

# HEADSTRONG

## Supporting Youth and Families after Traumatic Brain Injury

### A Biannual Newsletter Summer/Fall 2011

#### HeadStrong South is Grilling

Hotdogs, frisbee, new friends and families all found each other on a sunny Sunday at the 1st HeadStrong South Picnic at Titlow Park, Tacoma.

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#### 1st Annual Walk, Run, Roll for Thought

BIA-WA, HeadStrong, and BrainWorks host the 1st Annual Walk...

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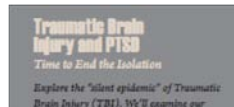


#### TBI Recovery Totes to Harborview

HeadStrong and BIA-WA deliver TBI Recovery Totes to Harborview Pediatric ICU to support families with youth in the PICU

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#### HeadStrong and Veterans Present on TBI and PTSD



HeadStrong, Chris Goehner, and Pele present at the Students of Color Conference...

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#### HeadStrong Presents on Youth and Social Reintegration After TBI

HeadStrong Mentors present at the 2011 Washington State TBI Conference - "Making Connections".

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#### Coming Soon...

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## HeadStrong South is Grillin'

On Sunday, July 31, 40-50 family members, caregivers and professionals joined together for HeadStrong South's first-ever picnic at Titlow Park in Tacoma! Families like the Christiansens and Pritchards pooled together their efforts with professionals such as Ron Stone and Bryn Swanson to reach a network of young TBI survivors in the South Puget Sound area. HeadStrong Board Member and Lead Mentor Aaron Parker attended and spoke briefly, and returned very impressed by the big, wonderful group forming to support our South Puget Sound youth.

After an afternoon of hot dogs, frisbee-tossing and endless conversation, great new connections were made between young and young at heart survivors. Efforts are underway to reach out to hospitals and therapy centers on the Peninsula and Tacoma /

Olympia area. Potential partnerships with the School of Occupational Therapy and Physical Therapy at the University of Puget Sound are also under discussion.

If you are already a member of HeadStrong or HeadStrong South, look out for our upcoming "SurveyMonkey" to collect your thoughts on future family, youth, and educational activities for HeadStrong and HeadStrong South. You can also contact us directly at [www.headstrongforlife.org](http://www.headstrongforlife.org) or email us at [info@headstrongforlife.org](mailto:info@headstrongforlife.org) to find out what's coming up and share your requests.

By Aaron Parker





# 1st Walk, Run, Roll for Thought

*“Recovery is not going back to who we were. Recovery is moving forward to rebuild our lives and have dignity, happiness, and a place in our communities.” — Desiree Douglass*

The Brain Injury Association of Washington, HeadStrong, and BrainWork co-hosted the 1st Annual Walk, Run, Roll for Thought in Washington State on a misty (but thankfully not rainy) Sunday in July.

Over 170 TBI survivors, family, and friends came out and walked, ran, and rolled their way through the 3 kilometer course. The effort our courageous participants made to complete the course was nothing short of moving, in some cases to tears. Bravo to all the participants!!!!

With such a great first event, we are sure the Walk, Run, Roll will be an annual event, bringing survivors and families together in a healthy outdoor activity, fostering new connections for people, and educating our community about TBI. From the opening words:

*“Most of you know all too well the tremendous impact TBI has on our lives. 1.5 million US citizens live with TBI. Half of these are children. And half of those are caused by cars. With the large numbers of soldiers and*

*veterans returning with TBI our communities are paying alot more attention to what has been named ‘The Silent Epidemic’.*

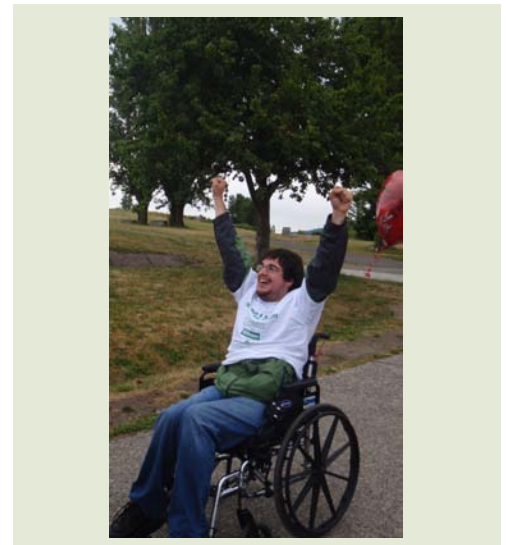
*Coming out to events after TBI takes extra effort. Thank you for making that effort. Getting together to walk is an important step to ending the isolation and stigma we all know too well goes with TBI. It is an important step to increase understanding in our communities.*

