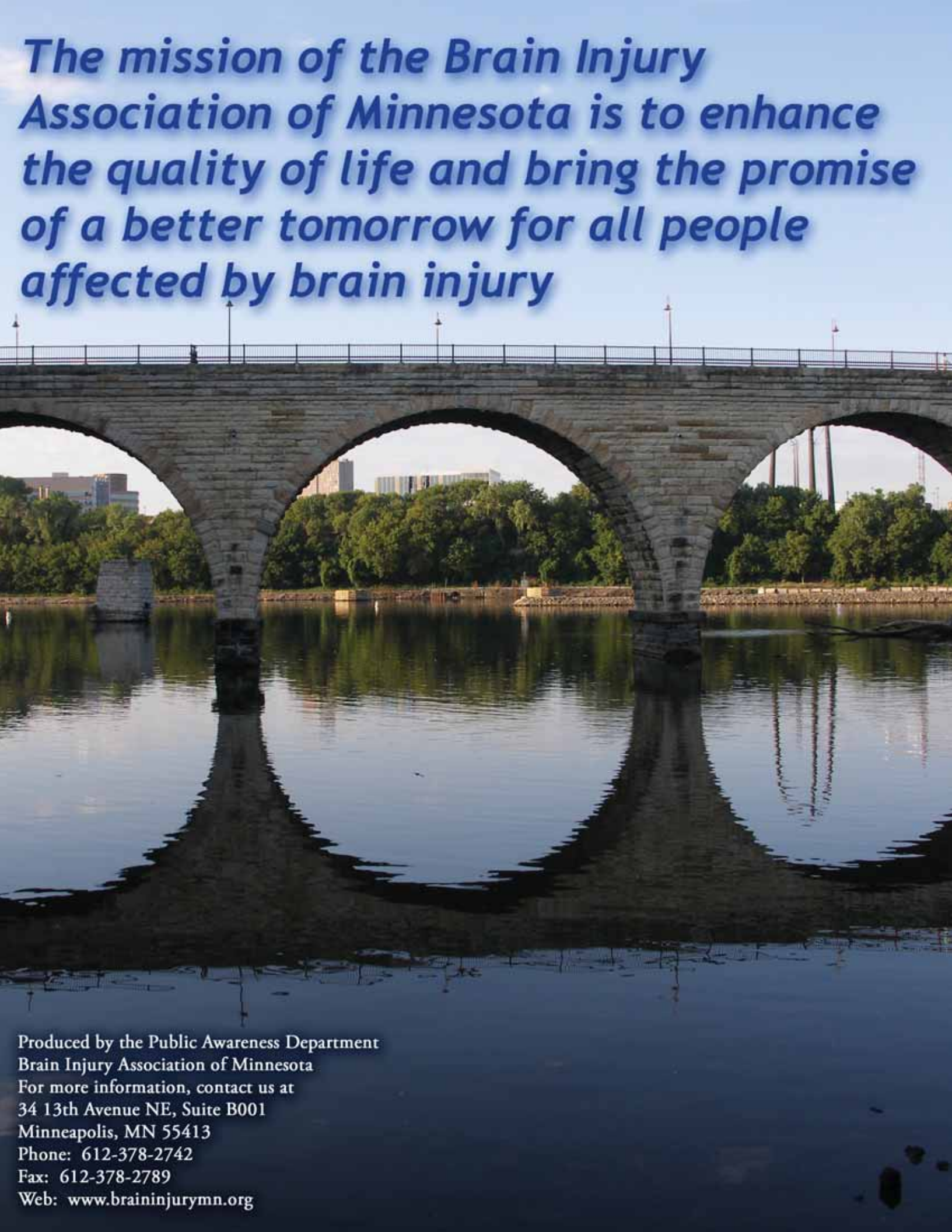


A photograph of a large, multi-arched stone bridge spanning a wide river. The bridge is constructed from light-colored stone blocks and features a series of uniform arches. The water in the river is calm, reflecting the bridge and the city skyline in the distance. The city skyline includes several tall buildings, some with distinctive architectural features like rounded tops. The sky is clear and blue, suggesting a bright day. The overall scene is peaceful and scenic.

Brain Injury Association of Minnesota

2005 Annual Report

A stone arch bridge with three large arches spans across a wide river. The bridge is made of light-colored stone blocks. In the background, there are green trees and several city buildings under a clear blue sky. The water in the river is calm, reflecting the bridge and the sky. The text is overlaid on the top half of the image.

