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## A New Website for BIAOR



Here is my story and my wish!

I have had two head injuries. In the beginning of 2010, I was a very busy and always on-the-go Mom as well as print graphic designer. All that came to an immediate stop in April of 2010. My first injury was from playing tag my boys – I slipped and fell on my basement floor and hit the left side of my head and body on the concrete floor. Within three weeks of my accident, I was reduced to sleeping 18 hours day. I was extremely fatigued. I could not go up and down steps or go grocery shopping; hallways or aisles made me dizzy. Also I had visual ghost images from the last thing I looked at. Somehow, I still had to take care of my then five and a half-year old son who attended preschool for only 2 1/2 hours. I could no longer go back to water aerobics because getting my head wet causes severe ear problems for 3-4 days. Any fast movements incapacitated me whether I was moving or watching movement, I would get dizzy and fatigue easy. At first, I could not watch my children play, watch TV, drive or work after the accident. After a time things began to improve.

My second injury was simply by hitting my head on a metal bar under my son's loft bed in Jan. of 2012. You wouldn't think that it would have been an issue but all my symptoms came back along with more. I was at ground zero again!

After the first injury, I went to the doctor. They said it was a "mild concussion" and sent me home to rest. After cycling through different types of doctors the result was that I had a "vestibular concussion" and was directed to try Physical Therapy. It helped some but there were many issues not covered. Three years later, I was still struggling with Headaches, Over Sensory Stimulation, Problems Getting Organized, Getting Overloaded, Fatigue, Anger and Depression. I found The Brain Injury Alliance of Oregon. They gave me this book link that is below!

How amazing it took me years to find out information that every doctor should be handing out!!! This book has helped me understand what to expect TRAUMATIC BRAIN INJURY SURVIVAL GUIDE. You can find it online at: [www.tbiguide.com](http://www.tbiguide.com). No one says a concussion can include or be a Traumatic

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### Headliner DEADLINES

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Spring	April 15	May 1
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Editor: Sherry Stock

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### Advertising on BIAOR Website:

\$10,000 for Banner on every page  
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### Policy

The material in this newsletter is provided for education and information purposes only. The Brain Injury Alliance of Oregon does not support, endorse or recommend any method, treatment, facility, product or firm mentioned in this newsletter. Always seek medical, legal or other professional advice as appropriate. We invite contributions and comments regarding brain injury matters and articles included in *The Headliner*.

## Executive Director's Corner

I want to thank everyone who joined us for our 17th Annual Pacific Northwest Conference March 7-9, at the Sheraton Portland Airport Hotel. It was an excellent conference with exceptional presenters including Dr. Glen Zielinski as the opening Keynote. Also presenting were Dr. James Davis, Judge Lauren Holland, JD, Dr. Aaron DeShaw, Esq., Kimberly Baker, MPA, Shauna Hahn, PMHNP, Dan Overton, MC, LMHC, MHP, CBIS, Ben Richards and Jeff Hampsten, Dana Penilton RN, BSN, CLCP, CCM, Yeong-Keun "YK" Jeong, M.A., CBIS, Nirmala Dhar, LCSW, Director-Oregon Behavioral Health, Russell C. Spearman, M. Ed., Deborah Crawley, ED BIAWA, Timothy Titolo, JD, Melissa McCart, D.Ed J. Anglés, JD, Arthur D. Leritz, JD, Jacob Plasker, D.C., DACNB, Ashkahn Jahromi & Graham Talley, Krysti Slonaker, NTP, Ashley Carson Cottingham - Director for DHS Aging and People with Disabilities, Cameron Smith - Director at Oregon Department of Consumer and Business Services, Fred Steele, JD,

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Jeri Cohen J.D., Jim Martin, JD, William T. Powers, Shauna Hahn, PMHNP, Andrew Mendenhall, MD, and Matt Senn MT-BC/NMT.

Please join us for thanking these outstanding presenters. Who made this conference an phenomenal event.

*Sherry Stock*

Sherry Stock, ABD/PhD, MS, CBIST  
BIAOR Executive Director

### Conference Co-Hosts & Sponsors



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## Spring Sudoku

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3 x 3 box must contain the digits 1 through 9 exactly once.  
(Answer on page 23)

	6	9	1					
			2			9		6
		1	6				3	7
	1						8	9
			7	1	8			
3	7						2	
4	3				9	1		
8		2			1			
					2	4	5	



# When looking for a professional, look for someone who knows and understands brain injuries. The following are supporting professional members of BIAOR.

**Names in Bold are BIAOR Board members**

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Paul Braude, Find Injury Law, 888-888-6470  
[p@findinjurylaw.com](mailto:p@findinjurylaw.com) [www.findinjurylaw.com](http://www.findinjurylaw.com)

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 £ Independent Living Resources (ILR), Portland, 503-232-7411  
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 £ Oregon Chiropractic Association, Jan Ferrante, Executive Director, 503-256-1601 <http://ocanow.com>  
 £ Kayt Zundel, MA, ThinkFirst Oregon, (503) 494-7801

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(Continued on page 5)



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€ Silver ± Bronze ¥ Sustaining

## BIAOR by the Numbers

BIAOR's Fiscal Year runs from July 1-June  
30.

**What does your membership dues pay  
for?**

Each year we provide:

#### **Information & Referral**

7200 calls, 32,000 emails

1520 packets mailed, 2550 DVDs mailed

1.2 million website visitors

#### **Legislative & Personal Advocacy**

#### **Support Services**

85 Support Groups, Peer Mentoring and  
Support, Donations, Emergency Support

#### **Awareness and Prevention**

65 Awareness and Prevention Events

#### **Education**

3 day Annual Multi-State Conference

370 Trainings/Conferences/Education/  
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*The Headliner*, reaching 16,000 quarterly

#### **Referrals to Research Projects**

**We can't do this alone, please send  
in your membership dues today or  
donations.**

**See page 22 for a membership form**

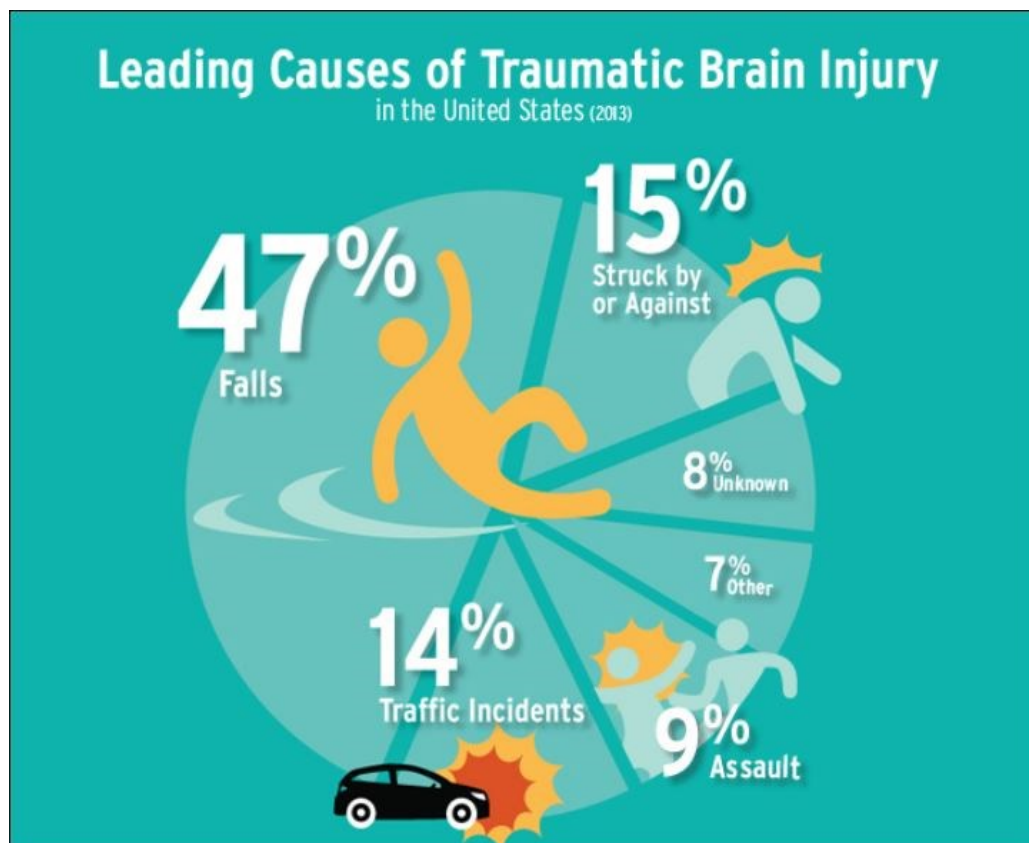




Brain Injury!!!! It has been a long road. Choosing my health over my insurance coverage was a big step. I have seen many professionals over the years in order to recover. I have now made almost a full recovery, thanks to the help I received and much determination.

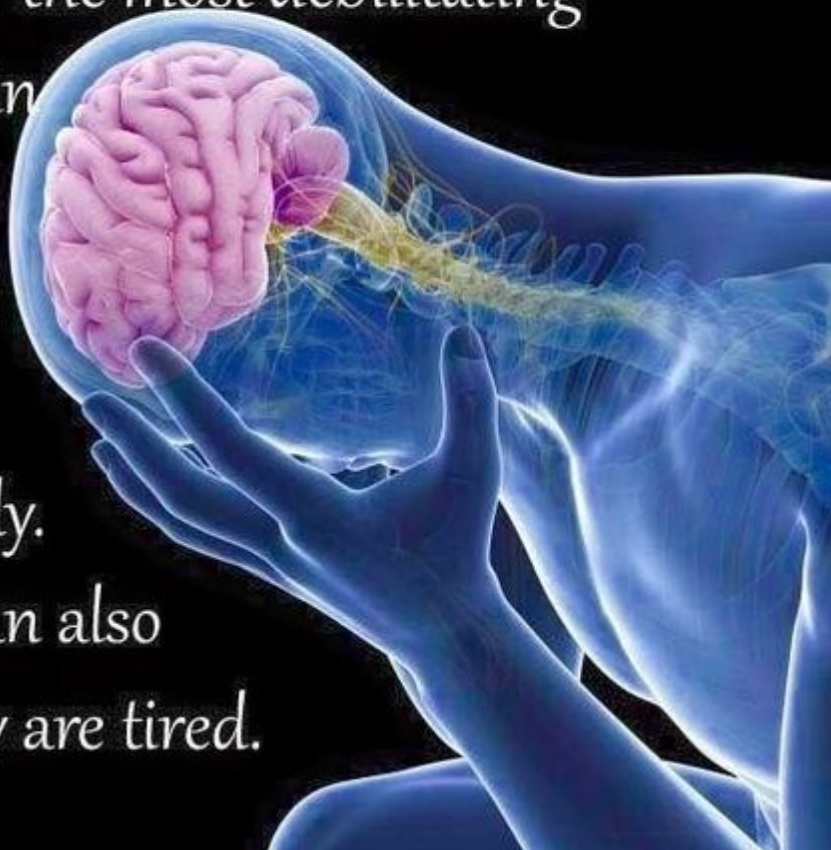
Now it is 2019, I wanted to give back. Sherry Stock said the most help would be to redo the website. I said I have only done print design and my specialty is compositing images in photoshop. She insisted. So with much persistence, and a general design from BIAID.org, I set off to move the amazing amount of information Sherry has compiled over the years to a new website. I used my design experience to make this website attractive and easy to use. I hope it helps you connect with those who have brain injuries. My wish now is that: Everyone with a brain injury can get the help they need in a timely manner. Connecting us together we can heal and get back our lives!!

