



IMPACT

Brain Injury Canada Newsletter



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Happy Brain Injury Awareness Month!

June is Brain Injury Awareness Month, and we're collaborating with associations from across the country to #ShineALightOnBrainInjury and draw attention to the many intersectionalities of the brain injury community. Join us by following along on social media and sharing your own experiences.

We're also building a new youth resource - and we need your help to do it! Find out how you can support this initiative by reading on.

Thanks for being here!

Michelle McDonald
Executive Director
Brain Injury Canada

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Stay in touch

Do you have a question, comment, or idea you want to share? Reach out to us at info@braininjurycanada.ca.

You can also follow along and interact with us on our social media platforms



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[@braininjurycan](https://www.facebook.com/braininjurycanada)



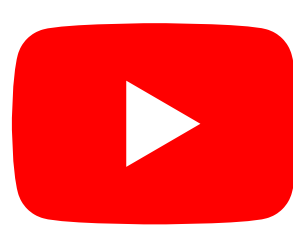
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[Brain Injury Canada](https://www.youtube.com/BrainInjuryCanada)

Shining a Light on Brain Injury: The 2022 Brain Injury Awareness Month Campaign

The 2022 national collaborative Brain Injury Awareness Month campaign is focused on raising awareness of brain injury in Canada - in other words, shining a light on this often invisible disability. Brain injury associations across Canada came together to share in this universal message about a condition that affects Over 1.5 million people in unique, complex ways.

Join the campaign by following along on social media. Use the hashtags

#BrainInjuryAwarenessMonth,

#ShineALightOnBrainInjury, and **#BrainInjuryAcrossCanada** when sharing your own experiences or posts.



**50% OF PEOPLE LIVING
WITH BRAIN INJURY
ARE AFFECTED BY
DEPRESSION IN THE
FIRST YEAR POST
INJURY**

#ShineALightOnBrainInjury

You can also show your support for brain injury during June by using the social media images in our Brain Injury Awareness Month toolkit, which you will find linked below.

[Access the social media toolkit](#)

Private Members Bill C-277: A National Brain Injury Strategy

Member of Parliament Alistair MacGregor introduced Bill C-277 on June 2, 2022, proposing a national brain injury strategy. In conjunction with the CGB Centre for Traumatic Life Losses, we contributed to the bill's development, and are incredibly excited for this important step in developing a national strategy for the brain injury community.

[Watch the introduction of Bill C-277](#)

Watch the Brain Injury Canada Conference Presentations - Only \$60

The 2022 Brain Injury Canada Conference has concluded, and it was a fantastic one! Two days filled with great people, interesting conversations, engaged exhibitors, and truly spectacular presentations. We don't want you to miss out on the teachings that our speakers provided - so we're offering access to the presentation recordings for \$60!

When you register for recording access, you are not only getting exclusive educational opportunities - you're also directly supporting programs that enable us to offer accessible educational opportunities for individuals with acquired brain injury; caregivers; and their families.

You will have access to all presentations and the question and answer periods until December 31, 2022. Topics include resilience; cultural safety through an Indigenous lens; the Housing First model and its implications for individuals with brain injury; and confronting implicit bias. Here is what some of the people who attended our live event have to say:

"I enjoyed the variety and caliber of presenters - every session was unique and excellent"

"The range of topics was extraordinary..."

"The presenters were a great mix of personal and professional experiences. We had much to take away"

"I liked the variety of information. Great presenters"

"Very captivating to be a part of a national event on the brain injury topic. Apart from our provincial and regional associations, we don't have many places to discuss this particular topic in a professional way. It helps to know we're not alone with similar challenges"

[Access the recordings of the conference for only \\$60](#)

Research Study: Survey on Disability and Reproductive Health during COVID-19 in Canada

Who?



You may be eligible if you:

- Identify or may be identified as having a disability*
- Identify as a woman, trans, or non-binary person
- Are 18 years or older
- Live and receive health care in Canada

What?



- You will be asked to complete a survey about your reproductive health and the health care services you received since the beginning of the COVID-19 pandemic.
- You can do the study, or not do the study. The choice you make will not impact the services you use now or later.

