

October 2021

# BrainStorming



## Brain Injury Alliance of Iowa Virtual Events and Support



While much of our communities continue to meet virtually, the Brain Injury Alliance of Iowa would like to remind you that we continue to work to deliver virtual support groups, webinars and other web-based learning. Opportunities are highlighted on our social media pages in addition to the [BIAIA events tab](#) on our website. If you are unable to attend live webinars watch them on our [YouTube Page](#). If you are unsure how to access event information, reach out to us at [info@biaia.org](mailto:info@biaia.org) or contact your Neuro Resource Facilitator.

**Be sure to save the date for our annual trainings scheduled for March 3rd and 4th 2022!**

Image from Unsplash.com of a man in an office setting looking at a computer screen with additional people



Two part virtual webinar series  
Oct. 22nd & Oct. 29th, 2021

- Informational Interviewing: Getting Back Into the World of Work
- Job Ready 101: The Do's and Dont's of Job Search

Learn more and register at our website  
[www.biaia.org - events](http://www.biaia.org - events)



The development of this project is supported through the Brain Injury Service Program (BISPI) of Iowa, through contract 50300-00-0000-0000 (pending) with the Iowa Department of Public Health (IDPH). The contents are the sole responsibility of the authors and do not necessarily represent the official views of IDPH.



## NASHIA Observes National Domestic Violence Awareness Month

The National Association of State Head Injury Administrators (NASHIA) is joining other organizations in promoting October as National Domestic Violence Awareness Month (DVAM), first promoted in 1989. NASHIA is aware that domestic violence can result in a brain injury, physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime. NASHIA supports legislation to reauthorize the Violence Against Women Act (VAWA), a 1994 law that protects and provides resources for individuals who experience domestic abuse and sexual violence, and is looking for an avenue to support training, screening and assistance for individuals who sustain a brain injury due to abuse.

On September 30, President Biden issued a proclamation to call attention to October as National Domestic Violence Awareness and Prevention Month, which in part states:

During National Domestic Violence Awareness and Prevention Month, we honor the tremendous dedication of advocates and service providers, honor the courage and resilience of survivors, and recommit ourselves to standing with them for safety, dignity, and justice. There is still much work to do, and it will take all of us to do it. We must rededicate ourselves to creating a society where domestic violence is not tolerated, where survivors are supported, and where all people have an opportunity to thrive without fear of violence or abuse.

Click [here](#) to read the proclamation.

Image below of purple awareness ribbon with text highlighting upcoming webinar content. Image includes QR code for scanning created in Canva.

**Webinar Coming Soon!**



Prepared for the Brain Injury Alliance of Iowa by Monica Goedken, MPA - Violence Prevention Coordinator, Office of Disability, Injury & Violence Prevention for Domestic Violence Awareness Month

## Partner-Inflicted Traumatic Brain Injury

- Understand the correlation between Intimate Partner Violence (IPV) and Traumatic Brain Injury (TBI)
- Apply a healing-centered approach when engaging individuals exposed to IPV and TBI
- Know how to refer individuals within the community to additional supports for IPV and TBI

Register by scanning the code or going to our website: [WWW.BIAIA.ORG](http://WWW.BIAIA.ORG) and click on *EVENTS*



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# CUES AN EVIDENCE-BASED INTERVENTION TO ADDRESS DOMESTIC AND SEXUAL VIOLENCE IN HEALTH SETTINGS

*shown to improve health and safety outcomes for survivors*

Survivors say they want health providers to:

**Be nonjudgmental • Listen • Offer information and support • Not push for disclosure**

## C: Confidentiality

- ▶ Know your state's reporting requirements and share any limits of confidentiality with your patients.
  - ▶ Always see patients alone for part of every visit so that you can bring up relationship violence safely.
- ‡ Make sure you have access to professional interpreters and do not rely on family or friends to interpret.

"Before we get started I want to let you know that I won't share anything we talk about today outside of the care team here unless you were to tell me about [find out your state's mandatory reporting requirements]."



Safety cards are available for different settings, communities and in a variety of languages at [ipvhealth.org](http://ipvhealth.org)

## UE: Universal Education + Empowerment

- ▶ Give each patient **two** safety cards to start the conversation about relationships and how they affect health.
  - ▶ Open the card and encourage them to take a look. Make sure patients know that you're a safe person for them to talk to.
- ‡ Offering safety cards to all patients ensures that everyone gets access to information about relationships, not just those who choose to disclose experiences of violence.