Thank you!  
Debbie Johansson  
debbiejohansson.com



# Neuro Fatigue

Neuro fatigue is one of the most debilitating consequences of a brain injury. It influences everything the injured person does, both physically and mentally. A persons emotions can also become raw when they are tired.



## Imagine What Your Gift Can Do.

The most important achievements often start where they are least expected. That's why BIAOR is the perfect place to give. It allows your money to go where it's needed most, when it's needed most. BIAOR provides information about brain injury, resources and services, awareness and prevention education, advocacy, support groups, trainings and conferences and meetings throughout the state for professionals, survivors and family members. Your gift makes a difference at BIAOR.

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## The 17th Annual Pacific Northwest Brain Injury Conference 2019 Recap

On behalf of The Brain Injury Alliance of Oregon, The Brain Injury Alliance of Washington, The Brain Injury Alliance of Idaho, and the Alaska Brain Injury Network, I was pleased and honored to welcome the 17th Annual Pacific Northwest Medical Legal Brain Injury Conference.

Washington, Idaho, Alaska and Oregon once again united to provide 3 days of training. The Planning Committee assembled an excellent program featuring keynote presentations, concurrent sessions, and networking opportunities to promote partnerships and new relationships among professionals, non-professionals, survivors and family members in the brain injury community. Our program focused on positive outcomes for those living with brain injury and neurological changes. I want to thank all of our outstanding speakers for donating their time and sharing their knowledge with us, including:

### Friday Morning Keynote

**Glen Zielinski, DC, DACNB, FACFN, CBIS.** Dr. Glen Zielinski is a chiropractic neurologist and Fellow of the American College of Functional Neurology.

**Friday Luncheon Presenter Nirmala Dhar, LCSW, Director, Older Adult Behavioral Health Project** How Oregon's Behavioral Health Project can assist individuals with brain injury statewide; what behavioral health is and how it can help serve those in Oregon needing assistance.

### Saturday Morning Keynote

**Dr. Jim Davis** is a psychologist, gerontologist, educator and advocate.

### Saturday Luncheon Presenters River City Riders

### Saturday Closing Keynote

**Matthew Senn, MT-BC, NMT CEO** is the CEO and founder of NeuroNotes Music Therapy Services.

### Speakers

**Steven J. Anglés, JD, with ADLER ♦ GIER SCH PS,**

**KIM BAKER, MPA, RYT-200** As the Director of Implementation for the LoveYourBrain Yoga program, <http://www.loveyourbrain.com/yoga>

**Kendra Bratherton, COTA/L, Reiki II Practitioner,** PNW Head Injury Support Group Leader, Board of Director/Secretary for Brain Injury Alliance of Oregon, Vice President/Co-owner at Seaside Brewery

**Ashley Carson Cottingham, Oregon Aging and People with Disabilities Director**

**Jeri-anne Cohen J.D.** Board of Directors or staff to the Brain Injury Alliance of Oregon Board since 2005 and is its present co-chair.

**Deborah Pitcock Crawley, CBIS,** Executive Director at Brain Injury Alliance of Washington.

**Aaron DeShaw, JD DC.** is a trial lawyer from Portland, Oregon. He has obtained settlements and verdicts for his clients in excess of \$350 million, handling serious personal injury cases including brain injury cases, catastrophic injuries, and wrongful death claims. [deshaw@doctorlawyer.net](mailto:desshaw@doctorlawyer.net).

**Sauna Hahn, PMHNP.** is a Psychiatric Mental Health Nurse Practitioner in Portland, Oregon.

**Dr. Elise Hewitt Board Certified Pediatric Chiropractor Immediate Past President, ACA Pediatrics Council,** is an internationally recognized speaker, author and leader in the specialized field of chiropractic pediatrics,

**Lauren S. Holland** is a judge on the Lane County Circuit Court in Oregon. The court has jurisdiction over Lane County and is located within the 2nd Judicial District. She joined the court in 1998.

**Ashkahn Jahromi and Graham Talley** run a float center in Portland, Oregon called Float On. In addition to that, they work extensively within

**Dr. Macson Lee, COVD** earned his doctorate in 2005 at the State University of New York and received the 2005 COVD Vision Therapy award. [drmax@doctorbruce.net](mailto:drmax@doctorbruce.net)

**Arthur D. Leritz, JD, with ADLER ♦ GIER SCH PS.**

**Jim Martin, JD,** brain injury survivor.

**Jeffrey McNally, DC, DACNB,** working with Dr. Zielinski and the Northwest Functional Neurology team.

**Andrew Mendenhall, MD,** is senior medical director for Substance Use Disorder Services Central City Concern (CCC).

**Dan Overton, MC, LMHC, MHP,** as the Traumatic Brain Injury Specialist for the Washington Dept. of Veterans Affairs.

**Dana Penilton RN, BSN, CCM, CLCP,** [danapen@comcast.net](mailto:danapen@comcast.net) [www.danapenilton.com](http://www.danapenilton.com)

**Jacob Plasker, D.C., DACNB**

**William T. Powers,** father of son with a brain injury.

**Krysti Slonaker** is in the business of returning life to those who feel they've lost it by using nutrition and exercise to bust through the adage

that aging requires one to get "old".

**Cameron Smith,** was appointed by Governor Brown as the director of the Department of Consumer and Business Services (DCBS), Oregon's largest business regulatory and consumer protection agency.

**Russell C. Spearman M.Ed.** is the Project Director for Idaho's Traumatic Brain Injury Partnership Implementation grant from the Health Resources Services Administration, Maternal and Children's Health Bureau.

**Fred Steele, JD,** was appointed by Governor Kate Brown in September 2015 to be Oregon's Long-Term Care Ombudsman and Agency Director of the Office of the Long-Term Care Ombudsman.

**Sherry Stock, ABD/PhD, CBIST,** is the Executive Director of the Brain Injury Alliance of Oregon.

**Timothy Titolo, JD,** has dedicated himself to the study of medical and legal aspects of litigating traumatic brain injury (TBI) cases. Titolo Law Office

**Yeong-Keun "YK" Jeong, M.A., CBIS,** is a Taekwondo Master, a CBIS, and a Clinical Mental Health Counselor specializing in neuro-behavioral change, cognitive rehabilitation and brain fitness. He owns and directs Beyond Martial Arts and Therapy Center ([beyondMAT.com](http://beyondMAT.com))

We also wish to thank our sponsors and exhibitors for making this conference possible. Please see them on pages 10 through 13.

## River City Riders



**Saturday  
March 9, 2019**

**Where: Sheraton Portland Airport Hotel  
8235 NE Airport Way  
Portland, Oregon 97220**

**Time: 12 noon to 1 PM**



Jolene & Ed--leaders of this group  
503-759-4938  
Web site: [www.rivercityriders.net](http://www.rivercityriders.net)





# The 17th Annual Pacific Northwest Brain Injury Conference 2019

36th Annual BIAOR Conference

Sponsored by The Brain Injury Alliance of Oregon, The Brain Injury Alliance of Washington, the Alaska Brain injury Network, and The Brain Injury Alliance of Idaho

## Living with Brain Injury, Stroke & Neurological Changes: Back To The Future

Thursday, March 7

7:00-8	Mt Adams - Registration and Check-in	
8:00- 5	Brain Injury Fundamentals Certificate Training and Exam	
Friday, March 8		Saturday, March 9
7 -7:45	Registration and Check-in - Continental Breakfast	Registration and Check-in - Continental Breakfast
7:45-8	Welcome to BIA Conference 2019	Welcome to BIA Conference 2019
8:00-9:15	Opening Keynote Speaker: Glen Zielinski, DC, DACNB, FACFN - Functional Neurology Treatment of Traumatic Brain Injuries	Opening Keynote: Aging and Behavioral Health Issues after a TBI - Dr. James Davis , EdD
9:30-10:30	Track 1 - Understanding TBIs for Winning a TBI Case - Dr. Aaron DeShaw, Esq. Track 2 - Yoga and Meditation - Kimberly Baker, MPA Track 3 - Using Post Traumatic Growth to Forge a New Future - Dan Overton, MC, LMHC, MHP, CBIS	Track 1 - Pediatric Issues After a Brain Injury - Dr. Elise Hewitt Track 2 - Strategies for Winning a TBI Case - Steven J. Anglés, JD and Arthur D. Leritz, JD: Attorneys at Adler Giersch PS, WSAJ Eagle Members, BIA-WA Members Track 3 - How To Release Stuck Trauma in the Body- Kendra Bartherton, OTA, PBP, Reiki Master
10:45-12	Track 1 - Hyperbaric Oxygen Therapy - Yesterday, Today and Tomorrow - Ben Richards and Jeff Hampsten, President, Idaho Hyperbrics, Inc Track 2 - Impact of Life Care Planning and Catastrophic Case Management after Brain Injury, Stroke or Neurological Changes - Dana Penilton RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager Track 3 - One Body, Two Brains, and Three Minds - Yeong-Keun "YK" Jeong, M.A., CBIS	Track 1 - Guardianship cases in Oregon - What you need to know - Judge Lauren Holland, JD Track 2- The Silent Epidemic of TBI's: Listening for Depression & Suicide - Shauna Hahn, PMHNP Track 3 - What's what and what to do: The ins and outs of how TBI and Behavioral Health intersect and what to do about it. - Dan Overton, MC, LMHC, MHP, CBIS
12 - 1	Working Lunch - 12:15-12:45 – Older Adult Behavioral Health Project Nirmala Dhar, LCSW, Director-How Oregon's Behavioral Health Project can assist individuals with brain injury statewide; what behavioral health is and how it can help serve those in Oregon needing assistance.	Working Lunch - 12:15-12:45 - River City Riders Presentation The Bay City Riders will illustrate how to use different methods of music and dancing to assist individuals with cognitive and neurological issues
1- 2:15	Track 1 -- Family Medicine: Substance Abuse and Brain Injury and Pain - Andrew Mendenhall, MD Track 2 - Oregon Disabilities Commission - Public Meeting Track 3- Idaho's Traumatic Brain Injury Program: Five-Year Plan and Preliminary Results - Russell C. Spearman, M. Ed., Institute of Rural Health at Idaho State University	Track 1 -- Headaches and Brain Injury - Glen Zielinski, DC, DACNB, FACFN Track 2 - Medical Marijuana (Cannabidiol-CBD) as a Potential Adjunct Treatment Modality - Dana Penilton RN, BSN, CLCP, CCM, Certified Life Care Planner, Certified Case Manager Track 3- Recontextualizing behavioral changes following TBI -Jacob Plasker, D.C., DACNB
2:30 - 3:45	Track 1 - Introducing Pooled Alliance Community Trusts PACT™, a new Pooled Trust Option from BIAWA - Deborah Crawley The Do's and Don'ts When Working with Clients with Brain Injury - Timothy Titolo, JD Track 2 - Oregon Disabilities Commission - Public Meeting Track 3 - TBI Team - What is it and how we can help you - Melissa McCart, D.Ed	Track 1 - Float Tanks: The Benefits of Relaxation - Ashkahn Jahromi & Graham Talley. Track 2 - What Services Are There In Oregon for Individuals with Brain Injury - Program Directors from the State of Oregon ⇒Ashley Carson Cottingham - Director for DHS Aging and People with Disabilities ⇒Cameron Smith - Director at Oregon Department of Consumer and Business Services ⇒Fred Steele, JD, Ombudsman Long Term Care Ombudsman Track 3 - Digestion, Inflammation and Food Intolerances and How They May Impact Brain Health After Brain Injury, Stroke and Neurologic Changes - Krysti Slonaker, Nutritional Therapy Practitioner, (NTP)
4 - 5 pm	Track 1 - Treatment of Metabolic Dysfunction Following Mild Traumatic Brain Injury- Jeffrey McNally, DC, DACNB Track 2 - Vision and Brain Injury - Dr. Macson Lee OD, FCOVD, COVD Oregon State Coordinator. Track 3 - Life After a Brain Injury for Individuals and Family Members - Redefining Normal: Life After Brain Injury - I won't Back Down	Closing Keynote - Neurologic Music Therapy: Treatment and Clinical Applications for Traumatic Brain Injuries - Matt Senn MT-BC/NMT

