

March 2022 🧠

BrainStorming



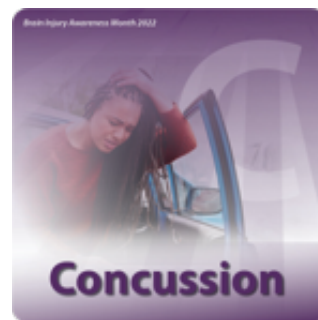
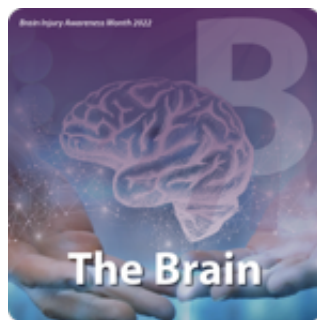
Brain Injury Awareness Month!

#braininjuryawarenessmonth #braininjuryawareness #braininjuryAtoZ



Currently, more than **3.1 million** children and adults in the U.S. live with a lifelong **disability as a result of traumatic brain injury**, and **6.4 million have a disability due to stroke**. This translates to more than **95,000 Iowans living with disability due to acquired brain injury**—a greater number of people than the populations of Sioux City, Waterloo, Council Bluffs, Ames, or Iowa City. After a brain injury, both the person with the injury and their family members begin the process of recovery, adjustment, and finding their “new normal.” No two brain injuries are alike, and therefore, every individual will find their own unique definition of what that means—and it will continue to unfold over months and years. As individuals and families move forward, there is a variety of supports available in the state of Iowa that can help an individual live *well* with a brain injury.

Follow us on [social media](#) and learn about brain injury **A to Z!**



BIAIA Virtual Events and Support

Support Groups Returning to In-Person SOON!

We continue to deliver virtual support groups, webinars and other web-based learning. Opportunities are highlighted on our Facebook, LinkedIn, and in the [BIAIA Events](#) tab on our website. If you are unable to attend live webinars, watch them on our [YouTube Page](#).

Brain Injury Alliance IOWA

2022 Virtual Legislative Advocacy Sessions

BIAIA Iowa 2022 Advocacy Session
March 15, 2022
11:00 AM-1:00 PM

USBIA Congressional Advocacy Session
March 16, 2022
12:30 PM-1:30 PM

Brain Injury Awareness Day on Capitol Hill Sessions
March 16, 2022
1:30 PM-4:30 PM

Register by scanning the QR code or going to our website: WWW.BIAIA.ORG and click on **EVENTS**

PURPLE THURSDAYS

JOIN US IN A BRAIN INJURY AWARENESS CAMPAIGN BY
ADDING PURPLE TO YOUR WARDROBE, ACCESSORIES,
OR FILTERS. SHARE ON SOCIAL MEDIA WITH
#PURPLETHURSDAYS AND/OR EMAIL PHOTOS TO
INFO@BIAIA.ORG FOR US TO SHARE!



Lost & Found: What Brain Injury Survivors Want You to Know



"Don't confuse hope for denial. We are learning more and more about the amazing brain and there are remarkable stories about healing in the news every day. No one can know for certain what our potential is. We need hope to be able to employ the many, many coping mechanisms, accommodations and strategies needed to navigate our new lives. Every single thing in our lives is extraordinarily difficult for us now. It would be easy to give up without hope."

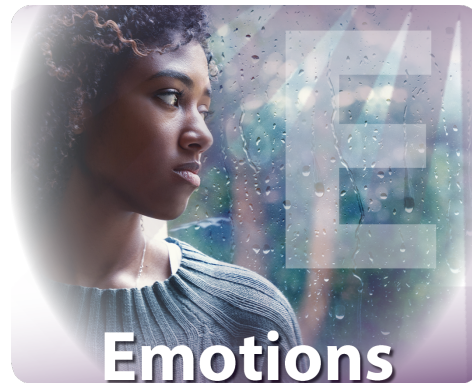
Read the article: [Brainline](#)



Advocacy: Brain Injury Awareness Day on Capitol Hill- Virtual

The Congressional Brain Injury Task Force, chaired by Reps. Bill Pascrell, Jr. (D-N.J.) and Don Bacon (R-Neb.), invites you to join a virtual Brain Injury Awareness Day briefing on the importance and value of advocacy on the afternoon of **March 16, 2022**. Attendance is free, but [REGISTRATION](#) is required.

Mental Health and Brain Injury: E: Emotions



Many people report difficulty with emotions and ‘moods’ during their brain injury recovery. There may or may not be triggers associated with these intense emotions, which can be confusing for family members, caregivers, and individuals themselves. At times, these emotions can cause anxiety, or develop into depression.

