

March 2022

## Alabama Head Injury Task Force News



### Survivor Spotlight – Matt Beth, Auburn, AL

As I have been told a million times, and it seems particularly true in my case, “every brain injury is different.” I sustained my brain injury in July of 2016 by falling off the roof of a three-story building. It was a miracle that I even survived. I suffered a traumatic brain injury in my brain stem from the fall, but it was again a miracle that I was completely unaffected cognitively. However, I did acquire several physical disabilities, including the physical inability to speak, walk and use the left side of my body (hemiparesis).

Since I only present with physical disabilities, after spending a couple of years solely focused on my rehabilitation, I have been chipping away at my education. Since my TBI, I have earned my bachelor’s degree in exercise science and my master’s degree in exercise science, and I’m currently working on my Ph.D. in kinesiology. Somewhat ironically, I am doing my Ph.D. in a neuro-biomechanics lab.

The only cognitive side effect elicited by my injury is an entire month is missing from my memory, starting from about a day and a half before my accident. Since I had no memory of what happened, I had to figure out what was going on by myself, which was particularly difficult because, before my injury, I had never even heard of “TBI” before.

Advice was given to me that “you make your own luck,” essentially saying that you get lucky because of your hard work and preparation for any situation that comes your way. I have taken that to heart, and it has driven me to strive for success in my academics to prepare myself financially for my future. I hope this advice that was given to me will also resonate with others and help them to dig deep within and work hard at anything that they do.



The Navigation Program continues to provide information, referral and resource facilitation statewide. The TBI/Behavioral Health Leadership Team has met and invited additional partners to assist with screening, training and education within the Alabama Department of Mental Health, The Crisis Intervention Centers, Hospital Behavioral Health Units and Mental Health/Criminal Justice. ADMH Commissioner Kimberly Boswell and State Head Injury Coordinator, April Turner have been asked to present Nationally on “Effective TBI/Behavioral Health Partnerships” for **TBI Stakeholder Day on March 10<sup>th</sup>**. Register [here](#).

The ACL Grant recently added a new member to the team. David White will take the place of Karen Coffey as our new **Grant Project Manager**. Welcome, David!



**Concussion Alliance** is a concussion education and advocacy nonprofit meeting the diverse needs of concussion patients and educating providers on current research and recommendations. They help concussion patients learn how to manage their recovery and find treatment options to navigate a path to wellness. Learn more [here](#).



### Brightway Health Events app for iPhone and Android

Search and join more than 100 live, free virtual group classes from top brain injury rehabilitation organizations each month, for free. Search available by zip code or group type (art, fitness, cooking, etc.). Learn more [here](#).

**31 SAVE THE DATE! 31**

This year’s remaining Task Force meetings are  
*June 9, 2022 and September 8, 2022.*



**Brain Waves** is a newsletter published twice annually by [The University of Alabama at Birmingham Traumatic Brain Injury Model System \(UAB-TBIMS\)](#) to provide an informational resource for people traumatic brain injury (TBI). Issues from the past 10 years have been archived and are housed [here](#).



**Shepherd Center**  
SHARE MILITARY INITIATIVE

**Shepherd Center SHARE Military Initiative** is a comprehensive rehabilitation program focused on the assessment and treatment of Post 9/11 Veterans and current Service Members who are experiencing symptoms or have diagnosis of TBI and any co-occurring psychological/behavioral health concerns. Contact AJ Veal, SHARE Marketing and Outreach Coordinator at [aj.veal@shepherd.org](mailto:aj.veal@shepherd.org).

**Toll Free TBI Helpline**   
**1-888-879-4706**



**Alabama Head Injury Foundation (AHIF)** Recreational TBI camp dates have been set and our online support groups continue to meet. Click [here](#) for more information.

*Camp ASCCA Weekend Camp – March 11<sup>th</sup>-13<sup>th</sup> ▪ Camp ASCCA Week-Long Camp – August 14<sup>th</sup>-19<sup>th</sup>  
Camp McDowell Weekend Camp – October 7<sup>th</sup>-9<sup>th</sup>*

- Client Support Groups (Zoom) – Tuesdays, Wednesdays and Thursdays from 1-2 p.m.
- Caregiver Support Groups (Zoom) – 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of every month from 10-11 a.m.
- Caregiver Information Sessions (Zoom) – Thursdays from 2-3 p.m.



The **Alabama Disabilities Advocacy Program (ADAP)** offers services to people living with disabilities within Alabama to help promote a higher quality of life and protect, promote, and expand their rights. Services include training for consumers, family members, and professional groups about disability rights issues, answer technical issues and provide referrals on rights issues, and advocacy services for those eligible within the seven programs offered. Learn more [here](#).



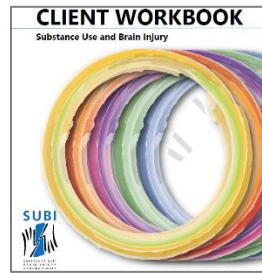
The **Alabama Parent Education Center (APEC)** is a small non-profit organized by parents in central Alabama to provide parents with training, information, and support to help them become meaningful participants in their children’s education and to ensure that their children become productive, well-educated citizens. Learn more [here](#). You can download their new TBI tip sheet [here](#).



**Children's Rehabilitation Service (CRS)** is a statewide system of services for children with special health care needs and their families, and adults with hemophilia. Every county in Alabama is served through a network of 14 community-based offices staffed with skilled professionals who provide quality medical, rehabilitative, and educational support services. The PASSAGES Pediatric TBI Care Coordinators has served a total of **239** consumers through the 1<sup>st</sup> quarter of FY22 assisting children and youth with transition from hospital to home, community, and school and providing information/education on TBI residuals to family and school systems. Learn more [here](#).



The **Adult TBI Program (ICBM)** received **1,360** new Trauma Registry records in the first quarter of this year and **662** were contacted for service linkage. The TBI Helpline received **54** requests for information or referral and ICBM received **139** new referrals this quarter.



**SUBI Workbook for Brain Injury and Substance Abuse**

The Substance Use/Brain Injury (SUBI) Bridging Project of Toronto created the Client Workbook for people who are living with the effects of a brain injury and drug and alcohol addiction. If you would like more information on the workbook, click [here](#) to view or download.



Visit [AlabamaTBI.org](http://AlabamaTBI.org)

**TED** The Most Important Lesson from 83,000 Brain Scans

“After 22 years and 83,000 brain scans...the single most important lesson my colleagues and I have learned is that you can change people’s brains. And when you do, you literally change their life.” Daniel Amen, psychiatrist and Times best-selling author, talks about the most important lesson we can learn from 83,000 different brain scans. Watch the video [here](#).



5.3 Americans live with a  
brain injury-related disability

# MARCH BRAIN INJURY AWARENESS MONTH

JOIN US IN PROMOTING AWARENESS  
OF CAUSES, SYMPTOMS AND  
RESOURCES  
TO HELP ADDRESS NEEDS

Working Together  
Promoting  
Brain Injury  
Awareness Month  
March 2022

National Association of State Head Injury Administrators

Need Information? Go to: [www.nashia.org](http://www.nashia.org)