



BIS Celebrates a Major Milestone

A Message from Karen Brown, Executive Director

As I take this opportunity to reflect on twenty years of organizational history, I am struck by the incredible relevance of Margaret Mead's famous statement, **"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."** In November of 1988, a work group, established under the direction of the Fairfax County Board of Supervisors, completed and published a report describing a model system for long term community based services needed by survivors of "head injury". The study group recommended that the characteristics included in this "new model" must be community based, designed to meet unique needs of this population and accommodate persons functioning at different levels after injury and it must include services for families and training for professional service providers. The strategic plan for implementing these services were based on the establishment of strong State, County and private partnerships.

After the completion of the study, a small group of survivors and family members raised \$18,574 and they convinced, through strong advocacy efforts, legislators and government officials of the Commonwealth of Virginia and Fairfax County to contribute funds to this new service model. On July 31, 1989 with \$371,132, Head Injury Services Partnership was born. With an Executive Director, Tom Russell, a very committed Board and two case managers, Brain Injury Services' journey began.

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BIS 20-Year
Timeline

COMPASS Grants
New Strategies

Search, Shop, and
Raise Funds for BIS

Clubhouses Form
IBICA

Client Inspires
New Award

Clubhouse News

Advocacy Update

Volunteer Corner

Staff Notes

Upcoming Events

BIS Administrative Staff

Karen W. Brown, Executive Director

Karen M. Luffred, Director of Administration

Lisa Garver, Program Director of Outreach and Development

NKenya Lassiter, Program Director of Adult Case Management Services

Michelle Thyen, Program Director of Volunteer Services

Betsy Zeigler, Program Director of Pediatric and Adolescent Case Management Services

Brian McCarthy, Clubhouse Director of ADAPT and Westwood

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Brain Injury Services, Inc.

8136 Old Keene Mill Road, B-102
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United Way #8237

Brain Injury Services is supported by state general funds administered by the Department of Rehabilitative Services.

2009 Corporate Partner

Access National Bank
progressive business banking

Milestone, continued from page 1

In keeping with its' mission, BIS has developed innovative, quality programs based on the needs of our community and trying to stay faithful to the recommendations of the original study.

For the past 20 years, BIS has taken on a leadership role in contributing to the development of similar models across Virginia along with the creation of new services for survivors of brain injuries. Today, most of Virginia's State Funded Brain Injury Case Management Programs utilize BIS' copyright Case Management System. Our Staff partners with many providers across the region and the Commonwealth in continuing to develop resources that make a difference for individuals with brain injury. Brain Injury Services is CARF accredited, an accreditation that demonstrates that the organization has met specific standards for the quality of its services.

BIS' leadership continues to serve on Boards, Councils and special projects to increase awareness of the needs of individuals with brain injuries and to help prevent future injuries. Staff are involved in National organizations that help promote the most "promising practices" for our population. With the recent conflicts in Afghanistan and Iraq contributing to an increase in our soldiers sustaining brain injuries, BIS has met with military and defense personnel interested in learning more about our models of services. We continue to partner with Virginia Commonwealth University (A TBI Model System) on presenting two conferences a year, one for professionals and another for caregivers, held in Williamsburg. In March of 2009, BIS is working again with VCU and other leaders in the TBI Community on the first International Conference on Culture, Ethnicity and Brain Injury Rehabilitation to be held in the Washington DC area.

None of this was possible without the strength and determination of the community we serve as well as the support of our Virginia Legislators and private citizens. It is impossible in this small space to publicly thank each individual that has "made a significant difference" in the lives of so many. There have been many who have left their mark on this organization and its' success. We will be working on adding "personal stories" from our founders/supporters in future newsletters and are hoping to hear from many of you.

I am looking forward to continuing this "journey" for some years ahead and increasing our partnerships to expand housing options and other desperately needed services. **My "dream" model** is for no wait list for services, affordable, accessible and appropriate housing for our population, and for more professionals to understand how to better serve individuals who have experienced a brain injury and their families.

Wishing you a Happy New Year and may the dreams of those we serve finally come true!



First Board of Trustees



Sincerely,

BIS Reflects on 20 Years of Progress & Partnerships



First Executive Director Tom Russell and survivor/advocate Theresa Rankin developing BIS programs

1988/ Head Injury Work Group Study completed

1989/ Head Injury Services Partnership 501c(3) established



Governor George Allen attended the first Celebration of Spirit held in 1991.

