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MARCH IS BRAIN INJURY AWARENESS MONTH

Raising awareness helps increase prevention, recognition and response.

SEATTLE – This March, in recognition of Brain Injury Awareness Month, the Brain Injury Alliance of Washington (BIAWA) joins a nationwide network of state brain injury organizations with the United States Brain Injury Alliance to spread the word and raise awareness about brain injury prevention, recognition, and response.

According to the Centers for Disease Control and Prevention (CDC), an estimated 1.7 million people sustain a traumatic brain injury (TBI) each year. Of those individuals, 52,000 die, 275,000 are hospitalized, and 1.4 million are treated and released from the emergency department.

“BIAWA is working towards a world where brain injury is prevented, and every person already affected by its impacts benefit from resources to maximize their quality of life,” states Becky Minaglia, BIAWA Board President. “Our mission is to increase public awareness, support, and hope for those affected by brain injury through education, assistance, and advocacy.”

“Brain injury is the number one cause of both death and disability for most ages, including youth.” Minaglia added. Brain injury has been called the “silent epidemic” because public recognition of brain injury is extremely low despite the staggering number of people who are injured each year. The effects of brain injury— physical impairment, cognitive deficits, behavioral issues – have a far-reaching impact on survivors’ quality of life.

2020 helped shine a light on brain injury with terms like COVID long-haulers and brain fog. The long-term impacts of COVID-19 on the brain are yet to be fully understood. But one thing is certain: BIAWA is available to help connect and provide support, resources, and education to individuals and families impacted by brain injury.

To find out more about Brain Injury, find resources, or learn how you can get involved, visit biawa.org or call 877-982-4292.

About BIAWA

Founded in 1982, the Brain Injury Alliance of Washington has grown substantially, making gainful strides towards offering a complete, robust set of services and resources for individuals living with Brain Injury across Washington State.

Key Accomplishments:

2020: BIAWA created the Brain Injury Today Podcast, a monthly podcast which has helped connect the brain injury community during the pandemic with resources, research, and stories of hope and resilience.

2018: BIAWA established the Pooled Alliance Community Trust (PACT), a long-term financial planning solution which allows individuals with non-developmental disabilities, including those with acquired brain injuries, to protect their vital healthcare and income benefits, conserve their assets, and improve their quality of life.

2015: BIAWA established the Brain Health & Wealth program, which offers free classes geared towards promoting individual well-being and life skills for Brain Injury survivors.

2011: BIAWA contracted with DSHS to acquire the Washington Brain Injury Resource Center. In-person support services for youth and adults are available state-wide and the Center responds to 10,000+ calls per year.

2009: BIAWA advocated for the passage of the Zackery Lystedt Law, a rigorous “return to play” law that was the first of its kind in the nation. All states have since passed similar laws, and the NFL followed suit by implementing concussion protocol in 2013.

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