



Brain Injury Alliance of Washington

MINDMATTERS

PREVENTION ■ SUPPORT ■ EDUCATION ■ ADVOCACY

June 2018

MindMatters is a
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Brain Injury
Alliance
WASHINGTON

MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to Summer Everyone –

BIAWA is in full swing of summer events, outings, trainings and conference attendance. It was wonderful to connect with many of you at the 2018 Washington TBI Conference that was held in Tacoma at the end of May. Building community is a strong core value of BIAWA and our partners at the Washington TBI Council did a great job organizing this valuable conference.

While many of our community events, outings, and Resource Management services are what you see and participate in, I also want to highlight behind the scenes involvement. BIAWA supports a number of research studies that will further our understanding of brain injuries. These lead to the availability of services proven to be effective, both medical and social service. Our involvement has occurred for many years, from our work with the TBI Model Systems in recruiting individuals for their studies, to working with Harborview Injury Prevention Research Center on studies related to access to services for Hispanic youth.

We are collaborating on two additional studies with Patient-Centered Outcomes Research Institute (PCORI). One study is a multi-site longitudinal study on “Improving Transitions from Acute to Post Acute Care.” The BRITE study is led by Jeanne Hoffman, Ph.D. and Jesse Fann, Ph.D. at the University of Washington. BIAWA is involved in a number of areas of support for this study and were involved in the development of the proposal for a number of years before funding was secured. And while less involved, we also connected to A.T. Still Research Institute (ATSRI) led by Dr Michael Menke. This study is featured on page 2 of this Newsletter and includes a survey link for survivors to participate.

There are so many facets to supporting this community and BIAWA stays committed to working together with each of you and all of our community partners to continually improve and expand services and positive outcomes for all individuals. Enjoy the summer in all its beautiful northwest glory.

Sincerely,

Deborah Crawley, Executive Director

RESOURCE CENTER



Washington Brain Injury — Resource Center —

A PROGRAM OF BIAWA

Want to learn more about the support and services BIAWA offers? Please call our Resource Line! We are available Monday-Friday from 9am-5pm.

1-877-982-4292

We had a great time exhibiting at the 2018 Washington State TBI Conference on May 29th and 30th in Tacoma, WA. It was wonderful to meet new members of the community and to share how BIAWA can support them and their loved ones.

Be sure to check out our [Events Calendar](#) to be informed of upcoming conferences in your area!



BRAIN HEALTH & WELLNESS

The Brain Health & Wellness Program provides free classes that support Survivors of Brain Injury and their loved ones. These classes are non-clinical and focus on social skills, organizational skills, exercise, relationships, communication, and more. Classes are currently taking place at three different locations throughout Washington State! Upcoming classes are listed below. Click on a class to learn more or register online at http://biawa.org/brain_health_wellness.php

◆ Swedish Cherry Hill in Seattle:

- ◇ [Compensatory Strategies for Memory](#)
- ◇ [Mindfulness for Caregivers](#)
- ◇ [Plan—Do—Review: Tools for Approaching Big and Small Projects](#)

◆ Verdant Wellness Center in Lynnwood:

- ◇ [Stand Strong, Be Balanced](#)
- ◇ [Communication Styles](#)

◆ MultiCare Good Samaritan Hospital in Puyallup:

- ◇ [Memory, Organization, and Time Management: Tools and Strategies for Successful Daily Living](#)
- ◇ [Cleared for Work](#)



Survivors of TBI: Please Complete this Survey!

BIAWA encourages all survivors of Traumatic Brain Injury (TBI) to participate in the following survey for the A.T. Still Research Institute (ATSRI). The purpose of this project is to build capacity in patient-centered outcomes-based research in TBI. Specifically, they want to increase survivor and other stakeholder involvement in research and policy addressing TBI. You are invited to participate in this survey which should not take more than 10 minutes to complete and is completely confidential.

Follow this link to participate: [AT Still Research Institute TBI Survivor Survey](#)

Visit us on Facebook, Twitter, and Instagram to stay up to date on what BIAWA is doing in your community. Find out about our upcoming events, resources, and support for those with Brain Injury.