*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*

Produced by the Public Awareness Department
Brain Injury Association of Minnesota
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Web: www.braininjurymn.org

From the Executive Director

In 2005, more Minnesotans than ever before became aware of brain injury and received support services.

When brain injury hits, it's difficult to know how to cross the chasm from life before brain injury to life after. The Brain Injury Association of Minnesota is the only statewide nonprofit organization that provides support services devoted solely to helping Minnesotans navigate life after brain injury. Below is a glimpse of our major successes.

- **Resource Facilitation** – This free, statewide support program assisted more than 5,700 individuals navigate life after brain injury by answering questions, problem-solving issues and identifying appropriate community resources.
- **Multicultural Outreach** – The Multicultural Outreach program expanded its outreach efforts in the Latino community and began outreach in Minnesota's African American, Somali, Native American and Hmong communities. This set the foundation for future activities and resulted in 23 referrals to Resource Facilitation.
- **Case Management** – In its second year as a support service for Minnesotans on designated medical waivers, Case Management supported over 140 Minnesotans in their efforts to return back to the community, school and work.
- **Education** – The Education program marked another successful year, reaching more than 10,300 people during education-sponsored events in 2005.
- **Public Awareness** – To help raise awareness that brain injury is always unexpected, unwanted and life changing, Public Awareness created a "Brain Injury Does Not Discriminate" campaign that was viewed by more than four million people.
- **Public Policy** – As part of a collaborative effort, Public Policy helped pass the 2005 Citizens with Disabilities Act into law, which provides Minnesotans with disabilities advantages such as better medical benefits and more economical co-payments.
- **Volunteer** – The Volunteer program debuted an exciting new effort in 2005 – the Peer/Mentor Support Connection. This new program allows those previously affected by brain injury an opportunity to give back as a trained Mentor to an individual (Peer) currently needing one-on-one support to adjust to life after brain injury.

Constructing bridges of help, hope and a voice. In addition to marking program successes, we're especially delighted to note that our efforts, as an Association and combined with partner organizations, are creating a true bridge of help, hope and a voice for all Minnesotans affected by brain injury. Our outreach extended the bridge for individuals to realize and access needed support services. In turn, the support services offered helped individuals construct bridges of their own to a better quality of life.

Working together to move forward with passion. In December 2005, Tom Gode, the Brain Injury Association of Minnesota's executive director for 11 years, stepped down from his post. As the Association's associate director for the previous seven years, I was humbled and excited to move into the role of executive director in January 2006. Having had the immense opportunity to learn during Tom's tenure of vision and growth, I am committed to engage everyone's passion to create a better tomorrow for all people affected by brain injury and work together to take brain injury to the next realm.

I hope you can join us in our efforts to educate the community, create systematic change and provide support services to all affected by brain injury. Together we can make a difference when your passion joins the voices of others.



Ardis Sandstrom
Executive Director

RESOURCE



FACILITATION

The Resource Facilitation program is a free, statewide support program dedicated to helping Minnesotans navigate life after brain injury and transition back to work, school and their communities. Anyone affected by brain injury can participate in the program – the person who’s sustained a brain injury, their caregiver or friend. Most participants are referred to the program at the point of hospital discharge, but they can also self-refer or be referred by Association staff or other community service providers at any time.

Resource facilitators provide on-going support by calling participants on a regular basis for two years after enrollment to ensure that their needs are getting met. Resource facilitators answer questions and problem-solve issues, identify resources and services within the community, and educate family members, employers and educators about what it means to live with a brain injury. In 2005, Resource Facilitation efforts helped more than 5,700 individuals navigate life after brain injury!

Bilingual staff are available, as well as interpreters for non-English speakers. Resource Facilitation does not replace any needed medical or rehabilitation follow-up but does provide on-going support for consumers and their loved ones.

Success Story

After being referred to the Brain Injury Association of Minnesota’s Resource Facilitation program through the Association’s Multicultural Outreach coordinator, Debra Perkins connected with a trained resource facilitator to learn more about her challenges and the available support services. After signing up with the two-year Resource Facilitation program and talking with her resource facilitator, Debra better understood that problem-solving skills, memory and concentration can all suffer after a brain injury.

According to the Association’s resource facilitator, “Debra is such an inspiration because she just keeps working so hard for her GED, despite how hard things have been. And it’s great to see the Multicultural Outreach efforts bridge people with brain injury to Resource Facilitation.”

