

Information for Support Group Leaders

SupportLink, a newsletter to assist brain injury support group leaders, is published by Project STAR at Carolinas Rehabilitation. Project STAR also provides services for the Brain Injury Association of North Carolina Family and Community Support Office in Charlotte.

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Brain Injury Association of North Carolina Update By Sandra Farmer, President

As we start a new year, I would like to thank all those who helped us make 2010 successful and rewarding time for people with brain injuries in North Carolina. Thanks to the many volunteers who helped us with the Family and Community Support offices, our fund raising/awareness events, recreational outings, regional support groups and our annual retreat at Camp Carefree. They say it takes a village to raise a child. I think it also takes a community to care for a person with a disability and we have proved that communities in North Carolina are willing to step forward to provide that care.

The recent shooting in Arizona reminds us all how quickly and randomly a brain injury can occur and how devastating it can be for the injured person and their family. This tragic event also indicates that we need to keep educating our elected officials and the general public about the need to provide rehabilitation and support services for people with brain injuries. During these difficult economic times it is even more important that the needs of our friends and families living with brain injuries' are not forgotten.

Our annual Walk and Roll-athons and cycling events that are scheduled for March and April will provide an opportunity for people who are living with the affects of brain injury to let people in their home communities learn more about their personal stories. Please consider contacting your local television outlets, radio stations and newspapers and inform them that you have a story to share with your local community. No one thinks that they or their loved ones will experience a brain injury and when an injury occurs they are totally unprepared to deal with the aftermath. By sharing your stories you can increase awareness about the causes and consequences of brain injury and help gain support for increasing services for those in need. If you want help with contacting your local media outlets please call us at the Raleigh BIANC office for assistance at 1-800-377-1464.

Sandra Farmer

You can contact Sandra at sandra.farmer@bianc.net or by phone at 1-800-377-1464

For additional information on The Brain Injury Association of North Carolina and to see what events are planned please visit the Association website at www.bianc.net

Governors Advisory Council on Brain Injury

Are you keeping abreast of what is going on in North Carolina in the quest for improved services and support for persons with brain injury? It is important that support group leaders stay informed about the various efforts that affect group members. Minutes of Brain Injury Advisory Council meetings can be found on the North Carolina Department of Health and Human Services brain injury webpage. <http://www.ncdhhs.gov/mhddsas/tbi/index.htm>

SupportLink E-mail

SupportLink often receives emails from support group leaders or others asking for information. The email below is from a group leader.

E-Mail

I need speakers. Living in a small town doesn't give us many choices. We have had the same speakers several times over the past few years and we need new ones. The group is small so it is hard to get up the nerve to ask important people to come talk to four or five people (and that is a crowd with this group). Do you have any suggestions?

SupportLink Response:

Finding good speakers can be a challenge for any group, not just one in a small town or rural area. One thing concerns me about your email, and that is discounting yourself and your group as not being large enough or important enough to merit good speakers. A lot of times, the more intimate setting and opportunity for information exchange and discussion can be just as rewarding for the speaker as it is for the group members. Don't discount yourself or your group. Make the calls. The potential speaker has a choice of two answers, yes or no. If the answer is no, then call the next person on the list.

Not knowing your area well, I cannot make any specific recommendations for individuals, but the first step should be to find out what the group is interested in and then make out a list of potential speakers who could address each subject and just go down the list until you get a yes. Often, professionals like to speak to groups because it helps when they are up for recertification.

Look in surrounding towns (twenty miles or so is not unreasonable) and start with the closest ones. I hope this helps. Let me know if you need more information.

