



the

HEADLINER

Winter 2023
Vol. XXIX Issue 1

The Newsletter of the Brain Injury Alliance of Oregon

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21st Annual Pacific Northwest & 40th Annual Medical Legal Brain Injury Webinar Conference By Zoom

March 4-5, 2023

*WHAT DO MEDICAL PROFESSIONALS NEED TO KNOW ABOUT
BRAIN INJURY*



Hosted By:
Brain Injury Alliance of Oregon (BIAOR)
Brain Injury Alliance of Washington (BIAWA)
Brain Injury Alliance of Idaho (BIAID)
Brain Injury Association of Alaska (BIAAK)



**Brain Injury Alliance of Oregon
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Headliner DEADLINES

<u>Issue</u>	<u>Deadline</u>	<u>Publication</u>
Spring	April 15	May 1
Summer	July 15	August 1
Fall	October 15	November 1
Winter	January 15	February 1

Editor: Sherry Stock

Advertising in Headliner

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A: Business Card	\$100(125)	\$ 350(450)
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C: 1/2 Page	\$ 300(375)	\$ 1000(1300)
D: Full Page	\$ 600(700)	\$ 2000(2400)
E. Sponsor Headliner	\$ 2500	\$ 10,000

Advertising on BIAOR Website:

\$10,000 for Banner on every page
\$5000/year Home Page
\$250 for active link Pro-Members page

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



In this crazy time that we are living in, you think that things cant get worse, but they can. As I sit here recovering from my 6th surgery after a serious MVA I know that anyone can have a brain injury. Mine was from being t-boned as I drove down the street on my way to a medical conference. The accident was so severe that I was left with a moderate brain injury, my spine broken in 7 places and discs displaced, numerous internal injuries resulting in numerous surgeries including the removal of my gall bladder. The good thing is I am still here and it did not knock out 14 years of college..

But life goes on and I hope that you will sign up for the March Brain Injury Conference—see pages 13-14. We also have a Research Opportunity for individuals with a brain injury—see page 20.

I hope that everyone is being safe, has gotten their vaccination and is interacting with family and friends. If you are looking for other outlets check out the Zoom support groups.

Be safe, you are not alone.

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

Winter 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 15)

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

Attorneys

Need Help Finding and Attorney

Paul Braude, Find Injury Law, 888-888-6470
p@findinjurylaw.com www.findinjurylaw.com

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‡ Tom D'Amore, D'Amore & Associates, Portland 503-222-6333 www.damorelaw.com

‡ Dr. Aaron DeShaw, Portland 503-227-1233
www.deshawlaw.com

‡ Bill Gaylord, Gaylord Eyeran Bradley, PC, Portland 503-222-3526 www.gaylordeyeran.com

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Bend

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Eugene

† Derek Johnson, Johnson, Clifton, Larson & Schaller, P.C., Eugene 541 484-2434

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Charles Duncan, Eugene, 800-347-4269

Tina Stupasky, Jensen, Elmore & Stupasky, PC, Eugene, 541-342-1141

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Trucking Injuries, WC, Empymt & LT Disability

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Steve Smucker, Portland 503-224-5077

± Scott Supperstein, The Law Offices of Scott M

Supperstein, PC, Portland 503-227-6464

¥ Tichenor & Dziuba Law Offices, Portland 503-224-3333

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Samuel Hornreich, Roseburg, 541-677-7102

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www.coluccio-law.com

Care Facilities/TBI Housing/Day Programs

(subacute, community based, inpatient, outpatient, nursing care, supervised-living, behavior, coma management, driver evaluation, hearing impairment, visual impairment, counseling, pediatric)

APD - TBI general issue APD.TBI@dhsosha.state.or.us

Sherry Acea, Fourth Dimension Corp, Bend 541-647-7016

Advocate Care, LLC, Leah Pedigo, Medford, 541-857-0700 RCF 18-65 Portland 971-271-8457 18-65

www.advocatecarellc.com

Carol Altman, Homeward Bound, Hillsboro 503-640-0818 - Day Program

Eric Asa, The Positive Difference ACH, LLC, Gresham, 503-674-5149

Hazel Bamhart, Psalm 91 Care Home, Beaverton, 971-227-4773 or 503-747-0146 TBI 35 and over

Temesgen Betiso, Forest Grove and Tigard 503-747-2135 or 503-992-8769

Fataumata (Tata) Blakely, Heart of Living Home Care, Salem OR 503-454-8173 (c) 971-701-6979

Soloman Basore, Hillsboro, 503-372-6332 or 614-804-1274 Solofah@gmail.com Solomon's Adult Care Home LLC, 1321 NE Lilac Ct Hillsboro OR 97124

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£ Casa Colina Centers for Rehabilitation, Pomona, CA, 800-926-5462

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John Grimm, Skyline Country Living, AFH Philomath 541-929-7681

Herminia D Hunter, Trinity Blessed Homecare, Milwaukie, 503-653-5814, Dem/Alz 70 and over

± IS Living Integrated Supports for Living, Jesse DeHerrera, 503-586-2300 www.isliving.org/

Kampfe Management Services, Portland, 503-788-3266 Apt

Terri Korbe, LPN, High Rocks Specialty Care, Clackamas 503-723-5043

Learning Services, Northern CA & CO, 888-419-9955

Joana Olaru, Alpine House, Beaverton, 503-646-9068

Premila Prasad, Portland 503-245-1605

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† Sapphire at Ridgeview Assisted Living Facility, Medford, 541-779-2208

WestWind Enhanced Care, Leah Lichens, Medford, 541-857-0700

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Uhlhorn Program, Eugene, 541 345-4244 Supported Apt

† Windsor Place, Inc., Susan Hunter, Salem, 503-581-0393 Supported Apt

Brain Injury Rehabilitation Programs

€ Brain Rehab Network Medical Center, 7204 SW Durham Rd Ste 100, Portland, OR 97224 (503) 941-9869 <https://brainrehabnetwork.com> A team-oriented approach to brain injury rehabilitation featuring rehab medicine, physical therapy, occupational therapy, speech-language pathology and rehabilitation psychology.

• Comprehensive Outpatient Rehabilitation Program— Delivering person-centered care maximizing function, independence and quality of life

• Residential Transitional Rehabilitation Program— Offering supported living where individuals are engaged, understood and thriving. Short and long-term apartment options are available.

• Home and Community Support Program— Facilitating safe and independent living through home and community support

• Post-Concussion Bootcamp— Concussion symptoms lasting beyond the expected recovery time frame, then research says the multidisciplinary rehabilitation, what we do at BRN, is needed.

Oregon Rehabilitation Center PeaceHealth Sacred Heart Medical Center 1255 Hilyard St Eugene, OR 97401 541-686-7300 <http://www.peacehealth.org/sacred-heart-university-district/services/neurosciences-institute2/oregon-rehabilitation-center/Pages/default.aspx> Description: Oregon Rehabilitation Center (ORC) is an 18-bed inpatient rehabilitation unit, located inside Sacred Heart Medical Center, nationally accredited for its Comprehensive Integrated Inpatient and Brain Injury programs.

Rehab Without Walls (was Progressive Rehabilitation Associates) 1815 SW Marlow, Ste 110 Portland, OR 97225 Phone: 503 292 0765 (800) 320-0681 Rehab Without Walls 20818 44th Avenue W. - Ste 270 Lynnwood, WA 98036 Phone: 877.497.1863 : <http://>

To become a professional member of BIAOR see page 22 or contact BIAOR, biaor@biaoregon.org.

www.rehabwithoutwalls.com/locations-list-format/

Description: Progressive Rehabilitation Associates (PRA) is a recognized and accredited rehabilitation center in Portland, Oregon. PRA specializes in the areas of chronic pain, work hardening, and acquired and traumatic brain injuries.

Legacy Rehabilitation Institute located in the Legacy Good Samaritan Medical Center 1015 NW 22nd Ave Portland, OR 97210 Phone: 503 413 6931 Website: <http://www.legacyhealth.org/> Acute rehabilitation services

Providence Acute Rehabilitation Center 4805 NE Gilson St 4th Floor Portland, OR 97213 Phone: 503 215 5710 Website: <http://oregon.providence.org/our-services/p/providence-acute-rehabilitation-center/> Acute Inpatient Brain Injury Rehabilitation Program Portland State University Adult Cognitive Rehabilitation Clinic, Speech and Language Clinic, & Aphasia Therapy Groups 85 Neuberger Hall Portland State Univ Portland, OR 97201 503 725 3070 <http://www.pdx.edu/sphr/cognitive-rehab-clinic> Speech therapy and cognitive rehabilitation services through the clinics are provided by speech language therapist graduate students under the supervision of licensed Speech Language Therapists.