Shortly after learning about brain injury and the possible implications for her, Debra’s resource facilitator connected her with an adult basic education coordinator who specializes in helping people with learning disabilities and understands brain injury. The combined efforts of the support service providers, such as the adult basic education coordinator and the Association’s Multicultural Outreach and Resource Facilitation programs, are making a tremendous difference in Debra’s life. After 27 trying years, Debra is now on the road to successfully passing all of her exams!

MULTICULTURAL



OUTREACH

The Multicultural Outreach program is designed to broaden awareness of brain injury in racially/ethnically diverse communities. This is achieved by working closely with existing cultural service organizations to provide education and support to professionals, spiritual leaders and community members about brain injury. Through this program, the Brain Injury Association of Minnesota supports consumers and community organizations within the Latino, African American, Somali, Native American and Hmong communities. The Multicultural Outreach program's efforts are funded in part by the Medtronic Foundation.

Outreach to key communities in 2005 provided a bridge for consumers to connect with services and support offered through the Brain Injury Association of Minnesota. For example, the Multicultural Outreach program helped connect 23 Minnesotans affected by brain injury with the Resource Facilitation program – a free service dedicated to helping persons with brain injury and their loved ones navigate life after brain injury. These referrals came in from many areas of the community, including homeless and family violence shelters, community organizations, clinics and county agencies.

As the Multicultural Outreach program expands, 2006 promises an opportunity for people to get involved with the other services the Brain Injury Association of Minnesota provides, such as the Education, Volunteer or Public Policy programs.

Success Story

Debra Perkins, an individual of color and Illinois native, unknowingly suffered a severe brain injury in 1979 due to domestic violence. While residing at a Twin Cities domestic violence shelter, Debra struggled to pass her GED exams. Despite her hard work, she had failed her GED exams numerous times. “Algebra – I can’t get the hang of it. I work out a problem at school and then I get home and can’t do it. It’s very frustrating,” Debra confessed.

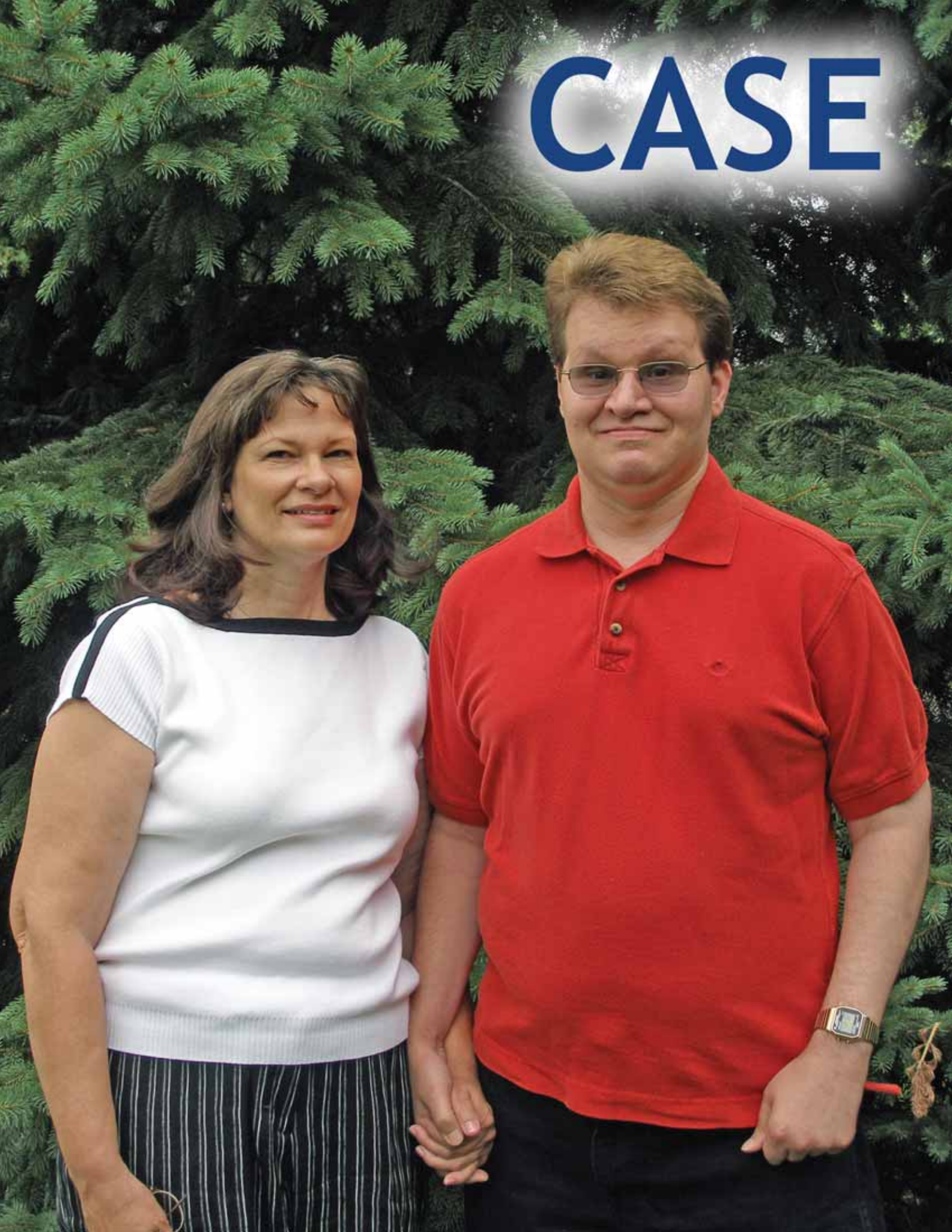
Debra was almost at her breaking point. During this time, an advocate at the shelter marked some of Debra’s behavior as symptoms of brain injury. The advocate had recently learned about brain injury while meeting with the Brain Injury Association of Minnesota’s Multicultural Outreach coordinator and knew that the Association could help Debra obtain the support she needed.