******If other support group leaders have ideas to share please email them to us at peggy.philbrick@carolinashealthcare.org**

Brain Injury Family and Community Support Offices

| | |
|-------------------------|----------------|
| Asheville | 1-866-890-7801 |
| Charlotte: Project STAR | 1-877-962-7246 |
| Greenville | 1-800-697-3115 |
| Raleigh | 1-800-377-1464 |

You can contact the Family and Community Support Office nearest you for resource information, or visit the BIANC website at www.bianc.net

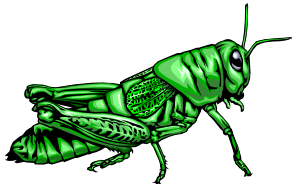
Advocacy Today Support Groups as Advocates

The new legislators have taken their places along side those who were re-elected. Over the past several editions of SupportLink, we have urged support groups to contact and meet with their local legislators. This is even more important now that there have been changes in both the state House and Senate and the Federal Congress and Senate. Visit the websites below, identify your representatives, and make contact with them. Remember: putting a face on brain injury can go a long way in securing support for legislation that will benefit persons with brain injury.

North Carolina General Assembly <http://www.ncga.state.nc.us/>

US Congress <http://www.house.gov/>

US Senate <http://www.senate.gov/>



FROM BIAA on Grasshopper?

2011 Advocacy Message from BIAA

Happy New Year! As the beginning of the 112th Congress progresses, BIAA is poised to take on both the difficulties and opportunities presented by the new Congress. This year may include threats of funding cuts and programmatic eliminations due to the climate caused by the federal deficit and the recent mid-term election.

BIAA will continue to advocate with the support of the Congressional Brain Injury Task Force, a bipartisan caucus made up of over 120 members of Congress, to sustain and bolster brain injury programs, increase access to care and preserve vital research so desperately needed across the country.

Although appropriations increases are unlikely, there are still many opportunities for brain injury advocacy. BIAA will continue its daily work on the health care reform regulations by meeting with staff from the many government agencies involved in the regulatory process.

In addition to maintaining our partnerships and work with the Health Resources and Services Administration (HRSA); the National Institute of Disability and Rehabilitation Research (NIDRR); the Centers for Disease Control and Prevention (CDC); and the National Institutes of Health (NIH), BIAA will also begin work with new federal partners. These partners, like the Food and Drug Administration (FDA), will help to encourage more research and development for brain injury treatment. We will also continue to monitor and weigh in on the brain injury research and treatment activities of service members within the Department of Defense (DOD) and the Department of Veterans Affairs (VA).

This year more than ever, BIAA will count on its grassroots advocates to show members of Congress how important brain injury is to their constituents. Thank you to everyone who participated in our action alerts last year. You've all truly made a difference and we hope to continue that excitement and dedication in 2011!

*Reprinted with permission from BIAA

Upcoming Events

BEYOND TOMORROW

Planning for the Future

Many persons with brain injury are cared for in the home by family members, but with any life situation, there needs to be an alternative game plan. Beyond Tomorrow is a workshop for caregivers and families who have wondered what would happen if they were no longer able to care for their family member, or what will happen to the family member when the caregiver is gone.

While many families are able to arrange for the continued in-home care of their loved one, care is only one of the considerations that need to be addressed. Insuring the continuation of government benefits and other factors can greatly affect the future of the person being cared for. If this is a concern for you and your loved one, this workshop may help. Upcoming workshops:

Asheville, NC

Thursday, May 19, 2011

Seymour Auditorium at CarePartners

69 Sweeten Creek Road

Asheville, NC

For additional information or to register, contact: Karen Harrington 1-866-890-7801

Concord, NC

Saturday, April 16, 2011

8:30 AM – 4:00 PM

Carolinas Medical Center NorthEast

Medical Arts Building - Hamrick Theater

920 Church Street

Concord, NC 28025

For additional information or to register, contact Project STAR at 1-877-962-7246

Greenville, NC

May 19, 2011

8:30 AM – 4:00 PM

Edwin Monroe AHEC Conference Center

200 Venture Tower Drive

Greenville, NC

For additional information or to register, call 1-800-697-3115

From East to West...happenings across the State

Down East

By: Sandie Worthington

The Greenville Brain Injury Support Group had a really fun social and Christmas dinner at our December meeting. There was a Christmas ham and all the sides along with a wonderful cake and sweet cookies. Most of the meal was provided by the TBI Team of the Regional Rehabilitation Center at Pitt County Memorial Hospital. Thank you to all of them and to everyone who brought items to share. It certainly was a joyous party! Our January meeting was cancelled due to snow and icy weather.