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## Conference Exhibitors



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(503) 850-4526 Fax: (503) 908-1555

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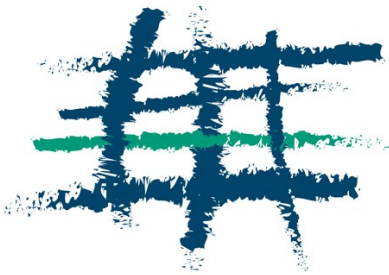
[hannah@feelgoodinc.org](mailto:hannah@feelgoodinc.org)  
[www.feelgoodinc.org](http://www.feelgoodinc.org)

## Homeward Bound

Homeward Bound - providing residential and day program services to individuals with acquired brain injury

Carol Altman

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[office@homeward-bound.org](mailto:office@homeward-bound.org)  
<http://homeward-bound.org/>



Disability Rights Oregon (DRO) promotes Opportunity, Access and Choice for individuals with disabilities. We assist people with legal representation, advice and information designed to help solve problems directly related to their disabilities. All of our services are confidential and free of charge.

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## Oregon Chiropractic Association

Jan Ferrante  
Executive Director  
Office (503) 256-1601  
<http://oregonchiroassoc.com>  
<http://oregonchiroassoc.com>

## The Medicaid Long Term Care Quality & Reimbursement Advisory Council

The Medicaid Long Term Care Quality & Reimbursement Advisory Council (MLTCQRAC) was established by the 1995 Legislative Assembly to advise the Department of Human Services Aging and People with Disabilities programs on changes or modifications to the Medicaid reimbursement system for long-term care and community-based care services.



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Dan Overton MC, LMHC, MHP  
Traumatic Brain Injury Program Specialist IV  
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[DanielO@dva.wa.gov](mailto:DanielO@dva.wa.gov) [www.dva.wa.gov](http://www.dva.wa.gov)

## Oregon Care Partners

Oregon Care Partners helps family and professional caregivers improve the lives of and care for Oregonians by providing access to no-cost high-quality trainings. In-person and online classes teach strategies that address many caregiving concerns including: challenging behaviors like anger and aggression, safe medication management, and Alzheimer's and dementia care.

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 Manager, Physician and Community Relations  
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**888-298-4673**  
[www.traumaticbraininjury.net](http://www.traumaticbraininjury.net)



*Know someone who has a brain injury?*

# WHAT NOT TO SAY!

*"you're better off than a lot of others who have a brain injury"*

*"you will feel better if you stop thinking about it all the time"*

*"where did our smiling happy person go?"*

*"you're just foggy because of all the medications you are on"*

*"you were always like that"*

*"yeah I have memory issues too ....part of getting old"*

*"just snap out of it!"*

*"....you're lucky to be alive"*

*"well you look fine to me"*

*"just think positively and you will be just fine"*

*"maybe you're not trying hard enough"*



# Northwest Functional Neurology has a new home!

In October, we moved into a brand new space. Drs. Zielinski, McNally and Frontain would love to serve you!

Our new environment is designed to help survivors heal. We hired architecture firm, Fieldwork Design, to make every room, every element soothing. When one walks into our clinic, they don't get a clinical feel; instead, patients often remark that the space feels like a spa. There is no harsh overhead lighting. There are no obnoxious sounds secondary to revolutionary wall felting. The paint colour, a deep jade, was selected to be calming to those with brain injuries. Even though our clinic is always active, treating those affected by neurological disorders and brain injuries, it never feels rushed or too busy.

For those unfamiliar with Functional Neurology, it is a discipline within chiropractic whose protocols are designed to restore fundamental aspects of neurological function, to allow you to properly adapt to and function in your world. Once baseline function in a pathway has been restored, we graduate our programs to facilitate integration of these pathways with other systems. It's not enough to help damaged pathways get back on their feet; we must also help them learn to play well with the rest of your nervous system.

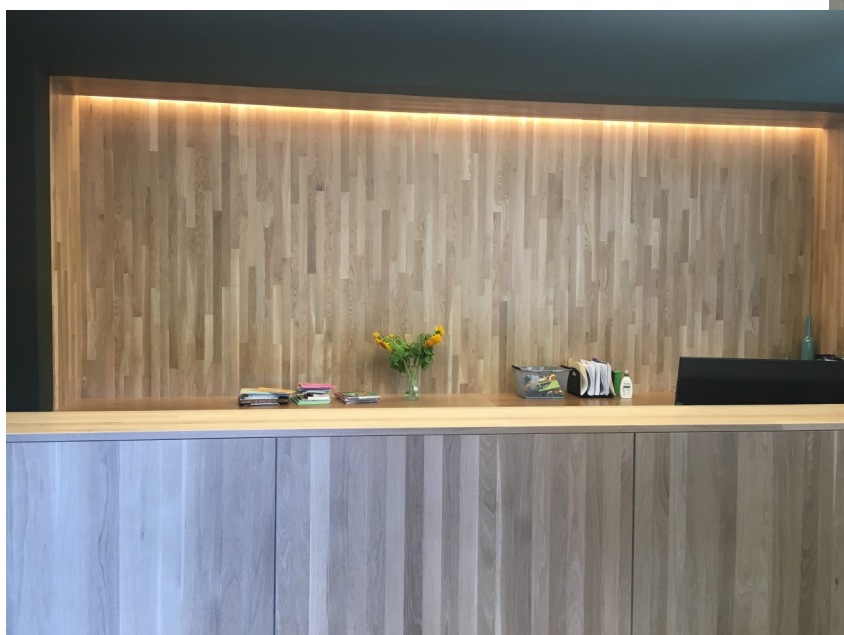
As well, we're now excited to share that we've ushered in even more complementary services. We are now

able to serve individuals struggling with mental health problems following their brain injuries and have added

Framework Functional Psychiatry and TMS. Shauna Hahn, PMHNP, is our provider who has extensive experience and is brain injury certified through the Brain Injury Association of America. Functional Psychiatry uses precise laboratory assessment and other tools of quantitative analysis to map out the relationships between your diet and nutritional status, genetics, brain chemistry, hormonal systems, immune function, and your psychological symptoms. We gain a comprehensive view of all the factors that create your condition and how they interact.

Clinical Transcranial Magnetic Stimulation (TMS) uses an MRI strength magnet, which is used to stimulate nerve cells in the area of the brain thought to control mood. These magnetic pulses have a positive effect on the brain's neurotransmitter levels, making long-term remission possible.

We're looking forward to offering even more healing modalities! Book today: NWFN: 503.805.4526 Or Framework Functional Psychiatry and TMS: 503.908.1625



# When is a good time to consult an attorney if you have been hurt on the job?

Every time, early, and often. Many people erroneously think that they do not need an attorney because their claim is simple, or that the insurance adjuster who said she would help will actually help, or that the costs of hiring an attorney outweigh the benefits. By the time an injured worker discovers that the claim is not so simple or that the insurance adjuster is not the injured worker's advocate, it is often late in the process and evidence may have been lost and or decisions may have been made that cannot be undone.

An attorney can help an injured worker decide whether or not an attorney might be helpful or necessary to the case. Most attorneys offer a free consultation just for that purpose, so there is no harm in seeking advice from someone who knows. Workers compensation attorneys are paid by the insurance company for achieving certain outcomes in the case. The injured worker does not pay out of pocket for the attorney's services.

Consulting an attorney for advice is wise. That is why the worker's compensation system provides for attorney involvement. It can be difficult enough for an injured worker to manage medical appointments and trying to get back to work. Having assistance with the legal aspects of the claim

may make a real difference in the outcome of a case. That is especially true when the injury is a brain injury because brain injury may affect a person's basic decision-making ability.

A client, who was a bicyclist hit by a car, suffered a brain injury, even though she was wearing a helmet. She declined the ambulance transport to the hospital and instead spent the next hour and a half sitting on the curb nearby where she had been hit because she could not think of what to do next. A kind passerby eventually offered her and her broken bike a ride home, which she accepted.

If you or someone you know has suffered a brain injury on the job, it is okay to accept the help that is available and being offered.

Jennifer Hunking, Partner  
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Fred Meyer's program. Here's how it works:

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Whenever you use your Rewards card when shopping at  
Fred's, you'll be helping BIAOR to earn a donation from  
Fred Meyer.

## Vehicle Donations



Through a partnership with VDAC (Vehicle Donations to Any Charity), The Brain Injury Alliance of Oregon, BIAOR, is now a part of a vehicle donation system. BIAOR can accept vehicles from anywhere in the country. VDAC will handle the towing, issue a charitable receipt to you, auction the vehicle, handle the transfer of title, etc. Donations can be accepted online, or call 1-866-332-1778. The online web site is <http://www.v-dac.com/org/?id=930900797>

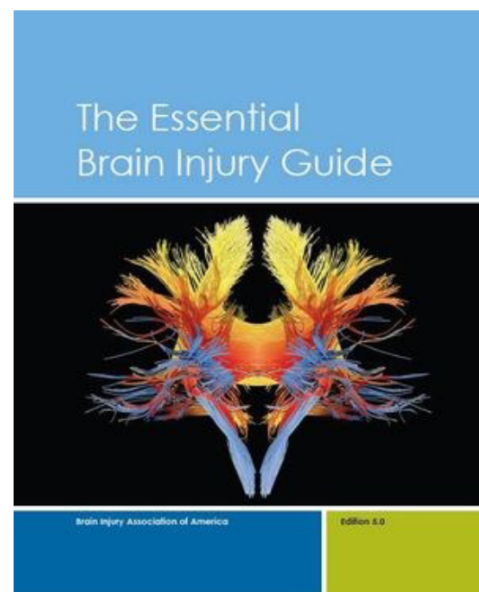


# Understanding Brain Injury and Managing Behavioral Challenges Following Brain Injury and ACBIS International Certification Training

The Academy of Certified Brain Injury Specialists (ACBIS) offers a voluntary international certification program for both entry-level staff and experienced professionals working in brain injury services. ACBIS provides staff and professionals the opportunity to learn important information about brain injury, to demonstrate their learning in a written examination, and to earn a nationally recognized credential. Certification is not restricted to any one profession or discipline. Rather, it is intended for anyone who delivers services specific to brain injury.