The advocate connected Debra and the Multicultural Outreach coordinator. At the meeting, Debra learned that a brain injury can result from domestic abuse and even though the abuse stopped ten years ago, the effects of the brain injury could remain.

“I didn’t recognize my brain injury until I was connected with the [Association’s] Multicultural Outreach coordinator,” remarked Debra. “The Association taught me about brain injury and the symptoms that can result, which really helped me to identify my challenges and work to overcome them.”

After meeting with Debra to understand her challenges, the Multicultural Outreach coordinator referred her to the Association’s Resource Facilitation program so she could receive on-going support.

CASE



MANAGEMENT

The Brain Injury Association of Minnesota is dedicated to empowering individuals of all ages and cultures with traumatic brain injury enhance their quality of life. Case managers at the Association assist consumers on Traumatic Brain Injury (TBI) Waivers and Community Alternative for Disabled Individuals (CADI) Waivers, as well as provide Relocation Service Coordination within contracted counties, including Ramsey and Hennepin.

Individuals in the Case Management program are supported every step of the way as they transition back to the community, school and work. Working with a trained case manager, individuals develop a tailored service plan, receive assistance identifying and connecting with potential service providers, and obtain an annual review of the support options being used to ensure their health and safety needs are met.

The Case Management program continued its rapid growth in 2005 – more than 140 individuals were supported in their efforts to achieve the quality of life desired in the community! In addition to Case Management’s success, Relocation Service Coordination efforts helped individuals arrange for the services and supports needed to transition from living in an institution, such as a nursing facility or regional treatment center, back into the community.

Success Story

Just a few days shy of his 27th birthday in March of 1999, Robert Gendreau was injured in a car accident on his way home from his second job. After emerging from a 103-day coma, Robert’s mother, Linda, moved him home under her care.

“I’ve been in touch with [the Brain Injury Association of Minnesota] staff since the beginning,” said Linda. A resource facilitator from the Association called Linda ten days after the accident and provided her with the information and support needed, including help applying for the TBI Waiver. After applying for and receiving the TBI Waiver, Rob was matched with his first county case manager.

In early 2005, a case manager at the Association began working with Rob to provide on-going support and review the service plan he already had in place. After months of speech, occupational and physical therapy, Rob began a structured day program. Today, Rob is still living with his mom and she adds, “He is progressing really well.”

“Our [Association] case manager has the most insight as to what’s going on with Rob in terms of the brain injury and she stays on top of the situation so he gets the services he needs,” said Linda. “I believe God opens doors and our [Association] case manager is a door that has opened up for us.”

Linda added, “Our [Association] case manager is always thinking ahead, making sure we stay connected in the brain injury community. She recently suggested I volunteer as a Mentor with the Peer/Mentor Support Connection, which is a great opportunity for me to help someone else who’s been affected by brain injury.”

