



## BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa

Email: [info@biaia.org](mailto:info@biaia.org) | Phone: 855.444.6443



# BIA-IA

*The mission of the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support*

### Find us online!

Website



Facebook



Twitter



LinkedIn



Email



YouTube



## Don't Forget to Talk to Aristotle!

### *2017 Annual Needs Assessment*

**Let us introduce you to "Aristotle."** Aristotle is a state of the art, linguistically trained, artificial intelligence backed survey tool. Aristotle is on loan to us from [Quester](#), a consumer intelligence firm serving fortune 500 customers and now the Brain Injury Alliance of Iowa (BIAIA). Quester has partnered with us to improve the experience, quality and outcomes from our 2017 Brain Injury Needs Assessment.

This is also very helpful to BIAIA as well as the state agencies, policy makers, and professionals who Iowans with brain injury and their families turn to for information and support.

Please take a few minutes to meet Aristotle and help BIAIA focus on areas YOU find most critical.

Complete  
Survey



# Our Annual Run, Walk & Roll 5k and Support Walk was a Success!



[See Race Results HERE](#)

## April is Child Abuse Prevention Awareness Month



Did you know that 1,500 children are the victims of physical abuse, including head injuries, every year in Iowa?


By working together as a community, we all can play a part in building communities and building hope in children and families. April is National Child Abuse Prevention Month. During this month and throughout the year, The Brain Injury Alliance of Iowa is dedicated to supporting families to reduce the risk of child abuse and neglect.

[Click for More Information](#)

Come see us at our exhibit at the Prevent Child Abuse Iowa Conference on May 2-3, 2017 in Des Moines, Iowa!

# Survivor Poem

Written by Allison Roberts



I'm a broken person  
But I still want happiness  
I'm broken  
Fragmented  
But I'm still human  
I have feelings  
I have hopes  
I have wants  
I have dreams  
I'm a broken person  
Aren't we all

**BIAIA Wants to Share Your Stories of HOPE!**



*Interested in sharing your story of survival or caregiving after a brain injury? Do you want to help spread stories of hope and inspiration?*

**Contact BIA-IA at  
(855) 444-6443 or [info@biaia.org](mailto:info@biaia.org) to find out more!**

# Three State Agencies Endorse Concussion Management Protocol | REAP

March 2017

Concussions are brain injuries that happen every day in Iowa and are the leading injury among school-age student athletes. To best support our youth who are returning to athletics — and to the classroom — following a concussion, our three organizations have reached a consensus to endorse the community-based concussion management program called REAP.

The REAP program is based on four core elements that together ensure effective and safe concussion management:

- R – Remove/Reduce** physical and cognitive demands
- E – Educate** the student athlete, family, educators, coaches, and medical professionals about possible concussion symptoms
- A – Adjust/Accommodate** for the student athlete academically and physically
- P – Pace** the student back to learning and activities

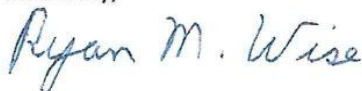
These management strategies are implemented by four teams, working together: (1) Family and student, (2) School team for physical recovery, (3) School team for academic recovery, and (4) Medical team. These teams help students track improvements in concussion symptoms and promote a gradual increase in activities as long as symptoms continue to improve.

Introduction of the REAP program is a very important first step, but there is more work to be done. Throughout the year, we will release additional information to support schools and their local communities to create a culture of concussion safety and management.

**A copy of the REAP manual can be downloaded for free at [www.iowaconcussion.org](http://www.iowaconcussion.org).  
Please share this link broadly and post it to your website.**

For more information about REAP and other resources available for people with brain injury, please contact the Brain Injury Alliance at 1-866-444-6443 or at [info@biaia.org](mailto:info@biaia.org). We hope you will join us in supporting this important concussion initiative.

Sincerely,



**Ryan Wise, Ed.L.D.**  
Director  
Iowa Dept of Education




**Gerd W. Clabaugh, MPA**  
Director  
Iowa Dept of Public Health




**Geoff Lauer, MA**  
Executive Director  
Brain Injury Alliance of Iowa



[Click Here for REAP Manual](#)



# Lunch & Learn Webinars

**Substance Abuse,  
Mental Health and Brain  
Injury: Understanding  
Multi-Occurring  
Conditions**

**April 26<sup>th</sup>**

*Dave Shields, Director of  
Development, Community  
Neuro Rehab*

[Register Here](#)

**Supportive Strategies  
for Behavior Changes  
in Children**

**May 15<sup>th</sup>**

*Scott Lindgren, Clinical  
Psychologist, University of  
Iowa Hospitals and Clinics*

Watch ALL of  
BIAIA's past  
webinars on  
our YouTube  
Channel!



