

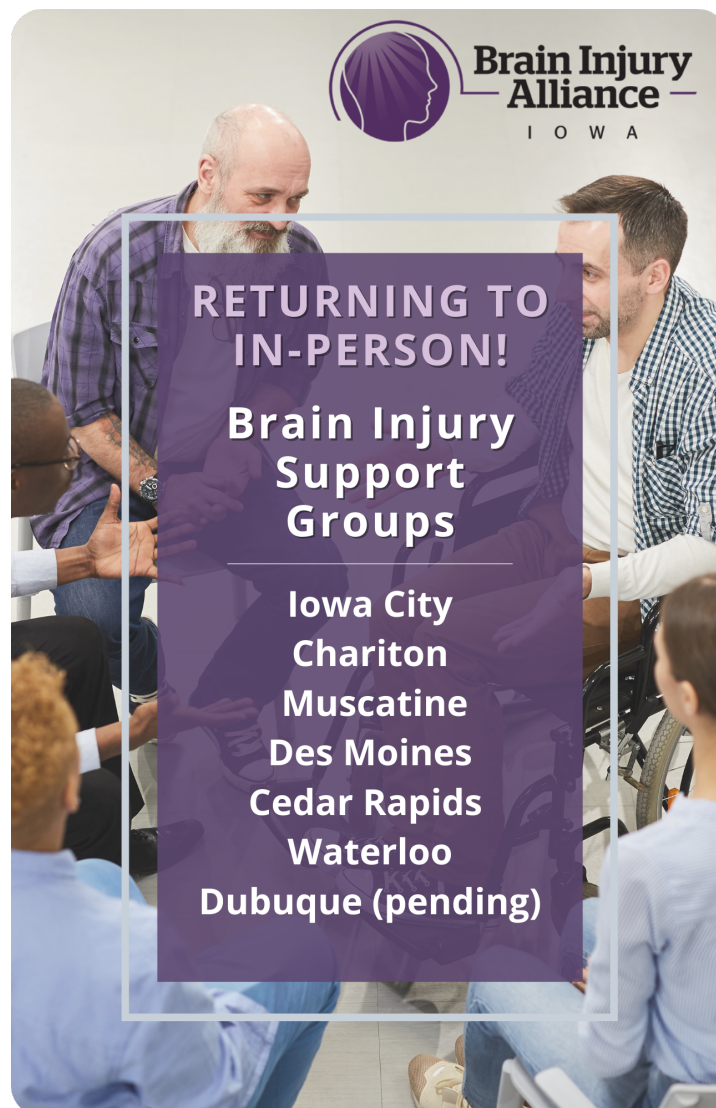
June 2022 🧠

BrainStorming



BIAIA Events and Support

Support groups and other opportunities are highlighted on our [Facebook](#), [LinkedIn](#), and in the [BIAIA Events](#) tab on our website.



Healthcare Support for LGBTQ+ Iowans



"Members of the LGBTQ+ community often encounter discrimination when seeking healthcare from providers who are not trained to care for their specific needs. One Iowa provides these resources to empower LGBTQ members to access empathetic healthcare."

[Learn More](#)



Advocacy: Iowa Medicaid Continues Monthly Virtual Town Hall Meetings

[Learn More](#)

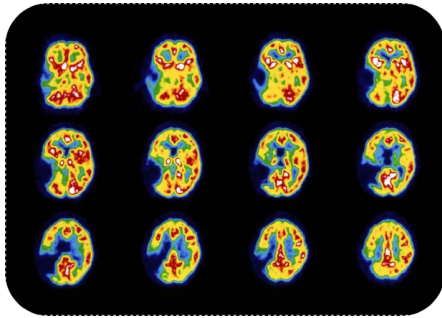
June is Aphasia Awareness Month



"*Aphasia* is a communication disorder due to brain damage in one or more areas of the brain that control language. It can interfere with your verbal communication (getting words mixed up when speaking), written communication, or both. There are a few different types of aphasia. The type depends on the part of the brain that has suffered damage. According to the National Aphasia Association, aphasia affects about **2 million people in the**

United States, but many people have never heard of it."