"I'm giving two of these cards to all of my patients. They talk about relationships and how they affect our health. Take a look, and I've also included one for a friend or family member. On the back of the card there are resources you can call or text, and you can always talk to me about how you think your relationships are affecting your health. Is any of this a part of your story?"

## S: Support

- ▶ Though disclosure of violence is not the goal, it will happen -- know how to support someone who discloses.
  - ▶ Make a warm referral to your local domestic/sexual violence partner agency or national hotlines (on the back of all safety cards).
  - ▶ Offer health promotion strategies and a care plan that takes surviving abuse into consideration.
- ‡ What resources are available in your area for survivors of domestic and sexual violence? How about for LGBTQ, immigrant, or youth survivors? Partnering with local resources makes all the difference.

"Thank you for sharing this with me, I'm so sorry this is happening. What you're telling me makes me worried about your safety and health..."

A lot of my patients experience things like this. There are resources that can help. [Share name, phone and a little about your local DV program] I would be happy to connect you today if that interests you."

For more information or to order materials contact the National Health Resource Center on Domestic Violence: M-F 9am-5pm PST | 415-678-5500 | TTY: 866-678-8901  
[health@futureswithoutviolence.org](mailto:health@futureswithoutviolence.org)  
[ipvhealth.org](http://ipvhealth.org) | for community health centers: [ipvhealthpartners.org](http://ipvhealthpartners.org)



- place this poster in your health staff break room -



The U.S. Secretary of Labor, Marty Walsh, and Assistant Secretary of Labor for Disability Employment Policy, Taryn Williams, host a virtual celebration of national Disability Employment Awareness Month (NDEAM) October 20, 2021 2-3pm ET. For additional information and registration click [here](#).

Image of map of the United States with people of different genders, race and abilities shown standing on the map with an announcement of the event from their email invitation.

## Assessments, Reviews and Team Meetings



Did you know that your Neuro Resource Facilitator can provide support in understanding the process of applying for, accessing and maintaining services?

The process of evaluating services you may be eligible for, applying for and maintaining services can at times be confusing. Your Neuro Resource Facilitator can provide you with support in evaluating these steps. Not connected with a Neuro Resource Facilitator and wish to be?

Contact 855-444-6443 or email [info@biaia.org](mailto:info@biaia.org) to connect with a Neuro Resource Facilitator.

Image from Canva.com of a purple shaded calendar with the words 'plan ahead'

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## Survivor Spotlight: Interview With John Crandall, Conducted by BIAIA staff, Allison Andrews with



Allison: Tell us your story.

John: *I had my stroke on December 26, 2015. I was working as a garbage truck driver, completing my normal route and all of a sudden, my left side went numb and I felt dizzy. My coworker who was with me on the route said he thought I was having a stroke. I thought I said yes, but in reality, he said I never spoke to him. My coworker called 911. I completed 27 days of inpatient rehab between two different facilities. After that, I completed five months of outpatient therapies. I also had a personal trainer for two years.*

Allison: It's been almost 6 years since your stroke. What's changed in your life since then?

John: *The first six months-one year, I felt that everything was returning to normal. However, I've had ongoing symptoms ever since and routine visits with my doctors. I waited about three years before returning to work as an assistant mechanic, but recently had to quit due to dizziness and arthritis. My new "job" is spreading the word about brain injury, as I work towards speaking in churches and schools.*

Allison: Any advice for others going through something similar?

John: *I finally accepted that my life has changed. You have to have patience and take things day-by-day. Every day I wake up, I'm thankful that I'm still breathing. I still lift my left arm every morning just to be safe.*

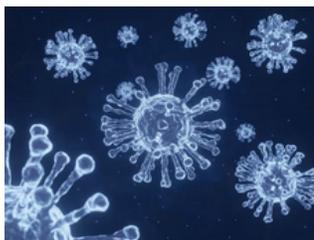
Allison: You've been a long-time support group attendee, starting with one of our in-person groups to attending our weekly Virtual Statewide Support Group since day 1, as well as attending outside groups. What do support groups mean to you? Is there anything you would say to someone who is considering attending a support group?

