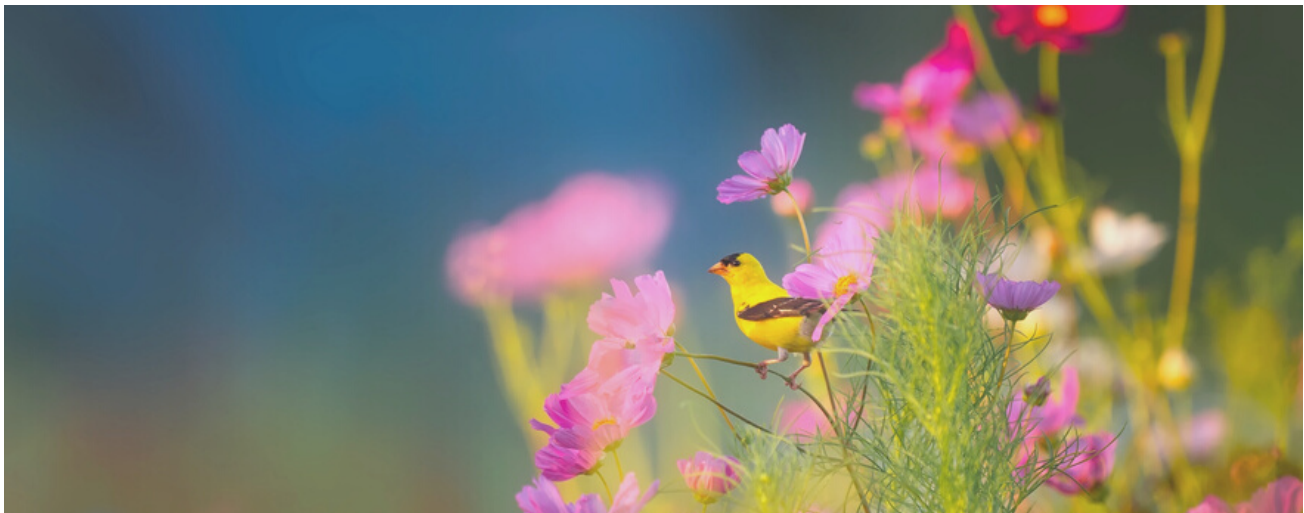


IMPACT

The official newsletter of Brain Injury Canada



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A new webinar series providing education and support for caregivers

Brain Health Awareness week starts March 14th

Have you seen the new resources on our website?

Spring is in the air

As winter comes to an end, we at Brain Injury Canada are looking forward to a fresh start this spring. It will feel good to spend more time outdoors, get more sun, and launch some programs that have been a long time in the making. 2022 has so far been a year of new ideas, new partnerships, and a lot of hard work on top of a long pandemic. But we're optimistic about what the future holds, and look forward to continuing to build our resources for the brain injury community. Thanks for being a part of it!

Happy reading!

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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



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



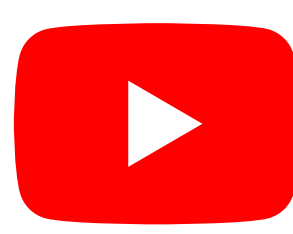
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Instagram
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YouTube
[Brain Injury Canada](https://www.youtube.com/BrainInjuryCanada)

It's time to register for the Brain Injury Canada Conference

We're back again for our annual Brain Injury Canada Conference, a completely virtual and completely national event dedicated to education related to the brain injury sector.

This conference runs from **May 25-26, 2022**, and is designed specifically for health care workers, service providers, and academic researchers - but everyone is welcome to attend.

There will be presentations on occupational resilience, homelessness, adolescent identity after TBI, concussion-patient education, and perspectives from those with lived experience.

Wondering if this conference is right for you? Here are some frequently asked questions about the conference, and their answers.

Q: How much does the conference registration cost?

A: Registration is \$119 for the two-day event. This gives you access to all parts of the conference, including presentations, exclusive giveaways, networking, and an interactive exhibit hall. You will have access to presentations until December 31, 2022.

Q: What time is the conference?

A: The conference starts at 11am EST each day in order to accommodate Canada's many time zones.

Q: How can I interact with other conference attendees?

A: Our virtual conference platform offers one-on-one chats with other attendees, a chat room in each presentation, and exhibitor chat rooms so that you can talk to whomever, whenever.

Register today

Register today at www.braininjurycanadaconference.ca

Check out the line-up for our conference

Resiliency Resq: Re-Think, Re-New, Re-Energize

Sajel Bellon, Ed.D, RP, CTSS, Canadian Psychotherapist, Stress Specialist, Professor, and Professional Speaker

In this session, you will explore the science of positive psychology in a highly interactive and practical way. These interventions will leave you walking away feeling energized and well-equipped with new insights and strength-based tools that support stress-management, build resiliency and compassion. Participants will learn how to:

- Re-frame & Re-define their Emotions
- Re-cover & Re-charge from Stress
- Re-align & Re-connect Personally and Professionally
- Move from Pain to Possibilities



Housing First: Are There Lessons to be Learned for Patients with Brain Injury?

