

# MHA NEWSLETTER

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## ABI and TBI:

More than 3.5 million children and adults are treated for an acquired brain injury (ABI) each year. An ABI is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. Traumatic brain injury (TBI) is a subset of ABI and is caused by trauma to the

brain from an external force. The number of people who sustain ABIs and TBIs and do not seek treatment is unknown. However we do know:

- At least 2.5 million children and adults in the U.S. sustain TBIs, annually
- 2.2 million are treated in emergency departments for TBI, annually
- 280,000 are hospitalized for TBI, annually
- 50,000 die because of TBI, annually
- One of 60 people in the U.S. lives with a TBI-related disability
- Each day, 137 people in the U.S. die due to a TBI-related injury

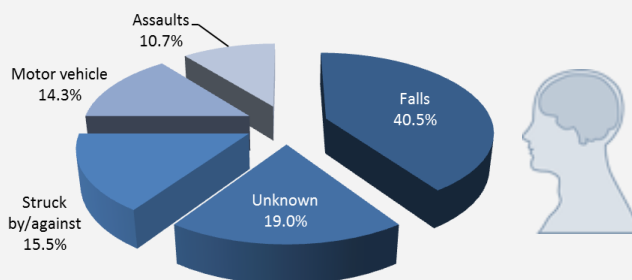
## Typical causes of ABI include:

Electric Shock	Infectious Disease
Lightning	Near Drowning
Seizures Disorders	Stroke
Substance Abuse	Toxic Exposure
Oxygen Deprivation	Tumor
Trauma	

## Impact on Community:

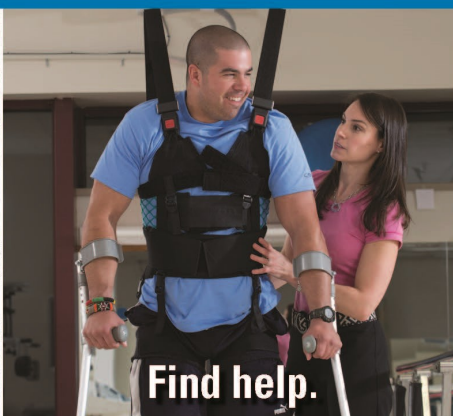
At least 5.3 million Americans live with TBI-related disabilities. When someone sustains a brain injury, many people are affected: survivors and their parents, spouses, siblings, extended families, and friends; healthcare providers, including counselors, rehab therapists, social workers, and personal care attendants; educators at every level, but especially special education teachers and those who prepare America's future healthcare workforce.

## Leading Causes of TBI



Cite: Brain Injury Awareness Month - March 2016. (n.d.). Retrieved February 22, 2016, from <http://www.biausa.org/brain-injury-awareness-month.htm>

CDC 2006-2010 Statistics





## **A Conversation about TBI...**

**By Alex Huntington-Ofner**

I recently sat down with some folks that utilize services at Liberty Resources and asked them to share a little bit about themselves, their dreams and what advice they would give to others. Liberty Resources is a local program for people with Traumatic Brain Injuries. Our hope is for readers to come away knowing:

People living with a TBI can be successful members of the Community.

People living with a TBI can engage in conversation and should be treated in an age appropriate manner.

It is ok to seek help. Having supports is not a sign of weakness, it is a sign of strength.

### **Here is what the people I spoke with want you to know:**

- ◇ "I like to help out at Loaves and Fishes." -Bruce
- ◇ "I am a happy, outgoing, smart-aleck... I always took care of people. I was there for them and now I need to accept help. I am not used to accepting help."- Tim
- ◇ "I came to America and now am a happy guy and I am still alive, thanks Lord Jesus"- Michael

### **What I want for the future:**

- ◇ "I would like to have a good life, find a wife and be happy" -William

- ◇ "I would like to go back to school and get my GED. Then maybe go to college" -Michael
- ◇ "I want to be independent, get rid of my walker and get driving again. The main thing is to be healthy and maybe get to work again." -Tim

### **Advice for talking to people with a TBI:**

- ◇ "Please wait so I can respond, I need time to think" -William
- ◇ "Please talk to me and not my staff, I am an adult- please don't talk down to me and please repeat yourself if I ask... without making it seem like I am asking a favor" -Tim
- ◇ "Please treat me like you would any other person" -Ken
- ◇ "Know that I was in an accident but talk and think" -Michael

### **My advice to other people with a TBI:**

- ◇ "Go get a job the Murray center and be happy and make people laugh" -Michael
- ◇ "Listen to the people who are trying to help you. If you work hard, you can improve. Be patient with yourself. Life gets better. You have to work hard at it. When I first lived on my own after my stroke, I had 24 hour care. Now I am having less so I can be more independent. I come to a day program 3 days a week and I have aid service every day". -Tiba