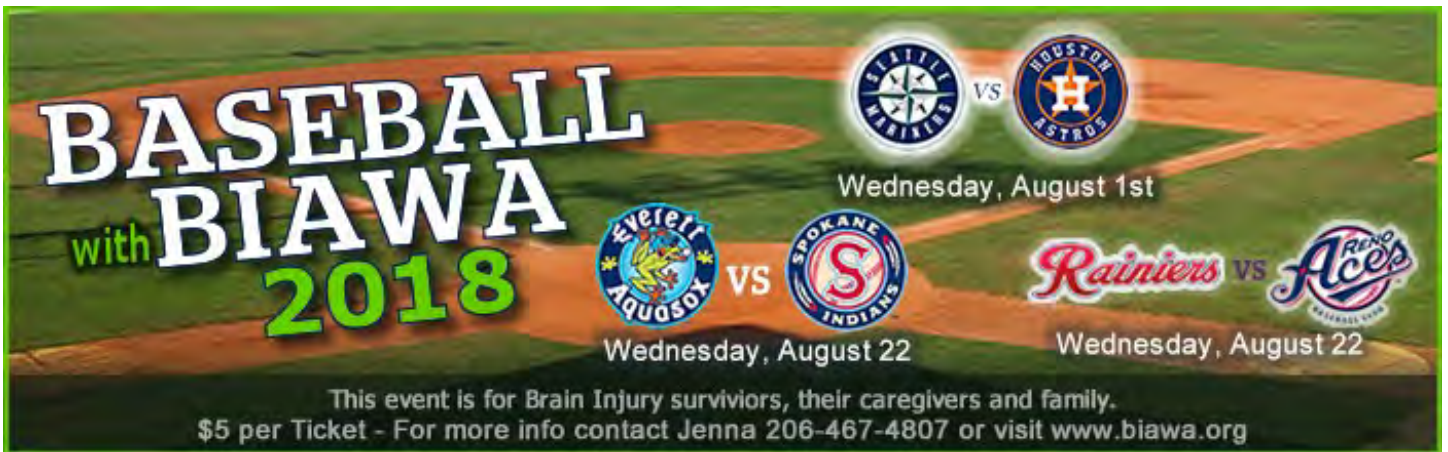
UPCOMING EVENTS



Brain Injury Alliance WASHINGTON
2018 Brain Injury Art Show
Painting Photography Multimedia

The banner features a central logo of a brain profile, a painting of a polar bear's head, and an abstract colorful artwork.

Exhibit Dates: June 4th through July 20th at Mercer Island Community & Event Center



BASEBALL with BIAWA 2018

Seattle Mariners vs Houston Astros
Wednesday, August 1st

Everett AquaSox vs Spokane Indians
Wednesday, August 22

Rainiers vs Reno Aces
Wednesday, August 22

This event is for Brain Injury survivors, their caregivers and family.
\$5 per Ticket - For more info contact Jenna 206-467-4807 or visit www.biawa.org



BIAWA BRAINRIDE™
Ride together, thrive together

BrainRide.org

Saturday, August 18, 2018

The banner shows five cyclists in various gear standing with their bikes in front of a wooden fence.



Raise Your Glass in Support of BIAWA!

Brain Injury Alliance WASHINGTON

Tuesday, September 18th - 5:30pm to 8:30pm

LAGUNITAS BREWING COMPANY
Lagunitas Tap Room - 1550 NW 49th St. Seattle, WA

FREE ADMISSION
LIVE MUSIC

The banner includes images of food, a bartender, and the interior of the tap room.

See an event you would like to attend or learn more about?

Click on the Event Banner above to register online, visit www.biawa.org, or call 206-467-4800

PAST EVENTS

Tulip Trip

It was a wet and cold Tulip Trip this year, but that didn't keep this fun group away! Over 30 attendees joined us on April 4th for a road trip to Skagit Valley to marvel at the tulips and daffodils. We enjoyed a delicious Italian lunch in Burlington before heading to RoozenGaarde Tulip Farm.