[Learn More](#)



Stroke Highlight: How a Stroke Causes Brain Damage

There are several factors that play a role in brain changes when a stroke occurs such as: inflammation, excess calcium, sodium imbalance, and pH balance. "Most strokes fall into one of two categories: ischemic or hemorrhagic. The first type is caused by a blockage such as a blood clot, while the second involves bleeding in the brain. Strokes lead to chemical changes within the brain that damage cells and interfere with their function."

[Learn More](#)

2022 Summer Youth Leadership Academy

2022 SUMMER YOUTH LEADERSHIP ACADEMY

WHAT IS YOUTH LEADERSHIP ACADEMY (YLA)?

YLA is an intro to learning leadership skills for youth with disabilities. The training consists of five 2-hour sessions. All sessions will be held virtually and are **FREE** to all participants.

YLA is provided by Access 2 Independence, ASK Resource Center, Iowa Department of Human Rights, Iowa Developmental Disabilities Council, and UI Health Care Center for Disabilities and Development.

WHAT WILL STUDENTS LEARN?

The five themes include leadership, goal-setting, self-determination, civic engagement, plus networking and mentoring. All sessions will be interactive.

**WANT TO LEARN MORE?
ATTEND AN OPEN HOUSE!**

Virtual Open House Dates:

To register, click on the date and time that works best for you.

WED, May 25 | 4:00-4:30 p.m.
WED, May 25 | 5:30-6:00 p.m.
THURS, June 2 | 11:30 a.m.-12:00 p.m.

WHEN WILL YLA TAKE PLACE?

Trainings: MON, July 25-FRI, July 29

Morning Session: 10:00 a.m.-12:00 p.m.
Afternoon Session: 1:00 p.m.-3:00 p.m.
Graduation Ceremony: FRI, August 5

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[Learn More](#)



Caregivers: ABC's for Caregivers

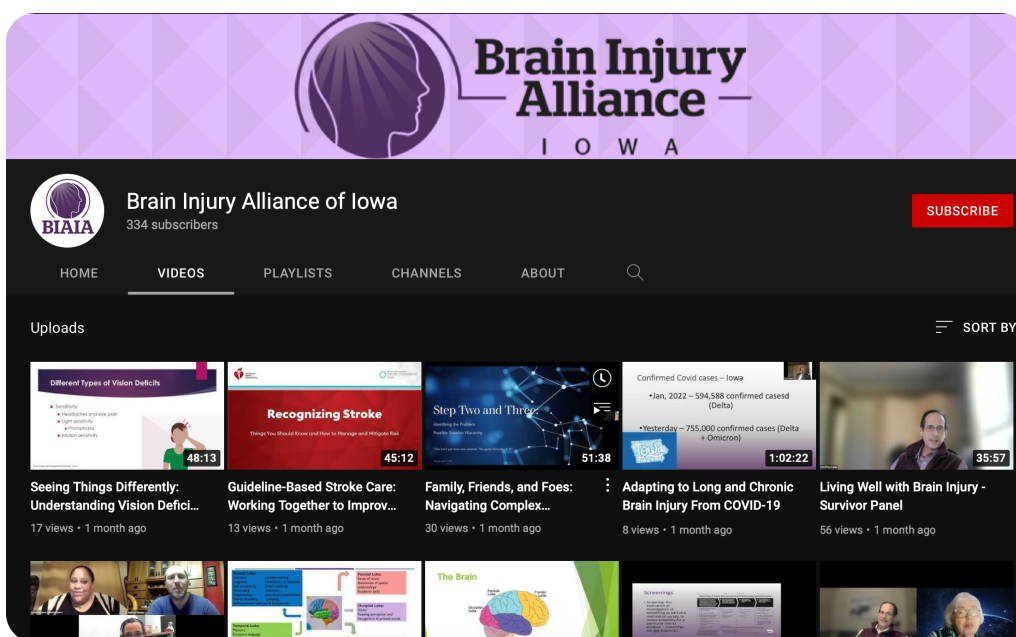
A - ACKNOWLEDGE and ADMIT things are different. ASK for help.