### **App(s) of the month:**

The degree of disability a Traumatic Brain Injury (TBI) can produce varies, and the difficulties associated with daily tasks extend to loved ones and caregivers. Brainline.org has composed a listing of mobile apps to aid those with traumatic brain injury, as well as their family members and/or caregivers. These apps (Android and/or iPhone/iPad) provide aid for memory, stress, life-skills, concentration, low tolerance (of noise), reading, communication, behavior, organization, problem-solving, and speech. Many of these apps are also useful for children, and even adults without TBI. As is usually the case, some of the apps are free, and others are available for purchase. Log onto Brainline.org through the following URL: <http://bit.ly/20XDQLu>



## **March is National Brain Injury Awareness Month**

Traumatic brain injury affects 1.4million people in the US. Liberty Resources is proud to serve in our mission of helping people improve their quality of life through the rehabilitation of individuals who have sustained a traumatic brain injury.

We invite you to learn more about the services and programs offered by **Liberty Resources Center for Brain Injury and Rehabilitation Open House**  
March 16 from 4pm-6pm  
149 Main Street, Cortland, NY



For more information visit:  
[www.liberty-resources.org](http://www.liberty-resources.org)  
[CBIR@liberty-resources.org](mailto:CBIR@liberty-resources.org)  
Or call: 607-218-6055



**Mental illness doesn't just strike an individual. It strikes the whole family.**

**Ask Congress to support mental health caregivers.**



We are a volunteer Board of Directors that act to initiate and promote advocacy services, educational presentations, prevention programs, and information and resource referrals.

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**What would you do if a loved one had a mental illness?**

8.4 million people care for an adult living with mental illness. Mental health caregivers serve an important role in their loved one's recovery, yet 1 in 4 caregivers has difficulty finding basic mental health services. And when caregivers find services, over half report being told that their loved one's provider was unable to speak with them.

The Senate and House versions of comprehensive mental health care reform bills recognize that misinterpretation of HIPAA, a privacy law, by health professionals has contributed to caregivers being unnecessarily shut out of care conversations.

Thank your members of Congress for requiring training on HIPAA, but let them know that **NAMI wants more support for mental health caregivers.**

Ask your members of Congress to support a **National Mental Health Caregiver Support Program**. This program would offer grants to states and territories to provide:

- Information to families and family caregivers about mental health services and supports.
- Assistance to families and family caregivers in navigating mental health systems and accessing services and supports.
- Family and family caregiver psychoeducation; and
- Peer-led family and family caregiver support groups.

Reach out to Congress today. Tell them that mental health caregivers play a vital role and deserve support.

Mental Illness Doesn't Just Strike An Individual. It Strikes A Family. 2016. E-mail.



Questions, comments, or feed-  
back on the MHA Newsletter?  
We appreciate your thoughts!

Addressee

**EMAIL OPTION:**

If you'd like to receive  
the MHA Newsletter electronically  
**in color** as a PDF, please send  
your full name and email to:  
**erin@sevenvalleyshealth.org**

## Community Events & Support

### LGBT & Ally Youth Support Group

Monthly group for youth held at Cortland Prevention Center, 73  
Main Street. Contact 607-756-8970 for more information.

### Parents & Change Support Group

This support group is for parents and caregivers of  
children, teens and adults with mental health conditions.  
Meetings are from 6:00pm to 7:30pm at 90 Central  
Avenue in Cortland. For more info please contact  
Becky Tripp at [parentsandchange@yahoo.com](mailto:parentsandchange@yahoo.com)

**2016 Meetings:**

Mar 14	Apr 11		
May 9	Jun 13	Jul 11	Aug 8
Sep 12	Oct 10	Nov 14	Dec 12

Save the Date!!

### Mental Health Association's Annual Dinner.

Thursday May 5<sup>th</sup>, 5:00pm to 8:00pm  
at the Ramada Inn (Cortland)

#### "Carry Your Heart".

An original script based on interviews with individuals  
affected by suicide. A Michael Kennedy production, per-  
formed by the Creative Action Touring Company.

This production is meant for  
audiences 18 years of age and older.



If you have an upcoming community event you would like considered for admission to  
the MHA Newsletter, send your announcement to [erin@sevenvalleyshealth.org](mailto:erin@sevenvalleyshealth.org)

**Disclaimer:** The information presented here does not constitute professional medical advice. Individuals respond to treatment for  
mental health conditions in different ways, and treatment plans often need adjustment over time. Patients should work closely with  
their doctor and other health professionals in order to achieve optimal control of symptoms.