

BRAINSTORMING

News you can use from the Brain Injury Alliance of Iowa



Email: info@biaia.org | Phone: 855.444.6443

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



August is Concussion Awareness Month in Iowa

Governor Kim Reynolds signed a proclamation on August 3rd, 2017, designating August as Concussion Awareness Month in Iowa. Much gratitude to Gov. Reynolds and our partners in Iowa Department of Public Health and Iowa Department of Education for making this possible!

First Annual Iowa Concussion Conference

Addressing a critical statewide need for current, accurate, and reliable information about concussion and other brain injury, the 2017 “Ahead of the Game” Concussion Conference held on August 10th kicked off a new, ongoing statewide initiative to implement evidence-based protocols for multi-disciplinary, team-based concussion management.

Local and national medical, public health, education and legal experts shared the current landscape and best practices regarding identification of, and response to, concussion. In addition, the new state-endorsed community-based concussion management program called “REAP” was introduced.

REAP is based on four core



How every family, school and medical professional can create a Community-Based Concussion Management Program

REAP™ The Benefits of Good Concussion Management

Center for
Concussion

REAP™

Remove/Reduce
Educate
Adjust/Accommodate
Pace

Authored by Karen McAvoy, PsyD



strategies (Reduce – Educate – Accommodate – Pace) needed to ensure effected and safe concussion response.

Attendees—parents, coaches, educators, and health-care professionals—learned how to recognize and respond to youth concussion and gained understanding of their respective team roles in recovery. They learned about best practices to avoid and minimize lasting effects of brain injury and

learn how to help children safely return to the playing field and the classroom after concussion.

Along with the Iowa Department of Public Health and the Iowa Department of Public Education, we are helping work toward our shared goals to educate parents, teachers, coaches, and other community members how to manage concussion to help protect youth brains from long-term injury.



Thank you to everyone who attended the event! Please contact us for further questions at info@biaia.org or at (855) 444-6443.

What Happens When You Have a Concussion? By Clifford Robbins, TedEd Original



Let's Begin...

Each year in the United States, players of the sports and recreational activities received between 2.4 and 4 million concussions. How dangerous are all those concussions? The answer is complicated and lies in how the brain responds when something strikes it.

[Click Here to Watch Video](#)



UNITED STATES
Brain Injury Alliance

Advocate Membership Now Available

USBIA now has a free “Advocate Membership” available for all those with an interest in brain injury and the work being done nationally by USBIA!

[Click Here for More Information](#)

Community News



2017 Save the Date!



#StigmaFree

National NAMIWalks Elite Sponsor



National NAMIWalks Sponsor



National Walk Partner

Saturday, September 30, 2017

**Terra Lake Park, 6300 Pioneer Parkway,
Johnston, Iowa**

Join us at NAMIWalks Iowa as we raise awareness & funds for our mental health programs and support services:
**Family Education & Support | Peer Education,
Support & Speaker's Bureau | Anti-Discrimination & Advocacy**

Palliative Care Survey



Survey being conducted to assess the public's awareness of palliative care, provide recommendations and address barriers.

**Click Here to
Take Survey**

Iowa Peer Support & Family Peer Support Training

A Family Peer Support Specialist (FPSS) has the opportunity to positively impact families through support and education, learn more [here!](#)

September 11-15

November 13-17



Local Summer Outreach



[More Info Here](#)

On August 1st, The Brain Injury Alliance of Iowa was excited to partner with State Farm again this year to provide helmet fittings and FREE helmets to over 300 kids at the Annual Urbandale Night Out!

The Annual "National Night Out" is designed to heighten crime and drug prevention awareness, generate support for local anti-crime programs, and to strengthen community and police partnerships.

Thriving After Brain Injury

9 Tips to Starting Your TBI Recovery Process

1. A clean MRI does not mean you are "OK"
2. Symptoms changes
3. Do not hide or minimize your symptoms or disabilities
4. YOU ARE NOT CRAZY. You are not alone.
5. If diagnosed with PTSD, seek that help and follow up
6. Respect your brain
7. Love yourself
8. Educate yourself on brain injury
9. Learn to meditate



[Read FULL Article](#)

We need Survivor Stories!

Have you ever been interested sharing what happened to you or someone you love? The stories and perspectives of those who are most affected by brain injury deserves to be heard!



The Brain Injury Alliance of Iowa is interested in using these stories to share and to help inspire other Iowans living with a brain injury. If you are interested in receiving more information, let us know!

Please email info@biaia.org or call 855-444-6443

Select Brain Injury Alliance of Iowa as Your Smile Charity When You Shop!

Amazon is now working with local charities to donate 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice! AmazonSmile is the same Amazon you know. Same products, same prices, same service.



Instructions for enrolling in AmazonSmile:

1. Type smile.amazon.com into your browser
2. Log in or register to your Amazon account
3. Once logged in, you will be prompted to choose a charity to benefit from your shopping
4. Type "Brain Injury Alliance of Iowa"
5. Start shopping!

[Click Here for Amazon Smile](https://smile.amazon.com)

Helping Your Child Return to School Successfully

Article courtesy of brainline.org

After a child has a brain injury, family members work to help him or her successfully return to school. Some family members have a clear idea about their child's needs. More often, family members are uncertain about their role and how to best work cooperatively with teachers. Remember that children do best when parents and educators communicate, develop common goals, and work together.

Brainline.org has prepared a list of common problems to help you and your child's teachers start to develop an effective return-to-school plan. The list also describes common accommodations. An "accommodation" is a change in teaching method or classroom environment to help your child learn. Review the list. Talk with your child's rehabilitation providers and teachers to see which items on the list may be most helpful. Your child's teachers will probably want to include at least some of these accommodations in his/her education plan.

Attention/Concentration ("My child has difficulty paying attention.")

- During lectures, seat the child near the teachers; seat the child in a study carrel for independent work
- To help the child stay on task, avoid seating children near a window or doorway
- Assign a peer buddy who can act as a role model. The "buddy" can signal when the child is not paying attention, off-task, or speaking out of turn
- Break up activities into small steps and reward for completed tasks (stickers, stars, smiley faces, verbal praises)



- Allow the child to focus entirely on lectures and avoid note taking. Provide notes from the teacher or another student.

Memory ("My child forgets to write down his homework assignments and then gets in trouble for not having them completed.")

- Encourage children to silently repeat and write down instructions. Early on, the teacher should help and make certain that the child is accurately recording instructions
- Teach memory strategies such as mnemonics, visualizations, numerous repetitions, and oral rehearsal
- Help the child write down important information, including homework assignments and deadlines, in a single, well-organized notebook

To read the rest of this article [click here](#). And as always, reach out to the BIAIA for more resources and information about assisting children in the classroom.