Certification is based on a comprehensive training textbook that covers the following topics:

- Health and medical management
- TBI and diagnostic imaging
- Medical, physical, cognitive, neurobehavioral, and psychosocial consequences of injury
- TBI in pediatrics and adolescents, as well as aging with a brain injury
- Concussions and mTBI, as well as disorders of consciousness
- Rehabilitation philosophy, outcome measurement, and care management
- Effect of injuries on families
- Cultural, gender, and sexuality issues
- Military populations
- Neuropsychology
- Participation and return to work



The Brain Injury Association of America, through its cooperative agreement with Wolters Kluwer Health/Lippincott Williams and Wilkins (LWW), is pleased to provide, to each new ACBIS certificant who has applied under the fee structure established December 1, 2008, a one-year subscription to the Journal of Head Trauma Rehabilitation. This reflects a commitment to ensuring that Certified Brain Injury Specialists have access to the latest brain injury research, treatment and practice information.

The Brain Injury Alliance of Oregon is offering a training program geared toward preparing for the CBIS examination. This training will be delivered in a two day workshop. Students must attend the entire session. The workshop will include study materials and interactive workshop with Sherry Stock, ABD/PhD, Certified Brain Injury Specialist Trainer. The National Online Examination will be given at the end of the day, from 4:00-6:00 pm.

## Cost of participation:

\$750 - includes training, book, exam fee and one year BIAOR professional-level member [pay online now](#).

\$400 - for Participation CBIS training only (including book \$550 - no Exam ) [pay online now](#).

Travel costs outside the greater Portland area apply covering per diem and travel costs-no more than \$250 per person  
Contact Sherry Stock at 503-740-3155 or [sherry@biaoregon.org](mailto:sherry@biaoregon.org) for further information

Join us for this comprehensive training, and gain your international certification in Brain Injury, with support through BIAOR.

Applicants must complete and submit the required eligibility paperwork four weeks prior to the training class in order to secure enrollment to the class. Required paperwork includes the following: ACBIS Application Form, Employment Verification and your current Resume. To proceed with the required paperwork forms see the **Application Process** or contact Sherry Stock, 503-740-3155 [sherry@biaoregon.org](mailto:sherry@biaoregon.org)

All new paid applicants will receive a one-year subscription to the ***Journal of Head Trauma Rehabilitation***. This reflects a commitment to ensuring that Certified Brain Injury Specialists have access to the latest brain injury research, treatment and practice information.

### **Eligibility Requirements (Please read carefully - once payment is received there are no refunds)**

1. Applicants must have had 500 hours of currently verifiable direct contact experience with an individual or individuals with brain injury.
2. Experience can be paid employment and/or academic internship.
3. The qualifying experience must have included formal supervision or have been conducted while the applicant operated under a professional license. Volunteer work does not qualify.
4. Applicants must have a high school diploma or equivalent.
5. It is up to the individual to determine that they have met the above requirements when they register. Once payment has been made there are no refunds.

### **Training**

Official ACBIS training is provided by Sherry Stock, a Certified Brain Injury Specialist Trainer (CBIST). *The Essential Brain Injury Guide* will be mailed to you upon receipt of your payment in full. Training materials will be handed out in the class.

Bring a laptop computer that has wireless capabilities with you for the online exam. If you do not have one please contact Sherry at BIAOR, 503-740-3155 [sherry@biaoregon.org](mailto:sherry@biaoregon.org).

### **Certification Examination**

Candidates must pass (80% or higher) on the certification examination. The exam can only be taken after all forms and fees have been submitted, processed and an approval email has been received. Applicants who have completed the training or self-study and are ready to take the examination must read the instructions further down this page.

The exam can also be offered to individuals as long as a CBIST or other approved individual proctors the exam. Please note: The certification fee does not include any expenses associated with proctoring an individually administered exam. If hiring an outside proctor is necessary, the applicant will be responsible for these costs.

**Notification of Exam Score:** Candidates will receive immediate notification via email of their exam score upon completing the online examination. Information about individual candidates and examination results will not be released to any party other than candidates or group administrators. Candidates' scores are NOT released to anyone, including the candidate, by telephone.

**Retakes:** Candidates who do not pass the examination on the first administration may take one retest within one year of the initial application date at no additional charge. An applicant who does not pass after two attempts is welcome to reapply when ready.

### **Application Process**

The process described on the BIAOR website and is intended for those who are pursuing CBIS Certification as a part of a group with BIAOR, please contact your Group Administrator, Sherry Stock, 503-740-3155 [sherry@biaoregon.org](mailto:sherry@biaoregon.org), for further instructions. **Once payment is received there are no refunds. Please read requirements above carefully.**

Payment must be made to BIAOR at least 3 weeks in advance of the class. The process for submitting an individual CBIS Application can be confusing, please follow these directions provided at <https://www.biaoregon.org/services/training-education/cbis-training/>



## Collaboration, Cooperation, Compassion....

At Learning Services, these words mean something. For over twenty years, we have been providing specialized services for adults with acquired brain injuries. We have built our reputation by working closely with residents and families to support them with the challenges from brain injury. Our nationwide network of residential rehabilitation, supported living and neurobehavioral rehabilitation programs provide the services that help our residents enjoy a quality of life now and in the future.

To learn more about our Northern California program or our new Neurobehavioral Program in Colorado, call 888-419-9955 or visit [learningservices.com](http://learningservices.com).

Building Futures



Gilroy Campus, California



Learning Services Neurobehavioral Institute - West

## ARE YOU A MEMBER?

The Brain Injury Alliance of Oregon relies on your membership dues and donations to operate our special projects and to assist families and survivors. Many of you who receive this newsletter are not yet members of BIAOR. If you have not yet joined, we urge you to do so. It is important that people with brain injuries, their families and the professionals in the field all work together to develop and keep updated on appropriate services. Professionals: become a member of our Neuro-Resource Referral Service. Dues notices have been sent. Please remember that we cannot do this without your help. Your membership is vitally important when we are talking to our legislators. For further information, please call 1-800-544-5243 or email [biaor@biaoregon.org](mailto:biaor@biaoregon.org). See page 22 to sign up.

**Proud members of the  
Brain Injury Association of Oregon,  
we have over 50 years experience  
providing legal services to  
traumatic brain injury victims**

Johnson Johnson & Schaller, P.C.  
975 Oak St., Suite 1050  
Eugene, OR 97401

541-484-2434  
800-783-2434  
[www.justicelawyers.com](http://www.justicelawyers.com)

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JOHNSON  
&  
SCHALLER**

\* Free Consultation

*You Have a Right to Justice*



## The Brain Injury Alliance of Oregon can deliver a range of trainings for your organization. These include:

- CBIS Training (Certified Brain Injury Specialist)-International Certification/Brain Injury Fundamentals Certification
- What Medical Professionals Should Know About Brain Injuries—But Most Don't
- Challenging Behaviors
- TBI & PTSD in the Returning Military
- Vocational Rehabilitation-working with clients
- Methamphetamine and Brain Injury
- ADA Awareness—Cross Disability Training
- Judicial and Police: Working with People with Brain Injury
- Traumatic Brain Injury: A Guide for Educators
- Native People and Brain Injury
- Brain Injury 101
- What the Family Needs to Know After a Brain Injury
- Anger Management and TBI
- Aging and TBI
- How Brain Injury Affects Families
- Brain Injury for Medical and Legal Professionals-
- What you need to know
- Caregiver Training
- Domestic Violence and TBI
- Dealing with Behavioral Issues
- Returning to Work After Brain Injury

And more!

For more information contact Sherry Stock, Executive Director, Brain Injury Alliance of Oregon at [sherry@biaoregon.org](mailto:sherry@biaoregon.org) 800-544-5243



### Brain Logistics, LLC

Education - Training -  
Individualized Assessment  
and Implementation

Karen Campbell, BA  
Extreme Behavioral Specialist  
971-227-4350  
[BrainLogisticsLLC@gmail.com](mailto:BrainLogisticsLLC@gmail.com)

Sherry Stock, ABD/PhD CBIST  
Neurogerontologist  
503-740-3155  
Fax: 503-961-8730

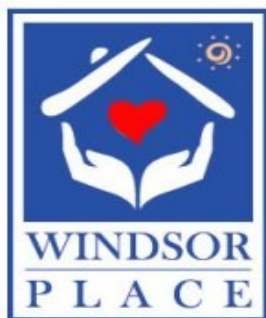


**At Windsor Place, we believe in promoting the self-confidence and self-reliance of all of our residents**



**Susan Hunter**  
Executive Director

Phone: 503-581-0393  
Fax: 503-581-4320



Windsor Place, Inc.  
3009 Windsor Ave. NE Salem Oregon 97301  
[www.windsorplacesalem.org](http://www.windsorplacesalem.org)



### Practical Training Workbook



BRAIN INJURY ASSOCIATION OF AMERICA

When someone sustains a brain injury, it's not just the life of the individual that is affected, but the lives of family, friends, and people in the community. As part of its mission to provide education that improves the lives of individuals with brain injury, the Academy of Certified Brain Injury Specialists (ACBIS) has targeted the widest possible audience with information that can be used in everyday life.

The course is grounded in adult learning principles, maximizing participant engagement and application through an interactive workbook. Using the stories of two individuals to anchor the course concepts, participants learn about the challenges people face following brain injury and how they are supported. Course content covers: Overview of brain injury and cognition; developing effective interaction skills and addressing behavioral concerns; common physical and medical issues following brain injury; best practices for medication management; and impact of brain injury on the family. An online post-test is provided in open-book format, earning participants a certificate of completion that can be printed.

Developed by experienced clinicians and rehabilitation professionals, Brain Injury Fundamentals is an all-new training and certificate program designed to address the unique needs and challenges of those who care for or encounter individuals with brain injury. This includes non-licensed direct care staff persons, facility staff, family members and friends, first responders, and others in the community. The mandatory training course covers essential topics such as:

- |                         |   |                                     |
|-------------------------|---|-------------------------------------|
| • Cognition             | • Guidelines for interacting and building rapport | • Brain injury and behavior         |
| • Medical complications | • Safe medication management                      | • Families coping with brain injury |

The course is grounded in adult learning principles, maximizing participant engagement and application through an interactive workbook. Using real-life scenarios and interactive simulations to anchor the course concepts, participants learn about the challenges people face following brain injury and the types of support they need. This essential program will help candidates understand different types of behavior, manage medication safely, and provide support to families and friends.