Please join us at our February meeting on Monday, February 14, 2011, in the Classroom of the Regional Rehabilitation Center at Pitt County Memorial Hospital. We will have a guest speaker, William J. Albrecht, Jr., Ph.D, Director of Psychological Services at the ViQuest Center. He will speak to the group regarding pain management. It should be an informative meeting!

A **new** brain injury support group, **Washington Brain Injury Support Group** is planning to start in February in Washington, NC. Please call Sandie Worthington (252-561-6886) for further details or if you would like to be included on the mailing list for this group.

South Central

BY: Peggy Philbrick

It was a busy fall season for the groups in the area. From awareness events to parties, everyone reports a flurry of activities and events.



Brain Injury Tree - Photos submitted by Nadine Cherry

The Rowan County Support Group participated in the Festival of Trees in Salisbury. The tree, entitled, 101 Causes of Brain Injury, featured information about brain injury. Wearing a helmet as a tree topper, the tree was quite a hit. It took the award for "Best Disability Awareness Tree". The group is already at work on their next awareness event: getting a proclamation to have March named Brain Injury Awareness Month in Rowan County.

The Union County Brain Injury Support Network and the Charlotte Brain Injury Association hosted the Thirteenth Annual Brain Injury Christmas Celebration with about 250 survivors and family members in attendance. A special "Thank You" goes out to the Charles Monet Law Firm and Scott Clark's Toyota City for their generous contributions which were crucial to making the event possible. Thank you to all of the volunteers who worked tirelessly to make sure it was a fun celebration.

The Charlotte Area Brain Injury Association also held a Holiday Party at the December meeting. Those attending enjoyed great snacks and gift raffle.

The Concord group is busy planning its first ever Walk & Rollathon. The walk will be held at Frank Liske Park on March 19th.

Kim Wolf reports that the Statesville group is making a donation to help a member of the community who recently sustained a brain injury.



Photos taken and submitted by Tony Powers Extreme Sports Photography



Out West

by: Karen Harrington

Our Christmas dinner was scheduled for Olive Garden and wouldn't you know....a winter storm was brewing! As the day wore on, snow and temperatures starting falling. We were not sure how many people would be there but many braved the cold. Around 35 hungry folks showed up! We had a great time, visiting with friends, eating delicious food, and just enjoying the festive spirit.

Our January meeting is all about starting fresh... fresh ideas, fresh beginning and how to get there! We are excited to have the opportunity to begin again.



Smoky Mountain Group enjoys a Holiday Party at the Olive Garden – Photos submitted by Karen Harrington

BIANC Central

BY: Susan Fewell

Cary Support Group

BIANC salutes Leslie Johnson, co-leader of the Cary support group, for her 3.5 years of service. She has had to step down from this position due to other responsibilities. Dave Baack will continue to lead the group and has been joined by Amanda Benson, a former intern with BIANC Raleigh office and Adrian Bridges, who works in Cary at Learning RX. Sean Chase, the new Training Coordinator at BIANC is working on a survey to help us learn what supports the group leaders across the state need. Stay tuned!

Does your group have upcoming events or reports of things you have done? Let SupportLink know and we will include your news in the next edition. Contact us at 704-355-1502 or 1-877-962-7246 or email us at peggy.philbrick@carolinashealthcare.org

The Brain Injury Association of America announces Brain Injury Awareness Day 2011. This year, Brain Injury Awareness Day on Capitol Hill will be held on Wednesday, March 16, 2011. As in years past, there will be an awareness fair, briefing and reception. The full schedule for the day is as follows:

- 10:00 am – 1:30 pm **Brain Injury Awareness Fair,**
First Floor Foyer of the Rayburn House Office Building
- 1:30 pm – 3:30 pm **Briefing: Brain Injury Rehabilitation and Re-Entry: Lessons Learned and the Road Ahead**
Location to be Determined
- 5:00 pm – 7:00 pm **Reception Celebrating Brain Injury Awareness Month**
First Floor Foyer of the Rayburn House Office Building

BIAA is committed to helping the Congressional Brain Injury Task Force plan a successful event around the importance of rehabilitation in recovery. Stay tuned for more details including a list of speakers for the briefing. Visit the Brain Injury of America website at www.bia.net for additional information.