John: *I attend support groups because I enjoy hearing from others who have gone through something similar. I don't always share, but I listen and take something away from each meeting. It is something that I look forward to every week – the people and the facilitator are the reason why I keep coming back every single week. I would encourage people to give support groups a chance. It's a safe space where we share our stories and emotions – tears and laughs. We all understand one another.*

Image from

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## RECOVER: Researching COVID to Enhance Recovery



*RECOVER, a research initiative from the National Institutes of Health (NIH), seeks to understand, prevent, and treat PASC, including Long COVID. PASC stands for post-acute sequelae of SARS-CoV-2 and is a term scientists are using to study the potential consequences of a SARS-CoV-2 infection.*

*Researchers leading RECOVER Cohort studies have a broad range of expertise and will work together to identify the core set of information that will be collected and the tests that will be done on all RECOVER Cohort participants.*

*Potential data sources include clinical exams, health records, autopsy reports, and a diverse range of biospecimens. Data repositories will receive and store the various types of data*

*collected and analyzed. These data and biospecimens will be made available to the research community to support further studies of PASC. Click [HERE](#) to learn more.*

Image of molecules from Canva

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## **MSKTC Recruiting Individuals with TBI and their Caregivers for TBI Consumer Factsheet Testing**

[The Model Systems Knowledge Translation Center \(MSKTC\)](#) is recruiting individuals with TBI, as well as caregivers of individuals with TBI, to provide feedback on a new consumer factsheet entitled, “Emotional Distress After Traumatic Brain Injury.” To be eligible, participants must be at least 18 years old. Interviews will last approximately 60 minutes. Participants will receive a \$25 gift card for their time. Call 202-403-5600 or email [mstkc@air.org](mailto:mstkc@air.org) to register.

Image from Unsplash.com of a hand writing on paper on a flat surface

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The Brain Injury Alliance of Iowa hosts a monthly support groups. Visit [HERE](#) to learn more details and register for any of our virtual support groups.

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## **Tips for Daily Living: Hear from stroke survivors, caregivers and healthcare professionals as they share creative ways to get things done**



*A stroke can make everyday activities challenging. These challenges may be due to a number of stroke-related conditions, such as limb weakness, numbness or paralysis, communication challenges, vision challenges and one-side neglect challenges. Routine activities can be a challenge. Getting dressed, making a sandwich, doing laundry – these tasks become huge obstacles. Here are some tips and gadgets that might be helpful. This section includes tips and ideas from stroke survivors, caregivers and healthcare professionals all over the country*

*who've created or discovered adaptive and often innovative ways to get things done! Click [here](#) to see full article.*

Image of American Stroke Association logo from [www.stroke.org](http://www.stroke.org)

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## National Injury Center Unveils New hub for Injury Prevention



Today, the Centers for Disease Control and Prevention's (CDC) National Center for Injury Prevention and Control (NCIPC) has unveiled a new [Hub for Injury Prevention \(HIP\)](#) which is a collection of resources from the Injury Center and partner organizations that can be used to inform programming and help keep communities safe. These resources include fact sheets, publications, training, webinars, presentations, apps, technical packages, research articles, videos podcasts and data and indicators. Click [here](#) and check it out.

Image of CDC logo from [www.cdc.gov](http://www.cdc.gov)

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## BIAIA Staff Spotlight



Hi, I am Lisa Jenison. I am the Neuro Resource Facilitation Team Lead here at the Brain Injury Alliance of Iowa. I have been with the Alliance for 8 years. In addition to providing Neuro Resource Facilitation services to Iowans, I also provide support on projects including pulling data, and quality improvement. I have worked in the brain injury field for 23 years. I recently celebrated my 15-year anniversary in obtaining and maintaining my Certified Brain Injury Specialist (CBIS) certification. I enjoy working with Iowans by supporting them and providing resources.

Image of Lisa Jenison

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## Neuro Resource Facilitation



Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life

after brain injury.

Image of Brain Injury Alliance of Iowa tote bag and materials being opened

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- To reach a Neuro Resource Facilitator please contact 855-444-6443 or email [info@biaia.org](mailto:info@biaia.org)
  - The Brain Injury Alliance of Iowa desires to share your success stories in various publications such as newsletters, website or social media accounts. **Click [HERE](#) to share your story!**
  - Consider a donation to the Brain Injury Alliance of Iowa, as we continue to support Iowans to "live well" after brain injury. **Click [HERE](#) to make a donation today.**
  - Iowans affected by brain injury, family and caregivers are invited to our support group communities. **Click [HERE](#) to learn more, register to join and share.**
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**Thank you to our corporate members!** Click [HERE](#) to learn more about our corporate members and corporate membership benefits.

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Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.



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