Learn more: [MSKTC](#)



Stroke Highlight: Brain Health and Healthy Aging

- Every **40 seconds** someone in the U.S. has a stroke
- **80%** of brain disease can be linked to cardiovascular disease
- Stroke is the **No. 5 Cause of Death** in the U.S.
- **99%** of U.S. adults have at least 1 of 7 cardiovascular health risks
- **3 in 5 Americans** will develop a brain disease in their lifetime

Learn more: [Stroke.org](https://www.stroke.org)

Caregivers: Guidelines for Better Communication with Brain-Impaired Adults



"Communicating with a loved one with a brain disorder can indeed be challenging. Finding the right words and getting your point across are difficult under normal circumstances. This difficulty is often compounded by your role as a caregiver. And although there are no easy solutions, following some basic guidelines should ease communication, and lower levels of stress both for you and for the care recipient."

Learn more: [Caregiver.org](https://www.caregiver.org)

Join our [Facebook](#) group! 🖱️

BIAIA Persons Affected by Brain Injury Community



Substance Use and Brain Injury: Brain Injury and Opioid Overdose Fast Facts- NASHIA

- **70-80%** of hospitalized patients are discharged with an opioid RX
- **63,000** drug overdose-related deaths in 2016

- The frontal lobe is highly susceptible to brain oxygen loss, and damage leads to potential loss of executive function

Learn more: [NASHIA](#)

[NASHIA TBI awareness month information](#)

Annual Needs Assessment

Ends March 18, 2022

INCENTIVE TO PARTICIPATE: We are excited to announce that we will be drawing 1 name per day during the week of March 14-18 to win a \$50 Amazon Gift Card.



SURVEY LINK ON OUR
WEBSITE HOMEPAGE

COMPLETE SURVEY HERE


State of Iowa
Executive Department

IN THE NAME AND BY THE AUTHORITY OF THE STATE OF IOWA

PROCLAMATION

WHEREAS, a brain injury is damage to the brain which temporarily or permanently impairs a person's physical, cognitive, or behavioral functioning; and

WHEREAS, falls, motor vehicle crashes and sports injuries are leading causes of traumatic brain injury in Iowa; and

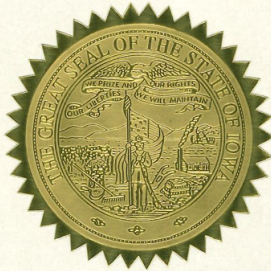
WHEREAS, often described as the "Silent Epidemic" because brain injuries are not always visible to others, over 90,000 Iowans live with long term disability from brain injury; and

WHEREAS, screening for lifetime history of brain injury is an important part of person-centered program planning; and

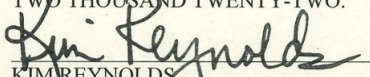
WHEREAS, education is essential for brain injury prevention, overcoming misconceptions and achieving long-term recovery; and

NOW, THEREFORE, I, Kim Reynolds, Governor of the State of Iowa, do hereby proclaim the month of March 2022 as

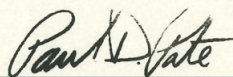
BRAIN INJURY AWARENESS MONTH



IN TESTIMONY WHEREOF, I HAVE HEREUNTO SUBSCRIBED MY NAME AND CAUSED THE GREAT SEAL OF THE STATE OF IOWA TO BE AFFIXED. DONE AT DES MOINES THIS 28th DAY OF FEBRUARY IN THE YEAR OF OUR LORD TWO THOUSAND TWENTY-TWO.


KIM REYNOLDS
GOVERNOR OF IOWA

ATTEST:


PAUL PATE
SECRETARY OF STATE

BIAIA Staff Highlight:
Allison Andrews BA, CBIS
Neuro Resource Facilitator
She/Her



Allison Andrews, BA, CBIS, is a Certified Brain Injury Specialist with a Bachelor's in Psychology, Certificate in Disability Studies, and Certificate in Aging and Longevity Studies. She has been working as a Neuro Resource Facilitator with the Brain Injury Alliance of Iowa for a little over two years. Before joining the Brain Injury Alliance of Iowa, Allison spent over one and a half years working for a Community-Based Neurobehavioral Rehabilitation Service (CNRS) provider providing neurobehavioral interventions to individuals with a brain injury diagnosis and a co-occurring mental health diagnosis. Allison has over six years of experience working as a direct support professional with individuals with disabilities, as well as volunteering with the older adult population.

In her free time, she keeps busy while enrolled in the Executive Master of Health Administration program at the University of Iowa and serving on the Board of Directors for TRAIL of Johnson County and Together We Achieve. She enjoys spending time with friends and family, as well as her new puppy, Penny!

Neuro Resource Facilitation

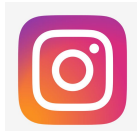


Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life after brain injury.

- 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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