

HEAD AND NECK INJURIES IN WINTER SPORTS

With the growth of the X Games, winter “extreme” sports like freestyle skiing and snowboarding are as popular as ever. These sports send athletes far into the air and down the slopes and ramps at tremendous speeds. Injuries, especially concussions and other traumatic brain injuries (TBI), unfortunately can occur.

January is National Winter Sports TBI Awareness Month. Knowing just how common these injuries are in winter sports can help us take steps to prevent some of these brain injuries.

A study by Vinay K Sharma and colleagues recently published in the Orthopedic Journal of Sports Medicine looked at the incidence of head and neck injuries in seven extreme sports – snowboarding, snow skiing, snowmobiling, surfing, skateboarding, mountain biking and motocross. The study is helpful to provide injury data, as these sports often lack the ability for organizing bodies to track participants. Plus this study allows us to compare rates of concussions in winter sports like skiing and snowboarding to the risks in warm-weather activities.

The study’s findings are summarized below:

- More than 4 million injuries were reported in the seven sports between 2000 and 2011. Eleven percent involved injuries to the head and neck with 83% of these involving the head.
- Head and neck injuries increased significantly over the period studied with 34,565 occurring in 2000, while 40,042 occurred in 2011.
- Skateboarding, snowboarding, skiing and motocross had the highest number of head and neck injuries. Mountain biking, snowmobiling, and surfing had the lowest numbers.
- Snowboarding had the most concussions. In fact, about 30% of concussions in extreme sports occurred in snowboarding. Snow skiing was associated with about 25% of concussions.

Skateboarding and motocross had the most severe head and neck injuries, like skull fractures and cervical spine fractures.

While the data might seem frightening, there are some steps that might decrease your chance of suffering traumatic brain injuries in winter sports:

- Wear a helmet. Helmets are critical in extreme winter sports like skiing and snowboarding, which account for a significant number of concussions.
- Do everything possible to optimize the conditions where you are performing these activities. Stay within the marked boundaries on the slopes and watch out for obstacles and hazardous conditions



Image credit: [Albany Business Review](#)

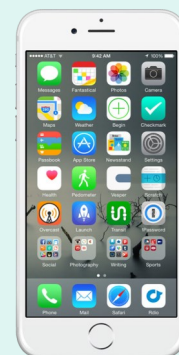
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APP OF THE MONTH: Centered

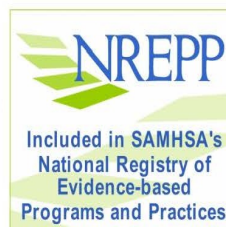
The Centered app offers a unique program for stress management by encouraging you to add mindful meditation sessions and activity to their daily routine. Track progress towards how 'centered' you are as you get closer to meeting your goals. Also, see how adding meditation sessions and adding more steps to your day affects your mood. Over time, as you meet your goals, your activity and mindfulness circles will come together into one, representing your centered being. This app recognizes the power of physical activity in battling anxiety. Not only does Centered encourage you to take time to breathe and meditate, it also wants you to get up and get moving since physical activity can seriously reduce stress. Apple Watch users can also have notifications sent to their wrists reminding them to take a few minutes for a mindful walk or meditation. Now that's what we call bliss.

iPhone: <http://bit.ly/MHA119> Android: N/A



Family-to-Family

Winter/Spring 2019



What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of people living with mental illness. The course is designed to help all family members understand and support their loved one, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. The program is taught by trained family members who know what it is like to have a loved one living with mental illness. Thousands of families describe Family-to-Family as life-changing.

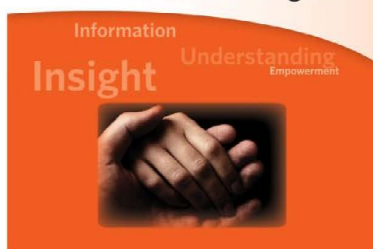
NAMI Finger Lakes, the local affiliate of the National Alliance on Mental Illness, will offer its 2019 Winter/Spring NAMI Family-to-Family Education Program from

January 26th to April 13th

Saturday from 10:30am to 1pm

at the Clinton Hall, Suite 2-located at 108 Cayuga St., Ithaca NY

The NAMI Family-to-Family Education Program



Call 607-835-6721 to register for this NAMI Family-to-Family class!

Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

NAMI Finger Lakes
607-273-2462
namifl@hotmail.com
<http://namifingerlakes.org>
[facebook.com/NAMIFingerLakes](https://www.facebook.com/NAMIFingerLakes)

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Finger Lakes is an all-volunteer organization of dedicated people who work to raise awareness and to provide essential education, advocacy and support programs for people in our community who's loved one is living with mental illness.



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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To learn more about the Cortland MHA visit:

<http://www.mhacortland.com>

or contact:

mhacortlandny@gmail.com



EFFECTIVE COMMUNICATION STRATEGIES

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please join us for this free event hosted by the Cortland County Area Agency on Aging's Caregiver Resource Center on **MONDAY, JANUARY 7, 2019 FROM 10:00-11:00AM, ROOM 304, COUNTY OFFICE BUILDING, 60 CENTRAL AVE, CORTLAND.** Call (607)753-5060 to register.