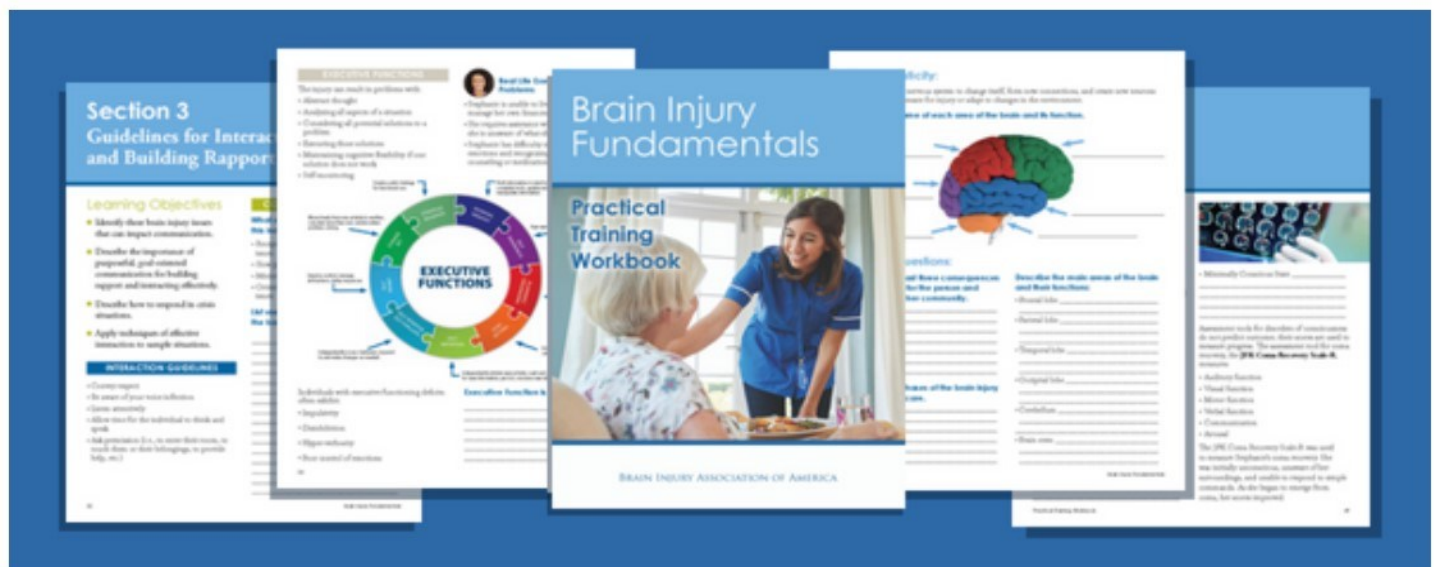
The Brain Injury Fundamentals course is comprehensive and flexible enough to be incorporated as an organization's on-boarding program for direct care staff, or used as a stand-alone training in healthcare and community facilities. The course will be taught by ACBIS trainer, Sherry Stock, CBIST, who has more than 15 years' experience in the field.

After completing intensive training, candidates will receive a certificate that is valid for three years. To learn more about the application process contact Sherry Stock at BIAOR [sherry@biaoregon.org](mailto:sherry@biaoregon.org). 800-544-5243 or 503-740-3155

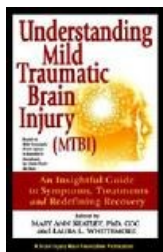
**Training:** Training is required in order to receive the Brain Injury Fundamentals certificate. Trainings will take approximately 8 hours. Instructor is Sherry Stock, CBIST [sherry@biaoregon.org](mailto:sherry@biaoregon.org) 800-544-5243 or 503-740-355

**Costs & Fees:** Fundamentals Application (including Practical Training Workbook), training and exam: \$250\*

\*Fundamentals Application fees are non-refundable.





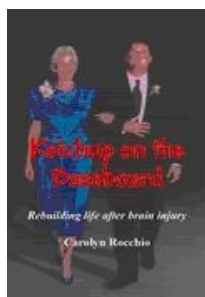
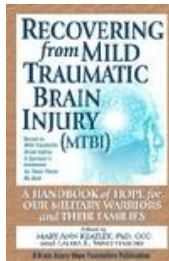


### Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery

Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery Edited by Mary Ann Keatley, PhD and Laura L. Whittemore \$23.00

### Recovering from Mild Traumatic Brain Injury A handbook of hope for military and their families. Edited by Mary Ann Keatley, PhD and Laura L. Whittemore

This clear and concise handbook speaks to our Wounded Warriors and their families and helps them navigate through the unknown territory of this often misunderstood and unidentified injury. It provides an insightful guide to understanding the symptoms, treatment options and redefines "Recovery" as their new assignment. Most importantly, the intention of the authors is to inspire hope that they will get better, they will learn to compensate and discover their own resiliency and resourcefulness. \$23.00

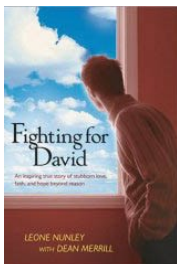
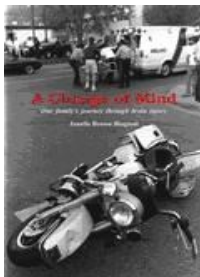


### Ketchup on the Baseboard

Ketchup on the Baseboard tells the personal story of the authors' family's journey after her son, Tim, sustained a brain injury. Chronicling his progress over more than 20 years, she describes the many stages of his recovery along with the complex emotions and changing dynamics of her family and their expectations. More than a personal story, the book contains a collection of articles written by Carolyn Rocchio as a national columnist for newsletters and journals on brain injury. \$25

### A Change of Mind

A Change of Mind by Janelle Breese Biagioni is a very personal view of marriage and parenting by a wife with two young children as she was thrust into the complex and confusing world of brain injury. Gerry Breese, a husband, father and constable in the Royal Canadian Mounted Police was injured in a motorcycle crash while on duty. Janelle traces the roller coaster of emotions, during her husband's hospital stay and return home. She takes you into their home as they struggle to rebuild their relationship and life at home. \$20

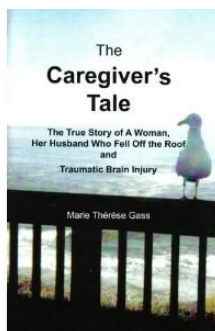


### Fighting for David

Leone Nunley was told by doctors that her son David was in a "persistent coma and vegetative state"--the same diagnosis faced by Terri Schiavo's family. Fighting for David is the story how Leone fought for David's life after a terrible motorcycle crash. This story shows how David overcame many of his disabilities with the help of his family. \$20

### The Caregiver's Tale: The True Story Of A Woman, Her Husband Who Fell Off The Roof, And Traumatic Brain Injury

From the Spousal Caregiver's, Marie Therese Gass, point of view, this is the story of the first seven years after severe Traumatic Brain Injury, as well as essays concerning the problems of fixing things, or at least letting life operate more smoothly. Humor and pathos, love and frustration, rages and not knowing what to do--all these make up a complete story of Traumatic Brain Injury. \$20



## BIAOR Membership Become a Member Now

### Brain Injury Alliance of Oregon

☐ New Member ☐ Renewing Member

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Type of Membership

- ☐ Survivor Courtesy \$ 5 (Donations from those able to do so are appreciated)  
☐ Basic \$35 ☐ Family \$50 ☐ Student \$25 ☐ Non Profit \$75  
☐ Professional \$100 ☐ Sustaining \$200 ☐ Corporation \$300  
☐ Lifetime \$5000

### Sponsorship

- ☐ Bronze \$300 ☐ Silver \$500 ☐ Gold \$1,000 ☐ Platinum \$2,000

Additional Donation/Memorial: \$ \_\_\_\_\_

In memory of: \_\_\_\_\_

(Please print name)

### Member is:

- ☐ Individual with brain injury ☐ Family Member ☐ Other: \_\_\_\_\_  
☐ Professional. Field: \_\_\_\_\_

### Book Purchase (includes S&H):

- ☐ The Caregiver's Tale \$20 ☐ A Change of Mind \$25  
☐ Fighting for David \$20 ☐ Ketchup on the Baseboard \$25  
☐ Recovering from MTBI \$23 ☐ Understanding MTBI \$23

### Type of Payment

Check payable to BIAOR for \$ \_\_\_\_\_

☐ Charge my VISA/MC/Discover Card \$ \_\_\_\_\_

☐ Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_ Security Code from back

Print Name on Card: \_\_\_\_\_

Signature Approval: \_\_\_\_\_

Date: \_\_\_\_\_

### Please mail to:

**BIAOR PO Box 549**

Molalla, OR 97038

800-544-5243 Fax: 503- 961-8730

[www.biaoregon.org](http://www.biaoregon.org) • [biaor@biaoregon.org](mailto:biaor@biaoregon.org)

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# Resources

## Oregon Developmental Disabilities (DD)

For individuals whose disability manifested before age 22 and resulted in lifelong conditions that affect a person's ability to live independently, this state agency arranges and coordinates services to eligible state residents.

<http://www.oregon.gov/DHS/dd/Pages/index.aspx> (800)-282-8096

**Oregon's Aged and Physically Disabled Medicaid Waiver** helps elderly and physically disabled Oregon residents to receive care at home instead of in a nursing home even though they are medically qualified for nursing home placement. <https://www.payingforseniorcare.com/medicaid-waivers/or-aged-and-physically-disabled.html>

- Adult Day Care - group care during daytime hours
- Adult Residential Care - such as adult foster homes or assisted living residences
- Community Transition Services - for persons leaving nursing homes and returning to the community
- Environmental Accessibility Adaptations - to increase the independence of participants
- Home Delivered Meals
- Hot or prepared, nutritiously balanced
- In Home Care Services - as needed
- Transportation Assistance - coordination of transportation for adult day care and medical appointments

## ADRC - Aging and Disability Resource Connection

A resource directory for Oregon families, caregivers and consumers seeking information about long-term supports and services. Here you will find quick and easy access to resources in your community. If you cannot find the information you are looking for or wish to talk to someone in person 1-855-673-2372

## Northwest ADA Center - Oregon

Carla Waring, MRA ADA Training & Technical Assistance  
University of Washington, Center for Continuing Education in Rehabilitation  
ADA TA Hotline 800.949.4232 [www.nwadacenter.org](http://www.nwadacenter.org)  
Direct - 503.841.5771 [carla.waring@adaanswersnw.com](mailto:carla.waring@adaanswersnw.com)

## Spring Sudoku

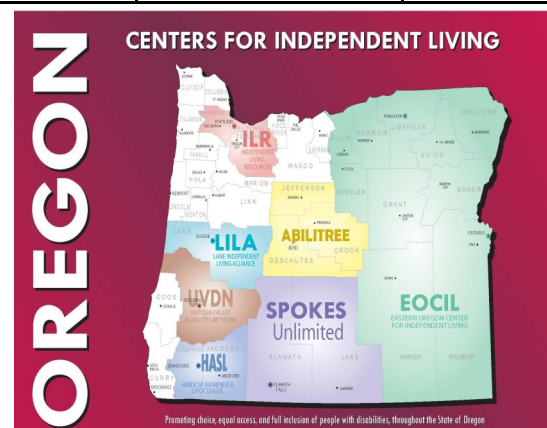
(Answer from page 2)

2	6	9	1	3	7	8	4	5
7	4	3	2	8	5	9	1	6
5	8	1	6	9	4	2	3	7
6	1	4	5	2	3	7	8	9
9	2	5	7	1	8	3	6	4
3	7	8	9	4	6	5	2	1
4	3	6	8	5	9	1	7	2
8	5	2	4	7	1	6	9	3
1	9	7	3	6	2	4	5	8