How?



- You will be asked to complete a 20-minute survey.
- The survey can be done by you online, by telephone or Zoom with a researcher at a time that works for you.
- If you need any supports or accommodations to participate, these will be provided.

What you share about your reproductive health experiences during COVID-19 will help make services better for other people during and beyond the pandemic.

You will receive a \$15 gift card to thank you for your time.

Email wiresearch.utsc@utoronto.ca or call 647-601-4519

Contact us Visit our website for more information:

www.utsc.utoronto.ca/projects/disabilitySRH



“Reproductive health” includes experiences related to contraception, abortion, sexually transmitted infections, cervical cancer screening, violence, pregnancy, postpartum health and the health of your children.

***“Disability”** comprises a range of disabilities, including those who self-identify as disabled and/or d/Deaf. This definition is inclusive of those who have yet to receive an official diagnosis. We have chosen to be as inclusive as possible, consistent with our commitment to include those with disabilities who remain invisible and uncounted. This study has been reviewed and approved by the University of Toronto Research Ethics Board #42194.

BRITE: BRain Injury and TEens

A resource for youth with brain injury



Brain Injury Canada is proud to introduce an exciting new project: BRITE (BRain Injury and TEens), an online resource for youth aged 13-18 living with brain injury.

BRITE will serve as the go-to resource for teens impacted by brain injury - providing them with access to education and information that will answer their questions; provide recommendations for physical and emotional support; connect them to peers and professionals; and provide them with the tools they need to feel empowered to take their next steps, wherever they may be in their journey

This resource will focus on the areas of mental health; education and play; relationships; and transitioning into adulthood. It will be developed in partnership with and feature supporting resources from institutional and community partners.

Developed under the guidance of a [Scientific Advisory Committee](#) of leading Canadian experts in clinical care and research in brain injury, this resource will integrate evidence-based knowledge with insights from individuals with lived experience.

When you support the BRITE resource fundraising campaign, you are supporting teens with brain injury who need access to resources and information. And if you donate today, you will double your impact. All donations will be matched dollar for dollar by our [Honourary Patron Dr. Daniel C. Andreae](#) to a maximum of \$15,000.

[Double my donation today](#)

Join us for our free June symposiums - June 15th & June 22nd

The Brain Injury Canada Speaker Symposium series features important topics in the brain injury community and is focused on providing equal access to the presentations for anyone who is interested in attending. The purpose of these symposiums is to provide key takeaways and actions that can be used by attendees in their daily life, as well as providing important information about issues affecting the brain injury community. Brain Injury Canada is hosting two symposiums online for free this Brain Injury Awareness Month.

Art, Dance, & Meditation: Exploring Brain Injury Therapies

June 15th, 12PM EST

This symposium brings together passionate speakers with professional and lived experience using art, dance, and meditation as therapies to help improve quality of life. Our goal is for you to leave the symposium feeling you learned practical tips and gained insights into how exploring different therapies can benefit you. Enjoy dynamic presentations from Swetha Ranasuriya, Sima Chowdhury, and Angie Davis.

[Register for the webinar](#)

Building Resiliency: Strategies & Supports for Caregivers

June 22nd, 12PM EST

We strive to empower caregivers with practical resources to use in their daily life. This presentation will delve into strategies that can be adopted when confronted with challenges from ethical personal decisions all the way through finding the means to affect systemic change, tapping into a national community of caregivers. Presenters for this symposium include:

- Dr. David Campbell, an Ethicist who will speak on Caregiver Burnout, Moral Distress and Moral Resiliency: Choosing the Good vs the Perfect, and;
- Liv Mendelsohn, Executive Director of the Canadian Centre for Caregiving Excellence who will introduce the organization and the role it can play in support

[Register for the webinar](#)

Seeking Participants for A Text Message Study

Investigator: Dr. Lyn Turkstra, School of Rehabilitation Science, McMaster University

Student Investigator: Imad Ali, McMaster University

We are seeking adults with traumatic brain injury (TBI) for an online research study. The purpose of this study is to learn how people with TBI interpret moods, attitudes, and intentions in text message conversations.