EDUCATION



The Brain Injury Association of Minnesota provides educational opportunities for persons affected by brain injury and the professionals who support them. In 2005, more than 10,300 people attended educational programs sponsored by the Brain Injury Association of Minnesota – that’s 3,000 more people who attended trainings in 2005 than in 2004! The numerous educational opportunities include:

- Annual Statewide Conference on Brain Injury
- Monthly meetings of the Brain Injury Community Committee
- Shaken Baby Syndrome/inflicted Traumatic Brain Injury seminars
- Domestic Violence and Brain Injury seminars
- In-Service Training for long term care providers
- Vocational Vendors trainings
- Case Management trainings for professionals and paraprofessionals
- Issue-specific workshops geared toward professionals who support persons affected by brain injury

In addition, Brain Injury Basics classes, which provide an introduction to brain injury and address the life change that occurs with brain injury, were offered ten months of the year. A new class, Mild Brain Injury/Concussion in Student Athletes, was attended by more than 175 people!

Collaborations with state agencies like the Minnesota Departments of Health, Education, Human Services and Corrections helped make many of these conferences and training opportunities possible.

Success Story

New in 2005, the annual Family Retreat offered youth ages five to 13 with brain injury and their families an opportunity to connect with other families affected by brain injury in an informal, social camp setting. While the youth living with brain injury and their siblings enjoyed supervised, planned activities, parents attended informative discussion sessions and participated in recreational activities. The 2005 Family Retreat hosted nine families (for a total of 29 family members), along with 23 volunteers and staff.

Peggy and Jerry Olson, along with their 12-year-old daughter, Sondra, and 16-year-old son, Christian, attended the 2005 Family Retreat. “This was a marvelous experience for us,” said Peggy. “It was the first time in the five years since Sondra’s brain injury that we’ve been able to connect with other families who can relate to what we are going through.”

Since Sondra’s brain injury, Peggy has felt isolated in dealing with the various issues surrounding Sondra’s care. “I especially struggled in dealing with the school system – I had nothing to compare my experience to and no one to tell me I was on the right track,” said Peggy. “But walking into the Family Retreat was like coming home – everyone there was on the same page. Everyone understood. It’s a huge relief to know we are not alone in this!”

While Christian met other siblings who were dealing with some of the same feelings and emotions, Sondra connected with other children living with brain injury. “It was so great to see the kids be themselves and not worry about being judged,” said Peggy. “We have remained close with four other families and now have a wonderful support system.”

The 2005 Family Retreat was made possible through funding from the Minnesota Low Incidence Project, a program of the Minnesota Department of Education.

PUBLIC

BRAIN INJURY DOES NOT DISCRIMINATE



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Травма головного мозга может произойти у каждого

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Brain injury is always unexpected, it is always unwanted, and it is always life changing



Brain Injury
Association
of Minnesota

Your brain is more fragile than you think. If you have ever hit your head hard enough to see stars, lose consciousness, or experience a concussion, we can help! Call the Brain Injury Association of Minnesota at 612-378-2742. www.braininjurymn.org

Bringing help, hope and a voice.

AWARENESS

In a mere blink of an eye, life can change forever. The 94,000 Minnesotans who live with a disability due to brain injury and their loved ones are reminded of this every day. To help connect those affected by brain injury with information and support, the Public Awareness program is dedicated to increasing awareness about the Brain Injury Association of Minnesota. The Public Awareness program also strives to improve the general public's knowledge about brain injury causes and symptoms in hopes of preventing brain injury and building a supportive society for those affected by brain injury.

To reach the public with messages about brain injury and the Association in 2005, Public Awareness produced and placed several advertisements, wrote letters to the editor, was included in numerous news stories and distributed press releases to print, broadcast and radio media. The Public Awareness program also held special events, such as the X-Treme Safety Fest, throughout the year to promote safety and brain injury prevention.

For the third year running, the X-Treme Safety Fest at the Mall of America was a huge hit. The 2005 event promoted the importance of donning safety equipment while enjoying biking, rollerblading or any other extreme sport. Bike demos were held by performers ranging in age six to 35 years-old. Over 1,000 people attended the event and 300 helmets were distributed – up considerably from the 200 helmets distributed in 2004.

In addition, several publications were produced by Public Awareness in 2005, including the Consumer Guide of Brain Injury Resources. Designed to help provide information about available support services and programs in Minnesota to those affected by brain injury, the Consumer Guide was distributed to more than 7,500 Minnesotans in 2005.

