

A newsletter for the Iowa Brain Injury Resource Network and the Iowa Stroke Resource Network - professionals serving individuals impacted by brain injury





### When Pain Feels Inescapable: Learned Helplessness and Caregiving

 **November 10, 2022**


 **11:00AM-12:00PM**


 We encourage individuals to ask for accommodations as needed!

[www.biaia.org](http://www.biaia.org) | 855-444-6443 | [info@biaia.org](mailto:info@biaia.org)




Events Page

## Governor Reynolds Proclaims October as National Disability Employment Awareness Month



"Governor Kim Reynolds signed a proclamation declaring Iowa's participation at the state level to educate about disability employment issues and

celebrate the many and varied contributions of America's workers with disabilities. This year's theme is "**Disability: Part of the Equity Equation.**"

**Monday, October 24, IVRS will join Iowa Works for a virtual NDEAM Event, "Creating an Inclusive Workplace," at 2 p.m.**

[Learn More](#)



## Domestic Violence Awareness Month: Every 9 Seconds

On average, every **9 seconds**, a woman is assaulted or beaten, and 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the US.

Concurrently, someone sustains a brain injury every **9 seconds** in the US.

**Is there a connection to these parallel statistics?**

[Brain Injury and IPV Resources](#)

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## TBI Impairs the Ability to Create Mental Images



"Visual processing combines incoming sensory information with previously stored experiences. That combination then attaches with emotion to enable other processes to occur – like communication, comprehension, self-expression, decision-making, organization of time and thoughts, and judgment.

**What happens when a traumatic brain injury (TBI) interferes with mental imagery, creativity, perception, and all the other skills required for visualization?** When parts of the brain are damaged, or pathways are

disrupted? When initiating conversation becomes difficult because conceptualization of what one wants to communicate, whether it be an idea, a request, an offer, or simply a comment, is blurry, uncertain, or hampered?"

[Read the Article](#)

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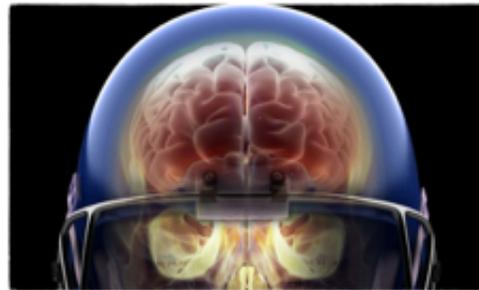
## How Job Burnout Can Cascade and Cause Stroke

"Decades of research linked job burnout to many health problems, including *coronary heart disease, high cholesterol, Type 2 diabetes, insomnia* and *depressive symptoms*. Burnout can result in unhealthy behaviors like smoking, drinking alcohol, and not getting enough sleep, that add to the danger. Those all have downstream biological consequences that can lead to atherosclerosis, a buildup of plaque in the arteries that can lead to a heart attack or stroke."

[Read the Article](#)

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## Lessons to Be Learned From Tua Tagovailoa's Repeat Concussions



Brain injuries and the NFL has been a hot topic for some time. Why, especially, are the current conversations about Tua Tagovailoa so important?

Having one concussion makes you **up to 3x more** likely to not only have another mTBI, but one **more severe**, with a **higher likelihood of long-term consequences** like *Post-Concussive Syndrome (PCS), Chronic Traumatic Encephalopathy (CTE), and even Neurological disorders: Alzheimer's disease, multiple sclerosis, Parkinson's disease, dementia.*

[Learn More](#)



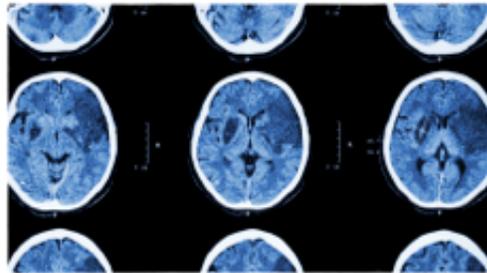
## Iowa is One of 14 states Awarded a Five-Year Disability Innovation Fund

**Totaling \$177 million**

"The grants support high-quality programs that can serve as a model for identifying services, implementing evidence-based practices and addressing challenges associated with access to competitive integrated employment for youth and other individuals with disabilities."

[Learn More](#)

## Strokes are Increasing Among Younger Adults

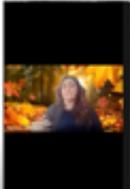


Stroke can happen to anyone. Though stroke is more common in aging population, there has been a notable increase in stroke in individuals under the **age of 49**.

[Listen to the Podcast](#)

CUES Universal Education Approach

- C: Confidentiality**  
Decide levels of confidentiality & see patient alone
- UE: Universal Education + Assessment**  
Normalize activity: "I've started going into an OEV to all of my patients"  
Make the connection: Open the card and do a quick review: "I talk about healthy and safe relationships... and how relationships affect your health."
- S: Support**  
Warm referral  
Follow up at next appointment



## Webinar Archive Highlight: Partner- Inflicted Traumatic Brain Injury

- Understand the correlation between IPV and 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

[View the Recording](#)

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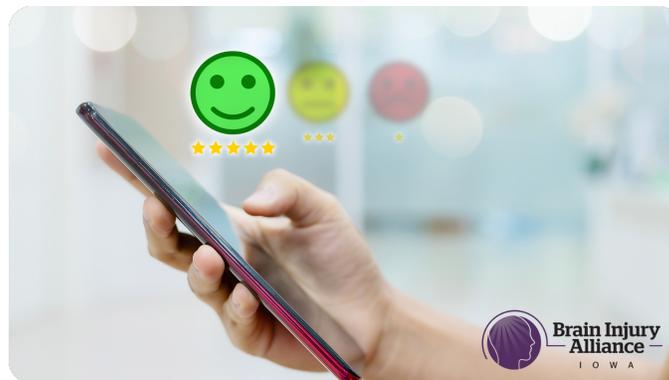
## Stay Brain Injury Informed

Access over **100 educational webinars** on our [Youtube page](#)! Additionally, we offer a Brain Injury Fundamentals course and a Certified Brain Injury Specialist CBIS prep course. Contact us to learn more!

[Learn More](#)

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## How Are We Doing?



[BIAIA Satisfaction Survey](#)

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## Tips for Professionals

**NEW** Tip Sheets will continue to be added to our website for free download and access!

## NOVEL PROBLEM-SOLVING



Problems generating solutions or picking the best solutions to new problems; refers to conceptual problems and ability to organize information and activities

**LOOK FOR:** 

- Difficulty organizing and planning out activities for one's day or week
- Difficulty completing a new task that has a multi-step approach
- Has trouble choosing the best solution to a problem
- Gets stuck on one solution and does not explore other options



## ACCOMMODATIONS



- Use a calendar/schedule or notebook to organize information and activities
- Break down novel problems into smaller steps or tasks
- Use the “Goal, Plan, Do, Check” strategy to come up with possible solutions
- Keep environment distraction free
- If possible, follow an example of how to complete a novel problem



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### Accommodation Tip Sheets for Professionals

## 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.

## IBIRN & ISRN



### [BRAIN INJURY TOTE BAGS](#)

Apply to become an IBIRN member, update membership information or request additional materials [CLICK HERE.](#)

For additional information about ISRN, [CLICK HERE.](#) Similar to our Brain Injury Tote Bag, materials



designed to provide lowans experiencing stroke informed of the latest resources and supports available. Stroke Resource Network members will receive materials to have on-hand to share with clients impacted by stroke.

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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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