Medical Professionals

Statewide Older Adult Behavioral Health

Coordinator □ Nirmala Dhar, nirmala.dhar@state.or.us, 503-945-9715

Baker, Grant, Harney, Malheur, Union, and Willowa Counties—Amanda Grove, amanda.grove@gobhi.net, 541-519-2964

Benton, Lincoln, and Linn Counties -Tim Malone, tmalone@co.linn.or.us, 541-588-0100

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Douglas and Lake Counties □ Kim Reilly, kimberly.reilly@gobhi.net, 541-298-2101

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Klamath County □ Jerry Gilmer, jgilmer@kbbh.org, 541-883-1030 2

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Marion County □ Position to be filled

Multnomah County □ Jill Williams, jill.williams@multco.us, 503-988-9874, Melanie Rixford, melanie.rixford@multco.us, 503-988-2868, Valerie Warden, valerie.warden@multco.us, 503-953-0501

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morehead.judith@co.polk.or.us, 503-507-6993

Washington County □ Kim Jackson, kim_jackson@co.washington.or.us, 503-841-4019 □ Shannon Baggerman,

shannon_baggerman@co.washington.or.us, 503-846-3090

Yamhill County □ Reed Hedlund, hedlundr@co.yamhill.or.us, 971-312-2715

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Michael T. Logiudice, DC, Linn City Chiropractic, West Linn 503-908-0122

Garreth MacDonald, DC, Eugene, 541-343-4343

D.Stephen Maglente, DMX Vancouver, Vancouver WA 360-798-4175

James Martin, DC, DACS, CCN Martin Chiropractic, Yakima WA 509-248-6484

Jason Penaluna DC, DACNB, Northwest Family Chiropractic and Massage drp@nwfamchiro.com 206.363.4478 Shoreline, WA www.nwfamchiro.com

Bradley Pfeiffer, Bend 541-383-4585

George Siegfried, McMinnville 503-472-6550

Functional Neurologist

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Cat Maddox, DC, DACNB, CSCS, Clarity Chiropractic Neurology, Portland, (503) 660-8874

Mehul Parekh, DC, DACNB, Shakti Functional Neurology and Fitness Systems, 503-206-0300

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Jerald Block, MD, Psychiatrist, 503-241-4882

James Chesnutt, MD, OHSU, Portland 503-494-4000

M. Sean Green, MD, Neurology, Lake Oswego 503- 635-1604

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Dr. Wendy Hodsdon, Portland (503) 227-8700

www.portlandalternativemedicine.com
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Laurie Menk Otto, ND MPH, 503-232-3215

Andrew Mendenhall, MD, Central City Concern, Portland

Look here for an Expert

503-228-7134

Oregon Rehabilitation Medicine Associates, Portland Legacy 503-413-6294

Oregon Rehabilitation Medicine, P.C., Portland, Providence 503-215-8699

Kevin Smith, MD, Psychiatrist, OHSU, 503-494-8617

Francisco Soldevilla, MD, Neurosurgeon, Northwest Neurosurgical Associates, Tualatin, 503-885-8845

Douglas S. Wingate, MACOM, L.Ac. Acupuncture, Chinese medicine, 4410 NE Glisan, Portland, OR 410 NE 3rd St., McMinnville 503-250-0660

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Ruth Leibowitz, PhD, Portland, 503-567-4327

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eastslope@esneuro.net www.esneuro.net

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Holistic Practitioners/Massage Therapy Programs/ Neurofeedback

Benjamin Bell, Advanced CranioSacral Therapist, LMT, Under One Roof Health Care, Eugene 541-799-6097 peds

Dr. Alex de la Paz, DPT, Root & Branch Physical Therapy, Portland 503-577-0318

Kendra Bratherton, COTA, L, PBP, Reiki Master, Merkaba Center for Healing, Tensegrity Medicine/ Bowenwork Energy Medicine, Astoria, 209-791-3092

merkabacenter@gmail.com

Aumkara Newhouse, Aumkara Structural Bodywork Beaverton 916) 524-7470

Olga Ward, Beaverton Neurofeedback, 503-806-0112 call or text, BeavertonNeuro@gmail.com, www.BeavertonNeurofeedback.com

Cognitive Rehabilitation Centers/ Rehab Therapists/Specialists

Brainstorm Rehabilitation, LLC, Bethany Davis, Ellensburg, WA 509-833-1983

The Hello Foundation and Clinic, Sharon Soliday, SLP/ OT, Portland, 503-517-8555

www.thehellofoundation.com

Marydee Sklar, Executive Functioning Success, Portland, 503-473-7762

† Progressive Rehabilitation Associates—BIRC, Portland, 503-292-0765

Quality Living Inc (QLI), Kristin Custer, Nebraska, 402-573-3777 (BI & SCI)

Neurologic Rehabilitation Institute at Brookhaven Hospital, Tulsa, Oklahoma 888.298.HOPE (4673)

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(Continued on page 5)

Look here for an Expert

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Anne Parrott, Legacy Emanuel Hospital Warren 503-397-6431

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Life Care Planners/Consultants/Case Manager/ Social Workers

Vince Morrison, MSW, PC, Astoria, 503-325-8438

Michelle Nielson, Medical Vocational Planning, LLC, West Linn, 503-650-9327

Dana Penilton RN, BSN, CCM, CLCP, Life Care Planning, 503-701-9009, danapen@comcast.net

Robyn Weiss, Neuro Consult Group LLC, WA, 425-890-1481 neuroconsultgroup@gmail.com

Legal Assistance/Advocacy/Non-Profit

¥ Deborah Crawley, ED, Brain Injury Association of Washington, 253-238-6085 or 877-824-1766

£ Disability Rights Oregon, Portland, 503-243-2081

£ Eastern Oregon Center for Independent Living (EOCIL), Ontario 1-866-248-8369; Pendleton 1-877-771-1037; The Dalles 1-855-516-6273

£ Independent Living Resources (ILR), Portland, 503-232-7411

£ Jackson County Mental Health, Heather Thompson, Medford, (541) 774-8209

£ Oregon Chiropractic Association, Jan Ferrante, Executive Director, 503-256-1601 <http://ocanow.com>

£ Kayt Zundel, MA, ThinkFirst Oregon, (503) 494-7801

Long Term TBI Rehab/Day Program's/Support Programs

Carol Altman, Bridges to Independence Day Program, Portland/Hillsboro, 503-640-0818

Grace Center for Adult Day Services, Corvallis, www.GraceCenter-Corvallis.org 541-754-8417

Marydee Sklar, Executive Functioning Success, Portland, 503-473-7762

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Andrea Batchelor, Linn Benton Lincoln Education Service District, Albany, 541-812-2715

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± Coldstream Wealth Management, Roger Reynolds roger@coldstream.com www.coldstream.com 425-283-1600

State Resources –

Oregon Medicaid Oregon Health Plan Health Systems Division 500 Summer Street NE Salem, OR 97301-1079 Phone: 503-945-5772 Toll Free: 800-527-5772 Website: <http://www.oregon.gov/OHA/healthplan/Pages/index.aspx>

Parent Training Information Center Oregon First 2600 SE 71st Ave Portland, OR 97206 Phone: 503-232-0302 Website: <http://www.orfirst.org> Email: info@orfirst.org Description: Non-profit Parent Resource Center serving special education families located in Portland, Oregon with children birth to age 26. Assists families in gaining knowledge and resources and provides professional training to those supporting children experiencing a disability; provides services in bilingual English and Spanish.

Work Incentives Network: Web: <http://www.win-oregon.com/> Email: Info@win-oregon.com Description: a free benefits and work incentives planning service provided by 6 Oregon Centers for Independent Living to people with disabilities who want to work

Protection and Advocacy

Disability Rights Oregon 610 SW Broadway Ste 200 Portland, OR 97205 Phone: 503-243-2081 Website: <http://www.disabilityrightsoregon.org>

Victims of Crime Compensation Fund 1162 Court St

NE Salem, OR 97301-4096 Phone: 503-378-5348 Toll-free: 1-800-503-7983 Website: <http://www.doj.state.or.us/victims/pages/compensation.aspx> Email: cvsd.email@doj.state.or.us

Vocational Rehabilitation Central Administration:

500 Summer Street NE Salem, OR 97301 Phone: 503-945-5880 Toll Free: 877-277-0513 Website: <http://www.oregon.gov/DHS/vr/> 46 locations statewide: <http://www.oregon.gov/DHS/Offices/Pages/VocationalRehabilitation.aspx>

Technology/Assistive Devices/ Construction

† John Drentlaw, JLD Construction Consulting www.jldllc.com Portland (503) 675.4383

Mobility Access Option NW, Inc, Kevin Rowland, Independence, 971-304-7464

Second Step, David Dubats, Holmes Beach, FL, 877-299-STEP 541-337-5790 secondstepinc.com