The research could help develop technology to make text-based communication easier for people with TBI and other brain injuries.

You are eligible for the study if you

-
- Have a diagnosis of TBI
- Are age 18-40 years
- Self-identify as a native English speaker
- Can comfortably read text messages on whatever device you use
- No reported history of a diagnosis of language or learning disability or neurological disorder affecting the brain, other than the TBI (e.g., no history of stroke)

The study has two parts: an online task portion and a Zoom meeting portion. Both parts will take place online and take about 30 minutes each. After completing both parts of the study, you will earn a \$10 Tim Horton's e-gift card in your email.

If you are interested in participating, please email **Imad Ali** at:

alii15@mcmaster.ca

Find your brain injury association

You can find more information about your local brain injury association at braininjurycanada.ca/brain-injury-associations

Alberta

- Southern Alberta Brain Injury Society
- Brain Care Centre
- Association for the Rehabilitation of the Brain Injured

British Columbia

- British Columbia Brain Injury Association
- Braintrust Canada
- Fraser Valley Brain Injury Association
- Comox Valley Head Injury Association
- Kamloops Brain Injury Association
- Nanaimo Brain Injury Association
- Northern Brain Injury Association of BC
- Powell River Brain Injury Association
- Prince George Brain Injured Group Society
- South Okanagan Similkameen Brain Injury Society
- West Kootenay Brain Injury Association
- Vancouver Brain Injury Association
- Victoria Brain Injury Association

Manitoba

- Manitoba Brain Injury Association

Newfoundland & Labrador

- Newfoundland & Labrador Brain Injury Association
- Neuropsychiatric Patients' Association

Nova Scotia

- Brain Injury Association of Nova Scotia

Ontario

- Ontario Brain Injury Association
- Brain Injury Association of Quinte District
- Brain Injury Association of Fort Erie
- New Beginnings - Chatham-Kent
- Brain Injury Association of Durham Region
- Hamilton Brain Injury Association
- Brain Injury Association of London and Region
- Brain Injury Association of Niagra
- Brain Injury Association of North Bay and Area
- Brain Injury Services of Northern Ontario
- Brain Injury Association of the Ottawa Valley
- Brain Injury Association of Peel Halton
- Brain Injury Association of Peterborough Region
- Brain Injury Association of Sarnia Lambton
- Brain Injury Association of Sault Ste Marie
- Seizure & Brain Injury Centre
- Brain Injury Association of Sudbury
- Brain Injury Association of Toronto
- Brain Injury Association of Waterloo/Wellington
- Brain Injury Association of Windsor Essex
- Brain Injury Association of York Region

Prince Edward Island

- Brain Injury Association of Prince Edward Island

Find your brain injury association

Quebec

- CONNEXION - Regroupement des Associations des Personnes TCC du Québec
- Association des personnes ACVA-TCC du Bas-Saint-Laurent
- Association des traumatisés crâniens de l'Abitibi-Témiscamingue
- Association des handicapés adultes Côte-Nord
- Association des accidentés cérébro-vasculaires et traumatisés crâniens de l'Estrie
- Association des TCC et ACV de la Gaspésie et des Îles-de-la-Madeleine
- Association des personnes handicapées physiques et sensorielles du secteur Joliette
- Centre d'aide personnes traumatisées crâniennes et handicapées physiques Laurentides
- Association des traumatisés cranio-cérébraux Mauricie-Centre-du-Québec
- Association des Traumatisés cranio-cérébraux de la Montérégie
- Association québécoise des traumatisés crâniens
- Association des neurotraumatisés - Outaouais
- Association des TCC des deux rives
- Association Renaissance des personnes traumatisées crâniennes du Saguenay/Lac-Saint-Jean

Saskatchewan

- Saskatchewan Brain Injury Association
- Lloydminster and Area Brain Injury Society

Connect with resources you need

Brain Injury Canada Connect is designed to help people find the resources they need in their area - from rehabilitation to speech language therapy to home supports to advocacy.

Check back often as our directory continues to grow - new resources are being added regularly.

www.braininjurycanadaconnect.ca