1991/ First Celebration of Spirit



1994/ ADAPT (first day program) created in partnership with Fairfax County Department of Therapeutic Recreation

1995/ Supported Living Program created with Community Systems, Inc.

1996/ Director of Program Services added. Name changed to **Brain Injury Services**. Shared expertise with eight communities and states.



Karen Brown and Tom Russell at first BIS Case Management Conference in Williamsburg, VA in 1997.

1997/ Part-time Volunteer Coordinator hired as result of funding from Philip Graham Fund. **First BIS Case Management Conference** held in Williamsburg.



1997 Fairfax office ribbon cutting ceremony.

1997/ Leesburg Day Program established (Community Connections).

1998/ Coordinator of Life Skills Training, full-time **Volunteer Coordinator** and **Community Outreach Specialist** added thanks to \$100,000 Budget Bill Amendment. **Virginia Alliance for Brain Injury Services Providers** established.

2000/ More individuals served at ADAPT and Community Connections due to \$35,000 from Budget Bill Amendment.



Rep. Tom Davis and Kit Callahan at the First Annual Kit's Miracle Mile in Sept. 2001.

2001/ Pediatric Brain Injury Case Management Program model established due to three-year Commonwealth Neurotrauma Initiative grant. Main office moves to Springfield, includes NVBIA.

2002/ PALS Program developed and implemented. \$20,000 grant received from Philip Graham Foundation for **Pediatric Program**. **Westwood Clubhouse** established thanks to \$100,000 Fredericksburg State grant.

2003/ DRS/Community Connections joint office established in Leesburg.

The Pediatric Program has received increased support since its start in 2001.



2004/ Pediatric Program received \$141,000 from State Budget Amendment. **ADAPT** changed to clubhouse program. **Montgomery House** (small male residential program) added.



Karen Brown thanks long-time major financial supporter, Mike Clarke, CEO of Access National Bank.

2005/ Westwood Clubhouse received increased State funding of \$21,500. **Access National Charity Golf Tournament** raises \$70,000!

2006/ Hired Case Manager for Prince William, Fauquier, Culpeper Counties and established **new Case Management Program in Fredericksburg and surrounding counties** thanks to increased State funding. **Supported Volunteer Employment Program** developed, made possible by Fairfax County Community Funding Pool grant.



ADAPT has received a summer intern through an Exxon Mobil/Volunteer Fairfax grant since 2001.

2007/ Developed Nursing Home Project (CNI grant) and **Brain Injury Recovery Kit Program** (RSIF grant).

2008/ Hired third Pediatric Case Manager funded partly by \$100,000 from first major Statewide Budget Amendment.

2009/ BIS celebrates 20th year!

MBA Group Providing Guidance to BIS on Funding Strategies

BIS was awarded a special grant from COMPASS to evaluate present and future funding streams to continue to strengthen the financial component of the organization. COMPASS is a volunteer consulting alliance of MBA alumni from Harvard, Stanford, Wharton, Dartmouth, and the University of Chicago. COMPASS volunteers provide pro-bono business consulting to non-profit organizations in the Greater DC community. Since 2001, over 400 COMPASS volunteers have assisted more than 45 nonprofits.



Through a grant process, BIS requested expertise in developing a funding strategy to diversify sources of revenue and increase partnerships and donations. Our Staff and Board are interested in seeking help in analyzing potential 'fee for service' and earned income opportunities. A marketing plan to increase the organization's visibility and a review of our current strategic initiatives is also desired.

COMPASS has built an incredible team made up of eight professionals. The team selection committee chose project leaders who have demonstrated a proven track record of leadership and management skills. We are very excited to be working with them and look forward to implementing new strategies that will benefit the entire organization and those we serve.



A Penny for Your Internet Search...

What if you had a penny for every time you Googled? Now, when you sign up with **GoodSearch.com** or **SearchandGive.com**, each time you search the internet through their search engine, a penny is donated to BIS! It's free and it's easy, so sign up today and start filling our penny jar! You'll be surprised how quickly your pennies add up and make a difference in the lives of survivors with brain injury.

Also at GoodSearch.com, check out **GoodShop**, where you can shop at over 700 online retailers and a percentage of your purchase will be donated back to BIS. For example, purchase Valentine's gifts through the GoodShop portal at Teleflora, and 7% goes to BIS! You'll also find special deals and coupons there for many of the retailers. This is shopping we can all feel good about!