Rockinoggins - Helmet Covers Elissa Skerbinc Heller www.rockinoggins.com

Trauma Nurses Talk Tough

Angela Aponte-Reid, Prevention RN, Trauma Nurses Talk Tough, Legacy Health System, Emanuel Medical Center, Portland 503-413-2340

Veterans Support

£ Returning Veterans Project, Portland, 503-954-2259

Vocational Rehabilitation/Rehabilitation/ Employment / Workers Comp

D'Autremont, Bostwick & Krier, Portland, 503-224-3550

Roger Burt, OVRs, Portland

Arturo De La Cruz, OVRs, Beaverton, 503-277-2500

† SAIF, Salem, 503-373-8000

State of Oregon, OVRs, Salem, (503) 945-6201 www.oregon.gov/DHS/vr/

Kadie Ross, OVRs, Salem, 503-378-3607

Scott T. Stipe MA, CRC, CDMS, LPC, IPEC, ABVE-D, Certified Rehabilitation Counselor, Board Certified Vocational Expert, Licensed Professional Counselor Career Directions Northwest, Scott Stipe & Associates, Inc, Portland, (503) 234-4484

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The Goldsmith's, Medford

Names in bold are BIAOR Board members

† Corporate ‡ Gold £ Non-Profit Δ Platinum

€ 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/Classes
The Headliner, reaching 16,000 quarterly

Referrals to current Research Projects

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

See page 22 for a membership form



We Can Choose

We can choose to just sit and stare,
We can choose to wallow in our despair.
We can choose to focus on how life isn't fair,
We can choose to isolate and forever live in solitaire.
We can also choose to be kind and fair,
We can choose happiness if we were to dare.
We can choose to be a friend and reach out and care,
We can also choose to again breathe in gulps of fresh air.
We can also choose to find contentment again, somewhere.
We can choose for joy to be continual rather than just rare,
We can always choose to live life to our fullest if we just dare.
We can also choose to be kind and fair,
We can choose happiness if we were to dare.
We can choose to be a friend and reach out and care,
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We can also choose to find contentment again, somewhere.
We can choose for joy to be continual rather than just rare,
We can always choose to live life to our fullest if we just dare.

By: Debbie Wilson

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.

Please mail to:

BIAOR

PO Box 549

Molalla OR 97038

800-544-5243

Fax: 503-961-8730

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Email _____

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Signature Approval: _____

Zip Code that CC Bill goes to: _____

Recovery After Brain Injury

Recovery Tips

Although the degree of recovery is largely determined by the nature and extent of the injury, the level of engagement in rehabilitation also significantly affects recovery outcomes. There are many things people can do to maximize recovery throughout the rehabilitation process and beyond.

Determination

People with a brain injury often say rehabilitation is the biggest challenge of their lives. While life may never return to 'normal', people can influence their recovery through hard work and persistence. A steady and consistent approach to rehabilitation makes a big difference as it is important to avoid fatigue.

Acceptance

There will be times when it will seem impossible to see past the challenges you are facing. That's OK – that's a normal part of adjusting. Trying to deny the pain, fear, suffering, loss, grief, or pain you are experiencing will not make it go away, it will just make you feel bad for feeling bad. Accept that you are going to have bad moments, but also remember that these bad moments (like all emotions) will pass, and over time, they will happen less often and be less intense.

Remember to give yourself, and your family, credit for all the things you have managed to do since the brain injury happened. It is easy to underestimate how much we have adapted and how far we have come, so be sure to take note of it, and pat yourself on the back for it. It might help to tell others in your family that you can see how much they have changed, adapted, or learned new things.

Talk to someone

If you find that you cannot see any positives, it might be a good idea to see a psychologist. Talking to a psychologist can help a great deal. Go to your GP and ask for a referral or contact your Brain Injury Alliance or Brain Injury Association for a referral in your area.

Resilience

Resilience can be helpful for individuals and families managing brain injury. A good rehabilitation program will enhance resilience by identifying individual and family strengths. Some of the qualities associated with resilience are:

- * having hope for the future
- * having close relationships
- * the ability to be independent, proactive and get things done
- * the ability to solve problems
- * the ability to enjoy laughter and respond to humor despite tragic situations (Rees, 2012)

Making meaning out of what happened

For many, it is important to work through the grief and shock about how brain injury has changed their lives. It is common to feel bitter, resentful, or as if it is punishment. In some cases, finding a positive outcome from the brain injury can help during rehabilitation. For example, a person may never work again but discovers happiness in volunteer work that is helping others. Others become involved in brain injury support groups and make sense of their injury by seeing how they can help others in a similar situation.

Structure and routine

There is a large amount of difference in how much structure we like in our lives, such as when to eat, rest, sleep and work. After a brain injury, however, structure and routine provides predictability that allows the brain to rest and save its energy for rehabilitation. Having meals at regular times and maintaining a healthy diet is vital. Having a weekly timetable for meal times, rest periods, rehabilitation tasks and exercise on a big poster or whiteboard will provide gentle memory prompts and encouragement if memory or motivation problems exist.

Family involvement

Research has shown improved outcomes for people with a brain injury when their families engage in the rehabilitation process (Braga et al., 2005). Although the focus of rehabilitation is usually on the injured person, a good rehabilitation team understands the importance of family (McIntyre and Kendall, 2013). It is during this formal rehabilitation stage that knowledge can be passed on to family members about how to provide support beyond the formal period of therapy. If behavioural problems emerge, family members can ask for a plan to use at home in order to respond appropriately. It is important to have a realistic discharge plan before leaving rehabilitation. Once home, it is necessary to establish a routine and consistently apply the discharge plan. It is important that the family member being cared for has control over aspects of their life they can safely manage.

Support groups

Support groups can play a vital role for the person with a brain injury, their carers and family. It is a chance to identify with others who have similar problems, to feel understood, and to discuss ways of managing new challenges. Online support groups are an option for connecting people who live in remote areas or are unable to travel.

See pages 26-27 for support groups for people with brain injury and their families – both in person and online.

Maintain friendships

It is beneficial to stay in touch with friends during the rehabilitation and recovery stage. This can be scheduled and might be as simple as a quick phone call or email. It might be necessary to let friends know what kind of support is needed. For example, allow time for the person with brain injury to answer and understand that they will tire quickly.

Reduce the chances of another brain injury

The brain is particularly vulnerable after injury, so an important aspect of rehabilitation is minimizing the chances of a second brain injury.

Rehabilitation specialists will usually recommend a person does not drink alcohol for at least a year after a brain injury, and often say it is best to permanently refrain from drinking alcohol. For the elderly, it is important to minimize falling risks around the house. For children, helmets must always be worn for risky activities such as cycling.

REFERENCES

Synapse

Rees, (2012). Resilience of people with traumatic brain injury and their carers. InPsych, 34 (2), <https://www.psychology.org.au/publications/inpsych/2012/april/rees>

McIntyre, M. and Kendall, E. (2013). Family Resilience and Traumatic Brain Injury. In H. Muenchberger, E. Kendall and J. Wright (Eds). Health and Healing after Traumatic Brain Injury: Understanding the Power of Family, Friends, Community and Other Support Systems. (pp. 57- 69). Westport, CT: Praeger.

Friends we will always remember with love

CURTIS LOEL BROWN

Curtis Loel Brown of Cheshire, Oregon, crossed the rainbow bridge on January 7, 2022, at the age of 70. I first met Curtis in late 2002 or early 2003 when I started cognitive rehab at Community Rehabilitation Services of Oregon (CRSO) and started attending the support group its founders facilitated. I believe Curtis had been a CRSO client for some time. We both sustained life-changing traumatic brain injuries in motor vehicle accidents around 2001. Curtis was seriously injured in a motorcycle accident while I was much less severely injured as a passenger in a single-car accident.



Curtis was inspirational, and I credit much of my positive attitude to him. He was so proficient at using technology in lieu of impaired memory and other cognitive functions! I learned that he and his wife conducted a wake for the person he was before his accident as a way to embrace the person he was becoming. By example, Curtis taught me that symbolically acknowledging the death of his pre-injury persona enabled him to rely upon his core values and compensatory strategies to achieve a fulfilling life. And what a life he lived! He was for many years active in Eugene's Brain Injury Group (formerly known as The Healing Group started by Meira Year and Richard Pickering in 1993), was a long-time member of the BIAOR Board of Directors and volunteered for the Red Cross. His post-injury life was thus dedicated to making a difference in people's lives, and make a difference he did! He will be sorely missed by those whose lives he touched so selflessly.

KATHRYN DOWNEY

Kathryn Downey, born in New Jersey on October 22, 1969, crossed the rainbow bridge on March 4, 2020 after a 23-year battle with brain cancer. I met Kathryn through the Community Rehabilitation Service of Oregon educational support group and became better acquainted with her through its social adjunct, the Head Bangers potluck support group.