*Great strides are being made in the understanding neuroplasticity. Scientists, medical specialists, and many others are seeking promising avenues to apply the principals of neuroplasticity to redefine what Recovery after TBI could look like.*

*Recovery is not going back to who we were. Life never goes backwards. But Recovery is moving forward to rebuild our lives to have dignity, happiness, and a place in our communities.*

*Thank you all for coming out for the 1st Annual Walk, Run, Roll for Thought!!!!”*

There are more great photographs of the event on the BIA-WA, HeadStrong, and BrainWorks websites and Facebook pages.



# TBI Recovery Totes to Harborview



*HeadStrong and Brain Injury Association of Washington deliver TBI Recovery Totes to Harborview Pediatric ICU*

HeadStrong in partnership with FirstHand Technologies, BIA-WA, Four Seasons Oasis, has completed the second shipment of TBI Recovery Totes for children and families who are being treated for TBI at the Harborview Medical Center Pediatric ICU.

HeadStrong's TBI Recovery Tote Program began in 2007 in partnership with Harborview PICU to reach out to families whose children had suffered a TBI. HeadStrong and Harborview doctors felt it would help families cope if they could connect with other families who had faced this life-changing injury.

The TBI Recovery Totes give support and educational materials to parents and families who suffered a Traumatic Brain Injury (TBI) in Washington State. The tote bags include: a blanket

(family members usually sleep in the waiting room), personal care items, business card holder, notebook, pens, a disposable camera, educational materials about TBI from BIA-WA and HeadStrong, and TBI resources and support services. The totes are given in the first days after injury and

*My son was taken to Harborview with a TBI that he received at the hands of his babysitter. I just wanted to say thank you for the tote. you guys put together that we received while we were there. It was nice to know that we weren't alone and that someone had been there before us. You did a great job putting the tote together with*

*I just wanted to say an extra thank you to HeadstrongforLife, Desiree, Dominick, Allie, and Jennifer specifically for taking time to help, aid, and support the family of Danielle Sanderson. We can't even begin to thank you enough for being there for all of us. We can't wait to meet everybody else & to volunteer. Thank you a 100 times over for the totebag we received in ICU that set the wheels in motion that led to this new, hopefully, life long friendship.*

*From the families of Dani, the Pineros, Sandersons, Greens, & Kees."*



connect families with vital support resources. A few testimonials:

*things that were very helpful to us. again, thank you! Rachel, Eryk's mom"*

The second delivery of TBI Recovery Totes arrived in time for the Labor Day weekend. While we all dearly hope that none of the totes is needed, we are grateful that families with injured children will know that they are not alone. Much thanks to all the contributors!!

# Doonesbury by Garry Trudeau

March 02, 2011



## HeadStrong Presents & Gets Schooled:

### HeadStrong and Veterans Present on TBI and PTSD: Ending the Isolation

Desiree Douglass with HeadStrong, Chris Goehner, and Pele with Veterans Moving Forward, and special guest, Joyce Vann, Student Leader with the Pierce Community College Multicultural Leadership Institute presented at the 21st Annual Students of Color Conference in Yakima, Washington on April 14-16th.

The topic, "TBI and PTSD, Ending the Isolation" may not have seemed immediately like a cultural issue. But stigma and isolation are a common experience. Both stem from ignorance and stereotyping in our communities and both must be addressed with education.

The room was packed and as participants shared their stories throughout the presentation it was clear that many peoples lives had been touched by TBI and/or PTSD. Past and current wars, car accidents, sports injuries have affected many people in the United States.

We emphasized the physical nature of TBI and PTSD. TBI and PTSD cause neurological damage which affects how the brain functions. Behavioral regulation is a very common symptom including difficult behaviors that are typically labelled "bad, inappropriate, noncompliant, and aggressive". We discussed the emotional damage caused by isolation and rejection by society and offered hope with a brief introduction to the new insights on neuroplasticity. Finally we shared some simple ways to help classmates and loved ones during their recovery, especially in the area of de-escalating anxiety, frustration, and anger, which are common symptoms of both PTSD and TBI. We thank Garry Trudeau and Doonesbury for his humorous look inside the mind of a soldier with PTSD.