Support Awareness Step by Step

March is Brain Injury Awareness Month and BIANC will once again stage Walk & Roll-a-thons at locations across the state in March and April. Plans are already underway to make these events successful, and no effort is being spared in making each of these events a success.

The Walk & Roll-a-thons serve many purposes. They create awareness, promote a sense of community among participants and supporters and raise funds for BIANC. These funds support persons with brain injury and their families through the BIANC membership program, support group development, legislative advocacy toward improving services, survivor and family camp at Camp Carefree. Income from the walks also helps with providing information and resource materials for the Family and Community Support Offices, updating and maintaining the BIANC website and providing training for professionals, caregivers and support group leaders.

While there is a hope of raising money to further brain injury awareness and training, the foremost goal is to raise awareness of brain injury and to educate communities about how brain injury can impact the daily lives of survivors and their families.

There are things that Support Group Leaders can do to insure that the 2011 walks are a success. Start now to plan for your group to participate in the closest walk. Here is what you can do:

- **Talk it up!** Tell your group participants about the planning process. Let them know that March is Brain Injury Awareness Month and that BIANC is already working on putting together awareness activities, including the Walk & Roll-a-thons.
- **Encourage participation.** Encourage participation on an individual level. Locate the nearest Walk & Roll-a-thon site and think about ways to participate. Pre-plan such things as transportation, awareness themes, a group logo or other methods to create a “team” spirit.

Personal Sponsors: Think about family, friends and acquaintances who may be willing to sponsor an individual who will be participating in the event.

| Event | Date | Town of Event | Park or Event location |
|--|----------------|-------------------------------|------------------------------------|
| Ride for the Rock - A 50K and 100K Bicycle ride | March 6, 2011 | Cary, NC | Ride starts at Whole Foods in Cary |
| Walk & Roll-athon - A Walk for Thought and for Brain Injury | March 26, 2011 | Greenville, NC | Town Commons |
| Walk & Roll-athon - A Walk for Thought and for Brain Injury | April 2, 2011 | Raleigh/Morrisville, NC | Lake Crabtree County Park |
| Joggin'4 Your Noggin' - A 5k Run for brain injury and A Run for our Troops | April 2, 2011 | Raleigh/Morrisville, NC | Lake Crabtree County Park |
| Walk & Roll-athon - A Walk for Thought and for Brain Injury | April 9, 2011 | Asheville, NC | Carrier Park |
| Walk & Roll-athon - A Walk for Thought and for Brain Injury | April 16, 2011 | Greensboro, NC for Triad area | Bur-Mill Park |
| Walk & Roll-athon - A Walk for Thought and for Brain Injury | March 19, 2010 | Concord | Frank Liske Park |

For additional information visit www.bianc.net or contact BIANC by phone at 1-800-377-1464



The Brain Injury Association of NC presents:



Building Community from the Inside Out: 2011

A conference for people with brain injuries, their families, caregivers, military/veterans, and service providers.

Al Condeluci, Ph.D.



Dr. Condeluci has been an advocate and catalyst for building community capacities and understanding culture since 1970. He has worked as an attendant, caseworker, advocate, planner, program director and now, CEO of his organization, UCP/CLASS. Since 1975 Al has emerged as a national leader and consultant on human services and community issues. He speaks annually to national and international audiences reaching some 15,000 people each year, and his publications have won praises and awards for their thoughtful approach to culture and community and are now used at many colleges, universities and in-service settings.

Dr. Herring has served as the Clinical Director of the Outpatient Traumatic Brain Injury and Young Stroke Programs of Roger C. Peace Rehab Hospital in Greenville, SC since 1988. He specializes in the neuropsychological sequelae of traumatic brain injury and rehabilitation of persons with cognitive impairment. Dr. Herring was a CARF surveyor for over 10 years and was on a national panel that developed CARF guidelines for Brain Injury Rehab. He was the first President of the Brain Injury Alliance of South Carolina and is the current chair of the South Carolina Brain Injury Leadership Counsel, the state's advisory body on brain injury mandated under the Federal TBI ACT.