Seeking "Historical" Stories for Our 20th Anniversary

We would love to have an opportunity to thank all of the people involved in building this organization to where it is today. We realize this would be a daunting task so thought of some other ways to do this. **Please send us stories related to your experience** or others in establishing and building Head Injury Services Partnership (a.k.a. Brain Injury Services). They can be sent to Karen Luffred at kluffred@braininjurysvcs.org or 8136 Old Keene Mill Road, Suite B-102, Springfield, VA 22152.

BIS Clubhouses Among Founding Members of International Alliance

This year marks the sixth year of Clubhouse services in our service area. Over the last three years, the Clubhouse movement has gained great momentum and recognition across the Commonwealth and North America. Each year, the directors and managers of all existing Clubhouses, as well as those interested in starting a Clubhouse in their local communities, gather at a specified location for a conference. Brian McCarthy, Director of both BIS Clubhouses, has participated in this conference for the last three years. He reports that ABI (acquired brain injury) Clubhouses have potential to make a significant impact around the world in the near future!

BIS Clubhouses and others in existence across the country have had consultative visits with professionals from around the world. The “core” group of ABI Clubhouses, including ADAPT and Westwood, have formed **IBICA** (International Brain Injury Clubhouse Alliance). The Alliance is currently working to establish 40c3b status and have recently launched their new website: www.braininjuryclubhouses.net. Feedback on the site is welcomed!

There are plans in place to have a certification process for all existing and new ABI Clubhouses, training videos, and much more for survivors, family members,



Visit IBICA's new website at www.braininjuryclubhouses.net

professionals and all individuals interested in the general start-up, maintenance and operation of a “true” Clubhouse. The Alliance has also modified the “Mental Health Clubhouse Standards” to be more applicable for the brain injury population. For more information about IBICA or Clubhouses, contact Brian at bmccarthy@braininjurysvcs.org.



Jamal Blazer received the Fairfax Partnership for Youth IMPACT Award from FPY Board of Directors member Le-Ha Anderson.

Pedatric Client Inspires New Fairfax Youth Award

Congratulations to Julius “Jamal” Blazer, who was presented with the first-ever **Youth Impact Award** at the most recent Fairfax Partnership For Youth’s “Changing Lives One Youth At A Time” Third Annual Awards Breakfast, held on October 28, 2008 at the Hyatt Regency Reston.

Jamal’s story of living with a brain injury and overcoming serious medical problems, doing volunteer work and participating in Fairfax County Police Youth Sports Programs, inspired the awards committee to create the Youth Impact Award for which all Virginia residents will be eligible in the future.

Jamal was awarded a plaque and \$250 monetary award from the Apple Federal Credit Union Education Fund and also got to meet Hall of Fame Redskin Art Monk who was the keynote speaker at the event.

BIS would also like to thank Jamal’s mother, Ingrid Abernathy, for being a great resource to our organization and her ongoing efforts to seek out great avenues for survivors of brain injury.



www.freewebs.com/adaptclubhouse

The members of ADAPT recently hosted the **2nd Annual Holiday Open House**. They experienced a solid turn out and accepted donations of coats, canned goods, and toys to donate to the organization for which we do all of our volunteering, United Community Ministries. Also on this evening, members launched the **new ADAPT Clubhouse Website!** Click on it at www.freewebs.com/adaptclubhouse. The members and staff are learning as they go and have many plans for improvement, including an independent name, staff and member bios, a video tour, and much more!

Westwood Clubhouse is experiencing a surge in interest from local rehabilitation programs and professionals in the community. This is a direct result of the hard work by Westwood members and the staff that work with them on a daily basis! The new personalities and energy of future members will make a positive change for 2009.

Stay tuned for details about the **fundraising plans** of both BIS Clubhouses in the next newsletter.

On a personal note: *I am now working into my 5th year as an employee of BIS and humble facilitator at its Clubhouses. I am truly grateful to have the opportunity to work with everyone! I look forward to what 09 brings us.*

— Brian M. McCarthy

Join a Group, Feel Better

Recovery Group

Helping Yourself after Mild Traumatic Brain Injury or Concussion

Meets Monthly, 10:30am-12:00pm

Braddock Hall, adjacent to Kings Park Library
9002 Burke Lake Road, Burke, VA 22015

- **February 11, 2009** — How Do I Move Forward?
- **March 11, 2009** — How Do I Take Care of Myself?
- **April 8, 2009** — How Do I Improve My Cognitive Functioning?