Success Story

In early 2005, the Public Awareness department of the Brain Injury Association of Minnesota embarked on a campaign to help educate Minnesotans that brain injury can have detrimental effects – no matter what your age, race or gender. A “Brain Injury Does Not Discriminate” bus stop advertisement was designed to communicate that it does not matter who the individual is; brain injury can happen to anyone, at anytime.

The advertisement was placed at more than a dozen locations across the Twin Cities during a four-week period. Conveniently situated along well-traveled roadways in the metro area, it is estimated that more than four million people saw the message!

After the formal campaign, the “Brain Injury Does Not Discriminate” advertisement continued to make an impact. Hundreds of poster versions were distributed at facilities across the state, including the Mayo Clinic in Rochester, and poster copies were incorporated into the Association's publications through out the year. The concept also set the tone for the first Multicultural Outreach program brochure.

PUBLIC



POLICY

Advocating for sound public policy plays a key role in the Brain Injury Association of Minnesota's work to provide people with brain injury, their families and loved ones a voice in their communities. The Public Policy program identifies issues affecting those with brain injury and participates in all aspects of the political process to create long-term solutions for many of these complex challenges.

In 2005, the Public Policy program strengthened the voice of those affected by brain injury through direct lobbying of policy makers by staff, grassroots lobbying by citizen advocates and partnering with other like-minded organizations, such as the Consortium for Citizens with Disabilities and the Coalition for Children with Disabilities. These strategies influenced the public policy decisions made by legislators at the Minnesota State Capitol, as well as other policy making bodies across the state.

As a result of these Public Policy efforts, the 2005 Citizens with Disabilities Act was signed into law by Governor Pawlenty. This coalition-based effort marked significant improvements in the lives of people with disabilities. The new law provides thousands of Minnesotans with disabilities better medical benefits, eliminates the cap on dental services and lowers drug co-payments. It also increases choices for people with disabilities leaving nursing homes and allows them transitional support grants to assist with moving back into the community.

Success Story

The Citizen Advocate Network expanded significantly in 2005 with the development of the Minnesota Advocacy Project (MAP). MAP is a joint project between the Brain Injury Association of Minnesota and Mayo TBI Model Systems that is dedicated to developing more skilled Citizen Advocates through free training.

This one-year program involves four Saturday training sessions; the first two provide education about brain injury and the "system" in which services are provided for individuals and families, and the remaining two sessions focus on how to effectively work to create long-lasting policy change. In addition to attending these training sessions, the 12 first-year MAP participants learned how to navigate public policy and advocate on issues specific to brain injury by completing field assignments.

As a result of the new MAP program, the Brain Injury Association of Minnesota trained more advocates and conducted more grassroots community forums than ever before. Participants overwhelmingly reported that these hands-on experiences, such as involvement with legislative forums, policy-maker panels and mock committee hearings, were most helpful. During the legislative forum process, one participant generated a front-page article in his hometown newspaper and another wrote a letter to the editor regarding legislative issues.

Severe Packet

VOLUNTEERS



We are proud of our volunteers at the Brain Injury Association of Minnesota! In 2005, volunteers donated over 5,500 hours and countless skills to help us fulfill our mission of enhancing the quality of life and bringing the promise of a better tomorrow for all people affected by brain injury.

More than 100 volunteers made a huge impact in areas like education, outreach, administration, and advocacy, assisting staff members to effectively serve people across the state. The Association could not continue its work without the help of volunteers.

Last year marked an exciting addition to the Volunteer program – the Peer/Mentor Support Connection. Through the Peer/Mentor Support Connection, trained volunteer Mentors are matched with individuals with brain injury or their family members. Mentors support their Peers in the process of adjusting to life with a brain injury, address the challenges associated with brain injury and celebrate the accomplishments.

Success Story

At age 13, the car Lisa Meyer was riding in hit a tree at 85 miles per hour. When she came out of a four-week coma, she was paralyzed on her left side and couldn't walk, talk, eat or breathe on her own. As Lisa put it, "My mom didn't understand my injury and its effects until someone at Hennepin County Medical Center connected her with the Brain Injury Association of Minnesota."

Eleven years later, and after a great deal of hard work, Lisa holds a two-year degree in business software computer technology. She lives in Apple Valley with three roommates and hopes to get her own apartment soon. Lisa works part-time at Old Navy and volunteers weekly at the Brain Injury Association of Minnesota's office as an administrative assistant.