Sheldon Herring, Ph.D.

Building support for individuals and giving families hope, inspiration, and the tools to build a support network and get what they need in their local communities.

CONFERENCE TOPICS:

- ★ Cognition 101
- ★ Face It to Ace It: A Problem Solving Tool
- ★ Building community opportunities for inclusion
- ★ Interdependence and Social Capital
- ★ Ways and means to building important community relationships
- ★ Memory, attention, awareness, and behavior control
- ★ How communities can facilitate inclusion
- ★ Support for veterans returning to local communities

February 18, 2011

Best Western High Point Hotel
135 South Main St.
High Point, NC 27260

Deadline to Register is February 8, 2010

Registration: 9:00-9:30am Conference (lunch included): 9:30am-4:00pm
Cost: \$20
If family attending: \$20 first person, \$10 each additional member



Registration Form – Building Community 2011



Please mail registration form, with check payable to **BIANC**, PO Box 10912, Raleigh, NC 27605

Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

I am (circle all that apply): Caregiver Professional Family member Survivor Military/veteran
Visit www.bianc.net or call 919-833-9634 for more information Fax 919-833-5415

Support Group Dynamics

Consensus + Cooperation = Cohesion

Being a Support Group Leader can be a rewarding position, but it can also present challenges, especially in making the group work for those who attend. We often hear from group leaders that some members of their groups do not want to participate in anything except the meetings, while other members are constantly requesting social and recreational opportunities. So, what is the group leader to do?

It is important to understand that the needs or wants of individual group members cannot over-ride the consensus of what the group wants and needs. In a group, the majority voice is the voice of the group, and while everyone might not agree 100% of the time, the overall direction will benefit most of the group, most of the time.

Frustration that group leaders often feel due to lack of participation in events, poor meeting attendance or other factors, can sometimes be explained by the simple fact that there is not an environment of cooperation and cohesion within the group. This is often caused by the lack of consensus about the activities and direction of the group.

Let's look at the 3-C's of group facilitation and see how they can apply to the Brain Injury support groups in North Carolina.

- **Consensus: agreement in opinion, testimony or belief; collective opinion**

Reaching a consensus requires that everyone be allowed to participate in the decision making process. Ideas and actions should be put to the group and discussed within the group. After the discussion, a fair and unbiased plan, based on the opinion and/or wishes of the majority, steer the direction of the group.

- **Cooperation: willing to work with others; to act jointly with another, or others, for collective good**

Not everyone will agree all of the time. Once decisions are reached, others in the group need to understand that while they may not agree, being part of a group is about the group, not the individual. Those who disagree should be urged to go along with the consensus of the group as a whole and reminded of times when others graciously went along with the group decision.

- **Cohesion: a sticking together; a body united; parts bonded together to make up a whole**

What makes a group a group is that individuals have chosen to join together for a common cause or focus. Group members who feel their voice is not being heard, or that their opinion is not valued, will often leave a group or participate less. One of the most important parts of consensus building is the end result: cohesion within the group. The sense of belonging is one of the key driving factors in group participation. Urging group members to express their own opinions while valuing the opinions of others is key to successful group facilitation.

When we look at this formula for successful group leadership, it becomes apparent that it is no easy task. Personalities, needs and opinions within a group can be far ranging, and the group leader is the person tasked with making it all work. One of the main keys to managing the dynamics with a group is giving ownership over to the group. This can be accomplished by finding out what the group wants through discussions which lead to **consensus**. Negotiating **cooperation** from dissenting group members is usually easily accomplished by assuring them of their place in the group. A group that feels connected and works together will be **cohesive** and will work together for the common good of all group members.

Using the three C's to analyze your support group may help answer some of the questions leaders often have, especially the "I planned it, why didn't they come?" question. If they plan it, it is most likely "They will come"!