## Oregon Centers for Independent Living

### Contact List

CIL	LOCATION	COUNTIES SERVED
<b>ABILITREE</b> IL Director: Greg Sublette	2680 NE Twin Knolls Dr Bend, OR 97702 1-541-388-8103	Crook, Deschutes, Jefferson
<b>EOCIL</b> (Eastern Oregon Center for Independent Living) Director: Kirt Toombs	322 SW 3 <sup>rd</sup> Suite 6 Pendleton, OR 97801 (541) 276-1037 1-877-711-1037	Gilliam,, Morrow, Umatilla, Union, Wheeler
	400 E Scenic Dr., Ste 2349 The Dalles, OR 97058 541-370-2810 1-855-516-6273	Columbia , Hood River, Sherman, Wasco
	1021 SW 5th Avenue Ontario, OR 97914 (541) 889-3119 or 1-866-248-8369	Baker, Grant, Harney, Malheur , Wallowa
<b>HASL</b> (Independent Abilities Center) Director: Randy Samuelson	305 NE "E" St. Grants Pass, OR 97526 (541) 479-4275	Josephine, Jackson, Curry, Coos , Douglas
<b>LILA</b> (Lane Independent Living Alliance) Director: Sheila Thomas	20 E 13th Ave Eugene, OR 97401 (541) 607-7020	Lane, Marion, Polk, Yamhill, Linn, Benton, Lincoln
<b>ILR</b> (Independent Living Resources) Director: Barry Fox-Quamme	1839 NE Couch Street Portland, OR 97232 (503) 232-7411	Clackamas, Multnomah, Washington
<b>SPOKES UNLIMITED</b> Director: Curtis Raines	1006 Main Street Klamath Falls, OR 97601 (541) 883-7547	Klamath
	SPOKES Lakeview Branch Office 100 North D St, Lakeview, OR 97630 541-947-2078 (voice)	Lake
<b>UVDN</b> (Umpqua Valley disAbilities Network) Director: Matt Droscher	736 SE Jackson Street, Roseburg, OR 97470 (541-672-6336	Douglas





# Resources

## For Parents, Individuals, Educators and Professionals

### The Oregon TBI Team

The Oregon TBI Team is a multidisciplinary group of educators and school professionals trained in pediatric brain injury. The Team provides in-service training to support schools, educators and families of Individuals (ages 0-21) with TBI. For evidence based information and resources for supporting Individuals with TBI, visit: [www.tbied.org](http://www.tbied.org)  
For more information about Oregon's TBI Team [www.cbirt.org/oregon-tbi-team/](http://www.cbirt.org/oregon-tbi-team/)  
Melissa McCart 541-346-0597  
[tbiteam@uoregon.edu](mailto:tbiteam@uoregon.edu) or [mccart@uoregon.edu](mailto:mccart@uoregon.edu)  
[www.cbirt.org](http://www.cbirt.org)

### The Hello Foundation

Providing therapy in-person at school or at their Portland Clinic and on-line SLP/OT under 18  
503-517-8555 [www.thehellofoundation.com](http://www.thehellofoundation.com)

### LEARNet

Provides educators and families with invaluable information designed to improve the educational outcomes for Individuals with brain injury.  
[www.projectlearn.net.org/index.html](http://www.projectlearn.net.org/index.html)

### Parent Training and Information

A statewide parent training and information center serving parents of children with disabilities.  
1-888-988-FACT [info@factoregon.org](mailto:info@factoregon.org)  
[http://factoregon.org/?page\\_id=52](http://factoregon.org/?page_id=52)

### Websites

**Mayo Clinic** [www.mayoclinic.com/health/traumatic-brain-injury/DS00552](http://www.mayoclinic.com/health/traumatic-brain-injury/DS00552)  
**BrainLine.org** [www.brainline.org/content/2010/06/general-information-for-parents-educators-on-tbi\\_pageall.html](http://www.brainline.org/content/2010/06/general-information-for-parents-educators-on-tbi_pageall.html)

### FREE Brain Games to Sharpen Your Memory and Mind

[www.realage.com/HealthyYOUCenter/Games/intro.aspx?gamenum=82](http://www.realage.com/HealthyYOUCenter/Games/intro.aspx?gamenum=82)  
<http://brainist.com/>

**Home-Based Cognitive Stimulation Program**  
<http://main.uab.edu/tbi/show.asp?durki=49377&site=2988&return=9505>

### Sam's Brainy Adventure

<http://faculty.washington.edu/chudler/flash/comic.html>

### Neurobic Exercise

[www.neurobics.com/exercise.html](http://www.neurobics.com/exercise.html)

### Brain Training Games from the Brain Center of America

[www.braincenteramerica.com/exercises\\_am.php](http://www.braincenteramerica.com/exercises_am.php)



**Brain Injury Alliance**

WASHINGTON

## Washington TBI Resource Center

Providing Information & Referrals to individuals with brain injury, their caregivers, and loved ones through the Resource Line. In-Person Resource Management is also available in a service area that provides coverage where more than 90% of TBI Incidence occurs (including counties in Southwest Washington).

For more information or assistance call: 1-877-824-1766 9 am –5 pm  
[www.BrainInjuryWA.org](http://www.BrainInjuryWA.org)

Vancouver: Carla-Jo Whitson, MSW CBIS 360-991-4928 [jarlaco@yahoo.com](mailto:jarlaco@yahoo.com)

## Returning Veterans Project

Returning Veterans Project is a nonprofit organization comprised of politically unaffiliated and independent health care practitioners who offer **free counseling and other health services to veterans of past and current Iraq and Afghanistan campaigns and their families**. Our volunteers include mental health professionals, acupuncturists and other allied health care providers. We believe it is our collective responsibility to offer education, support, and healing for the short and long-term repercussions of military combat on veterans and their families. For more information contact:

Belle Bennett Landau, Executive Director, 503-933-4996 [www.returningveterans.org](http://www.returningveterans.org)  
email: [mail@returningveterans.org](mailto:mail@returningveterans.org)

## Want to Return to Work? - Pathways to Independence, Oregon

Kathy Holmquist, 503-240-8794 [Kathy@pathwaysto.net](mailto:Kathy@pathwaysto.net)

## Center for Polytrauma Care-Oregon VA

Providing rehabilitation and care coordination for combat-injured OIF/OEF veterans and active duty service members.

**Contact:** Ellen Kessi, LCSW, *Polytrauma Case Manager* [Ellen.Kessi@va.gov](mailto:Ellen.Kessi@va.gov)  
1-800-949-1004 x 34029 or 503-220-8262 x 34029

### Addiction Inpatient help:

Hazelden Betty Ford Foundation, [1901 Esther St. Newberg, OR 97132](http://1901EstherSt.Newberg.OR.97132) (503) 554-4300  
[www.hazeldenbettyford.org](http://www.hazeldenbettyford.org)  
Serenity Lane, [10920 SW Barbur Blvd Ste 201, Portland, OR 97219](http://10920SWBarburBlvdSte201.Portland.OR.97219) (503) 244-4500  
[www.serenitylane.org](http://www.serenitylane.org)

## Legal Help

**Disability Rights Oregon (DRO)** promotes Opportunity, Access and Choice for individuals with disabilities. Assisting people with legal representation, advice and information designed to help solve problems directly related to their disabilities. Have you had an insurance claim for cognitive therapy denied? All services are confidential and free of charge. (503) 243-2081 [www.disabilityrightsoregon.org/](http://www.disabilityrightsoregon.org/)

**Legal Aid Services of Oregon** serves people with low-income and seniors. If you qualify for food stamps you may qualify for services. Areas covered are: consumer, education, family law, farmworkers, government benefits, housing, individual rights, Native American issues, protection from abuse, seniors, and tax issues for individuals. Multnomah County 1-888-610-8764 [www.lawhelp.org](http://www.lawhelp.org)

**Oregon Law Center Legal** provides free legal services to low income individuals, living in Oregon, who have a civil legal case and need legal help. Assistance is not for criminal matter or traffic tickets. <http://oregonlawhelp.org> 503-295-2760

**Oregon State Bar Lawyer Referral Services** refers to a lawyer who may be able to assist.  
503-684-3763 or 800-452-7636

**The Oregon State Bar Military Assistance Panel** program is designed to address legal concerns of Oregon service members and their families immediately before, after, and during deployment. The panel provides opportunities for Oregon attorneys to receive specialized training and offer *pro bono* services to service members deployed overseas. 800-452-8260

**St. Andrews Legal Clinic** is a community non-profit that provides legal services to low income families by providing legal advocacy for issues of adoption, child custody and support, protections orders, guardianship, parenting time, and spousal support. 503-557-9800

# Resources

## Affordable Naturopathic Clinic in Southeast Portland

An affordable, natural medicine clinic is held the second Saturday of each month. Dr. Cristina Cooke, a naturopathic physician, will offer a sliding-scale.

Naturopaths see people with a range of health concerns including allergies, diabetes, fatigue, high blood-pressure, and issues from past physical or emotional injuries.

The clinic is located at:

The Southeast Community Church of the Nazarene  
5535 SE Rhone, Portland.

For more information of to make an appointment, please call:  
Dr. Cooke, 503-984-5652

## Assistance

### Financial, Housing, Food, Advocacy

**TBI Long Term Care**—Melissa Taber, Long Term Care TBI Coordinator, DHS, State of Oregon 503-947-5169

**Long Term Care Ombudsman** - Fred Steele, JD,  
[fred.steele@itco.state.or.us](mailto:fred.steele@itco.state.or.us), 1-800-522-2602 503-983-5985 Mult County: 503-318-2708

**Oregon Public Guardian Ombudsman** - 844-656-6774

**Oregon Health Authority Ombudsman** - Ellen Pinney  
[Ellen.Pinney@state.or.us](mailto:Ellen.Pinney@state.or.us) 503-947-2347 desk 503-884-2862 cell 877-642-0450 toll-free

**The Low-Income Home Energy Assistance Program (LIHEAP)** is a federally-funded program that helps low-income households pay their home heating and cooling bills. It operates in every state and the District of Columbia, as well as on most tribal reservations and U.S. territories. The LIHEAP Clearinghouse is an information resource for state, tribal and local LIHEAP providers, and others interested in low-income energy issues. This site is a supplement to the LIHEAP-related information the LIHEAP Clearinghouse currently provides through its phone line 1-800-453-5511 [www.ohcs.oregon.gov/OHCS/SOS\\_Low\\_Income\\_Energy\\_Assistance\\_Oregon.shtml](http://www.ohcs.oregon.gov/OHCS/SOS_Low_Income_Energy_Assistance_Oregon.shtml)

**Food, Cash, Housing Help** from Oregon Department of Human Services 503-945-5600

<http://www.oregon.gov/DHS/assistance/index.shtml>

### Housing

Various [rental housing assistance programs](#) for low income households are administered by local community action agencies, known as CAAs. [Subsidized housing](#), such as Section 8 rental housing, is applied for through local housing authorities. 503-986-2000 [http://oregon.gov/OHCS/CSS\\_Low\\_Income\\_Rental\\_Housing\\_Assistance\\_Programs.shtml](http://oregon.gov/OHCS/CSS_Low_Income_Rental_Housing_Assistance_Programs.shtml)

**Oregon Food Pantries** <http://www.foodpantries.org/st/oregon>

**Central City Concern, Portland** 503 294-1681

Central City Concern meets its mission through innovative outcome based strategies which support personal and community transformation providing:

- Direct access to housing which supports lifestyle change.
- Integrated healthcare services that are highly effective in engaging people who are often alienated from mainstream systems.
- The development of peer relationships
- Attainment of income through employment or accessing benefits.