Sam Tsemberis, PhD
CEO Pathways Housing First Institute

Housing First is an alternative to the traditional linear models of care for this population and in several randomized control trials Housing First has proven to provide greater residential stability and improved quality of life. The presentation examines lessons learned from

Housing First and how these may apply and inform services for individuals with the brain injury.

Adolescent Identity After TBI: What Clinicians Need to Know

Lisa Kakonge, M.Sc., Reg. CASLPO, CCC-SLP
Holland Bloorview Kids Rehabilitation Hospital

In this presentation, we will discuss the results of a mapping review of the literature on adolescents with TBI that was conducted using the Y-shaped process model of rehabilitation (Gracey et al., 2009) to map identity formation and reconstruction onto literature on adolescents with TBI. Key objectives discussed will include:

1. Description of developmental features of
2. typical adolescent identity formation;
3. Impact of TBI on identity;
4. Results of mapping review on adolescent identity post-TBI;
5. Implications for rehabilitation professionals



Hurt, Alone, and Dumb: Living the Traumatic Brain Injury

Brian Mendoza Dominguez, DSocSci, MAL, CPIM,
Practicing Partner

As a traumatic brain injury survivor, Brian discusses his challenges and experiences from his military accident in 1991 to today. Still in high school at the time, he recalls the prognosis and how psychologically debilitating that was, and how he overcame the stigma and science of the time while he was hurt, alone, and feeling rather dumb. Brian notes some actions he takes

over years, which he felt played a role in his own recover and development of coping mechanisms, and what he thinks made the biggest difference for the outcomes in his life.

[Learn more about this year's presentations](#)

Caring for the caregiver - a new webinar series launches



As part of our mission to provide educational resources, we're pleased to announce that we are starting a new pre-recorded webinar series specifically for caregivers. This series will focus on sharing stories of lived experience, discussions, and presentations from professionals on key topics that have been highlighted as important for the caregiver community.

On March 10, we released our first webinar on individual advocacy with Katie Muirhead of the Ontario Caregiver Organization.

Working collaboratively with caregivers and community stakeholders, Katie aspires to develop and deliver meaningful information and support to caregivers across Ontario. Katie has diverse lived experience as a caregiver and a background as a behaviour therapist. She is a life-long learner, always seeking to better understand the needs of the people she supports through meaningful engagement with people with lived experience and stakeholders alike.

Our next webinar is on March 17, covering the topic of healthy boundaries and positive disconnect from Haley Christensen of the Southern Alberta Brain Injury Society. You can follow along on our social media or check our YouTube channel weekly for links to all the video presentations. If you have any suggestions for topics or questions that you would like answered, reach out to us at info@braininjurycanada.ca

Brain Awareness Week - March 14-20, 2022

Brain Awareness Week is an international campaign to encourage people to learn about the capabilities of the brain and how brain-related research can help in every day lives. Follow along on our social media, and share your own stories for #BrainAwarenessWeek.

[Learn more about Brain Awareness Week](#)

The Neil Squire Society is looking for your input on 911 communication



The Neil Squire Society is trying to understand how new methods of communications affect your ability to communicate with 911. If you are interested in participating in a focus group, please follow this link to find out if you are a match for their study. Participants will be paid \$150 to participate. If you take care of someone with a disability, they also want to hear from you. Follow the link to find out more:

<https://tinyurl.com/3dusprpk>

New mental health resource: journaling

Have you ever thought about journaling as a mental health tool? Journaling is the act of freely expressing yourself in your own private notebook, audio recordings, or videos. Your journal is a safe space where you can be 100% yourself; you can discover and make sense of yourself and your experiences. You can also use your journal as a tool to help with growth and personal strength.

You don't need to be a 'writer,' have perfect penmanship or punctuation, or know how to spell. If you have thoughts, you can journal. You simply need to be who you are in the moment.

[Learn more about journaling & its therapeutic benefits](#)

***NEW* on the resource website**

We're excited to share that we have new mental health resources and content on www.braininjurycanada.ca. We are consistently adding new content to the website in order to provide the best possible resources to the brain injury community.

New on the site include pages on dystonia, exercise, journaling as a mindfulness tool, ways to stimulate creativity, and more. You will find this content in each section of the website - you can also search directly for what you are looking for in the website's search bar.

Do you have ideas for topics you would like to know more about? Email us at info@braininjurycanada.ca

[Visit the resource website](#)

Try a guided mindfulness practice

Join mindfulness teacher Melissa Felteau in a breath practice designed to help you take a break and show yourself compassion and care.



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