Walk, Run & Roll for Thought

The 8th Annual Walk, Run & Roll took place on April 22, 2018 at Green Lake. With your support, we raised over \$50,000. This was by far our best year yet! This was an amazing collaborative effort between the Brain Injury Alliance of Washington and community members!

These funds go a long way to serve individuals across Washington State who need help and support. Thank You!

To view all the photos from the Walk, Run & Roll, click [HERE](#).



Special Thank You to our Presenting Sponsor:



Compassionate counsel, tough advocacy™



PAST EVENTS

Art Show Opening Reception and Annual Meeting

We celebrated the 10th Annual Brain Injury Art Show on Thursday, June 14th. The Art Show is currently on display until July 20th at Mercer Island Community & Event Center. It is an incredible exhibit! We hope you have the chance to go check it out.



To view all the photos from the Art Show Opening Reception, please click [HERE](#).

RESOURCES WE LOVE

DSHS Opportunities Hiring and Resource Event

Local employers will be present to connect with you and discuss opportunities. You will find out more about employment and training resources that will help build your future. You can get help from a professional about your resume and interview skills. Each guest will get a complimentary job search kit!

Event Details

When: Wednesday, July 11th from 10am-2pm

Where: Highland Community College, Building 8

2400 S. 240th St

Des Moines, WA 98198

For any questions, please email jobhelp@dshs.wa.gov

View the event Flier [HERE](#)



Stay up to date with all the things happening at the Brain Injury Alliance of Washington! Newsletters come out every other month. To get the newsletter sent to your home address, call Jenna at 206-467-4807 or email JennaK@biawa.org

STAFF

Welcome New Staff!



Patrice Roney has joined the BIAWA Staff as Human Resources Consultant. She is a long time member of the BIAWA Board of Directors, having served as president in 2013 – 2014. She has over 30 years of experience in human resources and organizational change management. She is excited to be part of the BIAWA team and to contribute to the continued success of the organization.



Jessica Lo is a recent graduate of the University of Washington where she studied Neurobiology. Jessica comes to BIAWA after working intimately with the brain injury community throughout her time in college, establishing a peer support group and peer-matching program there. Jessica is thrilled to be a part of the BIAWA team and to continue her work with this tight-knit community. Her hopes are to take an equity-based approach to expanding resources for individuals with brain injury who may traditionally not receive the support they need, including victims of domestic abuse, those who are financially burdened, and those experiencing homelessness.

As a Seattle native, Jessica absolutely loves to hike—rain or shine. She enjoys taking pictures of nature, people, and of course her beloved cat, Toby. Jessica also kickboxes and dances. Her go-to specialty dish is risotto with lemon, herb-encrusted salmon.

Outgoing Staff—We will miss you!



During her time with BIAWA, Rae Lamp played an incredible role in connecting folks to resources in Pierce, Kitsap, and Thurston counties. As the Western Resource Manager, Rae made a great impression in her region, not just with the survivors and families she worked with but also with the professional community because of her strong outreach efforts. She has been a source of support, expertise, and compassion during her three years with BIAWA. We wish her all the best in her new life in Ohio!



Amy Weber joined the BIAWA team in April 2016 as the Development Coordinator. During her time with BIAWA, Amy led the team in all of our fundraising events. These events help keep BIAWA services free or very low-cost. Amy's knowledge base in donor relations and nonprofit success was a tremendous asset to the organization. She is now the Community Engagement Specialist for MOD Pizza. While Amy is going to miss her BIAWA family, she looks forward to connecting with nonprofits around the country to place individuals with barriers, including disabilities, into jobs at MOD.



Kelsey Wilson started with BIAWA in April of 2016. She began as an intern and was quickly hired full time as the Executive & Program Coordinator. During her time with BIAWA, Kelsey developed the Brain Health & Wellness Program into the success it is today. Her willingness to jump into projects and help others did not go unnoticed! We wish Kelsey the best of luck at UW Medicine as an Administrative Coordinator for the Sports Health & Safety Institute. She looks forward to translating the skills she learned at BIAWA to help the safety and health of athletes and the community.