

**JOIN US to make a
DIFFERENCE for persons
affected by brain injury**

In the time it takes you to read this brochure, 20 Americans will sustain a brain injury. In fact, every 23 seconds, one person in the United States sustains a traumatic brain injury.

Please join us to raise awareness and provide help, hope and a voice to the estimated 100,000 Minnesotans living with a disability as a result of brain injury.

Contact the Brain Injury Association of Minnesota today for more information on how you can help support the thousands of Minnesotans affected by brain injury. Fill out the form on the back of this panel and mail it to the address below.



34 13th Avenue Northeast, Suite B001
Minneapolis, MN 55413

Phone: 612-378-2742 • 800-669-6442
Fax: 612-378-2789
Web: www.braininjurymn.org
E-mail: info@braininjurymn.org



A SOURCE OF SUPPORT

“The Brain Injury Association of Minnesota embodies the exceptional traits that are so critical in an advocacy organization: staff who are supportive, knowledgeable and motivated to make a real difference in the lives of individuals with brain injury and their families. How fortunate we are to have such a valuable resource in our state!”

– *Representative from the Minnesota
Low Incidence Projects*

“Several months ago, I didn’t understand why my life was full of chaos. The Association helped me learn ways to compensate for the issues caused by my brain injury. The routines that I have developed help me to live a more productive and satisfying life.”

– *A person with brain injury from Brainerd*

“It is an honor to work with the Brain Injury Association of Minnesota staff. They are a source of great support. Whether it’s helping children with brain injury succeed in school, assisting people with brain injury transition back to work or helping individuals and their families cope with brain injury and navigate the complex service systems, the Association staff are ‘angels with skin’ to many Minnesotans.”

– *Representative from the
Minnesota Department of Health*

**The mission of the Brain
Injury Association of
Minnesota is to enhance the
quality of life and bring the
promise of a better
tomorrow for all people
affected by brain injury.**



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**An estimated 100,000
Minnesotans live with a
disability due to brain injury**



**What you need to know about
brain injury**



THE BRAIN INJURY ASSOCIATION OF MINNESOTA PROVIDES:

The Brain Injury Association of Minnesota is the only statewide nonprofit organization dedicated to serving the estimated 100,000 Minnesotans who live with a disability due to brain injury, their loved ones and the professionals who work with them.

WHAT IS BRAIN INJURY?

Brain injury can happen to anyone, anywhere, at anytime. Brain injury is a result of damage to living brain tissue caused by internal or external insult. Major causes of brain injury include:

- Falls
- Motor vehicle crashes
- Assaults
- Sports-related concussions
- Strokes
- Aneurysms
- Diseases such as encephalitis

Every brain injury is unique and can cause a wide range of functional issues with thinking, sensation, language, emotions and/or physical challenges.

The annual incidence of traumatic brain injury is six times the combined annual incidence of multiple sclerosis, breast cancer and HIV/AIDS. Despite this startling statistic, brain injury is largely an invisible health epidemic. The only known cure for brain injury is prevention.

RESOURCE FACILITATION

- Free, two-year telephone support assisting people in navigating life after brain injury
- Individuals can be referred by a professional or self-refer at anytime

CASE MANAGEMENT

- Case management services for individuals with a traumatic brain injury on TBI or CADI waivers or through private pay
- Relocation Service Coordination (RSC) within contracted counties

EDUCATION

- Professional development opportunities for those who serve persons with brain injury
- Free education opportunities for all persons affected by brain injury, including family members

PUBLIC POLICY

- Grassroots advocacy to create long-term solutions for issues affecting the brain injury community
- Free Citizen Advocate training for community members

MULTICULTURAL SUPPORT

- Connecting racially/ethnically diverse and immigrant communities affected by brain injury to support services
- Bilingual staff and interpreters

VOLUNTEERING

- Onetime or ongoing volunteer opportunities, including internships
- Workplace experience and an opportunity to socialize for persons with brain injury
- An opportunity for people to speak about brain injury in their own community through our Speakers Bureau

PEER/MENTOR SUPPORT CONNECTION

- One-on-one support for persons affected by brain injury (Peers), including persons who have sustained a brain injury and their loved ones
- Trained volunteers (Mentors) help Peers work through the challenges associated with brain injury

PUBLIC AWARENESS

- Outreach activities to increase awareness of brain injury causes and symptoms
- Helping connect those affected by brain injury with information and support

MEMBERSHIP

- An opportunity for you to join the voices of others and support the brain injury community
- Provides people affected by brain injury the support they need, the hope for a better quality of life and the voice to be heard



JOIN us today to
CHANGE tomorrow!

Simply fill out the section below and mail it to the address on the back of this panel.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

- Subscribe me to the quarterly *Headlines* newsletter (mailing address required above)
- Subscribe me to the bi-weekly *Headlines Online* e-newsletter (e-mail required above)

Please send me information about:

- Membership
- Resource Facilitation program
- Case Management program
- Education opportunities
- Public Policy opportunities
- Multicultural Support program
- Volunteering opportunities
- Internships
- Speakers Bureau
- Peer/Mentor Support Connection program
- Public Awareness opportunities
- Donating, Planned Giving or Contributing