I found Kathryn to be an amazing and talented woman. She was a gifted artist specializing in sterling silver and gemstone beaded jewelry and was particularly proud of the now-closed Imagine Gallery in Eugene which she co-owned. Kathryn had a beautiful voice and often led potluck attendees in song. She was matter-of-fact in reporting the recurrence of her brain tumor, never expressing self-pity. Although her corporeal being is no longer with us, Kathryn's legacy of grace through adversity and her positive, upbeat and ever hopeful attitude remains with those who knew and will miss her.



Trial Guides was established in 2004 as a legal media company that helps civil plaintiff's lawyers win. We provide professional educational materials and continuing education seminars, with a wide variety of books and media on the practice of law. Our print, digital, audio, and video titles are known for their accessibility, clarity, and unique focus on the practical aspects of legal practice, with proven tactics and strategy from many of the top lawyers and legal consultants from around the country.

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Establish Brain Injury Resource Navigation in Oregon to help people find the services they need.



Help us to pass legislation to establish Brain Injury Resource Navigation services in Oregon. The Brain Injury Alliance (BIAOR) is already providing this but more funding and support is needed. Brain Injuries are increasing along with awareness, but we need to create a stable funding source to help those who need these services so desperately. See the letter that you can sign and send on page 16.

Each year BIAOR provides:

Information & Referral

7200 calls, 32,000 emails
1520 packets mailed, 2550 DVDs mailed
1.2 million website visitors

Awareness and Prevention

65 Awareness and Prevention Events

Referrals to current Research Projects


Legislative & Personal Advocacy

Support Services

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

Education

2-3 day Annual Multi-State Conference
370 + Trainings/Conferences/Education/Classes
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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. See page 22 to sign up.

Brain tissue response to injury

Common Problems: Increased intracranial pressure

The brain is like any other body tissue when it gets injured: it fills with fluid and swells. Because of the hard skull around it, however, the brain has nowhere to expand as it swells. This swelling increases pressure inside the head (intracranial pressure), which can cause further injury to the brain. Decreasing and controlling intracranial pressure is a major focus of medical treatment early after a TBI. If intracranial pressure remains high, it can prevent blood passage to tissue, which results in further brain injury.

Neurochemical problems that disrupt functioning

Our brains operate based on a delicate chemistry. Chemical substances in the brain called neurotransmitters are necessary for communication between neurons, the specialized cells within our central nervous system. When the brain is functioning

normally, chemical signals are sent from neuron to neuron, and groups of neurons work together to perform functions.

TBI disturbs the delicate chemistry of the brain so that the neurons cannot function normally. This results in changes in thinking and behavior. It can take weeks and sometimes months for the brain to resolve the chemical imbalance that occurs with TBI. As the chemistry of the brain improves, so can the person's ability to function. This is one reason that someone may make rapid progress in the first few weeks after an injury.

Natural plasticity (ability of change) of the brain

The brain is a dynamic organ that has a natural ability to adapt and change with time. Even after it has been injured, the brain changes by setting up new connections between neurons that carry the messages within our brains. We now know the brain can create new neurons in

some parts of the brain, although the extent and purpose of this is still uncertain.

Plasticity of the brain occurs at every stage of development throughout the life cycle. Plasticity is more likely to occur when there is stimulation of the neural system, meaning that the brain must be active to adapt. Changes do not occur without exposure to a stimulating environment that prompts the brain to work. These changes do not occur quickly. That is one of the reasons that recovery goes on for months and sometimes years following TBI.

Source: <https://msktc.org/tbi/factsheets/understanding-tbi-part-1-what-happens-brain-during-injury-and-early-stages-recovery>

*There's no place
for healing
like home*

**Washington, Oregon,
Alaska, Idaho**

**Home & Community
Neuro Rehab**



Rehab Without Walls
NeuroSolutions

- Get back into life! Work and school re-entry programs.
- Neuro/Spinal Injuries are our specialty
 - Adult and Pediatric cases
 - Private, commercial insurance, injured worker cases

TEL: 425-672-9219

Fred Meyer Community Rewards - Donate to BIAOR

Fred Meyer's program. Here's how it works:

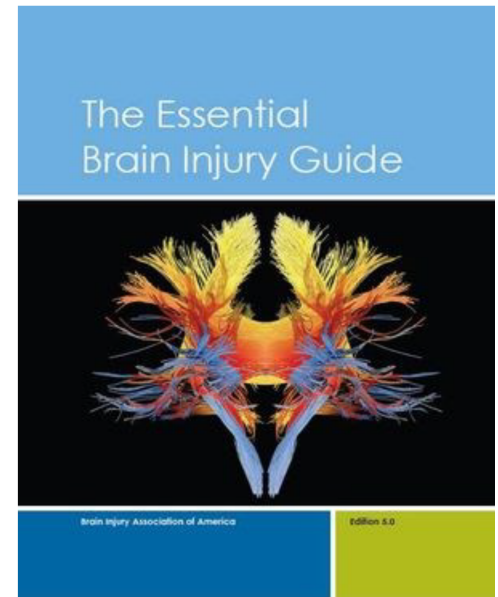
Link your Rewards Card to the Brain Injury Association of Oregon at www.fredmeyer.com/communityrewards. Whenever you use your Rewards card when shopping at Freddy's, you'll be helping BIAOR to earn a donation from Fred Meyer.

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.

Currently all trainings are by Zoom—call for dates

Cost of participation:

\$1500 includes training, book, exam fee and one year BIAOR professional-level member [pay online now](#).

\$1000 for Participation CBIS training only (including book T - no Exam) [pay online now](#).

Additional Costs of Trainings may apply: Travel costs for trainer outside the greater Portland area may apply covering per diem and travel costs. Contact Sherry Stock at 503-740-3155 or 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

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

Currently all trainings are by Zoom—call for dates

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.

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, 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/>

March 4-5, 2023 Brain Injury ZOOM Conference

Neural Plasticity and Repair: Why Rehabilitation Works - Richard C. Senelick M.D.

Rehabilitation: Does Dosage and Drug Interaction Matter? - Richard C. Senelick M.D.

TBI Screening and Referral for Individuals Experiencing Homelessness in Idaho – Russ Spearman

The Neurology Behind visual symptoms of a brain injury.— Sherry Lentfer, OD, FCOVD

Music and the Brain – Mathew Senn

Behavioral Health – Nirmala Dhar

Life with A Brain Injury—Brain Injury Support Groups and How They Can Help—Claire Darling

Able—Save without losing your government benefits—Kaellen Hessek

Long Term Care and Guardianship Issues – Who Do You Contact? – Fred Steele and Chris Rosin

The Black Hole: Brain Injury - Liz Bilderback, MS

Managing Stress - Theirs and Ours - Liz Bilderback, MS

Psilocybin therapy on increases in neuroplasticity and synaptogenesis. - Douglas S. Wingate, L.Ac.

Current Clinical Management of Mild TBI—Natalia Miranda Cantellos, DO

Acute agitation management after acquired brain injury – Dr. Martin Nicholas Bomalaski, MD

What Are The Major Issues With Brain Injury—Dr. Stephen Wagner

BRAIN SPORTS VP COACHING PROGRAM WITH COACH Collette Hemmings

WHAT IS A TBI?

A TRAUMATIC BRAIN INJURY

occurs when a sudden trauma or head injury disrupts the function of the brain.

PREVALENCE

1.7 MILLION PEOPLE IN THE US SUSTAIN A TBI ANNUALLY.

Almost 1/3 of all injury-related deaths in the US are caused by a TBI.


45% OF HOMELESS MEN HAVE SUFFERED A TBI

50% OF JAILED NYC MEN HAVE BRAIN INJURY

EFFECTS


TBI can cause a wide range of functional short- or long-term changes affecting:

THINKING




Memory and Reasoning

LANGUAGE




Communication, Expression, and Understanding

SENSATION




Touch, Taste, and Smell

EMOTION




Depression, Anxiety, Personality Changes, Aggression, Acting Out, and Social Inappropriateness


CAUSES




FALLS



VEHICLE-RELATED COLLISIONS



VIDLENCE



SPORTS INJURIES

TBI IS OFTEN CALLED THE SIGNATURE WOUND of the Iraq and Afghanistan wars, with as many as 400,000 US veterans suffering from TBIs.

RECOVERY

BE EVALUATED AND TREATED BY TBI EXPERTS AND SPECIALTY CENTERS OF EXCELLENCE

- Follow the advice of the professionals
- Do not use drugs or alcohol
- Involve your family, school, employer, friends in education and support of your rehabilitation
- Get adequate sleep and rest breaks as necessary during the day
- Exercise to the extent you are able
- Do not isolate yourself socially – stay involved in the community
- Healthy diet can be really helpful
- Use compensatory devices, memory aids, as necessary
- Keep fun in your life – recreation and leisure pursuits, hobbies, are important to emotional well-being

NO TWO BRAIN INJURIES ARE THE SAME. RECOVERING FROM A SEVERE TBI CAN BE A LONG JOURNEY.