## Thriving After Brain Injury

*Coping skills you can use today!*

Many adults now spend more time using laptops and phones than they do sleeping.

### **Is it time for you to unplug?**

Constant and continuous exposure to electronic devices can drain our energy and can lead to us feeling drained. Switch everything to airplane mode and free yourself from the constant *bing*s of social media and email.



[Read Article Here](#)



# NAMI Family-to-Family

National Alliance on Mental Illness

***Do you have a family member living with mental illness?***

NAMI Family-to-Family course is a FREE educational program for family members of adults living with mental illness. This evidence-based curriculum is 12 weeks long

Weekly classes begin on Monday, April 24, 2017  
6 – 9 pm for 12 weeks (last class July 24)  
First Lutheran Church, Cedar Rapids, IA

To reserve a spot please contact:  
[bettydamisch@gmail.com](mailto:bettydamisch@gmail.com)  
with your name, email address & phone number

## Upcoming Conferences/Events

**Ask Resources presents:**

**TOGETHER WE CAN  
CONFERENCE**  
>>>> SATURDAY <<<<<  
**MAY 6, 2017**  
DES MOINES

**Register NOW**



**Monday, May 01, 2017 –  
Wednesday, May 03, 2017**

Iowa Events Center  
(515) 564-8000  
Des Moines, Iowa

**Register  
NOW**

Hosted by Prevent Child Abuse Iowa

**Iowa Mental Health  
Counselors Association  
11th Annual  
Conference**

**Thursday, May 4 -  
Friday, May 5, 2017**

Holiday Inn Des Moines—  
Airport Conference Center



6111 Fleur Drive  
Des Moines, Iowa  
50321

**Register  
NOW**

# Iowa Resource Highlight

## Disability Resource Library

Click for  
More  
Information



University of Iowa  
Stead Family  
Children's Hospital

The Disability Resource Library (DSL) helps provide information to people of all ages and all kinds of information related to all different types of disabilities. DSL can help provide you with further resources to help educate you on different topics related to disabilities. Located at the Center for Disabilities and Development on University of Iowa's Hospital Clinic in Room 112, DSL has a lending library where you can check out all different types of materials. Don't worry they can send you materials if you cannot make it to the Library.

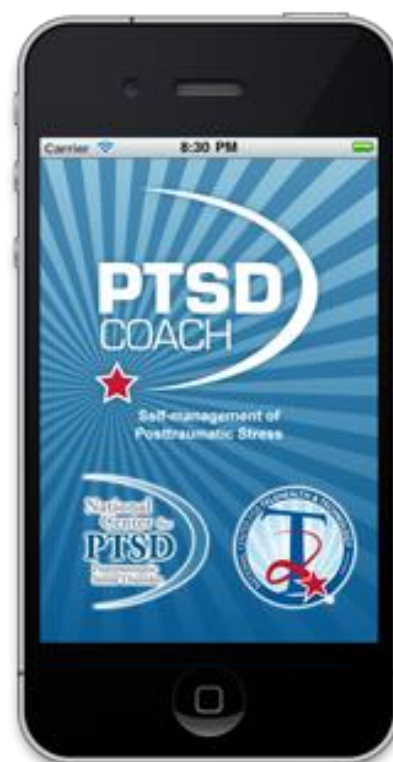
Feel free to contact them at [disability-library@uiowa.edu](mailto:disability-library@uiowa.edu) or the toll-free line at 1-800-272-7713 for more information.

## Technology Corner

### Mobile App: PTSD Coach

The PTSD Coach App will help inform someone about what could occur after trauma. The App will help increase PTSD education and provide treatment ideas and can help keep track of related symptoms. The App is available on IOS and Android devices, as well as on desktops.

Click for More  
Information



# Action Alert!

**We need your help to protect essential services for Iowans with brain injury!** Iowa's financial landscape has darkened considerably in the last couple of weeks and we need your help to preserve brain injury services in Iowa. Please take a moment and email or phone your legislator about the need for the services provided by the Brain Injury Alliance of Iowa, which are supported by the Brain Injury Services Program of the Iowa Department of Public Health.

Advocates can also dial the following numbers to reach their legislator or to leave a message:

**The Iowa Senate at 515-281-3371**

**The Iowa House of Representatives at 515-281-3221**

**Find YOUR  
Legislator**

## Brain Injury Alliance of Iowa

7025 Hickman Rd Suite 7  
Urbandale, IA 50322

### **[Recipient]**

Address Line 1

Address Line 2

Address Line 3

Address Line 4