"Volunteering here has made a huge impact on me," Lisa said. "It's really rewarding to know that I'm helping others find the right resources they need to return to life after brain injury."

Lisa is a tremendous asset to the Brain Injury Association of Minnesota. She directs calls to staff, helps keep the database up-to-date and works on multiple administrative projects. She's always friendly, helpful and willing try new things. Lisa began volunteering with the Association for three hours a week and quickly proved herself so valuable – and liked it so much – that she moved up to a full day each week.

"When people call [the Association], often times they are upset, scared, worried or looking for help," noted the Brain Injury Association of Minnesota's volunteer coordinator. "Lisa's friendly, calm, supportive voice on the other end of the phone is such a relief. And she knows just which staff person to connect the caller with. We're lucky she volunteers here."

THE ASSOCIATION AT WORK

Operations

The Brain Injury Association of Minnesota's 2005 actual budget was \$1,332,836.00. The Brain Injury Association of Minnesota operates with a staff of 24.5 full time employees and a Board of Directors consisting of 18 members – representing persons with brain injury, family members, and professionals.

Outcomes and Impacts

2005 highlights of people served by the Brain Injury Association of Minnesota's programs and events include:

- Staff responded to 5,725 requests for information and resources and distributed 4,711 personalized education packets
- Over 583 persons with brain injury and family members across the state received individual assistance services
- 10,357 persons with brain injury, family members, professionals and others attended Association-sponsored educational programs
- Association-sponsored Public Awareness events and outreach collaborations were attended by 2,375 children and adults from the community at large
- The Multicultural Outreach Program helped 5,669 persons from multicultural communities