Become a BIANC Member

If group members would like to become members of BIANC and cannot pay the full membership price, they can join for the \$5.00 reduced rate for survivors and family members. Membership numbers are important as they increase the legislative influence of BIANC. Group members can become a member of BIANC for one year and will receive information from both BIANC and the Brain Injury Association of America.

Below is a membership application form to share with members of your group. For additional information about BIANC membership, contact the Raleigh Family and Community Support Office. 1-800-377-1464

Brain Injury Association of North Carolina

How to Reach Us

Family Helpline 1-800-377-1464

bianc@bianc.net

BIANC has four regional offices:

Asheville: Community CarePartners

68 Sweeten Creek Road

Asheville, NC 28803

828-227-4868 Fax: 828-277-4869

1-866-890-7801

Raleigh

P.O. Box 10912

Raleigh, NC 27605

919-833-9634 Fax: 919-833-5415

1-800-377-1464

Charlotte: Carolinas Rehabilitation

1100 Blythe Boulevard

Charlotte, NC 28203

704-355-1502 Fax: 704-355-9480

Greenville

P.O. Box 30496

Greenville, NC 27833

1-800-697-3115

Triad Volunteer Resource Center

Wake Forest University Baptist

Medical Center

Sticht Center – 3rd Floor

Medical Center Drive

Winston-Salem, NC 27157

336-713-8582 or 336-882-1911

Visit our website:

www.bianc.net

Membership in the Brain Injury Association of North Carolina provides an opportunity for **you** to demonstrate your interest in and support for survivors and families in North Carolina. Who should join? **Brain injury survivors, family members, friends, nurses, doctors, therapists, rehabilitation specialists, case managers, attorneys**, other professionals, and **organizations** that work with individuals who have had brain injuries.

Benefits of membership include: discounted registration for events sponsored by the Brain Injury Association of North Carolina, and subscription to the *Starting Point* newsletter. All membership fees to this non-profit organization are tax-deductible.

- **Basic Membership** is \$38 a year. Includes all benefits above. No survivor or family will be denied membership due to finances. A reduced rate is available.
- **Executive Membership** is \$100 a year. Includes the additional benefit of recognition in BIANC's publications.
- **Platinum Membership** includes all of the above benefits, as well as a certificate suitable for framing and recognition on our website, which receives over 3000 visitors each month, for \$250 each year.
- **Corporate Sponsor Programs** are also available. These include all of the above benefits plus advertising space in BIANC publications, tickets to the annual golf tournament, and sponsorship of campers at the survivor's retreat. Contact BIANC for more information.

Our financial viability is largely dependent upon the generosity of our members. You can help now by becoming a member. Join by completing and returning the membership form below.

Membership Form

- Basic individual membership.....\$38/yr
 Platinum membership.....\$250/yr

- Executive membership.....\$100/yr
 Please send me an information packet on the Corporate Sponsorship Program

Name _____

Company _____

Address _____

City _____

State _____

Zip Code _____

E-mail _____

Telephone _____

I am a: Survivor Family member Professional Other

Card No. _____ Exp: _____

BRAIN INJURY WEB-CONNECT...

Websites about brain injury

www.brainline.org

This site has information on brain injury and features videos and articles that educate about TBI.

www.bianc.net

The Brain Injury Association of North Carolina has state information and coming events as well as links to newsletters and other information

www.biausa.org

The Brain Injury Association of America website offers information on national brain injury events, statistics and links to many other sites

www.cdc.gov

Centers for Disease Control offers statistics and materials that can be used to educate others. Information is free to download or it can be ordered through the site

www.dvbic.org

Defense and Veterans Brain Injury Center offers information for military and veterans with brain injury and their families

www.hrsa.gov

Health Resources and Services Administration offers links to information about health care and resources across the nation.

www.waiting.com

A website that gives a detailed overview of brain injury, from initial injury through reentry into the community.

If you find websites that you would like to share please send us the information. We will include them in Support Link.

Peggy Philbrick 704-355-4354 or peggy.philbrick@carolinashealthcare.org

Project STAR



Carolinas Rehabilitation

Uncompromising Excellence. Commitment to Care.