Sometimes sufferers may seem fully recovered, but in fact are still dealing with the ongoing consequences of their injury. This is why TBI is often called an invisible injury.

Much of the recovery after a brain injury occurs early on – usually within the first six months – and the brain can continue to heal for up to two years, with improvements possible even after that.

If someone has a TBI they'll benefit from lots of patience, positivity, support, inspiration, and encouragement.

BRAIN INJURY SUPPORT GROUPS AND STATE BRAIN INJURY ASSOCIATIONS ARE THERE TO HELP.

Registration Form

21st Annual Pacific Northwest Brain Injury Conference March 4-5, 2023 40th Annual BIAOR Medical Legal Conference

Living with Brain Injury, Stroke and Other Neurological Changes

Register Now online at www.biaoregon.org

(Note: A separate registration form is needed for each person attending. Please make extra copies of the form as needed for other attendees. Members of BIAWA, BIAOR, BIAID, ABIN, VA and OVRS receive member rates)

First Name		Last Name	
Badge Name	Affiliation/Company		
Address	City	State	Zip
Phone	Fax	Email	

Please check all that apply: I am interested in volunteering at the conference. Please call me. Call me about sponsorship/exhibitor opportunities.

Virtual Conference Dates and Times

March 4-5, 2023

9-9:50 am 10-10:50 am 11-11:50 am 12:30-1:20 pm 1:30-2:20 pm 2:30-3:20 pm 3:30-4:20 pm 4:30-5:30 pm

Professional Registration fees include: webinars \$50 per session up to \$200 which covers all sessions including CEUs. There are no refunds, but registration is transferable. Contact BIAOR, 800-544-5243 for more information or questions. The following fees are per person:

	Member	Non-Member	
<input type="checkbox"/> VIP Special (CEUs) — 2 Days of Conference March 4-5, 2023 Recording on Flash Drive included	\$200	\$300	\$
<input type="checkbox"/> Professional (CEUs) 1 Class One Class March 4-5	\$50	\$75	\$
<input type="checkbox"/> Professional (CEUs) 2 Classes: March 4-5	\$100	\$125	\$
<input type="checkbox"/> Professional (CEUs) 3 Classes: March 4-5	\$150	\$175	
<input type="checkbox"/> One Class—Survivor/Family (no CEUs) March 4-5	\$5	\$10	\$
<input type="checkbox"/> Two Classes—Survivor/Family (no CEUs) March 4-5	\$10	\$20	\$
<input type="checkbox"/> Three or More Classes—Survivor/Family (no CEUs) March 4-5	\$15	\$30	\$
<input type="checkbox"/> Membership Professional \$100 <input type="checkbox"/> Family \$50 <input type="checkbox"/> Basic \$35 <input type="checkbox"/> Survivor \$5 <input type="checkbox"/>			\$
<input type="checkbox"/> Scholarship Contribution (donation to assist in covering the cost of survivors with limited funds)			\$

Credit Card Number ____ - ____ - ____ - ____ Exp Date ____/____/____ Sec code ____

Signature _____ Pre-conference, Registration Total \$ _____

CC Address if different than above _____ Zip Code Bill goes to _____

(Please add totals from Conference Registration Fee, Membership and Scholarship Contribution for final total costs)

Make Checks out to BIAOR—Mail to: BIAOR, PO Box 549, Molalla OR 97038
or fax: 503.961.8730 Phone: 800-544-5243 www.biaoregon.org/annualconference.htm biaor@biaoregon.org

No refunds will be issued for cancellations; however, registrations are transferable

CEUs applied for: AFH, CBIS, CRCC, CMC, CDMC, SW, OT, SLP, CLE, DC, DO, VA. Please contact us if you would like one that is not listed **Total CEU Hours: up to 16 CEUs**

9am-9:50am	Webinar
10-10:50am	Webinar
11-11:50 am	Webinar
12-12:30	Break
12:30-1:20pm	Webinar
1:30-2:20pm	Webinar
2:30-3:20pm	Webinar
3:30-4:20pm	Webinar
4:20-5:30pm	Webinar

How to Register

**Register online—www.biaoregon.org
Fill out form above and email, fax or mail to BIAOR
Call 503-740-3155 and register over the phone**

Coma and brain injury

Coma is generally the result of damage or interference with particular structures of the brain, and its length and depth provide a strong indication of the severity of brain injury.

A coma means a person is in a state of unconsciousness. They do not show intentional response or movement, the eyes remain closed, and they cannot be awakened or obey commands during this state.

During a coma

The person may still show some level of response to touch, pain, and verbal commands, depending on the depth of coma they are experiencing. Family members often have trouble accepting their loved one is in a coma when there are basic responses.

A coma can be chemically induced to accelerate healing, protect the brain from secondary damage, or to relieve severe chronic pain during healing after a traumatic brain injury (TBI) or other kind of brain disorder.

Post-coma unresponsiveness (PCU)

Some coma patients may progress to a wakeful but unconscious state called post-coma unresponsiveness (previously called persistent vegetative state) where the cerebral cortex is not functioning. The person is unable to respond to stimuli in their environment, but they maintain a normal sleep-wake cycle and breathing.

People can remain in this state for a long time, and it can be difficult for family members to accept when there are seemingly conscious behaviors e.g. a patient's eyes may follow them around the room.

Coma scales – measuring comas

There are two scales commonly used to measure the depth and duration of a coma. The most common is the Glasgow Coma Scale (GCS) which scores actions and reactions in three specific areas including eye, verbal and motor response. The scores in each area are summed to give an overall score, ranging from 3 (deep coma) to 15 (fully awake). The Rancho Los Amigos Scale is another measure of coma, it has a single scale and

assesses global functioning.

Treatment during a coma

During a coma the medical team provides treatment to prevent any further complications. A respirator may be used to assist breathing, and surgery may be required to stop any bleeding or swelling in the brain. There is constant monitoring of vital signs, such as blood pressure and pulse and levels of any prescribed medications.

Other therapies may be used to prevent problems upon awakening from coma. There is a risk of the patient losing their range of motion in their extremities, so the limbs will be moved regularly.

Changing the patient's position is also necessary on a regular basis to prevent pressure sores or skin ulcers, as the patient will not have the reflex actions that prevent these sores from occurring. Turning frequently—every 30 minutes—will help prevent pneumonia and other congestive and breathing problems.

Are people aware during a coma?

It is difficult to know if there is any degree of awareness during a coma. As a patient emerges from coma, awareness of those around them increases. There have been cases where patients reported awareness of family members around them and could remember some of what was said. For this reason families and medical staff should be careful of what is said near the patient while in a coma.

How long will a coma last?

There is no reliable way to accurately tell how long a coma will last and there are currently no medications which will reliably shorten the duration of a coma. A coma is usually said to last no longer than four weeks, but post-coma unresponsiveness may last from months to years.

Post-traumatic amnesia (PTA)

Unlike the popular concept of coma shown in many movies, an individual coming out of a coma doesn't just wake up. There is usually a gradual process of regaining consciousness and when intentional movement or



attempts to communicate are seen, the person is generally considered to have emerged from coma.

Following emergence from a coma, the patient enters another level of consciousness known as post-traumatic amnesia (PTA). Individuals in PTA are partially or fully awake, but are confused about the day and time, where they are, what is happening and sometimes who they are.

The duration of PTA can be used along with that of the coma to provide an indication of how severe the traumatic brain injury or other type of brain disorder is, and what the long-term outcomes are likely to be.

It is also possible for an injury or pressure to the frontal lobes to mimic the effects of PTA, so diagnostic scans may be used during PTA to ensure that the diagnosis is correct as well as to ensure that healing is progressing normally.

Source: Synapse

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



Oregon State Senate /Senado del Estado de Oregon

We, the undersigned, fully support LC 634 (2023) and encourage everyone to do the same.

LC 634 will create a **Brain Injury Resource Navigation** program in Oregon that will connect survivors of brain injury with the help they need. The program will provide a warm hand-off between the brain injury survivor and the necessary supports and services. Person-to-person follow-up will take place at regular intervals to encourage integration of these services into their daily life.

Over 45,000 Oregonians currently live with chronic, long-term effects of brain injury ([Executive Order 13-02, 2013](#)). In 2020, 13,544 Oregonians sought care at a hospital or emergency room following a brain injury. This number does not include those who sought help from urgent care, their primary care physician, or did not seek care ([OHA, 2022](#)). Every day people with brain injury struggle to access the crucial services they need to rebuild their lives.

