



# Project B.R.A.I.N. Currents

## Valuable Information at Your Fingertips

The more helpful websites and resources we find online, the more excited we are to be able to share them with you! Project BRAIN is always looking for tools to help families, educators and those who support individuals with Traumatic Brain Injury and we have been especially impressed with the following websites:

### Hospital ...

**At the Hospital: Helping My Teen Cope**  
WHAT PARENTS CAN DO

- Determine the reasons for your child's hospitalization and discuss it with your child's doctor. Parents should be ready to help with the child's care.
- Encourage your teenager to participate in the care of their injury. Tips include:
  - Being cooperative and calm
  - Being honest, simple, and direct
  - Being able to communicate
  - Being able to listen
- There is a hospital that can help your child.
  - Determine if your child might be hospitalized
  - Being in pain or going through a procedure
  - Being a source of fear or being someone's support
  - Being able to understand what is going on
  - Being able to listen
  - Being able to communicate
- The hospital can help your child.
  - Being a source of fear or being someone's support
  - Being able to understand what is going on
  - Being able to listen
  - Being able to communicate

**Special information for parents and caregivers of teens**  
This section provides information on how to help your child cope with the hospitalization process. It includes information on how to help your child understand the hospitalization process, how to help your child cope with the hospitalization process, and how to help your child cope with the hospitalization process.

**NCTSN**  
National Children's Traumatic Stress Network

**After the Injury** is a comprehensive site created by Children's Healthcare of Philadelphia to offer families detailed, yet very easy to follow, practical information about what they might expect after their child has been treated for an injury. From colorful tip sheets to interactive tools for parents, the materials are designed to answer questions quickly and simply. Additional information is available for those seeking expert guidance, self-care for parents, injury and pain care, and more. See article on reverse page for further details about the tip sheets for families. Visit [www.AfterTheInjury.org/](http://www.AfterTheInjury.org/) and share this amazing resource with anyone who works with or cares for children.

\* (c) Image from The Children's Hospital of Philadelphia 2005

### ...To Home...

**Coping with Brain Injury: Brain Injury and School Success** is a powerful educational program for the *Coping with Brain Injury* speaker series by the San Diego Brain Injury Foundation. The program features Dr. Wayne Gordon, Mt. Sinai School of Medicine and Kathy Olsen, a parent of a son with TBI, who shares her experiences in advocating for her son to receive educational supports. During the 30-minute video assessment tools, transition from hospital to school, identifying TBI, and the individual nature of the injury are discussed. <http://www.youtube.com/watch?v=h5MvB0SdYg>

### ...To School

**LEARNet** includes a problem-solving system designed to help identify useful tools for helping students with brain injury in school and at home. The video introduction, narrated by Dr. Mark Ylvisaker, explains navigating the site and how the practical links address specific challenges in learning, behavior, etc. The resources are compiled from actual submitted problems that students face. Everyday language makes it easy for educators to find answers to valuable questions. The potential solutions include strategies ranging from identification of the problem to mini-tutorials that offer hands-on guidance to educators and families. <http://www.bianys.org/learnet/index.html>

### Summer Safety Tips

Courtesy of Safe Kids Worldwide, please take note of the following Top 10 safety tips to remember as we all enjoy the fun times that summer brings. You can learn more about Safe Kids at: <http://www.safekids.org/>

1. Properly secure all children younger than 13 in a back seat for every ride in the car.
2. Keep children in the right type of car seat or booster seat until adult lap and shoulder belts fit them correctly.
3. Make sure your children wear a helmet and other protective gear every time they bike, skate, skateboard or ride a scooter.
4. Teach children to cross streets at corners and look left, right and left again before crossing. Make sure children younger than 10 always cross streets with an adult.
5. Always keep your eyes on your children when they are playing in or near water.
6. Always make sure your children wear life jackets when riding on boats or playing in or near open bodies of water.
7. Install smoke alarms and carbon monoxide detectors on every level of your home and outside of every sleeping area. Change the batteries once a year and test them monthly.
8. Do not place blankets, pillows or other soft items in a baby's crib. Keep small items such as toy parts, coins, buttons and beads away from children under age 3.
9. Keep poisonous items such as medicines and cleaners locked away and out of reach of children.
10. Don't let children play on stairs, furniture, balconies, roofs or in driveways, streets or parking lots.