## Need Help with Health Care?

**Oregon Health Connect:** 855-999-3210

[Oregonhealthconnect.org](http://Oregonhealthconnect.org) Information about health care programs for people who need help.

**Project Access Now** 503-413-5746 [Projectaccessnnow.org](http://Projectaccessnnow.org)  
Connects low-income, uninsured people to care donated by providers in the metro area.

**Health Advocacy Solutions** - 888-755-5215 [Hasolutions.org](http://Hasolutions.org)  
Researches treatment options, charity care and billing issues for a fee.

**Coalition of Community Health Clinics** 503-546-4991  
[Coalitionclinics.org](http://Coalitionclinics.org) Connects low-income patients with donated free pharmaceuticals.

**Oregon Prescription Drug Program** 800-913-4146  
[Oregon.gov/OHA/pharmacy/OPDP/Pages/index.aspx](http://Oregon.gov/OHA/pharmacy/OPDP/Pages/index.aspx)  
Helps the uninsured and underinsured obtain drug discounts.

**Central City Concern, Old Town Clinic Portland** 503 294-1681  
Integrated healthcare services on a sliding scale.

### Tammy Greenspan Head

**Injury Collection** A terrific collection of books specific to brain injury. You can borrow these books through the interlibrary loan system. A reference librarian experienced in brain injury literature can help you find the book to meet your needs. 516-249-9090

## Valuable Websites

[www.iCaduceus.com](http://www.iCaduceus.com): The Clinician's Alternative, web-based alternative medical resource.

[www.idahotbi.org/](http://www.idahotbi.org/): Idaho Traumatic Brain Injury Virtual Program Center-The program includes a telehealth component that trains providers on TBI issues through video-conferencing and an online virtual program center.

[www.headinjury.com/](http://www.headinjury.com/) - information for brain injury survivors and family members

<http://activecoach.orcasinc.com> **Free concussion training for coaches** ACTIVE: Athletic Concussion Training™ using Interactive Video Education

[www.oregonpva.org](http://www.oregonpva.org) - If you are a disabled veteran who needs help, peer mentors and resources are available

[www.oregon.gov/odva](http://www.oregon.gov/odva): Oregon Department of Veterans Affairs

<http://fort-oregon.org/>: information for current and former service members

<http://oregonmilitarysupportnetwork.org> - resource for current and former members of the uniformed military of the United States of America and their families.

[http://apps.usa.gov/national-resource-directory/National\\_Resource\\_Directory](http://apps.usa.gov/national-resource-directory/National_Resource_Directory) The National Resource Directory is a mobile optimized website that connects wounded warriors, service members, veterans, and their families with support. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. (mobile website)

<http://apps.usa.gov/ptsd-coach> PTSD Coach is for veterans and military service members who have, or may have, post-traumatic stress disorder (PTSD). It provides information about PTSD and care, a self-assessment for PTSD, opportunities to find support, and tools—from relaxation skills and positive self-talk to anger management and other common self-help strategies—to help manage the stresses of daily life with PTSD. (iPhone)

[www.BrainLine.org](http://www.BrainLine.org): a national multimedia project offering information and resources about preventing, treating, and living with TBI; includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.

**People Helping People (PHP)** provides comprehensive wrap around services to adults with disabilities and senior citizens, including: the General Services Division provides navigation/advocacy/case management services in the areas of social services and medical care systems; the DD Services Division provides specialized services to adults with developmental disabilities, including community inclusion activities, skills training, and specialized supports in the areas of behavior and social/sexual education and training; and the MEMS program provides short term and long term loans of needed medical equipment to those who are uninsured or under-insured. Medical supplies are provided at no cost. (availability depends on donations received). <http://www.phpnw.org> Sharon Bareis, 503-875-6918



# Brain Injury Support Groups

## Astoria

Astoria Support Group  
www.pnwhigroup.vpweb.com  
Kendra Bratherton 209-791-3092  
[pnwhigroup@gmail.com](mailto:pnwhigroup@gmail.com) **Must Pre-Register**

## Beaverton

### Circle of Support

Brain Injury Survivors, Stroke Victims and their Care Givers  
4th Saturday 10:00 am - 11:30 pm  
Elsie Stuhr, Cedar Room  
5550 SW Hall, Beaverton, OR 97005

## Bend

### Abilitree Thursday Support Group

Thursdays 10:30 am - 12:00 noon  
Brain Injury Survivor and Family Group & Survivor and Family/Caregiver Cross Disabilities  
Abilitree, 2680 NE Twin Knolls Dr., Bend OR 97701  
Contact Francine Marsh 541-388-8103 x 205  
[francinem@abilitree.org](mailto:francinem@abilitree.org)

### Abilitree Moving A Head Support Group

1st & 3rd Thursday 5:30-7:00  
Brain Injury Survivor, Survivor and Family  
Abilitree, 2680 NE Twin Knolls Dr., Bend OR 97701  
Training Rm. (West Entrance) Dinner is Provided  
Contact Francine Marsh 541-388-8103 x 205  
[francinem@abilitree.org](mailto:francinem@abilitree.org)

## Corvallis

### STROKE SUPPORT GROUP

1st Tuesday 1:30 to 3:00 pm  
Church of the Good Samaritan Lng  
333 NW 35th Street, Corvallis, OR 97330  
Call for Specifics: Josh Funk  
541-768-5157 [jfunk@samhealth.org](mailto:jfunk@samhealth.org)

### Brain Injury Support Group

Currently with Stroke Support Group  
Church of the Good Samaritan Lng  
333 NW 35th Street, Corvallis, OR 97330  
Call for Specifics: Josh Funk  
541-768-5157 [jfunk@samhealth.org](mailto:jfunk@samhealth.org)

## Coos Bay (2)

### Traumatic Brain Injury (TBI) Support Group

2nd Saturday 3:00pm - 5:00pm  
Kaffe 101, 171 South Broadway  
Coos Bay, OR 97420 [tbiicbsupport@gmail.com](mailto:tbiicbsupport@gmail.com)

### Growing Through It- Healing Art Workshop

Contact: Bittin Duggan, B.F.A., M.A.,  
541-217-4095 [bittin@growingthroughit.org](mailto:bittin@growingthroughit.org)

## Eugene (3)

### Head Bangers

3rd Tuesday, Feb., Apr., June, July, Aug., Oct. Nov.  
6:30 pm - 8:30 pm Potluck Social  
Monte Loma Mobile Home Rec Center  
2150 Laura St., Springfield, OR 97477  
Susie Chavez, (541) 342-1980  
[admin@communityrehab.org](mailto:admin@communityrehab.org)

### Community Rehabilitation Services of Oregon

3rd Tuesday, Jan., Mar., May, Sept. and Nov.  
7:00 pm - 8:30 pm Support Group  
St. Thomas Episcopal Church  
1465 Coburg Rd.; Eugene, OR 97401  
Jan Johnson, (541) 342-1980  
[admin@communityrehab.org](mailto:admin@communityrehab.org)

## BIG (BRAIN INJURY GROUP)

Tuesdays 11:00am-1pm  
Hilyard Community Center  
2580 Hilyard Avenue, Eugene, OR. 97401  
Curtis Brown, (541) 998-3951 [BCCBrown@gmail.com](mailto:BCCBrown@gmail.com)

## Hillsboro

### Concussion Support Group

Tuality Healthcare  
1st Thursday 3-4pm  
TCH Conference Room 1, Main Hospital  
335 SE 8th Avenue, Hillsboro, OR 97123  
linda.fish@tuality.org 503-494-0885

## Westside SUPPORT GROUP

3rd Monday 7-8 pm  
For brain injury survivors, their families, caregivers and professionals  
Tuality Community Hospital  
335 South East 8th Street, Hillsboro, OR 97123  
Carol Altman, (503) 640-0818

## Klamath Falls

### SPOKES UNLIMITED BRAIN INJURY SUPPORT GROUP

2nd Tuesday 1:00pm to 2:30pm  
1006 Main Street, Klamath Falls, OR 97601  
Jackie Reed 541-883-7547  
[jackie.reed@spokesunlimited.org](mailto:jackie.reed@spokesunlimited.org)

## Lake Oswego (2)

### Family Caregiver Discussion Group

4th Wednesday, 7-8:30 PM  
(there will be no group in August)  
Parks & Recreational Center  
1500 Greentree Drive, Lake Oswego, OR 97034  
Shemaya Blauer at 503-816-6349.

### Functional Neurology Support Group

On hiatus  
Market of Choice, 5639 Hood St, West Linn

## Medford

### Southern Oregon Brainstormers Support & Social Club

1st Tuesday 3:30 pm to 5:30 pm  
Lion's Sight & Hearing Center  
228 N. Holly St (use rear entrance)  
Lorita Cushman 541-621-9974  
[BIAOregon@AOL.COM](mailto:BIAOregon@AOL.COM)

## Oregon City

### Brain Injury Support Group

3rd Friday 1-3 pm (Sept - May) - summer potlucks  
Pioneer Community Center - ask at the front desk for room  
615 5th St, Oregon City 97045  
Sonja Bolon, MA 503-816-1053  
[brain4you2@gmail.com](mailto:brain4you2@gmail.com)

## Portland

### Brain Injury Help Center Without Walls

"Living the Creative Life" Women's Coffee  
1st and 3rd Fridays: 10:00 - 12:00 - currently full  
**Family and Parent Coffee in cafe**  
Wednesdays: 10:00-12:00  
[braininjuryhelporg@yahoo.com](mailto:braininjuryhelporg@yahoo.com)  
Call Pat Murray 503-752-6065

**Sometimes we are not notified about changes to schedules. Please contact the support group to verify that it is meeting at the listed time and place**

## BIRRDsong

1st Saturday 9:30 - 11  
1. Peer support group that is open to everyone, including family and the public  
2. Family and Friends support group that is only for family and friends  
Legacy Good Samaritan Hospital, Rm 102, Wilcox Building .  
1015 NW 22nd Portland, 97210  
Brian Liebenstein at 503-598-1833  
[BrianL@bic-nw.org](mailto:BrianL@bic-nw.org) [info@braininjuryconnections.org](mailto:info@braininjuryconnections.org)

## BRAINSTORMERS I

2nd Saturday 10:00 - 11:30am  
Women survivor's self-help group  
Wilcox Building Conference Room A  
2211 NW Marshall St., Portland 97210  
Next to Good Samaritan Hospital  
Lynne Chase MS CRC [Lynne.Chase@gmail.com](mailto:Lynne.Chase@gmail.com)  
503-206-2204

## BRAINSTORMERS II

3rd Saturday 10:00am-12:00noon  
Survivor self-help group  
Emanuel Hospital Medical Office Building West Conf Rm  
2801 N Gantenbein, Portland, 97227  
Steve Wright [stephenmwright@comcast.net](mailto:stephenmwright@comcast.net)  
503-816-2510

## CROSSROADS (Brain Injury Discussion Group)

2nd and 4th Friday, 1-3 pm  
Independent Living Resources  
1839 NE Couch St, Portland, OR 97232  
503-232-7411