B - BALANCE is essential to maintain strength and energy long-term.

C - COMMUNICATE your needs. COPE through self-care.

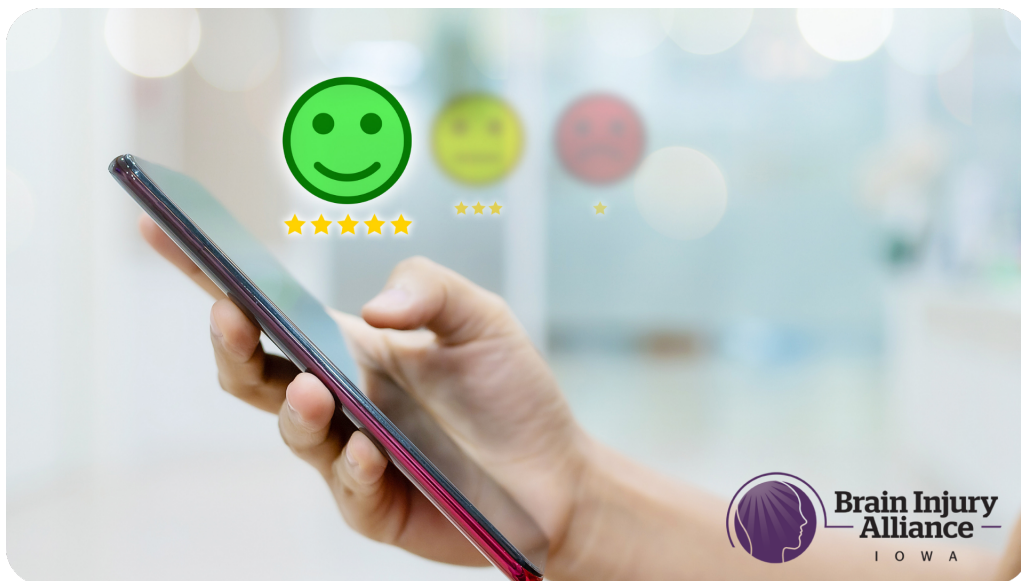
[Learn More](#)

Brain Injury Education



Access over **100 educational webinars** on our [Youtube](#) page! Additionally, we offer Brain Injury Fundamentals course, and other opportunities to stay brain injury informed.

How Are We Doing?



BIAIA Satisfaction Survey

BIAIA Staff Highlight: Courtney Sand MS, LBA, BCBA, CBIST Neuro Resource Facilitator (She/Her)



Courtney Sand is a Neuro Resource Facilitator with the Brain Injury Alliance of Iowa, where she has been employed for the last 3½ years. She is a Licensed and Board Certified Behavior Analyst and a Certified Brain Injury Specialist Trainer with over 20 years of experience in the field of Applied Behavior Analysis, mental health, and disability in both children and adults across a variety of settings. Courtney has been working in the field of brain injury for the last 7½ years. Courtney enjoys teaching, and has presented at the international, national, and state level. She is especially interested in and passionate about the study of and increasing the awareness around ambiguous loss, a specific type of grief experienced by those whose lives have been touched by brain injury. Courtney delights in being a collaborative part of the behavior change process. Courtney and her husband, Jesse, of 9 years, live together in Coralville with their 8-year-old daughter and 6-year-old son.

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.

- To reach a Neuro Resource Facilitator please contact 855-444-6443 or email info@biaia.org.
- 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.

Thank you to our corporate members! Click [HERE](#) to learn more about our corporate members and corporate membership benefits.

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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