

BrainStorming November 2024



Thank You for Supporting the Brain Injury Alliance of Iowa's Mission. At the Brain Injury Alliance of Iowa, we are driven by a shared commitment to empower individuals impacted by brain injury and their families. Our work is rooted in the belief that everyone deserves access to the resources, advocacy, and community they need to thrive. Our mission would not be possible without the incredible support of our stakeholders - our donors, volunteers, community partners, healthcare professionals, and advocates. Your contributions of time, resources, and expertise play a vital role in making a difference for the individuals and families we serve across Iowa.

We are profoundly grateful for your belief in our mission and your dedication to making it a reality. Thank you for standing with us and being part of this journey. Together, we are stronger.

With heartfelt appreciation,

The Brain Injury Alliance of Iowa

33rd Annual Best Practices in Brain Injury Services Conference Registration Open!



33rd Annual Best Practices in Brain Injury Services Conference



March 6 - 7, 2025



Sheraton West Des Moines Hotel

1800 50th Street West Des Moines, Iowa 50266









Weathering the Storm Together: Collaborative Care in Brain Injury Services

ATTENDEE FEES

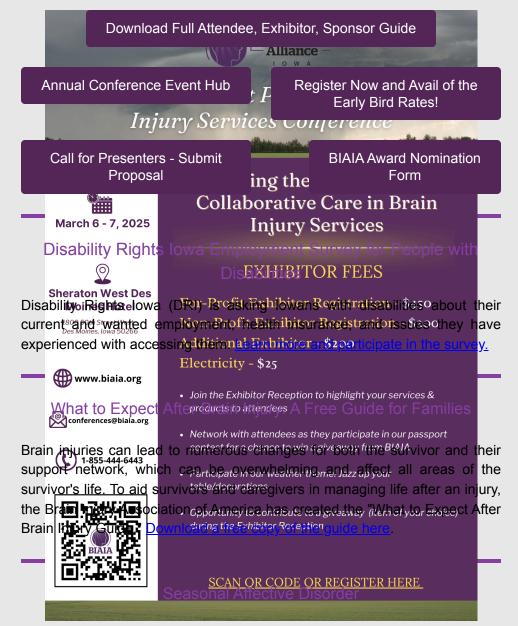
Early Bird Attendee Registration	ı day	2 days
• Professional	\$190	\$255
。 IBC CEU	\$15	\$15
。 IBON CEU	\$30	\$30
Survivor/Caregiver/Student	\$ 80	\$130

- Early Bird registration cut-off date:
 - January 31, 2025 (11:59pm CST)
 - Use discount code **'earlybird**"
- Early Bird Professional registration rates not applicable to Corporate members

Attendee Registration	1 day	2 days
• Professional	\$210	\$275
。 IBC CEU	\$15	\$15
。 IBON CEU	\$30	\$30
Survivor/Caregiver/Student	\$100	\$150

- Regular registration rates apply February 1, 2025
- Online Registration closes February 28, 2025

SCAN QR CODE OR REGISTER HERE



What is Seasonal Affective Disorder? Seasonal Affective Disorder (SAD), is a form of depression that typically arises when the seasons change. Read more about its description, signs and symptoms, diagnostic methods, causes, and available treatment options.

Self-Care: Reclaiming Calm and Balance

This season may bring a busier schedule, feelings of higher exceptions, reminders of difficult times, strong emotions, challenging discussions, and stress. These days, weeks, and months can be intense, with some feeling drained, overwhelmed, or uncertain. If you're feeling this impact, you're not alone. Here are some strategies to help you focus on self-care and well-being during a challenging time:

1. Pause and Reconnect with Yourself

When experiencing intense periods, it's essential to take a breath and tune in to how you feel. Engage in calming, mindfulness practices like deep breathing, meditation, or journaling to process your thoughts and emotions without external influence.

2. Limit Media Consumption

It's easy to feel inundated by social media updates. Consider setting boundaries on your media consumption to help prevent feeling overwhelmed. Give yourself permission to step away from screens and notifications for a mental break.

3. Spend Time in Nature

A walk outdoors can offer a grounding experience, reconnecting you with the present. Fresh air and physical movement also release endorphins, which naturally lift your mood.

4. Engage in Meaningful Connections

Reach out to friends, family, or support networks who help you feel grounded. Choose conversations or events that focus on support and positivity, so you leave feeling connected.

5. Focus on What You Can Control

If you feel anxious or uncertain, it can help to focus on areas of your life where you can make a difference. Whether it's helping a neighbor, volunteering, or investing time in a hobby, putting your energy into positive, solution-focused activities can feel empowering.

Give yourself time and space this season to reset, practice self care and compassion and remember, it's okay and necessary to prioritize your mental health.

Webinars

CEU opportunities now available for our webinars! Visit our <u>webinar page</u> to learn more and register.



Creating Connections:

The Role of Support Groups in Brain Injury Recovery

Micro-webinar



Courtney Sand, MS, LBA, BCBA, CBIST Thursday, December 19th, 2024 12:00-12:30 PM CST



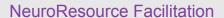






The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations can target professionals or survivors and their loved ones.

Submit proposal





Neuro Resource Facilitators are available to serve lowans; to answer questions and connect those with a brain injury to resources and information. Learn more about this program. BIAIA is one call away.

BIAIA Satisfaction Survey











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.