### Must Be Pre-Registered

### Doors of Hope - Spanish Support Group

3rd Tuesday 5:30 - 7:30pm  
Providence Hospital, 4805 NE Glisan St, Portland,  
Rm HCC 6  
503-454-6619 [grupodeapoyo@BIRRDsong.org](mailto:grupodeapoyo@BIRRDsong.org)

### Please Pre-Register

### OHSU Sports Concussion Support Group

For Youth and Their Families who have been affected by a head injury  
2nd Tuesday, 7:00-8:30 pm  
OHSU Center for Health and Healing  
3303 SW Bond Ave, 3rd floor conference room  
Portland, OR 97239  
For more information or to RSVP contact Jennifer Wilhelm  
(503) 494-3151 or email: [wilhelmj@ohsu.edu](mailto:wilhelmj@ohsu.edu)  
**Sponsored by OHSU Sports Medicine and Rehabilitation**

## PARENTS OF CHILDREN WITH BRAIN INJURY

Wednesdays: 10:00-12:00

Currently combined with THRIVE SUPPORT GROUP/ FAMILY SUPPORT GROUP

Contact for further information

braininjuryhelp@yahoo.com Pat Murray 503-752-6065

**MUST BE PRE-REGISTERED**

## TBI Caregiver Support Meetings

4th Thursday 7-8:30 PM

8818 NE Everett St, Portland OR 97220

Call Karin Keita 503-208-1787

email: [afripath@gmail.com](mailto:afripath@gmail.com)

**MUST BE PRE-REGISTERED**

## THRIVE SUPPORT GROUP

*Family and Parent Coffee in café*

Wednesdays: 10:00-12:00

Brain Injury Survivor support group ages 15-25

Currently combined with FAMILY

SUPPORT GROUP/PARENTS OF CHILDREN WITH

BRAIN INJURY SUPPORT GROUP

Contact for further information

braininjuryhelp@yahoo.com Pat Murray 503-752-6065 or Call Michael Jensen 503-804-4841

[happieheads@gmail.com](mailto:happieheads@gmail.com)

**MUST BE PRE-REGISTERED**

## TBI SOCIAL CLUB

2nd Tuesday 11:30 am - 3 pm

Pietro's Pizza, 10300 SE Main St, Milwaukie OR 97222

Lunch meeting- Cost about \$6.50

Michael Flick, 503-775-1718

**MUST BE PRE-REGISTERED**

## Redmond (1)

### Stroke & TBI Support Group

Coffee Social including free lunch

2nd & 4th Thursday 10:30-1 pm

Lavender Thrift Store/Hope Center

724 SW 14th St, Redmond OR 97756

Call Darlene 541-390-1594

## Roseburg

**UMPQUA VALLEY DISABILITIES NETWORK on hiatus**

## Salem (3)

### SALEM BRAIN INJURY SUPPORT GROUP

4th Thursday 4pm-6pm

Community Health Education Center (CHEC)

939 Oat St, Bldg D 1st floor, Salem OR 97301

Megan Snider (503) 814-7974

[megan.snider@salemhealth.org](mailto:megan.snider@salemhealth.org)

### SALEM COFFEE & CONVERSATION

Fridays 11-12:30 pm

Ike Box Café

299 Cottage St, Salem OR 97301

Megan Snider (503) 814-7974

### SALEM STROKE SURVIVORS & CAREGIVERS SUPPORT GROUP

2nd Tuesday 1 pm -3pm

**Networking** 12-1 & 3-3:30

**Must arrive early between 12:30-12:45**

Salem First Church of the Nazarene

1550 Market St NE, Rm 202 Salem OR 97301

Scott W [swerdses@yahoo.com](mailto:swerdses@yahoo.com)

## Tillamook (1)

### Head Strong Support Group

2nd Tuesday, 6:30-8:30 p.m.

Herald Center - 2701 1st St - Tillamook, OR 97141

For information: Beverly St John (503) 815-2403 or

[beverly.stjohn@ah.org](mailto:beverly.stjohn@ah.org)

## WASHINGTON TBI SUPPORT GROUPS

### Quad Cities TBI Support Group

Second Saturday of each month, 9 a.m.

Tri State Memorial Hosp.

1221 Highland Ave, Clarkston, WA

Deby Smith (509-758-9661;

[biagcedby@earthlink.net](mailto:biagcedby@earthlink.net))

### Stevens County TBI Support Group

1st Tuesday of each Month 6-8 pm

Mt Carmel Hospital, 982 E. Columbia, Colville, WA

Craig Sicilia 509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org)

Danny Holmes (509-680-4634)

### Moses Lake TBI Support Group

2nd Wednesday of each month, 7 p.m.

Samaritan Hospital

801 E. Wheeler Rd # 404, Moses Lake, WA

Jenny McCarthy (509-766-1907)

### Pullman TBI Support Group

3rd Tuesday of each month, 7-9p.m.

Pullman Regional Hospital, 835 SE Bishop Blvd,

Conf Rm B, Pullman, WA Alice Brown (509-338-4507)

### Pullman BI/Disability Advocacy Group

2nd Thursday of each month, 6:30-8:00p.m.

Gladish Cultural Center, 115 NW State St., #213

Pullman, WA Donna Lowry (509-725-8123)

## SPOKANE, WA

### Spokane TBI Survivor Support Group

2nd Wednesday of each month 7 p.m.

St.Luke's Rehab Institute

711 S. Cowley, #LL1,

Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

Michelle White (509-534-9380;

[mwhite@mwhite.com](mailto:mwhite@mwhite.com))

### Spokane Family & Care Giver BI Support Group

4th Wednesday of each month, 6 p.m.

St. Luke's Rehab Institute

711 S. Cowley, #LL1, Spokane, WA

Melissa Gray ([melissagray.mhc@live.com](mailto:melissagray.mhc@live.com))

Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

Michelle White (509-534-9380;

[mmwhite@mwhite.com](mailto:mmwhite@mwhite.com))

### \*TBI Self-Development Workshop

"reaching my own greatness" \*For Veterans

2nd & 4th Tues. 11 am- 1 pm

Spokane Downtown Library

900 W. Main Ave., Spokane, WA

Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

### Spokane County BI Support Group

4th Wednesday 6:30 p.m.-8:30 p.m.

12004 E. Main, Spokane Valley WA

Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

Toby Brown (509-868-5388)

### Spokane County Disability/BI Advocacy Group

511 N. Argonne, Spokane WA

Craig Sicilia (509-218-7982; [craig@tbiwa.org](mailto:craig@tbiwa.org))

## VANCOUVER, WA

### TBI Support Group

2nd and 4th Thursday 2pm to 3pm

Legacy Salmon Creek Hospital, 2211 NE 139th Street

conference room B 3rd floor Vancouver WA 98686

Carla-Jo Whitson, MSW, CBIS [jarlaco@yahoo.com](mailto:jarlaco@yahoo.com)

360-991-4928

## IDAHO TBI SUPPORT GROUPS

### Boise Area

### STARS/Treasure Valley Brain Injury Support Group

When: 4th Thursday of the month from 6-8 pm

Where: St. Luke's Rehabilitation-Elks Conference Room-4th Floor

600 N Robbins Rd. in Boise

Greg Meyer (208-385-3013); [meyergre@slhs.org](mailto:meyergre@slhs.org)

Kathy Smith (208-367-8962; [kathy.l.smith@saintalphonsus.org](mailto:kathy.l.smith@saintalphonsus.org))

CHECK US OUT ON FACEBOOK @Treasure Valley Brain Injury Support Group

### Stroke Support Group for Caregivers and Survivors

When: 1st Thursday of the month 2-3:30 pm

Where: Saint Alphonsus-Coughlin 1 Conference Room

1055 N. Curtis Rd Boise

### Meridian Area

### Stroke Support Group

When: 3rd Thursday of each month 2-3:30 pm

Where: St. Luke's Meridian

Contact: 208-381-9383, [stroke@slhs.org](mailto:stroke@slhs.org)

### Nampa/Caldwell Area

### Stroke and Brain Injury Support Group for Survivors and Caregivers

When: 1st Tuesday of the month 4-5 pm

Where: Saint Alphonsus Nampa Medical Center on Garrity-Haglin Conference Room

4402 E. Flamingo Ave Nampa

### Twin Falls

### College of Southern Idaho Traumatic Brain Injury Group

When: 3rd Thursday of the month from 7-9 pm

Where: College of Southern Idaho-Taylor Building Room 247 in Twin Falls

Amy Barker: (208-732-6800)

Michael Howell, Facilitator

## Survivor Support Line - CALL 855-473-3711

A survivor support line is now available to provide telephone support to those who suffer from all levels of brain impairment. 4peer11 is a survivor run, funded, operated and managed-emotional help line. We do not give medical advice, but we DO have two compassionate ears. We have survived some form of brain injury or a we are a survivor who is significant in the life of a survivor.

The number to call 855-473-3711 (855-4peer11). Live operators are available from 9am-9pm Pacific Standard Time. If a call comes when an operator is not free please leave a message. Messages are returned on a regular basis.





The Brain Injury Alliance of Oregon (BIAOR)  
AKA the Brain Injury Association of Oregon  
PO Box 549, Molalla OR 97038

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Oregon Care Partners helps family and professional caregivers improve the lives of and care for Oregonians by providing access to no-cost high-quality trainings. In-person and online classes teach strategies that address many caregiving concerns including: challenging behaviors like anger and aggression, safe medication management, and Alzheimer's and dementia care.

Visit [www.OregonCarePartners.com](http://www.OregonCarePartners.com) or call  
(800) 930-6851



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Portland, OR 97204  
1-888-883-1576  
[www.tdinjurylaw.com](http://www.tdinjurylaw.com)



## Protecting the Rights of the Injured



### Personal Injury Practice Areas:

Brain Injury Accidents  
Automobile Accidents  
Maritime Accidents  
Construction Accidents  
Trucking Accidents  
Medical Malpractice  
Wrongful Death

Dangerous Premises  
Defective Products  
Bicycle Accidents  
Motorcycle Accidents  
Sexual Harassment/Abuse  
Aviation Accidents  
Legal Malpractice

## How To Contact Us

### Brain Injury Alliance of Oregon (BIAOR)

**Mailing Address:** Sherry Stock, MS CBIST  
PO Box 549  
Molalla, OR 97038  
**Executive Director** 800-544-5243  
**Resource Facilitator—Peer Mentor**  
Becki Sparre 503-961-5675  
**Toll free:** 800-544-5243

**Fax:** 503-961-8730  
[biaor@biaoregon.org](mailto:biaor@biaoregon.org)  
[www.biaoregon.org](http://www.biaoregon.org)

*Meetings by Appointment only*  
*Call 800-544-5243*

Thank you to all our contributors and advertisers.

## Nancy Irey Holmes, Psy.D

Psychologist, Certified Brain Injury Specialist

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Suite 204 Mail 203  
Portland OR 97215  
503-235-2466

2775 SW 17th Pl  
Health Point Bldg, Suite 4  
Redmond, OR 97756  
541-330-4428

[nancyholmespsyd.com](http://nancyholmespsyd.com)

Traumatic Brain Injury  
Chronic Pain Management  
Biofeedback  
Trauma  
Anxiety  
EMDR

FAX: 503-841-5816