Principles of equity and inclusion will guide the development of **Brain Injury Resource Navigation** programs, ensuring that underserved populations throughout Oregon are prioritized. The inherent challenges faced by Oregon's underserved populations magnify the existing barriers between a brain injury survivor and access to needed supports and services. **Brain Injury Resource Navigation** will help minimize those challenges.

Areas of support will include, but not be limited to, the following:

- Medical and therapeutic support
- Employment services
- Housing services
- Disability services
- Veteran services
- Social support
- Food stability
- Caregiver respite

For too long Oregonians with brain injury have struggled without a program to offer them guidance and resources. LC 634 will resolve this and bring Oregon in line with other states that offer similar programs. Evidence-based data demonstrates that **Brain Injury Resource Navigation** improves the lives of brain injury survivors and their families. It will save the state significant resources as those served will see increased quality of life, ability to reintegrate into activities of daily living, and return to employment. It is a true win-win scenario.

We urge all lawmakers to support this incredibly important bill and, by doing so, help the thousands of Oregonians who struggle daily with brain injury. The time is now, and this is the bill that will finally make **Brain Injury Resource Navigation** a reality in Oregon.

Thank you,

Sign the Letter of Support

Support LC 634!

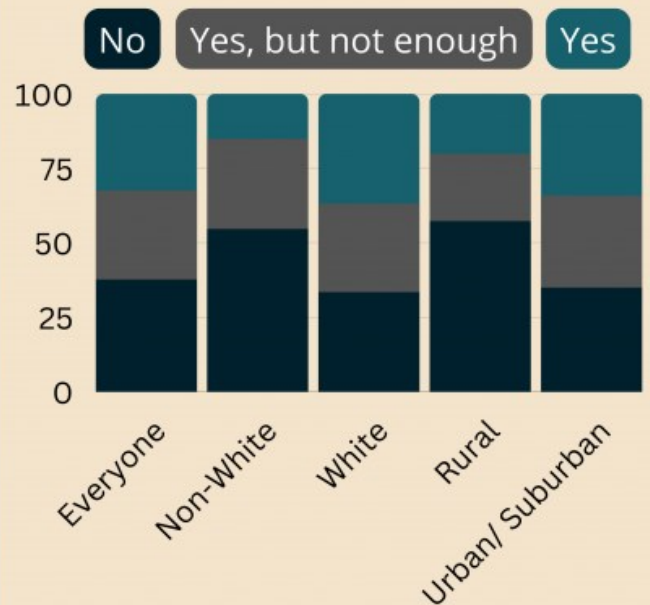
Establish Brain Injury Resource Navigation in Oregon to help people find the services they need.



48%

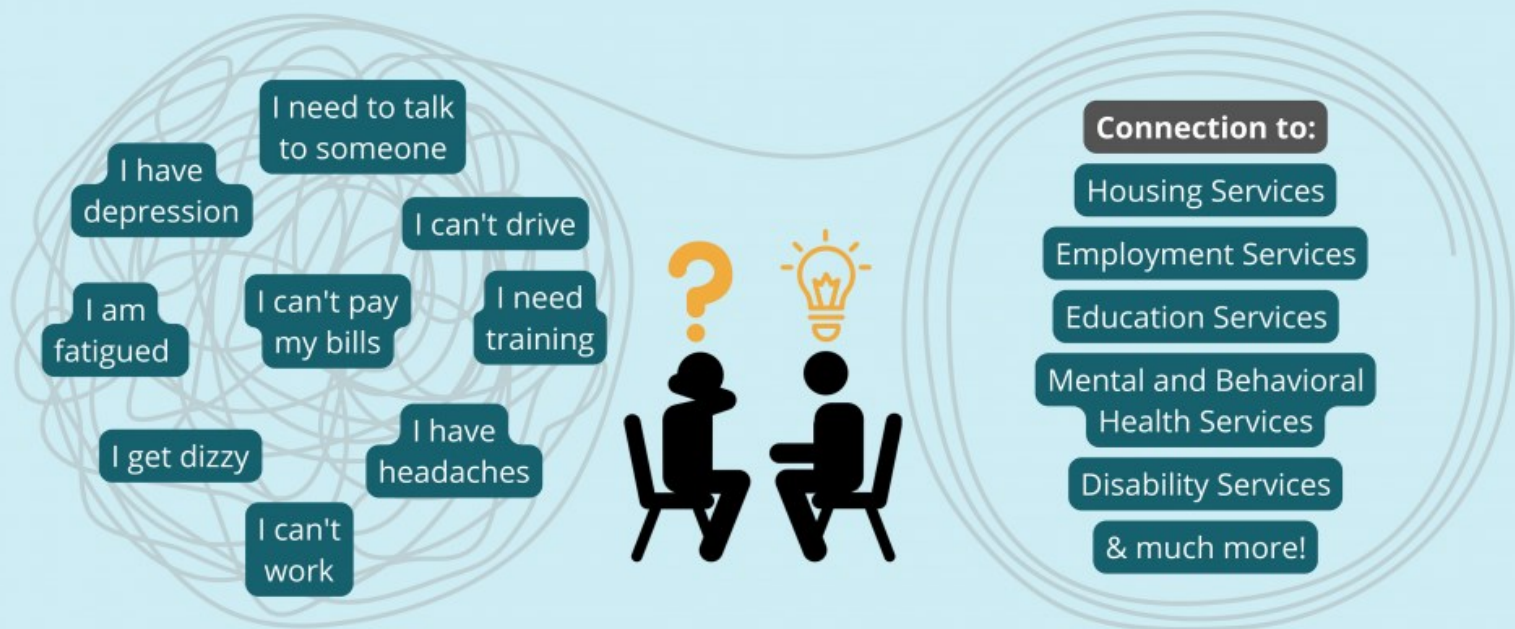
Do not get the support they need because they are not aware of services.

Were your needs met?

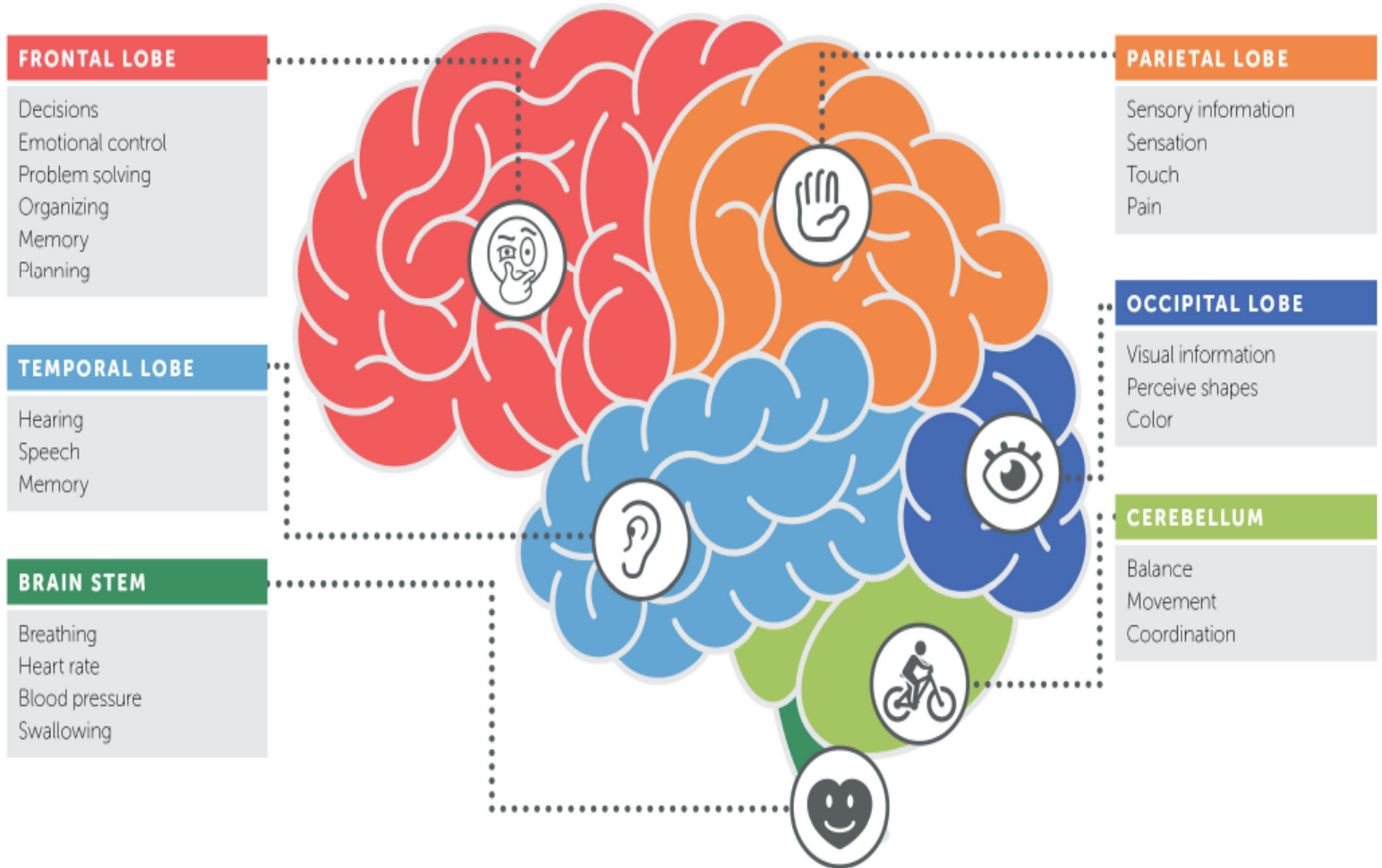


The average person with a brain injury in Oregon needs 12 services and supports!