The handout for the presentation can be downloaded as a pdf from the HeadStrong website.

Scroll down to the bottom righthand corner of the Home Page: <http://www.headstrongforlife.org/>

See the YouTube video on Chris Goehner and Pele at: <http://www.headstrong4life.org/2011/04/20/chris-goehner-and-pele/>

### HeadStrong Presents at the Washington State TBI Conference

The theme for this years state TBI Conference was "Making Connections" and HeadStrong's presentation on "Social Reintegration for Youth Recovering from TBI" was all about connections. HeadStrong Mentors, Aaron Parker and Alex Hinojosa presented with founder Desiree Douglass to families, youth, and professionals seeking new ways to help young people with TBI reintegrate into their communities.

HeadStrong discussed the importance of helping the young person reconstruct an identity after their injury. Identity in our community gives us purpose and great models for making decisions. Good identities inspire us to be our best. We also talked about positive behavioral supports, errorless learning and working with behavioral dysregulation problems. We are grateful to Calvin and Hobbes for providing great examples of a Mentor/Mentee relationship.

As a result of the connections made during the presentation, families, social workers, and therapists from Tacoma, Olympia, and the Peninsula joined with HeadStrong to launch a new HeadStrong South Chapter (see article on page 1).

The handout for the presentation can be downloaded as a pdf from the HeadStrong website. Scroll down to the bottom righthand corner of our Home Page: <http://www.headstrongforlife.org/>

Also download from here:

<http://www.tbiwashington.org/2011ConferenceHandouts.shtml>

### HeadStrong Attends Seminar "Behavioral Dyscontrol Following TBI - A Guide to Successful Interventions" with Robert Karol, PhD, ABPP, CBIST

Dr. Karol presented a fresh look at behavioral issues after TBI. Karol explained the neurological, and biochemical damage that leads to behavioral dysregulation - this is a physical injury! He talked about "Self-Identity" and the importance of our relationship to our community. He broke down the science of "Contingencies" or "Reward and Punishment" and why it does not work well as an intervention strategy for behavioral dysregulation after TBI. He offered a new approach to this challenging aspect of TBI. Essentially, we must change the environment around the survivor so that they can have a series of successful experiences of behavioral control. This model is known as the "Neuropsychosocial Intervention - Environmental Treatment Model". Karol pointed out that WE, not the walls of the room or the color of the paint, create their environment with our language, our behaviors, and our attitudes. We have great power to positively or negatively affect the survivors recovery and behavior just by learning how to use ours for positive influence. You can find more about Robert Karol's work at:

[ROBERT L. KAROL, PH.D., L.P., ABPP, CBIST](http://www.abinetwork.ca/downloads/conf/conf10-keynote02-slides.pdf)

[www.abinetwork.ca/downloads/conf/conf10-keynote02-slides.pdf](http://www.abinetwork.ca/downloads/conf/conf10-keynote02-slides.pdf)

<http://issuu.com/bipmagazine/docs/bip17web>

<http://www.amazon.com/Neuropsychosocial-Intervention-Practical-Behavioral-Dyscontrol/dp/0849312442>

<http://www.crcpress.com/product/isbn/9780849312441>

# Coming Soon

*Lots of great events coming this fall for youth, families, and survivors of TBI.*

**September 28th - Peter Schmidt Speaks at Trauma Mama's Dinner**

Peter Schmidt, Special Services and Veteran's Services Coordinator at Edmonds Community College will be our speaker at our September Trauma Mama's Dinner. Peter will share his wealth of knowledge about resources for young adults with TBI at our many community colleges and vocational schools around Washington State. This is the first of a series of dinners with the topic "Transitions" to help our young people find their place in the community as they mature. Dinner will be September 28th, 6:00 pm at Romano's Macaroni Grill, 401 NE Northgate Way, Seattle, WA. Call 360-220-1422 or check our website for details.

**October 12th, November 9th, December 14th Young Adults with TBI Support Group**

On the second Wednesday of each month is the Young Adults With TBI Support Group (YAWTBI). Courtesy of Silas James, the group's excellent moderator. Check the YAWTBI website for details.