Resource Education Program (REP)

Common case management topic discussions

Meets Monthly, 1:30-3:00pm

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- **February 19, 2009** — Recreational and Social Activities

Caregivers Support Group

For Caregivers of survivors of brain injuries — respite available on-site

Meets 1st and 3rd Monday of the month

Contact Earl Durant (703) 437-9993

Adjustment Group

For Survivors of brain injury

Meets 1st and 3rd Wednesday of the month

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Springfield, VA 22152

Contact Earl Durant (703) 437-9993

New groups are being formed for 2009! More to come on groups for families and cognitive rehabilitation.



Atul Pate working in the office at Evercare Hospice.



Atul Patel with Lisa England (left) and Jen Jackson (right) from Evercare Hospice

Volunteer Celebrates Anniversary

Congratulations to Atul Patel, celebrating his first year anniversary volunteering for Evercare Hospice in Vienna. Atul has been volunteering his time for Evercare Hospice as an office assistant since November 2007.

His supervisor, Jen Jackson, Volunteer Services Manager, commented, “Atul Patel just recently celebrated his one-year anniversary with Evercare Hospice. Atul has given over 100 hours to Evercare Hospice this past year. Atul has been a invaluable resource and support to our office and has helped with a variety of projects ranging from: spreadsheet development, faxing documents, collating papers, helping to set up events, etc. Atul is widely accepted and liked amongst our organization.”

Thank you very much for your hard work, Atul, and congratulations on your first year anniversary!

The BIS Volunteer Placement Program is always looking for volunteer sites and opportunities in the community. *If you have any volunteer opportunities in your office or community, please contact Tomoko Taguchi at 703-451-8881 ext. 234 or email to ttaguchi@braininjurysvcs.org.*

STAFF NOTES

“Brain Injury Services is an organization that stood by us through the most challenging times. Their support system in working with families is exceptional. Thank you for providing your very best.” — S. Afzall

- **BIS Adult Case Manager, Joyce Cohen, and Pediatric Case Manager, Jo Thompson**, recently completed **Positive Behavior Support Facilitator Training**. The training was facilitated by the Partnership for People with Disabilities and the Virginia Autism Resource Center for persons who serve individuals with disabilities who also exhibit challenging behaviors. Joyce and Jo attended eight sessions of curriculum and participated in mentoring while working with various teams and focus individuals to complete Positive Behavior Support and Person-Centered Planning Plans. In June, they presented their portfolios to the Endorsement Board and were both granted endorsement as **Positive Behavior Support Facilitators**. BIS is developing a plan to incorporate the principles of Positive Behavior Support into a model that will benefit survivors of brain injury.
- **Tomoko Taguchi, Volunteer Placement Program Specialist**, completed a 10-week online course sponsored by Virginia Commonwealth University on **supported employment** for people with severe disabilities. Tomoko plans to use her new skills to help the volunteer placement program grow, to help facilitate more fulfilling volunteer jobs in the community for BIS clients, and to provide a higher quality of job coaching.
- Congratulations to the following employees for receiving **CBIS certification: Jennifer Ardis, Gail Bothwell, Zachary Daniel, Kristin Kuhns and Tomoko Taguchi**.

UPCOMING EVENTS

- January 2009** ***Brain Injury Services Celebrates 20 Years!***
Stay tuned for events to celebrate our success. For more information, contact: Karen Luffred, 703-451-8881, ext 223.
- March 12-13, 2009** ***International Conference on Culture, Ethnicity and TBI Rehabilitation***
Marriott Gateway Hotel Crystal City, Arlington, VA.
For more information, visit www.tbiconferences.org.
- May 18, 2009** ***6th Annual Brain Injury Services Charity Golf Tournament***
at Westwood Country Club. For more information, visit www.GolfForBIS.org.
- June 4-5, 2009** ***The 2009 Williamsburg Conference: "Rehabilitation of the Adult and Child with Brain Injury: Practical Solutions to Real World Problems"***
at Williamsburg Hospitality House, Williamsburg, VA. Visit www.tbiconferences.org.
- June 6, 2009** ***The National TBI Caregivers Conference***
in Williamsburg, VA. For more information, visit www.tbiconferences.org.
- September 2009** ***6th Annual Kit Callahan's Miracle Mile 10K Run/Walk***

"My baby is a survivor of an anoxic brain injury. Brain Injury Services has provided me with resources for help, equipment and support. I am so grateful for what the entire organization has done to help my whole family maneuver this accident." — M. Blanco



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