*Have a safe and fun summer!*

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**Dr. Mark Ylvisaker**

Project BRAIN would like to recognize the passing of a beloved member of the disability, and particularly the brain injury community, Dr. Mark Ylvisaker. "Over the course of his 35 year career, Mark gained worldwide distinction for his ground-breaking approaches to brain injury rehabilitation and his clinical work with children and adolescents with disabilities. He was known and respected throughout the world and his contributions in his life's work helped change untold lives for the better." <http://www.biausa.org/ylvisaker.htm>

**Project BRAIN Updates**

The Tennessee Traumatic Brain Injury (TBI) Program & Project BRAIN are happy to announce that they have received award notification of the TBI Implementation Partnership Grant from the Department of Health and Human Services, Health Resources and Services Administration (HRSA) and the Federal TBI Program. The TBI Program is partnering with TN's Department of Education, Division of Special Education, who is providing the funding match requirement to implement the grant award. The grant is being administered through a contract with the Tennessee Disability Coalition.

The purpose of Project BRAIN's Implementation Partnership grant is to build upon the capacities developed in the original and post demonstration grants, to incorporate best practices in the field; and to establish sustained systems that will effect lasting change in brain injury services.

With this new grant, Project BRAIN will develop and implement a hospital-school transition intervention which will provide hospitals with a simple, consistent process for linking patients with TBI and their parents with school personnel in three Tennessee hospitals. We are so happy to have this opportunity to expand our program to reach more students and families!

More wonderful news... Project BRAIN will soon welcome a new West TN Resource Specialist / Trainer! Hooray!

Last but not least, the newly updated Project BRAIN website is now up and running. Look for this Lash and Associates logo to order TBI educational materials from our site!



<http://www.tndisability.org/brain>



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**After the Injury**

We would like to highlight a few of the tip sheets on the Children's Healthcare of Philadelphia website mentioned on the headline article. These handouts are only a sample of the helpful materials available that can help children and adults after an injury occurs.

One such tip sheet, entitled "After the Injury: **Helping My Child Cope**," covers such topics as *Six Ways You Can Help Your Child After an Injury*, *When and Where Should I Get Help for My Child?* and *Things Other Parents Have Found Helpful*.



"After the Injury: **Tips for Kids**" tells kids what it is like to recover from an injury using kid-friendly language. This interactive tip sheet includes a word-find game of feelings, a checklist with choices of how to make yourself feel better and encouraging reminders.

"At the Hospital: **Helping My Teen Cope**" gives parents information about traumatic stress that their son or daughter or even they may be experiencing. Tips also include family resources and a list of *8 Ways You Can Help Your Teen Cope While At the Hospital*.

\* (c) image from The Children's Hospital of Philadelphia 2005

**2009 Training Events Calendar**

- June 18** Chattanooga Area Brain Injury Assoc. Conference
- July 9** TN Association of School Nurses, Cookeville
- July 29-31** TN Emergency Med. Serv. Edu. Assoc., Chattanooga
- Aug 24** TBI Advisory Council Meeting, Nashville
- Oct 14-17** North American Brain Injury Society, Austin
- Oct 22-24** TN Assoc. Audiology & Speech Lang. Path., Knoxville
- Oct 23-24** Pediatric Emergency Conference, Chattanooga
- Oct 27-30** National Assoc. State Head Injury Admin, Santa Fe, NM
- Nov 11** TBI Advisory Council Meeting, Nashville

*Hope to see you there!*