Data from the 2020-2021 Oregon Brain Injury Services and Supports Survey. This survey was conducted by the Center on Brain Injury Research and Training with funding from the Administration for Community Living's Traumatic Brain Injury State Partnership Program.



brain function



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 800-544-5243



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

Walking again after a TBI with Second Step

To learn more about Second Step Inc
contact David Dubats
Info@secondstepinc.com
Secondstepinc.com 877-299-STEP (7837)



**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



* Free Consultation

You Have a Right to Justice



Research Opportunity: Have you had a brain injury & have ongoing attention and memory challenges?

We are looking for individuals in Oregon, California or Virginia to participate in a research study evaluating the best way to administer a series of attention/memory training drills and train in the use of phone apps to support cognitive challenges.

Eligibility Criteria

- Individuals who sustained an acquired brain injury
- Injury occurred at least one year ago
- Individuals 21 and older
- Moderate to severe attention/memory challenges
- No language deficits (aphasia)
- Ability to follow auditory & visual instructions
- Ability to participate in Zoom sessions
- Access to a smartphone

Participation Involves

- Participation in a series of cognitive rehabilitative treatment sessions
- Sessions will be conducted over Zoom
- Estimated to occur over 30 days

Potential Benefits

- Developing a better understanding of your cognitive skills & potential performance improvements

Participants who complete the entire study will receive a \$200 gift card

**IF INTERESTED, FOR MORE INFORMATION CONTACT:
Claire Rondeau | crondeau@uoregon.edu**

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, ABD/PhD, CBIST, who has more than 20 years' experience in the field.

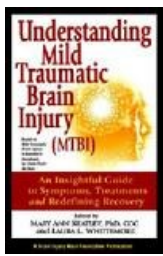
After completing intensive training, candidates will receive a certificate that is valid for three years. To learn more about the application process contact Sherry Stock at BIAOR sherry@biaoregon.org. 800-544-5243 or 503-740-3155

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 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. **Additional Costs of Trainings may apply** for trainer outside the greater Portland area may apply covering per diem and travel costs.



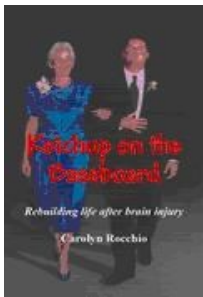
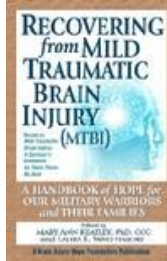


Understanding Mild Traumatic Brain Injury (MTBI): An Insightful Guide to Symptoms, Treatment and Redefining Recovery

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

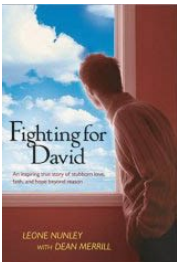
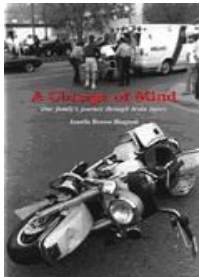


Ketchup on the Baseboard

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

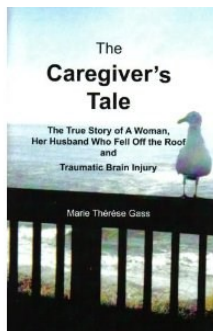


Fighting for David

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 • biaor@biaoregon.org

501 (c)(3) Tax Exempt Fed. ID 93-0900797

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

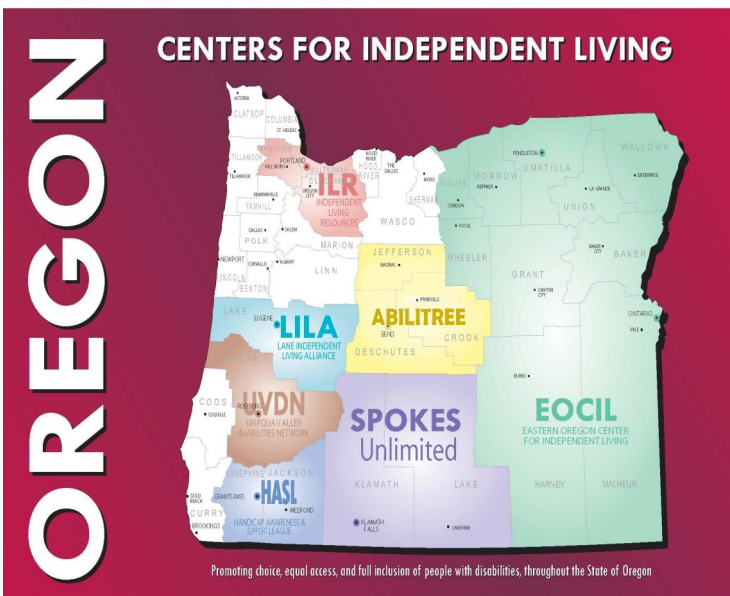
Northwest ADA Center - Oregon

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
Direct - 503.841.5771 carla.waring@adaanswersnw.com

Oregon Centers for Independent Living

Contact List

CIL	LOCATION	COUNTIES SERVED
ABILITREE IL Director: Greg Sublette	2680 NE Twin Knolls Dr Bend, OR 97702 1-541-388-8103	Crook, Deschutes, Jefferson
EOCIL (Eastern Oregon Center for Independent Living) Director: Kirt Toombs	322 SW 3 rd Suite 6 Pendleton, OR 97801 (541) 276-1037 1-877-711-1037	Gilliam, Morrow, Umatilla, Union, Wheeler
	400 E Scenic Dr., Bld 2; 3rd Floor; Ste 2 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
	Institute for Disability Studies and Policy (IDSP) 51 West Washington St Burns, OR 97720 (541) 370-2810, Ext 401 Email: eocil@eocil.org	
HASL (Independent Abilities Center) Director: Randy Samuelson	305 NE "E" St. Grants Pass, OR 97526 (541) 479-4275	Josephine, Jackson, Curry, Coos, Douglas
LILA (Lane Independent Living Alliance) Director: Sheila Thomas	20 E 13th Ave Eugene, OR 97401 (541) 607-7020	Lane, Marion, Polk, Yamhill, Linn, Benton, Lincoln
ILR (Independent Living Resources) Director: Barry Fox-Quamme	1839 NE Couch Street Portland, OR 97232 (503) 232-7411	Clackamas, Multnomah, Washington
SPOKES UNLIMITED 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
UVDN (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
For more information about Oregon's TBI Team www.cbirt.org/oregon-tbi-team/
Melissa McCart 541-346-0597
tbiteam@uoregon.edu or mccart@uoregon.edu
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

LEARNet

Provides educators and families with invaluable information designed to improve the educational outcomes for Individuals with brain injury.
www.projectlearnet.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
http://factoregon.org/?page_id=52

Websites

Mayo Clinic 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

FREE Brain Games to Sharpen Your Memory and Mind

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

Brain Training Games from the Brain Center of America

www.braincenteramerica.com/exercises_am.php



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

Vancouver: Carla-Jo Whitson, MSW CBIS 360-991-4928 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
email: mail@returningveterans.org

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

Kathy Holmquist, 503-240-8794 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
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
Serenity Lane, [10920 SW Barbur Blvd Ste 201, Portland, OR 97219](http://10920SWBarburBlvdSte201.Portland.OR.97219) (503) 244-4500
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/

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

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, 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 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

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

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 Information about health care programs for people who need help.

Project Access Now 503-413-5746 Projectaccessnnow.org
Connects low-income, uninsured people to care donated by providers in the metro area.

Health Advocacy Solutions - 888-755-5215 Hasolutions.org
Researches treatment options, charity care and billing issues for a fee.

Coalition of Community Health Clinics 503-546-4991
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
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: The Clinician's Alternative, web-based alternative medical resource.

