLine.org is a WETA website funded by the [Defense and Veterans Brain Injury Center](#) through a contract with the Henry M. Jackson Foundation.

### **Become a BIANC Member**

If group members would like to become members of BIANC and cannot pay the full membership price, they can join for the \$5.00 reduced rate for survivors and family members. Membership numbers are important as they increase the legislative influence of BIANC. Group members can become a member of BIANC for one year and will receive information from both BIANC and the Brain Injury Association of America.

Below is a membership application form to share with members of your group. For additional information about BIANC membership, contact the Raleigh Family and Community Support Office. 1-800-Submitted by: **Nadine**

**Cherry**

The Rowan Brain Injury Support Group started meeting in January of 2009. The meetings provide interested people with information about Brain Injury and related topics. The Support Group is about information, support, resources, fellowship, fun activities and identifying various needs of the brain injured community.

The brain injury support group is also continuing to work, working with CIT (Crisis Intervention Training) to assist the police to become more aware of the brain injured community needs, the challenges, unique system obstacles and daily needs. This training opportunity provides the CIT officers and people with brain injury information about how to support each other.

Dr. David Butler and Dr. Marc Castellani with the VA Medical Center have provided information about the Rowan Brain Injury Support Group to the veterans at the Medical Center.

March was Brain Injury Awareness month. Members of the Rowan Brain Injury Support Group reflect about the months activities. The month long activities have provided an opportunity to bring public awareness about the Rowan Brain Injury Support Group, causes of Brain Injury as well as public awareness about the many needs of people living with a brain injury.

#### March Activities for the Rowan Brain Injury Support Group

1. Received proclamations from Rowan County & the town of Landis.
2. In conjunction with the Red Cross in Rowan County we held a blood drive on March 8th. There were 41 productive units of blood collected. Jane Jackman of The Arc of Rowan sent out a flier to people & agencies on her contact list asking for donations for refreshments.
3. On Sat. March 13, members of NAMI gave out some of the Brain Injury Awareness fact sheets for us at Community Day which was held at the Salisbury Mall.
4. Mary Sechler & Nadine Cherry attended the pill drop held in Landis (Rowan County) on March 18<sup>th</sup> & at Super Kmart (March 19<sup>th</sup>) & Afton Village (March 20<sup>th</sup>) both located in (Cabarrus County). We collected empty pill bottles for missionaries so they can be reused after being washed and sanitized. Also we handed out information (fliers & business cards) about the Rowan County Brain Injury Support Group and information on brain injury.
5. Mary & Nadine presented a power point presentation on Brain Injury, Thursday March 25<sup>th</sup> at the Rowan County Advisory Board Council Meeting.
6. Our T-shirts have arrived and are being distributed.
7. On March 25<sup>th</sup>, Senator Andrew Brock, Representative Lorene Coates and Patricia Cowan, Rowan County Ombudsman with the Centralina Council of Government met along with Alderman Roger Safrit from the Town of Landis, with the Rowan Brain Injury Support Group at its monthly meeting.
8. On Sunday March 28, members Al & Connie Campbell, Mary Sechler, Nadine Cherry of the Rowan Brain Injury Support Group along with members from the Concord TBI/Spinal Group met at Hind's Feet Farm located in Huntersville to support Joshua Brenner, and his dad, Harold Lawrence on the final

# BRAIN INJURY WEB-CONNECT...

Websites about brain injury

[www.brainline.org](http://www.brainline.org)

This site has information on brain injury and features videos and articles that educate about TBI.

[www.bianc.net](http://www.bianc.net)

The Brain Injury Association of North Carolina has state information and coming events as well as links to newsletters and other information

[www.biausa.org](http://www.biausa.org)

The Brain Injury Association of America website offers information on national brain injury events, statistics and links to many other sites

[www.cdc.gov](http://www.cdc.gov)

Centers for Disease Control offers statistics and materials that can be used to educate others. Information is free to download or it can be ordered through the site

[www.dvbic.org](http://www.dvbic.org)

Defense and Veterans Brain Injury Center offers information for military and veterans with brain injury and their families

[www.hrsa.gov](http://www.hrsa.gov)

Health Resources and Services Administration offers links to information about health care and resources across the nation.

[www.waiting.com](http://www.waiting.com)

A website that gives a detailed overview of brain injury, from initial injury through reentry into the community.



Carolinas Rehabilitation

*Uncompromising Excellence. Commitment to Care.*

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