

march is brain injury awareness month



MINNESOTA

**Brain Injury  
Alliance**

[#CelebratingResiliency]

## **The Minnesota Brain Injury Alliance will be offering a series of virtual\* sessions to celebrate Brain Injury Awareness Month in March.**

**Sessions will be offered starting March 11, 2021. Held from 11:45 am to 1:00 pm.  
Each session will be \$25, or \$125 for all six.**

### **Using Remote Access to Coordinate Rehabilitation Services after TBI - March 11**

*Thomas F Bergquist, Ph.D., ABPP-CN, LP FACRM – Mayo Clinic*

Understand the benefits and challenges of remotely coordinating medical and community resources for persons with TBI and their families in the first one to two years post-injury.

### **Mild Traumatic Brain Injury A Shared Investment in Recovery: Collaborative Efforts among Students, Parents, Hospitals, and Schools - March 16**

*Stacy Stickney Ferguson, MSW, LICSW; Colleen Onstad, MSW, LICSW – Hennepin Healthcare; Kelly Bredeken, MA, Ed.S. – MN Low Incidence Projects*

In the US, approximately 640,000 traumatic brain injury related emergency department visits occur annually. Most children with mTBI recover from the initial symptoms within six weeks after injury. Upon their return to school, students will require learning experiences that are brain friendly and conducive to recovery. Appropriate adjustments are key elements to designing physical, cognitive and emotional experiences that optimize the brain's ability to recover. The creation and implementation of return to school recommendations requires a collaborative partnership between student, parents, hospital liaison staff and schools. This presentation will call attention to how these relationships can influence the implementation of evidence-based practice that fosters recovery and achievement.

### **Yoga and Meditation for Brain Injury: Evidence, Innovations, and Ways Forward - March 18**

*Alyssa Talbot, Manager of Systems at LoveYourBrain Yoga Program*

We will describe the evidence-based benefits of yoga and meditation for traumatic brain injury. We will discuss how to access free resources, including the LoveYourBrain Mindset, a six-week virtual program for people with TBI and caregivers available to Minnesotans.

## **The Power of Support Groups: The Benefits and Considerations for Creating or Joining a Stroke/TBI Support group - March 23**

*Stephanie Henigin – Region Hospital – HealthPartners Neuroscience Center*

So often insurance coverage ends before an individual is ready for therapy be finished. Peer-community support groups help to fill the gap and serve as educational, recreational, emotional, and social outlets for the lifelong recovery journey after a brain injury. During this session we will discuss the benefits of support groups, facility considerations for starting a group, and learn about overcoming group challenges to grow TBI/stroke peer-community support groups.

## **Refining Minnesota’s Safety Net: Resource Facilitation through TBI Registry - Changes and Advancements between MDH and MNBIA - March 25**

*Mark Kinde, MPH, Health Program Manager Senior, Injury and Violence Prevention Section Manager; Jon Roesler, MS, Injury Epidemiologist Supervisor and Christina Kollman, LSW, Minnesota Brain Injury Alliance*

The Minnesota Department of Health and Minnesota Brain Injury Alliance staff will talk about our grant work and how using refined databases will help MNBIA offer Resource Facilitation to more patients post BI sooner than prior methods of referral.

## **Changing the Culture of Concussions in Youth Contact Sports - March 30**

*Corinne Meisel, DPT, PT; George Morris, MD – CentraCare Health*

A significant number of sports-related concussions go unreported. This can be for many reasons, including how athletes perceive their teammates, parents and/or coaches would feel about them reporting a concussion and missing playing time. There may be a misperception between how these groups are perceived and their actual beliefs about concussion reporting and management. Implementing Positive Community Norms can be used as an effective tool in changing the culture of concussions in sports.

**Registration and more information is available at [braininjurymn.org](http://braininjurymn.org).**

\*You will be provided a zoom link to connect to the class after you have completed registration.

**Each session will be \$25, or \$125 for all six.**

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