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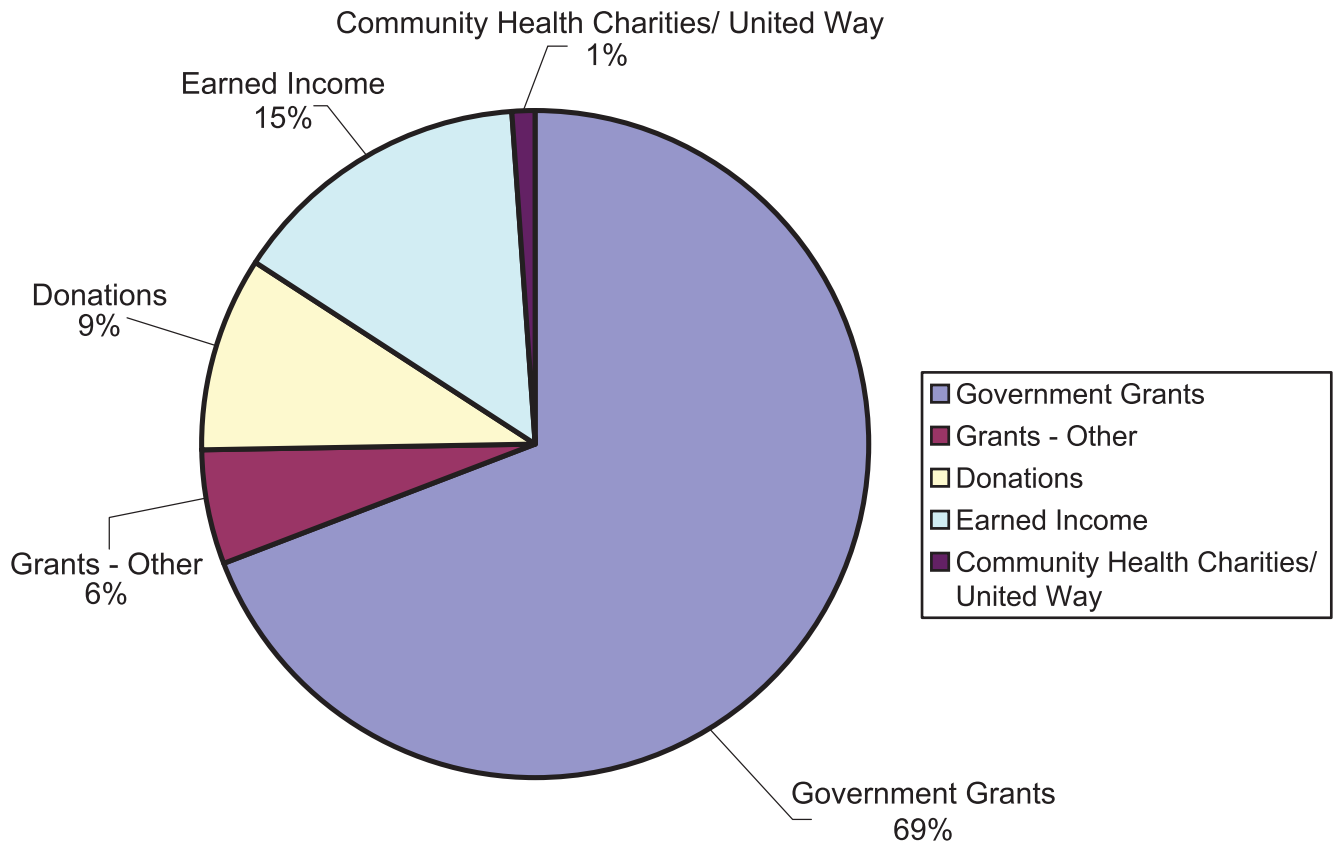
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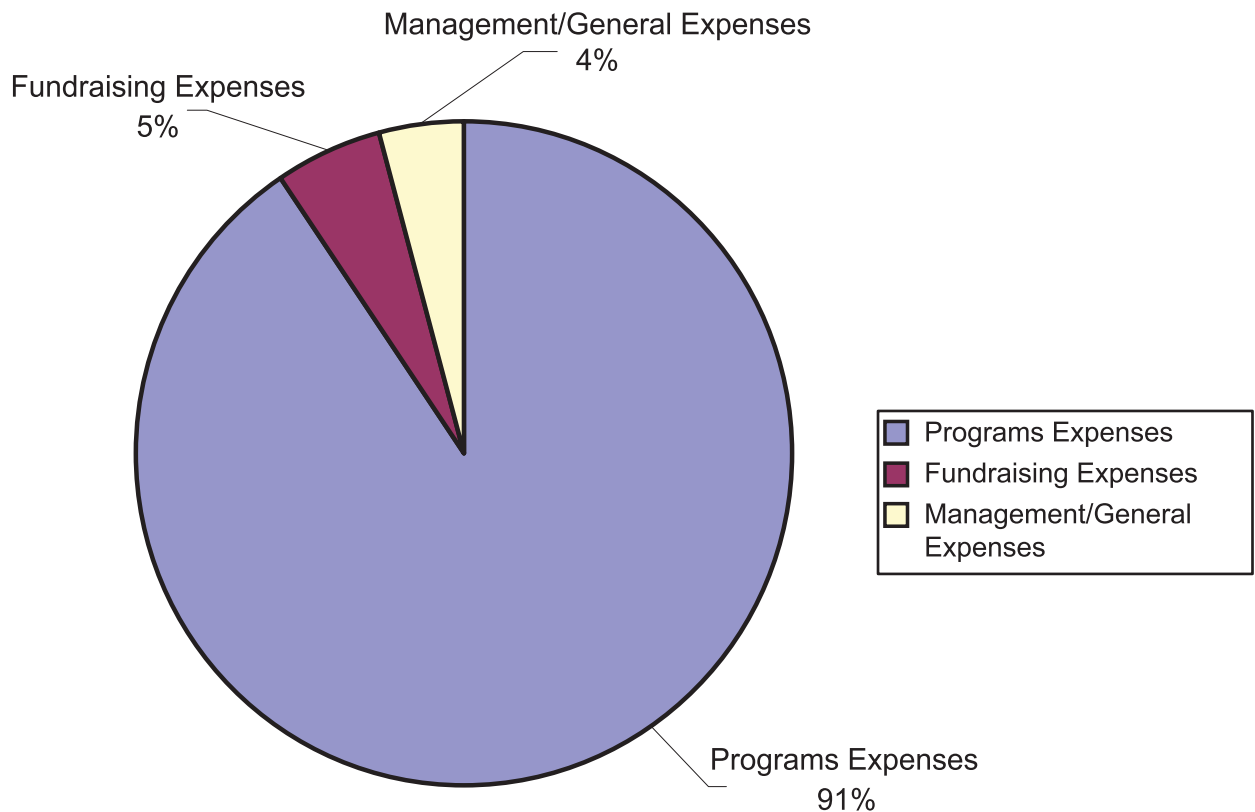
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2005 Operational Revenues



2005 Operational Expenses



All amounts rounded to the nearest dollar. Audited financials are available upon request.

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