Family Matters

Family Fun Night – Mini - Golf

Enjoy a free, interactive, family fun night that includes a meal, emphasis on families spending quality time together, positive messages, and activities that families can participate in together.

Wednesday

**January 23, 2019
5:30 PM—7:00 PM**

*** Snow Date January 30, 2019**

(Each person will receive a card which includes one round of golf and your choice of pizza or hot dog and an ice cream sundae.)

**Please ask all family members attending what their choice of dinner will be as it needs to be ordered when registering.*



Shipwreck Golf Amusement Center

759 New York State Route 13 • Cortland, New York 13045

Space is limited and registration is required!

**Contact: Linda Barbin at (607) 756-8970 x 256
or lbarbin@fscortland.org**

**Family Matters is a program for youth ages 9—14 and their parents or guardians.
Child care will not be available for this event.**



**Sponsored by
Mental Health Association of Cortland County**

UNIQUE PROVIDER EDUCATION OPPORTUNITY

SUNY Binghamton will offer a NYSED & PA Social Work Continuing Education event titled, "Transgender Affirming Mental Health Care: Building Capacity To Serve Our Community" on **January 25th from 11:00am—1:00pm.**

Clinicians and mental health providers in the Southern Tier and Central New York area are invited to join Pride and Joy Families and the Gender Wellness Center for a brief training to:

1. Review World Professional Association of Transgender Health (WPATH) Standards of Care
2. Learn about the services that the Gender Wellness Center, located in Oneonta, provides and
3. Strategize about how we can build capacity to serve our transgender/non-binary/gender non-conforming community.

This is a first step toward continuing investment in local mental health providers on the topics of

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UNIQUE PROVIDER EDUCATION OPPORTUNITY

transgender/non-binary/gender non-conforming mental health and wellness.

1.5 Social Work CE's will be offered and lunch will be provided. For social workers seeking CE hours, the fee will be \$15.00. For community members not seeking CE hours there will be no cost. Please register [here](#), or you may register on-site (but please bring your own lunch for same day registration). Training will be held at the Symposium Room, Innovative Technology Complex, Binghamton University, 85 Murray Hill Road, Vestal, NY, <https://www.binghamton.edu/research/directions.html> on January 25, 2019 from 11:00am—1:00pm. For questions or to sign up for notices on SUNY Binghamton Continuing Education offerings, please email jvassel1@binghamton.edu.

BOOK SHARE PROGRAM CONTINUES

The Mental Health Association of Cortland County offers a book share program, developed for Mental Health related readings only. (Fiction or non-fiction.) It's free -



your client gets to *keep* the book, and therapists can send multiple requests for books for multiple clients! Please note, there is a cap on funding, so be mindful of your requests. For more information or to make a request, email us at: mhacortlandny@gmail.com

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- Try to participate in these activities in places where medical care is not far away. Professional competitions have doctors and emergency medical services, but many people perform these activities in remote locations. Seek medical attention if there is any question that you might have suffered a traumatic brain injury, no matter how minor it might seem.

Spread the Word! Share this post using this sample tweet: [@AOSSM_SportsMed](#) shares the latest research on TBIs and winter [#PhysicalActivity](#) on the BAYW blog! Written by Dr. David Geier, [American Orthopaedic Society for Sports Medicine](#). Published the [Office of Disease Prevention and Health Promotion](#).

COMMUNITY EVENTS AND SUPPORT

COTI Project & NARCAN

Wednesday, January 16th, 12-1:00pm

Cortland Elks Lodge, 9 Groton Ave., Cortland

Presented by Michael Lanigan, COTI Project Director at Family Counseling Services and Rebecca Smith, Public Health Program Manager, Cortland County Health Dept. Please RSVP to FoodforThoughtRSVP@gmail.com

607 Healing Hearts

Monday, January 21st, 6:00 - 8:00pm

165 Main St., Cortland

Grief support group for parents/guardians who have experienced the death of an adult child.

For more info: 607healinghearts@gmail.com

Cortland LGBT Men's Group (Monthly)

Cortland LGBT Resource Center, 165 Main St. Suite B

For more information: (607) 756-8970

Parents & Change Support Group

January 21 February 18 March 18

6:00 to 7:30 PM

Community Center, 90 Central Ave. Cortland

Contact: Beckey Tripp (parentsandchange@yahoo.com)

Caregivers Support Group

Thursday, January 24th, 3:00—4:00pm

Conf. Rm. B, Basement of CRMC, 134 Homer Ave., Cortland

For those who provide support for someone aged 60 or older.

For more info: Caregivers Resource Center (607) 753-5060.

If you have an upcoming community event or article you would like considered for inclusion in the MHA Newsletter, send your submission to susan@sevenvalleyshealth.org by the 14th of the month prior, or subscribe to the newsletter via email.

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.