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/ - 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 - If you are a disabled veteran who needs help, peer mentors and resources are available

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 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: 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

Zoom Support Groups

**Evening Group for Survivor/family and caregiver,
2nd Tuesday of the month from 7-8:30 pm**

**Topic: PNW Survivor/Caregiver Support Group
Time: 07:00 PM Pacific Time (US and Canada)**

Join Zoom Meeting

**More information and to register contact Claire
Darling <claire@clairedarlinglmt.com>**

https://8x8.vc/cleverclaire/claire

Caregivers only countrywide by Zoom.

2nd & 4th Sunday each month

4:30pm to 5:45pm (Pacific Time)

Tom Gallup, (Andrew's Dad) 301-502-8420

tpgallup@comcast.net

www.severebicaregivers.com

Beaverton

Circle of Support

Brain Injury Survivors, Stroke Victims & their Caregivers

4th Saturday 10:00 am - 11:30 pm

Elsie Stuhr, Cedar Room

5550 SW Hall, Beaverton, OR 97005

Bend

Abilitree Cross-Disability Support Groups

We provide support groups and courses for individuals
experiencing any kind of disability.

contact Abilitree for more information

Abilitree, 2680 NE Twin Knolls Dr., Bend OR 97701

Brooke Eldrige 541.388.8103 extension 209

brookee@abilitree.org

Abilitree Moving A Head Support Group

1st & 3rd Thursday 5:00 to 6:30 pm

Survivors of Traumatic Brain Injuries (Family Members &
Caregivers Invited)

Abilitree | 2680 NE Twin Knolls Drive, Suite 150 Bend,
OR 97701

Brooke Eldrige 541.388.8103 extension 209

brookee@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

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

Coos Bay (2)

Traumatic Brain Injury (TBI) Support Group

2nd Saturday 3:00pm - 5:00pm

Kaffe 101, 171 South Broadway

Coos Bay, OR 97420 tbicbsupport@gmail.com

Growing Through It- Healing Art Workshop

Contact: Bittin Duggan, B.F.A., M.A.,

541-217-4095 bittin@growingthroughit.org

Eugene (3)

Head Bangers

3rd Tuesday, Feb., Apr., June, Aug., Oct. Dec.

6:30 pm - 8:30 pm

Potluck Social - Bring your favorite food and a
friend! Rolls, punch, tableware are provided.

Monte Loma Mobile Home Rec Center

2150 Laura St., Springfield, OR 97477

541-741-0675 headbangerspotluck@gmail.com

BIG (BRAIN INJURY GROUP)

Tuesdays 11:00am-1pm

Hilyard Community Center

2580 Hilyard Avenue, Eugene, OR. 97401

Rosko Wright 619-987-3124

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

Lake Oswego (2)

Family Caregiver Discussion Group

4th Wednesday, 7-8:30 PM

(there will be no group in August)

Lake Oswego Adult Community Center

550 G Avenue, Lake Oswego, OR 97034

Shemaya Blauer, 503-816-6349

hemaya_toyou@yahoo.com

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

loritabiaoregon@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

**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.**

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

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 info@braininjuryconnectionsnw.org

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 stephenwright@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

Please Pre-Register

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 **MUST BE PRE-REGISTERED**

THRIVE SUPPORT GROUP

Family and Parent Coffee in cafe

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

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

Minds In Motion Initiative 2870 Broadway Street NE,
Salem, OR 97303

Megan Snider 971-977-3688

msnider@oregonminds.org

SALEM COFFEE & CONVERSATION

Fridays 11-12:30 pm

Ike Box Café

299 Cottage St, Salem OR 97301

Megan Snider 971-977-3688

msnider@oregonminds.org

Women's Chat

2nd Tuesday, 10:30-12 pm

Ike Box Café

299 Cottage St, Salem OR 97301

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

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

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; biaqcedby@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

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)

Michelle White (509-534-9380; 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)

Craig Sicilia (509-218-7982; craig@tbiwa.org)

Michelle White (509-534-9380;

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)

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)

Toby Brown (509-868-5388)

Spokane County Disability/BI Advocacy Group

511 N. Argonne, Spokane WA

Craig Sicilia (509-218-7982;

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 360-991-4928

IDAHO TBI SUPPORT GROUPS

Boise Area

Treasure Valley Brain Injury Support Group

When: Meets every 4th Thursday of the month | 6-8pm.

The support group takes a break during the summer from May-July.

Where: St Luke's Rehabilitation Hospital | 600 N Robbins Rd., Boise

Greg Meyer: 208-385-3013 | meyergre@silhs.org

CHECK US OUT ON FACEBOOK

under Treasure Valley Brain Injury Support Group

Stroke Support Group for Caregivers and Survivors

When: First Thursday of every month 2-3:30pm.

Where: Saint Alphonsus | Coughlin 1 Conference Room

Meridian Area

Stroke Support Group

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

Where: St Luke's Meridian

Contact: 208-381-9383 | stroke@silhs.org

Nampa/Caldwell Area

Stroke and Brain Injury Support Group for Survivors and Caregivers

When: First Tuesday of every month | 4-5pm

Where: St. Alphonsus Nampa Medical Center on Garrity | Haglin

Conference Room | 4402 E. Flamingo Ave., Nampa

TWINFALLS BRAIN INJURY SUPPORT GROUP @ COLLEGE OF SOUTHERN IDAHO

Facilitators:

Michael Howell – Facilitator, Shilo Oswald – Facilitator

Assisted by: Erika Allen — Executive Director, CSI Foundation

Scott Lindquist – Student Disability Services Coordinator

When: 3rd Thursday of the month

Time: 6:30 pm – 8:00 pm

Where: CSI Shields Building Room 109

For more information call: Amy May — (208) 732-6849

Scott Lindquist — (208) 732-6268

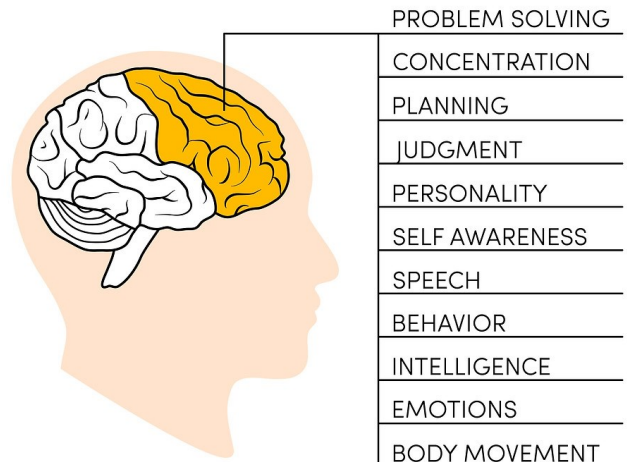
*Please be respectful of others:

1. Please do not bring children or pets.

2. Please turn off cell phones.

3. Please don't come if you are sick! Thank you!!!

** The College of Southern Idaho is Handicap Accessible



FRONTAL LOBE



The Brain Injury Alliance of Oregon (BIAOR)
AKA the Brain Injury Association of Oregon
PO Box 549, Molalla OR 97038-0549

Vehicle Donations



Vehicle Donation Program

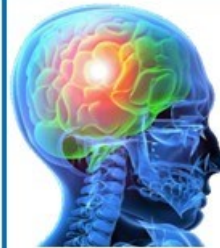
Through a partnership with VDAC (Vehicle Donations to Any Charity), The Brain Injury Alliance of Oregon, BIAOR, is now a part of a vehicle donation system. BIAOR can accept vehicles from anywhere in the country. VDAC will handle the towing, issue a charitable receipt to you, auction the vehicle, handle 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>

Shop at AmazonSmile
and Amazon will make
a donation to: **BIAOR**

Simply go to smile.amazon.com, search for and select Brain Injury Association of Oregon as your charity of choice, and continue with your order as usual. The Amazon Foundation will donate .5% of the purchase price to BIAOR! There is no additional cost to you! Use Smile.Amazon.com every time you shop!

Get started

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Karen Campbell, BA
Extreme Behavioral Specialist
971-227-4350
BrainLogisticsLLC@gmail.com

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



TICHENOR & DZIUBA
LLP
LAWYERS
1450 Standard Plaza
1100 SW Sixth Ave
Portland, OR 97204
1-888-883-1576
www.tdinjurylaw.com

How To Contact Us

Brain Injury Alliance of Oregon (BIAOR)

Mailing Address:
PO Box 549
Molalla, OR 97038

Toll free: 800-544-5243

Fax: 503-961-8730
biaor@biaoregon.org
www.biaoregon.org

Sherry Stock, ABD/PhD MS CBIST
CEO 800-544-5243

Jeri Cohen, JD, Director, 503-732-8584

Resource Facilitation—Peer Mentor
Becki Sparre 503-961-5675

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

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