**October 15th - BIA-WA 5th Annual Gala Event**

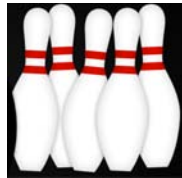


This memorable evening will be held at the Grand Hyatt Hotel at 721 Pine Street Seattle, WA. October 15th

from 5:30 to 9:30 pm. Master of Ceremonies is John Curley and special guest Ginny Ruffner will be the GALA Chair. See the wonderful movie about this extraordinary movie "Not so Still a Life".

**November 6th - BlackLight Bowling with HeadStrong**

The perfect way to start fall: Join us for Blacklight Bowling at Acme Bowling, SeaTac, Washington. The more White and Light colors, the better glow!! See the HeadStrong website calendar for more details. <http://www.headstrong4life.org/headstrong-calendar/>



**November 2nd - Jill Bolte Taylor, Author of "My Stroke of Insight" Speaks at Benaroya Hall**

Insight Lectures presents: Jill Bolte Taylor, Ph.D. "My Stroke of Insight" Wednesday, November 2, 2011, 7 - 9 pm Benaroya Hall, 200 University St., Seattle WA Tickets: \$30, \$45 and \$60. 10% discount on any ticket for senior, student, or groups of six or more. [www.benaroyahall.org](http://www.benaroyahall.org) or call 206-215-4747 Brain scientist, Dr. Jill Bolte Taylor, author of My Stroke of Insight speaks of her brain trauma and unique journey to wellness. Dr. Jill's audiences are inspired by her profound insights to change the way we think and feel, thus

change our lives for the better.

**HEADSTRONG ON KING 5**

Jake Whittenberg with King 5 News interviews HeadStrong, BIA-WA, and Dominick May-Douglass about pedestrian safety and the TBI Recovery Totes. See the story at: <http://www.nwcn.com/news/washington/Seattle-mom-advocating-for-crosswalk-safety-130717758.html>



## A Few More Photos of the Walk, Run, Roll



# In Appreciation

*Headstrong thanks the many contributors, donor members, volunteers, and family participants who give generously to help us fulfill our mission!*

## FirstHand Technology

Thanks to Howard Rose and FirstHand Technology for a generous \$5,000 grant to HeadStrong allowing us to launch our second TBI Recovery Totes for Harborview Medical Center. FirstHand is a small company based in Seattle that develops virtual games to assist with health issues such as acute pain, PTSD, dental hygiene. Learn more at [www.firsthand.com](http://www.firsthand.com).

organization providing support for TBI survivors, caregivers, and professionals. See [www.braininjurywa.org](http://www.braininjurywa.org) for their many programs.

## Four Seasons Oasis

A special thanks to Trisha and Shuko of Four Seasons Oasis for their generous donation of time and effort to create the TBI Recovery Totes. Four Seasons Oasis is a unique store for illness, loss, and grieving. See them at [www.fourseasonsoasis.com](http://www.fourseasonsoasis.com)

## Brain Injury Association of Washington

Thank you to BIA-WA for a generous donation of \$3,000 for the TBI Recovery Totes. BIA-WA is the state

## Maiensy Sanchez

For special donations of furniture to HeadStrong.

## Volunteer Support

Ed Alejandro - Translation  
Diana Brannan - Translation  
Katie Chott - Event support



## HeadStrong Mission:

*Support young people living with Traumatic Brain Injury (TBI), education about TBI, and advocate for prevention and recovery support.*

## Our Vision:

*HeadStrong helps young survivors of Traumatic Brain injury to:*

- Access support for the best recovery possible,
- Secure a meaningful place in their communities, and
- Live with dignity and respect.



## Become a HeadStrong Member / Donor

Your membership with HeadStrong enables us to fulfill our mission to support youth and families recovering from TBI, through the following programs:

- Family Events
- Harborview TBI Recovery Totes
- TBI Youth Camp
- Youth Mentor Training

<http://www.headstrong4life.org/donate/>

## Contact HeadStrong:

By phone: 360-220-1422

By email: [info@headstrongforlife.org](mailto:info@headstrongforlife.org)

By website: [www.headstrongforlife.org](http://www.headstrongforlife.org)

By snailmail:

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